

VILLAGES of San Mateo County

Neighbors Helping Neighbors

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**LET'S
TALK
ABOUT
IT:**



Everyone should be celebrating **Healthy Aging Month** in September. After all, from the moment we are born, we begin to age and, with every milestone, there's usually a celebration. It's only after we reach a certain age -- for some that's 30, others 50 or older -- that we begin to wonder if we've done all the right things so we can enter our senior years in the best health possible.

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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 (VSMC)

[Beata Chauhan, DO, FACP](#), who recently joined Summit Medical Group in Palo Alto, CA, is one of their experienced geriatricians. She specializes in the care of older adults in the outpatient, post-acute care and long-term care settings, where she provides geriatric primary care and consultations. She practices at the Guzik Family Center for Geriatric Medicine and Palliative Care as part of the Palo Alto Medical Foundation. With her emphasis on treating the patient as a whole, with consideration for overall physical and psychological well-being and a focus of osteopathy training/practice, she offers some suggestions on how to age successfully.

"The concept of 'successful aging' (SA) was first introduced in scientific literature by Robert J. Hazinghurst in 1961. He stated that the science of geriatric care had the practical purpose of 'adding life to the years' with the goal of increasing joy and satisfaction during one's lifespan," Dr. Chauhan explains.

The Rowe and Kahn's model ([1997](#)), which is arguably the best known and widely applied model of successful aging ([Dillaway & Byrnes, 2009](#)), views "better than average" aging as a combination of three components:

- Avoid disease and disability.
- Optimize cognitive and physical function.
- Engage with life.

One problem with Rowe and Kahn's model, however, is its sole focus on late adulthood as a point to make a static assessment of an individual's "successful aging." Thus, it fails to capture developmental processes and trajectories of continuity and change in function over time.

Taking action which results in aging successfully begins when we are relatively young, as we lay the groundwork for our old age, but many of us don't look that far ahead. Still, "aging is natural and should be embraced. Aging well is our responsibility and what we should strive for. It is really dependent upon individual choices and behavior," says Dr. Chauhan.

Recognizing there are certain biological mechanisms that may contribute to ill health, there are other behavioral factors that are in our control. She offers these eight tips for successful aging:

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- See a physician when you feel ill.
- Take advantage of preventative care. Remember to get flu, pneumonia, and other vaccines recommended by your primary care physician, and don't forget regular exams, including mammograms and colonoscopies.
- Exercise. "Avoid a sedentary lifestyle as much as possible," Dr. Chauhan cautions. "Whether you can do a full workout at a gym or need to exercise while sitting in a chair, it is important to move."
- Maintain good nutrition. "The value of proper nutrition as a person ages is much more significant to contributing to successful aging than people realize," Dr. Chauhan says.
- Treat chronic pain. "This is a highly prevalent condition in elderly adults and contributes to a significant functional decline in activity," Dr. Chauhan warns.
- Obtain adequate sleep.
- Think positively about yourself. "Having a good perspective on life and a good mental outlook contribute to better well-being," she says.
- Build and maintain your social network. Learn new skills, read newspapers, volunteer.

The impact of a social network and being engaged in life is "largely undervalued by many seniors, but it's a protective pathway for aging gracefully," Dr. Chauhan says. Aging is something that is natural and beautiful, and should be embraced. Patients should take advantage of the resources available, such as speaking to their health care providers, who can refer them to the appropriate specialist or therapist.

Those interested in improving their health, minimizing their disability, increasing their longevity and enhancing their quality of life and function as they age should start looking at themselves.

"Perspective is really important," advises Dr. Chauhan. "Aging well is a huge responsibility of the patient. There are a lot of tools out there now and a lot of new technologies which will become available." The first step is for the individual to look at their situation, understand some of the challenges they face, "then seek advice and resources" to help them meet their goal, she says.

HOME SHARING DURING COVID

For seniors who have an extra room in their home, a HIP Housing housemate can provide a little extra income, as well as security and companionship. HIP Housing is a non-profit based in San Mateo County. It matches homeowners or renters who have extra space with people who are looking for a place to rent. Take, for example, the experience of Chris Sturken, a Community Outreach Specialist at HIP Housing in San Mateo. He shares his story below.

Although our offices are closed, we remain committed to helping people keep their homes and find housing during this difficult time. Shortly after the Shelter in Place Order went into effect, our staff adapted our interview process for online access almost overnight. We now use Google's Hangouts Meet for virtual interviews, and HelloSign to accept applications online. Our Home Sharing Coordinators can teach you how to use Hangouts Meet and HelloSign over the phone. Once your application has been processed and qualifies for the program, we can search for potential housemates. We give you their names, phone numbers, profile information, and an interviewing guide that includes an Inventory checklist and valuable community resources. Finally, if you decide to match with one of our clients, we will facilitate a meeting for you and your new housemate to sign a Living Together Agreement that puts your living arrangement and rental terms into writing.



