



# Village Network of Petaluma

Aging Better Together

*A nonprofit membership community of support and connection  
for older adults living in the Petaluma and Penngrove area.*

## JULY NEWSLETTER



### PROGRAMS

*The office will be closed for July 4<sup>th</sup>*

Online calendar at [www.villagenetworkofpetaluma.org](http://www.villagenetworkofpetaluma.org)

### SPECIAL PROGRAMS

#### **Information Meeting: Get to Know the Village**

**Thursday, July 13, and Saturday July 27, 10:00 – 11:00 am, Village office.**

Learn how adults ages 50+ enjoy connection with others through the Village Network. We believe a better experience of aging is possible when we can grow with, laugh with, and rely on each other as we navigate the opportunities and realities of aging.

Village membership offers social programs and connections as well as volunteer services including transportation, note-taking at medical appointments, friendly visits, computer help, and personalized referrals to community resources. Bring a friend and get your questions answered.

Questions: call the Village office at 776-6055 or [info@Village NetworkofPetaluma.org](mailto:info@VillageNetworkofPetaluma.org).

#### **Volunteer 101 Training**

**Monday, July 8, 1:00 – 4:00 pm, Village office.**

Volunteers are involved in many wonderful aspects of the Village. We have openings in Transportation, Call Response, Programming, Hospitality, Outreach Teams - and more. For further information, and to discuss your interests, contact Joanne at 707- 776-6055, or [info@VillageNetworkofPetaluma.org](mailto:info@VillageNetworkofPetaluma.org).



## Volunteer Driver Training

**Tuesday, July 23, 1:00 – 4:00 pm, Village office.**



The Village Network has been steadily growing, which means our need for volunteer drivers, our most requested service, is also growing. Members are deeply appreciative, and have glowing feedback about Village drivers.

Completion of this training is necessary before driving Village members. RSVP by Wednesday, July 17 required: 707-776-6055 or [info@villagenetworkofpetaluma.org](mailto:info@villagenetworkofpetaluma.org)

## OLLI Free Lecture Series

**Tuesdays, July 9 and 16, 1:00 – 4:00 pm; Tuesdays July 23 and 30, 10:00 – 11:30 am, Sonoma State University's Person Theatre (\$5 parking fee).**

Osher Lifelong Learning Institute (OLLI) offers four free lectures: Ajay Gehlawat unpacks a “musical” film from Lars von Trier; Barbara Spear unveils a powerful documentary with roots in natural sciences; Dr. Allen Bernstein explores the biology of memory; and Linda Loveland Reid reveals the true story of artist Paul Gauguin. Register online at [www.sonoma.edu/exed/olli](http://www.sonoma.edu/exed/olli), by phone at 707-664-2691, or at the door on the day of the lecture.

## Hope at the Intersection of Feminism & Nonviolence

**Mondays, July 22 and 29; August 5 and 12; 1:00 – 2:30 pm, Petaluma Regional Library.**

Local author Carol Lee Flinders hosts four salons, beginning with a discussion of Barbara Deming, an activist/journalist who declared “a commitment to nonviolence requires a commitment to feminism.” Subsequent salons explore the nexus of global nonviolence and women’s movements. All are sure to elicit a lively exchange of ideas. Open to the public. To ensure a seat, please **RSVP by July 15** to [info@VillageNetworkofPetaluma.org](mailto:info@VillageNetworkofPetaluma.org) or 707-776-6055.

*Carol Lee Flinders, PhD, is a national speaker, author of seven books, including Enduring Grace: Living Portraits of Seven Women Mystics, and co-author of Laurel's Kitchen: Handbook of Vegetarian Cooking.*

## INTEREST GROUPS FOR MEMBERS AND ACTIVE VOLUNTEERS

### Weekly Walking Group

**Tuesdays, 8:30 – 9:30 am. Meet at Walnut Park on 4th St.**

We share fun, great conversations, and exercise while exploring neighborhoods. Everyone welcome. Email Sue Miller at [rmiller875@comcast.net](mailto:rmiller875@comcast.net) to let us know you're coming.

