



## Let's Get Growing! Better and Stronger Together in 2019

By Karen Hansen



2019....May it be a year of Growing together in Strength and Friendships. As we reflect on the challenges our Conejo Community faced in 2018, the one message that stood out is that together we were able to be better and stronger. It

was truly heartwarming to hear the stories of members and volunteers helping each other as they faced the destruction of lives and property during the last few months. Offers of places to stay during evacuation, and longer; clothing and personal items collected and dispersed; check in calls made to members; offers of emotional support; all made a difference in how our members and volunteers were able to weather this turmoil and slowly return to some sort of normalcy. We knew we were building a special, caring community where we can rely on each other, but nothing proves it like being put to a real test. Thank you for your part in showing Conejo Valley Village truly cares.

As we look forward to 2019, our hearts are full of gratitude that we have so many members and volunteers willing to take on the commitment of time and energy to

support services and activities to help our Village grow. We will continue to focus on meeting members' needs as our Village evolves. We need your help and input to identify the ways we can best support our members and utilize our volunteers. Are there more services you would like to see offered? Are there different social events you would like to attend, or maybe host? Is there a skill you would like to teach or learn? Would you like to be more involved in the operation of our Village? Or do you know others who would be great volunteers? Do you have friends who would benefit from being a part of our community? Invite them to one of our "Meet & Greet" social events and let them see how much enjoyment comes from getting out and being together with others. We welcome your ideas. Please call **(805) 372-1826** or email to [cvv@conejovalleyvillage.org](mailto:cvv@conejovalleyvillage.org) with your feedback.

It is a proven fact that giving as well as receiving, can help everyone stay healthier and happier. We are lucky we have the tools in place to make reaching out and connecting relatively easy. In 2019, we strive to grow stronger and better together as a Village that provides what you need and allows you to contribute and connect with others. Happy New Year!

### Looking for Ideas to Live Better in 2019?

Sign up for free daily AgeWell Tips!

#### TODAY's #AgeWell TIP: Set Social Goals

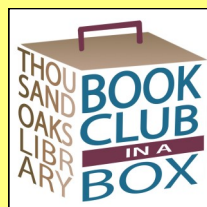
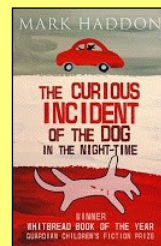
Setting goals for social activity has been linked with greater well-being and satisfaction late in life. **Set a goal to make a certain number of new friends this year.**



Go to [www.matherlifeways.com/agewell](http://www.matherlifeways.com/agewell) and enter your email to start receiving great ideas to improve your life!

### CVV Book Club starts in February!

Our first read is *The Curious Incident of the Dog in the Night-time* by Mark Haddon. If you're interested in joining us, call Barbara Balke at **(818) 991-8110** for more details!



#### *Inside this issue:*

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See Insert for  
Upcoming Events

## Village Holiday Happenings

Conejo Valley Village was honored to host nearly 60 members and volunteers at a family-style Italian holiday luncheon at Buca di Beppo's restaurant last month. Our amazing Events Committee gave away some beautiful gift baskets as door prizes, and everyone received a CVV 2019 wall calendar, biscotti cookie and festive holiday socks to celebrate the season. It was rewarding to see everyone sharing stories, meeting new people and growing special friendships. We are truly better together - what a great holiday gift!



Mangia Conejo Valley Villaggio! Ready to celebrate village family-style! Left to right: Bill, Susan, Toni, Rita, Barbara, Dick, Chris, Bunny, Lois, Val, Steve, Emerald, Deborah, Rosa Lee, Marty, Colleen, Hazel, Carr, Susan



Gift basket winners took more goodies home to enjoy later. Left to right: Joe and Dee, Jenifer and Bill.



Vanessa with Karen from Subaru (left) and Janet from Senior Concerns (right)

Thank you to everyone who participated in our community events this holiday. We collected over 280 items for Senior Concerns gift baskets and raised over \$320 for CVV at the Barnes & Noble gift wrapping fundraiser!

