

NEWSLETTER



Villages of San Mateo County



Mid Peninsula Village
NEIGHBORS HELPING NEIGHBORS



Volume 2017, Issue 2

March /April

LET'S TALK

ABOUT IT: Keep People In Your Life

Companionship
offers social as well
as health benefits.

Humans are social
beings. We need to
share our needs,
wants, loves, fears, thoughts and expe-
riences with other people. Social, phys-
ical and emotional contact are essential
to our everyday life.



Dancing can provide social and
emotional contact

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Contact Villages of San Mateo County at: 650-260-4569 or info@villagesofsmc.org

Sequoia Village and Mid Peninsula Village are two local villages under the umbrella
501(c)(3) nonprofit called Villages of San Mateo County

POSITION OPENING: EXECUTIVE DIRECTOR

VILLAGES OF SAN MATEO COUNTY are recruiting for this new open position. We are asking you to refer interested people to our website to review the position description and to apply if they think they are interested and qualified.

Volunteers Needed to Help Older Adults!

VILLAGES OF SAN MATEO COUNTY is a non-profit, membership organization enabling our members to continue living in their homes and communities as they age by providing access to support services. We are looking for PASSIONATE, ENTHUSIASTIC and DEDICATED volunteers to be part of our growing community. Our **135 members** (and growing!) live in Belmont, San Carlos, Redwood City, Redwood Shores, San Mateo, Hillsborough and Burlingame.

Volunteer Opportunities include:

- Transport members to appointments and events
- Perform minor home repairs
- Provide technical assistance
- Run errands – shopping, etc.
- Volunteer to staff the office
- Make friendly visits or phone calls
- Plan and assist with social events
- Write or edit materials – newsletter, etc.
- Marketing for Village programs

Want to learn more? Check out our website at www.villagesofsmc.org or email us at info@villagesofsmc.org. You may also write to us at Villages of San Mateo County, P.O. Box 813, San Carlos, CA 94070 or call us at 650-260-4569.

“TIP” FOR TODAY ON TIPPING!

How much to tip can seem as complicated as calculus. You don't want to seem cheap, but you don't want to overdo it, especially if money is tight.

Here's a quick, basic look at what's expected in a variety of everyday situations:

Waiter/waitress (full service):
10, 15 or 20 percent of the bill, before tax

Bartender: \$1-\$2 per drink, or
15-20 percent of the total tab

Hairstylist/barber: 15-20
percent

Masseuse: 15-20 percent

Car valet: \$2-\$5 when picking
up your car

Room Service: 15-20 percent

COFFEE CONNECTION

Join us for an opportunity to socialize with other Sequoia Village members and to hear an informative talk on “How To Keep Yourself Safe In The Hospital.” Open to all SV and MPV members, volunteers, and guests. Light refreshments will be provided.

DATE: Wednesday, March 15, 2017

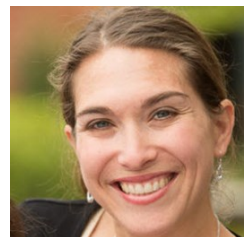
TIME: 10 AM—11:30 AM

LOCATION: Redwood City Veterans Memorial Senior Center

Sunset Room, 1455 Madison Avenue, RWC 94061

**RSVP: Villages of San Mateo County no later than March 10 by calling
650-260-4569 or send an email to info@villagesofsmc.org**

Presenters: DR. PAUL SHAREK AND CASSANDRA BERGERO



DR. SHAREK is presently Professor of Pediatrics at Stanford University, a pediatric hospitalist, and is the creator and Medical Director of the LPCH Center for Quality and Clinical Effectiveness and Chief Clinical Patient Safety Officer at LPCH. Dr. Sharek has given a substantial number of presentations at national and international academic meetings related to quality of care and patient safety and is a faculty member of the Institute for Healthcare Improvement (IHI).

The extensive research work Dr. Sharek has done for the pediatric population has been recognized and implemented worldwide for patients of all ages. It is important to note that Dr. Sharek has dedicated his research and administrative efforts to translating the tenets of high reliability organization theory into healthcare, and is partnering with human factors engineers to translate “design thinking” into the healthcare industry to accelerate patient safety and quality improvement for both children and adults.

