



## Love of Animals During the Time of COVID

By Barbara Jimerson

Here's a riddle: What brightens our days and softens our nights? Not sure? How about this one: What kind of love has healing power?

If you are still uncertain, the same answer applies to both riddles:

The love of animals.

With so many of us dealing with imposed isolation and quarantine due to the COVID-19 pandemic, pets can provide us with multiple benefits - both mental and physical. Research has proven that having a pet---be it a dog, cat, bird, rabbit, you name it --- can uplift our mood, reduce anxiety, lower our blood pressure, and offer us wonderful companionship.

***"Love of animals heals us."***

***Anonymous***

CVV members and volunteers love talking about and sharing pictures of their dear animals. Jenny Schipae, CVV volunteer, commented that her two poodles, "...Oreo and Sydney, have been a wonderful distraction during all the hours at home." During this uniquely-stressful pandemic, pets can ease the loneliness so many of us feel.

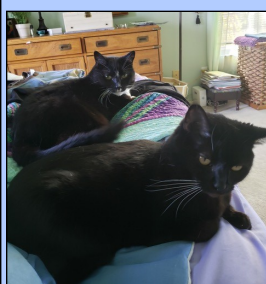


Caring for and loving a pet keeps the focus on the present and helps us feel grateful.



Yvette Jourdan, CVV member says, "I am alone, but thanks to my two dogs, Cocoa and Sneakers, I am never lonely."

The daily habit of caring for an animal motivates pet owners to get out and exercise. It also allows for structure and a routine which keeps most people active and alert. As pet owners, we enjoy (usually)



the antics and unique personalities of our animal companions that can keep us entertained and amused.

Hazel Kenzer recalls wonderful stories of a life-long love of animals. And it seems, the attraction is mutual. She told of a time years ago when she was waiting for her daughter to finish horseback riding lessons. She sat close to the stable, and within a whisper of time, a horse came up from behind her and put his head close to her lap. Hazel currently has two cats and one dog,

only recently having lost her second dog to an illness. "They keep me alive. They really do," she says.

Oftentimes, people think there's too much work in the care of an animal. In a 2016 study done using crickets and seniors, each person was given five crickets. Behavioral psychologists monitored their mood over eight weeks.



When they compared these seniors to a control group that was not caring for the crickets, they discovered that those who had been given crickets became less depressed after eight weeks than those folks in the control group (Newport Academy).

Finally, pets live in the moment; they don't worry about what happened yesterday and they certainly aren't worried about tomorrow. Couldn't we all benefit from that trait? Is it possible that form of mindfulness might just rub off on us humans? It certainly would be lovely to be that carefree.

**Happy Labor Day!**



***CVV will be closed on Sept. 7th for Labor Day***

See Insert for  
Upcoming Virtual  
Events

## Always Something New to Learn

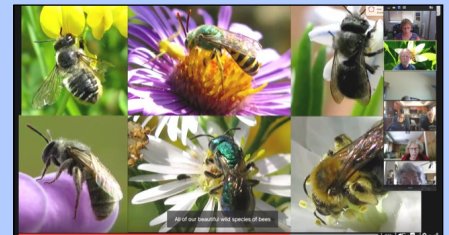


Kids aren't the only ones distance learning lately! We learned a lot in recent talks with Danny White about two interesting subjects - bees and the Getty Villa. Danny hosted a Ted talk about the importance of many species of bees and dangers they face, and shared some beautiful photos and the art and history of the Getty Villa in Pacific

"Anyone who stops learning is old, whether at 80 or 20. The greatest thing in life is to keep your mind young."

-Henry Ford

Palisades. Despite the limitations of the pandemic, there are many amazing things to learn about in our world and we thank Danny for creating these opportunities to learn something new and be intrigued.



## Updates & Announcements

### VOTING INFORMATION ZOOM

**September 29 at 2 PM**



Are you registered to vote? Do you need help in registering? Do you know how to fill in your Vote by Mail ballot so that it will be counted?

Do you understand the State Propositions on the November ballot and know the Pros and Cons of each of them?

Do you know who the candidates are for our local races?

On September 29 at 2 PM, Tony Gitt will hold a ZOOM informational meeting and will answer all of the above questions. He will not address the Presidential Election and there will not be personal opinion discussions on any of the topics.

Seniors are an important part of our community. Let's understand what's on the ballot and be sure to vote.

### Senior Nutrition Facts & Fallacies Zoom Series!



In September and October, join us for some great nutritional information from VCAAA registered dietician, Patti Jaeger. Learn about healthy strategies to help you stay stronger. See insert.

