

# Our Village VOICE

A monthly publication of Clayton Valley Village April 2020 Edition

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





## Precautions to Use During Flu Season

by James Robb, MD

**Here are some precautions to use during the influenza season:**

- 1) **NO HANDSHAKING!** Use a fist bump, slight bow, elbow bump, etc.
- 2) Use **ONLY** your knuckle to touch light switches, elevator buttons, etc.. Lift the gasoline dispenser with a paper towel or use a disposable glove.
- 3) Open doors with your closed fist or hip - do not grasp the handle with your hand, unless there is no other way to open the door. Especially important on bathroom and post office/commercial doors.
- 4) Use disinfectant wipes at the stores when they are available, including wiping the handle and child seat in grocery carts.
- 5) Wash your hands with soap for 10-20 seconds and/or use a greater than 60% alcohol-based hand sanitizer whenever you return home from ANY activity that involves locations where other people have been.
- 6) Keep a bottle of sanitizer available at each of your home's entrances. AND in your car for use after getting gas or touching other contaminated objects when you can't immediately wash your hands.
- 7) If possible, cough or sneeze into a disposable tissue and discard. Use your elbow only if you have to. The clothing on your elbow will contain infectious virus that can be passed on for up to a week or more!

***What you may wish to stock up on:***

- 1) **Latex or nitrile latex disposable gloves** for use when going shopping, using the gasoline pump, and all other outside activity when you come in contact with contaminated areas. Note: This virus is spread in large droplets by coughing and sneezing. This means that the air will not infect you! BUT all the surfaces where these droplets land are infectious for about a week on average - everything that is associated with infected people will be contaminated and potentially infectious. The virus is on surfaces and you will not be infected unless your unprotected face is directly coughed or sneezed upon. This virus only has cell receptors for lung cells (it only infects your lungs) The only way for the virus to infect you is through your nose or mouth via your hands or an infected cough or sneeze onto or into your nose or mouth.
- 2) **Disposable surgical masks** and use them to prevent you from touching your nose and/or mouth (We touch our nose/mouth 90X/day without knowing it!). This is the only way this virus can infect you - it is lung-specific. The mask will not prevent the virus in a direct sneeze from getting into your nose or mouth - it is only to keep you from touching your nose or mouth.
- 3) **Hand sanitizers and latex/nitrile gloves** (get the appropriate sizes for your family). The hand sanitizers must be alcohol-based and greater than 60% alcohol to be effective.
- 4) **Zinc lozenges**. These lozenges have been proven to be effective in blocking coronavirus (and most other viruses) from multiplying in your throat and nasopharynx. Use as directed several times each day when you begin to feel ANY "cold-like" symptoms beginning. It is best to lie down and let the lozenge dissolve in the back of your throat and nasopharynx. Cold-Eeze lozenges is one brand available, but there are other brands available.

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Dr. James A. Robb is a pathologist in Boca Raton, Florida. He received his medical degree from University of Colorado Denver School of Medicine and has been in practice for more than 20 years.

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Here is a link to the EPA list of Antimicrobial Products for Use Against

Coronavirus: [https://www.epa.gov/sites/production/files/2020-03/documents/sars-cov-2-list\\_03-03-2020.pdf](https://www.epa.gov/sites/production/files/2020-03/documents/sars-cov-2-list_03-03-2020.pdf)

# Things To DO When Staying Home

By CVV Volunteer Fiona Hughes

Here are some self-quarantining ideas to avoid isolation and loneliness, for staying upbeat and productive during this challenging time:

1. On your iPhone, go to the App Store and download the free library app. There are thousands of free audiobooks and e-books available there to enjoy.
2. Binge watch those TV shows you've not previously made time for.
3. Try out a new recipe. Double it and freeze for a future meal, or offer to a neighbor.
4. Sort out your spice rack and toss old, expired products. If tackling the medicine cabinet, put expired medications and pills (no sharps) in a ziplock bag so CVV volunteers can arrange to pick up and safely dispose of them during our Springtime recycling event. Gather old batteries for pick up too!
5. Call, text, write and send a pretty note to a friend. Also, FaceTime and Zoom are good options to connect with people and "share the love" when you can't be together in person.
6. Get organized! And get on with those projects you've been meaning to get around to. In my case, putting hundreds of my favorite photos in photo albums to easily enjoy and share. You can order photo albums or storage boxes online.
7. Try a new hobby. YouTube videos can teach us so much, from learning a new language, how to knit, paint with watercolors, grow window-sill plants from your leftover vegetables, or make your own eco-friendly cleaning supplies.
8. Treat yourself to a new jigsaw puzzle, book of crosswords, or novel.

