



## Thankful for our CVV Friends!

By Barbara Jimerson

### YOU'VE GOT A FRIEND AT CONEJO VALLEY VILLAGE!

Most of us remember the lyrics from Carole King's smash hit song, "You've Got a Friend".

*"When you're down and troubled  
And you need some lovin' care  
And nothing, nothing is going right."*

There aren't too many of us who haven't experienced those feelings. We recall when:

*"The sky above you grows dark and  
full of clouds  
And that old north wind begins to  
blow."*

And no one needs to be reminded of the COVID pandemic and the consequences that impacted our lives. That is when Conejo Valley

Village offered Zoom meetings, discussions, and classes. CVV distributed meals and made buddy calls. Our birthdays are remembered, even when others in our lives forget.

Yet, CVV is so much more. Even now, when the metaphoric clouds have lifted and the sky is blue, we are there for each other. Our event calendar is filled each month with a variety of activities - both in person and on zoom - that offer a relief from isolation and a connection for making and keeping friends. One of CVV's valuable services is the friendly phone call or visit which can lead to a well-needed refreshing new friendship.

Older adults are at an increased risk for loneliness and social isolation because we are more likely to experience living alone, loss of

family and friends, chronic illness, and hearing loss. According to the Center for Disease Control nearly one-fourth of adults aged 65 or over are considered socially isolated putting them at risk for dementia and other serious medical issues.

In its August 3, 2022 journal report, the American Heart Association (AHA) warned that social isolation and loneliness puts people at a 30% higher risk of heart attack, stroke, or death from these events.

Our Village is so much more than a ride to a doctor or physical therapy. We are a community of folks who want to connect with others. Members and volunteers can look at the Events insert or view our online Events Calendar and reach out to register for an activity. Try attending a lunch or a Meet and Greet. Join one or all of our fun and amazing holiday events including this month's Friendsgiving (see box), so we can all celebrate together. And, if it feels overwhelming, call and request a friendly visit from one of our volunteers. Make the first step that will brighten your life and change it for the better.

*"Ain't it good to know that you've got a friend....."*

*Winter, spring, summer, and fall  
All you have to do is call  
And I'll be there, yes, I will."*

**Members and Volunteers are invited to our CVV**

**Thanksgiving Holiday Tradition....**

*Village  
Friendsgiving*

**Thursday, Nov 17th, 3-5 pm**

*at Country Harvest restaurant in Newbury Park*

**Entrée choices: Roast Turkey, Ham or Orange Roughy**

**\$22 includes entrée, salad, roll and sides, coffee or tea, pie, plus tax and tip.**

**Sign up by 11/12 at [www.conejovalleyvillage.org](http://www.conejovalleyvillage.org) or (805) 372-1826. Full members needing transportation should request a ride by 11/10.**



See Insert for  
Upcoming Events

## Let the Holidays Begin!



Lots of spooky, fun  
CVVers gathered  
for our 6th annual  
Halloween Potluck  
- A Great Time!



Photos courtesy of Billie Sontag, Deb Mason and Stephen Hansen



Left: Rosa Lee wows her cooking class with a beautiful lunch presentation.  
Above: October's Meet & Greet at Toppers, one of our favorites! Left to right:  
Barbara E, Natalie, Deb, Bunnie, Steve, Marv, Anne, Mary Alice and Michaela.



**SAVE THE DATE -  
CVV HOLIDAY PARTY!**

**12/15: 12 - 2pm  
@ Los Robles Greens**

***We look forward to seeing you!***

*Details on the online Events Calendar and December issue*

***Happy November Birthdays!!***

Irv C  
Marion H  
Karen M  
Barbara S

Vanessa R  
Toni C  
Ralph G  
Jesse C  
Rita K





## Tech Tip: Free Phones to Help You Stay Connected

By Vanessa Renna

### **FREE** Specialized Phones Help You Communicate Better

If it is getting a bit harder for you or someone you know to use your home or mobile phone, you should know the State of California offers **free** phones to make it easier for you to stay connected. Over half a million Californians use these specialized phones from the California Public Utilities Commission's Deaf & Disabled Telecommunications Program which is funded by a small surcharge on California phone bills.

