



Celebrating 5 Years of CVV Connection & Service

By Valarie Fitch

On April 27, more than 60 Villagers met at the North Ranch Center to celebrate CVV's 5th Anniversary. The Event Team organized a wonderful day, complete with great food and raffle prizes. As Board Chair, I was pleased to give a State of the Village presentation highlighting our history and progress – what an amazing journey it has been!

CVV is unique in that we are the only village in Ventura County. The next closest village is in Beverly Hills in Los Angeles or north beyond San Luis Obispo County. All villages struggled to adapt during the pandemic, some did not survive, but CVV adapted in less than a month, maintaining membership, emerging stronger and with a deeper sense of community.

Leadership forming a village required someone with vision, skills and willingness to make a large commitment of time and energy. At the time, Dinah Frishling was the volunteering team leader for the Council On Aging (COA) Master Plan implementation. Her background, skills and proven abilities did not go unnoticed. Dinah accepted the challenge to lead the formation of a village and COA members Nick Fotheringham, Nancy Healey and Loretta Allen joined in the effort.



In 2017, we opened with 64 members and 57 volunteers/member volunteers, by the end of 2021, we had 103 members and 75 volunteers/member volunteers. Services were very limited during the COVID pandemic however, this band of dedicated volunteers provided 1,360 services, a large percentage being medical transportation by vaccinated volunteers.

While these numbers tell an amazing story, they are only a part of the story. The Village has nine teams of volunteers who work quietly, diligently, and passionately in the background to ensure that CVV thrives as we age better together. So, whether you are a Call Manager or work on the Events, Emergency Response, Financial, Newsletter, Membership, Outreach, Statistics or Volunteer teams, please know that everyone in the Village is thankful for all that you do. Together team

members work an average of 807 hours PER MONTH to keep the village running.

Call Managers answer an average of 310 calls a month. At the beginning of the pandemic, there was a record high of 460 calls in one month. The Events Team plans all in-person and zoom events which were attended by over 1,300 villagers in the past year! The team learned to how to zoom, create a wide variety of events and become presenters.

The all-volunteer Board of Directors are a hard-working, dedicated team who individually take responsibility for the teams and the business aspects of the village. Every team is important to the success of CVV. Thanks to all villagers and the teams who work in such harmony and achieve so much!

I have been involved with the Village since its inception. The beginning of our village journey was exciting and, today, five years later, I am inspired by all we have accomplished together. It has become what was once only imagined.

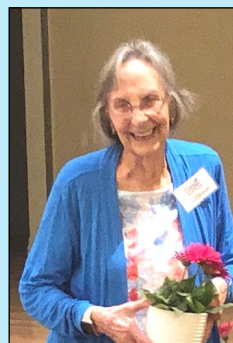
HAPPY ANNIVERSARY CVV!

See Insert for
Upcoming Events

Party Like It's Our Fifth Anniversary!



HAPPY ANNIVERSARY



Photos courtesy of Nick Fotheringham and Sharon Chernoff

Happy MAY Birthdays!

Pam K.
Regina C.
Jen A.
Yvette J.

Elissa C.
Beth S.
Dena S.
Pat S.

Joe C.
Adrienne R.
Beverly F.
Marv F.
Karen H.

David A.
Linda S.
Iris S.
Marc B.

Karen Hansen honored by Conejo Senior Volunteer Program

There are approximately nine hundred volunteers who report their service hours to the Conejo Senior Volunteer Program. On Thursday, April 21st three hundred of those volunteers joined together at the park behind the Goebel Center to celebrate Volunteer Appreciation Day. Our very own Karen H. was singled out with praise, a special thank you, and flowers in recognition of her 500 hours of service as a Conejo Valley Village Call Manager over the last two years. Amazing job Karen!

Guided Autobiography - Coming in June!

By **Brianne Ellsworth**

Begin recording your own memoir with the support of a facilitator from the Birren Center for Autobiographical Studies. Enjoy the camaraderie of a group, write, and share your stories and take time to reflect on your life. We make writing fun!

Feeling unsure if this class is for you? We address some common points of resistance and why everyone should write a memoir.

My life hasn't been special enough to write down.

