



AGING. BETTER. *Together!*

Volume 5, Issue 10

Official Newsletter of Conejo Valley Village

October 2021

Finding Meaning from the Covid Experience

By Sharon Bloom Chernoff

I am writing this on the 20 year anniversary of 9/11. A day like no other..... I am thinking about Covid-19 a world pandemic. A year like no other....

What have we learned? Have these events changed us for the better or for the worse? 9/11 and this pandemic, both so shocking, so tragic, so many lives lost, so out of our control, scary.

I know many lost family and friends to the virus. Jobs were lost, plans were changed. No more movies, restaurants, family get-togethers. No more traveling. We had to deal with isolation and find ways to take care of ourselves. The list goes on...as does the virus as it mutates.

I can't help thinking of Viktor Frankl, Austrian psychiatrist and neurologist, who spent 3 years in Auschwitz concentration camp. His reflections on his experience are in his memoir "Man's Search for Meaning." It remains a psychological classic today.

He comes to mind because he believed that even in the worst circumstances, we can choose how we respond. We can find meaning and purpose in our lives if we so choose. So, I ask myself and I ask you, how have you come to terms with the year 2020 and as it continues, 2021? Can you find meaning from this experience? As I asked others, here were some of the responses:



- I learned that staying at home, I could still make contact with friends. Reaching out and talking with others helped me not feel isolated. We were in this together.*
- I tackled technology. It really is here to stay. I was proud of myself. I use Zoom!*
- I paid more attention to my home, what I liked and needed and what I didn't. So, I cleaned closets and had lots to pass on to others.*
- I slowed down and felt better. I had time to think about what was important and found I was spending too much time on things that did not matter. But I have to admit, I still miss shopping.*
- I started to meditate and calmed down. I feel more spiritual. Love and kindness to others has become primary. I started reading again.*
- I learned the little things I do for others, and even social justice, can make a difference. It's a small world we live in. What happens in other countries can affect me personally. I try to be less judgmental and listen more. It has helped.*

For me personally, as I look back, I lost a lot of what was my life-style. I missed my office and my supervision group of over 30 years. I missed CVV events in person and my painting class. Being a widow, I thought I had been resilient and made new friends and joined local groups. Did all that go out the window? Am I now stuck at home alone? I lost three friends suddenly - not from Covid, but illnesses and a drunk driver. Then last straw, I broke my kneecap from a fall. Enough!

I finally found purpose in making collages of the year 2020. It helped soothe me. Then I found a way to work from home. I got used to Zoom. I talk to CVV members every night. I know for sure that what life is about is friendship, love and kindness, and as my friend reminded me, self-care. I am lucky and I am aware of what I have and what I can change. I am so proud of CVV members for keeping the door open in so many ways. We never lost touch and we continue to go through this together.

It is really true, one door closes, another opens. **What about you?**



See Insert for
Upcoming Events

CVV Board Focused & Leading the Way

By Valerie Fitch

The Board of Directors Announces Senior Leadership Changes

During the COVID crisis many of us took time to prioritize our commitments and focus on how to improve our lives going forward. Your Board has done the same, discussing strategic goals and how best to ensure that CVV not only grows but thrives as the vibrant community it has become. The Board's discussions resulted in the formulation of a new strategic and focused plan for 2022 and beyond.

To implement our 2022 plan while better serving all Villagers, effective October 1st, several board mem-

bers will be repositioning their focus and responsibilities. **Chris Jones**, who currently serves as Treasurer and Board liaison to the newsletter team, will transition to the position of Volunteer Director. **Danny White**, CVV's statistical guru, will add leadership of the Emergency Response Team to his responsibilities. **Lois Barberio** will assume the new position of Outreach and Special Projects Director. She will also serve as Board liaison to the newsletter team. Lastly, I am pleased to announce that **Jacqueline Blade** has accepted the position of Assistant Treasurer.

Please join me in wishing Chris, Danny, Lois, and Jacqueline much success in their new roles.



Save these Holi-Dates!

Autumn is officially here, marking the beginning of the CVV Party Season. See the Events Insert or Calendar for more details!

We start off with a **Meet and Greet** on **October 14th** from 4:00pm - 6:00pm at Holdrens.

Then on **October 28th** don your costumes (if you wish) and join everyone for a **Halloween Potluck** from 4:00 pm - 6:00 pm at the North Ranch Center. Please bring an appetizer, salad or entrée to share. Dessert provided.

On **November 17th** join our traditional **Thanksgiving Celebration** at Country Harvest from 12:00 noon until 2:00 pm. You'll have your choice of a turkey or ham feast for only \$20.00. Yummy!

Our **Holiday Party**, compliments of CVV, will again be held at the Los Robles Greens. Don't miss this festive event **December 14th** from 12:00 noon until 2:00 pm.

Please remember to register for the events at least a few days in advance because we need to give the venues numbers and set up tables. Also arrange for rides if you need them. We hope you can come. Let's PARTY!