### The Joy of Writing Group

**Tuesdays, 10:15 – 11:45 am, Village office.**



We write for fun, in fiction, in nonfiction, memoir, poetry, etc. We write original stories in a noncritical environment. So come have fun with us, whether you are a veteran writer or a nervous beginner. All are welcome. Members free, non-members \$5. For more info email [info@VillageNetworkofPetaluma.org](mailto:info@VillageNetworkofPetaluma.org).

### Film Discussion Group

**Fridays, July 5 & July 19, 10:15 am, in a member's home. (Meets 1st and 3rd Friday of the month.)**

Join a group of film lovers who get together to discuss the latest hits. We agree on a movie to see on our own and discuss it at the next meeting. Please RSVP to Jerry Spremich at [415-827-3206](tel:415-827-3206), or [john.spremich@yahoo.com](mailto:john.spremich@yahoo.com). For Village members and volunteers.

### **Gentle Chair Yoga – because wellness takes work!**

**Thursdays, 11:00 am – noon, Village office. (No class July 4.)**



We practice yoga asanas, Eden Energy exercises, breath work, and meditation to improve strength, flexibility and inner calm. Beginners welcome. Village members free, non-members \$5.

*Pat Martin, CMT, EEM-CP, CYT, is a State Certified Massage Therapist, Eden Energy Medicine Certified Practitioner, and Certified Yoga Teacher.*

### **Wednesday Morning Village Drop-In Coffee Hour**

**Wednesdays, 9:00 – 10:00 am, Aqus Cafe, 189 H St.**

Village Network members and active volunteers are invited to a weekly Wednesday drop-in. Village member and volunteer Tiaga Liner facilitates.



### **Retired Nurses Group**

**Wednesday, July 3, 10:15 – 11:45 am, in a member's home. (Meets first Wednesday of the month.)**

We will discuss our nursing practices, education, and favorite stories, among other things. In the process we will get to know one another. Contact Lolly at [lolly.burns@me.com](mailto:lolly.burns@me.com) for the meeting place and any questions.

### **Gardening Group**

**Tuesday, July 2, 12 – 1:30 pm, at member's home. (Meets first Tuesday of the month.)**

**Annual Flower Pianos Field Trip:** In July The San Francisco Botanical Garden will have sprinkled among the trees and blooming beds 12 pianos waiting to be played by any and all. This year we are considering carpooling on either Friday, July 12, or Thursday, July 18. Please let Jane ([jane@sonic.net](mailto:jane@sonic.net); 775-1754) know right away if you want to go, what date you prefer, and if you can drive.



### **Village Game Night**

**Friday, July 12, 4:00 – 6:00 pm, Village office. (Meets second Friday of the month.)**

A great way to relax and have fun at the end of your week. You can bring a game you like, finger food snack, or drinks (optional). Or just bring yourself. Newcomers welcome. RSVP to the office at [info@VillageNetworkofPetaluma.org](mailto:info@VillageNetworkofPetaluma.org), or 776-6055.

### **Bocce Ball - New Location at Brewsters Beer Garden**

**Wednesday, July 17, 4:00 – 5:00 pm, Brewsters Beer Garden, 229 Water St. N. (Meets third Wednesday of the month.)**

The game anyone can enjoy. We have a lot of fun, and our new venue means you can have a beer or other refreshments while playing! No experience necessary. Newcomers welcome; feel free to just show up and join the fun. RSVP to George Beeler at [agbcomm@sonic.net](mailto:agbcomm@sonic.net). Parking on Water Street with stair down entry on Petaluma Boulevard North just north of Washington.

### **Tech Workshop**

**Wednesday, July 31, 3:00 – 4:30 pm, Village office. (Meets last Wednesday of the month.)**

Just got a new device (smart phone, tablet, computer, TV, etc.) and have questions about how to

use it? Want to be able to do more with your iPad or smartphone? Take, send, and receive pictures? Check email or text?

