

Our Village VOICE

Welcome to our August 2019 Newsletter

Clayton Valley Village participates in the Clayton 4th of July Parade.
New 3-Month Trial Memberships available.

Articles about keeping safe and how an Apple Watch saved the day!

See photos of our past events, news of our upcoming events,
information about our interest circles and committee reports. Enjoy!

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TO CLAYTON VALLEY VILLAGE

Announcing



TRIAL MEMBERSHIP

Clayton Valley Village is happy to announce a new program for those who would like to see if membership in our organization is right for them.

1. A 3 month commitment by Member at \$50/month for individuals or \$75/month for a couple paid monthly by credit card.
2. A 30-day written notice by email to withdraw the membership. Services by volunteers can be requested once the member has been accepted.
3. The usual procedure will be followed of submitting a membership application to Member Services Committee, and scheduling an interview.

Applications are available on our website:

www.claytonvalleyvillage.org or by calling CVV office at 925-626-0411.

Meet members • Enjoy refreshments • Make new friends

www.claytonvalleyvillage.org (a registered 501(c)3 nonprofit organization)

Did You Know?

How to Avoid Falls & Stay Safe



We at Clayton Valley Village want you to be as healthy and fit as possible. While “getting on the move” is what we advocate, we also want to call your attention to the increasing risks of not only falling as we age, but also the increased risks of dying following a fall if you are over 75. According to a recent study by JAMA as reported by Katie Hafner, The New York Times, 6/5/2019.: “for people over 75, the rate of mortality from falls more than doubled from 2000 to 2016.”

While advanced age is the biggest risk for falls, you can mitigate these risks by staying active but with attention to the following:

1. **Keep exercising:** 20 minutes a day (or at least 2 hrs. a week) of some form of aerobic and anaerobic exercise is recommended such as brisk walking.
2. **Try Tai Chi** which is increasingly recommended as an effective way to improve balance. One Study found that adults over 70 who practiced Tai Chi 2 times week reduced their incidence of falls by 58%.
3. **Review your medications:** Benzodiazepines like Valium and Xanax are especially bad, but Ambien, Benadryl, and Advil PM are also bad for balance. Be sure to review dosages with your doctor if you take these meds and consider alternatives.
4. **Have your eyes checked regularly** and be especially careful if wearing bifocals or progressive lenses which can affect your depth perception.
5. **Forgo flip flops, high heels, slide-in sandals and slippers without backs.** Use shoes with a good back and good tread.
6. Don't be too proud to **use a cane or walker** if your doctor recommends it

7. **Drink plenty of water** to prevent dizziness.

8. **Declutter:** Note that scatter rugs, extension cords and even pets can contribute to falling.

How My Apple Watch Saved Me!

by Joanne Wasak

It was 4th of July and the whole neighborhood was quiet as folks were out enjoying the holiday and their families. I was having a quiet four-day weekend and planned to take lots of walks with my pup while enjoying down time. But things changed for me in a millisecond. I was at my neighbor's house taking care of their birds and watering plants... *(you know, the usual stuff when neighbors are out of town)*. As I was watering, water got on a stone ramp making it slippery. I slipped on it and I fell hard.

At that moment I knew I had done something really bad to my ankle but nonetheless I tried to get up on my own... but to no avail. I sat there on the hot ground wondering how I could get myself up and out of the situation, but there was no way. I had not taken my cell phone with me as I was just around the corner *(and, of course, no one ever expects something bad will happen when you are so close to home)*. However, the one thing I did have was my Apple watch and it literally saved me.

When I purchased it I had decided to spend the extra few dollars and get the Apple watch with cell service so I could call just as I would with my actual cell phone. Boy, I am ever so grateful I did. I was able to call 911 and even though I did not actually know my neighbor's street address, I could give them directions as to my location in the back yard of my neighbor's house. Within 20 minutes or so, the Clayton police department found me. Then the Fire Department showed up and paramedics soon followed.

My Apple watch saved me... I honestly do not know how long I would have been in that back yard screaming for someone to help. I could not crawl easily as my foot/ankle was in excruciating pain. It turns out I had broken bones on both sides of my ankle.

Lessons Learned: (1) be aware of your surroundings at all times, (2) do not walk on slippery wet ramps, (3) wear secure shoes (not flip-flops) and (4) wear your APPLE WATCH!!! It was worth every penny and *(for you ladies)* it is stylish as well!

On a side note: When I joined CVV, I never dreamed I would be the one

needing assistance! However, since my fall, I have had an out pouring of care from CVV folks ready to help with whatever I need. What a great community! I am eternally grateful to be part of it.

Clayton Valley Village Volunteer Services



Minor plumbing, home repairs, landscaping, transportation

Member Testimonials for our Great Volunteers!