And remember, if you order at [smile.amazon.com](https://www.amazon.com/smile) you will be helping donate to CVV at no extra cost to you.

## Road Trip Surprise

by Nancy Hoffman

Back in the BC (Before Children) ages, my husband and I took a trip to see our college friends that had taken a job in Fairbanks, Alaska. Having traveled with back packs by car, ship, train and bus, they thought it important that we see not only Mt McKinley but also the Artic Circle. This meant a 'road-trip' to Manley Hot Springs with their first born six-month-old daughter on gravel roads in beautiful but unpopulated country. We came to an old wooden bridge with a 'Use at your own risk' hand written sign. It did not look safe to the women, so we halted the trusty Datsun to check out the bridge before heading across. The intelligent consensus amongst us newly graduated college students was that if the guys could 'jump' up and down on the bridge, surely it would hold a Datsun.

As the guys started to jump on the old wooden bridge a voice from under said, "Who's up there jumping on my bridge?"

After our initial amazement, with shades of Billy Goat Gruff in our heads, we had a wonderful visit with the local man who was making repairs to his neighborhood bridge. His truck was parked around the bend in the shade. We proceeded on across the bridge; the ladies walking with the baby and the guys then driving the trusty Datsun across.

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*Nancy was one of the first people to sign up as a volunteer for Clayton Valley Village when we first started the organization.*

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## President's Message

*Sue Manning*

So many thoughts are going through my mind at this unprecedented time. The first is our village volunteers want to help as many of you as possible. Our board members and committee chairs are thinking outside the box in determining how best to be of service, and we are open to your suggestions as well. Please do not hesitate to contact CVV (925) 626-0411 to share your ideas and to let us know how we can assist you. I'm also realizing that many of us finally need to admit our ages. We don't feel like we're 76 or 83; we've got lots of energy and are involved in many activities. But when faced with the realization that people over 65 are more susceptible to the coronavirus and need to stay home, we are forced to say we are the age we are. What a rude awakening! I see a couple of silver linings in all this: sometimes when I've been extremely busy, I've said "stop the world, I want to get off!" (It feels like the world has stopped.) And, the other is that places and things are getting a good cleaning (BART trains, for example.) Please stay well, my friends, and keep in touch...the phone still works!



From the  
**DESK**  
of our  
Executive  
Director

**Carol Hansen Grey**



*"Community is a place where the connections felt in our hearts make themselves known in the bonds between people, and where the tuggings and pullings of those bonds keep opening our hearts." ~Parker J. Palmer, The Promise of Paradox*

It's human nature to be in search of happiness, in fact the "pursuit of happiness" is built into our Bill of Rights. Research shows that psychologically, community is essential to a happy healthy life. For many, however, happiness may be hard to find, especially if we become more isolated as we grow older. **Clayton Valley Village has a remedy for that!** Our mission states we are 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 home as they age." However, that does not really give you a full picture of the effects that being part of a caring community has on one's sense of happiness and well-being.

Being part of this community has introduced me to an amazing group of individuals who are interesting, fun-loving, ready to help whenever help is needed, and who truly care for one another. CVV provides opportunities to become active and engaged in the larger community that helps instill a sense of purpose and belonging often lacking as we grow older. Its varied programs, volunteer opportunities and social events provide members and volunteers with a variety of ways to stay engaged.

Now the social landscape has changed dramatically. No longer can we get together in person to enjoy each other's company. Clayton Valley Village has risen to adapt to that challenge by scheduling weekly "Staying Connected" Zoom calls for our members and volunteers. These have actually proven to help us get to know one another in a more meaningful way as well as being a fun way to connect. Each week we have scheduled a different topic to explore for those of us on the call. If you are a member or volunteer for CVV and have not yet taken advantage of participating in these calls or don't understand how to participate in a Zoom call, please contact me by email and I'll get you started. <[carolgrey@claytonvalleyvillage.org](mailto:carolgrey@claytonvalleyvillage.org)>. You can also stay up-to-date by joining our mailing list and checking out our website at <<https://claytonvalleyvillage.org>>

## Join or Renew Your Membership



If you are already a member you will be receiving a member renewal email on April 1st. If you are on automatic monthly deduction you can ignore the email. Your automatic deductions will continue as usual. If you usually mail in your check send your check to P.O. Box 1274 Clayton Ca. 94517. If you need to update your profile email your changes to [village.clayton@gmail.com](mailto:village.clayton@gmail.com) or call 925-626-0411 to make the changes.

