



Welcome to the newsletter of Sequoia Village, which serves members in Belmont, San Carlos, Redwood City, and Redwood Shores.



November /December 2016

Supporting the Sequoia Healthcare District

The Sequoia Healthcare District (SHD) supports health-related programs in over 60 schools and non-profits in our communities. They generously supported the start-up efforts of Sequoia Village last year, and this year awarded us a grant to help assure health and safety of seniors in our area. At election time, you will see at least four names on the ballot to fill two SHD Board Member spots (you can vote for no more than two). Study the candidate statements carefully. There are two who want to continue the good work of the healthcare district, and two who want to abolish it. The SHD is funded by a very small portion of our property tax bill, and if the district didn't exist many excellent health-related programs, **within our community**, would suffer.

Scott McMullin, Co-Chair of Sequoia Village

City of San Carlos

A special thank you goes out to the City of San Carlos who recently awarded to Sequoia Village, an affiliate of Villages of San Mateo County, a generous grant in recognition for "[our] working, supporting, serving and improving the community of San Carlos". It is a privilege to add to our growing list of distinguished donors the CITY OF SAN CARLOS!

Coffee connection

Date: Wednesday Nov. 16, 10:00 – 11:30am

Where: Sunset Room at RWC Veterans Memorial Senior Center. 14455 Madison Ave, RWC 94061

Presenter: Jennifer Shannon MSW, PM, San Mateo County Alzheimer's Association

Topic: Effective communication strategies

RSVP: The Villages Office no later than November 10, info@villagesofsmc.org or 650-260-4569

DON'T FORGET TO VOTE ON TUESDAY NOVEMBER 8...

If you haven't already voted by mail, don't forget to go to your assigned polling precinct and cast your ballot.

A Prayer for Those Growing Old

*Lord, Thou knowest I am growing older.
Keep me from becoming talkative and possessed
with the idea that I must express myself on every
subject.*

*Release me from the craving to straighten out
everyone's affairs.*

*Keep me from the recital of endless detail. Give me
wings to get to the point.*

*Seal my lips when I am inclined to tell of my aches
and pains. They are increasing with the years and
my love to speak of them grows sweeter as time goes
by.*

*Teach me the glorious lesson that occasionally I may
be wrong. Make me thoughtful but not nosey;
helpful but not bossy. With my vast store of wisdom
and experience it does seem a pity not to use it all.
But Thou knowest, Lord, that I want a few friends
at the end.*

Amen.

Medicare Open Enrollment

For 2017 Medicare coverage, open enrollment began October 15 and will end December 7.

Medicare Open Enrollment is when all people with Medicare coverage can change their Medicare health plans and prescription drug coverage for 2017 to better meet their needs.

For more information, the National Council on Aging has a website with helpful information and illustrations: <http://bit.ly/2cE5n7S>. Or you can contact Medicare at 1-800-MEDICARE or [Medicare.gov](http://www.Medicare.gov).

Winter: A Season of Multicultural Holiday Celebrations

During the winter time in the United States, many department stores start decorating in typical Christmas colors of red and green with wreaths, lights and ribbons. However, there are so many more winter holidays that are celebrated in the United States - and besides, who can say no to more reasons to celebrate? The following multicultural events and celebrations are among those that will happen this year:

Thanksgiving (November 24)

The Winter holiday season begins for most Americans on the fourth Thursday in November when they gather for a day of family, feasting, and football. While today's Thanksgiving celebrations would likely be unrecognizable to attendees of the original 1621 harvest meal, it continues to be a day for Americans to come together around the table - albeit with some updates to pilgrim's menu.

Advent Sunday (November 27-December 24)

Christians prepare to celebrate the birth of Jesus. Advent begins on the Sunday nearest November 30 and is the beginning of the Christian worship year. This festival is marked by lighting candles, laying wreaths, and special advent ceremonies. These celebrations continue until December 24.

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GET YOUR FLU SHOT...

Getting vaccinated annually is the very best way to avoid the flu and stay healthy

Saint Nicholas Day (December 6)

Celebration of the birth of Saint Nicolas, patron saint of children and the role model for gift giving. Many churches are named for this saint who is also the Dutch version of Santa Claus.

Bodhi Day (December 8)

Buddhists commemorate Siddhartha Gautama's attainment of enlightenment under the Bodhi tree at Bodhgaya, India. Siddhartha Gautama was a sage on whose teachings Buddhism was founded.

Eid Milad UnNabi (December 12)

Commemoration of the birthday of Islam's Holy Prophet (pbuh). This is the date most celebrated although it is celebrated on different dates in India and Pakistan.

Saint Lucia Day (December 13) This celebration comes from stories that were told by Monks who first brought Christianity to Sweden. St. Lucia was a young Christian girl who was martyred and killed for her faith in 304. The most common story told about St. Lucia is that she would secretly bring food to the persecuted Christians in Rome, who lived in hiding in the catacombs under the city. She would wear candles on her head so she had both her hands free to carry things. Lucy means 'light' so this is a very appropriate name.

Las Posadas (December 16-24) Also known as Navidenas by the Mexican Christians celebrating it, this festival includes processions and parties reenacting Joseph and Mary's journey to Bethlehem.

