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# Our Village VOICE

A monthly publication of Clayton Valley Village  
August 2020 Edition

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*Welcome*  
*New Members  
& Volunteers!*

New Membes: Patricia Blakely and  
Marsha Pelino  
New Volunteers: Sara Wright and Larry Long

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**Did You Know?**

**SOCIAL ISOLATION** is a **RISK** Factor.



**CONNECTION**  
is a **PROTECTION** Factor.

Design by CustomDynamic.net

~Dr. Patrick Arbore

Dr. Arbore's institute has a Friendship Line for anyone over age 60, and you may call free of charge (800) 971-0016 24 hours per day. In participation with UCSF and Brigham Young University, they are helping understand the emotional effects of the coronavirus pandemic.

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AD  
GOES  
HERE**



## President's Message

*Sue Manning*

My message this month is directed specifically to the Members and Volunteers of CVV.

Your village needs you! The nominating committee is actively seeking candidates who would like to serve on our Board of Directors which is composed of 9 members, eight of whom are CVV members and one CVV volunteer.

Our organization got its start 7 years ago when a group of neighbors joined together to create a unique and valuable organization, and many of those friends and neighbors have been working on various CVV committees and/or the Board ever since. As one of those people who has been involved with CVV since its start, I can tell you it is fun and fulfilling to be associated with and become friends with those at the helm.

Our Board is a cohesive group of like-minded individuals with the purpose of helping to make life easier and more enjoyable as we grow older. We are proud that our village is making a difference in the lives of our members AND our valued volunteers.

If you need more details in order to make your decision to become involved, please call me at (925) 672-2727 or email me at [suemanning121@gmail.com](mailto:suemanning121@gmail.com). Thank you for considering to serve Clayton Valley Village in this way.

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*From the*  
**DESK**  
*of our*  
*Executive*  
*Director*

**Carol Hansen Grey**



It has certainly been an interesting time for all of us sheltering in place. For me, it also facilitated the opportunity for me to "go within" and contemplate how I can best be of service to my family, to my friends and to my community. I am truly grateful for the technology that enables us to stay connected through online services such as Zoom. Imagine if this pandemic had hit us PRIOR to the Internet. We would have had to depend solely on radio and TV news and the telephone to contact those we love and cherish. So, although I find it a challenge to feel comfortable juggling my time between multiple online meetings with clients and organizations and family, I always remind myself to stay in a state of gratitude. I have so much to be grateful for and once I start focusing on that, the other inconveniences in my life become much more bearable.

We don't know how much longer it will be before the pandemic is under control and we will once again be able to resume personal contact with those we cherish. But when you feel yourself slipping into a depressive state, try making a list of everything you have to be grateful for, and you may just find that your energy lifts. Another thing members and volunteers can do when you need a friendly voice to uplift you, is to call us at 925-626-0411 and leave a message for a return call. Isolation is truly a risk factor and we are here to connect with you!



Now is the time to fill our reserves.  
If you are feeling empty and drained please, please  
take time to practice extreme self care.  
Limit news and social media.  
Eat well, exercise, hydrate.  
Get plenty of Vitamin D.  
Stay alert and informed but refrain from being  
sucked into the drama of the day.  
Share facts but refrain from judgments.  
Whenever and wherever possible practice detachment.  
Put in place the habits and rituals that will sustain you.  
Find things, people, events that bring you joy  
and surround yourself with them.  
FILL yourself up.  
Fill to overflowing.  
This fall and winter will be fierce.  
Prepare.  
Create plans for how you will address the dark days ahead.  
Focus on love. Stay positive."

~ Rose Tenaglia Dunn

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### Lunch and Learn - COVID-19 SCAMS AND HEALTHCARE FRAUD



A great presentation by Micki Nozaki Director of California Health Advocates Senior Medicare Patrol (SMP) Program. She talked about the newest scams and schemes and how you can protect yourself and your loved ones. Check out the recording at: [www.claytonvalleyvillage.org/lunch-learn-presentations](http://www.claytonvalleyvillage.org/lunch-learn-presentations)

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## COVID 19 Scams and Healthcare Fraud Self Defense Tips from Micki Nozaki

