

The Villager



A monthly publication of Clayton Valley Village

January 2017 Vol. 4 Issue 1

CVV Delivers Christmas Gifts to Newcomers Village Wishes Everyone a Happy 2017

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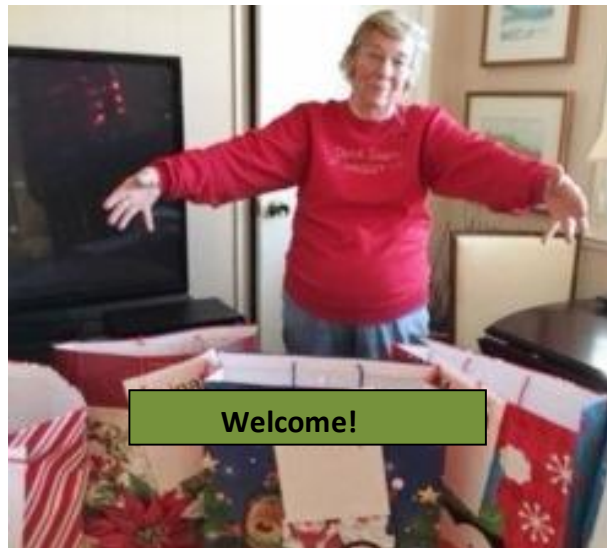
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CVV participated in the Adopt-a-Family drive sponsored by the St. Bonaventure Catholic Community in Concord, one of many organizations who bring cheer to families during the Holiday Season. CVV gathered gifts for a family recently arrived from Afghanistan ó welcoming them to our country with, among other gifts, a turkey and a Christmas tree. Below, Shirley Izard and gifts to be delivered.



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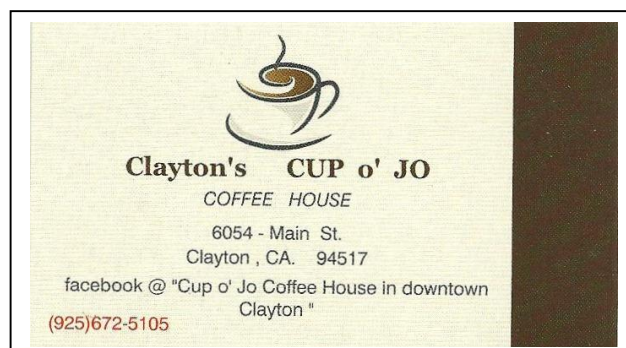
CVV Got Festive for the Holidays



Above Left: Events Committee Party . L-R Jeanne Boyd, Betty Armes, Gloria Utley, Shirley Izard, Carole Gardner Above Right: Jim Whitfield loads up to deliver gifts to adopted family. Left: Sonja Wilkin and Sue Manning.



Support your local Coffee House



Calendar for January

Meetings

Tuesday, January 10, 4:00-6:00 pm. **CVV Task Force.** Diamond Terrace

Thursday, Jan. 26, **CBCA General Meeting** at Oakhurst CC. Registration 6:30 pm; Dinner and Meeting 7:00 pm

Events

Thursday, January 19, 10:30 am. **Contra Costa County Assessor Gus Kramer will discuss Property Tax Transfers (Propositions 60 & 90)** at the Concord Senior Center. Discussion followed by a Q&A session. No charge, and all are welcome. Registration and additional information is available at www.propertytaxsavings.eventbrite.com

Friday, January 20. **U.S. Presidential Inauguration.** Featuring The Rockettes from Radio City, Mormon Tabernacle Choir, others.

Beyond January

Monday, Feb. 13, 1:30-4:00 pm. **CVV Party for 15th Anniversary of the National Village Movement.** Live webcast from Beacon Hill Village. CVV Party at Endeavor Hall, Downtown Clayton. Refreshments and presentation on CVV progress toward May 1 opening. See page 3 for details.

