



Growing Momentum for Better Approaches to Aging

CVV MEMBERS JOIN CALIFORNIA SENIOR LEGISLATURE



By **Tony Gitt**

The California Senior Legislature (CSL) is a statewide body in Sacramento



Karen Gorback

that represents the interests of over 6 million older Californians. Two CVV members, Karen Gorback and Tony Gitt, were

recently elected to the CSL as Senior Assembly Members and will be sworn in for 4-year terms on November 1.

CSL members submit legislative proposals each year to the California Assembly and Senate to help improve the lives of Californians age 60 and over. The CSL has been advocating in the 2018 legislative session for state law-

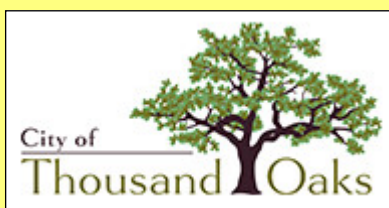


Tony Gitt

makers to carry and support CSL's top legislative proposals such as Prescription Drug Labeling, Affordable Living Options, Adult Day Care Resources for Alzheimer's Patients, and Long-Term Care System Improvements. To discuss any issues impacting seniors, you

can contact Karen at (805) 300-2078, or karen.gorback@gmail.com or Tony at (805) 558-6170, or gittt@outlook.com.

CVV RECEIVES GRANT FROM CITY OF THOUSAND OAKS



By **Tony Gitt**

In June, Conejo Valley Village was one of seven local senior programs selected by the Thousand Oaks City Council to receive a two-year Social Services Endowment Funds (SSEF) grant which will be used to benefit low income seniors who reside in Thousand Oaks and Newbury Park.

CVV will use the \$6,100 grant over two years to provide scholarships to low income seniors to offset the costs of monthly membership fees. In addition, some funds will be used to support transportation services and the efforts of our Care Team as they help some of our members with particular challenges.

We appreciate that the City has recognized the important role that CVV plays in enhancing the

lives of seniors by helping them stay in their homes and socially connected to our community.

CVV JOINS VILLAGE MOVEMENT CALIFORNIA



By **Vanessa Renna**

CVV has joined the Village Movement California, a new coalition of California villages that believe in the power of vibrant communities to enhance and expand the ways we can age well.

Village Movement California seeks to provide member villages with a powerful statewide voice, advocacy and leadership and resources and tools to strengthen the impact and sustainability of villages in local communities. For more information, visit their site, www.villagemovementcalifornia.org.

STRONGER TOGETHER

Inside this issue:

Better Approaches to Aging	1
Lazy Days of Summer Events	2
Meet Sandra Cherry/CM Tips/New Shingles Vaccine	3
Volunteer Spotlight	4

See Insert for
Upcoming Events

CVV Relaxes With Some Summertime Fun



A big Thank You to Bunny for hosting our Patriotic Potluck on July 1 and welcoming us to her home. Members and volunteers soaked up the sun on the patio, showed their patriotic spirit, tested their Fourth of July knowledge with a trivia game and enjoyed a variety of great potluck favorites.



Left to right: Deborah, Lori, Billie, Vanessa, Eileen and Sam; Mary, Gordon, and Penny relax on the patio



Above: Showing off their red, white and blue apparel are (left to right): Rita, Bunny, Lori, Delores, Barbara and Corky.



Left: Frans, Dinah, Laurel and Tony pick their potluck goodies. Right: Marie and Tricia share a laugh



Barbara hosted a fun and educational video followed by a discussion to learn about French impressionist artists. Above front row: Sharon, Maryann, Yvonne, Dena, Billie. Back row: Barbara, Deborah, Nancy, Sandra, Penny.

SAVE the DATE:
Sept 21, 5-10 pm
for CHARITY
KARAOKE!

Vote for CVV's
singer to raise
funds for CVV!
More details in Sept
newsletter

Photos courtesy of Maryann Gitt

Improved Shingles Vaccine

New Vaccine Lowers Seniors' Shingles Risk

By Loretta Allen

Shingles (Herpes Zoster) is a reactivation of the Chicken Pox virus (Varicella) that can remain dormant for many years. When it reactivates it is frequently associated with severe pain/rash and persistent nerve pain after the rash recedes. Shingles will affect 10 people per thousand over age 60. Over age 85, you have roughly a 50% chance to get Shingles.