If you are interested in joining CVV call (925) 626-0411 and we will send out an application to you. We have several different payment choices for you to pick from.

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CVV Volunteer, Bev Adams, came up with a great fundraising activity for Clayton Valley Village: the Safeway Monopoly Fundraiser. She invited members and volunteers from CVV to collect monopoly game tickets each time they shopped at Safeway and donate them to CVV. She also collected them from the Clayton Valley Women's Club and from her exercise class at InShape. She took the time to enter the claim numbers of each game ticket into a database in order to claim the prizes. In all she was able to "win" \$150 in Safeway gift cards and over \$100 of free grocery items. She and Pete Bardea distributed the grocery items to members and volunteers who signed up to receive them. The Board will decide how to use the gift cards. THANK YOU, BEV, for initiating this innovative fundraising activity.

## *Do you have a* **Favorite Recipe?**

Now is a good time to go through all those favorite recipes and share them with us. Clayton Valley Village is putting together a cookbook of favorite recipes from members and volunteers and we are looking for a few members or volunteers who are interested in helping with this endeavor. This cookbook, when finished, will be sold as a fundraiser for Clayton Valley Village. So, we are soliciting your favorite recipes in the following categories: **Main Dishes, Soups & Salads, Appetizers, Breakfast Favorites and Breads & Desserts**. Each recipe submitted should include (in this order):

- Name of person submitting the recipe
- Name of Recipe
- Number of Servings
- Ingredients (with measurements)
- Instructions (including oven temperature and baking time if appropriate)

**NOTE: Recipes should be your own (not copyrighted recipes from a published cookbook).** If we get enough submissions in a certain category, we may choose to publish a series of cookbooks (i.e., Favorite Breads & Desserts from Clayton Valley Village, Favorite Main Dishes from Clayton Valley Village, etc.).

Please email your recipes to [CarolGrey@claytonvalleyvillage.org](mailto:CarolGrey@claytonvalleyvillage.org) with the subject line: Recipe for CVV Cookbook. **Note: Each recipe should be sent in a separate email.** In each email include your phone number in case we need to contact you with questions about your recipe. Your email address and phone number will NOT be published in the cookbook.

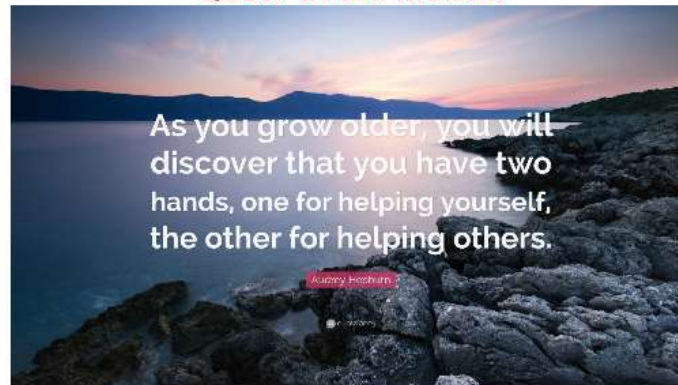
Carol is also looking for members and/or volunteers who are interested in helping with the project. If that is YOU, please email Carol indicating your interest with the subject line "Cookbook Project" and she'll get in touch with you.

## COMMUNITY EVENTS



Clayton Community Library opened its doors for the first time in March 1995. It was a grand celebration following years of planning, fundraising and building re-designs. On Saturday, March 7, 2020, the community gathered once again to mark the library's 25th birthday. Our CVV member Jeanne Boyd (second from the left in the above picture) was one of the founders of the library and was honored at the celebration.

