

NEWSLETTER



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LET'S TALK ABOUT IT:

What IS "successful aging?"

This is **not** a simple question to answer. It has long been the subject of vigorous inquiry and debate in gerontology. One prominent model of successful aging, developed in the 1990s (Rowe and Kahn), proposed that it means:

- freedom from disease and disability
- high cognitive and physical functioning
- active engagement with life



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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

Recent gerontologists have gone way past this model, but this may be pretty close to what many people have in mind when they think of “successful aging” or “aging well.” There’s an obvious problem with this conception of successful aging: many, if not most, older adults will eventually not be able to meet all three criteria. So have they failed?

A newer lens on the subject describes a model based on the assumption that with increasing age there is an accumulation of health-related and social stressors. They note that if it weren’t for common age-related challenges, there would be no need to distinguish successful aging from successful living at any age. (True!) They propose that those who maintain good physical health, mental health, and engagement in social activities, without any conscious coping efforts, be referred to as “lucky agers”.

But most people will not be lucky, and hence they need to find ways to cope and adapt to age-related stressors. Coping with age-related stressors in a purposeful way, and finding ways to maintain quality of life, is called making “proactive adaptations.” To adapt, an older person must marshal both internal resources (attitude, optimism, coping with challenges) and external resources (available social support, finances, etc). The main quality of life outcomes in this model include:

- Self-evaluation of success
- Life satisfaction
- Meaning in life
- Positive affective state (which basically means positive mood or emotions)
- Valued activities

In other words, this model gives credit to those who acknowledge that their lives may or are changing, and purposefully engage in addressing this. This takes a certain courage. Which, in truth, is what most older adults muster when the time comes.

Most people will encounter losses and impairments as they age. What if, as a society, we were less afraid of this, and, instead, embraced it as an opportunity to be proactive, and then to step up to challenges? What if, as a society, we were better at acknowledging and celebrating the remarkable acts of resiliency and problem-solving that many older people are working their way through? What if older people felt more comfortable getting help when it becomes necessary? What if we were better at providing it?

People really can engage at any age. We need to make sure that message is clear — and actionable — even for those who aren’t among the “lucky agers.”

(Source: [Leslie Kernisan, MD MPH; HHS Public Access](#))

COFFEE CONNECTION

Open to all Sequoia Village and Mid Peninsula Village members, volunteers, and guests. Light refreshments will be provided.



DATE: Wednesday, July 18, 2018

TIME: 10AM—11:30AM

LOCATION: Silicon Valley Community Foundation Conference Center
San Mateo

1300 South El Camino Real,

PRESENTER: **Christina Irving**, a Licensed Clinical Social Worker (LCSW) at Family Caregiver Alliance (FCA) in San Francisco, will be addressing “White Coat Syndrome.” Christina received her Master of Social Work degree from San Jose State University. She is the Clinical Supervisor at FCA and has been a Family Consultant with FCA for over 11 years. She conducts in-home caregiver assessments, teaches classes on topics which include understanding dementia and self-care, and provides individual, supportive counseling to family caregivers.

RSVP: Please contact the Villages of San Mateo County office by **July 13** by emailing us at info@villagesofsmc.org or by calling us at 650-260-4569 if you wish to attend.

Please indicate if you need a ride AND please indicate if you are bringing a guest.

BEACH BOARDWALK MEMBER EVENT

SAVE-THE-DATE! Open to all Sequoia Village and Mid Peninsula Village members and volunteers. Details to follow.

DATE: Saturday, August 18, 2018

TIME: 12-2 pm

LOCATION: Sandpiper Community Center, Redwood Shores
(no need to reply now; details to follow)



AVOIDING COMPUTER EMAIL SCAMS

Phishing is popular with cybercriminals, as it is far easier to trick someone into clicking a malicious link in a seemingly legitimate phishing email than trying to break through a computer's defenses.

When you browse the web, you might see a pop-up ad or a page warning you about a problem with your device. It might even look like the alert is coming from macOS or iOS. It isn't. These alerts are pop-ups, designed to trick you into calling a phony support number or buying an app that claims to fix the issue. Don't call the number. Simply navigate away from that page, or close the window or tab, and continue browsing.

