



# LAMORINDA Village

neighborhood support for aging in our community...

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## Upcoming Events

**January 26 at 11:30 AM**  
[Diablo Valley Villages Lunch 'N' Learn: Are Your Ducks in a Row?](#), featuring Linda Fodrini-Johnson, MA, MFT, CMC, and Founder, Eldercare Services. Held at the Clayton Library, 6125, Clayton Rd.

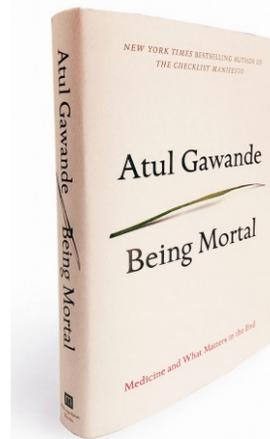
Check out the [Lamorinda Village calendar](#) for events in January and February.

## Member Feedback

January/February 2017

## Greetings!

As we welcome the new year, 2017 is sure to be a history-making year as our country inaugurates a new President. Like it or not, we will have to manage this process together. There are concerns about what will happen to our older population, with Medicare and Social Security on the list of things to be tackled by this new administration. One organization, the National Council on Aging, is sure to fight for the rights and security of older adults across the country. To find out more about what they do, visit [www.ncoa.org](http://www.ncoa.org).



One thing we can take solace in is the growing community we have with Lamorinda Village. We are excited about a community event that we will be hosting with the Lafayette-Orinda Presbyterian Church on Monday, February 13 at 1:30 PM. It is a live webinar featuring Atul Gawande, MD, MPH, author of *Being Mortal*. This event is organized by and held in celebration of the

first village, Beacon Hill Village in Boston, who turns 15 in February. More information is coming in a separate announcement but I wanted to be sure that you mark your calendar to join us.



Thank you again for taking the initiative to ask Village members if they needed help with sandbags during this week of storms. We definitely did need help, and volunteer Rich was terrific; he delivered six sandbags within a half-hour after we spoke and helped us place them properly to head off the torrent racing down our driveway. This is exactly the kind of service that supports our goal of staying in our home as we age. One more reason to be glad we joined the Village!

- Kathleen and  
Richard Satz, Orinda

Lastly, I have a call to action for you. Do you or someone you know have an interest in helping prepare our bi-monthly newsletter? We are looking for volunteers interested or experienced in marketing, writing and researching stories for Lamorinda Village. Please contact me by email at [Anne@LamorindaVillage.org](mailto:Anne@LamorindaVillage.org) to express your interest or to find out more.

~Anne



### **Giving isn't always about money, volunteering your time is valuable too!**

We are grateful to everyone who has donated to Lamorinda Village in [2016](#); thank you very much for your financial contributions. In particular, we want to take this opportunity to appreciate our champions, Norman and Janet Pease of Orinda and Steve and Fran Butler of Lafayette. These two couples have made a huge difference for the Village through their generosity of spirit and giving the last couple of years. Local businesses have also generously contributed, like Destination Wealth Management, through their [KeKokua Foundation](#), which supports organizations who provide support services to the community.

As a small and growing organization, we need people who can support the idea of community, caring, and choice as we grow older and are making the decision to stay at home. Those people are donors and volunteers. Giving of money is one thing, giving of time is another. Both are tremendously valuable assets to our Village. Are you interested in giving? We need your help to ensure our programs and services can grow. There are opportunities for direct member support, as well as through our various teams for communications, events and programs, and more. Contact us at (925) 253-2300 for more information.

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### **Health: Pain and movement**

On occasion, we like to share information from our community partner, John Muir Health. In this issue we share information on the topic of pain. Many of us have

aches and pains as we grow older, age is generally irrelevant. Dr. Lawren Hicks, Medical Director for John Muir Health's Senior Services, offers some advice to us as we age and develop pain in our bodies:

"I remember sitting on the floor in one of my first fitness classes doing stretch exercises and saying to myself, "I don't think I've been in this position since I was 8 years old!" That got me thinking about how little we move, and how limited a range of motion our joints go through after we become adults and start working for a living.

If you have an office job, and even in retirement, you sit for many hours a day and then stand and walk and lie down at night, and rarely do any of your joints flex beyond a ninety-degree angle. Rarely do you sit or lie on the floor. As a result, flexibility decreases, fitness is lost, weight is gained, and muscles atrophy. The muscle weakness leads to inadequate support for the joints and back, so that they are subject to injury. Our reaction to the pain of these injuries is often to move less, which results in further muscle atrophy, inadequate support for the joints, abnormal alignment, and chronic pain."

You can read the full article on the [John Muir Health website](#), or call JMH Senior Services for a mailed copy at (925) 947-3300. The Village recognizes that older adults need regular exercise to reduce some problems that can arise from decreased flexibility, such as falling. Here are some local resources you can look into for different types of movement programs:

- **Lafayette Senior Services** offers weekly walking groups. The Reservoir Walking Group Led by Jim Scala, Lafayette Today's "Walking the Reservoir" Columnist, meets every Tuesday, Thursday, and Saturday. The program is free to anyone who wishes to participate. To add your name to the email notification list contact them at Seniors@LoveLafayette.org or (925) 284-5050. Meet at 9:20am. Starts at 9:30 until 11:00am. Meet at Reservoir, Center Bench on the Dam.
- **Lafayette Physical Therapy** offers balance classes. A qualified instructor guides a small group of participants through a fun and educational class to improve balance and confidence in a safe environment. There are three levels of classes based on your individual need: Beginner I, Intermediate II, Advanced III, and Expert IV classes are available. Contact them at (925) 284-6150 for schedule.
- **Orinda Community Center Fit An'trim Gentle Fitness & Fun.** Geared for 60+yrs. Who says exercise has to be WORK? Join this "mature" group and have FUN while you exercise! Gentle warm up, stretches, low-impact aerobics, balance, strength-training in chairs, and cool down are all part of this class...plus the bonus of FUN! Weights, Hula Hoops, Balls and Bands provided. Contact Orinda Parks & Recreation Department for this weekly Thursday class by calling (925) 254-2445.
- **SilverSneakers at 24 Hour Fitness, Rheem.** A variety of fitness classes may be offered under the Silver Sneakers program. Call 24 Hour Fitness to find out more at (925) 377-2400.

*Before starting any fitness routine, please check with your doctor to determine what is the best place to begin considering your current activity level.*

## BenefitsCheckUp®

Are you unsure of what kinds of benefits are available to you as a retired person? As we mentioned earlier, the National Council on Aging has many resources available to older adults. One of them is the BenefitsCheckUp®, a comprehensive, free online tool that connects older adults with benefits they may qualify for.

It's easy to use at <https://www.benefitscheckup.org>:

1. Answer some questions - Review your initial results or enter more details to personalize your report.
2. Get your report - Provide more information to get a customized report of benefits you're most likely to qualify for.
3. See how to apply - Review your custom report, learn more about benefits, and start enrolling in programs.

For Village members who receive full services, contact us if you need assistance with this great resource. Our volunteers are happy to help you!

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## In Memoriam

In 2016 Lamorinda Village has lost two valued members of our community: David Messinger (October 30, 2016) and Dean Coons (December 18, 2016). Our condolences go to the families, friends, and neighbors who have lost their loved ones.

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Lamorinda Village is a nonprofit (501(c)(3)) self-governing, community-based membership organization with the goal of enabling members to remain safely and independently in their homes and communities as they age. Residents of Lafayette, Moraga, and Orinda, California, aged 55 and above, are eligible to apply for membership in the Village.