

Our Village VOICE

A monthly publication of Clayton Valley Village June 2020 Edition

In this issue you will find our President's message, a message from our Executive Director, news on what CVV is doing during California's "Shelter In Place" directive, information about our interest circles and committee reports.
Enjoy!



Recycling Options in Clayton and Concord

By CVV Volunteer Bev Adams

Did You Know?

82% of the public don't know plastic wraps can be recycled

54% don't know plastic bags and wraps generally should NOT be in curbside bins

Here are some reminders about how to recycle **PLASTICS** :

What PLASTICS go in my curbside RECYCLE BIN:

Plastic Containers that are **RIGID** (keep their shape) and have **symbols #1-5 or #7**

NOTE: ALL items must be Empty, Clean and Dry. They must have NO food residue or liquid.



What **PLASTICS** do I take to my **STORE** drop-off box?

Plastic **BAGS** and **WRAPS** that are **FLEXIBLE**.

They get tangled up in the recycling equipment, so they need special processing.

NOTE: ALL items must be Empty, Clean and Dry. They must have NO food residue or liquid.



SAFEWAY: Drop-off box is located to the far Left of the building

LUCKY: Drop-off box is located at the Right entrance doors.

What do I **THROW** in Trash Can?

PLASTICS with recycle #6 symbol. They are notorious for being one of the most difficult plastics to recycle. Examples: disposable plates and cups, meat trays, carry-out containers, aspirin bottles, CD cases, foam Products, Snack Chip Bags, Candy Wrappers, and PLASTICS that are too dirty to go in the recycling cart.

For more information about recycling in your area click on the links below:

CLAYTON:

<https://www.republicservices.com/cms/documents/rssiteddocuments/4210/Clayton-Customer-Guide.pdf>

CONCORD:

<https://mdrr.com/concord/what-goes-where-concord/>



President's Message

Sue Manning

So what are we going to be like when we're comfortable about leaving our homes again to venture out among the throngs at movie theaters or Clayton's Concerts in the Grove? If you're thinking like I'm thinking, we're going to be hesitant at the start. We're going to dip a toe into the waters before diving in head first.

It was March 17 when we were first admonished to shelter in place, and they say it takes 21 days to form a new habit, so by April 6, we were in the habit of staying home to watch movies on Netflix rather than going to the Pleasant Hill Theater with the CVV Movie Group for a matinee. By April 27, we'd had plenty of time to form new habits and we were going out masked and gloved for necessities only. And now June is here. We are paying attention to the news to see how the easing of restricted movement affects those who cannot stand another moment in the house; we find the curve has not flattened as we had hoped.

But if you're a member of Clayton Valley Village, all is not doom and gloom; the word is "Zoom!" We've had weekly member and volunteer gatherings via Zoom video conferencing where we've had fun learning more about each other, a monthly "Happy Hour" and an informative Lunch 'n' Learn session on container gardening...with more to follow. More good news: we have a number of new volunteers who have enthusiastically raised their hands to say they're here to help!

Remember, if you need a few items picked up at the grocery store or at the pharmacy, or help with minor outdoor projects or repairs, please put in a service request. And please...stay positive! Stay connected! Stay Safe!



From the
DESK
of our
Executive
Director

Carol Hansen Grey



The Gentle Art of Blessing

About 10 years ago I read a book called ***The Gentle Art of Blessing*** by Pierre Pradervand. It taught me that even though I might not be able to change the entire world through my actions, I can definitely make a world of difference in myself and in those around me. It invited me to shift my attitude from a feeling of negativity about a situation, to an attitude of hope and acceptance. It taught me to go on a treasure hunt for the gifts in every situation. As the world grapples with this pandemic, I find that I am encountering so many blessings that I probably would have missed were it not for this "shelter in place" order that we are currently living under.

First of all I am grateful for the blessing of the Internet and Zoom! Imagine what it would be like if we did NOT have the Internet during this pandemic!

I am grateful for the weekly via Zoom blessing to visit with my kids and grandkids who live in 3 different timezones, but somehow manage to show up on time and share what's going on in their lives.

I'm grateful for the blessing of a thoughtful neighbor (who I only know to wave at occasionally) for knocking on my door and gifting me with a big package of paper towels and toilet paper. He simply said he was thinking of Victor and me and wanted to make sure we had these items. He wouldn't let me pay for them... he simply wanted to "pay it forward."