Through Feb. 17, **Icons in Transformation.** More than 150 contemporary icons by internationally known Russian artist Ludmila Pawlowska, plus traditional icons from the Vassilevsky Monastery in Russia. Exhibit divided between St. John's Episcopal Church, 5555 Clayton Road in Clayton, Sundays 2:00 pm to 5:00 pm and by appointment; and St. Michael and All Angels Episcopal Church, 2925 Bonifacio Street in Concord, Fridays 6:00 pm to 8:00 pm, Saturdays & Sundays 2:00 pm - 5:00 pm and by appointment, 925-890-7839. FREE. See page 5.

Sunday, March 19, 2:00 pm. **Village Day at Lafayette's Town Hall Theatre.** Join your Village friends for the matinee of *Smokey Joe's Café (A Musical Revue)*. Did you ever hear a tenor sax swingin' like a rusty axe? Baby, that is rock and roll, and the two voices behind an entire generation were Leiber & Stoller. With classic Rock and Roll songs like Poison Ivy, Charlie Brown, On Broadway, Stand by Me, and many, many more. Tickets \$20. **Reserve by March 10.** See page 7 for details.



Left: The cozy confines of Town Hall Theatre in Lafayette

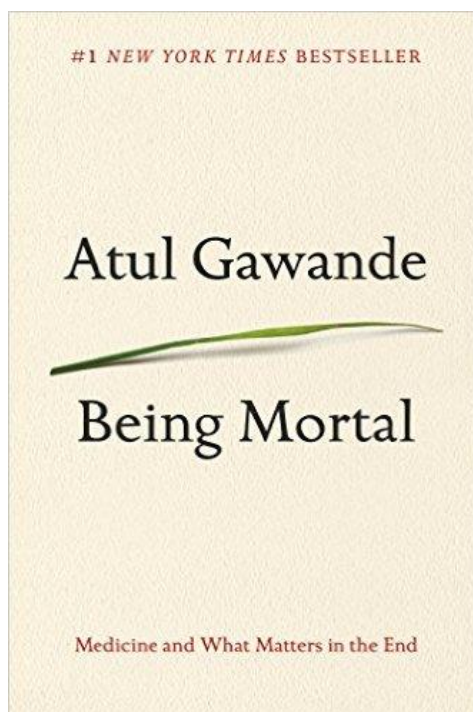
CVV Helps Villages across the U.S. Celebrate 15th Anniversary of the Village Movement on February 13

CVV Watch Party at Endeavor Hall in Downtown Clayton. Event will feature a live webcast from Beacon Hill Village.

Beacon Hill Village, the founding Village of the Village Movement, is celebrating its 15th year of operation and has asked all other Villages to join them in marking the occasion on February 13, with Atul Gawande, author of *Being Mortal*, as the keynote speaker.

BHV plans not only to celebrate their 15th Anniversary, but to celebrate the 15 years of the Village Movement, as well. Villages have been making an impact throughout the world since 2002, and all those involved agree February 13 is a momentous occasion.

BHV and the Village to Village Network are inviting all Villages to participate in the February 13 event by hosting watch parties all across the country. The event will be presented as a live webcast. Village members and friends will have the opportunity to hear Atul Gawande speak about the value of community and opportunities as we grow older and participate in a live event with thousands of Village members across the country. The webcast will be the feature of the CVV Watch Party at Endeavor Hall on February 13, 1:30-4:00 pm. Refreshments will be served, as well as updates of CVV progress towards our May 1st opening.



In *Being Mortal*, bestselling author Atul Gawande tackles the hardest challenge of his profession: how medicine can not only improve life but also the process of its ending. Gawande, a practicing surgeon, addresses his profession's ultimate limitation, arguing that quality of life is the desired goal for patients and families.

O.K., Gawande may seem like a real downer to invite to a party. Yes, death comes to us all, eventually, but Gawande gives us ways to make sure we are productive, useful, and happy before we, in the words of Hamlet, shuffle off this mortal coil. He will talk about the value of community, which is what the Village Movement and Clayton Valley Village are all about. Plan to join your neighbors at this informative event.

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Senior Services News

Pain and Movement: If it hurts, try moving it!

