

Orinda Senior Village Artists to Showcase and Sell Work

By Laurie Snyder



Lamorinda art lovers will mix and mingle with artists from the Orinda Senior Village at a special exhibit and silent auction March 3. From left: Grace Bernal Werlin, Dolores Dockery, Lupe Jimeno, and Joan Dougherty.

Photo Ohlen Alexander

Lovers of thought provoking art work will have a unique opportunity to diversify their collections when creative minds from the Orinda Senior Village (OSV) join forces with other East Bay artists during a special exhibit and silent auction March 3.

Pat Strout and roughly 15 of her Mt. Diablo Adult Education art students will exhibit alongside OSV residents Lupe Jimeno, Grace Bernal Werlin, Dolores Dockery, Joan Dougherty, and Richard Creda. They hope to see many Lamorindans and other area residents join in the bidding on photographs, jewelry, and paintings in oil, acrylic, and watercolor.

Creda has worked mostly in oil and acrylics while Dougherty has created abstracts and other stunning images in watercolor. Many Orindans are well acquainted with her work from classes she taught at the Orinda Community Center. Bernal's paintings are characterized by their vibrant images of the natural and built worlds while Jimeno has most recently worked in watercolor, bringing to life a village in France, a lakeside cottage from her native Chile, and California's redwood forests. In the early

1970s, she developed an interest in Mayan and Aztec textiles while living in Guatemala where she studied archaeology and anthropology.

Jewelry designer Dockery employs very special beads and other materials in her intricate jewelry creations. "My daughter was doing it, and I decided to give it a try," she said recently. One blue macramé necklace took her 11 hours to complete. The four others she designed in this style have already been sold to fans of her work.

Jimeno and her fellow OSV Association board members put the show together to support programs which are key to helping village residents age gracefully. "We made a list of all the things people want here ... of what they want to do," she said. OSVA members have already started making that wish list come true. Residents stay active with the help of a new ping pong table and through yoga classes, a garden club and Friday knitting club, special holiday and birthday celebrations, and trips to historic sites around the Bay Area. They've been having so much fun with their new karaoke machine, in

fact, that they've asked the OSVA to purchase new songs in the many different languages spoken by their friends and neighbors.

The exhibit and silent auction will be held March 3 from 11 a.m. to 3 p.m. at the Orinda Senior Village, 20 Irwin Way. Refreshments will be served, and a raffle will be held for a Loard's candy basket.

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Hyper-realistic Photographer Captures Vibrancy of Nature

By Lian Walden



Portofino, Italy

Photos David Dondero

For local photographer David Dondero, a weekend in Yosemite is more than a nature retreat. "It's an opportunity to work," said the artist, whose photos are currently on display at the Moraga Art Gallery through March 23 in an exhibit entitled "The Unbearable Lightness of Seeing." The exhibit features Dondero's rich landscape photos alongside his friend and fellow artist Erik Wilson's evocative urban portraits.

Dondero and Wilson are drawn to almost opposite subject matter; the former choosing to photograph California's oak trees against open skies, the latter drawn to spontaneous street scenes. However, they both explore the ephemeral in their work, capturing seemingly transient moments of luminosity in actively changing environments.

An Orinda native, Dondero was invited to join Moraga Art Gallery's collective about a year ago. The current show marks his first exhibit as a feature artist. He began taking photographs seriously about two years ago while on sabbatical from his day job in the health care industry.

He saw an image by Dan Burkholder in a magazine and called the photographer up out of the blue. Burkholder was in New York at the time and Dondero happened to be traveling there the following week.

After a serendipitous first meeting, Dondero began studying under Burkholder. He attended a workshop led by Burkholder in Santa Fe and became enthralled with an innovative digital technique called High Dynamic Range (HDR) imaging, which allows the photographer to capture a greater range of contrast in a scene.

"Photographers are often forced to choose between the foreground and the background, especially when shooting indoors, but with this technique you can depict a bright open window in the background without losing the details in the foreground," explained Dondero. Burkholder utilizes this technique evocatively in his series Colors of Loss, which depicts the ravaged interiors of churches, houses, and stores in New Orleans following Hurricane Katrina.

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Samira Says

Samira Davi is a Nurse Liaison for ManorCare Health Services in Walnut Creek. Samira has over 10 years of experience working in health care in Contra Costa County, which has gained her a wide view of what is important to the health care consumer. She will be posting common questions and comments in each issue of the Lamorinda Weekly. You are welcome to contact Samira directly at 925.270.8766

Helping you be the Caregiver

I met Jody in a doctor's office waiting area—both there for different reasons, when we began a casual conversation. I told her what I did and who I worked for. She then asked if we provided any home care services because her husband (who was next to her) was going to be having cardiac surgery and she needed some help with bathing and incision bandage changing, but that she would do the majority of the caregiving. Needless to say I was shocked! At that point I took the opportunity to educate her on what is available to her husband and how it could help her as the primary caregiver.

Caring for a post-hospital loved one can be emotionally and physically draining. Successful intervention to prevent stress often relies on the ability of the caregiver to "take a break". Those caregivers' in charge of the day in and day out needs of their loved ones may forget to care for themselves, and that could jeopardize the caregivers' health.

I told Jody about how our cardiac recovery services use an individualized approach to deliver medical and rehabilitative care to patients with cardiac diseases or after surgery. Our team works with the patient, family and their physician to develop an individualized treatment program. These programs are designed to assist patients in reaching their highest level of quality of life and helping them return back home with the knowledge and skills needed to remain independent.

There is a lot to manage for a post-surgical patient and can be a burden to the caregiver that might not have the skills, knowledge or time needed to care for their ill loved one. Most often after a surgery patients have physical restrictions, new medication and new signs and symptoms to look out for or monitor—sometimes you just have to have the skills to protect your loved one and yourself.

Our interdisciplinary team will focus on your individualized care plan along with the hand on experts like our 24 hour RN's, Physical and Occupational therapist. Our licensed nurses and therapist can do caregiver training and education before their transition back home. We do not only focus on the patients' inpatient needs but also make sure those patients and their caregivers' have the needed resources available to them after their discharge. We want everyone's discharge back into community to be safe and successful and that includes a healthy and educated caregiver.

If you or a loved one are going to have surgery or just want to be prepared for an unexpected medical event please feel free to contact me for more information. You should be aware of all the resources and option that are available to you for a successful outcome. We are here to help you get back to your life!

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