



True to Our Village Mission - Celebrating CVV's Year Two Impact

By Vanessa Renna

When the idea of starting a village in the Conejo Valley began in 2014, no one would have imagined what a caring, responsive community Conejo Valley Village would become in just two short years. Last month, we marked our 2nd anniversary with a wonderful party and we are happy to share some of the results of our work in the Village this past year - see the "CVV Impacts Year 2" box to the right.

We have grown our membership and volunteer base, and have significantly increased the volunteer hours, services and events and support provided when compared to our first year.

While we are excited for this continued growth as the Village reaches more people, we also remain focused

on ensuring we understand and can meet the needs of members and volunteers as our community evolves.

This coming year we will be surveying volunteers and members to



We couldn't do it without you!

learn ways we can continue to help seniors remain independent and stay socially connected. We have built an amazing community that is improving the quality of life for everyone in the Village. We are ever thankful for the welcoming and

supportive people who are Conejo Valley Village. We simply couldn't do it without you!

Aging.Better.Together is what the Village is all about. We look forward to your feedback and to continuing this fantastic journey with you!

CVV Impacts Year 2:

96 Members

70 Volunteers

9,300+ Volunteer hours

1,422 Services provided

**119 Events,
1,170 Attendees**

**4,100+ Call
Manager contacts**

Data compiled from April 2018 through March 2019, the end of our second year of operation.

Brenda Birdwell joins the CVV Board of Directors



Brenda Birdwell

We are thrilled to welcome Brenda Birdwell back to the CVV Board as our Outreach Director. Brenda worked with the City of Thousand Oaks and our founders in the early stages of our village and on our CVV Advisory Council from 2015-2016, joining our board briefly in 2017. She is a Certified Senior Advisor with extensive experience supporting our senior community working in advocacy roles at the Coast Caregiver Resource Center, Senior Concerns, the Braille Institute, HICAP, and the Ventura County District Attorney's Office. Brenda says "I am so excited to be back on the Board of Directors for the Conejo Valley Village. It is great to witness the growth of CVV with wonderful members and volunteers who have clearly become a cohesive community." Read more about Brenda on the CVV website under About Us.

MEMORIAL DAY



The CVV office will be closed May 27th for Memorial Day

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See Insert for
Upcoming Events

Welcome Spring & New Members



Door prize winners - Above: Marie, with Marc & Dena; Below: Nancy, with Delores



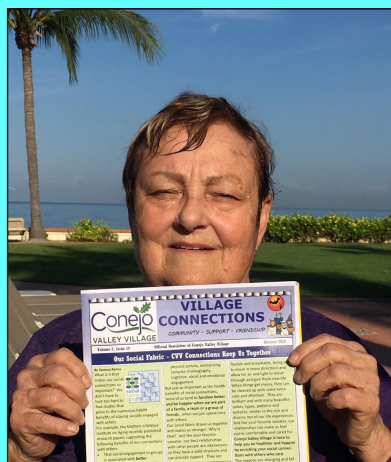
More than 50 Villagers gathered at Oak Forest Estates for our Second Anniversary Spring Fiesta party. We enjoyed meeting many new members and volunteers, a Mexican fiesta catered by Cisco's, and some great door prizes. Thanks to Barbara Balke for hosting at her clubhouse.



New members Diana and Irving display their cheerful floral prizes

Going on Vacation?

Take CVV's *Village Connections* with you and send us a picture!



Loretta enjoyed a few weeks of relaxation with friends at a coastal paradise in Puerto Vallarta, Mexico.



Send your picture to:
newsletter@conejovalleyvillage.org.

WELCOME New Members & Volunteers!

Members

Natalie R. Ronnie R. Maxine F.
Gloria F. Dan F. Ching C.

Volunteers

Ralph G.
Chris J.

We are happy you have joined the Village! We look forward to serving you and seeing you at upcoming events.

**Members: Schedule Requests
5 Days Ahead - Help Our
Volunteers Help You!**

When you need to schedule a service or transportation, please remember to call (805) 372-1826 at least 5 business days in advance of your request (not counting Saturday, Sunday or holidays). This allows our volunteers to have enough time to view and sign up to fill your request. Thank you!!



Simple Tips to Avoid Falls

By Loretta Allen

Aside from loneliness, falls are one of the greatest risk factors that seniors face. Below are 10 simple tips to help prevent falls. Check with your doctor for questions and advice about exercise, diet and medication.



1. **Be Active:** Exercise regularly and take classes to help build muscle strength, balance and reduce fatigue.
2. **Check Vision:** Have regular, comprehensive, dilated eye exams and keep prescription eyeglasses up-to-date.
3. **Wear Shoes:** Instead of walking around barefoot or in socks, always wear slippers or shoes with non-slip soles.
4. **Monitor Medications:** Dizziness or fatigue might be linked to medications (including over-the-counter), so talk to your health care team about side effects.