### HAPPY SEPTEMBER BIRTHDAYS!

All Villagers are welcome to attend our **September 10th** Birthday Bash to wish the September celebrants a Happy Birthday!



Collette S.  
Mary Kay K.  
Beverly A.  
Catherine S.  
Carr B.

Mary O.  
Sandra D.  
Penny S.  
Karen E.  
Natalie R.

Lynn N  
Doris G.  
Sharon C.  
Chris S.



## File of Life - It Can Save Yours!

By Chris Jones

Your Conejo Valley Village will be distributing "File of Life" refrigerator magnet pouches with an insert for your medical information to our members and volunteers.

Never hearing of the program, I called my brother Jeff who is a paramedic/firefighter in Arizona (I'm so proud of him!) I asked Jeff about the File of Life and he said "I love them, everybody does".

He explained it takes all of the guesswork out of knowing about a person's blood type, drug allergies, dose and frequency of current medications, and speeds up the safest treatment. So with that, I asked him a few questions about different scenarios:

**Q1:** Responding to a 911 call: female, home alone and unconscious: She needs to get to the hospital ASAP and there's a purse on the couch... do you grab it for ID on the way to the ambulance?



**A1:** A pause, explaining his #1 priority is getting people to the hospital. He won't typically grab a purse asking me what are the chances of having lifesaving information in it?

**Q2:** Responding to 911 call: an elder male slurring his words, suspected stroke. Upon arrival the man is wearing pajamas but isn't making any sense. Do you ask him where is wallet is for ID?

**A2:** No, the priority is getting him to the hospital. **We check the fridge for a File of Life card.**

**Q3:** Do all paramedics in the USA usually check for a File of Life on refrigerators?

**A3: Always, I love those things!**

Nobody plans on taking an ambulance ride, but now we know how to prepare. Nurses won't rummage through our wallets or purses looking for anything other than ID, so the life you may help save could be your own.

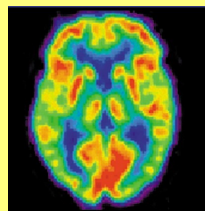


## Try a Fun Way to Exercise Your Brain!

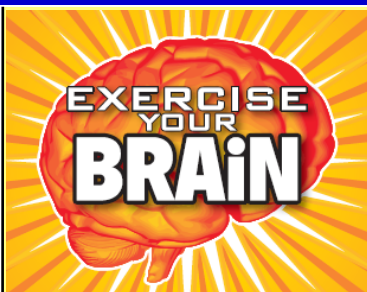
**Join Us For....  
MENTAL FITNESS FUN  
WITH MINDY  
Thursdays, 12:30 pm**

By Billie Sontag

Several of us have been having a great time attending one of the newest events on our calendar... Mental Fitness Fun With Mindy. Mindy Newhouse, a licensed Speech Pathologist, volunteered to create and lead this ZOOM class especially for CVV after doing group in-person sessions for several years. Her objective is to light up the different parts of our brains that control such things as memory, language, and reasoning. She says, "Everyone has areas that are strong and other areas that need some help."



She offers a variety of activities, like rhyming, easy mental math, and word searches to keep us thinking and laughing. There are no mistakes and no judging. Villagers were happy to share their experiences with



Mindy's class. Nancy told me, "Mindy has a wonderful way of working with us so I always leave feeling better than when I started. It's one of the best ways I have found to keep my mind active while getting

together with CVV friends." Bunnie thinks, "This event tickles my funny bone as well as engages my brain. Mindy is an outstanding moderator."

Marv shared, "This class reinforces many of the activities learned after a stroke a few years ago. Early on he said, "Mindy reminds me of previous sessions with a speech therapist and a neurologist." Then he realized Mindy is that very speech therapist. Small world. He continued, "Her wit, patience and knowledge make Mental Fitness Fun sessions the best 45 minutes I spend a week. It's a must for seniorhood."

We encourage you to join the fun and enrichment on Thursdays at 12:30! If you have any questions about the event, call a Call Manager at (805) 372-1826.



**The mission of Conejo Valley Village is to help seniors remain independent in their homes and stay active in our community.**



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## **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!

### ***Congratulations to.....***

### ***THELMA WILLIAMS***

on her appointment to the City of Thousand Oaks Council on Aging! Thank you, Thelma, for your commitment to serving our local seniors as a CVV member and volunteer and now as a COA commissioner.



### **HEY, VOLUNTEERS!**

### **Please join us for September'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!**

**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!**