Winter Solstice (December 21)

The ancients thought the sun stood still in the sky, hence the Roman name for this event: Sol Sistere. This is how the sun — at its lowest point — appears to us from earth: as though it is taking a grand pause before shifting direction. Solstice also gives us the opportunity to ask whether or not we are still on the correct course.

Chanukah, also known as Hanukkah (December 24 – January 1)

Also known as the Festival of Lights, this is an eight-day festival recalling the war fought by the Maccabees in the cause of religious freedom and the rededication of the temple after recapturing it from the Syrians. Each evening candles are lit on the "menorah" (candelabra), adding one candle each night. Hanukkah is a time for playing games and singing, for visiting and for giving gifts.

Christmas (December 25)

Christmas is the fourth most important Christian date after Easter, Pentecost, and Epiphany. Christians celebrate the birth of Jesus on December 25. Many Orthodox Christians use the Julian calendar, which places Christmas around January 6 and celebrate on January 7 of the following year.

Kwanzaa (December 26 – January 1)

This is an African-American holiday started by Maulana Karenga, an African world scholar, in 1966. It is based on the agricultural celebrations of Africa called "the first fruits" celebrations, which are times of harvest,

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FALL BACK! Pacific Standard Time (PST) returns on Sunday Nov. 6. Before going to bed on Saturday night be sure to **TURN YOUR CLOCKS BACK ONE HOUR.**

**SEQUOIA VILLAGE
CHAIRS AND
COMMITTEES**

Sequoia Village Chairs

Scott McMullin
Victoria Kline

Membership Chair

Victoria Kline

Outreach Chair

Victoria Kline

Fundraising Chair

Vacant

Newsletter Chairs

Nancy Grandfield
Nancy Winningham

Vendor Chair

Lisa Sharek

Volunteer/Service

Committee Chairs

Irene Liana
Randi Kutnewsky

gathering, reverence, commemoration, and recommitment. Therefore, Kwanzaa is a time for achievements, reverence for the Creator and creation, commemoration of the past, recommitment to cultural ideals, and celebration of the good. Kwanzaa, a Swahili word, means "first." Kwanzaa is a cultural holiday, not a religious one, thus available to and practiced by African-Americans of all religious faiths.

Watch Night (December 31)

Occasion to thank God for bringing people safely through another year.

Epiphany (January 6)

Also called "Three Kings' Day" or "The Adoration of the Magi" Epiphany celebrates the legend of the three kings, Caspar, Melchior and Balthasar, who saw, on the night when Christ was born, a bright star, followed it to Bethlehem and found there the Christ Child and presented Him with gold, frankincense and myrrh.

SCAM ALERT

The San Mateo County Sheriff's Office wants to remind you to protect yourself from cellphone / telephone SCAMS.

Legitimate agencies such as Sheriff, Police, Courts (jury duty), IRS, Banks and PG&E will NEVER call you and ask to buy a gift card, money card, or wire money to pay your account.

If you get a call from an agency telling you "owe money" or are "being sued" hang up and call the agency yourself to verify the status of your account. Do not call any numbers given to you by the suspicious caller. Instead use a phone number you can trust such as a main number from your bill or agency website.

Do not give any of your personal information such social security, or credit card information.

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PHONE NUMBERS for your local Police Departments for you to place in an easy to reach position: Belmont 650-595-7400, Redwood City: 650-780-7100, San Carlos: 650-802-4277.

Please contact your local Police Department with any other questions:

Belmont 650-595-7400 Redwood City 650-780-7100 San Carlos 650-802-4277

Rebuilding Together Peninsula

Rebuilding Together Peninsula (RTP), a local nonprofit organization in partnership with the County of San Mateo, provides free home repair and modifications to low-income homeowners in the county through the Safe at Home program. Skilled technicians focus on repairs that improve the health and safety of residents and their homes. Last year, the program impacted approximately 130 households throughout the Peninsula.

Community members with annual incomes up to \$69,000 for a single-person household are encouraged to apply. Annual income requirements vary depending on household size. Repairs may include installing grab bars, handrails, and ramps, removing tripping hazards, installing new flooring, fixing electrical issues for adequate lighting, mitigating airborne toxins, and removing debris and clutter throughout the home.

Our Safe at Home technicians focus on Seven Principles of Healthy Housing, keeping homes dry, clean, pest-free, safe, contaminate free, well-ventilated, and maintained, thus drastically reducing health and safety threats residents face in the home.

Rebuilding Together Peninsula is honored to have partnered in the past with Villages of San Mateo County as grantees of Dignity Health Sequoia Hospital. We would like to extend an invitation for members of the Villages to apply for the Safe at Home repair program. We accept applications year-round.

To apply:

- go to www.rtpeninsula.org/apply-for-repair/homeowners
- or email info@rtpeninsula.org
- or call 650-366-6597 to request an application

SEQUOIA VILLAGE DONORS

Sequoia Village extends its appreciation for the generous financial support and in-kind gifts received from many individuals and the following organizations:

- Sequoia Healthcare District
- Trinity Presbyterian Church of San Carlos
- Rotary Club of San Carlos
- Howard & Martha Girdlestone Foundation
- Kiwanis Club of San Carlos
- Peter & Paula Uccelli Foundation
- Danford Foundation
- Dignity Health
- Mid-Peninsula Vineyard Christian Church
- West Valley Federated Women's Club
- Redwood City Parks and Recreation
- City of San Carlos

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