



Thoughts of the Holidays



By *Valarie Fitch*

As the holidays approach, several thoughts surface in my mind: family, friendships, and community. When I reflect on the past year, I find myself celebrating the memories of good times with the Conejo Valley Villagers. I recall all the engaging conversations; I remember the warmth and reward of giving, sharing, and receiving. Helen Keller had it right when she said "Alone we can do so little; together we can do so much."



The holiday season changes our routines and adds to our social calendar. We talk with and see family and friends we don't often visit. Catching up inevitably includes the highlights and low points of the past year. Pay attention to your year in review. It will tell you about yourself and your choices.

This year, consider changing your routine in some way, do something new, or go somewhere different. Try a new restaurant or grocery store. Try listening to a podcast. It can be fun, at the very least it will be interesting. No need to think big, think small and often. The Village offers many different types of events, consider trying something different. Create new friends and lasting memories.

And don't underestimate the

power of small actions. Every step you take can have a positive impact on your wellbeing and that of others. The holidays are the perfect opportunity to make a phone call, send a text or a card to just say hello. Better yet, come to a Village event and visit in person—it will put you in the holiday spirit! We all know how good it feels and appreciate it when someone has thought of us in some way. So, consider making a small connection that will make a big difference to others and make you feel good too.

Whatever the holiday means to you, it's an opportunity to stop and reflect on the people who give our lives meaning. Our Village offers that togetherness. Whether you are a volunteer or a member,

your participation and engagement keep Conejo Valley Village thriving and flourishing. I hope you will join us for our annual CVV Holiday Party luncheon on December 15th at the Los Robles Greens. It's a great way to connect and celebrate the season!

On behalf of our Board of Directors, we thank each of you for what you add to our Village and wish you and your families a safe and healthy holiday season. And Happy New Year!



Sign up for our

CVV HOLIDAY PARTY!

Thursday, Dec 15th

12 - 2pm

@ Los Robles Greens

We look forward to seeing you!

Sign up by 12/8 via our [Events Calendar](#) or call (805) 372-1826.

See Insert for
Upcoming Events

Gathering Together in Thanks



Photos
courtesy of
Stephen
Hansen



Tech Tip: Learn More About Hearing Aids

By **Bunnie Roach**

As we age some people find they have to strain to hear, need to ask people to repeat themselves, or feel like others are sometimes mumbling. Research by the National Institute of Health shows that hearing difficulties contribute to loneliness and social isolation. Unless your condition requires medical treatment, a hearing aid may add to the quality of your life.



Unlike eyeglasses, hearing aids can't restore your normal hearing, but they do have benefits for many people. You may hear better while talking on the telephone, attending a movie, concert or play, or improve communication in noisy environments like restaurants or in large groups of people.

Modern technology has greatly improved our choices of hearing aids. They are available in several configurations: 1) Behind the ear (BTE). Most of the parts are contained in a small plastic case that rests behind the ear, and is connected to an earmold in the ear via a small clear plastic tube. These are sturdy and easy to clean and handle. 2) "Mini" BTE. Also fits behind the ear, but overall is smaller in size, less visible and

reduces the incidence of "feedback" that some users of BTE experience. 3) In-the-ear (ITE) are a good choice for those who prefer a minimally visible or out of sight aid. A drawback is that because they are very small, some people find them difficult to handle and adjust.

Some aids have features that improve the experience for many wearers: 1) Directional microphones that amplify sound coming from a specific direction to a greater level than from other directions 2) Noise Reduction reduces the levels of background noise compared to the sounds you are trying to hear 3) Feedback suppression helps prevent the aid from producing a squealing sound or 4) T-coil, a telephone switch which allows switching from the normal microphone setting to a T-coil setting to hear better on the telephone.

Hearing aids can be purchased for about \$1,500 a pair to several thousand dollars each. Audiologists' professional fees, remote controls and other options may add to the cost. A recent [FDA ruling](#) authorized over-the-counter hearing aids giving people access to lower cost hearing aids so there is now a wider range of options. Be sure to consult with your audiologist to identify your individual needs and shop around for a hearing aid that fits those needs and your budget.

By **Barb Balke**

JOIN US AS A CVV VOLUNTEER!

As we come to the end of 2022, I'd like to thank our amazing volunteers who through October of this year, have completed 1572 service requests!

Part of what makes our Village so successful are the special relationships that are built over time between members and volunteers. To that end, we remind members to please be patient with our volunteers as they often have busy schedules. And volunteers, please remember to call the member as soon as possible after accepting a service request to provide greater peace of mind.

Looking ahead to 2023, my goal is to continue quarterly support meetings for volunteers to share our experiences with one another and to bring any concerns or suggestions we may have. I would also like to invite CVV social members to consider joining our volunteer ranks. You may have recently joined CVV and are just getting acquainted with our activities. If you have found an area of interest in which you would like to further be involved or if you want to learn more about ways to volunteer, please contact me or join an upcoming volunteer meeting.

Happy December Birthdays!!

Rita W
Mary W
Susan W
Tina T
Steve F



Arlene B
Brenda B
Val F
Sue H
Judy B
Steve H

Stay Healthy Over the Holidays - Don't Forget Your Flu Shot!

Check with your doctor
or local pharmacy for
more information





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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

Happy Holidays from CVV!



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

REMINDER - MEDICARE ENROLLMENT

Ends December 7th

See October Insert for details on free enrollment support available through VCAA's HICAP Program

Support CVV When you Shop at Ralphs or Amazon!

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



Do you know someone who enjoys helping people and would be a great CVV volunteer?



Suggest they contact our Call Manager at (805) 372-1826 to learn more!