Community  
with Heart



Maryann and Tony wrap gifts for their new friends Christina and Hope (middle)

Photos courtesy of Maryann Gitt

## New Year, New Moves - The Amazing Benefits of Exercising

By Billie Sontag

After all the indulgences and fun of the holiday season and with the start of the new year upon us, many people start thinking of self-improvement and physical fitness.



While some of us already love to exercise, many of us don't do it for a variety of reasons. It's well worth giving it a shot. There are many ways exercising can help improve your life and so many enjoyable ways to fit it into your schedule, no matter what your activity level is. Which of these rewards would you like to have?

**Get an energy boost...prevent falls...strengthen your bones...keep mentally sharp...manage stress, anxiety and depression...boost your immune system...slash your chance of diabetes or manage it...protect against heart attack and stroke...preserve muscle mass...lessen back and joint pain...sleep better...improve metabolism**

**and digestive health...retain independence...increase life expectancy.**

There are many more reasons why it's so important to incorporate physical activity as much as you can. There are numerous online videos to help you with suitable workout programs in the privacy of your own home as well as several gyms in the area that have exercise equipment, classes and pools. And one of the easiest, free options is taking a walk at any of the beautiful parks and trails in our area.



Some of you may already belong to a **free program for seniors called Silver Sneakers** included in many Medicare Advantage Plans and some Medicare Supplement Plans. It offers free access to facilities and classes in several gyms nearby. There are special Silver Sneaker classes designed especially for seniors available in addition to the gyms' regular classes. Trainers are there

## Give Journaling a Try!

### Discover the Joy of Journaling

By Barbara Jimerson

Everyone has at least one story to tell; not everyone takes the time to write it. Conejo Valley Village's monthly journaling group offers social/full members an opportunity to meet new friends and write their own stories - recording their experiences and possibly creating a meaningful treasure to share with family or loved ones. Join us - we'll help you get started!



If you prefer privacy or want a tool to manage or understand life's stressors and personal challenges, the monthly class provides techniques for writing it out and shining a light on what felt like a burden. Letting it go and leaving "it" on the page has true benefits as studies have shown that journaling improves mental and physical health. You decide if you keep your insights private or share them.

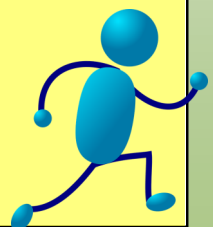
CVV's journaling group meets on the fourth Friday of each month in Newbury Park for one hour, but journalers are encouraged to continue the habit on their own, promoting personal growth as well as capturing important memories and life experiences to live on, even if only in a notebook.



to hire if you wish, but there's no obligation to do so. **Silver Sneakers** also has a wonderful website that provides a wealth of knowledge through articles and exercise instruction videos from beginner to very active, and from low impact to high intensity. Videos with chair exercises and tutorials on using gym equipment are also available. There's something for everyone who is able to join, whether you prefer to attend a gym and exercise with others or exercise at home. It's easy to check your eligibility. Go to [www.silversneakers.com](http://www.silversneakers.com) on your computer, smart phone or tablet or call **(866) 584-7389**. If you're eligible you'll get an immediate answer, receive an ID number, and be able to browse the highly



motivating website right away. Keep moving and check back for further information about more exercise and fitness options as well as upcoming walking or hiking events in *Village Connections*.

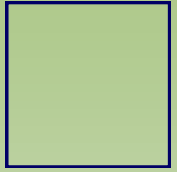




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The mission of Conejo Valley Village is to help seniors remain independent in their homes and stay active in our community.



*Welcome the Possibilities in 2019!*



## 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

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## Volunteer Spotlight

**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!

### CVV Volunteer Program Meeting

Tuesday, January 22

**Discussion: Village Fire Experience/  
Emergency Preparedness Needs**



4:00 - 6:00 pm

Goebel Center - Chaparral Room

Join us to share your experience, questions and concerns as volunteers and to meet new volunteers!

Light snacks will be served

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

### TELL A FRIEND!

Thursday, Feb. 7

CVV Member &  
Volunteer

Recruiting Event

3:30 - 5:30 pm

Goebel Center

More details online and in  
our February newsletter