Having scheduled surgery to put my ankle back together, Carol Hansen Grey was so kind to offer her Reiki services to help pre- and post surgery. I had familiarity with Reiki and was excited for her to "do her stuff." The Reiki treatment was amazing! After surgery, my nerves in my foot and leg were firing, sending off painful episodes lasting 20-30 minutes, leaving me exhausted and in agony. Carol came to my house, performed Reiki on my leg/ankle and that night I had NO more nerve "mis-firing." I kid you not, it was close to a miracle. I am eternally grateful to Carol for her kind hands, heart and help. ~J.W.

Pete did a great job connecting my new TV! It took longer than we thought, and then he also put the old one up in my bedroom! I really appreciate all he did!!! So glad to be a member of CVV!!! ~B.A.

Linda was fantastic, in fact she took me all the way to Oakland airport and then was going to see her family afterward. Duration of time was longer due to increased distance. It all was such a nice gift to me as I was heading out to an unexpected trip for family. ~K.G.

Pete took care of every item that needed fixing including two trips to the hardware store. He is always so willing to help and has great skills. ~S.W.

Pete and Ken cut the new pool cover very efficiently and since it was garbage day they got rid of the old cover. ~J.B.



President's Message

Jim Whitfield

**Will return in September when Jim
is home from his travels!**

Upcoming Events for August 2019

- Mon., Aug 5th** - Board of Directors Meeting
- Thurs., Aug 8th** - CVV Armchair Travelers - Members/Volunteers
- Sat., Aug 10th** - Clayton Farmers Market
- Sun., Aug 11th** - Summer Bocce League Starts
- Tues: Aug 13th** - Writing Circle - Members/Volunteers
- Thurs., Aug 15th** - Birthday Celebration - Members Only
- Sat., Aug 17th** - Clayton Farmers Market
- Sat., Aug 17th** - Concert in the Grove - Night Moves
Creedence Clearwater Revival /CVV Picnic
- Tues., Aug 20th** - Ice Cream Social Mixer
- Sat., Aug 24th** - Clayton Farmers Market
- Tues., Aug 27th** - Movie Group Outing
- Sat., Aug 31st** - Clayton Farmers Market
- Sat., Aug 31st** - Concert in the Grove - Cut Loose

For additional info about these events and more, click the link below:

https://claytonvalley.helpfulvillage.com/events/index_list



A big **THANK YOU** to Sonja, Pete, Bhishma, Bonnie and Betty for helping to set up our CVV promotional table and take shifts at the Clayton BBQ Cookoff! We had a nice presence at this annual community event and were able to spread the word about our amazing Village!



CVV at Clayton's 4th of July Parade

This is the 6th year that Clayton Valley Village has participated in City of Clayton's Annual 4th of July Parade. Thank you to all our CVV Members and Volunteers who participated by decorating Sue Manning's pickup, by marching in the parade with our banner, by serving refreshments and by handing out our informational rack cards. It was a fun experience for everyone!



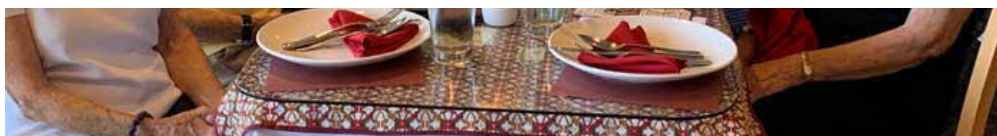
PAST EVENTS

CVV Mixer at MoMo 'n Curry by Sue Manning

Never having eaten at Momo 'n Curry in Concord, I was anxiously awaiting our scheduled Monthly Mixer there, and to say I was pleased with the experience is an understatement. This is a restaurant featuring Nepalese foods with Himalayan spices! How exotic! The restaurant usually opens at 5 pm for dinner service, but accommodated our Clayton Valley Village group of 20 at 4 pm. The owners were warm and welcoming and available to answer any questions about their menu. My husband and I had decided ahead of time we were going to order several dishes so we could try as much as possible. So in addition to our glasses of Pinot Noir (him) and Stella Artois (me) we had: Steamed MoMo (chicken dumplings), Lamb Sekuwa, Chana Masala, Chicken Tikka Masala, and Garlic Basil Naan...with rice, of course. And then for dessert, Momo's owner treated all of us to their rice pudding which had cardamom in it...one of my favorite spices. The service was excellent...efficient and

friendly, and the cost, reasonable for all that delicious food.





