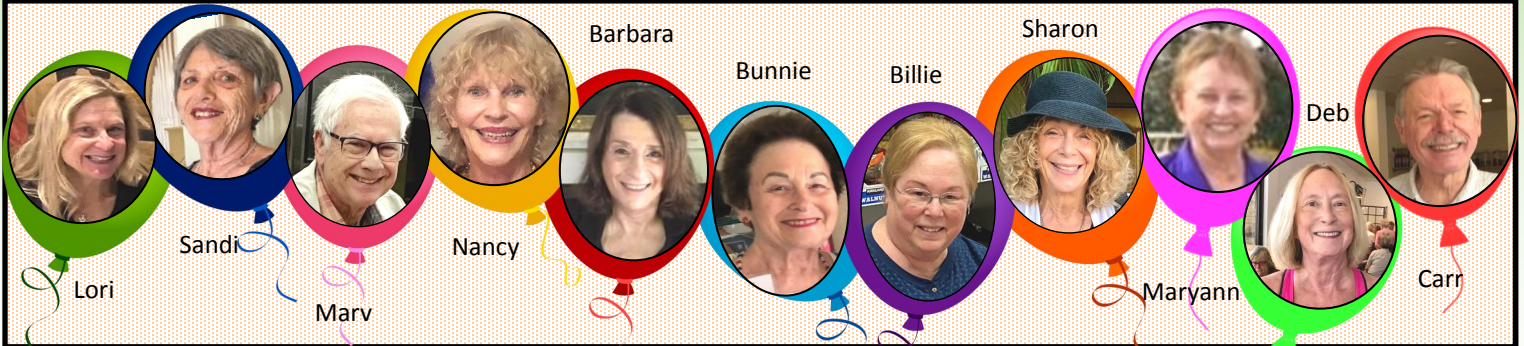




## CVV Events Committee Lifts Spirits



By Chris Jones

Part of the allure of CVV is the social connection we have with each other. The Events Committee is tasked with planning the gatherings we all enjoy (ZOOM for now, parties post - Covid). We thought we'd introduce you to the many talented and dedicated volunteers on this committee. We look forward to having real face-to-face gatherings sooner than later!

After retiring from the geriatric field, **Lori B - Events Committee Lead** found CVV and embraced our mission of 'neighbors helping neighbors' finding a home with likeminded people. Given her affinity for entertaining and socializing, the Events Committee is a great fit. Besides, she never turns down an invitation to gather... especially when food is involved!

**Sandra C.** was a Financial Advisor and Insurance Planner for 15 years. She volunteered as a Long-term care Ombudsman Program for 5 years, and a CAP usher for 13 years. Sandi saw an ad in the Acorn about CVV in

2017 and became a volunteer driver, a Call Manager, and also an Events Committee member, "I love helping our members whenever possible". Being a seasoned world traveler, Sandi is looking forward to traveling again very soon!

**Marv F.** has volunteered most of his life and at age 49, he retired to have more time to volunteer. Marv has been a Big Brother, a foster parent, Little League coach, senior softball commissioner, and has attended major and minor league baseball games in 36 cities... so far! Marv said "my wife loves me, my three daughters love me and even my sons-in-law like me a lot, I'm secure and get to deal with nice people at CVV all the time... what else could I want!?"

**Nancy H.** retired as VP at Countrywide in 2007 after many years at Prudential and Cigna. Prior to working in insurance Nancy taught business subjects at the community college. After retire-

ment Nancy became a Long Term Care Ombudsman, served on the T.O. Council on Aging, and is currently on the Goebel Adult Center Commission. "CVV has helped me so much during Covid and I love thinking about more fun things we can do together!

**Barbara K.** was a "joiner" in high school. She was elected to student council all 4 years and was Secretary of Extracurricular Activities her junior and senior years. In other words, she was the party planner! After Barbara retired as a lawyer for Disney, she went back to her party planning roots on CVV's Events Committee.

