

Our Village VOICE

A monthly publication of Clayton Valley Village

January 2021 Edition

Message from our new President and our Executive Director, Meet our 2021 Board of Directors, Favorite Recipes from our CVV Community, Our new Creative Wellness Lunch & Learn Series, Senior Medicare Patrol Information, Upcoming Events, and more.



[Click here for our JOY TO THE WORLD VIDEO](#)

Did You Know?

Shakespeare invented more than 1,700 words



Shakespeare wrote some of the most beloved and revered pieces of literature the world has ever known, but in order to craft his plays and poems, he sometimes resorted to making up his own words. In fact, The Bard is said to have come up with more than 1,700 words including moonbeam, laughable, eyeball, bump, puking, champion, bedroom, excitement, and zany.

Meet Our New Board of Directors!

2021 CVV Board of Directors



Top Row (from left): Marilyn Wollenweber (President), Joanne Vanis (President Elect), Sue Manning (Past President) Mary Esther Loranger (Secretary), Joanne Wasak (Treasurer), Kathy Geddes (Member-at-large)

Bottom Row (from left): Diane Berger (Member-at-large), Arlene Lewandowski (Member-at-large), Pete Bardea (Volunteer Member), Jim Whitfield and Sonja Wilkin (Advisory Board), Carol Hansen Grey (Ex. Dir.)



A Message from Our President Marilyn Wollenweber

Well, here it is 2021! Hope is on the horizon that this pandemic is going to lose its grip on us. We will continue to join together on Zoom until the "all clear" is announced and we can gather together in person for a joyous celebration of no masks, hugs, and laughter. We've had our ups and downs this past year, but I think we are a village of tough and resilient members and volunteers. I am looking forward to seeing each and every one of you this year at one of our functions, out on a hike, at the grocery store, wherever our paths cross! As your new president I want you to know that you can reach me through our Village phone number if you have concerns, suggestions, or just want to talk!

Happy New Year!



From the **DESK** of our *Executive Director* **Carol Hansen Grey**



We welcome the new year at Clayton Valley Village with the hope that we will soon be able to once again gather together in person. But in the meantime it's important that we all stay safe and healthy. Our village will be helping you stay healthy through a new monthly Lunch & Learn series we are presenting called "Creative Wellness." The speakers we have lined up will touch on a variety of health-related topics. In January we are feature Feng Shui expert, Nancy Dadami, who will be sharing 8 Simple Ways to Fine-Tune Your Mind to Stay Sharp in 2021. In February Len Saputo, MD, will be telling about the rapidly emerging field of Light Medicine that now makes it possible to help people with dementias such as Alzheimer's disease, Parkinson's disease, stroke, traumatic brain injury, multiple sclerosis as well as most conditions where pain is difficult to "manage". Energy Medicine for Dementias and Pain. In March Ellen Potthoff, ND, will be speaking about "Naturopathy, Functional Medicine and Homeopathy: Similarities, Differences & what they can do for you" and in April, Somatic Practitioner Surya Kramer, will be explaining Somatic Therapy and how it can be used to help address both physical and psychological symptoms of stress, anxiety and depression.

These presentations take place at noon on the first Thursday of every month in 2021. They are free

and open to the public, so be sure to tell your friends and family! However, space is limited and RSVP is required (LINK).



GREAT NEWS!

We Welcome a New Member to our Newsletter Team!



We are pleased to announce that CVV volunteer, Bev Adams, has agreed to join our newsletter team. Bev has been a busy volunteer with CVV for many years and now will be working with Diane Berger, taking on the role of newsletter co-editor. Former co-editor, Carol Hansen Grey, will continue to work on the newsletter team as the graphics editor.

