



## Transitioning Back to Normal in June

By Chris Jones

As Ventura County is progressing towards the Yellow Covid tier from Orange (effective June 2!), we're all anticipating what June will look like! Some exciting things are planned, with the disclaimer that the focus is 'planned', but it's currently looking really good! Goebel Center initially planned on being (only) a vaccination center through fall, but given their astonishing success as well as other vaccination centers, Goebel plans on transitioning from a vaccination center back in to an adult community center by June 28! Remember to check the Goebel Center [calendar](#) of events for program and activity updates, including some planned drop-in gatherings. After 472 days of being closed, Goebel is excited to welcome everyone back at the end of this month.

As for your Conejo Valley Village, check out the [Events Calendar](#)! Seventy-five percent of Villagers have reported they have been vaccinated so we're ready to start making the transition to planned in-person gatherings. While many of the events and gatherings moved to Zoom early last year, we are now transitioning back to face-to-face activities consistent with county and state guidelines. The *Book Club* and *Coffee and Conversation* are still on Zoom for now, but we have an actual walk in an



actual park planned on June 15, as well as a StoneFire Grill meet and greet on June 16, our first of 2021! Note: to all non-member volunteers you are also welcome to join us, and to bring a friend to see what we're about!

On July 1st, CVVs Event's Team is coordinating a pre-4<sup>th</sup> of July Potluck, and patriotic attire is encouraged. If you can, please bring a side dish, salad or entrée. If you're unable to bring a dish, no worries! History has proven that nobody ever leaves hungry after a CVV potluck.

On June 2nd, CVV is transitioning from primarily medical and dental transportation requests, back to full pre-pandemic services. For full members, that means you may request rides to/from Goebel for example, or assistance with

other errands or chores the Village offers. As a friendly reminder, dues will be reinstated to pre-pandemic levels on July 1.

Remember last year when we...? Wait, that was 2019, what the heck happened to 2020!? As Moya Sarnier wrote [at this link](#) "After a year of lockdown, many of us are finding it hard to think clearly, or remember what happened when". I found the article very interesting, with the conclusion that "the more we do, the more the brain fog should clear, adding: "We all experience grief, times in our lives where we feel like we can't function at all," she says. "These things are mercifully temporary, and we do recover."

We look forward to helping our Villagers reconnect in person, clearing up our collective 2020 brain fog created by the pandemic and getting back to having some good old-fashioned fun together!

**MEET & GREET is BACK!!!**

**June 16th - StoneFire Grill**

*(see Events insert)*

Come Mingle with your Village Friends!

Bring a new Friend!



See Insert for Upcoming Events

# Things are Looking Up!



What a great way to get back into the spring of things!! Thanks to Thelma for an enjoyable and educational bird-watching session on a beautiful morning at the Conejo Valley Botanic Garden (Photos courtesy of Dinah and Corky)

## JUNE BIRTHDAYS!



Join us for the **June 10th** Birthday Bash to celebrate June Birthdays with our Village friends:

Donna S.  
John S.  
Bill R.  
Rosa Lee S.

Nick F.  
Carol K.  
Tom M.



### How can we improve our "Village Connections" newsletter?

What types of stories or content would be helpful to keep you connected and informed? We encourage you to send us your ideas at [newsletter@conejovalleyvillage.org](mailto:newsletter@conejovalleyvillage.org) or call (805) 372-1826. Feedback welcome!

# Finding Purpose through the Village

By **Bunnie Roach**

Several months after my husband of 32 years died in 2015 my daughter gently suggested I consider joining a group or organization, preferring one that had other seniors as members. I told her that was a good idea, but that I wasn't ready, and I would know when I was ready. Periodically, she brought up the subject, and as the months passed I began to think about it.

I thought about joining a book club, a charity, even a political organization. I am a "people person". I wanted to have fun as well as being social. I also wanted to feel I was needed, that I had a purpose. Perhaps I could volunteer, and in some way help other people.