**Barbara (Bunnie) R.** worked for 17 years as a legal secretary, for three years as the Office Manager, and then she and her husband retired so they could travel and relax in their "Golden Years". Bunnie was looking for some new friends, as well as volunteering opportunities.

*Continued on page 3*

See Insert for  
Upcoming Virtual  
Events

## COVID-19 News & Updates

### Registering for a COVID Vaccine Shot

By Tony Gitt and Chris Jones

As you are likely aware Ventura County is currently allowing anyone aged 75 or older (or in another Phase 1A Tiers 1-3 category) to register for a COVID vaccine appointment. Getting registered in Ventura County can be a challenge, so here are some tips from volunteers and members that we hope will help.

Due to the current limited supply of vaccines available to Ventura County, appointments fill up quickly. New appointments are posted each week on Sunday evenings, early Monday mornings (7:00-7:30 AM), and throughout the week when additional vaccine supplies are available.

To register online go to [www.venturacountyrecovers.org/vaccine-information/portal/](http://www.venturacountyrecovers.org/vaccine-information/portal/). There are some important informational paragraphs, and towards the bottom you will see a brown bar "Register for a Vaccination Appointment". If appointments are available you will see a list vaccination sites, including Goebel, Ventura County fairgrounds, and several local pharmacies. You will need to answer some questions and you should see a calendar that shows available days for that location. Once you click on an available day (on the calendar), you can choose a time

slot. Once completed, you will receive an email confirming your appointment location, date, and time.

Several members mentioned the vaccination process at Goebel and local pharmacies was efficient and took less than an hour, which included the 15 minutes post-vaccination waiting period. Be sure to bring a photo ID showing your age (e.g., CA ID card or driver's license), or other eligible documentation for the current Phase.

Due to medical/data privacy exposures, we strongly encourage members who may need registration assistance to lean on a family member or close friend to register you for both vaccines, even if they live outside of California. Once registered, you can phone a Call Manager at 805-372-1826 to request transportation for vaccinations which will be accepted with short notice. Older seniors including those who need lift assistance, a gurney, or just a ride can also call VCAAA at 805-477-7300 after they have an appointment.

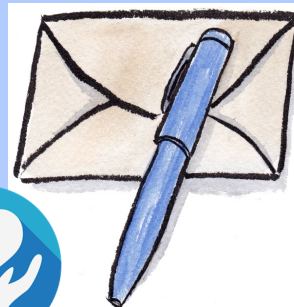
The CDC and WHO strongly encourage everyone who meets the inclusion criteria to get vaccinated. The number of vaccination sites appears to be expanding in Ventura County, and most members and volunteers who received their first shot were pleased how seamless the process was!

### LETTERS OF SUPPORT CAMPAIGN

Did you know more than **30,000** older adults in Ventura County are living alone?

The Ventura Country Area Agency on Aging (VCAAA) is collecting letters of support to help lift the spirits of older adults who are experiencing isolation from family and loved ones during the COVID-19 crisis.

**How Can I Help?** By taking a few minutes to write unaddressed greeting cards or letters with words of support and encouragement.



**See Insert for Details**



### BATTING 1000!

Our own Dodger fan Nancy H hit a home run when she entered a prize drawing at a recent Senior Concerns fundraiser! She won a Dodger's bat signed by Justin Turner - a great reminder of one of the highlights of 2020 - our World Series Champion Los Angeles Dodgers!



### HAPPY FEBRUARY BIRTHDAYS!

Join us for the **February 11th** Birthday Bash to help celebrate February Birthdays for our village friends:



# Keep Sharp: Build a Better Brain at Any Age

By Loretta Allen

On Saturday March 6 at 4:00 pm we will start a monthly Zoom discussion group based on the principles of neurosurgeon Sanjay Gupta MD's book **"Keep Sharp: Build a Better Brain at Any Age"**.



Each month the discussion will center around the key learnings from one of the twelve chapters of the book. So we'll be discussing thought provoking ideas for improving your brain sharpness throughout the year. There is no need to purchase the book – however, I personally find it a "must read" – the summary will be reviewed at the beginning of each meeting.