5. **Use Support When Needed:** If needed for balance and stability when walking, use a cane or walker
6. **Prevent Slips:** Install grab bars for toilet and tub, and use a shower chair when bathing.
7. **Avoid Tipsiness:** If you drink alcohol, do so in moderation, and be aware of any interactions it may have with your prescription medications.
8. **Avoid Hazards:** Make sure household rooms and hallways are always well lit. Avoid throw rugs and slippery floors.
9. **Build Healthy Bones:** If your diet doesn't contain enough calcium or vitamin D, supplements can help.
10. **Discuss Risks:** Get tailored advice from your health care team about preventing falls.

Source: Eric B. Larson, MD, MPH, Vice President for Research and Health Care Innovation, Kaiser Permanente Washington; Executive Director, Kaiser Permanente Washington Health Research Institute.

Meet Member - Toni Cypret

By Billie Sontag

Toni grew up in Kansas City, Missouri, where she still has family and lifelong friends. She moved to Westlake Village with her husband and two sons forty years ago. She remains a loyal Chiefs and Royals fan. After working most of her life, she retired after being the Executive Assistant to a Vice President at Amgen. Toni is a lifelong student who enjoys reading, taking classes and going to lectures. She loves the arts plus can't get along without PBS, BBC, and NPR. She enjoys cooking and baking and is carrying on her Italian family's tradition by making several kinds of Christmas cookies and other dishes. Knowing how important it is to keep moving, she likes to take walks and do gentle stretching and balance exercises while watching Classical Stretch on KLCS, a public channel in LA. She plans to try water aerobics at the new YMCA soon.

Toni is excited about a recent development. She was adopted as an infant in Missouri (a "sealed" state which prohibits any birth family information from being released). Although grateful for her adoptive family, there was a lifelong "black hole" and yearning for information about her birth family. Thanks to Ancestry.com and DNA, her lineage has been traced and she's identified her birth mother's family. Contact has been made with two first cousins whom she hopes to meet soon. These recent discoveries have been quite remarkable and are answering some lifelong questions.

"No matter one's age, there are always new things to learn and interesting people to meet."

~Toni Cypret



Traveling is another favorite activity. She has toured Italy, Greece, Turkey, Spain, Portugal, England, Ireland, France, Czech Republic, Hungary, Holland and Belgium. This summer she is headed to Scandinavian countries on a Baltic cruise. While she has traveled with friends, she has also traveled by herself on some tours, which she found enjoyable.

Giving back is important to Toni too. She volunteers for the Cuddle Program at St. John's Regional Medical Center in Oxnard where she cuddles newborns in the Neonatal ICU. She also works with first graders on reading and writing skills at Acacia Elementary School.

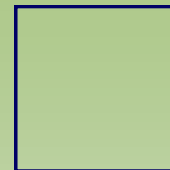
Toni joined Conejo Valley Village because what she likes best is our network of senior volunteers helping seniors stay in their homes by lending a hand when needed. She needed extra hands around the house and several volunteers have already helped her with gardening, organization and handyman tasks, as well as occasional rides to medical procedures. She also enjoys going to our social events and meeting new people.



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Westlake Village, CA 91359

Phone: (805) 372-1826
Email: cvv@conejovalleyvillage.org
Website: www.conejovalleyvillage.org

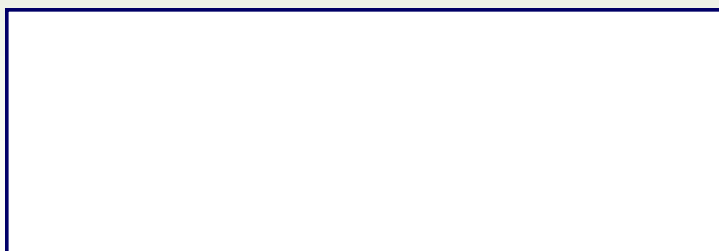
The mission of Conejo Valley Village is to help seniors remain independent in their homes and stay active in our community.



Happy
Mother's Day
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

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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!

Need a CVV Speaker?
Want to share our CVV story with other groups you belong to? Call (805) 372-1826 to request or be a CVV volunteer/speaker!



Share Your
Talents
with the
Village!

We're looking for people to help with:

- Light Gardening
- Electronics Set Up
- Dog-Walking
- Minor Repairs

Call (805) 372-1826

Attention Volunteers:



It's time for volunteers to update their driver's license and insurance info. Please email or send a copy of your license and current insurance card to volunteer@conejovalleyvillage.org or CVV, P.O. Box 3162, Westlake Village, CA 91359 by May 31.

Thank you for volunteering – remember we offer **mileage reimbursement** for drivers too!