

**Happy Holidays from
San Clemente Village**
 This time of year, we are reminded to celebrate the people and gifts we are grateful to have present in our lives.



Thank you, McBeth Foundation, for Your Support

San Clemente Village (SCV) feels fortunate to have the McBeth Foundation as a long-time supporter of SCV. While many non-profits are struggling to stay afloat during 2020, we have been able offer our services, friendly visits and programs during this difficult time. This accomplishment is largely possible due to generous donors and funding we have received from the McBeth Foundation. Each year since we launched, the McBeth Foundation has continued to fund a growing list of programs and services that allows our Members to thrive and live well in their homes.



During this holiday season, I am inviting all Members, Volunteers, Board of Directors, Advisory Board and Friends of SCV to give “thanks” to the McBeth Foundation, donors, Founding Directors and dedicated Volunteers. This group of talented and giving individuals made the concept of "neighbors helping neighbors" a reality in San Clemente. We all know that it takes many pieces to create a Village and we thank the McBeth Foundation for their critical role in our success.

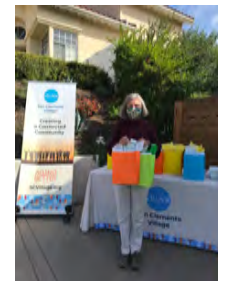
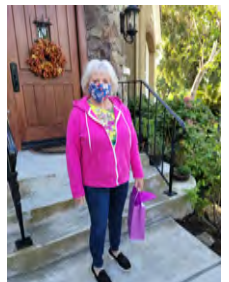
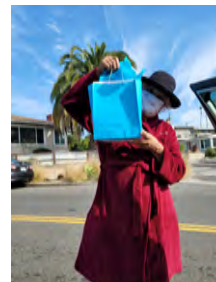
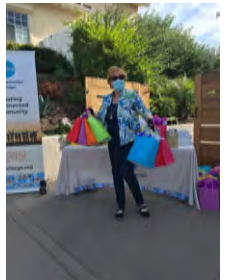
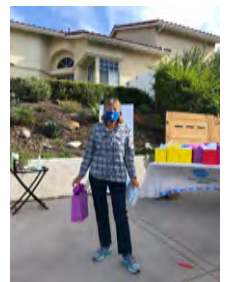
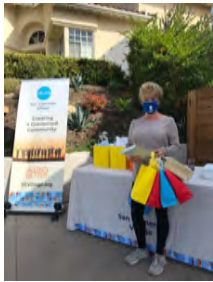
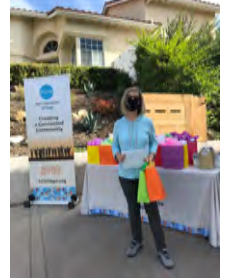
Celebration of Member and Volunteer Appreciation

2020 has been a difficult year—as we have grappled with the necessary COVID restrictions. On Saturday, Nov. 21st, San Clemente Village showed its appreciation to our Members for their flexibility, optimism and kindness AND to our Volunteers, who continue to provide needed services & program assistance.

Without our Volunteers and Members, we would not be a Village!

Thank you - delivery Volunteers!

Judy Bethe, Tracey Carter, Maria Gladd, Beth Hasenbein, Melissa Joncich, Krissi Metcalf, Jan Montague, Darlene Ostoich, Jeralyn Peters, Sherry Reams, Tommy Romero, Sandi Shoden, Joan Thonpson, Jan Williams and Ret Wixted.



Happy Birthday!

San Clemente Village will be delivering Birthday Bags to the following Members in December:



12/9 Eleanora Whittaker
12/12 Carolyn Novotny
12/14 Phillip Forster
12/24 Carol Clift
12/30 Jan Montague

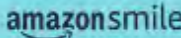
Birthday Bag delivery will be
Saturday, Dec. 19th!



San Clemente Village welcomes,
long-time SCV Volunteer, Sandi
Shoden to the
Board of Directors. Welcome
Sandi!



Help bring joy this season

Buy your gifts at AmazonSmile and Amazon donates


Make a difference this holiday. Shop for gifts at smile.amazon.com/ch/47-4007960 to generate donations for San Clemente Village.

