

## Help Build Your Resilience in the Village

By Sharon Bloom Chernoff

As most of us are seniors, we have experienced trauma ourselves and with those we love. There have been many times when we have been disappointed, cynical, and angry. We have all been vulnerable. Grief is not a stranger to us. We are now dealing with the changes that come with aging which is not always an easy transition.

How have we coped with these life challenges and dark times? We know that loving makes us vulnerable. It is not just walking into the sunset and living happily ever after. A lot of it is, a lot of it is not. **How do we get back on our feet and once more, move forward with hope for the future? This is about resilience.** We admire people who have this ability.

I was just at my friend's 80th birthday party. I have known him since I was in my early twenties. He lost both his parents in his twenties. Then his first born son who had a genetic disease, died at 3 years old. Later on, his older brother was accosted in his parking garage by a robber, and was in a coma for years before he passed away. Then his niece died of cancer way too soon. After a divorce, he met the love of his life. They married, and then in her forties, she was diagnosed with MS. They have been dealing with her disease for over thirty years. This is not an easy life for any of us. But my friend has resilience. He has managed



### Resilience

#### The Courage to Come Back

a very successful architecture career, was president of his professional organization, and has spent his life helping his community, offering his expertise and creativity, time, and money over and over again. He just kept going, and going, without getting stuck in "why me?" Is he the better for it? I believe so. **But there are other parts to his resilience. He has always been grateful for all the positives in his life.** He and his first wife adopted two children, a boy and a girl, and now have three wonderful grandchildren. He got to 80 and the room was full of love and friendship. He loved and is loved. He was productive and appreciated. He has seen the results of his work. So now, older with diabetes, and the usual aches and pains, he is grateful for his brain that still works, laughs at the loss of memory for names and places, and continues to teach a class for students of architecture. But there is another side. My friend

is a "fixer" and when he cannot fix what cannot be fixed, he loses his temper. He is always sorry...but I wonder if he took more time to feel his losses...his fears....maybe his reaction would be different. So, Warning: there is a down side to being resilient too soon. We need time to grieve...our bodies need to know we paid attention to our losses and disappointments. We feel that internally. **And we also need to be able to share our feelings.....mourning involves others. And we can do that at Conejo Valley Village. I think joining CVV is part of resilience - a way to keep active, and meet new friends that add value to our lives.** I see too many older people who do not reach out and see a future. Sharing is part of healing, part of living life. And as far as being grateful, not just for the big things, but the little things we take for granted....try this exercise: go down the alphabet and give one word answers to things in your life for which you are grateful (a-art, b-brother, c-chocolate) Got the idea? It works, give it a try!



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See Insert for  
Upcoming Events

## The Sugar and Spice of Life

### A Special Village Valentine Story

What better month than February to celebrate a heart-warming Valentine's milestone for Village members Rosa Lee and Marty Schentes, who celebrated their 70th wedding anniversary in December. Rosa Lee first met Marty when she was not quite 16. She went to a community center where Marty was taking money at the door, but he refused to let her in because he did not think she was old enough. She went home and cried to her dad (who reminded her she was not yet 16) and said she would never speak to Marty again! When asked about what makes for a long happy marriage, Marty said 3 things: you have to pick the right person, you need to marry young and then have a person who always reminds you that the sun will come out tomorrow when things are not going well. Congratulations on 70 happy years together, Rosa Lee & Marty!



Happy 70th  
Anniversary  
Rosa Lee &  
Marty!



Always trying the new places in town, Villagers gathered for lunch at The Original Pizza Cookery. Clockwise from top left: Sue and Bunnie, Frans and Sheryl, Sharon and Billie.



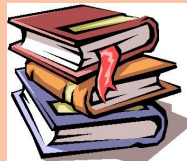
Photos courtesy of Sharon Chernoff and Nancy Healey

### Hey Guys - We're starting a Village Men's Group.... "The Man Cave"

Join us to get to know the talented men in the Village, have fun, make new friends and talk about your concerns and contributions. Topics are up to members. **See Events Insert for details.** Check it out!

By Fabienne Logan

### Great Reads from Your Local Library!



When we were growing up our public libraries were where we went to research that report on Amelia Earhart or to meet up with friends and study. But now we have Google. Guess what, your library is still alive and well. And it's free for all with a library card! Like Calgon...a book can take you away- maybe to another era in time, another country and culture or even the joys and sorrows of everyday life. Read for the pure pleasure of holding a book with that old familiar scent of ink on

musty paper pages to see what happens next. Here are two library books to get you started. Need help? Just ask a friendly Librarian.

#### THE GIRL WHO WROTE IN SILK

by Kelli Estes

While clearing out her late aunt's home, a young woman discovers a piece of exquisitely embroidered fabric. The book unravels between her life and Mei Lien's extraordinary life in China over 100 years ago. The author used historical facts and wove an intriguing story of two cultures and two dissimilar lives who share a long lost family secret.