I remember sitting on the floor in one of my first fitness classes doing stretch exercises and saying to myself, "I don't think I've been in this position since I was 8 years old!" That got me thinking about how little we move, and how limited a range of motion our joints go through after we become adults and start working for a living.

If you have an office job, and even in retirement, you sit for many hours a day and then stand and walk and lie down at night, and rarely do any of your joints flex beyond a ninety-degree angle. Rarely do you sit or lie on the floor. As a result, flexibility decreases, fitness is lost, weight is gained, and muscles atrophy. The muscle weakness leads to inadequate support for the joints and back, so that they are subject to injury. Our reaction to the pain of these injuries is often to move less, which results in further muscle atrophy, inadequate support for the joints, abnormal alignment, and chronic pain.

The pain might be addressed with analgesic medicine, like acetaminophen, Ibuprofen, and sometimes narcotics, but the pain has a high chance of becoming chronic if the fundamental problem is not addressed, which is muscle weakness and abnormal motion at the joint.

We may tend to think of our joints in terms of the bone structure and not so much in terms of the supporting muscle structure. We may think of the pain in terms of damage and worry that more motion may cause more pain and more damage. If there is a recent (acute) injury, then a period of rest might make sense, but if the pain is prolonged then it may represent a signal that movement at the joint is abnormal and that the solution may be physical rather than chemical – the solution may demand more movement, not less.

I think that many, perhaps most of my patients who have persistent joint or back pain deserve a trial of a course of physical therapy. I see the physical therapist as a "movement expert". He/she can examine a patient and determine the right type of exercises that

would help the joint or back move better, and diagnose the muscles that are tender or weak that need to be stretched or strengthened.

Is physical therapy painful? Yes, sometimes, but what does the pain MEAN? Does it mean you should try doing the exercise in a different position, for example lying down rather than standing? Or maybe starting out with less resistance? Does the pain really mean that you are overstressing or damaging the joint? Continued work with the therapist can help you sort that out.

I didn't learn every important thing about medicine in medical school, and one of the best classes I ever took was a stretching class at a spa. It got me in touch with my joints, tendons, and muscles and reminded me how little I had moved them over the years and how much further potential for movement there was. It taught me that stretch was one of the best pain relievers for a sore muscle or joint, and that pain may be a reflection of weakness rather than damage.

Are drugs helpful? I still prescribe drugs for acute musculoskeletal pain, but they have less value in chronic pain. I prescribe movement as soon as practicable after an injury in order that the pain does not become chronic.

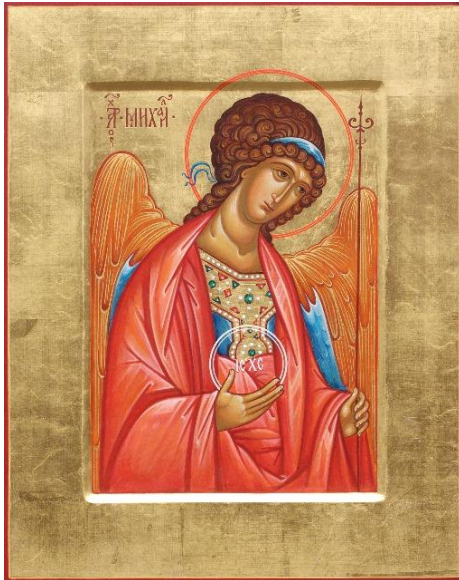
If you have a painful joint or back, try moving it. Find out exactly what movements in what directions hurt. Then determine what movements do not hurt. Discuss these observations with your doctor or physical therapist and see if you can get a "movement prescription" for your pain.