About Caregiver Action Network (CAN)

Caregiver Action Network (CAN) is the nation's leading family caregiver organization working to improve the quality of life for the more than 90 million Americans who care for loved ones with chronic conditions, disabilities, disease, or the frailties of old age. CAN serves a broad spectrum of family caregivers ranging from the parents of children with significant health needs, to the families and friends of wounded soldiers; from a young couple dealing with a diagnosis of MS, to adult children caring for parents with Alzheimer's disease. CAN (the National Family Caregivers Association) is a non-profit organization providing education, peer support, and resources to family caregivers across the country free of charge.

Contact Us

Caregiver Action Network
1150 Connecticut Ave, NW
Suite 501
Washington, DC 20036-3904
Phone: (202) 454-3970
E-mail: info@caregiveraction.org



10 Tips for Family Caregivers



Seek support from other caregivers. You are not alone!



Take care of your own health so that you can be strong enough to take care of your loved one.



Accept offers of help and suggest specific things people can do to help you.



Learn how to communicate effectively with doctors.

1

2

3

4



Be open to new technologies that can help you care for your loved one.



Watch out for signs of depression and don't delay getting professional help when you need it.



Caregiving is hard work so take respite breaks often.

7

6

5



Organize medical information so it's up to date and easy to find.



Make sure legal documents are in order.



Give yourself credit for doing the best you can in one of the toughest jobs there is!

8

9

10



CaregiverAction.org

1. **Seek support from other caregivers.** You are not alone!
2. **Take care of your own health** so that you can be strong enough to take care of your loved one.
3. **Accept offers of help** and suggest specific things people can do to help you.
4. Learn how to **communicate effectively** with doctors.
5. Caregiving is hard work so **take respite breaks** often.
6. Watch out for **signs of depression** and don't delay getting professional help when you need it.
7. Be open to **new technologies** that can help you care for your loved one.
8. **Organize medical information** so it's up to date and easy to find.
9. Make sure **legal documents are in order.**
10. **Give yourself credit for doing the best you can in one of the toughest jobs there is!**

Coming in 2021!

A new monthly column will begin in the January newsletter— provided by SCV Volunteer, Marlene Oliphant. Marlene will share her tips on how to spruce up our homes as we shelter in place during the COVID restrictions. She will also provide ideas on ways to “future proof our homes” as we “age in place”.

Here’s an introductory excerpt from her first column:

As an Interior Designer I thought there must be something I can do to make your life more beautiful right now, while you are sheltering dutifully in place.

While feeling cooped up in your own domain for several months, you may have observed that your home could use some updates. But you’re thinking that’s not going to happen while we are all grounded, right?

Well, think again! From my years of experience designing rooms I can tell you—there are myriad tricks for sprucing up your spaces without ever leaving home!

So.... I decided that over the next few months, I’m going to share dozens of my best interior design tips and techniques with you, so you can make some fun tweaks to your spaces as you wish!

See you in January, Marlene



Good Words for Good Deeds

Dear Jan,

I just want you to know how much I appreciated the Member Appreciation and Volunteer Giftbags. I could tell a lot of thought went into each one. I’m not sure who helped you with this project but please thank everyone involved.

I found everything to be useful... especially all the food items because you know I love to eat :). But, I will definitely use everything else. My Volunteer gift card was a great idea and the puzzle book in my Member Appreciation bag looks like challenging fun.

Your hard work and determination does not go unnoticed. And I know all the Members must really appreciate getting this fun bag during these difficult times.

Thank you so much!!
Peggy M.

DECEMBER ACTIVITIES AND MEETINGS



Coffee Hour



Let's Talk!

Join Jan, the SCV Executive Director, for some uplifting conversation at the SCV Coffee Hour.

**Thursday, Dec. 10th
10:30-11:30 AM.**

Please register by Tues., Dec. 8th by calling the office at 949-441-1348 or through the event calendar. Your Zoom invitation will be e-mailed on Wed., Dec. 9th.

We have plenty of PUZZLES – 300, 500, 1000 pieces! Call the Office and request a puzzle. It's that's easy. Available to ALL Volunteers, Full and Social Members.

