



How Our Backyard Has Helped Alleviate COVID 'Cabin Fever'

By Danny White

Since both my wife Mary and I are in our late seventies and have some chronic respiratory system issues, we have been very diligent about staying at home since mid-March when the COVID-19 pandemic came to California. However, we have created our own little paradise in our yard where we can relax in complete privacy while enjoying the wild birds, our colorful flowers, and our wonderful SoCal weather on our serenely quiet patio, often while also eating fruits and vegetables from our orchard and garden. We both enjoy doing most of the yard maintenance



ourselves at our own pace, which keeps us physically active. Thus, we have been able to get good cardiovascular exercise, eat healthy food, and enjoy hours of contemplating nature as delightful alternatives to being confined indoors and heavily absorbed in coronavirus news.

We have been avid gardeners together for more than 50 years with Mary applying her extensive botanical knowledge and me applying lots of physical labor to complete our yard pro-



jects. We bought our house because of the large and relatively flat areas on the lot that are especially suitable as orchard and garden spaces. There were some well-established fruit trees, but we have added dozens more to our orchard areas. We built a permanent garden area about 40-feet long and 30-feet wide, so there is adequate space to grow a variety of vegetables, starting with snow peas early in the spring and featuring tomatoes all summer long. With so many fruits and vegetables ripening nearly year-round, we gladly take a truck load of them to the Manna food bank each week (see photo to left).

We have customized the non-orchard areas of our yard. We planted foliage shields to provide complete privacy on our backyard patio/deck, a large variety of flowering plants, and many unusual plants (e.g., Harry Lauder's walking stick, blue-eyed grass, blue basil, sweet shade tree, macadamia trees, guava trees, jujube tree, and sapote tree). We grow herbs and flowers in pots around our patio, which is something

that anyone can do in a small outdoor space.

Since we have always loved the sound of flowing water, we installed an outdoor water fountain made from natural materials – three basalt columns with river rocks at the base. Now we enjoy listening to the very soothing sound of this fountain through our kitchen window, as well as enjoying the antics of the wild birds as they drink and bathe in the fountain all day long, especially the finches and hummingbirds.



Being outside and staying busy while working in our yard has been extremely therapeutic for us - physically, psychologically, emotionally, and intellectually. We exercise our bodies and brains doing things we enjoy, plus also relax in our "secret garden". We often just stroll around our property to check on our plants, but also to feel "Wow – look at what we've done". All of this helps us to feel happy and content with our lives at home in spite of the pandemic that swirls around us.

See Insert for
Upcoming Virtual
Events

Zooming Along Together

Who in the Village knew what Zooming was four months ago? Well Villagers have mastered Meeting IDs, video and audio settings, and fun backgrounds, and adapted to enjoy online social gatherings like our monthly birthday celebrations. We appreciate the opportunity to connect with you online and with special birthday deliveries at home!

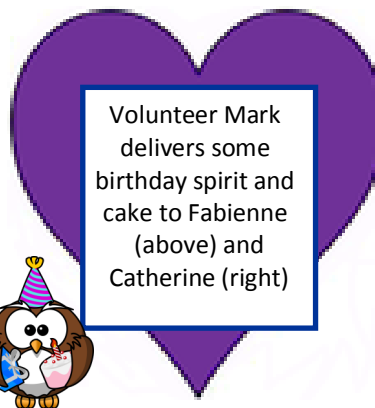


A Message of Thanks & Hope



Thank you CVV for such a sweet birthday treat! It was my 70th! Feeling good staying active. I may even share my cake tonight with my husband! Praying by next July our country and world will be much healthier and safer for us all.

~Fabienne L.



Volunteer Mark delivers some birthday spirit and cake to Fabienne (above) and Catherine (right)



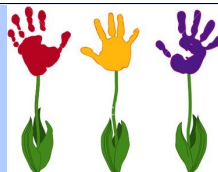
Updates & Announcements

Update on File of Life

The CVV Board of Directors has decided to provide File of Life forms and magnetic pouches for all Members and Non-Member Volunteers. These materials have been ordered and once they are here, we will get them to you. No need to register. Questions: Call a Call Manager at (805) 372-1826.



Show & Tell Your Creativity Zoom Event! 9/2, noon



Share something you've done forever or for the first time, that makes you smile, or inspires you!

Wednesday, 9/2 @ noon - join us and be inspired! Sign up online or call (805) 372-1826.

Travel to New Zealand with Sandra - Sunday, 8/23, 2 pm

Join Sandra Cherry on her picturesque journey to breathtaking New Zealand.

Sheep farms, stunning glaciers, small town pubs, aboriginal dancing, and cosmopolitan Auckland made for an amazing trip! Sign up online or call (805) 372-1826.

Help Raise Funds for CVV



If you're an avid online shopper - whether for groceries at Ralphs or lots of other things at Amazon (via Smile), a percentage of your purchase price will be donated to CVV if you sign up. See the insert for details to sign up for the Ralphs and Amazon Smile fundraising/donation programs. **Thank you!**

PROTECT YOURSELF FROM CONTACT TRACING SCAMS.

