



CVV Members Dare to Dream - Exploring New Activities

CVV encourages exploring new activities and learning new things - like the exciting adventure below undertaken by three village friends.

By Dinah Frishling

Explore the Proud Aging Women Blog

It was one of those cold, overcast days we rarely see in Southern California, when Linda said, "why don't we write a book about getting older? It could cover a lot of the things we anticipate happening and the options we have in various areas. It could address the degree of control we have or don't have and how to plan for possibilities to get the best outcomes." Since to most of us the aging process seems totally chaotic, with surprises and pitfalls everywhere, in short, an unplannable and inexplicable trip, this sounded like a worthwhile endeavor.

The three of us (Linda Bergthold, Nancy Healey and I) calculated how long it would take to outline, research, write, edit and self-publish a book. Holy cow....at least 2 years, if we were lucky. After perusing related books on the market and much discussion, it was decided to approach this in a millennial (and much quicker) way. A blog would be the answer and it would be called **Proud Aging Women Blog** as all three adjectives fit us perfectly. We would

design a website where we could each share our experiences in short essay form or poems, and write about topics of interest to our audience including housing choices, planning, creativity, preparing for the worst, staying healthy, children



**New Bloggers (clockwise from left):
Linda, Nancy & Dinah**

***"You are never too old to set another goal or to dream a new dream."
~C.S. Lewis***

and grandchildren, dealing with ageism, making new friends, pets, what makes us happy and unhappy, etc. The possible topics are endless. And, because we want to share with friends, neighbors, relatives, and the world at large, the blog would be informative, interesting, entertaining, thought provoking, or at the very least an experience of self-

discovery and an examination of this new decade of life we've entered.

As to the terminology. A *blog* is a regularly updated, discussion or website, typically run by an individual or small group. It is written in an informal, conversational style, and is composed of informative, diary-style entries called *posts*. Best of all, it allows us the honorary title of *Bloggers!*

We invite you to visit our blog agingwomenblog.com. Please check it out, subscribe (we plan on a couple of new posts every week and you will receive a notice), comment on individual posts, send to your friends, or even consider writing something yourself for it. We hope to incorporate as many voices as possible. Note that the newest post will be on the home page. The numbers at the bottom of the page take you to archived posts as will the category and month/year archives on the right-hand side of the page. Join us, join the dialogue! If you have questions or would like to participate, please email me at frishdin@verizon.net.

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See Insert for
Upcoming Events

Loving Our Freedom to Celebrate



Above: Lots of folks relaxing in Julie's colorful, fragrant backyard garden.
Below: Bunnie, Billie, Susan, Mary and Doris visiting in a nice shady spot.



Everyone get your potluck on! About 40 Villagers celebrated the Fourth of July, enjoying great food and conversation in Julie's beautiful home and yard. We've got it good in the Village!

Thanks to Julie for hosting a really fun event.



Above: Gracious hostess Julie and Dena get things ready. Below: Frans, Loretta and Delores have tough choices to make!



Barbara, Hazel and Becky taste testing desserts

Photos courtesy of Maryann Gitt

With Our Appreciation - Dinah Frishling

By Vanessa Renna

The CVV Board of Directors expresses our heartfelt appreciation and gratitude to Dinah Frishling who, as a founding board member for Conejo Valley Village, was a driving force in making our Village a reality. From leading a City of Thousand Oaks sponsored village feasibility study, to bringing together local citizens with a passion for better aging options, to managing the formation and operational stages of CVV's development, Dinah's persistence, vision and enthusiasm helped create the wonderful CVV community we enjoy today.



Dinah Frishling

Dinah stepped down from the Board recently, but is not slowing down! She's an active Village member, avid artist and friend to many. In our cover story, she tells us about her newest adventure with her friends into the world of blogging to share their aging experiences. In one blog post, Dinah discusses her love of art and its impact on people, and shares several of her own beautiful paintings, like this one.



Burmese Boy

Dinah has made a lasting impact on our Village because she isn't afraid to try something new. She sets a great example for all of us as individuals and as a Village to keep discovering those things that bring us joy in life. Thank you, Dinah!



