

NEWSLETTER



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LET'S TALK ABOUT IT:

Humor and Aging - Keeping our Wits About Us

What's so funny about getting old? Aging is an issue that creates dissonance in most of us. Popular humor in birthday cards tell us that the passing of another year means we are getting wrinkly, unattractive and incontinent. Rare is the card for a birthday over age 39 that talks about aging as a joyful, happy experience.

One study found only 10% of birthday cards offered an upbeat outlook on aging, and only 25% of jokes about aging presented a positive view. Of those that were positive,

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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

COFFEE CONNECTION

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



**DATE: Wednesday,
November 14, 2018**

TIME: 10AM—11:30AM

**LOCATION: Silicon Valley Community Foundation
Conference Center, 1300 South El Camino Real, San
Mateo**



The VSMC is most fortunate to have Harriet Anderson among our dedicated and distinguished volunteers. Harriet not only drives Village members to their requested destinations, but she is an exceptional example of what can be accomplished over the age of 50 if you are

committed and consistent.

Her passion has led her to compete in the world's most trying test of fitness and endurance. At the age of 50, Harriet - a school nurse, mom and wife - decided she wanted to compete in Ironman Triathlons and began training. Now, at the age 82, Harriet continues to set the pace for others to follow. She has participated in over 29 Ironman races at Wildflower at Lake San Antonio in California and 26 Ironman races on the island of Oahu, Hawaii.

Harriet is in a constant state of training although it doesn't feel that way to her. She takes long bike rides on Sundays, works in her garden, takes yoga and a Pilates class to relax and stay flexible. To this she adds three swimming classes a week as a stress reliever and as a way to strengthen her muscles without putting strain on her joints.

Obviously, we could not be more excited to welcome Harriet Anderson to the mike as our speaker at this Coffee Connection. Harriet will share her journey with us and inspire us get motivated. Her topic is appropriately entitled: "Let's Get Physical: #seniorswagg".

RSVP: Please contact the Villages of San Mateo County office by **Oct 31 via 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.

twice as many were about men than women. Categorically, according to Alleen Pace Nilsen and Don Nilsen, authors of the Encyclopedia of 20th Century American Humor and leaders in the International Society for Humor Studies, humor as it relates to aging can be examined in three ways:

1. Humor created by the general population
2. Humor created by older people themselves
3. The role humor plays in people's lives as they grow older

The first two categories are tricky. Whether or not a joke about aging is perceived as humorous is multifaceted. Who is telling the joke - comedian, contemporary or friend? What is the mood at the time and what is the perceived attitude of the joke teller? How old is the joke teller? Are they part of the "in" group? It all depends on the perspective and point of view of the recipient. Humor created and enjoyed by older people themselves frequently deals with negative aspects of aging. Prostate and circulation problems really can create unpredictable sexual performance for men as they age, and sexual jokes are just as popular among older people as among youth and younger adults. The elderly enjoy playing, "got ya," with the notion that many younger people believe seniors are washed up, sexless and addle-brained.

The third category - the role humor plays in people's lives as they grow older - can be exemplified by the rapidly growing Red Hat Society, open only to women over 50. Red Hat Society encourages older women to start practicing for an outrageous 'old age' right now. Maggie Kuhn, founder of the Gray Panthers, said there are some obviously notable good things about aging:

- Everyone who has told you, "You'd better not do that," "That's not going to work" and "Are you going to wear that?" is dead.
- Since no one takes old people seriously, you can be the person you were always meant to be. Women can be more assertive, men can be more nurturing, and both can strive to be public nuisances.

Because there have been real losses along the way, this is the opportunity to make new friends, explore new interests and try on new roles. Too often aging is seen as a disease—a process to be feared and loathed, and rarely anticipated with excitement. Humor can help with the changes, challenges and unexpected obstacles and hazards. For most of us, a playful spirit and a hardy laugh can help us speak wiser truths and bear the unbearable.

REQUEST FOR MEMBER VOLUNTEERS

“90+ Friends”

Villages of San Mateo County now has 47 members who are 90+ years old and still other members who are in their 100's. Consequently, we are initiating a program called “90+ Friends” and we hope to get it started before January, 2019.

We are looking for members who would like to be a volunteer “friend” to a 90+ year-old member. To feel comfortable in your role, “90+ Friends” guidelines have been established for you to follow. A simple and easy vetting process is required to become an official volunteer.

Each volunteer will contact their 90+ friend by phone at least once-a-month, or perhaps more often depending on what you mutually decide. It will be a good way to get to know one another in preparation for when you are both at a village social activity. Besides that, it is just nice to give and/or receive a friendly phone call!

If you are interested in learning more about “90+ Friends” and being a Village ambassador, please contact: Sequoia Village Membership Chair, Sandra Neff at 650-595-8123 or email her at sneff633@gmail.com — or Deb Flaherty, MidPeninsula Membership Chair at 650-347-1518 (h) or 650-759-4128 (c) or email her at flaherty.dwr@gmail.com.

