

VILLAGES

of San Mateo County

Neighbors Helping Neighbors



Volume 2019, Issue 4

July/August

LET'S TALK ABOUT IT:



Part II: The Power of Music

(Note: Part I can be reviewed in our last May/June issue)

One of the wonderful things about music is that people of different generations can share it. That brings up another value of music: it's therapeutic. Our music is so

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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

much a part of our identity – and it so much awakens memories of our past – that Alzheimer’s and dementia patients have been seen to perk up dramatically when they hear music from their childhoods. I’m a musician, not a music therapist. (I play and teach piano and clarinet.) But I can testify from my own experience that playing and listening to music have gotten me through some tough times. When I was a depressed teenager, it was music, more than anything else, that raised my spirits.

There’s a lot of ongoing neurological research about music’s effect on the brain. Again, I’m no authority, but I can say this: as an old mentor of mine used to tell me, when you play music, your brain is on fire. Think of all the instructions the brain has to process: translating a different language (musical notation) into notes either sung or played on an instrument, then playing or singing them at a certain volume and in a certain order, in a certain rhythm, with a particular type of attack and length, and if one is performing in a group, playing or singing together and in tune. If lyrics are added, then so is an extra layer of complexity. Yet, singing or whistling is something we do pretty much naturally, without even thinking about it. (As a young, sensuous Lauren Bacall famously said to Humphrey Bogart in the 1944 film, *“To Have and Have Not”*: “You know how to whistle, don’t you? All you have to do is put your lips together and blow.”)

It’s that naturalness – that ease – that makes music accessible to everyone. Even people who say they’re tone-deaf still enjoy hearing music. By contrast, being unaware of music can lead to problems. In another great Bogart movie, *“Casablanca,”* Claude Rains (the police captain) searches Bogart’s bar but fails to find two precious letters of transit, which Bogie had hidden inside the piano. As Rains reflects ruefully, “Serves me right for not being musical.”

Music plays other important roles in *“Casablanca.”* When German officers in the bar start singing, Czech resistance leader Victor Laszlo (played by Paul Henreid) commands the band to play the *“Marseilles.”* The result is so stirring – and so threatening to the Germans – that the German major instructs Rains to close down the bar by any excuse. That leads to the Rains’s unforgettable line, “I’m shocked – shocked – to find that gambling is going on in here!” Finally, there is the poignant scene that re-ignites Bogart’s and Ingrid Bergman’s memories of Paris, when Sam (the actor Dooley Wilson), plays and sings, *“As Time Goes By.”*

So there it is. Music has the power to unite, to inspire, to heal, to console. It is the one language we all speak. It’s everywhere around us – not just on the radio and the Internet – but in the singing of the birds and the rustling of the leaves. It is, uncontestably, a thing of beauty – to be heard, savored and remembered. I could add what the poet John Keats said about a thing of beauty, but that would be too much. For the moment, it’s enough just to lean back, close our eyes, and hum our favorite tune.

ANNOUNCING A NEW BENEFIT CATEGORY: **SOCIAL MEMBERSHIP**

Balancing Youthful Energy with. . . Life Happens

At the February 12 Board meeting, our visionary Board members updated our Associate Membership category and elevated it to **Social Membership**. The difference is that for the same individual annual fee of \$300 one is invited to participate in all the social events and excursions that the Village offers. Plus, should an unfortunate accident happen as you are competing with your grandson or a neighbor on that scooter or slip while scaling a mountain or simply trip over the dog, your injury falls under the "...Life Happens" clause.

Any active VSMC Social Member who suffers an accident leading to a temporary state of substantial physical limitations may contact our Executive Director, Linda Burroughs, to verify the limitations incurred. The Social Member would subsequently be invited to access all services as needed that are provided to our full members for 60 days. The Social Member would also have access to a home safety evaluation and schedule service requests as needed to modify their home to allow them to safely navigate while they recuperate. In addition, if transportation is now a challenge, they would have access to our volunteer drivers or our usual Lyft services for 60 days as well.

Overall, the **Social Membership** allows you to continue to pursue all your exotic hobbies and embrace all your passions with enthusiasm knowing that the Villages is there if you need us. If you are currently a volunteer, interested family member or friend of a member, now is the time to consider supporting the Villages of San Mateo County by joining as a Social Member at the \$300 per year level. Support the Villages and pursue your passions with peace of mind.

~ by Linda Burroughs, VSMC Executive Director

GET READY TO PARTY!!!

SAVE THE DATE

Saturday, August 17, 2019, Noon-2 pm

Villages of San Mateo County

50's SOCK HOP

Twin Pines Senior & Community Center, Belmont

(Details to follow; no need to reply now)



FOOD AS MEDICINE

Mark Hyman, M.D. says, “Food is medicine. It’s information. Food is the most powerful drug on the planet. It influences your capacity to live a rich, energetic, connected, soulful life.” UCSF researchers demonstrated that food can play a critically important role in keeping us healthy. In their 6-month study, they provided meals and snacks, based on the **Mediterranean Diet**, to people with medical conditions (e.g. type 2 diabetes, high blood pressure, HIV) and to elderly people.

UCSF researchers documented that getting medically appropriate, comprehensive nutrition improved the health of participants, including:

- Dramatic improvements in **reducing depression**
- Substantially **reduced stress** of having diabetes
- **Weight loss**
- **Reduced sugar** consumption/blood sugar control
- **Reduction in hospitalizations** and in ER visits
- Significant increase in medication adherence

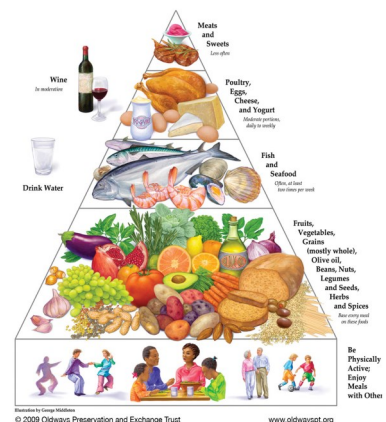
These life-altering results were achieved over 6-months, as participants were provided meals and snacks following the Mediterranean Diet. Their diet met nutritional guidelines and comprised 100% of daily energy requirements.