Upcoming Events for August



CVV members and volunteers have many interests, hobbies and skills, so we invite you to start an "Interest Circle." It's a great way to meet, share and learn from others in our village who share common interests. Suggestions include: walking/hiking, arts & crafts, book club, creative writing, woodworking, doll making, card making, painting, quilting, sewing, photography, dining in private homes, conversations on various topics, attending musical events and/or local theater, travel. What it comes down to, however, is the willingness of our Members and Volunteers to lead and coordinate these Interest Circles. If you'd like to share ideas and discuss further, please contact by email Sue at <suemanning121@gmail.com>



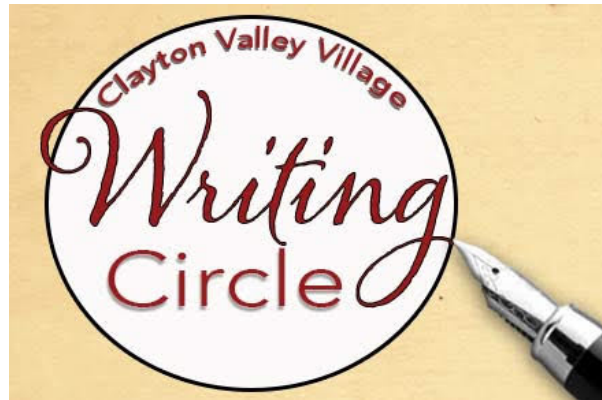
Open to Members
& Volunteers



Coordinated by
Sue Manning

**Last Chance to Reserve Your Seat
for our next Armchair Travelers Presentation!
Thursday, Aug. 8 at 7pm**

CVV members and volunteers are invited to join us at the home of Sonja Wilkin who enjoyed a cruise to the Baltics **and** a jaunt to England where she stayed in London and in Bath. Please register under EVENTS on our website:



CVV Member Sue Hummel is starting a Writing Circle for CVV Members and Volunteers. Sue has written for over 50 years. She co-founded a writers group 6 years ago which still meets, her stories appear in two anthologies of fiction and she belongs to the statewide California Writers Club. The CVV circle will focus on writing memoirs, but will also be open to short stories, essays and poetry. This circle has proven so popular that it filled up immediately and there is now a waiting list for those who are interested. The circle will meet on the 2nd Tuesday of each month from 2 to 4 pm starting August 13th.



This circle is open to all. Our next hike will be the evening of August 12. We will meet 7:00 pm in downtown Clayton at **The Grove Park** near the bathroom. Bring water and wear comfortable shoes. We will walk up Oak St. and connect with Dana Hills greenbelts. There are a few short hills. Total loop 3.67 miles with an option to shorten to 2 miles.



Our Summer League starts Sunday, Aug. 11th from 1:00-2:00 pm.

Come out and cheer us on!



The Dance Circle is for Members and Volunteers only. The Last class was July 29th. Classes will start up again in October. Stay tuned for more details.



Thursday, August 15 from Noon - 2:00

All members are invited to our quarterly Birthday Luncheon celebrating those who have birthdays in July, August and September.

RSVP required for this event. Do so on our website under [EVENTS](#).



Standing & Ad Hoc Committees

2019 CVV Board of Directors

Executive Committee:

Jim Whitfield (President), Sonja Wilkin (Past-President)
Sue Manning (Secretary), Joanne Wasak (Treasurer)

Members-at-Large

Diane Berger, Carol Hansen Grey, Mary Esther Loranger,
Marilyn Wollenweber, Kathy Geddes

Volunteer Representative Member

Pete Bardea

- The CVV **Events Committee** meets on the last Friday of the month between 1-3 pm and we welcome anyone to our hardworking team! We enjoy our meetings and the satisfaction of pitching in to make sure our events run smoothly.
 - The CVV **Tech Committee** meets on the third Tuesday of the month, participates in the HV Users Group and handles Database Management.
 - The CVV **Communications/Publicity Committee** interfaces with the Tech Committee and handles Website Development, Newsletters, Printed Promotional Material, Calendar Management, Social Network Outreach and Email Notifications. (No regularly scheduled meetings.)
 - The CVV **Outreach Committee** gives presentations to various organizations, organizes periodic community gatherings; joins other Bay Area Villages at resource fairs & programs; attends public meetings of various local, state and national government agencies; represents CVV at National and State Conferences; continuously promotes CVV wherever the opportunity occurs to increase membership. (Meets as needed.)
 - The CVV **Member Services Committee** meets on the second Thursday of the month. The committee processes new member applications, schedules new member in-home visits, creates, edits, and distributes the Member and Volunteer Handbooks. The committee also provides and monitors the call managers who are assigned days to answer calls and respond to emails sent to the Village. It receives members suggestions for service providers and adds them to the service provider list on CVV's website after review.
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Our Village Voice is a free, electronic publication of
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<https://www.claytonvalleyvillage.org>

**Submissions, Questions or Comments about
Clayton Valley Village or Our Voice Newsletter**

Email: Village.Clayton@gmail.com or **Phone:** 925-626-0411



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