



The Village News

Living Life to the Fullest

March 2018

OUR FIRST BIG DEAL MEETING ... WAS A BIG DEAL!

Everyone had a fun afternoon at our first Big Deal Meeting. We received an update from Beth Hasenbein on events, day trips, and additional news worthy items about San Clemente Village. AND, we learned about strategies to live safe in our homes and community. But most of all—we had a great time visiting with one another and meeting new friends.

All of San Clemente Village sends a heart felt thank you to:

- The Volunteers who worked tirelessly to make this event successful.
- McBeth Foundation for sponsorship of the Live Safe Initiative.
- The YUMMY Strawberry Shortcake.



Julie Shoen, SCV Advisory Board Member

Information You Can Use!

Don't forget to Spring Forward on March 11th and set your clocks to Pacific Daylight Saving Time!

New Medicare Cards are coming! Medicare will mail new Medicare cards with new numbers between April 2018-April 2019. Medicare won't ask you for personal information or payment to send your new card.

In Touch

by Lois Stansel



To thrive, we all have basic needs: A place to live comfortably, healthy food, an appropriate exercise program, refreshing sleep, and positive contact with others. That's not all. Don't forget one more vital basic need... BRAIN STIMULATION ...which is definitely in the "use it or lose it category". At home, take advantage of TV Quiz shows, Sudoku, crossword puzzles, any

handicraft which requires concentration, and reading. All are activities which maintain or even boost brain power and memory skills. Try not to worry about occasional "Senior Moments" when recalling the simplest bit of information is challenging. Here are some survival tips for these moments.

1. Use senior logic: "If I find my shoes on the refrigerator shelf, could my can of Pepsi be in the closet?"
2. Writing notes as reminders is effective, as long as the note is clear. "Call sister at 8 o'clock." Hmmmm which sister? 8 a.m. or p.m.? And, if you place a note somewhere, can you find it later? Those little sticky notes --- what do you call them—they work pretty well, but don't stick to all surfaces.
3. Some tech-savvy Seniors choose to store "to do" lists on a smart phone or computer. Good luck on recalling passwords.
4. Please, avoid asking someone else to remind you of something. That's not their job, plus you may forget who you asked to be your reminder person. Or they may forget.
5. Keep a stash of those little yellow sticky notes --- buy them at Albertson's or Staples.
6. Finally, don't beat yourself up if, during a conversation, your memory shoots a blank. In an hour, it won't even matter. And your friends won't remember that you couldn't recall some dumb thing. Life marches on. Wait just a minute! Now I remember... ..POST ITS!
7. Seriously, do plan to participate in Mind Booster in April.

Tips for Members and Dedicated Village Volunteers

If you are a Transportation Volunteer, please remember to regularly update your Insurance information with your Volunteer Coordinator.
Thank you!

Members: For Transportation Requests, please call the Service Request Line at least 5 days in advance.

Meet Della Frankel, Social Member

Della, a Village member, was born in Wales, in the United Kingdom. She decided early on that she



would listen to her grandmother's advice. Her grandmother had been to the United States many times and loved it. She told Della to be adventurous and to visit the United States. Della took a deep breath and took the advice. She arrived in Los Angeles as a professional governess, a position she held for over six years.

Della was a "Mary Poppins" kind of governess and keeps in contact with the children she helped raise. She was recently visited by one of her "children" who spent three days with Della. "We had a wonderful time", smiled Della. Della left the profession, married and began working at Robinson's, Beverly Hills. Her soon to be husband visited San Clemente on a sales assignment. Visits happened, marriage took place and soon the couple made San Clemente their home. In retirement, travel became their fun, especially cruises. Della was married for 45 years and has lived in San Clemente for 47 years!

When asked what did she think of the United States when she arrived? Della responded, "I positively loved America. I loved the people, the climate and the food!" Della likes Village activities, yoga, aerobics, gardening, Geanology and as you can tell, keeping busy. Nice to meet you Della.

Welcome Advisory Board Members

San Clemente Village has recently enlisted the Volunteer Services of various professional experts.

We are pleased to introduce our **Advisory Board**.