Last Fall, the CDC approved a new vaccine called Shingrix (2 shots recommended) which has been found to be much more effective in preventing Shingles: 97% effective for ages 50-69 and 91% effective over age 70. Most important for Seniors is that the post Shingles nerve pain is prevented 90% vs 65% from the previous vaccine. Medicare Part D covers the vaccination but there is a copay. Check with your health care provider or pharmacist for more information.



Tips From Our Call Managers

Mileage Tracker Apps & Doctors Business Cards

Our Call Managers (CMs) like to share tips to help improve delivery of CVV services. **Karen Hansen** offers some ideas:

Volunteer Drivers: Use free mileage tracking apps

Free Mileage Tracker Apps for iPhone or Android may be



helpful for CVV reimbursement or for itemizing deductions on your tax return, if applicable. Our CMs may be able to help with apps or give you a referral.

Members: Knowing your doctor's address/phone number

Pick up your doctors' business cards when you are in the office and keep them in your wallet or in your purse in a small Ziploc baggie. Great to have these handy to avoid any mix ups when your volunteer driver is taking you to your visit especially since many medical buildings look alike.



Meet Sandra Cherry - Member and Volunteer

By Billie Sontag

Sandra has always kept busy and had many interests. She has enjoyed a wide variety of volunteering, employment, educational opportunities, and traveling.

After spending her early years in Yonkers, New York, Sandra's parents moved the family to Los Angeles to be near her grandparents and other family members. She graduated from Dorsey High School and went to work for Sears, Roebuck & Co. She was fortunate to be able to be a stay-at-home mom. When her son was three years old she decided to take some classes at Moorpark College. She went on to attend CSU Northridge, with a major in Psychology and a minor in Gerontology. She found Gerontology to be much more interesting, but also found that the subject did not have the high interest level and respect that it does today. After graduation Sandra became a Long Term Care Volunteer Ombudsman for a new program. For about five years she helped residents in Assisted Living and small 6-bed facilities in Thousand Oaks. After a divorce Sandra became a Financial Advisor with both Stockbroker and Insurance licenses. She initially worked for a large company and then went out on her

"If you want to do something, go for it!"

~Sandra Cherry



own. Now she is an independent contractor, doing oversight visits to companies and being a secret shopper.

Sandra is one of CVV's wonderful Call Managers and volunteer drivers, and she is a member of the Events Committee. She has ushered at the Civic Arts Plaza for 11 years. She volunteers at the Thousand Oaks Library gift shop and for The GreaterContribution.org – a non-profit that raises money for micro loans for women in Africa. She is also a liaison for AARP to local politicians, advocating AARP positions.

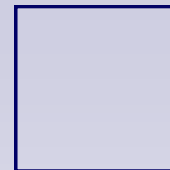
Sandra loves to travel and meet new people. She's been to Costa Rica, Panama, Nicaragua, China, South Africa, Botswana, Zimbabwe, Norway, Portugal, Spain, Israel, and Alaska. She'll be going to Egypt in October. Close to home she enjoys the theater, movies, and day trips through the Agoura Senior Center. And of course, CVV activities!



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.



Happy
Summer
from CVV!



Neighbors Helping Neighbors Stay Independent, Active and Connected



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

VILLAGE CONNECTIONS

Page 4

Volunteer Spotlight

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!

CVV Volunteer Program Meeting & Brunch Monday, August 13

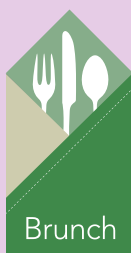
10:30 am - 12:30 pm

Oak Forest Estates Clubhouse

Join us for program updates, to meet new volunteers and share ideas and helpful tips!

Light brunch will be served

Sign-up online or call (805) 372-1826



Friendly Reminder:

Send in your monthly total volunteer hours so they are included in our tracking - see above!



Thank you for choosing to share your valuable time, warm spirit and special talents as a Conejo Valley Village volunteer!