Welcome, Bev, to the team!



by Carol Hansen Grey, SMP Ambassador

This is a new column from Senior Medicare Patrol (SMP) that we will be featuring each month to empower our readers in detecting, preventing and reporting Medicare fraud & abuse. SMP is funded by the U.S. Dept. of Health & Human Services (HHS) and the U.S. Administration for Community Living (ACL). Their work is to protect older persons' health, finances and medical identity while saving precious Medicare dollars. When they receive complaints, they determine whether or not fraud, errors or abuse is suspected. When fraud or abuse is suspected, they refer such claims to the appropriate state and federal agencies for further investigation.

Until I took the SMP Ambassador training, I was totally unaware of the magnitude of the fraud that is being perpetrated on seniors in this country and how costly it is to all of us. Medicare fraud, errors, and abuse can all result in higher out-of-pocket costs for beneficiaries, such as copayments for health care services that were never provided, were excessive, or were medically unnecessary. Beneficiaries may also find themselves stuck with bills for services from providers who should have billed Medicare but instead billed the beneficiary for the entire cost of that service.

We have outlined on our website how to detect potential fraud as well as a list of common areas in which Medicare fraud occurs and whom to contact if you feel you have become a victim:

<https://www.claytonvalleyvillage.org/fraud-alerts>

Please educate yourself and be safe!



JUICE CURES FOR COMMON AILMENTS

Found on Daily Health Gen

COLD: Carrot, Pineapple, Ginger, Garlic

DEPRESSION: Carrot, Apple, Spinach, Beet or Nori

HEADACHE: Apple Cucumber, Kale, Ginger, Celery

DIABETES: Carrot, Spinach, Celery

ULCER: Cabbage, Carrot, Celery

ASTHMA: Carrot, Spinach, Apple, Garlic, Lemon

HIGH BLOOD PRESSURE: Beet, Apple, Celery, Cucumber, Ginger

ARTHRITIS: Carrot, Celery, Pineapple, Lemon

KIDNEY DETOX: Carrot, Watermelon, Cucumber, Cilantro

KIDNEY STONE: Orange, Apple, Watermelon, Lemon

EYES: Carrot, Celery

STRESS: Banana, Strawberry, Pear

CONSTIPATION: Carrots, Apple, Fresh Cabbage

FATIGUE: Carrots, Beets, Green Apple, Lemon, Spinach

INDIGESTION: Pineapple, Carrot, Lemon, Mint

HANGOVER: Apple Carrot, Beet, Lemon

MEMORY LOSS: Pomegranate, Beet, Grapes

NERVOUSNESS: Carrot, Celery, Pomegranate

In Memoriam

In Loving Memory of Robert Duensing
Clayton Valley Village Founding Member
and Treasured Friend



July 10, 1938 - November 4, 2020

Bob Duensing moved to Clayton in 2004 when he married Candy Negrete. He always enjoyed life to the fullest which included buying his first Harley Road King at 70!

Bob leaves a living legacy of a blended family: 6 children, 14 grandchildren and 3 great grandchildren. His family provided him with his greatest joys. He will be missed by all of us!

In Loving Memory of Rita Pardella
Clayton Valley Village Volunteer



1941-2020

With her husband, Fred, Rita Pardella was a valuable helper for Clayton Valley Village, especially for our annual Sunday Supper. Rita always greeted guests at the registration table and Fred schlepped the auction items into LaVeranda for display. They held a CVV Ice Cream Social at their lovely home on one of the coldest summer nights ever, and Rita was a contributing member on the Events Committee for several years. Rita passed away November 14 after having been in ill health for some time. She and Fred met in San Francisco where Rita was the Administrative Assistant and Golf Tournament Coordinator for the Olympic Club. In retirement, they enjoyed biking and hiking and good times with family and friends as well as

extensive travels in the US and Europe. She will be missed.



Bacon Wrapped Potatoes



By CVV Board Member Arlene Lewandowski

Bacon Wrapped Potatoes 8 bacon slices, cut in half crosswise 16 small potatoes Preheat oven to 400 degrees. Wrap each bacon piece around a potato, fold in the sides at the end and secure with a toothpick. Place in a baking dish and bake until bacon is crisp and potatoes are tender when pierced with a knife, 40 to 50 minutes. If your potatoes are too big, just cut them to a size that the bacon will wrap around.