MS. BERGERO has worked at Stanford Hospital for over 10 years. She is a Registered Nurse, Clinical Nurse Specialist and Family Nurse Practitioner. Ms. Bergero’s primary role at Stanford Hospital is as the Director of Patient Safety and Infection Prevention and Control. Her focus is on improving the safety systems in the hospital to reduce preventable harm to patients.

*** Please indicate if you do or do not need a ride**

****Please indicate if you are bringing a guest**

**VILLAGES OF SAN
MATEO COUNTY
CHAIRS AND
COMMITTEES**

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CHAIR**
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COMMITTEE**
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Irene Liana

70 Strong Connects The Senior Population in San Mateo County to Activities and Services

70 STRONG, a new program for San Mateo County, has been set in motion. It is the first, free comprehensive online directory of activities and services for older adults and their family members. You can access the activities and services through a user-friendly online resource directory.

Need assistance to navigate through the system? A Community Navigator can be reached by phone or in person that is available free for district residence.

The district residences being served by **70 Strong** includes: Atherton, Belmont, Portola Valley, Redwood city, Redwood Shores, San Carlos, Woodside, and parts of Foster City, Menlo Park and San Mateo.

Visit www.70Strong.org or call 650-780-7547 to speak to a Community Navigator.

ADVOCATES CORNER

A new free service offered by VSMC

**GOT A PROBLEM? ADVOCATES ARE HERE TO
SERVE YOU!**

The Villages of San Mateo County has Volunteer Advocates who are available on your behalf. They will give guidance, give voice, and help you resolve problems.

Confusing and exasperating situations sometimes occur. It could be a government agency, a utility bill, an insurance issue, incorrect statements from a provider and more. VSMC volunteers are ready to offer guidance and referrals as an avenue to resolve these issues. Call the VSMC office at 650-260-4569 to request an Advocate to serve you.

MEMBER SPOTLIGHT

Marilyn Tardiff exemplifies the Village concept. A very active lady, she first joined Sequoia Village as a Charter Member, and then, when Mid Peninsula Village opened in her home city of San Mateo, she transferred her membership and became MPV's first Charter Member. She also volunteers for The Villages of San Mateo County, phoning members to remind them of upcoming events and, as she has just joined the mentoring team for MPV, helping our new members become acquainted with Village services.



Marilyn's background and interests are as varied as her volunteer experience. She takes the most pride in her tenure as Administrator for the International Association of Financial Planners, a "one-woman show" as she tells it. She chaired their annual Southern California Conference Committee, which led to a further career in Event Planning, all the while serving as office manager for her husband's Financial Planning firm. Her training as a concert pianist came in handy for her long-time status as organist for her church.

Today, Marilyn spends much of her time stitching. She is an avid needlework fan, and takes part in a weekly needlepoint group. She attends needlework classes, always increasing her skill level. Her work is truly outstanding and show-worthy. When asked if she had won awards, she answered, "well, yes, a few, but for me, the true enjoyment is crafting the pieces."

Marilyn and husband Bob were married for over 67 years before he passed away two years ago. Her daughter was the one who urged her to join the Village. Marilyn, as most Village members, is fiercely independent, and needed to be convinced. Her daughter pointed out just how difficult it had become for her to take her recycling bin to the trash area of her condo, trying to manage both her walker, and the trash can, so she decided to give the Village a try. Problem solved. A Village volunteer now comes weekly to do the job. What does she like most about being a Village member? She answers readily, "The kindness of every volunteer I've interacted with – I feel I've made a number of good friends." We at the Villages of San Mateo County feel the same about you, Marilyn – you are indeed a wonderful addition to our Village!

Celebrating 15 Years of The Village Movement!

The Village Movement is celebrating its 15th year in existence. It all started with Beacon Hill Village in Boston MA as the first village to emerge. Mandy Summerson, president of Village to Village Network (VtV) says, "Now the Village movement has grown to 300+ active Villages across the country and 30,000+ older adults, volunteers, family members and staff working together to make aging in community a viable option for everyone." She went on to thank Beacon Hill Village and its founders "for taking the lead in this movement that is shifting the way our country views aging."