I'm grateful for the blessing of the amazing friends I've made at Clayton Valley Village and the blessing of our weekly "Getting to Know You" Zoom calls. I'm grateful for the blessing that our members and volunteers are continually stepping up to help those members who need groceries delivered or a daily "check-in" phone call.

Lastly, I'm grateful for the blessing of all of you who read our newsletter and support Clayton Valley Village. May you stay safe and welcome multiple blessings into your life.



Why are older adults more prone to heat stress?

- Older adults do not adjust as well as young people to sudden changes in temperature.
- They are more likely to have a chronic medical condition that changes normal body responses to heat.
- They are more likely to take prescription medicines that affect the body's ability to control its temperature or sweat.

Stay cool, stay hydrated

- Stay in air-conditioned buildings as much as possible. If your home doesn't have air conditioning, contact your local health department or locate an air-conditioned shelter in your area.
- Do not rely on a fan as your main cooling source when it's really hot outside.
- Drink more water than usual and don't wait until you're thirsty to drink.
 - If your doctor limits the amount of fluids you drink or has you on water pills, ask them how much you should drink during hot weather.
- Don't use the stove or oven to cook—it will make you and your house hotter.
- Wear loose, lightweight, light-colored clothing.
- Take cool showers or baths to cool down.
- Do not engage in very strenuous activities and get plenty of rest.
- Check on a friend or neighbor and have someone do the same for you.
- Follow [additional tips](#) on how to prevent heat-related illness.

Stay informed

- Check the local news for health and safety updates.
 - Seek medical care immediately if you have, or someone you know has, [symptoms of heat-related illness](#) like muscle cramps, headaches, nausea or vomiting.
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Stories From COVID-19



Breathe It In

Child: "How old are you, Grandpa?"

Grandpa: "I'm 81, dear."

Child: "So does that mean you were alive during the Coronavirus?"

Grandpa: "Yes, I was."

Child: "Wow. That must have been horrible, Grandpa. We were learning about that at school this week.

They told us about how all the schools had closed. And moms and dads couldn't go to work so didn't have as much money to do nice things.

They said that you weren't allowed to go and visit your friends and family and couldn't go out anywhere.

They told us that the shops and stores ran out of lots of things so you didn't have much bread, and flour, and toilet rolls.

They said that summer holidays were cancelled. And they told us about all those thousands of people that got very sick and who died.

They explained how hard all the doctors and nurses and all essential workers worked, and that lots of them died, too.

That must have been so horrible, grandpa!"

Grandpa: "Well, that is all correct. And I know that because I read about it when I was older. But to tell you the truth I remember it differently...

I remember playing in the garden for hours with mom and dad and having picnics outside and lots of barbecues.

I remember making things and fishing with my Dad and baking with my Mom.

I remember making forts and learning how to do hand stands and back flips. I remember having quality time with my family.

I remember Mom's favorite words becoming 'Hey, I've got an idea...'

Rather than 'Maybe later or tomorrow I'm a bit busy'.

I remember making our own bread and pastry. I remember having movie night three or four times a week instead of just one.

It was a horrible time for lots of people you are right. But I remember it differently."

Remember how our children will remember these times. Be in control of the memories they are creating right now, so that through all the awful headlines and emotional stories for so many that they will come to read in future years, they can remember the happy times.

~Author unknown ❤️❤️❤️



Member Testimonials for our Great Volunteers!

Pete and Bev have once again rejuvenated my patio so I can really enjoy it in this nice weather.... they are both so familiar with each plant and know exactly what needs doing, including bringing down my patio cushions from up high, fertilizing, trimming, and cleaning up. We all wore our masks and drank our ice tea at a social distance. Many thanks to our wonderful volunteers! SW

I'm grateful for the many suggestions Ken had for our patio garden. He is a Master Gardener and gave my husband and me a lot of different options to think about. CHG

Superb service as usual. I really do enjoy being part of this wonderful Village. LH

Pete did a great job for me, installing my printer.
He is so very helpful always. Appreciate all the assistance. MB

Some Things to Consider As You Shelter in Place

by CVV Member, Walt Rogers

Greetings, Villagers, I trust you are all making the best of this forced time at home. By the time you read this, we will have been under the State mandated "Shelter in Place" order for close to 80 days. Perhaps you have found a few interesting activities to keep you busy when you aren't watching TV, cleaning drawers, reorganizing closets, gardening, or trying out new recipes.

