



Nobody is Left Behind in the Village

By Chris Jones

To help support our Village during this pandemic, we've started a "Nobody is Left Behind" program, a buddy-system of sorts with members, Call Managers, and volunteers checking in on one another. The people who make calls offer very brief feedback and if anyone senses a member or volunteer may be experiencing any distress, then a Call Manager or Village Tribal Elder will help.

The Call Manager team meets weekly and discusses recently announced offerings so our members don't need to research and understand all of the programs available in our community. For example, on April 24th, the [State of California announced](#) that seniors will soon be able to have three restaurant quality meals delivered daily. Oh yea, they will be free to qualified seniors (my favorite price!). Village leaders are monitoring the implementation of the program locally and will share information as it is known.

Our Village still has a few volunteers willing to brave the grocery stores and shop for members who don't have local families or willing neighbors. If members really need to see a doctor face-to-face, volunteers have provided transportation. But there are other services available as well. The Ventura County Area Agency on Aging, [VCAAA](#) (805) 477-7300, Option 1), continues to coordinate Medi-ride, offering **free** medical transportation services twice monthly when not covered by insurance (a full week notice required).

And given the absolute importance for seniors in our community



to shelter in place, [Senior Concerns](#), our community partner, has announced an [Emergency Wraparound Services](#) program for homebound seniors. They offer weekly grocery shopping, prescription pickup, supplemental food and supplies with "no contact" delivery free of charge (you reimburse costs), and fresh meal delivery through Meals on Wheels for a fee. See the attached flyer for more information.

In April we hosted our first 'Ted Talk' video with a discussion afterwards. A month ago when we started the virtual Zoom events, we tended to fumble around a bit when sharing content. Just like the late-night TV hosts a month ago, we're getting better at it too! Now, we have 21 virtual gatherings on the Events Calendar for May, so we encourage members and non-member volunteers to join us!

For our male Villagers, Dr. Irv Croshier is still hosting a virtual Man-Cave gathering. We Martians are a stubborn lot! Given we inherently feel that expressing any type of fear is a sign of weakness, whether it's to our Venetian's or in front of other Martians, Irv addressed that by simply saying during the last call "I don't

know about you, but this all scares the heck out of me". Yep, me too and discussing things like that in Irv's safe place offered me a sense of comfort. I learned for me, it's not really any one thing...just some of many unknowns. We Martians don't like unknowns... nor were we comfortable asking for directions back in 'the day'.

I'll leave you with a couple of points: Villagers who may feel isolated or lonely or need some help don't need to know how to find the many resources available to them. Call Managers continue to collect and vet information about organizations and available services for meals, groceries, and prescription delivery. Simply call (805) 372-1826 or [email](#) a Call Manager to help guide you to a solution. The last point is that our CVV virtual event hosts are all getting better at using Zoom, with a friendly reminder that Zoom has a technical limitation which only allows one person to speak at a time. So, if three people talk at once, nobody can hear anybody.

While it remains unclear when and how we get to the 'new normal', the path forward for our CVV family is leaving nobody behind. We truly are all in this predicament together and like my pals below, we'll make it through.



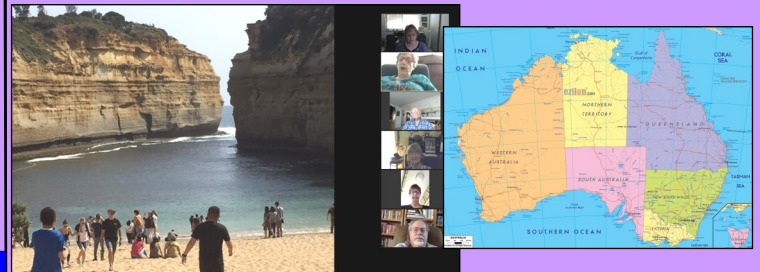
Zoom Events & Updates

See Insert for
Upcoming Virtual
Events

Nancy hosted a Happy Zoom Hour for Villagers to relax and enjoy catching up with each other from home



Sandra helped us Zoom around the world as she shared some amazing photos of her recent trip to Australia - a great escape for us while we're being safer at home!

