
Our Village VOICE

A monthly publication of Clayton Valley Village February 2020 Edition

Welcome to our **FEBRUARY** Newsletter

In this issue you will find our President's message, a message from our new Executive Director, photos of our past events, news of our upcoming events, information about our interest circles and committee reports. Enjoy!

Save the Date!

Wednesday, Feb 19th: CVV Annual Meeting

(open to the public -- RSVP Required)



**Meet our new Board and Executive Director.
Hear our exciting plans for 2020!**

Did You Know?

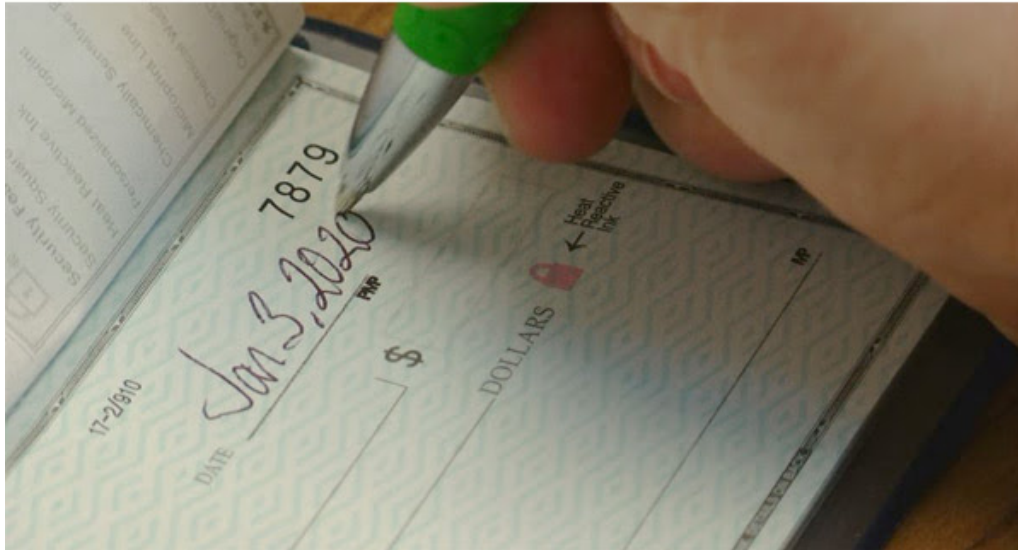
You Can Recycle Your Old Birthday & Holiday Cards and Support the Work of St. Jude's Ranch for Children!



If you don't know what to do with your old birthday or holiday cards, **St. Jude's Ranch for Children** will accept them to use as crafts for abused, abandoned and neglected children. They accept all card fronts (except for Hallmark, American Greetings and Disney which they are unable to accept due to copyright laws). They also accept new cards (any occasion) with or without the envelopes. The program helps provide teens with life and work skills. Send your cards to: St. Jude's Ranch for Children, 100 St. Jude's St., Boulder City, NV 89055. Click the link for more information.
<<https://stjudesranch.org/recycled-card-program/>>

Don't Abbreviate 2020 on Checks

By Jim Ryan | The Oregonian/OregonLive



New year... new way to write checks!