The Tech Workshop's tech-savvy volunteers have experience helping Village members understand and successfully use their devices. We are trying a new idea: Email or leave a voicemail at the Village office describing your question/issue several days before the workshop, so we can do any necessary research ahead of time. Be sure to bring your password.

*Note: For issues that can't be addressed in the workshop, Village volunteers still make home visits when needed.*

### **Village Singing Group**

**Thursday, July 25, 3:00 – 4:30 pm, in a member's home. (Meets last Thursday of the month.)**

No prior experience or talent necessary, just a love of making music. We try many kinds of music – and have a lot of fun! Email Sue Miller at [rmiller875@comcast.net](mailto:rmiller875@comcast.net) or call 707-778-1344.



### **Potluck for Village Members and Volunteers**

**Sunday, July 28, 4:00 – 6:00 pm, in a member's home. (Meets last Sunday of the month.)**

A time to get to know each other better, share good food, enjoy our “conversation café,” and have fun. For members and volunteers. RSVP to 776-6055 or [info@VillageNetworkofPetaluma.org](mailto:info@VillageNetworkofPetaluma.org) for the address.

### **Men's Discussion Group**

**Alternate Thursday afternoons, Village office.**

We get together with other men on a regular basis to discuss men's lives and other topics in a spirit of fellowship. If you are interested or even curious, RSVP to 776-6055 or [info@VillageNetworkofPetaluma.org](mailto:info@VillageNetworkofPetaluma.org). The group is limited to eight members and volunteers.

### **NEW Mindfulness-Based Meditation Group**

**Consecutive Saturdays, August 3 through September 28, 10:00 – 11:00 am, in a member's home.**

Open to 10 Village members and active volunteers, registration is on a “first come” basis. We ask registrants to attend all or most of the nine sessions. Our shared goal is to hone our meditation skills to foster calmness, relaxation, compassion, gratitude, and non-judgmental awareness. To register, please **RSVP no later than July 15** to [info@VillageNetworkofPetaluma.org](mailto:info@VillageNetworkofPetaluma.org) or 707-776-6055.

*Facilitator Freeman Humphrey is a retired psychiatric social worker who has led mindfulness-based, guided meditation groups for over ten years.*

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**Online calendar at: [www.VillageNetworkofPetaluma.org](http://www.VillageNetworkofPetaluma.org)**

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## Auction of Artist Ricky Watts Door Funds Village's Move



A mural door painted by local artist Ricky Watts was auctioned on eBay last month to help fund our new office space and cover moving expenses. The cost of the move will probably reach \$5,000, similar to the last Village Network move.

“The door was left behind in our first office, previously occupied by Ricky Watts’ art studio and gallery space. We always treasured that Ricky gave it to us,” said Anne Greenblatt, board president of Village Network. “When we moved to our next location at PEP Housing headquarters, it moved with us.”

“We’re very attached to Ricky’s door,” she continued. “It is a talisman of energy. It has cheered us on as we’ve grown into a community of 210 members and volunteers. Demolition of two offices and moving twice in two years is a lot, but we’re strong and ready to do it again.”

The Village’s third move will happen by September 30 when our current office at PEP headquarters will be demolished to become apartments for senior veterans. The Village seeks below market office space of 700 – 900 sq. ft. Ricky Watts’ work can be found on his website:

[www.RickyWatts.com](http://www.RickyWatts.com).

### Ricky Watts Bio

Richard "Ricky" Watts is a visual artist most recognized for his abstract works of fluid shapes and psychedelic color movements. Watts’ self-taught techniques derive from his younger graffiti years. His versatility allows for easy transition between large-scale murals and intricate works on canvas.

Watts' art can be found on public walls and galleries throughout the U.S. His commissions include work for major technology, fashion, and automotive companies. In 2013, he transformed the massive south wall of Petaluma’s Phoenix Theater with a vibrant mural, in conjunction with the Petaluma Arts Center exhibit Cosmic Terrain.