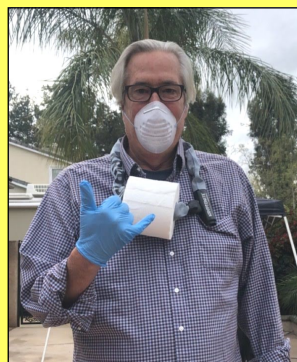


How are you staying busy at home?

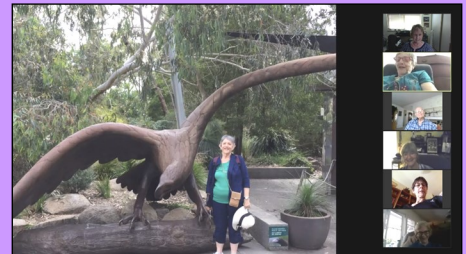
Email photos to cvv@conejovalleyvillage.org



Nick takes a quick nap while Vanessa gives her first haircut! Brave Dad!



Chris is not hoarding toilet paper but he's protecting what he's got!



Cleaning Cloth Face Masks & Donating N95 Masks



By Maryann Gitt

The CDC has recommended that people wear a cloth face covering to protect us all from coronavirus. They also recommend washing your cloth face mask regularly with hot water in your washing machine and then tumble drying it on high heat. A delicate mask may be washed by hand in hot water, scrubbed with soap for 20 seconds, and then tumbled dry. Putting a face mask in the microwave or oven is not as effective as washing and drying it.

If you think someone was symptomatic or has sneezed or coughed close to you, you should be sure to wash the mask as soon as possible.

If you have any unused N95 medical face masks from our recent fires or for other reasons, those can be dropped off at Ventura County Community Foundation, at 4001 Mission Oaks Blvd. in Camarillo, Mon - Fri, 9 am to 4:30 pm. Or call a Call Manager at **(805) 372-1826** to assist with donating N95 masks to health care workers.

Important Updates & Links

IRS stimulus payment updates: <https://www.irs.gov/coronavirus/economic-impact-payments>

Learn about food pantry resources:

<https://www.vcaaa.org/covid-19/>

Ventura County coronavirus updates:

<https://www.vcemergency.com/>



Goebel Senior Lunch Program: The Goebel Center now has shelf-stable meal kits with 7 full meals as well as individual meals available for pick-up during drive-up lunch hours, 11:30 am -1:30 pm, Mon - Fri. Suggested donation \$3/meal or \$21/kit. Call **(805) 372-1826** for required intake form.

Take a Break from Cooking & Support Local Eateries



By Loretta Allen

If you need a break from cooking during our safer at home orders, help support our local restaurants so when this crisis is over, we still have them to enjoy! Stay safe, stay home and let someone else do the cooking! Local restaurants that are open for **take-out or delivery** are following strict safety guidelines with masks and gloves while offering various ordering options: free or low cost delivery, order ahead with drive thru or curbside pickup, or order ahead and pickup at the restaurant. **Please call the restaurant to get info on ordering, menus and hours which can vary.**

What are some favorite choices shared by Villagers right here in the Conejo? Note this is not a complete list.

Key: B-Breakfast, L-Lunch, D-Dinner

Denny's, (BLD) <https://order.dennys.com/menu>

2830 Camino Dos Rios, Newbury Park (805) 498-4440

IHOP, (BLD) <https://www.ihop.com/en>

2315 Michael Dr, Newbury Park (805) 499-5840

Marmalade, (BLD) <https://marmaladecafe.com/>

140 Promenade Way, Thousand Oaks (805) 370-1331

Country Harvest, (BLD) www.countryharvest.restaurant

3345 Kimber Dr, Newbury Park (805) 375-4598

All your favorite drive thru's, (BLD) expect long lines!

