



Ready or Not Series - Planning for the Later Years

By *Valarie Fitch, CVV Board Chair*

Benjamin Franklin once said that nothing was certain in this world except death and taxes. By this point, we are accustomed to paying taxes.

Death is just as certain, but the timing is a lot less predictable, which allows for endless procrastination. How many of us have everything in place and are prepared if a challenging or life-threatening event occurs? Does your loved one know where things are if they need to step in to help or will they have increased stress hunting for things? Do your loved ones know what your final wishes are? The majority of people are not prepared. Let's get ready together.

When it comes to making decisions about how you want your personal matters handled, early preparation is possible and necessary to ensure your things are taken care of the way you envision. In the forthcoming months, CVV will focus on empowering you to prepare for your last years **now**...before it is too late, and it becomes someone else's burden. What do you want to leave behind? What will be your legacy? And who will that "someone" be?

To give you a taste of what to expect from our series on planning for the future, we have chosen speakers, experts, panels, information, and

small group discussions related to many key areas of preparation.

This series is in response to Village members who have experienced being the person who has been responsible for making decisions and plans for a loved one who made no preparations. Planning for

the future is equally important for your peace of mind now as well as the peace of mind of the loved ones you will leave behind. You can leave your family scrambling to make arrangements—or calmly executing your wishes. Planning and sharing are precious gifts you can give to loved ones.

Our CVV newsletter and the events calendar will be announcing our upcoming series on preparing for the later years. Be sure to become involved, even if you think you have crossed all the T's and dotted all the I's. There is always more to learn and plan. We can learn with and from each other.

The first workshop will be held on **Friday, September 9th**. Attorney Jeffrey A. Field will host a free, informative presentation on Estate Planning to include:

- Financial Protection: Discover how to protect your financial wealth for yourself and your heirs
 - Clarifying Your Wishes: Learn the best ways to make your family aware of your final wishes
 - Leaving a Legacy: Discover how to preserve your wisdom, values, and life lessons for future generations
- Mr. Field is also a Certified Financial Planner and Tax Coach. Please join us for this important discussion. See Events insert for details.

Here are some areas we plan to cover:



- Making a will
- Considering a living trust
- Where should I keep my important documents? Who should I notify about their location?
- What about our passwords?
- Estate information
- Contact information
- End of life preferences
- What should become of my pets?
- Issues related to solo agers
- Tax planning tips
- Finances.... life insurance, money set aside for burial, cremation, or funeral expenses
- How/Where do I wish to die, if I have a choice?
- Advanced care directive
- Who should be/is my health care advocate?
- What accounts need closure?
- Memorial/Celebration of Life
- Donation of my organs
- Compassionate choices

See Insert for
Upcoming Events

Meet & Greet - Chips, Salsa & Smiles

CVV and Cisco's - what a great combination! Our August Meet & Greet brought out a lot of Villagers who were all smiles - must be the friends and the salsa! Look at all these happy faces, and join us at an upcoming event.



Photos courtesy of Stephen Hansen



SAVE THESE DATES - CVV HOLIDAY EVENTS!!

- 10/27: **Halloween Potluck**, 5-7pm
North Ranch Center
- 11/17: **Friendsgiving**, 3-5pm
Country Harvest
- 12/15: **Holiday Party**, 12-2
Los Robles Greens



Welcome

New Members & Volunteers!

*We are happy you have joined the Village!
We look forward to serving you and seeing you
at upcoming events.*

New Members

<i>Jesse C.</i>	<i>Marilyn K.</i>	<i>Myrna M.</i>
<i>Sherri K.</i>	<i>Beryl S.</i>	<i>Jaime G.</i>
<i>Carolyn C.</i>	<i>John W.</i>	<i>Pat P.</i>
<i>Clare M.</i>	<i>Sybil N.</i>	<i>Mary Ann T.</i>
	<i>Anne G.</i>	

New Volunteers

<i>Kathy I.</i>	<i>Beverly W.</i>	<i>Bobbie M.</i>
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Happy SEPTEMBER Birthdays!

Sandra D	Colette S	Lynn N
Penny S	Joan H	Sharon C
John W	Cathy S	Carr B
Karen E	Judy M	Mary O

ERT Series: What to Expect at an Emergency Shelter

This is the last in a series of articles by our Emergency Response Team (ERT).

By **Anne Novik**

Going to a shelter while evacuated for a fire is upsetting. It means that a fire is close by. If you've never stayed in a shelter, here are some thoughts to consider from some people who have spent time in a shelter, but be aware your experience could be different.

The goal is to provide you with emergency shelter until you can return home. Understand that it is not meant to be a resort or to be as comfortable as a motel room or a friend's house but never hesitate to ask the staff about any serious concern or issue.

