



Giving Thanks - Daily Comfort Food for our Spirit!

By Barbara Jimerson

As we approach Thanksgiving, one tradition we commonly observe, in addition to sharing a sumptuous meal with our friends and loved ones, is sharing what we are thankful for. For some of us voicing our gratitude at Thanksgiving may be the only time in the year we acknowledge our thanks, yet recent research has proven that making gratitude a daily routine can help generate contentment and fulfillment in one's life.

Clinical studies from Harvard Health have revealed that those folks who take the time to make thankfulness a consistent habit reap multiple benefits, such as greater happiness, stronger relationships, improvement in health, and feeling more positive emotions.

Discussing the role of gratitude with some of Conejo Valley Village's thriving, active members proved to be a pleasant surprise as each had already made this habit part of her daily routine. When Mary Kay was asked about the role of gratitude in her life, she proudly commented that she makes it a nightly bedtime habit. Thinking about those daily gifts provides her with a sense of calm and a soothing bedtime antidote.

Another vibrant, engaging CVV member, Hazel Kenzer, feels grateful about waking up every day. Hazel observes that having pets adds to her

Gratitude

Make gratitude a daily routine in your life!

daily list of blessings. She also believes that people make their own blessings. One way she makes her own blessings is to be aware of how kind other people can be.

Hazel's observations underscore a salient point the clinical researchers suggested from their studies: it seems the more you acknowledge what you are grateful for, the more what you are grateful

for grows and blossoms, making gratitude a powerful positive force in one's life.

We hope you will join us for our "Village Thanksgiving" tradition at Country Harvest to celebrate the giving spirit and friendships that have become hallmarks of Conejo Valley Village. Great comfort food and conversation await! Members and volunteers, please sign up early and feel free to bring a guest! **Happy Thanksgiving to all!**



Members, Volunteers and your Guests are invited to our 3rd Annual



Village Thanksgiving

Entrée choices:
Roast Turkey & fixins'
Chicken Marsala
Orange Roughy

Wednesday, November 20th, 2 pm

at Country Harvest restaurant in Newbury Park

\$20 includes entrée, potato, vegetable, salad, coffee or tea, apple or pumpkin pie, and tax and tip. Plus select wines provided by the CVV Board.

Sign up early - Space is limited

To sign up, visit www.conejovillage.org or call (805) 372-1826.

Full members needing transportation should request a ride by **11/12**.

CVV will be closed on 11/28 & 11/29 for the holiday!

Happy Thanksgiving!



Inside this issue:

Daily Gratitude - Village Thanksgiving	1
Events, Reminders & CVV Survey	2
Free \$\$-Unclaimed Property/Meet Barbara	3
Volunteer Spotlight	4

See Insert for
Upcoming Events

Staying Active & Involved at CVV

Transportation Reminder:

Full members needing rides to events should sign up at least 5 business days ahead to allow time to schedule volunteer drivers.



CHECK OUT EVENTS ONLINE!

Did you know our CVV Member Events are also posted online? Use your Member Login at www.conejovillage.org and click on "Event Calendar" where you can easily preview and sign up for events often before the newsletter comes out!



A BIG Thank You to all the enthusiastic members and volunteers who worked at our CVV booth at the TO Street Fair. Above: Nancy, Bunny, Barbara and Mary.



The shady and lush green garden patio at Julio's in Westlake was the perfect spot for our October Meet & Greet! Clockwise from upper left: Carr and Leon, Emerald and Sandra, Ann and Adele.

Photos courtesy of Maryann Gitt

CONEJO VALLEY VILLAGE SURVEY IS HERE!

**Great Opportunity for Members & Volunteers
to Provide Input on our Services and Programs**

By Barbara Jimerson

In order to better serve our Village community, Conejo Valley Village is conducting a survey to review the quality of the programs we provide for our members and volunteers. The survey covers a range of topics from general demographical data to the benefits offered to Village members and welcomes your suggestions.

This week, CVV's surveys will be delivered via email (from Survey Monkey) or through regular mail delivery (included with this newsletter) for those members and volunteers who do not use an email account.

Your valuable feedback on the survey will help us understand how members value our Village, programs and services offered, and how successfully it is offering rewarding experiences to its volunteers. We also look forward to your suggestions for improvement and growth.

Please respond to the survey by November 18. You can return your mailed survey in the pre-addressed, pre-paid envelope provided. Or complete the Survey Monkey version online. Your participation is very important and is greatly appreciated. Thank you!



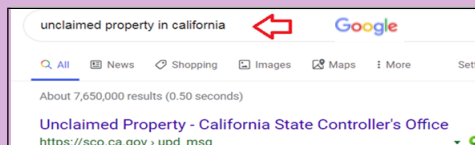
**Tell us what
you think!**

Is There Such a Thing as “Free Money”?

By Chris Jones

Wait, what... nothing is free, right?! We've all received scam email links to sites we should never click on. Rather than offering one of those here, I'll invite you to simply search the internet for '[unclaimed property in California](#)' to see if there is some legitimate treasure awaiting you.

