



Future Focus: Join the Discussion to Improve Our Lives

We share below updates on statewide efforts CVV is supporting to help improve seniors' lives and we encourage Village members, volunteers and partners to be part of the discussion about issues and solutions.

CVV SUPPORTS VILLAGE MOVEMENT CALIFORNIA VISION

By Vanessa Renna

Village Movement California (VMC) believes in the power of community to achieve society-wide change in the way we age in California, and they provide advocacy and tools to help villages do their work. As a VMC member, Conejo Valley Village supports the vision of revolutionizing aging. We are increasingly focused on how together as a village we can make the experience of aging more positive, confident and dynamic. We need to reframe how we see aging by emphasizing ideas such as self-determination, reliance on each other, embracing new connections and perspectives, navigating life transitions, continuing to grow, staying active and healthy, facing the future confidently, and working together to provide support and solutions. At CVV, we are **Aging. Better. Together** and excited for the journey ahead.



California Senior Legislature

To preserve and enhance the quality of life for older Californians and their families.

CVV MEMBERS HELP SET CA SENIOR LEGISLATURE 2019 PRIORITIES

By Tony Gitt

On November 1, in Sacramento, CVV members Tony Gitt and Karen Gorback were sworn into the California Senior Legislature (CSL) for four-year terms representing Ventura County. During a three-day model legislative "Annual Session" of the CSL, Tony and Karen participated in the prioritization of various legislative proposals impacting seniors. At the conclusion of the Annual Session, ten CSL Legislative State Priorities and two federal proposals (see box at right) were established to be pursued with our elected representatives during 2019. In December, Tony shared these priorities with our local state Assemblywoman Jacqui Irwin. If you have questions or would like more information about these legislative efforts, you can contact

Never doubt that a small group of thoughtful committed citizens can change the world; indeed, it's the only thing that ever has

~Margaret Mead

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

CA Senior Legislature Top 10 State Priorities

- AP-18: Labeling of Prescription Drugs
- AP-2 Transportation: Seniors' & Disabled Individuals' Access to Transportation to Medical Services
- SP-10 Financial Elder Abuse: Reporting
- SP-7 Veterans Housing: Affordable Rental Housing
- AP-7 Fall Safe Housing
- AP-8 Affordable Housing for the Elderly
- SP-4 Dental Insurance
- AP-17 Electric Vehicle Charging Stations
- AP-15 Homelessness: Seniors & Persons with Disabilities
- AP-3 Travel Safety

Federal Legislative Proposals

- AFP-2 Medicare Durable Medical Equipment: Grab Bars
- SFP-3: Medicare Penalties

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See Insert for
Upcoming Events

Winter Can't Stop a Village in Motion

A cold and very wet January didn't stop our vibrant village from doing what we do best...supporting each other and enjoying our community. From dining at cozy eateries to a brisk walk in the park to attending our community wellness fair, we had a great month of building relationships, and enriching lives for members and volunteers. **Join us for the fun at an upcoming event!**



Barbara, Dena and Julie watch the ducks soaking up the sun during a walk at Conejo Creek Park North while Steve and Marc catch up



Enjoying British pub and grub and village friends at Crown & Anchor. Top left to right: Hazel, Susan, Dena, Bunnie, Toni, Carr. Bottom left to right: Tom, Barbara, Steve and Val with their granddaughter.



Photos courtesy of Maryann Gitt



Steve, Tony and Karen work our table at the Wellness Fest to share the CVV story.



HELPFUL TIPS TO GET THE MOST OUT OF MEMBER EVENTS !

- Please register for events you plan to attend, and call to let us know if you need to cancel. This helps us get accurate counts. Sign up online or for help with events call (805) 372-1826.
- Full members needing rides to events should request them 7 days ahead.
- For events using carpools, make sure you have the phone number of those you are meeting and they have your phone number in case of any delays.
- Events on the Events Insert coded "MVG" are open to volunteers and guests, so bring a friend!
- Suggest new or interesting events you would enjoy-this is your village and all ideas are welcomed!
- Bring your CVV name tag to events, or let us know if you need one made.

If you haven't joined us for a CVV event, we look forward to welcoming you!



