



Welcome to the newsletter of Sequoia Village, which serves members in Belmont, San Carlos, Redwood City, and Redwood Shores.



July / August 2016 Vol. 2 #4

UPCOMING EVENTS

Information Session

2nd Thursday of each month, 10-11:30am
San Carlos Adult Community Center
610 Chestnut St., San Carlos

Information Session

4th Thursday of each month, 1-2pm
Twin Pines Senior & Community Center
20 Twin Pines Lane, Belmont

Coffee Connection

Tuesday, July 19th, 10-11:30am
San Carlos Adult Community Center
601 Chestnut Street, San Carlos

The Village is growing

Hello dear friends of Sequoia Village and Mid-Peninsula Village!

We have completed the official name change of our nonprofit corporation, and now have the name "**Villages of San Mateo County.**" This will be the "hub" organization for any number of "spoke" villages, the first two being **Sequoia Village** (Belmont, San Carlos and Redwood City) and **Mid-Peninsula Village** (San Mateo, Burlingame and Hillsborough).

For the members and volunteers of Sequoia Village, nothing will change in the way a member requests services or the way volunteers respond to those requests. The number to call and the process that follows will be exactly the same as it is now. For the future members and volunteers of Mid-Peninsula Village, stay tuned for news of the launch which is targeted for September 2016. While joined as one nonprofit entity, each village will be independent in many ways, with its own identity, programs, and geographic area. (continued on next page)

Reach Sequoia Village at:

650-260-4569, infosequoiavillage@gmail.com and <http://www.sequoiavillage.org/>

DID YOU KNOW... In case of a disaster, connect with KCBS AM radio station 740.

The village is growing (contd.)

A new website will be created for Villages of San Mateo County that will have tabs or pages for Sequoia Village and Mid Peninsula Village and other new villages as they are formed. It will also include items of interest to village members and volunteers throughout the county.

Since the umbrella organization is the nonprofit recognized by the IRS and the State of California for 501(c)(3), checks will need to be written to Villages of San Mateo County in the future.

Thank you for your continuing interest and support!

Sincerely,

The Board of Villages of San Mateo County

I WAS HACKED!

Early one Wednesday morning the phone rang, a call from my Sequoia Village mentor. She had received an email from me “asking for my help”, and was responding with deep concern. I told her that I had not sent her a pleading email, and to ignore it. A few minutes later I got another call from a friend who was worried about me and my “request”. Throughout the day I got more than 30 phone calls from friends and acquaintances all over the world. Obviously, my computer had been hacked. It took three days to get my technology up and running, sending assurance that I did not have “a cousin in Mexico dying of cancer”, who did

not need \$13,000 immediately”. The good part of the experience was realizing how cared for I am by so many people in my life. Most importantly is that the VERY FIRST call I received was from Sequoia Village, looking after me, checking on my needs, showing concern for my safety and well-being. My SV membership is the most valuable resource I have. Neighbors helping neighbors gives me peace and security for the years ahead.

Nancy Grandfield, co-editor

Considering a membership?

Sequoia Village is an exciting place to be these days — and for good reason. Thanks to our dedicated volunteers and ever-improving services and event programming, SV members are engaged, making a difference for their lives through their virtual Village.

The benefits of membership in Sequoia Village include:

- Volunteers who are ready to help with transportation, household assistance and maintenance, errands and more
- Providers who are ready to help with professional projects and services like plumbing, roofing, home health care – all licensed professionals who often offer discounts to our SV members
- Programs which are free or low-cost and designed to keep members connected to all the southern Peninsula has to offer, from educational to cultural to healthy outings and events.

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Looking for the perfect BIRTHDAY, ANNIVERSARY, CELEBRATION gift for a family member, a friend, a coworker? Consider a donation to Sequoia Village in their honor or memory.

Choosing a caregiver

Ten questions to ask when hiring a caregiver:



1. How do you recruit care team members and what are your hiring requirements?
2. Do you conduct criminal background checks on prospective caregivers? How about drug screening?
3. Are the caregivers company employees with payroll withholding taxes covered by your agency?
4. Are the caregivers insured and bonded through your agency?
5. What competencies are expected of the caregiver? Lifting and transfers? Personal care skills (bathing, dressing, toileting)? Training in behavioral management, cognitive support?
6. How do you assess what the caregiver is capable of doing?
7. What is your policy on providing a substitute in the event a regular care provider can't perform the services in your agreement?
8. If there is dissatisfaction with a particular caregiver, can he/she be replaced "without cause"?
9. Does the agency provide a supervisor who is responsible for regularly evaluating the quality of care?
10. Does supervision occur over the telephone, through progress reports or in person at the home with the older adult?

