



## New Friendships Await You in the Village

By Chris Jones

In June I had the privilege of getting acquainted with two lovely women at the home of Ching C., joined there by Maria K. Ching and Maria met at the Goebel Center at an event coordinated by the Conejo Valley Village. After they chatted briefly at Goebel, they learned that they had something in common: both had sadly lost their husbands about the same time in 2018 and coincidentally, their husbands are buried at the same cemetery.

Since becoming friends, they go to the cemetery together, something that is easier than going alone. After visiting there, they take turns treating each other at a local restaurant for lunch. Given Ching is no longer able to drive, Maria occasionally picks Ching up and takes her shopping at Trader Joes, a store they both really enjoy!

The three of us sat down for tea along with fresh cantaloupe, almonds, and Biscotti cookies. It was a very nice spread and overall a lovely afternoon getting to know them both! Their friendship while fairly new appears effortless. Maria and Ching mentioned being able to relate to each other on levels that people who haven't experienced such a loss cannot truly understand. For example: when do you (or do you not) remove your wedding ring? Or, when do you sell a departed spouse's car? My impression learning from them: there are no right



New Village friends Maria and Ching

or wrong answers. Ching and Maria can understand and appreciate why 'yes', 'not now', or 'maybe never' may be the right answer. As Maria noted, people who haven't experienced a loss like theirs cannot truly understand what may be perceived as 'obvious' or 'money-saving' decisions by friends or family. They feel fortunate or maybe even blessed to have formed a friendship with someone who truly relates and can understand the impacts of losing a spouse. Their friendship doesn't appear to be centered on their losses, but that coincidence is just something they have in common that initially brought them together.

As we wrapped up the afternoon of tea and treats, we walked in the yard to take a couple of pictures. I noticed without even thinking about it, Maria and Ching walked

outside arm-in-arm. After the pictures as Maria and I were leaving Ching's home, they were still arm-in-arm and at the front door. Maria and Ching each kissed the others hands as one would do with royalty, which of course touched me to my core.

My mom is a member of the Village and for me as a new volunteer, it was an absolute privilege getting acquainted with Maria and Ching. Witnessing their bond, there was an unexpected lesson learned for me so I'll say if there are people reading this who feel mostly alone or perhaps even isolated, I'd wager that there are good friendship and companionship opportunities for you within the Village community. It's just a matter of getting acclimated to the schedule of hosted events, making that phone call you've been meaning to, then joining other Villagers at the tribal activities... they're just a phone call away!



**CVV Closed  
July 4th  
Happy  
Independence  
Day!**

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See Insert for  
Upcoming Events

## Friends, Food & Celebration - Our Specialties!

We created a new event in June - the Birthday Bash! Celebrating member and volunteer birthdays for the first half of the year at Lori's house. What's not to love about another great reason to get together with Villagers? We welcomed some new faces and enjoyed an amazing potluck and beautiful birthday cake. Thanks to Lori for hosting and to everyone who joined and brought a dish.



Beth is caught in the act of having a great time!



Left: Partygoers with heart (from left): Maxine, Dick, Mary Kay, Barbara, Chris, Delores, Joanna (standing), Tom, Julie. Below: Bunnie, Toni, Becky & Billie share a good laugh in the kitchen



Getting to know each other better (from left): Billie and Becky, Ching and Barbara



More happy faces enjoying the party (from left): Danny, Steve and Tony, Sandra and Barbara



Photos courtesy of Maryann Gitt

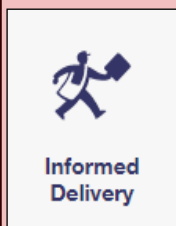
## Know What's Coming in the Mail - Informed Delivery

By Billie Sontag

Have you ever wondered if you are getting all of your mail and packages? If you use a computer, smart phone or tablet, there is now a way to find out what mail is coming ahead of time so you'll know if anything is missing.



**Informed Delivery®** is a free and optional service provided by the United States Postal Service (USPS) that allows you to digitally preview your incoming letter sized mail and packages securely from your computer, smart phone, or tablet. You will need to confirm your address is eligible for this service, and set up an online USPS account at [informedelivery.USPS.com](https://informedelivery.USPS.com). Then, you can see what is coming to your mailbox soon whenever, wherever – even while traveling. It's also available for PO Boxes in eligible ZIP codes. This convenient tool can help you figure out if important mail or packages are missing.



For items with USPS tracking® you can view the delivery status and manage delivery, to have things delivered or redelivered at your convenience.

You can choose to receive a daily email or text which will show a black and white image of the front of up to 10 pieces of mail arriving soon, usually that very day. Any packages arriving via USPS will be listed at the bottom of the email or text. These images, plus remaining mail pieces above 10, will also be accessible on the Informed Delivery page of your USPS account "dashboard".

Your USPS account dashboard will also offer several other convenient services like scheduling package pickups, buying stamps, or putting a hold on your mail when traveling. For more information about Informed Delivery or to sign up visit [informedelivery.USPS.com](https://informedelivery.USPS.com).



## Meet Member & Volunteer - Bunnie Roach

By Billie Sontag

Bunnie is keeping Village membership in the family. Her daughter is a volunteer for the Palos Verdes Village and encouraged her to join Conejo Valley Village in order to enjoy the social activities. She has made several new friends, hosted a village potluck party in her lovely home, attends events and has become a member of the Events Committee.

Bunnie has a wide range of interests. She loves reading, classical music and the theater. She has season tickets to New West Symphony at the Civic Arts Plaza and belongs to Brandeis Drama Queens, a group which attends theatrical shows about once a month. Bunnie works out with two trainers every week in order to keep moving...one for core strength and the other for stretching. Cooking has always been a favorite activity and soups...such as broccoli dijon, taco, five bean and carrot cauliflower...are among her specialties.

Bunnie was a legal secretary for 17 years and stopped working to enjoy travel. When her husband retired, they drove all over the US and Canada for 100

***"Nothing is  
usually as good  
or bad as first  
reported"***

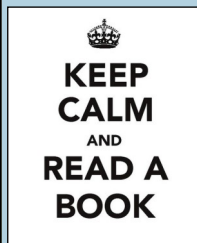
***~Bunnie Roach***



days in their motorhome with a car in tow. She has visited England, Scotland, Wales, France and Italy. Last September she went to London and then on a 12-day cruise to Copenhagen, Amsterdam and Bruges, Belgium, which is famous for their chocolates.

Bunnie and her husband had a tradition of going to breakfast at Mimi's every Friday morning. She has continued that tradition, bringing a good book for company. Bunnie has a close-knit blended family. She has a daughter and son from a previous marriage and her husband had 3 children. She enjoys a strong relationship with all of them, including 11 grandchildren.

We are happy that Bunnie is sharing her life experience, talents and enthusiasm with the Village.







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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.

Join our CVV Fundraiser - July 17th !

See Insert and Flyer -  
**MUST BRING PRINTED**  
**FLYER to Mimi's!**



## 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 June Meeting— Learning How to Improve Member Service*

We had a great volunteer meeting in June with more than 25 people attending - fantastic! Thank you to everyone who joined us.

We were fortunate to learn from our own expert Brenda Birdwell about low vision issues. Brenda gave an informative and inspirational presentation which included tips and insights into interacting with visually impaired individuals.

We broke into small groups to share feedback about ways to handle specific situations and improve service to members with changing needs. And congratulations to our drawing winner, Jeni G, who won a \$25 gas gift card.

**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

**TUES, AUGUST 27**

**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**