

Get Involved and Get More from Your Village in 2020!

By Karen Hansen

The New Year brings great new opportunities to be involved in the Village in different ways. We encourage you to try something new this year - consider volunteering to provide services, getting involved in a committee, or sharing a skill or talent with other members. Our Village is a very welcoming and dynamic community, and we enjoy learning and growing together. **We all benefit from the participation and contributions of everyone in the Village!**

Never be afraid to try something new, because life gets boring when you stay within the limits of what you already know

Consider volunteering to provide services requested by members such as decluttering, transportation, help with electronics or a variety of other services. Our volunteers choose which service requests they would like to fill and often share how much they enjoy meeting and helping members. Volunteering is a win-win-win for everyone!

Or, join one of our energetic and flexible teams that focus on: outreach, new and current members, members in transition, volunteers, creation of our monthly newsletter and event planning. These committees are the framework for all that happens in the Village. If you want to try something new, consider joining a committee that interests you. You don't need specific experience, just the willing-



ness to learn and donate some of your time.

Or you can contribute to the Village by sharing a talent or skill - like our retired creative writing teacher who leads a journaling group; our master gardener who leads fascinating nature walks and our mathematician who tracks all the operational statistics for CVV.

Villagers know that getting out and socializing is great for our physical and mental health, and we enjoy a variety of monthly groups and activities:

"Meet and Greets," at local restaurants are a great way for members and volunteers to get to know each other and introduce guests and friends to CVV. Walkers have two great choices to keep moving. **Easy Walk in the Park** is led by our member/naturalist who designs the walks with the abilities of her group in mind. People with vision or some mobility impairments are welcomed and helped along the trail to enjoy nature and all it has to offer. **Mall Walk and Talk**, caters to the needs of the individual walkers/shoppers/talkers, often ending up at the coffee shop - what could top that!

For those who want to be challenged mentally while enjoying the company of others, there are several

groups to choose from which are led by fellow members/volunteers. The **Book Club** and **Enriching Hour** groups meet in a member's home and engage in some lively discussion about their chosen book or video. At the **Journaling** group a prompt is provided, members journal their thoughts, then share if they choose to. The **Movie** group enjoys a movie, sometimes followed by dinner, and **Coffee and Conversation** group starts the day with breakfast, friendly conversation and companionship. Our **Rummikub** group can teach you the game quickly.

When was the last time you did something for the first time?

If you have not participated in any of our group activities, we challenge you to pick one or two, and join us. Be ready to learn, laugh, have fun and meet some wonderful folks! If you need a ride, please call a week ahead.

Try something new in 2020, and make the most of our membership and volunteer offerings. Call our Call Manager at **(805) 372-1826**. We are happy to help you get more involved in CVV! We also welcome your feedback and suggestions. All the Best in 2020!

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See Insert for
Upcoming Events

CVV's Happy Ho-Ho Holiday Spirit!



Over 70 Village members and volunteers enjoyed a festive Holiday Luncheon at Los Robles Greens thanks to our amazing Events team. We also thank the Goebel Center and Tony and Mary Martinich for donating the photo equipment and their photography talents to capture these great holiday memories!



Villagers enjoyed another great holiday tradition- the holiday Caroling Cruise at Ventura harbor. Holiday songs and lights on the water warmed the cool December night.



Photos courtesy of Tony and Mary Martinich, Deborah Mason and Vanessa Renna



A No-Fuss, Easy California Coastal Vacation

By Loretta Allen

With so much local beauty, we don't need to travel afar to have an enjoyable vacation. CVV Call Managers Angela and Chris Jones were reminded of this when they recently took a seven-day road trip up the coast choosing not to book hotels in advance. This allowed them the flexibility of driving on if their expectations were not met or staying if they found the location to their liking.