Scammers try to copy email and text messages from legitimate companies to trick you into entering personal information and passwords. Never follow links or open attachments in suspicious or unsolicited messages. If you need to change or update personal information, contact the company directly.

These signs can help you identify phishing scams:

- The sender's email address or phone number doesn't match the name of the company that it claims to be from.
- Your email address or phone number is different from the one that you gave that company.
- The message starts with a generic greeting, like "Dear customer." Most legitimate companies will include your name in their messages to you. Also, watch for any obvious grammatical errors.
- A link appears to be legitimate but takes you to a website whose URL doesn't match the address of the company's website.
- The message looks significantly different from other messages that you've received from the company.
- The message requests personal information, like a credit card number or account password. The message is unsolicited and contains an attachment.

Scammers use any means they can—fake emails, pop-up ads, text messages, even phone calls—to try to trick you into sharing personal information. Use this information to protect your accounts and avoid scams:

- **BE WARY OF E-MAILS WITH LINK REQUESTS.** If you see an official looking communication from *any* entity directing you to take action by clicking a link--don't!
- **COMPANIES DON'T ASK FOR PASSWORDS IN E-MAILS.** Hackers are really good at creating phony e-mails that look like the real thing.

SHOPPING AT AmazonSmile

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

Here is how it works:

- Go to smile.amazon.com (save this address in your bookmarks)
- It will ask you to write in your charity (Villages of San Mateo County)
- No special apps needed

Then, 0.5% of all future eligible purchases automatically go towards VSMC until you indicate otherwise. The key is to always visit *smile.amazon.com* first and then...just go shopping!



ADVOCATES CORNER

A free service offered by VSMC

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. They could involve a government agency, a utility bill, an insurance issue, a contractor, incorrect statements from a healthcare provider and more. Our VSMC volunteers are ready to offer guidance and referrals as an avenue to help resolve these issues.

Call the VSMC office at 650-260-4569 to request an Advocate to serve you.

DID YOU KNOW?

As cool fall temperatures settle into Northern California, PG&E encourages customers to schedule FREE gas appliance safety checks with the company. They will make sure carbon monoxide detectors are installed near sleeping areas and are working properly.

PG&E gas service technicians perform thousands of safety checks and pilot relights for customers. PG&E customers can have a local gas service technician relight their pilot light and conduct an in-home appliance inspection at no cost.

To book an inspection, call 1-800-743-5000. Customers should always ask to see identification before allowing anyone claiming to be a PG&E representative inside their home.

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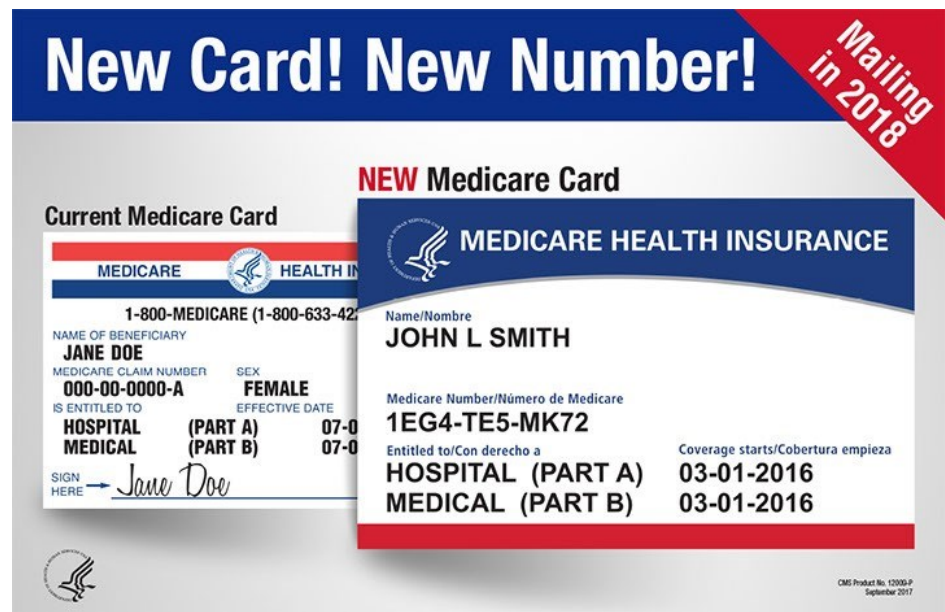
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GET READY FOR NEW MEDICARE CARDS