BOARD OF DIRECTORS

MEETING

**San Clemente Village
Board of Directors Meeting.**

Friday, December 11th

2:00 PM – 4:00 PM

**Your Zoom invitation will be
e-mailed on Thursday, Dec. 10th.**

PLEASE JOIN THE FUN ZOOM



**Friday, December 18th
4:00-5:00 PM.**

Bring your own beverage and snacks.

We'll laugh, tell stories and spend time connecting with one another.

Please register by Wed., Dec. 16th by calling the office at 949-441-1348 or through the event calendar. Your Zoom invitation will be e-mailed on Thur., Dec.. 17th

ATTENTION MEMBERS AND VOLUNTEERS

PHONE TEAM OFFICE HOURS:

10:00 AM – 3:00 PM.

Monday-Friday

SCV Office Closed:

Thurs. Dec. 24, 25, 31 and Jan. 1st.

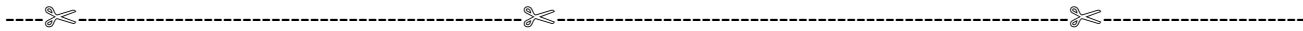
San Clemente Village is Asking for Your Support

- San Clemente Village (SCV) has maintained contact and continued to provide services to our Members.
- SCV has provided personal protective supplies such as face masks, hand sanitizers and thermometers to all Members and Volunteers.
- Contact has been maintained with Members through newsletters, phone calls, front porch visits, delivery of “fun bags” and Zoom programs.
- Our Volunteers have provided transportation for medical appointments and errands.
- SCV Membership has been extended for one year for all active members.

How Can You Help?

- Provide financial support for SCV to continue offering services.
- Make a tax-deductible donation using the form provided.
- Donate \$100.00 or more and receive a thank you gift of 5 greeting cards with paintings of San Clemente.
- Select SCV as your favorite charity and Amazon will donate .05% of the purchase price to us!

Your support will help us change the experience of aging for San Clemente residents.



Yes, I want to support San Clemente Village by making a tax-deductible gift.

Name: _____ Email: _____

Address: _____ City: _____ State: _____ Zip: _____

Make check payable to: San Clemente Village or by Credit Card (Visa, MC, AMEX, Discover)

Amount: _____ In Memory: _____

Credit Card Number: _____ Exp. Date: _____ CCV: _____

Signature: _____ Date: _____

Please return this form with your check or credit card information to:

San Clemente Village

P.O. Box 5761

San Clemente, Ca 92674

OR, donate online at scvillage.org

There is a \$500 Credit Card Limit when you pay on-line. Please mail your Check to San Clemente Village for donations greater than \$500.

General Information

San Clemente Village
P.O. Box 5761
San Clemente, CA 92674
949.441.1348
info@scvillage.org

Board of Directors

President

Cheryl McDowell
cherylm@scvillage.org

Vice President

Julie Schoen, JD
julie.schoen@med.usc.edu

Secretary

Chase Metcalf
chasem@scvillage.org

Treasurer

Steve Walrath
steve@scvillage.org

Diane Edwards

dianee@scvillage.org

Carolyn Novotny

FollowYourGlow@cox.net

Sandi Shoden

sandis@scvillage.org

Executive Director

Jan Montague

janm@scvillage.org

SCV Services Offered While Staying Safe

- Computer/Phone Assistance
- Indoor & Outdoor Services
- Transportation
- Village Health Companion
- Phone Check-Ins
- Pet Assistance
- Supply Delivery
- Village Guide
- ZOOM Educational and Social Programs
- Stay Well at Home for Fall Risk Reduction
- Emergency Preparedness
- Volunteer Opportunities
- Birthday Gift Bag Delivery
- Puzzle Exchange
- Front Porch and Patio Visits

SCV Advisory Board

Kevin Middleton, First VP, Branch Manager, F& M Bank San Clemente

Jeff Hartmann, Attorney, Estate Planning, Wills & Trusts

Kathy Carchidi, Alzheimer's Orange County, Family Services Specialist

Debbie Rose, PhD, CSUF, Dept. Kinesiology & Center for Successful Aging

Dr. Anmar Obaidi, ODental, San Clemente

Mark Kosins, MD, Mark Kosins and Associates

Lissa Trevino, MPT, Ocean Physical Therapy