Fusion Grill, (LD) <https://fusiongrill1.com> 2024 E Avenida de



los Arboles, Thousand Oaks (805) 241-0449

Kabab Plus, (LD) <https://www.kabab-plus.com/>

50 TO Blvd #2, Thousand Oaks, (805) 495-1000

Garden India Restaurant, (LD) [https://](https://gardenindiagrocery.com/menu.html)

gardenindiagrocery.com/menu.html

672 TO Blvd, Thousand Oaks, (805) 379-5242

Lazy Dog, (LD) <https://www.lazydogrestaurants.com/>

172 W Hillcrest Dr, Thousand Oaks (805) 449-5206

Stonefire Grill, (LD) <https://www.stonefiregrill.com>

3635 E TO Blvd, Thousand Oaks (805) 413-0300

Toppers Pizza, (LD) <https://topperspizzaplace.com>

1416 N Moorpark Rd, Thousand Oaks (805) 495-4444

Little Calf Creamery, (LD) <https://littlecalcreamery.com>

652 E Janss Rd, Thousand Oaks (805) 497-2000

Café Bizou, (D) <https://www.cafebizou.com>

30315 Canwood St, Ste. 14, Agoura Hills (818) 991-9560

Bandit's BBQ, (D) <http://www.banditsbbq.com>

589 N. Moorpark Road, Thousand Oaks (805) 497-7427

Holdren's, (D) <https://www.holdrens.com/np/>

1714 Newbury Rd, Newbury Park, CA · (805) 498-1314

Baskin Robbin's, <https://www.baskinrobbins.com/>

2839 E. TO Blvd, Thousand Oaks (805) 370-8870

Coldstone Creamery, <https://coldstonecreamery.com>

215 N Moorpark Rd, Thousand Oaks (805) 557-0600

Meet Members & Volunteers: The Seybolds

By Billie Sontag

Beth and John met at a Ballroom Dance Class. They loved to dance until Beth developed knee problems. At the time, they both worked as civil servants for the Navy at China Lake, but had never run into each other before. Their first date was at a Valentine's Day party at the base's Officer's Club. John specialized in computers, including real time programming, security and system administration. Beth worked in configuration management, documentation, quality assurance and verification. Earlier, she was a draftsman for an architect in an office in the rotunda of the Museum Inn in Riverside. She did structure steel detailing for the Palm Springs Airport.

The Seybolds retired on the same day. Later, in 2016 they moved to Thousand Oaks to be closer to one set of kids and grandkids. They have 5 children and nine grandchildren. They enjoy doing a

lot of things together and love visiting family, traveling, and taking cruises. They hope to go to Portugal on a Viking River cruise



"There is no education like adversity."

~Disraeli

in November that has been planned for a year. They are members of the Succulent and African Violet Societies.



(Beth has the greenest thumb.) They appreciate plays, have gone to all of the local theaters and have had the chance to attend several opening night parties. Some of their favorites were *Young Frankenstein*, *A Gentleman's Guide to Love and Murder* and *The Producers*. They play mahjongg and have participated in several activities together at Goebel. They had fun on a mystery murder lunch trip on the Fillmore & Western Railway.

A while back, John read an article about The Villages in a magazine. When he saw the CVV brochure at Goebel, he knew what it was about, so he and Beth decided to join. They enjoy many of our social activities and have recently become a Call Manager team. John also volunteers to help members with computers and provides transportation. It's a pleasure to have such a lovely couple as members of the CVV family.



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 CONNECTIONSPage 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!

Volunteers: Make a Zoom Date With the Village!

During this period of staying at home, all of our Village Zoom events are now easily accessible on our [Events Calendar](#) for non-member volunteers. Go to our website, conejovalleyvillage.org, and follow the easy instructions below to sign up and Zoom with us! We look forward to seeing you! For help, call **(805) 372-1826**

- 1 Click on the "Event Calendar" and choose either the grid or list view of events
- 2 Click on the event you want
- 3 Register, and you'll receive an email confirmation

Add Me To Your Mailing List

(805) 372-1826

Conejo Valley Village

Where neighbors help neighbors stay Independent, Active a

Home About Us Get Involved Membership Volunteer Contact Us Donate Newsletters

Volunteer Self Sign up **Event Calendar 1**

Events - Event View

This is the "Event Detail" view, showing all available information for this event. If you have passed, click the "Event Report" button to read a report and view photos from the event.

Connecting with CVV Friends

When: Wednesday, May 6, 2020, 11:00 AM until 12:00 PM

Where: Zoom Meeting
<https://zoom.us/j/5595144773> or
Call: 877 853-5257 Meeting ID: 5595144773
<https://zoom.us/j/5595144773>

3 **Register Now**