Shelters are often located in large rooms – like a school gym. In the winter, it will be cold because it is hard to heat a large space and because people go in and out constantly. In the summer, it is the opposite. Be prepared for temperatures that might not be ideal. If a shelter is full, you'll be directed to another shelter so a paper map might help. You could also sleep in your car.

The cots may not be very comfortable, the blankets may not be very soft and there is no pillow. An extra blanket under you may help pad the cot enough to help you sleep. Ear plugs and an eye mask may improve your sleep. A comfortable blanket and pillow should be in your Go Bag or on the list to grab as you are leaving home.

You will need to entertain yourself. Bring a book. If you bring a radio, also bring headphones in your Go Bag so



you won't be disturbing others. The lighting is not always adequate so bring a headlamp and/or flashlight...very helpful if you need to use the bathroom during the night.

Water, meals and snacks are provided but bring any food you need for a restricted diet. The staff will try to meet your needs, but it may take some time. You should not expect to have access to refrigeration.

A shelter welcomes everyone so be aware that theft can occur, as in any public space. Use a Go Bag that can be attached to your cot and/or locks. A better solution is to leave anything of value in your locked car.

The only animals allowed in the shelter are service animals. The shelter team will try to have an animal van outside every shelter so you can easily visit your pet but there is no guarantee. Proof of current shots is necessary. Bring your pet's food to minimize stress for them.

Updates about the disaster situation are attempted but may only happen once a day so may not be very helpful. If possible, TV and internet will be available depending on the size of the shelter.

A good attitude is very important to bring with you since it is a stressful time for everyone. The people running the shelter are doing their best for everyone there. In the beginning, they may be overwhelmed and not able to fix all of your problems immediately. Be patient, polite, and know that they'll address your concern as soon as they can. Consider offering to help the staff if you can.

The Membership Team Keeps us Growing

By **Lois Barberio**

The Membership Team is an integral piece of both growing and sustaining our Village community, supporting the needs of over 120 social and full members. There are no defined roles and team members are free to choose their responsibilities based on their availability, talents, and interests. Barbara Jimerson is the team leader, and meetings are held once every two months on Zoom.

The tasks are numerous and diverse, and include interviewing, welcoming and orienting new members, interaction with new members who might need a friendly visit or phone call, assistance with inputting new member data into our computer system, and all the



other member-related tasks that seem to arise.

Each member of the team is committed to their stated goal to keep CVV growing and thriving with members who will not only take advantage of our services and events, but who will also give back, in some small way, thereby, enhancing our community. They love meeting and welcoming new people into our CVV family!

As membership grows there will be a need for additional people. The Membership Team is always interested in hearing from volunteers and members who have an interest in helping CVV to onboard and provide service to its members. So, please reach out to a Call Manager if you would like to help.



P. O. Box 3162
Westlake Village, CA 91359

Phone: (805) 372-1826
Email: cvv@conejovalleyvillage.org
Website: www.conejovalleyvillage.org

The mission of Conejo Valley Village is to help seniors remain independent in their homes and stay active in our community.

Place
Stamp
Here

Make new friends
but keep the old.
One is silver,
the other is GOLD.

**Bring a Friend to our
Sept. 14 MEET & GREET
@ The Crown & Anchor!**

see Events Insert for details

Neighbors Helping Neighbors Stay Independent, Active and Connected



Place Address Label Here

Conejo Valley Village is a nonprofit tax-exempt organization under IRS Code Section 501(c)(3). Donations are tax-deductible.

VILLAGE CONNECTIONS

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Volunteers: Please email your total volunteer hours estimated through the end of the month by the 25th to volunteerhours@conejovalleyvillage.org. Thanks for all you do for CVV!

More Info

VOLUNTEER NOTES AND UPDATES



THANK you to everyone who participated in our August Volunteer Meeting. It's always a great opportunity to connect and share with other volunteers. Here are some updates from the meeting:

- **Driver's License and Insurance:** Thank you to everyone who has provided copies of their driver's license and proof of insurance. This is required by our insurance carrier for all volunteers even if you do not drive for CVV. If you haven't had a chance to do so, at your earliest convenience, please mail your documents to CVV at PO Box 3162, Westlake Village, CA 91359, attention of Barbara Balke.

- **Volunteer Interests:** If your interests have changed, please request a form so that you can update the services you would like to perform. A current service listing will result in less work for the call managers and fewer unwanted emails for you. Contact volunteer@conejovalleyvillage.org for a form.
- **Member contact:** You should always contact the member when you accept a service request so that the member knows that the service will be completed. Please also call the night before or the morning of the service request to confirm details. This just might save you a useless trip.

Thank you to all our amazing volunteers! We hope to see you at one of our September events and at our next Volunteer Meeting.