



Survivorship: A Helpful Approach to Living in our COVID Era

By Chris Jones

Upon a diagnosis of cancer, patients are given a plan. They have hope while moving through treatments and a sense of purpose doing what they must. **Survivorship can be defined as acquiring the skills available given dynamic variables to help live life with a focus on thriving, finding joy, and always having something enjoyable to look forward to; not simply existing in the moment.** For many, a COVID existence is awaiting a vaccine, but what about COVID survivorship?

We see businesses opening up, indoor dining is allowed; gyms too! We also see on TV that cases of COVID are increasing... yeah, I get that: with more testing capacity, there will be more cases, so I can get a tattoo now, right? It's confusing. I'm a social person: I enjoy interacting with people and want to eat inside a dang coffee shop; I love a good breakfast! We're all grown-ups and Lord knows we've all had time to process our mask or mask-less beliefs, but now what... and perhaps more importantly, what-if?

What survivorship skills do I need to learn so I can process and adapt to some what-if scenarios for rejoining society? For me, COVID is a form of psychological cancer awaiting a cure or an effective treatment. Ok then, businesses are opening up,

yahoo!! "Angela, let's go out to breakfast!" We did, and saw the "Masks Required When Not Eating" sign. Inside, only employees were



Angela and Chris ventured out for pancakes with masks and a plan

wearing masks, yet mask-less people are walking within a foot of others even though seated distantly. Do my concerns prompt me to retreat, or consider all of the other 'brave' people's beliefs? Might their confidence stem from a sense of defiance from being isolated for so long?! Might mine? What if I say to Angela "this isn't good", but she wants pancakes and sits at a table; now what? We worked through that in advance, and enjoyed our eggs and things outside on the patio. Survivorship.

Last weekend Angela and I went to a different restaurant that had inside and outside dining, and watched five people walk inside

without masks: whether their beliefs were fueled by isolation, peer pressure, non-acceptance, or fear disguised as defiance, we chose not to eat inside.

COVID survivorship to me is like working a math problem backward conceding in advance that there will be people who have differing beliefs than ours. Angela and I plan on going to Princeton and DC this September for a 60th birthday party, and refuse to cancel it. Survivorship is rescheduling fun things, not canceling, so it'll be a one heck of a 61st birthday party next year instead of this year.

As a Village, we are also acquiring skills to help us adapt and have things to look forward to enjoying. In July, we will be coordinating chair-yoga classes on Zoom, continued Ted-Talk videos with a group discussion following, along with many other stimulating events and activities... we hope to see you there! You can [register online](#), or phone a Call Manager at (805) 372-1826 or calling after hours, feel free to leave us a message!

**CVV
Closed
July 3rd
for the
holiday**



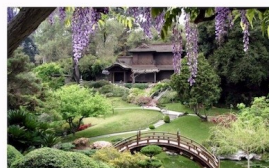
See Insert for
Upcoming Virtual
Events

Village Happenings

HAPPY
BIRTHDAY

Member and volunteer Danny recently took us on a virtual ZOOM tour of the amazing gardens at the Huntington Library, Art Collections and Botanical Gardens. Danny shared the interesting history and magnificent display of nature's beauty he captured in photos from a visit to the gardens. Looks like a great post-pandemic field trip idea. Thanks, Danny!

Japanese Garden



Japanese House and Moon Bridge



Jungle Garden



- Features a high forest canopy
- Contains trees, shrubs, climbing vines, and leaves of giant proportions
- Plants include orchids, bromeliads, gingers, ferns, palms, bamboos, and calla lilies



Rose Garden

- Created in 1908 for private enjoyment of the Huntingtons, who used elaborate floral arrangements in their home
- Special variety of rose (at right) created by The Huntington's Rose Collection Curator
- 3-acre garden contains more than 3,000 plants and more than 1,200 varieties, each labeled with name and date



Rosa 'Huntington's 100th'



Volunteer Mark, part of the CVV Birthday Patrol, made the rounds in June delivering birthday cake and Happy Birthday greetings to members from top left, John, Nick and Tom.

HAPPY
BIRTHDAY

Meet Member: Michaella Johnson

By Billie Sontag

Michaella is an avid reader and has spent a good part of her life sharing her love of reading with others. As a librarian for the Los Angeles Public Library system, she worked all over town. She supervised a Bookmobile program for 2 ½ years in the inner city and for another 2 ½ years in the San Fernando Valley. She retired in 2007 but continued as a substitute librarian up until the coronavirus changed everything. She worked on the Literacy Project, which teaches adults to read. She taught others how to teach these classes. Not surprisingly, Michaella belongs to three book groups...The CVV Book Club, a Mystery Book Club, and another one with a variety of selections. She has read every book in her house. Since she hasn't been able to borrow library books lately, she has been reading books on her Kindle. She also likes using her Kindle when she travels.

Michaella enjoys visiting her two sons. One lives in Australia and the other one is in San Francisco. She was fortunately able to go to Australia



in February, when she also made an interesting trip to Tasmania. She says it is very pretty and has different wildlife than the rest of Australia. Other places she has enjoyed seeing are Turkey, England, France, and Italy.

