



Volunteer Drivers Keep Members on the Move

By Vanessa Renna

We are very grateful that we are able to offer valuable transportation services to full members of Conejo Valley Village - an amazing 1,260 rides for members for the year ending June 2019. We can only do this thanks to our generous and friendly volunteer drivers who are the key to helping members get to important appointments, errands, shopping and Village events. As the Village grows, **we encourage our readers to consider volunteering as drivers so we can continue to help more members age better and stay connected.**



Spend quality time getting to know great people!

Last year, CVV introduced a mileage reimbursement program at 35 cents/mile for volunteer drivers. Several drivers who have taken advantage of the program have given positive feedback about the reimbursement. We truly appreciate our volunteer drivers and are happy to announce that **as of September 1, 2019, we are increasing our mileage reimbursement to the IRS standard rate of 58 cents/mile.** For example, a volunteer who drives members 75 miles during

the month can receive \$43.50 cash back. That's enough to fill your gas tank or have a nice dinner. It's our way of acknowledging the important role of volunteer drivers. Approved volunteer drivers can fill in and submit the Reimbursement Request form found on our website under "Volunteer Drivers", or call (805) 372-1826 to request one.

**CASH BACK: 58 cents/
mile Reimbursement!**

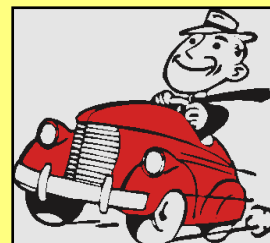
Volunteer drivers who provide door-to-door service witness first-hand the appreciation of a member who can see their doctor for better health or enjoy a soul-nurturing visit with friends at a Village event. It is so rewarding for volunteer drivers to know the mobility they provide has brought a smile to a member's face and made their day better. In fact, driver Danny says their appreciation "always brightens my day and warms my heart." Talk about a Win-Win! And another important benefit to driving members according to volunteer Barbara, "it's been a great way to spend quality time with members who have become my friends."

If you are interested in becoming a volunteer driver, we make

**Get Your Motor Running
Be a Volunteer Driver!**

it easy. Just call a Call Manager at (805) 372-1826 or send an email to volunteer@conejovalleyvillage.org. We'll provide all the information, and helpful tips from other volunteer drivers to get you started. **Remember when you drive, members thrive!** Imagine the smiles and happiness you can generate by keeping members moving in our community!

For our volunteer transportation services, we strive to fill all requests, but medical appointments are a priority. We also share information with members about other transportation options in our community, if we do not have a volunteer available.



**CVV will be
closed on
Sept. 2nd for
Labor Day**

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See Insert for
Upcoming Events

End of Summer Fun & Games



Julie, Penny and Ann catch up with a couple dozen Village friends at our Mimi's fundraiser.

As Summer fades into Fall, we appreciate the marvelous opportunities we have in the Village to get out and play. Strategy games, walks, meals, great conversation - much more than just fun and games - it's how we help enrich each other's lives. Every season of life is better together!



Billie, Dena and Barbara challenge themselves with a game of Mexican Train.



What do Susan, Penny & Corky have in common with Goebel's friendly frogs? Just enjoying Coffee & Conversation!

Photos courtesy of Maryann Gitt and Julie Osborn



On a Walk in the Park, Diana and Dena let their inner kid out on the swings.

Extra Backyard Harvest? Donate Your Fruit!

By Loretta Allen

We are blessed to live in an awesome fruit growing area. If you have fruit that you are not able to harvest there is a wonderful way you can have someone harvest your crop while helping to fight hunger and build community!! Donate your fruit to local nonprofit Food Forward. Fruit Donors receive numerous benefits:

- ✓ You give back to your community by providing fresh fruit to those in need
- ✓ A tax-deductible receipt for your in-kind donation
- ✓ You reduce yard waste that may be attracting pests

Food Forward staff and volunteers rescue 300,000 pounds of surplus produce each week from fruit trees, farmers markets and the Los Angeles Wholesale Produce Market.

100% of these fresh fruits and vegetables are donated to over 300 hunger relief agencies across 8 counties in Southern California including Ventura and LA counties.

If you are interested in donating fruit or want more information, visit foodforward.org, or call (805) 409-4760.