Seeking Mentors for New Member

Villages of San Mateo County is growing and we need more mentors to support our new members after they join. The mentor would initially meet once with the new member and then contact them on the phone at least once a month for six months. The mentor would be available to answer questions and/or direct the new member appropriately. Guidelines have been created to assist you in your role. A simple and easy vetting process is required to become an official volunteer.

For more information, please contact: Sandra Neff, Sequoia Village Membership Chair at 650-595-8123 or email her at sneff633@gmail.com — or Deb Flaherty, MidPeninsula Membership Chair at 650-347-1518 (h) or 650-759-4128 (c) or email her at flaherty.dwr@gmail.com.

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; both VSMC and you benefit!

Here is how it works:

- Go to smile.amazon.com (save this address in your bookmarks)
- It will ask you, one time, 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 that an Advocate serve you.

DID YOU KNOW?

One of the most prevalent forms of abuse affecting people over 65 in San Mateo County is financial abuse, which occurs when someone misuses, mishandles or exploits an elder's property, possessions, or assets. According to the California Association of Area Agencies on Aging, 765 reports of financial abuse are confirmed each month.

Common signs of elder financial abuse include taking an elder's money or property, forging an elder's signature, getting an elder to sign a deed, will or power of attorney through deception, using fraudulent or deceptive acts ("scams") to access an elder's money, including telephone scams or technology scams.

There is help! If you suspect you or someone you know is a victim of elder financial abuse, get help by calling San Mateo County's Adult Protective Services at 1-800-675-8437. All calls are confidential.

(Source: Nicole Fernandez, San Mateo County Aging and Adult Services)

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A SECURE INTERNET CONNECTION DOES NOT NECESSARILY MEAN A SECURE SITE

We're about to let you in on a little secret: those "secure" symbols (green locks) don't guarantee a website is safe from all threats. A [phishing](#) site, for example, can legitimately display that same symbol next to its https address. So, what's going on?

The green lock means that the site has been issued a certificate and that a pair of cryptographic keys has been generated for it. The problem is that the green lock and the issued certificate say nothing about the site itself. A phishing page can just as readily get a certificate and encrypt all traffic that flows between you and it. Put simply, all a green lock ensures is that no one *else* can spy on the data you enter. Your password can still be stolen by the site itself if it is a fake site.

How not to fall for the bait

Experts say this problem will only get worse because ordinary people are not sure how to protect themselves or are not thinking about it when they are online. Most phishing attempts reach internet users through email, so you should be suspicious of any emails that include "distressing or enticing statements to provoke an immediate reaction" or login links to different accounts combined with demands to update information, the Farsight Security report warns.

To sum up, the presence of a certificate and a green lock means only that the data transmitted between you and the site is encrypted, and that the certificate was issued by a trusted certificate authority. It doesn't prevent an internet site from being malicious. So always be alert, no matter how safe the site seems at first glance.

- Never enter logins, passwords, banking credentials, or any other personal information on the site unless you are sure of its authenticity. To do so, always check the domain name — and very carefully; the name of a fake site might differ by only one character. Ensure links are reliable before clicking.
- Always consider what a particular site is offering, whether it looks suspicious, and whether you really need to register on it.

VILLAGES OF SAN MATEO COUNTY DONORS

VSMC 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*
- *Intero 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*
- *San Mateo Rotary*
- *Sequoia Healthcare District*
- *Touchpoint Foundation*
- *Trinity Presbyterian Church of San Carlos*
- *Wells Fargo*
- *West Valley Federated Women's Club*

EXCURSION TO THE USS HORNET!

In September, curiosity and adventure were ageless traits that became evident when twenty-four VSMC members and volunteers visited a floating aircraft carrier, the USS HORNET. Two groups were formed. With two excellent docents to guide us, we all saw this magnificent ship from stem to stern and from helm to brig.

We climbed up and down the steep ladders to explore the various decks that served as an aircraft and a maintenance hanger, navigation posts, medical facility, sleeping quarters, and, yes, the “brigs”.

Several members of the group experienced a very memorable mock flight with the famous Blue Angels in a flight simulator! We learned interesting facts about this floating village which, at one time, had accommodated as many as 3,000+ sailors who sailed the Pacific Ocean for 15 months with no ports in sight and NO HITS to the ship.

We ended this wondrous day with a very satisfying lunch in the ship’s “mess hall” where we continued to marvel over all the things we had learned and experienced!

~ by Clare Gardella

While in a flight simulator, some members from the group experienced flying alongside the famous Blue Angels! Front row: Annette and Paul Soby; Back row (left to right): Ruth Tucker and Randi Kutnewsky





A docent from the USS Hornet explained the landing and takeoff drills that occurred on an aircraft carrier. Left to right are: Marie Tanner, Frank Hildreth, Nancy Bratten, and Ruth Shavel.

~ Photos by Victoria Kline



Paul Soby shared his flying experiences with the group. He piloted a similar helicopter on a similar aircraft carrier during the Korean War. Front (L to R) are: Annette Soby, Joann Menees, and docent. Back (L to R) are: Ruth Tucher, Dennis Low, and Sally Quellos.



Left to right are: Annette Soby, Dennis Low, and Paul Soby listened to the docent as she described how the hooks on the aircraft carrier operated during the landings and takeoffs.