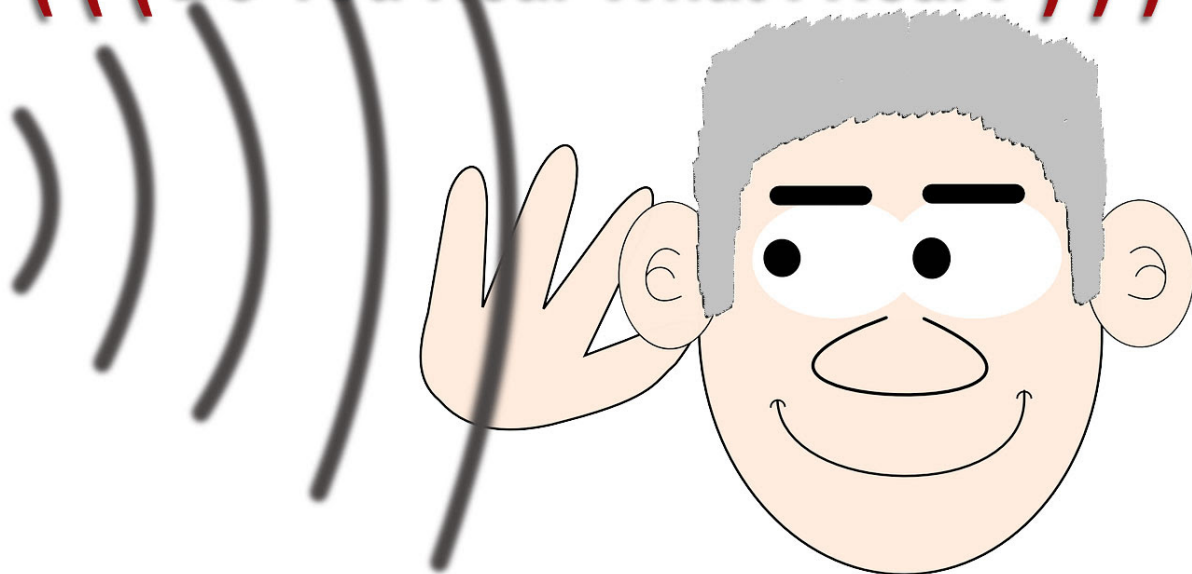
Reports around the country urge people not to abbreviate the year 2020 when signing checks or other documents, as the abbreviated version could leave them in the lurch. The reason is simple: This year's abbreviation, "20," can be easily amended to appear as if it was dated in a different year. For example: A scammer could change a check or document signed 1/3/20 to read as if it was dated 1/3/2019 or 1/3/2021.

Support Clayton Valley Village When You Shop at Amazon!



Do you purchase items through Amazon.com? If so, we wanted to make you aware of a program that Amazon offers called **AmazonSmile** that donates a small percentage of every eligible Amazon purchase you make to a non-profit of your choice. Clayton Valley Village is registered as a non-profit with Amazon, so this is an easy (and painless) way you can help raise funds for our organization. All you need to do to set this up, is to log in to <https://smile.amazon.com/>. On your first visit to **AmazonSmile** you will be prompted to select a charitable organization from their list of eligible organizations. That organization will then show up on your menu (see screenshot below). Then, an easy way for you to remember to log in to your **AmazonSmile** account (rather than the regular Amazon account) is to bookmark and always use the following link to login: <https://smile.amazon.com>

(((Do You Hear What I Hear?)))



(Excerpted from Foster City Village Newsletter)

If you have difficulty hearing, this can bring up some anxiety for you when you are in a group situation. Trying to tune-out background noise to engage in a conversation can be tiring and overwhelming. It may be enough for you to want to opt out of village social activities altogether. ***Don't let hearing loss put a damper on your participation in our social events.*** Here are a few simple things you can do to more fully participate and enjoy yourself.

Position Yourself in a Good Spot. If it is a seated meal, try to sit near the middle of the table, which gives you a better shot at hearing more conversation. If it is a cocktail party, find a quieter area of the room away from the music and high traffic areas, perhaps toward a corner of the room.

Speak Up. Let friends know you have hearing loss so they can accommodate your hearing needs. Most people are quite happy to speak up so you can hear them. Not only will they increase their volume, but focus their words and inflections in a way that aids your involvement in the conversation. Using visual cues like cupping or tapping your ear are also signs that you need someone to speak up or repeat themselves.

Converse With Those Next to You. If you would like to talk with someone, move closer to them, or ask that you continue the conversation when in a quieter spot. Sitting in areas with carpets or drapes can reduce echoes and make it easier to focus on your conversations.

Have Reasonable Expectations. You probably won't hear everything that everyone says, but that is okay. Don't be shy about taking a break for a few minutes to give your ears and brain a rest. Head to the restroom or find a quiet spot in another room or go outside for a few minutes.

Cold Weather's Effects on Hearing Aids. The most common effects of cold weather on hearing aids is reduced battery life. Most hearing aids use zinc air batteries, which are sensitive to the effects of temperature and humidity. The most common cause is condensation. When temperatures drop, the surface of your hearing aids will become cold. Then, when you go back indoors, water can condense and get inside your hearing aids. One of the best ways to protect your hearing aids is to use a hearing aid dehumidifier or drying case. One of the oldest and simplest pieces of advice for hearing aid care is to open the battery compartment and remove the batteries when your device isn't in use. This both allows the hearing aid to dry inside and prevents your batteries from draining as quickly.