With the help from VtV Network and the community support from San Mateo County, the Villages of San Mateo County (VSMC), the HUB for two spokes: Sequoia Village (SV) and Mid Peninsula Village (MPV), have already made a positive impact on the communities they serve. SV has been in operation since July, 2015 and MPV opened its doors in September, 2016. SV serves Redwood City, Redwood Shores, San Carlos, and Belmont. MPV serves San Mateo, Hillsborough and Burlingame. Together we have approximately 135 members and 100+ volunteers providing services. The aim of VSMC is to make a Village available to the residents of every city in San Mateo County.

We've made a good start on the road towards our goal. With the growing number of dedicated members and volunteers we are attracting, we'll get there!

~by Deborah Flaherty, Chair, MPV and Victoria Kline, Co-Chair, SV

TESTIMONIALS

*"Thank you Dan Abrahamson for your help on Sunday in getting my sump pump to work correctly"....**Edith A.** (According to Edith before Dan arrived on Sunday at her home, she had called her plumber for several days, but no show. Then she contacted the RWC Fire Department, but Dan had arrived before them and finished the job).*

*"I want to express my sincere appreciation for the help I get from our volunteer, Ruth Tucker. She has been so great with solving my computer problems and other tasks as well"....**Elke J.***

*"Thank you very much for the work did Friday. I appreciate it. It adds to my ability to stay in my home. Sequoia Village is a terrific organization"....**Johanna A.***

*"Sequoia Village provides all that I need to stay in my own home"....**Marilyn M.***

SEQUOIA VILLAGE DONORS

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

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

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Finding Camaraderie

As you get older, it can be more difficult to find new companions and fend off loneliness. Here are some helpful “camaraderie” suggestions.

- Turn to family and reach out to friends.
- Look inside to your faith and participate at your church, temple or mosque.
- Focus on common interests. Join activities, clubs and classes offered at community and senior centers. Volunteer your services. There are plenty of organizations that would welcome you and your expertise.
- Love a pet. Critters offer companionship and joy. Pet therapy can help people who suffer with depression, dementia, etc.

Go professional. Caregiver, day care and hospice services can also provide company and care.

(Sources: AgingStats.gov, Health Behavioral News Service, Stress Mgmt. Corner; www.KeepsakeCompanions.com)

Shopping at AmazonSmile

Now, when you shop on *AmazonSmile*, Villages of San Mateo County will receive 0.5% of all eligible purchases. You just shop as usual and VSMC and you both benefit!

Here is how it works:

- Go to smile.amazon.com (save in your bookmarks)
- It will ask you to write in your charity (Villages of San Mateo County)

Then, all future purchases automatically go towards VSMC until you indicate otherwise. You can only choose one organization at a time.

The key is to always visit smile.amazon.com first and then...go shopping!

VOLUNTEER APPRECIATION WEEK

APRIL 23 – 29

VSMC members want to thank all of the volunteers who have given of your time, talent, voice, and support in helping the Sequoia Village and Mid Peninsula Village flourish. Because of you, our village community is vibrant and thriving. Your passion, enthusiasm and energy are greatly appreciated by all of those you have served!



Members and volunteers start off 2017 enjoying High Tea together! Front row (left to right): Angela Mallett, Jim Schrempp, Melvina Fields, Shirley Navarro; Back row (left to right): Senta Colombo, Patricia Brill, Anne Miltimore, Sheryl Hinchman

Jerry Georgette, volunteer member of the handyman core, hard at work at the home of a member



In Loving Memory

The Villages of San Mateo County community is deeply saddened over the recent passing of:

David Bent

Patricia Joann Hildreth

Shon Miller

Robert (Bob) Peruzzo

Renato Piombi

Help From Our Rotary Neighbors!

On January 21st, seven members of the San Carlos Rotary Club volunteered their labor for service projects at the homes of Sequoia Village members Max & Nancy Grandfield and Dan & Linda Odum.

Re-setting paving stones to make a safe walkway, re-attaching a rain gutter to the roof, and removing yard debris were among the activities. Materials for the jobs were funded by a grant from Dignity Health Sequoia Hospital. Many thanks to the Rotarians and to Dignity Health!

The San Carlos Rotary Club is always looking for community service projects, and based on the results today they are looking forward to another day sometime in the late summer or fall.



left to right:
Chris Edwards,
Scott
McMullin,
Dan Taylor,
Terry Wilson,
Janette Rabin,
At Van Den
Hout,
Linda Odum,
Monique
Morales