Listed below are key components of the Mediterranean Diet:

- Eating primarily **plant-based foods**, such as a lot of **vegetables, fruits, whole grains, legumes/beans and nuts**
- Replacing butter with **healthy fats** such as **extra virgin olive oil**
- Using **herbs and spices** instead of salt to flavor foods
- **Limiting red meat** to no more than a few times a month
- **Eating fish** (wild salmon) and **poultry** at least twice a week
- Enjoying meals with family and friends



Mediterranean Diet Pyramid



(Continued on page 5: Food As Medicine)

- Drinking red wine in moderation (optional)
- **Getting plenty of regular exercise**
- **Avoiding sugary drinks, adding sugar and using salt in moderation**

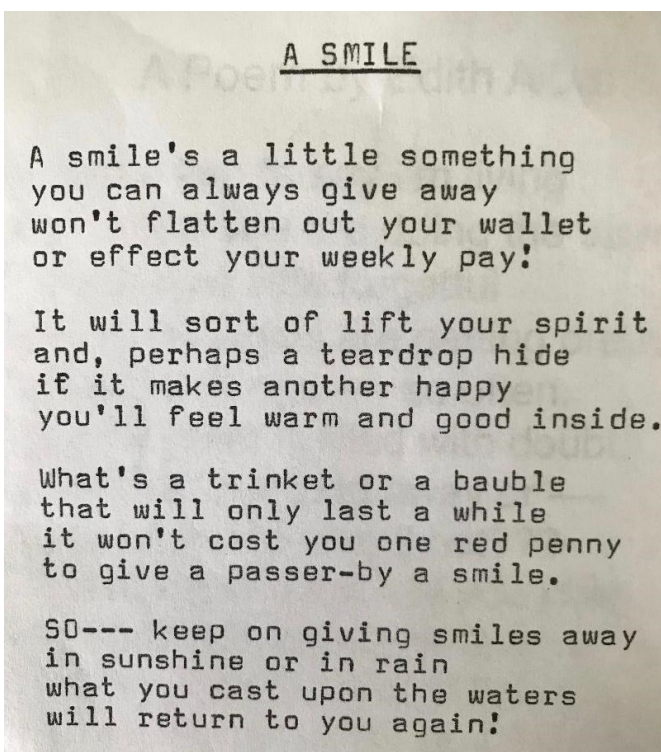
Food is a wonderful part of life – so knowing the best food choices for YOU can help you live an energetic, enjoyable and healthy life!

~ by Nancy Evans, M.P.H., volunteer VSMC

POETRY BY EDITH ALBERT



Here is a poem written by one of our members, Edith Albert. She says she began writing at the age of 7 in her home city of Vienna, Austria. Of course, she was writing in German at that time.



TESTIMONIAL

Maria Tanner sent a Thank You note for the work done by Ruth Tucker Maria "is so very happy for the wonderful work that you did, Ruth."

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MATEO COUNTY
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VILLAGES VISIT THE CIA OF THE WEST



The Culinary Institute of America at Copia, in Napa, was the destination of our latest excursion for the members of the Villages of San Mateo County. What a very lovely day we had!



Our main focus was a private class with special attention being paid to the fruits and vegetables gathered from their beautiful gardens just that morning. Between the demonstration and cooking tips, we snacked on delicious samples reflecting the subject matter of the instructor's

lesson, topped with a glass of a most delicious Chardonnay. NOW THAT'S MY IDEA OF COOKING!



(Continued on page 7: CIA)

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:

- *Bristol-Meyer Squibb*
- *Charis Fund*
- *City of San Carlos*
- *Danford Foundation*
- *Dignity Health*
- *Intero Foundation*
- *Mid-Peninsula Vineyard Christian Church*
- *PAMF Community Health Care Endowment*
- *Peninsula Health Care District*
- *Peter & Paula Uccelli Foundation*
- *Redwood City Parks and Recreation*
- *San Mateo Rotary*
- *Sequoia Healthcare District*
- *Touchpoint Foundation*
- *Trinity Presbyterian Church of San Carlos*
- *Wells Fargo*
- *West Valley Federated Women's Club*

(CIA: continued from page 6)



A lovely lunch was enjoyed in the Copia restaurant with time afterward to walk through the rest of the facilities, including an outstanding museum of cooking artifacts and an immense kitchen for teaching their students. The grounds were open for viewing, and the nearby bustling Oxbow Market was fascinating. All in all, a beautiful day in Napa!



~ by Clare Gardella, member VSMC

~ photos by Victoria Kline

WORLD ELDER ABUSE AWARENESS DAY- Beware of Elder Financial Abuse!



As designated by the United Nations and the San Mateo County Board of Supervisors, did you know that June 15 is World Elder Abuse Awareness Day? 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.

Recent reports estimate that seniors lose almost \$36.5 billion per year to financial abuse and exploitation. According to the California Association of Area Agencies on Aging, 765 reports of financial abuse are confirmed each month statewide.

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

Take extra precautions to keep yourself safe from financial abuse, scams and identity theft. The Federal Trade Commission suggests some simple actions, including shredding any personal papers that may have critical information on it like your Social Security or credit card number, never wiring money, and hanging up on telemarketers and robocalls.

There is help if you need it! 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. You can also find out more about elder abuse, prevention and victim resources at our website: <http://www.smchealth.org/elderabuse>