Tech Tip: Do It Yourself Wireless Home Security

By Billie Sontag

Traditional alarm systems are a great way to protect homes, people and possessions from intruders but complicated installation and costly contracts may have kept people from using them. Did you know there are now Do-It-Yourself (DIY) wireless home security systems available that offer many improved features?



Wireless security systems now include basic home alarm surveillance as well as smoke alarms, carbon monoxide detectors, indoor and outdoor cameras, among other features. Of course, the **main advantage is that DIY wireless systems work through your smart phone** and home router, allowing you to monitor your home “on the go” and get notifications of activity on your phone or tablet at any time. If you forget to set the alarm when you leave home, just set it from your phone later. **DIY wireless security systems are relatively easy to install** by yourself or with a little help in a very short amount of time. There are no holes to drill and no wires to install so an intruder

can’t disable the system by cutting wires. Unlike wired systems, during a power outage, wireless systems continue to connect to the alarm company, emergency responders and your emergency contacts. Wireless systems are a good choice for people who rent or plan to move in the future because of their easy portability from one home to another. Some feel wireless signal interference can cause a false alarm and systems require infrequent maintenance, like replacing batteries.



As with anything, you’ll need to research the pros and cons, features, costs and technology requirements. You may want to search online for “DIY Wireless Security Systems” to find names of companies that provide the services and informational websites (Safehome.org is one) but be aware when reading reviews that some sites may receive payment from featured vendors. If you’re not ready for a dedicated security system, there are individual products to remotely protect or monitor your home, such as indoor and outdoor security cameras, video doorbells, motion sensor lighting, and smart locks. It’s worth exploring these new technologies to help protect your home.

Meet Member - Yvette Jourdan-Abramski

By Billie Sontag

Yvette has led an amazing life. She was born in Lyon, France and later moved with her family to a home near Vichy that dated from the middle ages. She was eight years old when France surrendered to Germany in 1940. It was a tough time for her family, with her father away in service and then the resistance. Her mother took care of four young girls, with shortages of food and other necessities. Yvette later learned how dangerous it was that her mother fed and hid refugees, which saved lives.

As a young woman, Yvette had many exciting and diverse experiences. She was involved in theater as a singer and performer, taught French in Italy and England for a year in each country, studied music, languages, and philosophy at the Sorbonne, and worked for Reader’s Digest in Paris. She met her husband, an artist, while on vacation in Sicily. In 1960, when their son was 3 years old, they moved to Chicago. In 1962 they had a girl. Yvette taught English to French Speaking students at a technical school and translated books for them. She then became the Commercial Officer of the French Embassy, with responsibility for eleven states in the Midwest. She worked with French exporters and U.S. importers of food, wine, and textiles. She moved to LA in 1978, doing the same work, and made

“It’s so easy to sow joy and love. A kind word, a smile, a heart open to all.

~Yvette Jourdan-Abramski



Thousand Oaks her home. When she left the foreign service, she became the CEO of a French company that made furniture and then became the Director of import/export for Casino, a French chain of restaurants and food items.

Yvette’s many accomplishments also include being President of Alliance Francaise School for Learning French, giving lectures on French composers of the 19th and 20th centuries, doing translations for books and movies, and giving private French lessons. With a lifelong passion for music and performing, she directed and sang with a group of folk singers and dancers in Chicago and then sang with the Westlake Voicers and Sweet Adelines locally. Today she enjoys spending time with her children and grandchildren, listening to music, reading from her extensive library of books, and loving her two dogs, Cocoa and Snickers. Yvette is certainly living life to the fullest and we are happy she is part of our Village. ***C’est une belle vie! (It’s a good life!)***



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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.

ARE YOUR **EMERGENCY** CONTACTS CURRENT?

Contact a Call Manager at (805) 372-1826 to provide any updates

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. Thanks for all you do for CVV!

Do you know people who would be great CVV volunteers?

Invite them to our.....

**CVV Member & Volunteer
Information Session/
Recruiting Event
Thursday, Feb. 7
3:30 - 5:30 pm
Goebel Center**

Call (805) 372-1826 to register



Thank you to everyone who attended our January Volunteer Meeting and shared their fire experiences.

We are exploring the idea of starting a committee to look at how we respond to emergencies.

If you are interested, please look for an invitation to participate soon.