Watch Out for Common Phone Scams



By Billie Sontag

Last week I was targeted by a telephone scammer who pretended to be my grandson. He told me he was out of state with a friend at a wedding, had a few drinks and got arrested for a DUI. Of course, he needed money for bail and didn't want his parents to know, so was telling me. This is one of the most common phone scams around and sadly many loving grandparents do fall for it.

Thousands of people lose money to telephone scams every year. Scammers will say anything to cheat you out of your money, sell something, or get you to give up personal information like your credit card or social security number, which they can use for ID theft. They use fear tactics, friendliness, offers of prizes or freebies, and high pressure to get you to act quickly without thinking. Here are some other common scenarios crooks use besides the **Family Member in Distress** scam I described.

- **Threatening calls from the IRS.** The IRS will never call you or demand payment by phone.



- **Technical Support Calls.** Someone calls to fix a problem with your computer or phone. Legitimate companies won't do that.
- **Fake Charity Appeals.** Don't make donations to unsolicited callers. Deal only with charities you know.
- **Bank Fraud Calls.** Someone calls to

alert you of potential fraud on your bank account or credit card. Hang up and call your institution directly on a number you know is real.

If anyone is appealing to your emotions or pushing you to make a quick decision over the phone, pause and evaluate whether what they are saying makes sense. And **hang up**. Should you find yourself the victim of a phone scam, **don't be embarrassed**. These criminals are very good at what they do. Tell a friend or family member. Call the police and your bank. If your Social Security number has been compromised, contact the 3 credit-reporting bureaus (Experian, Equifax and Transunion) to put fraud protection on your credit reports.

Meet Member - Dick Hus

By Billie Sontag

Dick Hus is a people person, which is one of the main reasons he joined CVV. He enjoys meeting other members at activities and appreciates being able to get out and about with the help of volunteer drivers. He has packed in a lot of experiences and made many friendships along the way. After leaving the army he moved to Canoga Park in 1955 and then to Thousand Oaks in 1962. He earned a Civil Engineering degree and worked in the aerospace industry for 50+ of its most fascinating years, from early planes to the space shuttle. He switched from engineering to sales because he liked working with people.

Dick was on the inaugural Thousand Oaks City Council from 1966-1970, and served as Mayor in 1969/1970. Planning open space was a high priority for them and today we have over 15,000 acres. He started the first local Toastmasters Club in 1963, which provides lifelong skills to members. He belongs to the Conejo Valley Genealogy Society and is on its board. He does research on his own family and meets to discuss techniques every Wednesday at Goebel. Dick is also on the Board of Directors of Many Mansions, a non-profit



"Always strive to 'be prepared.'"

~Dick Hus



organization that provides affordable housing for low income people. He helps set policies and reviews new project proposals. There are 6-8 new projects in the hopper that will provide more than 600 apartments over the next 6 years.

He and his wife, Doris, loved to travel and visited 37 countries over the years. Their favorite was the South Island of New Zealand and they loved the Scandinavian countries. For his 80th birthday, he went with his 2 sons to visit Prague in the Czech Republic, where they saw a statue of Jon Hus, a religious martyr from the 16th century, believed to be their ancestor. Dick also has 3 daughters, 2 of whom live nearby, plus he has 11 grandchildren and 7 great grandchildren. There are many beautiful family photos in his home. It was a pleasure getting to know Dick.



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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.



Ice Cream Social: Our Treat for Members & Volunteers



9/26, 2 pm

**See insert and sign up at
(805) 372-1826**

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!

**Have our Recent Earthquakes and Fires Made you
More Interested in**



**BEING PREPARED FOR
EMERGENCIES?**



**Come to the CVV EMERGENCY
RESPONSE TEAM Kick-off Meeting**

THURSDAY, SEPT. 19th- 4 PM

Even if you are not sure you want to be part of the Team going forward please check it out. Your feedback is vital to ensuring that we meet the needs of volunteers and members in time of crisis.

Call our Call Manager to register (805) 372-1826

Members can also register online via the Event Calendar



**Work at our CVV Booth
TO STREET FAIR**

SUNDAY, OCTOBER 20

Great opportunity to share the CVV experience at one of our best community events! Various 1-hr shifts available from 9am to 4pm. Call a Call Manager at **(805) 372-**



1826 to sign up for a shift.