



## Let's Get Outdoors & Enjoy The Many Benefits!

By Vanessa Renna

The arrival of summer is a great time to get outdoors and enjoy our beautiful environment and the warm sunshine. We are so fortunate to live in an area with great parks and trails, and inspiring mountain and valley vistas everywhere we look. There is abundant new growth of flowers and plants, and animals returning to the area after last year's fires. And who hasn't marveled at the recent migration of butterflies across our region.

The sounds, scents, sights, sensations of nature and the antics of our animal friends have the power to help you relax and relieve stress. The



an outdoor patio with friends listening to birds chirping or watching the acrobatics of squirrels in the trees.

Of course, there are some things to be careful about like applying sunscreen, staying hydrated,



monitoring pollen and other allergen levels and checking with your doctor about physical activity. But it is clear that the benefits of getting outdoors are well worth it!

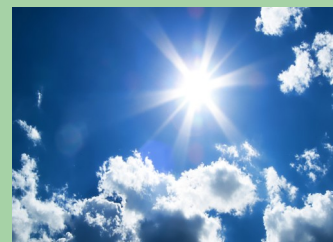
To encourage spending time in nature, the Village offers a monthly walking event for all fitness levels. And don't let our June gloom stop you, bring a light jacket and sunglasses and join us to soak it all in!



Japanese use the concept of *shinrin-yoku* or "forest bathing" meaning taking in the natural world

through your senses. Immersing oneself in a "nature bath" can be invigorating, helping you recharge and refocus your perspective, increasing feelings of happiness and providing physical benefits too. It gets even better when you share these benefits of being in nature with others. And if you have mobility issues, you can still enjoy many of these benefits by just eating lunch at

### Great Benefits of Being Outdoors



You can start to enjoy these amazing benefits when you spend just 10-15 minutes a day in the great outdoors:

#### MENTAL

- Relaxing
- Stress relief
- Clears your mind
- Helps you refocus
- Increased happiness
- Appreciate being part of our natural beauty

#### PHYSICAL

- Breathing clean air
- Walking improves balance & heart health
- Increased Vitamin D
- Increased energy
- Improved immunity
- Better overall health
- Invigorate your senses

#### *Inside this issue:*

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### SAVE THE DATE!

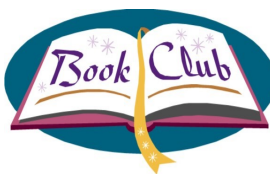
**Village Fourth of July Party**  
**Sunday, July 7th, 5:30—7:30**

*More details online soon*



See Insert for  
Upcoming Events

## Sharing Stories with Village Friends



As the lazy days of summer approach, Villagers know how to enjoy a great story in print or on film. CVV's Book Club is off to an exciting start! Thanks to Hazel for hosting at her home and to Bunny for leading the discussion. And, we invite members to join the next monthly movie date with Nancy!



Our gracious hostess Hazel and her dog



CVV book clubbers share their views on *"The Curious Incident of the Dog in the Nighttime"*. Above: Barbara, Sharon and Maxine. Right: Bunny. Below: Barbara and Laurel



Photos courtesy  
of Maryann  
Gitt



CVV movie goers: Maryann, Dena, Susan and Nancy enjoy a show at the local AMC theater

### Member Tip: Easy Ways to Pay your Membership Fees

CVV membership fees are due by the first day of each month and can be paid on a monthly, quarterly or yearly basis. Invoices are sent out by email (or by mail for those who don't use email) around the 15th. There are three easy ways to pay your fees:

**Mail your check payable to Conejo Valley Village to:**  
PO Box 3162, Westlake Village, CA 91359

**Pay online at [www.conejovillage.org](http://www.conejovillage.org):**

Click on the red circle by your name and follow the prompts to enter your credit card information. *Note: you may be asked to update emergency contacts.*

**Call a Call Manager at (805) 372-1826** to pay using your credit card information, or if you just need help!

**HELPFUL HINT:** Many members arrange to make automatic payments ("autopay") each month so that a check arrives at the CVV PO Box before the first of the month. To do this, call or visit your bank and ask how to sign up for autopay.





## Traveler's Series: Nancy & Sandra Explore Sedona, AZ



By Loretta Allen

There are great trips in the USA that are just as enjoyable and nourishing to one's soul as exotic locations. This is clear when you talk to Sandra Cherry and Nancy Healey who met in the early days of Conejo Valley Village and developed a fast friendship attending events.



They recently shared their experiences during a trip to the beautiful Sedona Arizona area. Their adventure started with a road trip through the Southern California desert and an overnight stay in Indio before arriving in Sedona where one is surrounded by gorgeous red rock formations. The beauty and serenity of the area immediately take you beyond your everyday challenges.