If you have run out of ideas how to fill your free time, might I suggest you set aside an hour or two to review any Revocable Living Trust, Last Will and Testament, Advanced Healthcare Directive and General or Special Powers of Attorney you have in place. Each of these documents are important and should be reviewed and updated on a regular basis anyway (lawyers usually recommend about every five years) and what better time than now while you have all this free time on your hands. Most attorneys are also working from home, awaiting your call!

California recognizes that right of a competent adult to decide in advance to accept or refuse certain kinds of medical treatment. Do you wish your life to be prolonged artificially? Many people do not. Your Advanced Healthcare Directive can make it clear just how you feel about the subject.

In your Will, you can appoint someone of your choice to act as Executor with or without bond. You can decide exactly who should receive your assets and in what amounts. Without a Will, the State will make that decision for you and that may not reflect how you really want your estate to be handled.

Finally, be sure to review your Revocable Living Trust, if you have one. Are its provisions still relevant to your current situation? Are there additional gifts you wish to make? Are there some gifts you want to eliminate? Do certain loved ones have special needs that should be addressed?

What a great feeling it is to know you have used this extra time productively. Perhaps you will want to review these documents with your attorney. But, before that, talk with your spouse, children or other relatives about what you have planned. Their input may be helpful.

Hopefully, you will find after a careful and thoughtful review, that everything is in order and no changes are called for. Enjoy the rest of your "Shelter in Place" time and stay healthy.

June HOLIDAYS

June 6: D-Day, WWII

June 14: Flag Day

June 21: Father's Day (3rd Sunday)

June 21: Summer Solstice (longest day of the year)

Upcoming Events for June 2020

Tuesday, June 2 - CVV Board Meeting (via Zoom)

Thursday, June 4, Lunch & Learn: Straw Bale Vegetable Gardening (via Zoom) Open to the public

Mon Jun 8th, Village Explorers Evening Hike

Thursday, June 11, Staying Connected Members & Volunteers (via Zoom)

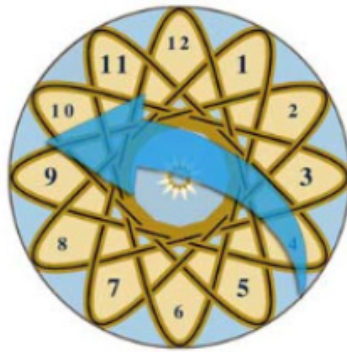
Tuesday June 16, CVV Happy Hour, Members & Volunteers (via Zoom)

Thursday, June 18, Lunch and Learn: Travel Tips for Seniors (Open to the public)

Friday & Saturday June 19 & 20 Clayton Gardens Tour

Thursday, June 25, Staying Connected Members & Volunteers (via Zoom)

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



PAST EVENTS

Clayton Valley Weekly Zoom Meeting



"Getting to Know You" **Weekly ZOOM Calls**

CVV has been holding weekly Zoom Meetings with our Members and Volunteers. See some of the topics below:

May 7th, What's the biggest life-changing decision you've ever made?

May 14th, What was the craziest thing you did?

May 21st, Lunch and Learn, Container Potting

May 28th, How are your staying busy and/or how are you staying connected with friends and family. Your ideas may Inspire others!

Clayton Valley Village Happy Hour



Clayton Valley "Lunch and Learn" Container Gardening with Ken Studer



Master Gardener and CVV Volunteer, Ken Studer, gave an informative and timely presentation on Container Gardening that covered these three areas: (1) Choice of pots & containers, (2) Soil: its structure and necessary nutrients, and (3) Choice of plants: thrillers, fillers, and spillers. The video of his talk can be found at: <https://www.claytonvalleyvillage.org/lunch-learn-presentations>

Community Events

Clayton Historical Society's 28th Annual Clayton Gardens Tour

**Friday & Saturday, June 19 & 20, 2020
10am to 4pm – Rain or Shine**

Please, no children under age 12

5 Great Gardens for \$35*

***Prepaid tickets are \$35 ☼ Day of tour price is \$40**

**Self-guided tour begins at the Clayton Historical Society Museum
6101 Main Street, Clayton ☼ All transactions outside in the garden**



For more information, call the Clayton Museum 925-672-0240
Or e-mail museum@claytonhistory.org