L to R: Debbie Rose, PhD, Director, Center for Successful Aging at CSUF;

Julie Shoen, JD, Deputy Director, National Center on Elder Abuse;

Cheryl McDowell, Non-Profit Insurance Professional;

Steve Walrath, CPA and Accounting Systems Professional; (Jan Montague) and Christine

Barone, Marketing Professional. Not Shown: Kevin Middleton, Branch Manager, Farmers and Merchants Bank; Jeff Hartmann, Attorney.



Welcome New Members

Pam Walker Social Member

Bob Spidell Full Member

Birthday Celebrations!



San Clemente Village would like to take you out on the town for your birthday! Every member will receive a free meal and beverage, during their birthday month!

If your birthday is in March, call us right away and register for one of the Dining Events. You can choose either Dine Around or Lunch Bunch. Check the Event Calendar and call the SCV Event Line at 949-441-1348 to register.

Here are the lucky Members for March.

Della Frankel	3/17
Lynne Geysler	3/28
Iran Kayhaan	3/19
Sandi Shoden	3/11
Marge Sosa	3/02

Social Events



"Don't Dress For Dinner" showing at the Cabrillo Playhouse here in our own San Clemente.

Please join us on March 24th, for this Saturday matinee!

The play is a romantic comedy, and good for a few laughs!

While his wife is away, Bernard will Play!

Picture a romantic evening with his mistress in his charming French farmhouse, a cordon bleu chef and his best friend as an alibi. Now picture Jacqueline arriving home unexpectedly, chaos and hilarity ensue as Bernard and Robert improvise at breakneck speed.



Join Us for the Mind Boosters Series Offered by **Alzheimer's Family Center and San Clemente Village**

"The Mind Booster Series activates your mind while imparting critical knowledge about reducing the risk for memory loss."

What:

Mind Boosters is a four-part, research-based series that provides a proactive approach to understanding and addressing brain health. The series focuses on the following:

- ✓ Maintaining cognition skills
- ✓ Utilizing memory tools
- ✓ Consuming super foods for a healthy brain diet
- ✓ Exercising regularly
- ✓ Managing stress
- ✓ Understanding legal and financial issues

When:

April 5, 2018 1:00 PM – 4:00 PM
April 12, 2018 1:00 PM – 4:00 PM
April 19, 2018 1:00 PM – 4:00 PM
April 26, 2018 1:00 PM – 4:00 PM



Where:

San Clemente Community Center
Fireside Room
100 N Calle Seville
San Clemente, CA 92672

Registration:

- SC Village Members, please register **by March 15th**, for any or all of the classes at www.scvillage.org or call 949.441.1348.
- SC Village Volunteers, please contact your Volunteer Coordinator **by March 15th**, to register for any or all of the classes.
- The Mind Boosters Series Registration Fee, for all SC Village Members and Volunteers, is paid for by a generous grant from the McBeth Foundation.

General Information

San Clemente Village
P.O. Box 5761
San Clemente, CA 92674
949-441-1348
info@scvillage.org

Board of Directors

President

Jan Montague
janm@scvillage.org

Vice-President

Ret Wixted
ret@scvillage.org

Secretary

Beth Hasenbein
bethh@scvillage.org

Treasurer

Bob Coff
bobc@scvillage.org

Diane Edwards
dianee@scvillage.org

Sherry Reams
sherryr@scvillage.org

Social Activities

Planned Events

Educational Programs
Living Well Initiatives
Recreational Activities
Volunteer Opportunities

Programs & Services

Home maintenance
Handyperson
Gardening
Electronics
Transportation
Friendly Visits
Phone check-ins
Computer Assistance
Pet care

On-Going Activities

Bridge
Table Tennis
Gentle Yoga
Genealogy Interest Group
Dine Around
Breakfast Club
Lunch Bunch
Movie Matinee

SC Village is expanding our Board of Directors!

Please contact Jan Montague, at janm@scvillage.org, if you are interested in exploring this opportunity to contribute to SC Village.

Thank You - to the following supporter(s):

McBeth Foundation – Live Safe with San Clemente Village Initiative