Michaella sings in her church choir, which she has still been able to do in a new way for the past few months. Each choir member records their own part and then the director mixes them all together on his sound equipment to play at online services. She plays duplicate bridge and has lately taken up making sourdough bread, pancakes, biscuits, crackers and cake. She joined CVV early on after seeing an article in the Acorn. She knew about the

Reading is FUNdamental!



Villages from a friend who was active in the Sequoia Valley Village. She enjoys attending social events and misses seeing everyone in person, though she has been ZOOMing. We miss seeing Michaella too.



Updates & Announcements

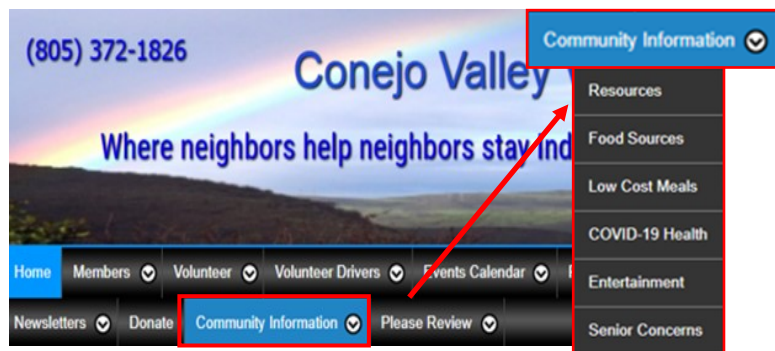
NEW! CHAIR YOGA EXERCISE CLASS AT HOME!

A new Chair Yoga exercise class is scheduled on our July calendar on Tuesdays and Thursdays at 9:30 am to give members an easy, low-impact way to exercise conveniently at home. It's a free ZOOM class, offered by Senior Planet, a national organization that offers 60+ online programs a week to help seniors learn new things and keep

active (see Nancy attending a recent class below). All you need is a sturdy chair and comfy clothes. Just register on the CVV calendar for the mornings you want to attend. Then, just before 9:30, click on the ZOOM link on our calendar to join the class. See other offerings at <http://www.SeniorPlanet.org> (times listed in eastern time, so subtract 3 hours for local class times).



NEW COMMUNITY INFO ON CVV WEBSITE!



CVV member and volunteer, John Seybold, set up and maintains a new **COMMUNITY INFORMATION** resource tab on the [CVV website](http://www.CVV.org) to help members learn about and access services and important information during the pandemic. Here, all in one place, you can find valuable information about Community Resources and Assistance, COVID-19 Information, Food Sources, Low Cost Meals, Entertainment, and information about Senior Concerns, another local organization serving the needs of seniors and caregivers. Have fun browsing to see what's there that may help you. Thanks, John!

Update from CVV Board on Adapting to COVID-19

By Valarie Fitch

As your Board of Directors, we strive to keep you updated with regard to Conejo Valley Village's response to the COVID-19 pandemic affecting our community.

Question: When will our Village begin hosting face-to-face events or driving members to locations other than medical or dental appointments?! Bars, bowling alleys, gyms, and dine-in restaurants are opening up, when will our Village reopen?

Answer: We never actually closed; just transitioned from face-to-face gatherings to online activities in a quest to preserve the health and wellbeing of our members and volunteers. We are closely monitoring all new COVID cases, related hospitalizations, and deaths in and around the Conejo Valley. Over the past two weeks newly diagnosed cases have recently increased in all 24 zip codes within Ventura County (average 74 new cases



daily) which includes increased numbers in the Conejo Valley (+43%). While these increases may certainly be associated with additional testing capacity, the number of COVID patients currently hospitalized in Ventura County is on the rise (+38%) since two weeks ago, associated ICU beds up 46%, and another unfortunate consequence is related deaths (+10%) from June 12 to 26.

While the CVV Board of Directors and our dedicated volunteers understand and appreciate the desire for our members to get back to usual routines, unfortunately we cannot commit to a timeframe to host face-face or even mask-to-mask gatherings. Given the limited number of available transportation providers, we will continue to prioritize and coordinate rides to/from medical and dental appointments on a best effort basis.

The Village's data team will continue to closely monitor the COVID-19 numbers and trends provided by the County of Ventura: as the landscape changes, we hope to adapt and change with it. We look forward to staying stimulated, entertained, and connected to one another... and hope to see you on Zoom!

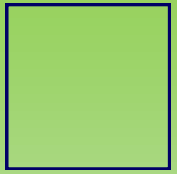
Your CVV Board of Directors



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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.



Sign up for our CVV
Independence Day
Happy Hour
Friday, July 3rd, 5pm
on ZOOM

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!

Attention Volunteers:



It's time for volunteers to update their driver's license and insurance info. Please email or send a copy of your license and current insurance card to volunteer@conejovalleyvillage.org or CVV, P.O. Box 3162, Westlake Village, CA 91359 by July 31.

Thank you for volunteering – remember we offer \$0.58/mile **mileage reimbursement** for drivers!

Great Emergency Prep Info for Members & Volunteers!



See the Emergency Preparedness "Vial Of Life" Insert and tune in for a discussion with Tony Gitt about the Vial of Life and its use on our July 7 "What's On Your Mind" CVV Zoom get together (2 pm)!

HEY, VOLUNTEERS! Please join us for July's Virtual Events...

Take advantage of a great opportunity to meet members and volunteers online, and visit with people while you're staying Safer at Home!



See the
Virtual
Events
Insert!