Lawren Hicks, MD
Medical Director
Senior Services

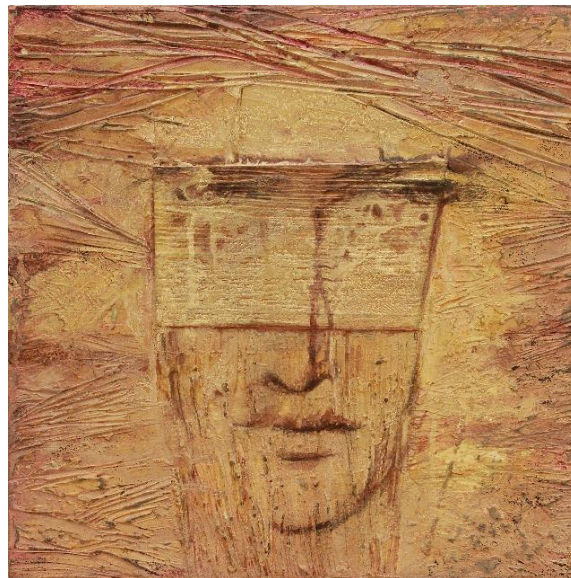


Traveling Exhibit of Religious Icons, both Contemporary and Traditional, continues at St. John's-Clayton and St. Michael and All Angels-Concord, Weekends through February 17

***Icons in Transformation* showcases the paintings of Russian artist Ludmila Pawlowska in only Bay Area appearance.**



Traditional icon from the Vassilevsky Monastery in Suzdal, Russia.



To Be Seen by Ludmila Pawlowska

More than 150 contemporary icons by internationally known Russian artist Ludmila Pawlowska, plus traditional icons from the Vassilevsky Monastery in Russia will be displayed. The exhibit is divided between St. John's Episcopal Church, 5555 Clayton Road in Clayton and St. Michael and All Angels Episcopal Church, 2925 Bonifacio Street, next to Baldwin Park, in Concord. Weekends through Feb 17, 2017

At St. Michael's: Fridays 6:00 pm . 8:00 pm, Saturdays & Sundays 2:00 pm - 5:00 pm. . Other times by appointment by calling 925-890-7839.

At St. John's: Sundays 2:00 pm - 5:00 pm. Other times by appointment by calling 925-890-7839.

Admission is free, but donations accepted. 925-890-7839,
<http://www.saintjohnsparish.org>; <http://www.saintmichaelsconcord.org>.

Join us for Village Days at Lafayette's Town Hall Theatre

Next Village Day Shows – March 19 & June 18

Enjoy an afternoon matinee at the theatre!

Town Hall Theatre offers pre-show music in the lobby one hour before curtain, a signature drink, and other refreshments. The lobby has comfortable chairs for lounging and there is an elevator lift for those who may need assistance.

Smokey Joe's Cafe (A Musical Revue)

Music & lyrics by Jerry Leiber & Mike Stoller

Directed by Lauren Rosi

Village Day ~ Sunday March 19, 2:00 PM

Reserve by March 10

Did you ever hear a tenor sax swingin' like a rusty axe? Baby, that is rock and roll, and the two voices behind an entire generation were Leiber & Stoller. With Rock n' Roll favorites like Poison Ivy, Charlie Brown, On Broadway, Stand by Me and many, many more. Don't miss the greatest rock and roll revue of all time, and the most explosive event of the season!

An Ideal Husband

by Oscar Wilde

Directed by Susan Hovey

Village Day ~ Sunday June 18, 2:00 PM

Reserve by June 9

One of Oscar Wilde's most beloved -- and funniest -- plays closes out our season! Featuring biting wit, this play takes aim at hypocrisy as well as women's place in society.

SPECIAL TICKET PRICE OF \$20 FOR VILLAGES!

Call Box Office at (925) 283-1557 and say,

"I would like to reserve # ___ of tickets for the Village Day Group."

Phone hours: Tuesday ó Friday, 4:00 - 6:00 PM; Saturday, 2:00 - 4:00 PM

Thank you to our CVV Sponsors...õ for generous donations of cash and in-kind services.

American Association of University Women, Clayton Chapter - Clayton Community Library

Foundation - Clayton Pioneer ó Clayton Valley-Concord Sunrise Rotary - Compumail Printing ó

Diablo Valley Foundation on Aging ó Diamond Terrace - Marsh Creek Park Villas ó Stifel, Nicolaus

& Co. - St. Demetrios Greek Orthodox Church - Anonymous 1, 2, 3, & 4.