Ricky Watts grew up in Petaluma. He now works from his West County studio and home where he lives with his wife and twin 9-month old boys.

- Lyndi Brown

### Petaluma Mayor Teresa Barrett Honors Village’s 5<sup>th</sup> Birthday with Proclamation

Petaluma’s Mayor and City Council issued a proclamation honoring the Village Network on its fifth birthday. Village Ambassador Team Leader Steve Levenson and Board President Anne Greenblatt responded with short presentation at the City Council meeting.

### Petaluma Prepares to Join the Age-Friendly Movement

The global age-friendly movement focuses on creating livable communities for people of all ages. It was formalized by the World Health Organization in 2006, and the AARP Network of Age-Friendly Communities was launched in 2012 to support the effort in the U.S.



To date, 373 communities and four states have joined the AARP Network, including several Marin cities. Healdsburg is the first Sonoma County city to make the commitment. Petaluma is poised to become the second.

Applying to join the AARP Network requires a formal resolution from the City Council and a pledge to develop a five-year plan to incorporate age-friendly improvements into the fabric of our community. Based on conversations with Peggy Flynn, our new city manager, I expect the Council to consider a resolution sometime this summer.

While age-friendly is not one-size-fits-all, engaged communities work toward common goals. Public spaces, both indoors and out, are provided for people to gather. Affordable housing options, often built close to urban cores, are available for varying stages of life.

Age-friendly streets and sidewalks are safe, and buildings are accessible for people of all ages and physical abilities. Public transportation provides alternatives to cars; walking and biking are encouraged. Intergenerational activities combat social isolation. And opportunities are available for older adults to work for pay and/or to volunteer their skills and take an active role in their community.

Members of the Village can play a vital role in this effort. Write our council members and urge them to support age-friendly. Show up at the Council Meeting the night it comes up for a vote. Become a champion of the local effort and help envision and build a community that is a great place to grow up and grow old in. Please let me know if you'd like to be involved.



Kris Rebillot  
Chair, Petaluma Senior Advisory Committee  
krebillot@rebillot.com

### **On Love – From a Village Writing Group Member**

“Love is not about happy – it’s about honesty,” said Jerry Spremich, as he shared a quote he’d recently heard. When I look around the table at the Village Writing Group, I think love is more than about honesty. This group comprises a diverse collection of people whose lives and careers have spanned many fields, regions of the country, and parts of the globe, and whose life experiences are as varied as our numbers. A business owner, college professor, airline flight attendant, retail shopkeeper, llama raiser, property manager, artist, novelist, farmer, banking executive, HR consultant... the list goes on.



Our behavior when we meet demonstrates the active listening and care each person has for those in the group. There is a sensitivity – a discerning ear that catches the worries, the delights, the hesitancy and uncertainties – and brings forward a shared sense of appreciation for life’s experiences, whatever they are. Support is offered, sometimes subtly with a caring look, a smile, a nod of the head, or demonstratively with a round of applause, a chuckle, or a pat on the

arm. At other times, it is in the follow-up conversation after the meeting or a phone call to pass along helpful tips and advice. This truly is also what love is about.

When I joined this group, I hoped for a structured activity that would encourage me to write more often and more regularly; a group that would act as critics to push me to write better, to challenge myself. What I have gained is a group of wonderful friends who are open, sharing, caring, and interesting. A group that is nonjudgmental and openly welcomes new ideas and new members. In some ways this feels a bit like church, but without the religious practices and preaching, without confining doctrines and beliefs that one is expected to accept – or beliefs one may feel must be suppressed.

Our meetings are a breath of fresh air that opens my senses during the rest of my week as I take greater notice of things around me and appreciate more deeply what I've often missed or taken for granted while hurrying the shortest distance from point to point.

Perhaps love is not about happy. It is about living life more fully in the company of supportive, caring people. For me, that is also happiness!

- Mary S. Alden

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