Proceeds benefit The Clayton Historical Society – www.claytonhistory.org

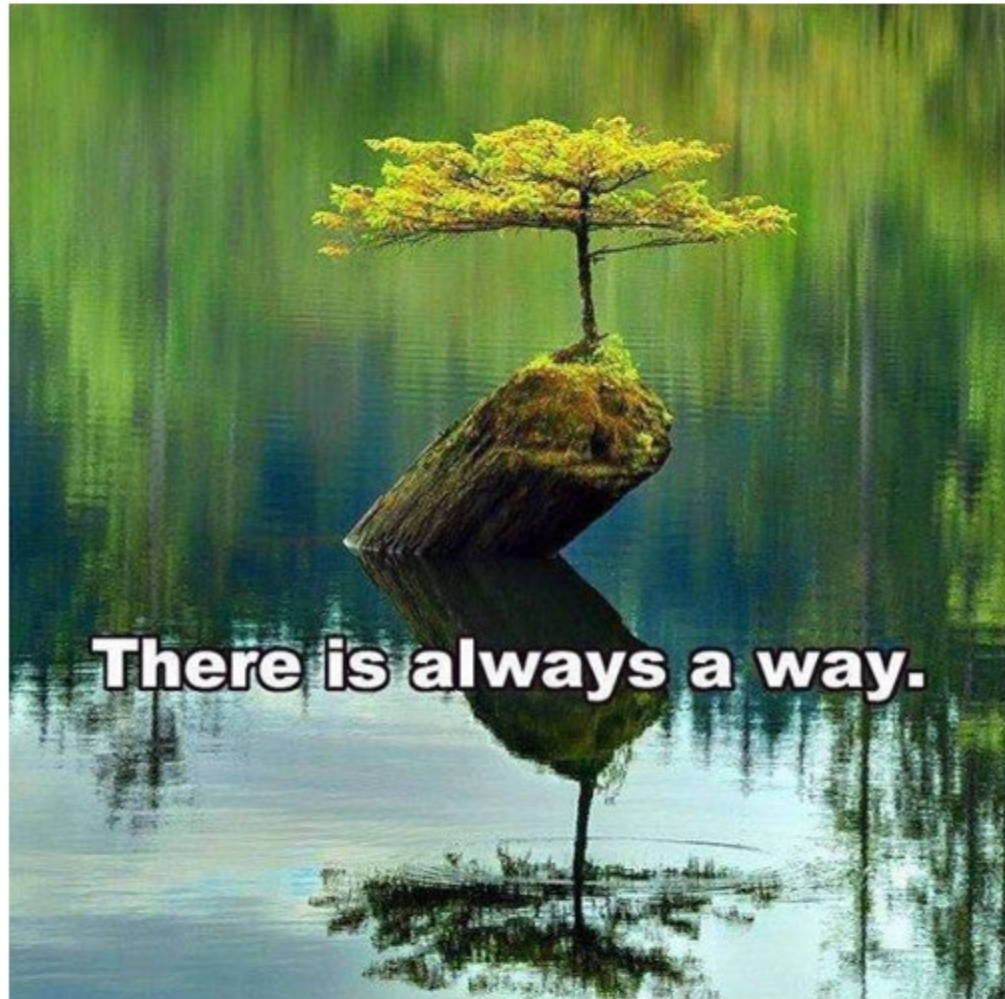
The Clayton Historical Society is a 501(c) (3) organization and your Gardens Tour Ticket donation is tax deductible

Ticket(s) will **NOT** be mailed to you – They will be held at the Museum for pickup on the day you choose to tour.
Please enclose your email for verification of your order.
Pick up your ticket(s) at the Museum.

☼ To allow for physical distancing, all activities will be outdoors, and admission will be paced to allow adequate

All tour-goers will be required to wear masks.

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>.



The CVV Explores schedule a Hiking event each month. This event is open to the public. Dorothy Bradt and Kathy O'Toole are the coordinators and choose different locations for hikes around the Concord and Clayton area and they are usually 2 or 3 miles.



CVV Bocce Circle which is open to the public has a Spring and Fall League. They usually play once a week and have a social gathering after the game. Jeanne Boyd is the coordinator and the Capo for the summer league and Joanne Vanis is the Capo for the spring league,



CVV Movie Circle is a movie circle will resume meeting after the Shelter in Place has been lifted. The public is welcome to join CVV for this fun event. The coordinator Jeanne Boyd picks the movies and usually gets the tickets and arranges the transportation. Stay tuned for the next Movie Circle event.



Standing & Ad Hoc Committees

(NOTE: Until further notice, all of our committee meetings will be held via Zoom)

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, Joanne 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.