Memory and Music program

Studies have found how music affects the memory centers in the brain. Through the pioneering work of Dan Cohen, the Music and Memory program connects people with memory loss back to their memories. It begins with the loading of an iPod with the favorite tunes from a memory impaired person's era that allows them to walk backwards in time. The results have shown the need for antipsychotic drugs are reduced and signs of agitation are lessened.

You can view this moving 30-minute video on YouTube. After you have seen the video you may feel compelled to reach out to help bring life back through music to patients with Dementia and Alzheimer's disease.

A community volunteer project has been organized by One Life Counseling Center, Mission Hospice, The Elms which is funded by Sequoia Healthcare District. The purpose of this project is to obtain earphones and iPods to be programmed with music to pass on to residents in centers who provide care specifically for these cognitive conditions. They are in need of volunteers to help them fulfill their goal.

If you are interested in helping, plus wish to know more about the program, contact Suzie Hughes, One Life Counseling, at 650-694-5155.

**SEQUOIA VILLAGE
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COMMITTEES**

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Taking exercise in stride

Think a daily walk can't do much for your health? Actually, walking has numerous benefits, whether you're trying to lose weight, boost your energy levels and mood, or clear your mind. Other types of exercise may be as beneficial as walking (Check your local community centers for classes), but the simplicity of walking makes it a great exercise option. Start by adding several short walks (even just five minutes) to your daily routine. If you need more encouragement to walk, check out the U.S. Surgeon General's report called "Step It Up--a Call to Action"

Service Providers

Sequoia Village Associates and Full-paying members have access to a variety of services at their fingertips. For example, if your refrigerator is in need of professional service you can find a well-qualified and/or highly recommended appliance repair person on the Sequoia Village website.

There are two categories of providers available to you: those who are vetted (screened for active license/insurance) and those who are not vetted but recommended by other SV members and/or the community. Some of the vendors are willing to provide a discount to our members, and they agree to not solicit business from members for other than the services requested.

Currently, there are 18 categories of vendors and the list will continue to grow. A few examples of the providers available are plumbers, electricians, painters, gardeners, appliance repairmen and window washers.

Emergency Alert System

San Mateo County (SMC) has upgraded its Emergency Alert System which allows the County and its participating cities to send real-time information about significant events:

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- Alerts about public safety, wildlife and road closure notifications; and,
- Property notifications to smaller neighborhoods based on a user's location.

Registered users will receive an email unique to their individual account. New users may create an account at <http://www.smcalert.info/>

“RED DAY” at the Village

It was a bright day in May for Sequoia Village members when Keller Williams Real Estate Agency employees, wearing red shirts, arrived at their homes to perform all types of needed handyman services. The day for the Keller Williams (KW) employees was their annual “RED DAY” where they close all of their offices for the day to provide services to the community. KW chose Sequoia Village as the organization to serve and indeed, it was one very delightful and productive day for all! Sequoia villages members say **THANK YOU** to all who participated and we look forward to seeing you again next year!!!



‘Pot of Gold’

Volunteers of all Ages is Sequoia Village’s ‘Pot of Gold’. Become a vital part of SV’s TREASURE if:

- you want to make a difference in the life of a person.
- you wish to provide seniors, who could not otherwise, accomplish their regular appointments, grocery store visits and connect socially with friends and events with a means to do so.
- you recognize the value of helping the senior population to continue to live in their own homes.
- you are ready to know about the many volunteer opportunities available within your community.

SEQUOIA VILLAGE DONORS

Sequoia Village extends its appreciation for the generous financial support and in-kind gifts received from many individuals and the following organizations:

- Sequoia Healthcare District
- Trinity Presbyterian Church of San Carlos
- Rotary Club of San Carlos
- Howard & Martha Girdlestone Foundation
- Kiwanis Club of San Carlos
- Peter & Paula Uccelli Foundation
- Danford Foundation
- Dignity Health
- Mid-Peninsula Vineyard Christian Church
- West Valley Federated Women’s Club
- Redwood City Parks and Recreation

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