While there, they enjoyed great food, companionship, a train ride through spectacular Verde Valley and the Verde River. The famous Catholic Church in Sedona, the Prescott area and the old mining town of Jerome were also part of their itinerary.

Sedona has long been known as a spiritual power center—the power that emanates from the vortexes in the area produce some of the most remarkable energy on the planet. (A vortex can be made up of anything that flows, such as wind, water, or electricity.)

In Sedona, there are four swirling centers, or vortexes, of subtle energy coming out from the surface of the earth. The energy resonates with and strengthens the Inner Being of each person that comes within about a half mile of it. If you are at all a sensitive person, it is easy to feel the energy at these vortexes and, as Nancy shared, it can be a very uplifting experience.

One of the objectives of our village is to encourage



new friendships that can expand our horizons. Sandra and Nancy recommend going to the “meet and greets,” the dinners, and our other events, so you might find new friends with which to share activities and enjoy fun travel adventures, near or far!

## Meet Member - Ann Kidder

By Billie Sontag

Ann is very active. She loves to dance because it keeps her moving. She has been taking tap dancing classes at Goebel every week since 1994. She also goes Ballroom Dancing every Friday night at the Granada Pavilion and in Burbank Sunday afternoons. Ever since the Thousand Oaks Civic Arts Plaza opened 25 years ago, Ann has been an usher there. Since she enjoys watching shows, she has ushered for the Conejo Players for over 20 years. Since 2012, she has also ushered once a week at Reagan Library special exhibits.

Through the years Ann has had several serious and sometimes scary challenges and experiences. Near the end of WWII she lived in her aunt's apartment building in Germany. Hearing an air raid siren, her parents directed her to go to the basement, but something told her not to go there and she ran away from the building. Her parents chased her and they were saved when the building was hit.

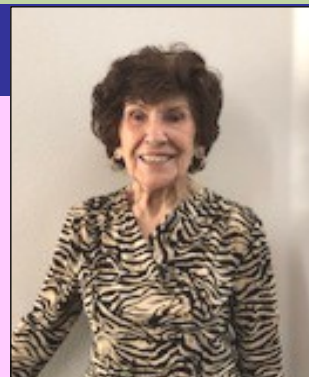
Ann met and married an American soldier, Edward. They moved to San Francisco in 1948



and Ann became a citizen the following year. While her husband was still in the Army and stationed elsewhere, Ann had a difficult time at first, being alone...not knowing English, American customs or even how to use American money. She was fortunate to meet wonderful people who took care of her and taught her what she needed to know.

She applied for a job at Liberty Mutual Insurance Company but couldn't pass the typing test because the typewriters were different. They let her study there and she was able to pass. She had to get acclimated again when they moved to France for five years, then to Virginia.

Ann joined Conejo Valley Village because she wants to stay in her home and be independent as long as possible. She likes all the people she has met and the activities that are available. She is very happy... doing OK... grateful for every day...and living in the moment.



***“When you rest  
you rust. Keep  
in motion!”***

***~Ann Kidder***

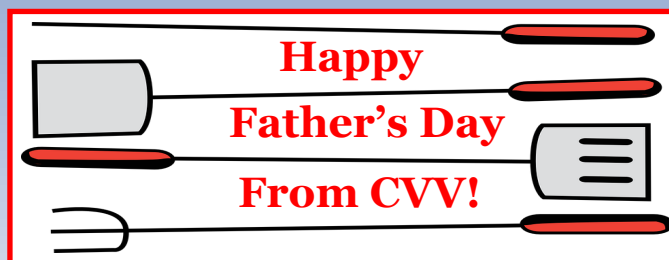
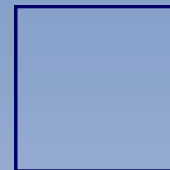




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The mission of Conejo Valley Village is to help seniors remain independent in their homes and stay active in our community.



### 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!

### *Update from April Meeting— Volunteers Provide Amazing Service!*



During April, volunteers provided **525** hours of member and organizational services, and Call Managers answered **536** calls and **107** emails over **132** hours. And, WOW - for five months in a row every member service request has been filled - **Outstanding!** We began a fun volunteer appreciation drawing with Tom and Bill winning Subway and Starbucks gifts cards. Based on feedback from attendees future meetings will address topics like fall prevention, dementia, low vision, isolation and care resources to help our volunteers improve service to members. **CVV volunteers are doing valuable work that is making life better for our members. THANK YOU, VOLUNTEERS, FOR DOING A GREAT JOB!!**

### CVV All Volunteer Program Meeting

**TUESDAY, JUNE 25**

**4 - 6 pm**

**Goebel Center**

Join us to share your volunteer questions, experiences, and ideas and to meet fellow CVV volunteers!

Sign up online or call

**(805) 372-1826**