

# The Villager



A monthly publication of Clayton Valley Village

January 2016 Vol. 3 Issue 1

## Village Idea Spreads Through Central County; Lamorinda & John Muir Link Arms

### Local Villages Collaborating on Information-Sharing

The Villages of Lamorinda, Walnut Creek, and Clayton Valley are starting a monthly business luncheon program as a way of sharing information and ideas on a regular basis.

The brown bag "Lunch-n-Learn" program is open not just to village members and Task Forces, but anyone interested in expanding the village idea throughout the central county. The first meeting is scheduled for Thurs. Jan. 28th at 11:30 am at Merrill Gardens in Lafayette and will be sponsored by Lamorinda Village. Subsequent meetings will be Clayton Valley and Walnut Creek, in turn, with each village responsible for arranging venues, speakers, etc.,

The Jan. 28 program will feature a talk on "positive aging" by Linda Fodrini-Johnson, family therapist and certified care manager

Further evidence of the word getting out about local villages can be found on the next page, where we reprint an article from the latest John Muir Health newsletter highlighting the collaboration between John Muir and Lamorinda.

The Villager is sponsored by



**Happy New Year  
from  
Clayton Valley  
Village**



**The Village idea is growing in Contra Costa County.** The January-March edition of the John Muir Health Senior Services Newsletter highlights the association of John Muir with our neighboring Lamorinda Village. We reprint the article by Lawren Hicks, MD, here and congratulate the two entities for what promises to be a fruitful association. Please note that the 4th article referenced in the last paragraph will be found on the following page.

## Aging in Place – the Village Concept

My parents, when still in their 70's, lived in the small and remote village of Barrington Passage, Nova Scotia. As they got older and more frail, their property became more difficult to manage and so my siblings and I encouraged them to sell their house and move to a condo in the city of Halifax, a couple of hours away. Halifax had all the amenities one would want in a city, including a university hospital and most important, my sister and brother lived there!

My parents resisted this idea for a time, and for cogent reasons. My dad had grown up not far from Barrington Passage, and his family was rooted in that locality. He had a sister in the village and a brother in a village nearby. Everybody in his village knew everybody else. There were many elders in the village, living independently, some over 90 years old!

It did occur to me that the move to the city might involve some losses as well as gains, the most important being the loss of what I would term the *therapeutic community*. There is something health - promoting in being connected to a community of others who share some of your history and your values, who know you well and are there to support you.

Aging involves many losses – of strength, vision, hearing, siblings, friends, and stability of health status. This can lead to the major stressors of aging - *confinement, isolation, alienation, and loss of autonomy*. We start to be confined because of the loss or impairment of our faculties. The more confined we are, the more isolated from our community we become. With isolation comes alienation; a sense that we no longer belong, that we are not part of the mainstream. Then comes the greatest

loss of all – autonomy. When we must rely on others to meet our daily needs, no matter how expert and loving and attentive they are, no one can meet those needs as well as we could when we were able.

From this set of stressors we risk falling into a 'cascade of frailty' - our diet suffers because getting out for groceries and preparing meals is now such an effort. This leads to malnutrition, weakness, and susceptibility to falls and decreased immunity. This cascade culminates in visits to the ER, hospital admissions, re-admissions, and nursing home stays, which can be so destructive in terms of quality of life.

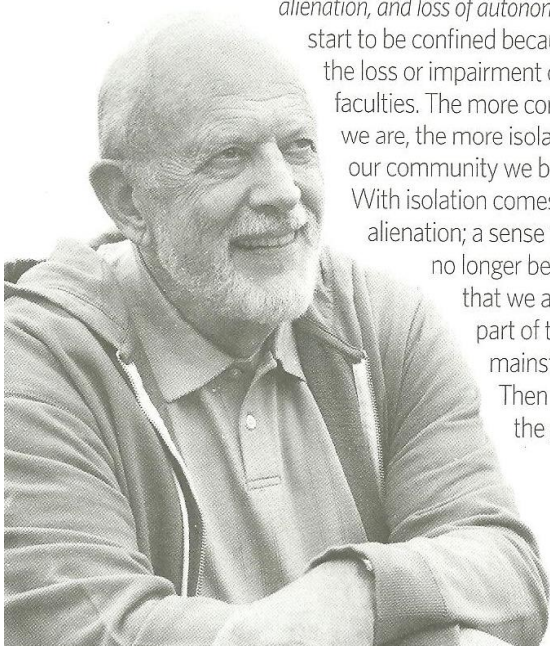
At this point it can be said that our "support system", which consists of our home and family environment, and our connections to the community, has broken down. Our health status suffers when our needs for care exceed the capacity of our support system. We face moving out of our home, having someone move in, or moving in with family or into more institutional care. Or is there another option?

What if our local community of elders were able to organize to better take care of itself, so that seniors could remain independent in their own homes for much longer than is possible now? What if my parents could have called on the community for transportation, help with shopping and meal preparation, for trusted plumbers and other service people that could help them maintain their home environment and nutritional status and improve their health and safety? How much better would they do if they remained in their home and felt more empowered and re-connected to their village?

This is precisely the idea behind the "Village Concept", an initiative that started on the east coast, but which is embodied locally in Lamorinda Village. John Muir Health is excited to become associated with Lamorinda Village, because we realize the profound benefits of the '*therapeutic community*' for everyone.

For more details about Lamorinda Village, see page four of this newsletter.