TRANSPORTATION UPDATE: To meet members' medical transportation needs, *non-medical* transportation requests will be limited to four (4) one-way trips per week starting Oct. 1st. Requests submitted prior to Oct. 1st will be honored. Medical transportation requests remain unlimited.



Support Senior Concerns' free **Virtual Home Tour** fundraiser on **Thursday, October 14th**, 6:00—7:15 pm. Tour some amazing homes, and bid on great live and silent auction items and experiences. Register at <https://www.seniorconcerns.org/events/virtual-home-tour/>

HAPPY OCTOBER BIRTHDAYS!

Join us at our October 28th Halloween Potluck/Birthday Bash to celebrate our October Birthday honorees!



Debbie L.	Anne N.	Sheryl N.	Loretta A.
Jacqueline B.	Billie S.	Deb M.	Chris J.
Judy S.	Dennis C.	Dick H.	Lori B.
Mary H.			Lillian D.

CVV Membership Makes Life Better

By Barbara Jimerson

As all of us still deal with the continuing effects of the pandemic, I wanted to know what impact CVV membership's has had on our full members' lives. I asked some members to share their views.



Yvette Jourdan-Abramski emphasized the advantages of having rides available when needed, and added that **her new friends from the village are treasured gifts.**

Speaking to Toni Cypret, I found that she experienced enhancements to her life since becoming a full member because she has met wonderful and kind people she now sees as friends. She said she is "continually amazed at how devoted the Board is to the Village. **The volunteers are dedicated to the purpose of the Village, particularly in providing a bond among everyone** with a variety of zoom classes and sessions during COVID as well as their offerings of a diversity of services."

Emerald Jones, a full member since CVV's inception, fondly recalls the entertaining outings the village planned and prepared before the pandemic. Emerald commented that she never felt uncomfortable with a CVV driver and believes that all **CVV volunteers "carry an extra-volunteer gene".**

A new CVV full member, Janice Fox, remarked that being a member of our Village "**has lived up to all of my expectations.**"

Finally, Marv Fineroff summed up the impact of being a CVV member fully saying, "One of the best things about being 78 years old is that I have the perspective of time and experience. I have gotten the best of life, you know, family and friends, and being able to give back to others. Like most of us who belong to the Village, we know that what we do counts and that it counts for each other. **Being a member of CVV is an extension of the best part of our lives and is a privilege that we all enjoy. Being a part of the Village is an enhancement of who I am.**"

Meet Pat Schiano - Member and Volunteer

By Bunnie Roach

Meet Pat Schiano, an active CVV member and life-long volunteer. Pat was born in New York, living there until 1972 when she moved to California. She has been a resident of both the San Fernando and now the Conejo Valley.

Pat graduated from Cal State Northridge with a BS in Business Administration. She worked for more than 35 years in a corporate environment. Her last position before retiring was as a Sr. Director of Administration, responsible for commercial sales agreements and sales support.

For the last 12 years Pat has been actively involved in several volunteer opportunities. She has a certification as an Ombudsman for the Ventura Long Term Care Services program, visiting assisted living facilities in an effort to protect the health, safety, welfare, and rights of the residents. As an Ombudsman one is required to attend 18 hours a year of continuing education.

Over the last several years she has delivered for Meals on Wheels, served on the SAMP Committee and was on the Core team for the Resource Center. Before

the pandemic, she served on a committee for the Mary Health of the Sick Convalescent and Nursing Hospital's Spring fundraiser luncheon and chaired the vendor boutique.

Additionally, for the last 8 years Pat has served on the Goebel Senior Center Commission, whose primary purpose is to raise funds to support the Goebel Senior Adult Center and create programs that will benefit local senior citizens.

Although an only child, Pat has many wonderful friends who through the years have made her a part of their families. She is now Grandma Pat to three grandchildren.

Pat enjoys traveling, cooking, exercising, movies and reading, and is a member of a Book Club which she says exposes her to different genres. Her favorites are historical fiction and mysteries. The other joy in Pat's life is her little girl, Lucy, a black toy poodle mix she rescued. Lucy and Pat enjoy countless hours of joy, love and companionship.





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.

Place
Stamp
Here



Join our spooky fun CVV
**HALLOWEEN
POTLUCK!**

Thursday, Oct. 28, 4 pm
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

Page 4

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!

CVV Emergency Response Team Zoom Meeting

Wed., Oct. 6th, 2 pm

Meet other volunteers, share ideas and concerns to increase Villagers' education about and preparedness for emergencies.

Sign up online or call
(805) 372-1826



FRIENDLY DRIVERS NEEDED

You drive and members thrive!

Volunteers are needed to give members rides to medical appointments and important errands. A reliable and friendly ride helps CVV members maintain their health, households and social connections and reduce stress.

Benefits for Volunteers:

Instant gratification of helping members!

Quality time spent making new friends!

Select requests that fit your schedule!

\$0.56/mile reimbursement!

For more information, call (805) 372-1826

Background check process required to provide transportation.