Your local health department will NOT ask for your:

- Social Security Number
- Immigration status
- Financial information

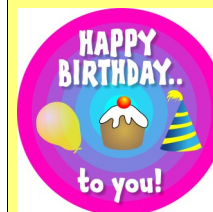
californiaconnected.ca.gov



Celebrating AUGUST Birthdays!!

Emerald J.
John P.
Barbara K.

Suzanne R.
Karen P.
Don D.
Angela J.



We hope you have a fantastic day! From your friends at CVV!



Tips to Safely Beat the Summer Heat



Stay Safe in Summer Heat

Here are some tips from our county emergency preparedness website, www.readyventuracounty.org.
Look out for anyone who needs help with the heat.

- Use air conditioners.
- Use portable electric fans to exhaust hot air from rooms or draw in cooler air.
- Minimize direct exposure to the sun.
- Stay hydrated - regularly drink water or other nonalcoholic fluids.
- Take a cool bath or shower.
- Eat light, cool, easy-to-digest foods (fruit or salads).
- Wear loose fitting, light-colored clothes.
- Know the symptoms of excessive heat exposure and appropriate responses.
- **Don't** leave children, the elderly and pets alone in cars for any amount of time.



- **Don't** drink alcohol to try to stay cool.
- **Don't** eat heavy, hot, or hard-to-digest foods.
- **Don't** wear heavy, dark clothing.

Local Cooling Centers COVID-19 Update

Our usual community cooling centers are currently closed due to COVID-19. However, if a local heat emergency is declared by the county, these centers may open. Call ahead for more information.

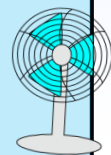
Thousand Oaks (TO):

Goebel Adult Community Center 1385 E. Janss Road, TO (805) 381-2744

TO Grant R. Brimhall Library 1401 E. Janss Road, TO (805) 449-2660

Newbury Park: Branch Library 2331 Borchard Rd, NP (805) 498-2139

Oak Park: Oak Park Library 897 N. Kanan Rd, Oak Park (818) 889-2239



Meet Social Member & Volunteer: Mary Hoban

By Billie Sontag

Mary always wanted to be a nurse. In preparation for her future career, she took science and Latin classes in high school, where she grew up in Buffalo, New York. She went on to study nursing at Sisters of Charity Hospital in Buffalo and settled down with her husband in Cheektowaga. When he got a new job at Rocketdyne, they moved to Canoga Park. Because she always wanted to know "Why" she furthered her education in California, getting her AA degree at Valley College, her Bachelors at Cal State LA, both in nursing, and her Masters degree in Oncology Nursing at UCLA.

While working in the ICU at Northridge Hospital, and when her daughters were teenagers, she accepted a position at the John Wayne Cancer Clinic, then at UCLA, mainly to be able to spend weekends with her family.

Here she became involved with oncology. She spent five years teaching in the School of Nursing at UCLA. She became active in the American Cancer Society and served as president of the San Fernando Valley unit. Later, she

moved to various cities throughout the country, where she set up Oncology units and taught nurses to give chemotherapy and care for cancer patients. She returned to the John Wayne Cancer Clinic, now at St. Johns in Santa Monica, as Clinical Nursing Director, working there until retirement.

Upon retirement Mary decided to volunteer but wanted to do something besides nursing. She read about CVV in the Acorn, liked the concept, and joined as a volunteer and social member. She is one of our valued Call Managers and much-appreciated drivers. She enjoys our social events and meeting the people she talks to on the phone. She looks forward to driving again after Covid.

Mary has a daughter in Canada, a daughter in

Utah, two grandsons, and twin great grandchildren – a boy and girl. She enjoys visiting her family and drove to see her Utah family at the Christmas holidays. While unable to visit Canada presently, she is anxious to be able to do so soon. We're glad to have Mary in the CVV family.



"Life is not about waiting for the storm to pass, but learning to dance in the rain."



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

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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!

A Friendly Reminder to Members and Volunteers from the CVV Board of Directors:

TWO-DAY NOTICE FOR CERTAIN TRANSPORTATION REQUESTS

While transportation to/from medical and dental appointments still requires seven days' notice, we understand there may be situations when members cannot wait a week for prescription pick-ups or other needs, so Call Managers (CMs) will log service requests for these exceptions with a target delivery of two business days, and on a 'best efforts' basis.



Members should call CMs at (805) 372-1826, email cvv@conejovalleyvillage.org, or if outside of the regular hours, simply send an email or leave us a voicemail! The CM covering the next scheduled weekday shift will circulate open service requests and contact our dedicated volunteers to help fill those requests on our member's behalf. Thank you for your support!

Do you know someone who enjoys helping people and would be a great CVV volunteer?



Suggest they contact our Call Manager at (805) 372-1826 to learn more!