Between April, 2018 and April, 2019, the Centers for Medicare & Medicaid Services (CMS) will mail new Medicare cards to all people with Medicare. The new cards will have a new unique Medicare Number instead of a Social Security Number. Medicare will automatically mail the new cards to the beneficiary address on file with the Social Security Administration.

CMS will mail the new cards in waves. California will be in the first wave of cards to be mailed between April and June. After receiving a new card, people with Medicare are advised to take these steps to make it harder for someone to steal their personal information and identity:

1. Destroy your old Medicare card.
2. Use your new card right away. Doctors, other health care providers, and plans approved by Medicare know that Medicare is replacing the old cards and are ready to accept the new cards.

Beware of people contacting you about your new Medicare card and asking you for your Medicare Number, personal information, or to pay a fee for your new card. If you think someone is trying to steal your identity or otherwise commit fraud related to the new Medicare cards, you can report them to your local Senior Medicare Patrol (SMP). Information and resources for partners and providers related to the roll-out of the new cards is available from [CMS.gov](https://www.cms.gov).

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*
- *Touchpoint Foundation*
- *Trinity Presbyterian Church of San Carlos*
- *Wells Fargo*
- *West Valley Federated Women's Club*

DIGITAL MEDIA FROM PENINSULA LIBRARY SYSTEM

OverDrive, founded in 1986, is a free service offered by your library or school that lets you borrow digital content (like eBooks and audiobooks) anytime and anywhere from more than 2 million digital titles from more than 5,000 publishers. Every OverDrive collection is slightly different because each library or school picks the digital content they want for their users.

All you need to get started with free digital content from your library or school is an internet connection and a library card or student ID. OverDrive is globally compatible with most major e-reading devices.

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HIGH PERFORMANCE VOLUNTEERS

"The Nifty Two-Fifty Club"

During the past year, Villages of San Mateo County has been fortunate to have a stellar group of volunteers who all did their share of 4,135 service requests, reporting at least 9,958 hours of service! Not to underestimate the importance of 83 other volunteers, here we acknowledge 13 Superstars that we've named "The Nifty Two-Fifty Club." They are volunteers who have given 250 rides during the past year, or have logged 250 hours of volunteer service in other ways. This club also includes volunteers who have done 50 or more service projects other than rides, such as home repair, technology assistance, "friendly" visits, and more. They are:

Sally Quellos, Steve Childs and **Dan Wolfe** who each gave more than 250 rides! This is truly exceptional, and shows amazing commitment to our mission.

Joan Bell, Deb Flaherty, Sheryl Hinchman, Victoria

Kline, Randi Kutnewsky, Irene Liana, Scott

McMullin, and **Martie Moore** who each reported over 250 hours of volunteer service. Surely there were more, but they didn't report all their hours!

Jerry Georgette and **Patrick Brown** who each completed more than 50 non-driving service requests.

VSMC extends many, many thanks to all of our volunteers!

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Already tech-savvy? Simply visit <https://help.overdrive.com/#devices> , select your library system, and register with your library card number. Please remember that Windows Media Player 9 Series or newer is required in order to use the OverDrive Media Console.

Need help? In San Mateo, sign up for a one-on-one, 20 minute session by appointment between 2:00 - 3:30 p.m. in San Mateo's Main Library Computer Lab, 55 West Third Avenue. Bring your library card number and e-device with you. **REGISTRATION IS REQUIRED.** To sign up, please call (650) 522-7818 or visit the 2nd floor reference desk at the San Mateo Main Library. All sessions are free to Peninsula Library System card holders. Or, you can call your own local library branch for more specific information.



The Villages of San Mateo County had the lead position in the San Carlos Hometown Days Parade on May 19th!