Upcoming Events

Friday Jan 1st, - Happy New Year
Tuesday, Jan 5th- CVV Board Meeting
Thursday, Jan 7th - 8 Simple Ways to Fine Tune your Brain
Thursday, Jan 14th - Annual Meeting
Friday, Jan 15th - Events Committee Meeting (Members and Volunteers)
Tuesday, Jan 19th- Greg Tambllyn & CVV Benefit Concert

Save the Date!

Thursday, January 14 at 7:00 PM

It's time again for our Annual Meeting

In spite of the pandemic challenges we are all facing, CVV has accomplished a lot this year. Hear about all we've done and meet our new board at our virtual annual meeting. The meeting is open to the public and RSVP is required. A link to the Zoom meeting will be sent out two days before the meeting.

RSVP to reserve your spot: claytonvalley.helpfulvillage.com/events/1419 or call 925-626-0411. We hope you will join us.



January 19: 4:00-6:00pm

Greg Tamblyn & CVV Benefit Concert:

An Evening of Musical Mirth & Conscious Comic Relief

Come support Clayton Valley Village and have lots of fun doing so!

Clayton Valley Village
in collaboration with
Greg Tamblyn. N.C.W.
(No Credentials Whatsoever)
cordially invite you to
ZOOM
your way to a healthy dose of
Conscious Comic Relief
Come support Clayton Valley Village and the
unique artistry of Greg Tamblyn.

Greg Tamblyn is a multi-award-winning singer, songwriter, humorist and author. He helps people see the best in themselves, and laugh at the rest of themselves. His current mission is "Saving the world from whiny victim love songs." Preview his songs and video clips at GregTamblyn.com

**Admission is by donation to Clayton Valley Village.
The Zoom login information will be emailed to you two days prior to
the concert. RSVP & purchase tickets at:**
<https://claytonvalley.helpfulvillage.com/events/1384>

**January 7th: 12:00-1:30PM - CVV Lunch and Learn
8 SIMPLE WAYS TO FINE-TUNE YOUR MIND & STAY SHARP IN 2021**



As we age I think we all want to make sure we stay sharp mentally and there are actions we can take to help ensure mental clarity. This event will be a creative/art experience. Please have a piece of paper and colored pencils or markers so you can take part in this fun experience. This event is the first in our monthly Creative Wellness series sponsored by Clayton Valley Village.
RSVP: <https://claytonvalley.helpfulvillage.com/events/1400> or call 925-626-0411



CVV Delivers Holiday Cheer!



Clayton Valley Village Christmas Elves delivered a gorgeous surprise gift to all our members and active volunteers!



Until we can once again meet in person, our Monthly Zoom Happy Hour gives us the opportunity to reconnect with each other and share lots of laughs and stories.

New Year Affirmations for 2021!

happy think go
believe faith thank
begin hope achieve attitude
dream trust inspire
positive
change create smile



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

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

2021 CVV Board of Directors

Executive Committee:

Marilyn Wollenweber (President), Joanne Vanis (President Elect) Sue Manning (Past-President),
Mary Esther Loranger (Secretary), Joanne Wasak (Treasurer)
Carol Hansen Grey (Executive Director)

Executive Advisory Committee:

Jim Whitfield (Past President)

Sonja Wilkin (Past President)
Members-at-Large
Diane Berger, Arlene Lewandowski, Kathy Geddes,
Volunteer Representative Member
Pete Bardea

- The CVV **Events Committee** meets as needed 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 Helpful Village Users Group, produces the newsletter, develops and updates the website, coordinates the digitizing and storage of CVV documents and handles Database Management.
 - The CVV **Communications/Publicity Committee** coordinates with the Tech Committee on Website Development and 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 develops, produces and distributes the Member and Volunteer Handbooks, processes new member applications and schedules new member in-home visits. 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.
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Our Village Voice is a free, electronic publication of
Clayton Valley Village.

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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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