As Dr. Gupta explains in the Forward of the book "In **Keep Sharp**, you will develop a brain able to toggle back and forth between short-term and long-term views of the world and, perhaps most important, a brain highly resilient in the face of life experiences that might be disabling to someone else.... The brain can be continuously

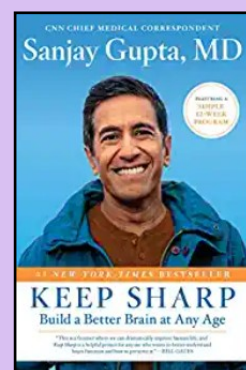
enriched throughout your life no matter your age or access to resources.... Has a doctor ever told you to take good care of your brain ...probably not."

Our adventure each month will explore Dr. Gupta's techniques to understand our individual brains and to make them better by reviewing science and offering practical lessons anyone can carry out. Each of us has a unique brain so our journey through this class will be a fascinating and illuminating personal experience.

**Keep Sharp** is the only owner's manual you'll need to keep your brain young and healthy regardless of your age!

We hope to see you online Saturday, March 6 at 4:00 pm, and future discussions during the year.

Would you rather  
**TRAIN** your brain or  
**DRAIN** your brain?



## Meet the CVV Events Committee (continued)

*Continued from page 1*

Bunnie's daughter volunteered for the Palos Verdes Village, and Bunnie decided 'neighbors helping neighbors' was just what she was looking for and has been a member of CVV ever since!

After teaching for five years in Long Island, NY **Billie S.** relocated to California and worked as an advertising copywriter, then transitioned to Creative Director and Marketing Director Positions. She had her own freelance and consulting companies, and joined CVV to make new friends after setting roots in Thousand Oaks. Billie enjoys helping members smile by volunteering on both the Events and Newsletter Committees.

**Sharon C's** priorities through her 40's were her post-divorce career as a psychotherapist and dating. She met Nancy and Dinah in a Goebel art class, they talked a lot about CVV, and she knew what came next! While still seeing clients, volunteering for CVV was the perfect fit! She has wonderful new friends, loves hosting and attending events, and "cannot wait for us to start inviting new members again."



**Maryann G.** was a teacher for 32

years and an avid equestrian rider for 20. After retiring, she volunteered for the Assistance League of Conejo Valley, Volunteers in Policing of T.O., and the Civic Arts Plaza. She enjoys swimming, reading, playing the ukulele, cooking, and photography. Now, she enjoys being a part of the Events Committee, helping to plan social activities and events.

While in college and after, **Deborah M.** owned restaurants. She lived on a boat in the Virgin Islands for a few years, then returned to the States to be a travel agent. Deb is a member of our Events Committee, and hosts the ZOOM Recipe Exchange. She enjoys going to the gym, swimming, cooking, reading, sailing and her orchid plants.

**Carr B.** grew up in Venice, CA. He had a career as a commercial and military Electronic Engineer. Fascinated by almost anything, past hobbies include skydiving, sailplanes, scuba diving, karate, and his current focus on close-up magic. He plays drums, piano and guitar, and is a volunteer driver for the Village.





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Website: [www.conejovalleyvillage.org](http://www.conejovalleyvillage.org)

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

Place  
Stamp  
Here



## **Neighbors Helping Neighbors Stay Independent, Active and Connected**



Place Address Label Here

Conejo Valley Village is a nonprofit tax-exempt organization under IRS Code Section 501(c)(3). Donations are tax-deductible.

VILLAGE CONNECTIONS

Page 4

## **Updates & Announcements**

**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!

***"You may have to fight a battle  
more than once to win it."***

*Margaret Thatcher*



Let's all hang in there - stay safe, stay connected at home and stay focused on the health and well-being of our community. We can do it together.

**HEY, VOLUNTEERS!**

**Join us for February'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!**

**Kindness**  
is just

**Love**  
with its  
work boots  
on.