Most of us yearn to know more about our ancestors. We wish we had asked more questions while we had the chance. Younger generations might not realize it now, but they will be grateful for the family history and personal details in your memoir. As life changes, even the mundane becomes interesting and reveals history. Writing about a rotary phone or a first job helps future generations envision your life. Everyone has an interesting story to tell!

I'm not a writer. Writing is simply expressing your thoughts on paper and using your unique voice to share your truth. Authenticity, personality, and perspective will be your



greatest tools. Forget about grammar and writing rules, just be you.

I get overwhelmed and don't know where to start.

Each week there will be a writing theme with questions to stimulate memories and creative activities to inspire you. You'll be amazed at what you recall.

There are parts of my life I don't want to share. As the author of your story, you get to decide what you want to share. Writing can also be healing and looking back at challenging times from your current perspective can remind you of your strength.

Join us for a live Q&A Zoom Event to find out more about this class on Thursday, May 19th at 1pm. Or join us for a series of guided writing sessions in June (see insert; limited to 14 people):

Guided Autobiography
Thursdays from 1 - 2:30pm
June 2, 9, 16, 23 and 30

To register for either the introductory session or five-week course, sign up on the CVV Calendar online or call a Call Manager at (805) 372-1826. More sessions to follow after June!

Remembering Marty Schentes

We honor Marty Schentes who passed away in April. Marty was part of Conejo Valley Village (CVV) before there even was a Village. It was during his tenure on the Thousand Oaks Council on Aging that Marty first heard of the idea of creating a local organization to help older adults age-in-place in the Conejo Valley.

Following his service on the Council, both Marty and his wife Rosa Lee joined the weekly planning sessions of the Advisory Team as CVV took shape and became a reality. Marty often took notes and functioned as secretary for the meetings. As CVV started to take form, Marty was part of the team that helped identify professionals who could be recommended to Village members. Marty enjoyed being part of the action and was always willing to lend a hand. He was a man who had a smile that made you feel good, and he was a joy to be around. He and Rosa Lee were two of our first members.

Marty was an engineer by trade. He and Rosa Lee moved from Claremont to the Conejo Valley to be closer to family. Marty has been described as the perfect gentleman. He and Rosa Lee were the rare couple who lovingly celebrated 70 years of marriage. Marty will be missed by his family, many friends, and all of us in the Village who had the good fortune to know him.

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

Abbie F.	Carol B.	Caroline H.
Jeri A.	Jill L.	Judy F.
Judy K.	Judy M.	Massayo H.
Regina C.	Robin H.	Ronnie F.
	Stacey L.	

New Volunteers

Gary S.	Judy K.	Melinda H.
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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



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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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!

Barbara Balke to Serve as Volunteer Director

By Barbara Jimerson

Conejo Valley Village has been fortunate to have an abundance of special people sign up as volunteers. And directing, recruiting, organizing, and managing volunteers for the Village is a huge undertaking. It definitely takes a special person to serve as CVV's Director of Volunteers.

When Lois Barberio began in this role, there was an urgency to set a pattern that was consistent and dependable. Her directorship set a pace for a high standard. She left this position after establishing a standard of excellence.

Chris Jones stepped in and displayed his strengths, managing a number of commitments, including CVV Treasurer, and quickly became known as a problem solver. In order to appropriately prioritize his various commitments to CVV and another non-profit focusing on hosting cancer support groups, Chris had to let go of leading the volunteer team, however, his continued dependability is still ever-present as he continues to serve as a Call Manager.

Barbara Balke thought long and hard about accepting

the position of Director of Volunteers, but she has the skills, experience, and energy to fulfill the responsibilities. Barbara noted "As a member of the Volunteer Committee for over five years, I know almost all the volunteers and full members and have steadily been a service provider. Chris Jones and Lois Barberio have both provided their support from their experiences as I transition into the job. Thanks to their work, we have an excellent group of volunteers."

And how does Barbara plan to enhance a finely tuned collection of volunteers? "I want to have more direct contact with the volunteers and work to ensure that we have the type of volunteers to help with what our members need, such as, handyman/woman services, light gardening, and tech support. I hope to develop leadership for the team to replace myself when the time comes. CVV is an amazing group, but it takes all our effort to keep it alive and growing."

All of Conejo Valley Village recognizes that this responsibility takes a special person. And Barbara Balke fits that description! Thank you and Congratulations, Barbara!