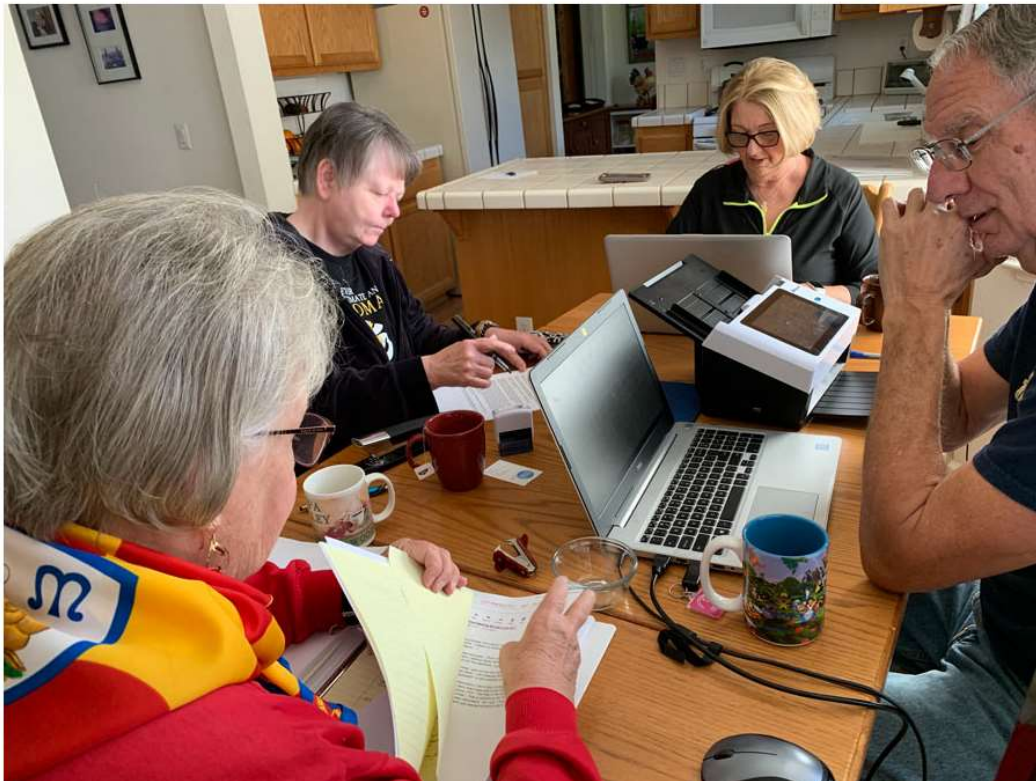
### Quote of the Month!



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>.

## Tech Committee Report

# ***HAVE SCANNER ... WILL TRAVEL!!***



Using our newly purchased Raven Scanner Pro, members of the CVV Tech Committee have taken on the task of digitizing all our files currently being stored in file cabinets located in various members homes. The job is monumental, but the Raven scanner makes it "do-able." Because the scanner is a stand-alone device, lightweight and portable, we can easily bring it to the home of the member who has the files and scan them right there in their home. The scanner accommodates 100 sheets at a time and, if needed, will scan both sides of the paper in one pass at 60 scans per minute. Once scanned they are automatically uploaded to the CVV Account on the Raven Cloud (a free feature that is included in the price of the scanner) where the Tech team organizes them into top level folders by year and then in sub-level folders by topic (i.e., Board Minutes & Agendas, Financial Reports, Committee Reports, Incorporation and Legal documents, etc.).

Pictured above from left is Nancy Hoffman, Carol Hansen Grey, Diane Berger and Pete Bardea. We form an assembly line. One person goes through the file, hands the docs to be scanned to the next person who scans and uploads them to the Raven Cloud. (They appear within seconds.) The person administering the Raven Cloud on a laptop, names the uploaded digital documents and files them into the appropriate folder. In the meantime, the scanned hard-copy files are handed off to the next person who stamps them "SCANNED" with the date and then hands them back to the first person who refiles them in the original folder or binder.

The scanner was purchased with money donated by one of our sponsors. Because the scanner is a stand-alone device, lightweight, portable, we can easily bring it to the home of the member who has the files and scan them right there in their home. Having all our files accessible in one place without the need for multiple file cabinets located in various locations will serve us well into the future!

Of course, all of this scanning has been put on hold until we once again can assemble together.



## 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

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- 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.