President's Message

Sue Manning

Our vision for 2020 is being shared with individuals and groups of people who can help make a difference for the village movement and for Clayton Valley Village specifically. Our Executive Director, Carol Hansen-Grey, and I met with Clayton Mayor Julie Pierce mid-January and discussed how the City of Clayton benefits from having our organization available to its citizens, inasmuch as Clayton has no senior center. We are also scheduling a meeting with Tim McGallian, the new mayor of Concord, so that he becomes more familiar with the village movement as CVV spreads into Districts I and V of Concord. Just having the mayors and city councils of both cities talk about CVV is a big boost to our growth.

Speaking of growth, if you want to contribute to our success, we are looking for more volunteers. This is not a job that will take a lot of your time. You can decide how often to help...it could be as little as once a week, once every two weeks, or once a month. It could be in the area of transportation...driving one of our members to a doctor's appointment; it could be helping in the home...changing ceiling light bulbs or changing batteries in smoke detectors; it could be helping someone figure out the remote control for their TV. Little things mean a lot, especially to someone who cannot do whatever it is by themselves. And it can mean a lot to you, the volunteer. Helping others gives YOU purpose.

The big item on our CVV calendar this month is our Annual Meeting which will be held at Hoyer Hall in the Clayton Library on Wednesday, February 19 at 7 pm. Please plan to attend to learn what's happening with our village and why it would be good for you, either as a volunteer or as a member. I heard there will be a door prize AND refreshments!





From the
DESK
of our
Executive
Director

Carol Hansen Grey



What happens when you send board members to a national Village to Village conference?

They come back filled with a multitude of ideas for enhancing services and creating new programs that will serve not only our membership, but our communities as well. Anyway, that's what happened to me!

I attended my first national conference held in Chicago in September with CVV past president Sonja Wilkin. She, along with a few others, sparked the idea of creating a village in Clayton. After she attended a national conference several years ago, her enthusiasm built a wave of positive energy around the idea. I would hear about it every week as we drove together to our weekly Diablo Women's Chorale rehearsals. She got me hooked on the village idea (along with many other people in the area.) She also contracted with me to design a CVV logo. My husband and I became founding members.

Now it's my turn to help bring our organization to the next level. I accepted the position of Executive Director because I am so enthusiastic about our mission: ***"To create and sustain a network of Community Volunteers and Seniors working together to offer Members the services, activities and programs they need to remain active and independent in their homes as they age."*** We believe by helping one another we can make the world a better place! We do this by meeting the needs of our members through our services, programs, social events, referrals and by providing a caring, supportive and inclusive environment.

In the coming months I will be working with our new president, Sue Manning, and our Board to create new community-based programs that will not only serve our membership but will also serve the greater Clayton and Concord communities. Stay tuned!

Upcoming Events for February 2020

Tuesday, Feb. 4th - CVV Board Meeting

Monday, Feb 10th - Villager's Exploring Group A Hiking Group

Tuesday, Feb. 11th - Writing Circle - Closed group

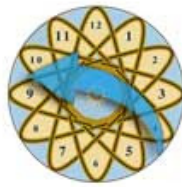
Thursday, Feb. 13th - Jan., Feb., & Mar. Birthday Celebration - **Members Only**

Friday, Feb. 14th - Valentine's Day

Tuesday, Feb. 18th - CVV Mixer, Fiore Restaurant

Wednesday, Feb. 19th - CVV Annual Meeting

Thursday, Feb. 27th - Member Service Meeting
Friday, Feb. 28th - CVV Events Committee Meeting
For additional info about these events and more, click the link below:
https://claytonvalley.helpfulvillage.com/events/index_list



PAST EVENTS

Clayton Valley Village Holiday Party

January 5, 2020





Clayton Valley Village members and volunteers welcomed in the New Year at a fun-filled holiday party. Lots of great food, good company and plenty of laughs as the white elephant gifts we each brought were opened and swapped back-and-forth! Thank you, Joanne Wasak, for hosting our annual event in your beautiful home!

Clayton Valley Village January Mixer



CVV Mixer @ Inca's Grill in Concord (January 21, 2020)



Clayton Valley Village January Mixer was held at Inca's Grill. Great food and friends. We hope you'll join us for our next Mixer on February 17th at Fiore's Restaurant on Clayton Road in Concord.

