



Expanding our Village Community

By Vanessa Renna

In our first year, Conejo Valley Village blazed a trail welcoming 45 members and 40 volunteers eager to start this new village adventure. Since then, we have worked tirelessly to build a solid foundation of people and processes to support the needs of members and volunteers. As we wrap up our second year with 90 members and 70 volunteers, we are thrilled to see with every member and volunteer interaction the nurturing and engaging community that CVV has become.

Some people who were strangers have become a fantastic group of welcoming and encouraging friends, happy to greet each other, catch up and see how they can use their own life experiences to help each other. Others have surprised themselves with personal growth and invigoration that comes from being willing to meet new people and enjoy new experiences.

Many members have experienced greater independence with convenient transportation to places and events. Our very friendly and talented volunteers have made it easier for members to maintain and enjoy their homes by helping with electronic set ups, decluttering closets, cleaning patios, doing light gardening and repairs, and providing temporary pet care among other valuable tasks to keep a household humming.



With an average of ten social events each month – everything from happy hours, games, movies, potlucks, wine tasting and



theater trips to candy making, journaling, nature walks, CPR training, a book club and special holiday and community events—there are plenty of opportunities to build meaningful

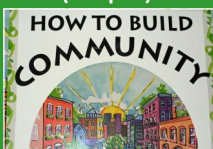
and fun relationships.

Yes, we are sharing this time and place in life and loving it! As an extended Village family, no one has to experience aging alone; instead we look to the future with confidence and we are aging better together.

As we enter our third year, we hope you all share our excitement to grow our village and improve the lives of more of our neighbors through our membership benefits and volunteer opportunities. If you are enjoying being part of Conejo Valley Village, and would like to help get others involved, consider coming to our first Outreach team meeting to learn more (see p. 4). No experience required, all you need is enthusiasm!



Learn about CVV's
Outreach team –meeting 3/13
(see p. 4)



Inside this issue:

Expanding our Village Community	1
CVV Events & Pet's Corner	2
Free Specialized Phones/Important Shots	3
Volunteer Spotlight/Outreach	4

See Insert for
Upcoming Events

Enjoying the Beauty Around Us



The plentiful rains we received in February produced bright, colorful landscapes we don't often see in our area. Avid photographer and Village friend Nick Fotheringham captured these stunning views of lush green hills dotted with oak trees, and a peaceful stream winding through nearby Malibu Creek State Park. Like the rain, these beautiful views won't last long, so enjoy them!

CVV Events & Pet's Corner



SAVE THE DATE: SUNDAY, APRIL 7, 4-6 PM
CVV 2ND ANNIVERSARY PARTY
for Members and Volunteers

More details coming in the April newsletter and online soon!



CVV Pet's Corner



Meet Call Manager Loretta and her Collie "Finnegan" hanging out at the park. To share a photo of you and your pet, email it to cvv@conejovalleyvillage.org

CVV Potluck = Food + Friends + Fun



Lori hosts our first Potluck of the year.
Top left: Corky and Laurel. Right: Dick, Lori and Karen. Lower left: Steve, Tom and Steve.



Photos courtesy of Maryann Gitt

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.

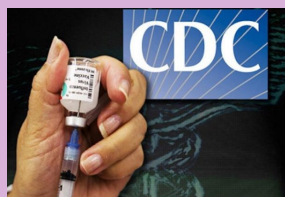


California Phones
Keeping you connected.

Health Reminder: Don't Forget Your Shots!

By Loretta Allen

While 2019 is well underway, it is not too late to consider immunizations that offer seniors valuable protections. It's a good idea to first check your Medicare plan to see what preventative vaccines are covered, then check with your doctor to see if he or she would recommend them for you. Review the helpful info and resources below about flu, pneumonia and shingles shots.



Flu: It has been recognized for many years that people 65 years and older are at greater risk of serious complications from the flu including hospitalizations and death compared with young, healthy adults because human immune defenses become weaker with age. People 65 years and older should get a flu shot and not a nasal spray vaccine. They can get **any** flu vaccine approved for use in that age group with **no preference** for any one vaccine over another. There are also vaccines designed for people age 65 and older. **Source/more info:** <https://www.cdc.gov/flu/about/disease/65over.htm>

Pneumonia: Adults 65 and older need two vaccines (**Pneumovax 13** and **Pneumovax 23**) for better protection from bacterial infection in the blood (sepsis), meningitis and pneumonia which

can be life-threatening for older adults. **Source/more info:** <https://www.webmd.com/healthy-aging/news/20150203/seniors-need-2-pneumonia-vaccines-cdc-advisory-panel-says#1>

Shingles: Shingles (Herpes Zoster) is a reactivation of the childhood Chicken Pox virus (Varicella). The virus lives dormant in the nerve endings until it reactivates, causing severe pain/rash with a persistent nerve pain after the rash recedes. In the Fall 2017 Shingrix – a new vaccine was approved and the CDC recommends revaccination (2 shots). Your doctor will decide if you can get by with just one shot. The new vaccine is MUCH more effective in preventing Shingles: it has been found to be 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% with the new vaccine vs 65% with the previous vaccine. Medicare Part D covers the shot; there is copay which is well worth avoiding shingles! Check with your doctor

Sources:/more info:

AARP: <https://www.aarp.org/health/conditions-treatments/info-2017/fda-shingles-vaccine-fd.html>

WebMD: <https://www.webmd.com/skin-problems-and-treatments/news/20171026/theres-a-new-shingles-vaccine---is-it-for-you#2>





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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.

Daylight Savings
Time starts on
March 10th! Turn
your clocks AHEAD
one hour



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!

Fun New Volunteer Opportunity for Volunteers and Members!!



CVV OUTREACH
Cookies, Coffee & Conversation
March 13, 2 - 3:30 pm, Val Fitch's home



COME TO THE OUTREACH TEAM MEETING AND HELP US CONTINUE TO GROW!! This is a very exciting time for CVV and we want to share the good things we are doing with those in our community who may not have heard of us.

Learn about the volunteer opportunities available. There will be a wide variety of ways, large and small, to be involved in this fun and rewarding effort. Come to Val's to enjoy the cookies, coffee and conversation and see how you can help!

REGISTER ON THE EVENT CALENDAR or CALL (805) 372-1826