These specialized phones use advances in technology to support difficulties with hearing, speech, mobility, vision or memory.

Their unique features - including amplification, photo or bigger buttons, flashing lights or talking keypads, headsets and neck



loops, visual displays of spoken words, speakerphone, programmable memory-dialing and various accessories - give you the extra support you may need to stay engaged in the conversation. Most phones are hearing-aid compatible and there are no additional costs beyond your regular telephone service.

California residents with telephone service and a doctor who will approve the need are eligible to apply using this simple, 3-step process: 1) print and fill out the application form from their website, 2) have your doctor sign the application, 3) you mail or fax the form. Once approved, you call California Phones to discuss which phone is best for you.

For more information, call their Contact Center at **1 (800) 806-1191** or go to [www.californiaphones.org](http://www.californiaphones.org).



**California Phones**  
Keeping you connected.

## An Important Message from the Events Team

By Billie Sontag

The Events Team has a great time planning all the events on the CVV calendar every month. We love hearing the positive feedback we get. As we do our planning, it's important for us to get accurate counts of the number of people who are coming...and we really need your help for this.


**Here's why:** If we are going to a venue, they ask us to give them a count anywhere **up to a week in advance**. Restaurants want to know **how many tables and servers** to reserve for us. Additionally, the places catering our Friendsgiving and Holiday parties have to know **how many meals** are required. In some situations we're given a **limit** to the number of people who can attend. In others we may need to make sure we have **enough drivers** to accommodate everyone.

**Here's how you can help:** Register as soon as possible. **If you have to cancel**...even at the last minute...please let us know right away. Otherwise we may be waiting for you to arrive before we go somewhere, start a game or begin a ZOOM meeting. We understand that things happen or you may not feel well, and we'll cer-

tainly miss you. If there are limits, someone might want to go in your place.

To cancel your attendance, you can click on the **Cancel Registration** button that's on the same page where you registered online, call a Call Manager (leave a message if calling after hours) or contact the Host listed on the registration page.

### How to Cancel if you Can't Attend an Event:

- 1 Online: Click on this button 
- 2 Call a Call Manager (805) 372-1826 Or contact the event host

If plans change and **you can join in at the last minute**, please try to contact the Host or a Call Manager at (805) 372-1826 so the host and venue can be made aware of it beforehand if there is room.

There's lots of fun scheduled for the holiday season. We hope you can join us!



P. O. Box 3162  
Westlake Village, CA 91359

Phone: (805) 372-1826  
Email: [cvv@conejovalleyvillage.org](mailto:cvv@conejovalleyvillage.org)  
Website: [www.conejovalleyvillage.org](http://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

#### NOVEMBER REMINDERS:

11/6: Turn Your  
Clocks BACK



By 11/8:



11/17: CVV  
Friendsgiving!



Sign up by 11/12

### Neighbors Helping Neighbors Stay Independent, Active and Connected



CVV will be closed  
on 11/24 & 11/25  
for the holiday!  
Happy  
Thanksgiving!



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](mailto:volunteerhours@conejovalleyvillage.org). Thanks for all you do for CVV!

### More Info

THANK YOU to all who volunteered  
to share the CVV story at the

#### TO Street Fair

Anne N, Bill N, Melinda H, Beverly P,  
Steve H, Judy K, Barb B, Barbara J,  
Steve F, Susan A, Lois B  
and Jacqueline B.



We appreciate your time, talents  
and enthusiasm!

#### CVV ALL VOLUNTEER PROGRAM MEETING

Foothill Lupin Room

@ Goebel Center

Wednesday, Nov 9th,  
3:30-5 pm

Join us to share your volunteer  
questions, experiences, and ideas,  
meet fellow CVV volunteers and  
help us plan for the future!

Sign up online or call  
(805) 372-1826

#### Support CVV When you Shop at Ralphs or Amazon!

See Insert for details on  
how to sign up so CVV gets  
a donation based on your  
purchases

