



NEWSLETTER

North Oakland Village | 2501 Harrison Street Oakland, CA 94611
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Letter from Susan Pierpoint

My favorite time of year is right now! The light is different, the air smells good - and will continue to smell good for as long as we stay away from fire with the dry, windy air. NOV has a great bunch of programs and activities coming up, all of which are listed in the newsletter calendar - and on our website - so I'll confine my comments to just two of them:

1. Don't miss the **League of Women Voters** speaker who will enlighten us all and help to make us responsible, well-informed voters. I love reminding City, County and State officials that our vigorous, engaged community VOTES - it helps to get their attention. Bring your friends - it's open to anyone interested in checking out NOV! Date: Oct. 11 Time: 2 pm Place: NOV Office.

2. Our Pot Luck on October 30th at 5:00 pm will be extra fun because we are all encouraged to come in costume. Not only will it be a great party, but you'll also hear a report about the successes of our one-year sustainability plan that is over on October 1 and the exciting plans for moving forward in the year to come! Put on a costume and bring a friend!

We are a busy organization, committed fully to helping Oakland qualify as an Age-Friendly City, appearing before the Parks and Rec Commission to push for an Intergenerational Playground (with some specialized equipment for Seniors), planning outings to the Zoo, reading good books together and staying in touch with one another - just for starters. We have fun and make contributions to the world around us. Anyone know a good grant-writer who can help us get some great playground equipment funded that will serve all ages and abilities?

See you at the Halloween Pot Luck on the 30th!

Warmly, Susan
Board President North Oakland Village

OCTOBER

- 3rd 2:00 PM Play reading **members & volunteers**

- 4th, 2:00 PM Life in America Immigrant talk hosted by Ruby Long. **members & volunteers**
- 15, 22, 29th -Monday Menders
- 11th Thursday 2PM- League of Women Voters **members & volunteers**
- **FREE Movie Friday 19th- NOV Church " Spirited Away"**
- 19th Friday, 10:30 AM-Time To Talk learn about NOV
- 23rd Tuesday, Noon- Lunch Bunch @ Crepevine **members & volunteers**
- 24th Wednesday- ZOO EXCURSION **members & volunteers**
- 26th (last Friday), 2:00 PM, Non-Fiction Book Club
- 28th Sunday- Halloween costume 5:00-7:00 PM-Potluck

Events



Zoo Outing!

Popular demand we will be returning to the Oakland Zoo on Wed. Oct 24 to view the 8 animals that were originally in CA—gray wolves, condor, bald eagles, jaguar, mountain lions, black bears, grizzly bears and bison.

DETAILS:

For anyone 76 years or older, admission to the Zoo is free. Age 65-75 is \$18 and 2-64 \$22. However, if we make a reservation two weeks before our visit, the fee is reduced to \$18(age 15-64) and \$14 (age 65-75). Each car is charged \$10 so carpooling is encouraged.

Norma Harrison has volunteered to accept reservations for the outing. You can reach her at 547-7530. Any



Most of us have received sample ballots or mail-in ballots, if we requested them. There are many propositions on the ballot, but we have a very knowledgeable member of the League of Women Voters of Oakland who will come and educate us on the Pros and Cons of each measure.

questions call Joan at 451-1122 but
Norma for reservations.

**Want to get more
involved?**

**SAVE THE DATE
Next month**

North Oakland Village is looking for more people to join our Committees, if you are interested please let the office know!

The holidays are approaching and Village members and volunteers are again invited to a potluck dinner on Thanksgiving at Joan and Abe Feinberg's home. Details to follow in November newsletter but you can save your place by calling the office now.

Tidbits *a new section*

News to share...

Would you like a walking buddy?

We have lots of volunteers who are interested in companionship. Please let the office know.



Lunch Bunch

A small group of NOV members meets at local restaurants once a month. In October Judith Coates will host at the Crepevine on the 23rd! Want to join in? Let the office know.

Grupa de Hablamos Espanol

Some of us are starting a Spanish practice group. Day and time to be



Refugees and Immigrants

October 4 2pm

Coming to live in a different country with a different language, different culture and different community is challenging and stressful. What can we do to make it easier for those who join us from the current war-torn countries? A

determined. Want to join? Call **Ruby Long at 510-595-9514** or email rplong145@gmail.com.

panel of three immigrants will tell their stories and answer your questions.

The **NEWSLETTER** format is new! If you like it, let us know, and if you want to improve it, let us know how. Spacing and type can be altered by different computers and mobile devices.

Expanding our reach includes adding new volunteers and members. If you know someone who would benefit from knowing about NOV, please forward our newsletter, or have them attend **Time to Talk**, the 3rd Friday of each month.

Halloween Potluck!

Bring a Costume!

Our Potluck for October will embrace the Halloween season and we encourage everyone who attends to dress up! This potluck is always a big hit and we hope to have a great time!



Volunteers



As a non-profit, we depend on our volunteers. Thank you for all you do. For those of you who drive, host in your homes, make food each month, and answer the office phone, we could not be what we are without your help!

Currently, we need more drivers, our most generous driver has retired. If you want to drive a member who can no longer drive, please consider this volunteer option. Call the office to get into the system.

If you find yourself falling, these tips may help you soften the impact. This is a lot to remember as you are falling, but if you

can focus on a few of these tips it may help reduce the damage on your body.

1. Lean forward into the fall - this gives you some control over direction.
2. Fall sideways, if possible.
3. Aim toward open areas and toward grass or dirt rather than concrete
4. Aim away from other people and away from objects that can cause puncture wounds or fractures.
5. Swing your arms sideways to direct your fall.
6. Twist your shoulder to protect your head.
7. Keep your knees bent and your feet down.
8. **Fall like a sack of beans - relax everything.
- 9 .Fall on the soft fleshy places, like your butt and thighs. These areas have more protection and are lower to the ground
10. As you complete this fall, try to roll to your side in a ball. This will spread the impact to reduce injury and stop you from rolling further.

The greatness of a community is most accurately measured by the compassionate actions of its members.

-Coretta Scott King

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