



Stepping Out of the Fog and into Summer

By Vanessa Renna

Emerging from Pandemic Brain Fog

The unprecedented disruption to daily life due to the pandemic has left many of us feeling overwhelmed, isolated, maybe disorganized or forgetful, or lacking in energy, focus or inspiration. Turns out this phenomenon has a name, "pandemic brain fog", and a fair amount has been written recently about what it is and how to get out of it. It's as if parts of our brains have gone into sleep mode and we have to "reboot" them.

Some scientists call the brain's ability to reorganize itself and how it functions "neuroplasticity." Busy daily routines, new experiences and social interactions help create and strengthen neural connections and keep our brains working efficiently - more plastic. But the loss of these things coupled with the added emotional stress of the pandemic makes the neural connections weaker - less plastic.

According to Tina Franklin, a neuroscientist at Georgia Tech, "our brains are very good at learning different things and forgetting things that are not a priority". Our brain may have put some of our old habits in "deep storage", now we need to dust them off, make the healthier ones a priority and put them back in use. We have to keep our brain stimulated and present it with regular inputs and new

challenges to maintain healthy cognition, memory and learning and protect it and the rest of our body from the negative impact of stress.

So, here are some important ideas from a few health articles, to help nourish our brains and lift the fog, just in time for summer:

- Healthy diet, sleep and exercise
- Avoid drugs and alcohol
- Reintroduce meaningful activities into your daily routine at a pace that works for you
- Engage in mentally stimulating activities - learning, reading, games, etc.
- Spend time outdoors to benefit from fresh air and nature
- Engage in mood elevating activities - walking, socializing, listening to music, playing with a pet
- Reduce/manage stress - mindfulness, breathing or relaxation exercises; learn to accept, but let go of worries

The Village is here to support you this summer with many such activities to help restore healthy habits and strengthen your neural and social connections at the same time. Adios, brain fog!

(Article sources available upon request)

**CVV Closed
July 5th for
the holiday**



By Billie Sontag

Exciting Summer Events News

With the recent relaxation of CDC and California COVID rules, your Events Committee is busy working on more in-person get-togethers in addition to continuing favorite ZOOM events. We look forward to our Pre-Independence Day Celebration Potluck on July 1st at the North Ranch Center and hope to see you there. Meet Sharon for a Mall Walk at 9:30 on July 20th. See you again for Happy Hour at Cisco's on July 22nd from 4:30-6:30. Order by 5:30 for the Early Bird deals.

In August there will be a delicious Ice Cream Social at Little Calf Creamery to help keep you cool. Plus, much requested games are being planned for next month. Rummikub with Barbara S. is coming back and we've had requests to start a Mah-Jongg group for experienced players. Please contact a Call Manager if you're interested in leading or joining a game.

As we enter this period of transition, we don't know which facilities will require masks, so please bring one to these events. Also, since we have to provide counts to venues so they can set up, please try to register as far in advance as you can. We can't wait to see everyone this summer!

See Insert for
Upcoming Events

Meet & Greet Returns!



Meet & Greet at StoneFire Grill - The simple pleasures of sitting down around the table to enjoy a meal and conversation with friends, and seeing the smiles on everyone's faces. This is Aging Better Together!



Photos courtesy of Sharon Chernoff

Fabienne L.
Catharine H.
Jenifer G.
Christel E.

JULY BIRTHDAYS!

Join us for the July 8th
Birthday Bash to celebrate
July Birthdays with our
Village friends

Barbara B.
Michaela J.
Jenny S.

Barbara Jimerson Steps Into CVV Membership Director Role

Barbara Jimerson, Conejo Valley Village volunteer and social member, will be stepping into the role of Membership Director on July 1, 2021.

She follows in the footsteps of Susan Armstrong, whose role for the first part of the year will end on June 30. Susan looks forward to further involvement with CVV and continuing an already-full retirement lifestyle.

Barbara worked as a secondary educator, first for the Los Angeles Unified School District and then, California State University, Channel Islands. After retiring,



Barbara facilitated journaling sessions and workshops in substance-abuse recovery facilities.

As an avid supporter of the Village Movement, Barbara has involved herself in CVV by leading several zoom groups as well as participating in the Care Program. She has been serving CVV since its inception, but has taken a sideline role up until this year.