- Don't give your Medicare number to anyone over the phone or to door to door solicitors offering to test for the Coronavirus COVID 19.
- Beware of door to door solicitors, robocalls selling virus test kits, supplies, vaccines or treatments.
- Do not give out your Medicare number, social security number or other personal information in response to unsolicited emails, calls, texts, home visits or booths at health fairs.
- Know that Medicare will never call you for your Medicare # or Social Security #.
- Watch out for fraudulent cures, therapies - Check with [www.ftc.gov](http://www.ftc.gov)
- Ignore offers for vaccines and scam contact tracing calls.
- Watch out for phishing emails, texts claiming to be from experts.
- Hang up on robocallers.
- Carefully research charities, investment opportunities [www.charitynavigator.org](http://www.charitynavigator.org).
- Be cautious when ordering medical supplies o Do not give your Medicare # to strangers o Ask your own doctor to assess your condition and prescribe equipment o Refuse equipment, supplies received from unknown source.
- Beware telemarketers selling health plans o Insurance companies with no former relationship can't initiate a call o Contact HICAP/SHIP for unbiased, free information about Medicare, MA plans.
- Verify telehealth appointments with your own doctor • Review medical statements for errors, fraudulent billing o Check for date of service; provider name; service description.
- Keep current with Medicare, COVID 19 scams and healthcare fraud ([www.cahealthadvocates.org](http://www.cahealthadvocates.org)) • Report fraud to Senior Medicare Patrol – 855-613-7080

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\$75 Four consecutive issues (\$18.75 per issue)  
\$92.50 Five consecutive issues (\$18.50 per issue)  
\$108 Six consecutive issues (\$18.00 per issue)  
\$180 Twelve consecutive issues (\$15.00 per issue)

**For more information visit:**

**<https://www.claytonvalleyvillage.org/newsletters>**

*Our Village Voice is a monthly digital publication of Clayton Valley Village, a 501c3 nonprofit organization.*

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## Staying Safe and Comfortable As Temperature Rises: *Tips from AARP*



### Wear Your Mask

With health authorities continuing to urge face-covering in public to curb the spread of COVID-19, we've become familiar with the minor irritants of wearing masks: chafed ears, foggy glasses, snapped straps. The arrival of summer takes the potential discomfort up a notch, trapping sweat and heat under our facial sheaths.

"As physicians, when we are wearing masks for long periods of time, for example in surgery or during a procedure, you'll notice we keep the rooms what patients call 'uncomfortably cold,'" says Gregory Poland, a physician and vaccine researcher at the Mayo Clinic. "There's a reason for that."

Keeping your face covered when venturing outside the home remains a crucial weapon in the fight against the coronavirus, recommended by the Centers for Disease Control and Prevention (CDC) and mandated by some state and local governments.

Fortunately, there are ways to stay cool or, at least, cooler while masked up. Here are five tips from experts for more comfortably keeping your respiratory droplets in check.

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#### 1. Choose the right fabric

A light, breathable material like cotton will likely keep your face cooler than medical and N95 masks made from synthetic materials, and in the right configuration can be effective in preventing contagion, according to new research by Taher Saif, a professor of mechanical science and engineering at the University of Illinois.

Saif's team tested 10 common fabrics, from 100 percent cotton to polyester and silk blends, to see which best balance comfort and droplet-blocking impermeability. The "sweet spot," he says, is a two-layer mask made from a cotton T-shirt, which comes close to matching a surgical mask's efficiency in stopping potentially infectious droplets from coughs and sneezes and is about twice as breathable.

All-cotton tested best, but up to 40 percent polyester will do the job, Saif says. "I'm not a cloth expert. I just buy things from Walmart and Target," he adds with a laugh. "Our study showed that if you have these layers on top of your mouth and nose, you don't have to have an official mask where it goes with the elastic behind your ears. You can just wrap it around your nose and mouth, like a bandana."

Lighter, softer cotton coverings can also help you avoid chafing, heat rash or inflaming a skin condition like eczema or dermatitis, says Carrie Kovarik, an associate professor of dermatology at the University of Pennsylvania's Perelman School of Medicine and a member of the American Academy of Dermatology's COVID-19 task force.

"They make masks out of a lot of different material, so you want to feel it and make sure it's something that feels soft against your skin," she says. "A lot of people are making masks for fashion, they want it to look nice and pretty on the face, but make sure it feels good."



## **2. Keep it dry**

Cotton traps less air and moisture than standard medical and industrial masks, and it's more absorbent, but if it gets damp due to breathing and sweating it can be less effective in filtering respiratory particles, not to mention uncomfortable and abrasive to the skin.

"Try to stay in well-ventilated locations to keep air and vapor mixing, which can help evaporate any extra water (and also keep the rest of your skin/body feeling cooler)," says Jennifer Vanos, a biometeorologist at Arizona State University who studies the effects of heat on health.

Vanos also suggests trying masks made of especially absorbent materials like bamboo, which "can absorb up to three times the amount of water as cotton." Hemp also wicks moisture well, and washable hemp-blend masks are widely available online, although like bamboo they tend to cost more than cotton face coverings.