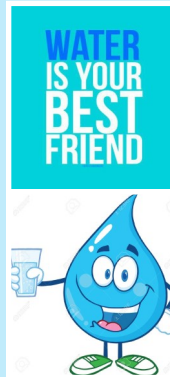
Quick Tips & Cool Hangouts to Beat the Summer Heat



Stay Safe in Summer Heat

Here are some tips from our county emergency preparedness website, www.venturaready.org. **Look out for anyone who needs help dealing with the heat.**

- Use air conditioners or spend time in air-conditioned locations such as malls, libraries and movie theaters.
- Use portable electric fans to exhaust hot air from rooms or draw in cooler air.
- Minimize direct exposure to the sun.
- Stay hydrated – regularly drink water or other nonalcoholic fluids.
- Take a cool bath or shower.
- Eat light, cool, easy-to-digest foods (fruit or salads).
- Wear loose fitting, light-colored clothes.
- Know the symptoms of excessive heat exposure and appropriate responses.



- **Don't** leave children, the elderly and pets alone in cars for any amount of time.
- **Don't** drink alcohol to try to stay cool.
- **Don't** eat heavy, hot, or hard-to-digest foods.
- **Don't** wear heavy, dark clothing.

Local Cooling Centers to Visit if Your Home is Uncomfortable

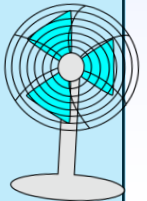
Thousand Oaks (TO):

Alex Fiore Teen Center 1375 E. Janss Road, TO
Goebel Adult Community Center 1385 E. Janss Road, TO
TO Grant R. Brimhall Library 1401 E. Janss Road, TO
The Oaks Mall 344 W. Hillcrest Drive, TO

Newbury Park: Branch Library

2331 Borchard Rd, NP

Oak Park: Oak Park Library 897 N. Kanan Rd, Oak Park



Meet Member - Mary K. Kay

By Billie Sontag

Mary K. has a very interesting history. Her mother's family had to escape the Bolsheviks in Russia because her grandfather was the Colonel of the Czar's cavalry, which put them in grave danger. They made their way to Paris, where her parents met and Mary K. was born. She spent her early years moving between France and where her sisters were born, in Morocco and England. She lived near Bristol, England in a seaside resort, Westin-Supere-Mare, during WWII. As a teen she enjoyed cycling everywhere. She went to a teacher's college which was part of London College and taught in London for a while.

The pay was very low in London, so Mary K. decided to move where she could earn more. She set out by herself on an adventure, travelling with only \$25 in her pocket on an ocean liner to Canada. She disembarked in Montreal and took a train to Toronto, where a teaching position was waiting for her. She fortunately had cousins in Toronto, who helped her settle in. She married, and after living a while in Canada, the couple moved to California where she had a son and daughter.



Mary K. has tried her hand at several occupations, including teaching in a Beverly Hills private school and selling artwork.

Mary K. is passionate about singing and other arts, both as a performer and patron. She had a coloratura voice and was in an opera, Die Fledermaus, in London. She has performed in community theaters wherever she's lived and enjoyed ballroom dancing. She loves going to classical concerts and has ushered at the Kavli

Theater and the Conejo Players. She has family in France and England and always delighted in visiting with them.

Mary K. is thrilled she found CVV because it has made such a difference in her life, which used to be so busy and full of friends. She has made new friends now, who share her interests, and she enjoys many of the activities. She says everyone she meets is so kind, beautiful and giving. So is Mary K.



"Don't count the days. Make the days count!"

~Muhammad Ali



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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.



MEET & GREET/Fundraiser

***Join Us for Lunch at FUSION
GRILL on 8/29 (see insert)***

Introduce Your Friends to 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!

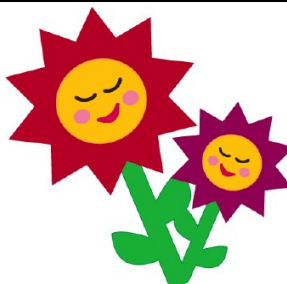
THERE ARE GREAT WAYS TO BE INVOLVED AS A VILLAGE VOLUNTEER!

MEMBERS - If you haven't yet, try volunteering for the Village! It's easy to get started, and a great way to meet members and volunteers, give back and learn something new!

VOLUNTEERS - Join our bimonthly Volunteer meetings to meet other volunteers and share tips about providing member services. PLUS, come to our monthly Meet & Greet events to meet members!

Call a Call Manager for More Info at (805) 372-1826

***HELP MAKE OUR VILLAGE EVEN BETTER!
GET INVOLVED!***



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