COMMUNITY EVENTS & OUTREACH

A Sleigh-Full of Christmas Gifts Donated For “Adopt A Family”

by Fiona Hughes

It's a wonderful thing to see Clayton Valley Village's generosity, not only in reaching out and supporting our community's seniors, but in rallying behind a young Concord family in need. This cross-generational caring and giving spirit was fulfilled when CVV generously outdid themselves in their “Adopt A Family” support of the Kelleher family during the holidays.

Spearheaded once again by CVV volunteer, Shirley Izard, in coordination with Jeannie Ligourie of Saint Bonaventure's "The Giving Tree" program, the Kelleher family's modest needs list was circulated and CVV members and volunteers jumped to meet – and exceed threefold – their requests.

It's been a difficult year for the Kelleher family, whose toddler, Jack, has undergone chemo treatments, (which have affected his legs, and he wears leg braces) and his eye needed to be removed.

Carefully coordinated, the gifts were donated, gathered, stored at Betty's and wrapped by CVV members, ready for their Christmas delivery. Once again, Jim Whitfield made a marvelous Santa Claus figure clad in red and wearing his Santa hat, as we drove a sleigh-load of colorfully wrapped gifts to the Kelleher's home.

We were greeted with surprise and joy by Mom, Justine Kelleher, who, holding Jack, came out to see the trunk filled with generous gifts.



Bringing in the 50 or so gifts and placing them around the Christmas tree, Justine kept expressing her thanks and gratitude, and was ‘blown away’, by the extent of the gifts generously donated. Meanwhile, Jack raced around the house, as if fully sighted, and sweetly led me by the hand to show me his Thomas the Tank Engine train, while his Mom explained that trains are his favorite toys in the world.

Now, since Jeanne Boyd's generous donation was a family heirloom toy train set that had been lovingly restored and gifted to the family, we knew what a difference this would make to Jack's Christmas, as the train set will get to be enjoyed by the next generation.

Justine was urged to open the Christmas dinner voucher, “the perfect gift” she said. She asked that we convey her family's grateful thanks to all of CVV for this amazing outpouring of caring and gifts.

So a huge ‘thank you’ to all involved in the ‘Adopt A Family’ giving campaign this year, from project-manager, Shirley, to the many members who donated, wrapped, delivered and played a part in lightening this deserving family's load and bringing them joy this Christmas.

Update 1/8/2020:

The family forwarded the photos below, with their written thanks, of Jack and daughter, Dani, opening their CVV gifts on Christmas morning. Justine also reported the wonderful news that Jack's MRI came out clear, and he has no further signs of brain cancer.



S.H.A.R.E. MEETING: Jan. 24



Sonja Wilkin represented Clayton Valley Village at the Tuesday, Jan. 24th meeting of S.H.A.R.E. (Social & Health Agencies Resource Exchange) East Bay, at the Pleasant Hill Senior Center.

Together with Kathryn Ishizu, Operations Manager of Lamorinda Village, they were the Room Sponsor for the meeting which enabled them to give a one minute presentation about our own Villages and the Village Movement in general. They were also able to display their Villages' promotional materials.

This organization is definitely for networking and being able to connect with many professionals in the fields of home care, finances, physical therapy, and various support groups for Seniors (Hospice, Cancer Community, Hummingbird Project, etc.).

Not only might those attending the SHARE meetings become involved themselves in our local villages as members and/or volunteers, but they are definitely a conduit to all the people they interact with and can be a positive reinforcement for our message in the Clayton and Concord areas.

There is the additional benefit of speakers for future programs on various topics of interest and have already been able to schedule a couple. The meetings are held every two months at the same location, from 9-11 am.

Community Event
OAKHURST CRAB FEED
(Jan. 18, 2020)



A group of Clayton Valley members and friends attended the Crab Feed at Oakhurst Contry Club. We all had fun eating a delicious crab dinner and dancing to YMCA.

Quote of the Month!



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 Kathy at <kgeddes@astound.net>.



Standing & Ad Hoc Committees

2020 CVV Board of Directors

Executive Committee:

Sue Manning (President), Jim Whitfield (Past-President), Mary Esther Loranger (Secretary),
Joanne Wasak (Treasurer)
Carol Hansen Grey (Executive Director)

Members-at-Large

Diane Berger, Marilyn Wollenweber, Kathy Geddes, Joann Vanis

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.

Our Village Voice is a free, electronic publication of
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Email: Village.clayton@gmail.com.

The editors welcome all submissions and reserve the right
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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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