#### THE OTHER SIDE OF THE BRIDGE

by Cameron Wright

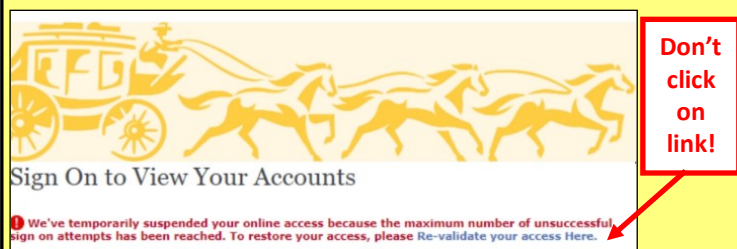
Ever cross the Golden Gate Bridge and wonder - who built this? The author paints the story using facts about the actual building of the bridge told by iron workers who daily risked their lives to accomplish this architectural feat. An off the path connection between two people each dealing with their own life struggles and sorrows brings the story full circle. You will learn so much about the sacrifices of the bridge builders and your heart will be touched by the comfort of a stranger and how kindness can simply guide you through the rough roadways of life.



## Be Wary of Email Scams - Don't Take the Bait!

By Chris Jones

A friendly reminder for Villagers: be wary of scams sent to you via email, and don't take the bait! Be vigilant about all emails and don't be fooled by very realistic looking emails especially those that claim to be from financial institutions (see Wells Fargo example below), suggesting that your account has been compromised. Instead, call your bank or credit card company directly, or sign-on to your account directly from the company's secure website, but **never click the link or call a phone number received in an email**. Never.



Here are some other important tips about email scams:

- Be wary of public networks (WiFi) at restaurants, airports, libraries, etc. Most are vulnerable and the least secure. Consider [Virtual Private Network](#) (VPN) connection software on your phone, tablet and PC to add security and privacy to private and public networks, like WiFi Hotspots and the Internet.

- Keep the software on your computer current with security updates that reduce software vulnerabilities.
- Use unique, strong passwords with special characters (such as: # \$ ! \_) and numbers.
- Use different passwords for every online account. Wait, what?! that's overwhelming! So let's qualify that. For any financial institution, absolutely... and change the password every month so it's unique, and not the same as any other password to increase protection against hacking. Remember if it's easy for you, it's easier for hackers to gain access.
- Consider managing different account passwords with a password manager application that is secure for PCs and handheld devices. You need to enter all of your passwords once, but then only have to remember one password.
- Don't create an online account to purchase something if the website allows you to make a purchase as a 'guest'. It's one less website that has your email address, home address, and a password that you assigned.

An unfortunate reality is that online thieves prey upon people who don't take adequate precautions. Don't take the bait no matter how realistic an email may appear. If you have any doubts, call your bank from the phone number on your statement or the back of your credit card, but never from a phone number or a link in an email. Stay safe online!

## Meet Member & Volunteer: Barbara Jimerson

By Billie Sontag

Many years ago, Barbara read about the Stay in Place Villages, when it was just a brand new concept in Boston, and thought it was an interesting idea. So, when she read in the Acorn about the formation of Conejo Valley Village, she attended the first meetings in the Library and joined. She believes that having so many social activities to choose from and volunteers helping members are blessings.

Barbara has made a very special contribution to CVV. She has been hosting the **Joy of Journaling** class every month for 2 years, where members get together to write about various topics and share their thoughts and experiences. Everyone has much to share. She would be happy to welcome new people to the group to discover how valuable journal writing can be.

After retiring from teaching middle and high school students, which she loved, Barbara wanted to continue working part time. She mentored teachers at Cal State Channel Islands for 10 years and volunteered at Prototypes, where she created a journaling program.



Prototypes is a county run home for young women who struggle with substance abuse. The women loved putting their thoughts down on paper and were honest and open about their problems. After about 5 years, Barbara was hired to conduct a journaling program for a private recovery facility. She retired last year.

For over forty years, Barbara has enjoyed traveling during summers with her cousin. They have explored many interesting places all over the US and Canada. She has many good friends and four grandchildren.

Thank you, Barbara, for making Journaling such a rewarding activity for CVV members.



***"Always be a first rate version of yourself and not a second rate version of someone else."***

*~Judy Garland*





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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.



**Remember  
to Vote  
Tuesday,  
March 3**



### 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!



We are happy to share the positive impact of CVV volunteers from our recent member survey:

- Nearly **60%** of full members use our volunteer transportation services
- **33%** of full members receive rides from volunteers at least two times per month

★ **100% of members who received rides gave our volunteers the highest "HIGHLY SATISFIED" rating!**

**CONGRATULATIONS and THANK YOU to our awesome CVV volunteers!**



## TELL A FRIEND!

CVV

**Member & Volunteer  
Information/Recruiting  
Event**

**Thursday, Feb. 6**

**4 - 6 pm**

Goebel Center

Details online or call  
(805) 372-1826