My daughter, as a licensed geriatric care consultant, was a volunteer for the Palos Verdes Village. She often would tell me about the things she did for and with the Village, and about their various activities.



Coincidentally, she knew there was a recently formed Village in the Conejo Valley, my neck of the woods. With her help, I contacted CVV and it was one of the most rewarding decisions I ever made.

The Village offers fun, satisfies my need for sociability, has a book club, a lot of quality members in my age group, and by volunteering I feel needed and have real purpose. Without all the Zoom activities our Village offered, and continues to offer, I often wonder how I would have endured the last 15 months without feeling lonely. Instead I have felt stimulated and socially connected during this once in a century lockdown.

Thanks to my membership in the Village I have made a brand new quality life for myself. I look forward each day to enjoying another day of my interesting life!

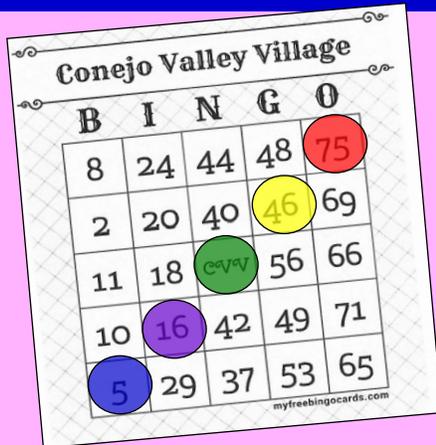


## Try CVV ZINGO!

We're always on the lookout for new activities of interest to members, and we know that Villagers love games!

We started an online bingo game we've dubbed ZINGO (Zoom Bingo!) and we're having lots of fun with it.

If you'd like to join ZINGO, our next game is on June 22nd (see insert). Sign up at the [Events Calendar](#) and receive your bingo card by email. A \$10 Starbucks gift card goes to the winner of each game in June courtesy of a fun-loving always-caffeinated donor. Maybe you'll be our next big winner!



## Welcome New Villagers!

# Welcome

## New Members & Volunteers!

*We are happy you have joined the Village! We look forward to serving you and seeing you at upcoming events.*

### New Members

- Beverly A.*
- Sheila D.*
- Marge F.*
- Michael G.*
- Eileen P*
- Cathy S.*
- Mary Alice G.*
- John P.*
- Patricia S.*

### New Volunteers

- Margaret B.*
- Jesslyn H.*
- Mary Alice G.*
- Iris S*
- Mark M..*
- Lynn N.*
- Bill N.*
- Anne R.*
- Iris I.*
- Sherri M.*



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**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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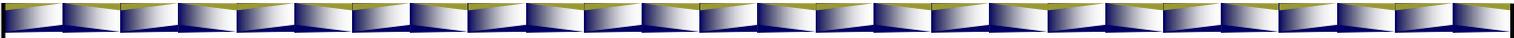


**Neighbors Helping Neighbors Stay Independent, Active and Connected**



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



**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!

**EMERGENCY RESPONSE TEAM UPDATE:**

Even as we emerge from the pandemic, it's important to be prepared for all types of unexpected situations and emergencies. Our ERT team has been working on two key projects and is looking for volunteers to help:



PHONE TREE SET-UP	PERSONAL EMERGENCY PLANS
Establishing a "phone-tree" to keep Villagers updated in an emergency. Use your tech skills to help us setup, test and utilize the service.	Assist Villagers in creating their own personal emergency plan and evacuation kit. Help meet with people to set up these plans with tools and resources from CVV!

If you'd like to learn more and help increase our Village readiness, call a Call Manager at **(805) 372-1826**.

**NEW! CVV Volunteer PEER TEAM Zoom Meeting**

**Wed, June 9th 2:30 pm**

Share your expertise and ideas to help current and future volunteers find the best ways for them to volunteer at CVV!

Sign up online or call **(805) 372-1826**