In addition to her decision to be involved in membership, she will join the CVV Board which includes Valarie Fitch, Chairperson, Lois Barberio, Secretary, Directors Lori Bliss (Events), Barbara Balke (Care Team) Chris Jones (Outreach), Danny White (Operations). Our thanks to Susan and Barbara for their contributions to CVV.



Quick Tips & Cool Hangouts to Beat the Summer Heat



Stay Safe in Summer Heat!

Here are some tips from our county emergency preparedness website, www.readyventura.org. **Look out for anyone needing help dealing with the heat.**

Dos:

- Use air conditioners or spend time in air-conditioned locations such as malls, libraries and movie theaters.
- 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 to Visit if Your Home is Uncomfortable

(Call for hours of operation)

Thousand Oaks (TO):

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

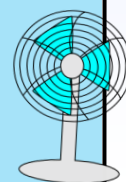
TO Grant R. Brimhall Library 1401 E. Janss Road, TO (805) 449-2660

Oaks Mall 344 W. Hillcrest Drive, TO (805) 495-2032

Newbury Park: Branch Library

2331 Borchard Rd, NP (805) 498-2139

Oak Park: Oak Park Library 899 N. Kanan Rd, Oak Park (818) 889-2239



It Feels Good to Be Prepared with a "Go-Kit"

By **Bunnie Roach**

Every cloud has a silver lining. We live in California, which has wonderful climate. We don't have to worry about hurricanes or floods. But natural and/or man-made disasters don't give us a pass. (Remember The Borderline catastrophe.) Our state is prone to earthquakes, and we have to worry about fires every summer. We are currently in a severe drought, and summer is just beginning. It's not a question of if 2021 will be an exceptionally severe year for fire damage, but how much destruction and at what cost to the state and to residents. Emergency preparedness is now an essential part of living in California.

We all know that we should prepare in advance for these events by having emergency "go bags" or kits. Some of us have already done this, but many of us keep putting it off until "manana". At the urging (aka nagging) of my daughter, I finally stopped putting it off several months ago. With her help, and information available online, I am now prepared. It feels good.



Several Villagers, knowing how important emergency preparedness planning is, formed CVV's own Emergency Response Team. Current members including Lois B., Jeni G., Anne N. and Danny W. are preparing lists which will

appear in our monthly Newsletter in the very near future. The Team will be providing materials that will discuss what to include in your kits, and what to do to ready your house in case you have to temporarily leave. We will include lists of food, medications, supplies, medical records, important papers, etc.

The Team is developing a Program to help all Villagers be prepared. This may include group training sessions as well as individual help for those who might need assistance putting together their "Go Kit". The Team is looking for more volunteers. The Team members will visit individual Village members at their homes to help those that need a hand getting their go bags ready in case of an emergency. This is an especially important Village program to help support our motto of "Aging Better Together". More info coming soon!



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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.

Place
Stamp
Here

*Sign up for CVV's
Pre-Independence Day
Potluck
Thursday, July 1st, 5pm
See insert for details*



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

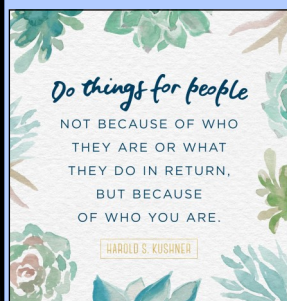
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Volunteer Spotlight

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!

What's the Most Rewarding Way to Volunteer?

If you are enjoying your volunteer experience with CVV and want to



inspire and excite new volunteers, regardless of the type of services you normally provide, consider joining the

Peer Team! Call Lois B. at (310) 466-6228. Everyone has something special to give and can make a big difference in others' lives!

VOLUNTEERS!

LOOK FOR NEW SERVICE REQUEST OPPORTUNITIES!

Service requests are increasing so there are new opportunities every day.



Check out the website for different ways to help improve members' lives, or call **(805) 372-1826**. Sign up and help members thrive!

We appreciate all that you do for CVV!

CVV Volunteer Program ZOOM Meeting

**Wed, July 7th
3 pm**

Meet other volunteers, share ideas and questions to improve member services and volunteer experiences. Look for email updates this month.

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