## **3. Time trips to beat the heat**

Avoid going out at the hottest parts of the day and for extended periods. Stop at home between errands if you can, to cool off and doff your mask. When you do have to be out, stay well-hydrated and seek the shade.

Being cognizant of the heat is about much more than keeping your mask fresh. "We have major issues every summer with heat exhaustion and heat stroke and heat-related deaths," the Mayo Clinic's Poland says, and older adults are "definitely at increased risk."

An ice pack or damp cloth applied to the head or neck can help you cool off — just take care not to get your mask wet or touch your face. Poland notes other heat hacks he's observed traveling in parts of Asia where mask-wearing has long been routine.

"They more often carry a hand-powered fan or small, battery-powered fan," he says. That trick comes with a caveat — if you are "around a lot of people's exhalation, you're just fanning that air at yourself" — but with sufficient social distancing you may be able to use a fan to stay comfy while still protecting yourself.

"The other thing you see a lot of people doing in Asian countries during the summer is shading themselves with an umbrella," Poland says. "Turns out that things like that actually do help."

#### 4. Skip the makeup

Heat and perspiration mixed with makeup or oily skin care products makes for a gunky mess under your mask. "You don't have the ability to have sweat evaporate when you have the mask on. It all sits there and collects," says Kovarik, the dermatology professor. That clogs pores and contributes to the lower-face skin eruptions that have been dubbed "maskne," a combination of the words mask and acne.

Kovarik recommends masking up with your face clean, save perhaps for a bit of moisturizer (preferably with some SPF, if you plan to be out long). "Creams that have dimethicone in them are a good moisturizer but also is a barrier cream, so it creates some protection between your skin and the mask," she says. "It will actually create a barrier to the friction."

Another change to make to your skin care regimen: Avoid products with retinoids or salicylic acid, which some older people use to diminish wrinkles or sun damage.

"Those can be very, very irritating if used under occlusion or under some kind of covering. We don't want to put them under the mask," Kovarik says. "If [people] are using those products, it's better to put them on at night and then wash your face in the morning."

#### 5. Bring a spare

If you can't keep your mask from getting icky and sticky, there's no better remedy than swapping it for another. "I recommend people do that anyway," whatever the weather, Poland says. "When you're outside with the mask on, that mask has a limited lifespan."

On especially hot and humid days, pack multiple masks, recommends Vanos, the heat expert. Just make sure to follow the other CDC safety recommendations when changing masks, like avoiding crowds and washing or sanitizing your hands.

"If you really need to remove it to cool off, move away from people, cool off, maybe switch the mask to a new one, and then go back," Vanos says.

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## Upcoming Events

**Tuesday, August 4th** - CVV Board Meeting

**Monday, August 10th** - CVV Explorers Hike

**Saturday, August 15th at 4:30** - A 10-minute play called

"**Confessional**" written by CVV Member Gary Carr

is competing in the "**PLAY-OFF**" sponsored by the



**playwrights' center**  
of san francisco

The competing plays will be broadcast via Zoom.

You must register in advance to be able to watch & vote for your favorite!

[https://us02web.zoom.us/webinar/register/WN\\_8avYWRLLR8WtIO4BL4Huow](https://us02web.zoom.us/webinar/register/WN_8avYWRLLR8WtIO4BL4Huow)

**Tuesday, August 18th** - CVV Happy Hour, Members & Volunteers

**Thursday August 20th** - Staying Connected Members & Volunteers



# PAST EVENTS

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# Clayton Valley Village HAPPY HOUR



Another fun night of Happy Hour Toasts and keeping in touch while we follow the Stay in Place rules. We miss being in contact but that is the way life is right now.

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# What's Happening

Community Events

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## Groveside Bistro Now Open in Clayton



Normal business hours are  
Thursday-Saturday: Noon-2pm & 5-7pm  
Sunday's 11am to 2pm

• • • • •

Some of our members and volunteers visited the new Bistro for a lunch following the Covid19 rules of staying apart.



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#### Quote of the Month!

“

Aging is not  
'lost youth' but  
a new stage of  
opportunity  
and strength.”

-Betty Friedan

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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>.



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#### **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, 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.

***Our Village Voice*** is a free, electronic publication of  
Clayton Valley Village.

Editors: Carol Hansen Grey & Diane Berger

Email: [Village.clayton@gmail.com](mailto:Village.clayton@gmail.com).

The editors welcome all submissions and reserve the right  
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<https://www.claytonvalleyvillage.org>

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