So, they traveled up the California coast arriving in Morro Bay, a picturesque little town whose claim to fame is a HUGE rock. Here they stayed near the wharf and were surprised how much they enjoyed the local ambiance! Heading north to Monterey Bay they found a great room, then explored the famous Aquarium. After two days in Monterey they moved on to Carmel and realized their reality of this city had been skewed. Tiffany, Rolex, and Gucci, oh my! (No, they couldn't afford to stay in Carmel).



Now it was time to head home so they made their way south to Pismo Beach. They walked into the lobby of a beachfront hotel and asked for their senior AARP, AAA, fixed-income discount, happily reducing their rate by \$65 per night. With a jacuzzi on their balcony facing the water, they thought what a "Sweet Suite!" The next stop was San Luis Obispo where they ate outdoors at a very picturesque restaurant along a creek and strolled through some local stores. They spent the last night of their "California Coastal" vacation in Solvang.

Vacationing locally brought them several surprises: they met many international travelers in the beach cities they visited, their preconceived notions of several cities forever changed once they actually stayed there and lastly they found that they liked the idea of "not planning" their vacation. The risks of disappointment are far less than finding a city and hotel you like when you arrive. If you don't like it, you simply move on! They also learned to ask for discounted rates - you might be surprised when they say 'yes'. No airport stress, no fuss, it was a wonderful, easy, and inexpensive vacation!



Some Tips for a Healthy New Year

By Billie Sontag

Make Sure Medicare Works For You

A while ago, you should have received the 2020 handbook, **Medicare & You** in the mail. If you haven't already looked through it to familiarize yourself with your benefits, now is a good time to do it. You'll find some interesting new program improvements explained on the inside front cover. If you haven't yet received the handbook or want to look for other Medicare topics, go online to [Medicare.gov/publications](https://www.medicare.gov/publications). Or you can call 1-800-MEDICARE, (1-800-633-4227). TTY users call 1-877-486-2048.

If you have a Medicare Advantage Plan or a Medicare Supplement Plan, **you may find that some new benefits are available this year or there may be some you didn't know about before.** A friend of mine learned her Blue Cross plan provides a free medical alert bracelet with no monthly fees. Check out your plan information or contact your insurer's Customer Service department.



Live.Life.Healthy

The Importance of staying hydrated

Because more than 60% of the human body is made up of water, staying hydrated is important to keep our bodies functioning properly. We need water for nearly every bodily function, from lubricating joints to regulating body temperature and pumping blood to the muscles. **Many seniors don't drink enough liquids, which may lead to dehydration, health issues or hospitalization.**

The best way to prevent this is obviously good hydration, typically 8 glasses of water a day. But there are other options if you find it hard to drink plain water. Add fruit or flavoring to water or switch it up with some milk or a 50/50 mixture of juice and water, because many juices are high in sugar. Caffeinated beverages will have a slight diuretic effect so it might be OK in moderation (unless your doctor says NO) but shouldn't be counted toward a daily fluid intake goal. Fruits and vegetables with a high water content should be included in a healthy diet, like melons, berries, apples, oranges, peaches, lettuce, cucumbers, celery, and cauliflower.

Because your medical history may mean you have more specific needs, make sure to consult with a medical professional before making changes to your diet or liquid intake. (Source: Cleveland Clinic)





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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. Thanks for all you do for CVV!

CVV All Volunteer Meeting
TUES, JANUARY 28
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

THANK YOU
To our Barnes & Noble
Gift Wrapping Volunteers



Linda, Mary H., Barbara B., Sandra, Susan W., Deborah, Penny, Bobby, Nancy H., Mary K., Bunnie, Arlene, Julie, Nancy B., Fabienne, Jenny, Brenda, Tom, Rene, Christal, Anne, Karen, Corky, Val, Steve, Susan H and Sharon. Great Job!

TELL A FRIEND!
CVV
Member & Volunteer
Information/Recruiting
Event

Thursday, Feb. 6
4 - 6 pm
Goebel Center

More details online and in our February newsletter