**Lawren Hicks, MD**  
Medical Director, Senior Service



**JOHN MUIR**  
HEALTH



### CVV Is Looking for an Attorney...

...experienced with non-profits. To advise on a variety of start-up issues including governance, liability insurance, donor relations, etc. Monthly meetings and as needed. Stipend available. Contact Jim Whitfield at [jimwhitfield64@gmail.com](mailto:jimwhitfield64@gmail.com)

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Editor welcomes all submissions and reserves the right to include or edit all material. Other publications are welcome to reprint any material herein with proper attribution, unless otherwise specified.

#### Questions or Comments about CVV ?

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[www.claytonvalleyvillage.org](http://www.claytonvalleyvillage.org)

Continued from previous page

### The Village Concept – Lamorinda Village

Villages have emerged as one of the most nationally prominent models of community aging initiatives. They are self-governed, grassroots, community-based volunteer organizations that coordinate access for their members to a variety of services and programs to promote aging in place, social integration, health, and well-being.

There is a great diversity in how Villages are structured, but it is typical for them to address members' needs by providing services by the Village staff, member-to-member volunteers, community volunteers, or referred to external preferred providers whose background and credentials have been checked by the Village and who usually offer discounts to Village members. Villages focus on social engagement and community building through member social events and involvement in Village governance.

Lamorinda Village ([www.lamorindavillage.org](http://www.lamorindavillage.org)) is the first Village to open in Contra Costa County, and is partnering with John Muir Health to develop a prototype to integrate its services with those Villages within its service area.

*Ruth D. McCahan  
Founder and Board President. Lamorinda Village*

### Diablo Women's Chorale Seeks New Members

This lively group of community singers performed its 73rd annual holiday concert in December. To find out how to get involved in their 2016 events, contact: [diablowomenschorale@gmail.com](mailto:diablowomenschorale@gmail.com), or speak to Sonja Wilkin at [sonjawilkin@gmail.com](mailto:sonjawilkin@gmail.com), 925-672-2689.





## Linda Fodrini-Johnson to speak on "Positive Aging" at first Lunch 'n' Learn program January 28

The first monthly "Lunch 'n' Learn" program features guest speaker Linda Fodrini-Johnson, MA, MFT, CMC A. Her topic will be "Positive Aging ó Are All Your Ducks in Order?"



Ms. Fodrini-Johnson has been a licensed Family Therapist and Professional Certified Care Manager since 1984. She is the Founder of Eldercare Services, a full-service care agency serving the greater San Francisco Bay Area since 1989. She is the past president of the National Association of Professional Geriatric Care Managers (NAPGCM,) now known as Aging Life Care Association (ALCA).

In her talk on Positive Aging, Ms. Fodrini-Johnson will emphasize that the last chapter of our lives can be the best.

"It does take planning, some attention to health promoting activities, and eliminating stress. Come and discover if you have your ducks in order to be as stress-free as possible as you head into a new year. We will explore four major principles to keep you healthy as well as some documents you will need to have life your way."

Ms. Fodrini-Johnson has been working with older adults and their families for over 34 years and is an expert in aging well."

The program begins at 11:00 a.m. at Merrill Gardens, 1010 Second Street in Lafayette. Open to the public. Everyone is welcome. Information and reservations at 925-253-2300

## Calendar for January - February

### Meetings

**Thurs. Jan. 28th at 11:30 am-1:00 pm. Brown Bag "Lunch 'n' Learn"** program for anyone interested in Clayton Valley, Walnut Creek, and Lamorinda villages. Merrill Gardens, 1010 Second Street in Lafayette. Open to public. Everyone welcome. Information and registration at 925-253-2300, [www.lamorindavillage.org](http://www.lamorindavillage.org)

**Thurs., Jan 28, 7:00 pm. Clayton Business and Community Association (CBCA) monthly meeting.** Oakhurst Country Club.

**Fri., Jan 29, 1:00-3:00 pm. CVV Events Committee Meeting.** Marsh Creek Cabana. Contact Sonja Wilkin at (925) 350-1330 or [sonjawilkin@gmail.com](mailto:sonjawilkin@gmail.com) for time and place.

**Monday, February 8, 3:30 pm. CVV Task Force Meeting.** . Montecito Senior Living, 4756 Clayton Rd., Concord

## Events

**Tuesday, January 19, 4:00-6:00 pm. CVV Meet 'n' Greet Social Hour.** La Veranda. 6201 Center Street, Clayton.

**Feb. 13- Mar. 13.** Piedmont Oakland Repertory Theatre presents *Blood Tango, a New Musical* by John McMullen, Tal Ariel, and Elizabeth Jane Dunne. "The vampire myth with a new twist." Fri-Sat-Sun - \$25. All performances at 7:30 pm. Piedmont Oakland Rep in residence at Pacific Boychoir Academy 215 Ridgeway Ave Oakland, just off Piedmont Avenue. Tickets <http://www.piedmontoaklandrep.org> 800-838-3006 or call Brown Paper Tickets 800-838-3006

### Kick Off the New Year with CVV!

### CVV Meet 'n' Greet Social Hour

*Kick Off the New, Kiss Off the Old.*

Get updated on Clayton Valley Village  
Meet the Volunteer Team . Share Ideas

**Tuesday, January 19, 4-6 pm**

**La Veranda  
6201 Center St., Clayton**

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