1) Search for/enter the URL for the CA State Controller's government site (https://sco.ca.gov/upd_msg.html)



Tip: Make sure you use the ca.gov site starting with **https://**

2) Click on the "[Search for Unclaimed Property](#)" link (top left side of the page), enter your name and city.

3) Look at the results. I've never lived at any of these addresses below, but if I had, I'd click on the 'ID Number' and hit the 'claim' button. Yep, it really is that simple.

Search Result: 3 match(es)
Number of records display per page 25

Name	Address	City/State/Zip	ID Number	Type
JONES CHRIS	6323 LINDLEY AVE	RESEDA CA 91335	973749336	P
JONES CHRISTOPHER	2054 LOS FELIZ DR19350 SH	RESEDA CA 91335	1001813087	P
JONES CHRISTOPHER JOSEPH	6913 BALCOM AVE	RESEDA CA 91335-4804	988886056	P

So what is this all about? If, for example, you have a registered but unused Home Depot gift card, a check you never received or cashed, or if you own stock but they don't have your current address, by law all companies and brokers are required to turn monies over to the State Controller's Office. This is truly free money... it's your money! When I realized that this is a legitimate process, it only took me 15 minutes to search every California city I've lived in. I claimed one that was less than \$100 and 3 weeks later received a check. Wow!



I started searching the unclaimed property site on behalf of family and friends. It's actually kind of fun! My mother-in-law Joyce had signed up for auto-pay at an insurance company, (we think) yet also paid paper invoices monthly resulting in double payments. Whether the insurance company actually sent her checks or not, there was almost \$3,000 sitting there.

Consider investing 15 minutes to search on your own name (and any prior names) in cities you've lived in. Search for your kids and friends too. Each person can only claim their own unclaimed property, but it's fun to share with others. Once you realize how many people you know who are actually owed their money, I dare you to not spend an hour or more!

Meet Barbara Kellams - Volunteer and Member

By Billie Sontag

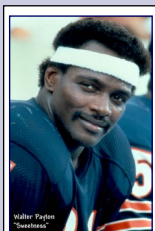
Barbara has been a go getter throughout her life. As a Chicago native, Barbara has always been an avid Bears fan and Walter Payton is her all-time hero. From his example she learned not to whine about unfairness and inequalities and to just charge ahead. After graduation from Southern Illinois University, she worked for an actuarial consulting firm, where she consulted on benefits and pension financing for clients and also eventually managed two of the consulting firm's departments. Her boss prodded her to follow her dream and attend Loyola Law School, which she did at night while continuing to work full time. She was proud she was able to finance law school on her own, without burdening her parents.

As a woman in the seventies she had to fight her way up the ladder and for equal pay, but she was tenacious and achieved her career and financial goals. After her firm was sold, she practiced law for a time in downtown Chicago and started a family. After her daughter, Kari was born her family moved to California.



She worked for Price Waterhouse for four years and then became the head employee benefits lawyer at Disney for twenty years. Payton would have been very proud of her for her accomplishments.

When Barbara retired, she realized most of her friends were from work and lived a long distance away. She wanted to meet people close to home and was intrigued to see an Acorn article about the creation of Conejo Valley Village. She went to the first meeting at the Library and joined as soon as membership enrollment was open. She volunteered on the committee that vetted vendors for members to call. Barbara loves to party, so she became a member of the Events Committee where she helps plan and manage social events for members to enjoy. She hosts Coffee and Conversation at the Goebel Café and the Enriching Hour at her home every month and invites you to join her. Thanks, Barbara, for helping to make CVV fun for everyone!



***"Don't whine.
Just put a stiff arm
out and keep
running."***

~Barbara





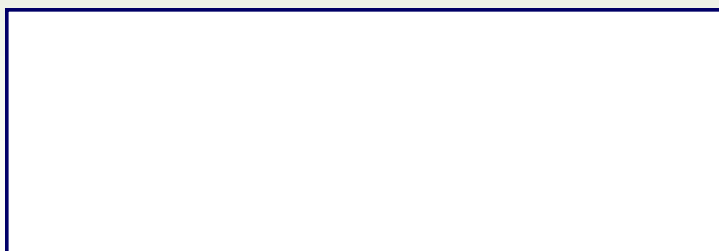
P. O. Box 3162
Westlake Village, CA 91359

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.



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

Page 4

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!

Do you love holiday crafts?

JOIN OUR HOLIDAY DECORATING TEAM!



Call (805) 372-1826 to sign up

Emergency Prep Info Helps Keep Us Safe!



By now, all members and volunteers should have received at their homes some very helpful Emergency Preparedness tips and info to help you be ready for an emergency. Our thanks to our CVV Emergency Response Team for sending the information out to everyone! If you did not receive the information, please call our Call Manager at (805) 372-1826 to request a package.

BARNES & NOBLE

HOLIDAY GIFT WRAPPING FUNDRAISER IS COMING!

Join our fun fundraising tradition for CVV at Barnes & Noble in Thousand Oaks. A variety of 2-hour day and night shifts will be available from

November 29 to December 23.

Call (805) 372-1826 to sign up