Chris Sturken

Here's how the interview process was for me. When my housemate and I needed to find a roommate by June 1, 2020, we turned to HIP Housing. We interviewed with Debra, HIP Housing's Senior Mid-County Home Sharing Coordinator, who just celebrated her 20th anniversary at HIP Housing. The interview lasted about a half hour using Google's Hangouts Meet. After finishing our interview and completing our application, we received a couple of strong candidates from Debra. We called each candidate, asked them some questions provided by HIP Housing, and gave each of them a virtual tour of our apartment using FaceTime (although you can use other applications for this or simply send them



Thank you to the
generous sponsors
of our very first
virtual event!

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your own video).

Before having a housemate move in, HIP Housing suggests that you contact the references of any potential applicant. Then, you can better choose whether or not you match with that candidate. Chris said, "We could have made a decision after the phone interviews, but we decided to have each candidate visit our home for an in-person tour as well. During the in-person tour, we all wore masks and kept six feet of physical distancing whenever possible. We're very happy with our final match!"

You can apply to HIP Housing's Home Sharing Program by calling 650-348-6660 or by visiting hiphousing.org/programs/home-sharing-program/ to complete an inquiry form. Don't forget to mention the Villages' newsletter! If you have questions, please contact Chris Sturken, Community Outreach Specialist, at 650- 999-4156 or <https://hiphousing.org/>

**OUR SPECIALS EVENTS TEAM AND THEIR "HELPERS"
HARD AT WORK**

Who says you can't have your cake and eat it too? Members and volunteers from the Villages of San Mateo County (VSMC) said, "You can," and they did! Each received at their door a Red Velvet Bundt Cake, baked by "Nothing Bundt Cakes" bakery in San Carlos.

The occasion was the five-year anniversary celebration of the founding of Sequoia Village. A letter went out to all 350 members and volunteers one week in advance, alerting them to expect a surprise gift to be delivered to their door during the week of July 21.

Everyday is a celebration for VSMC because of our members' and volunteers' roles in helping to make the Villages a special

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asset to the communities they serve! HAPPY ANNIVERSARY!

As Nancy Grandfield, a Charter Member of SV, said, *"I received my Sequoia Village surprise from a kind masked man standing at my door—how lovely!" "I was dying for something sweet! Once again, Sequoia Village fulfills my needs."*

Read on for some of the many more accolades received.

Thank you for the delicious cake delivered to my front door in celebration of 5 years in existence. What a wonderful, delicious treat! You are all so thoughtful. Thanks for the great work you do.
~ Judi Kerfoot



Norma Schmidt
receiving her surprise

Hi... I'm just calling to thank all you wonderful people for the delightful gift of the Bundt cake. I have not had a chance to enjoy it because somebody made me an apricot pie the day before and so I had to finish the pie first, but I'm looking forward to the Bundt cake. And it was sweet and so kind of you and I can't thank you enough for all your attention and your kindness to me and to all of those who belong to you. And I wish you all Godspeed and God bless, bye-bye.

~ Pat Hawkins

I want to thank you for that Bundt cake. It is delicious. I'm having it with my tea this afternoon, and it's very good. Thank you so much.

~ Maria Tanner.

Thank you very much for the delicious cake to celebrate your 5th anniversary. Thank you also for the gift of your volunteer services and the wonderful people who do these services. It's difficult after years of independence to admit sometimes you need some help. Best wishes for another 5 years and more years to come. Thank you again for all you do and for the waiving of membership fees during this difficult time. Be safe!

~ Sue Bentley

I want to thank the Village people and Mr. Low for delivering a delicious-looking cake this morning, a lovely way to start the day. Best wishes.

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VILLAGES OF SAN MATEO COUNTY DONORS

VSMC extends its sincere thanks for the generous financial support and in-kind gifts received from the following major donors:

- *Charis Foundation*
- *City of San Carlos*
- *D & D Fields*
- *Dignity Health Sequoia Hospital*
- *McGovern Insurance*
- *PAMF Community Health Care Endowment*
- *Paula Thompson Legacy*
- *Peninsula Healthcare District*
- *Redwood City Parks and Recreation*
- *Sequoia Healthcare District*
- *Trinity Presbyterian Church of San Carlos*
- *West Valley Federated Women's Club*

(Bundt Cakes: continued from page 6)

~ Jane Lintott

...just calling to say thank you very very much for the lovely surprise that arrived a few moments ago. I certainly will enjoy the cake. The Villages has certainly been a super organization. I've enjoyed it ever so much. And again, thank you very very much for the lovely surprise. Bye now.

~ Joe Beckham

The Bundt cake was delicious. What a nice anniversary surprise!

~ Anne Horgan

Good Morning! My Bundt cake just arrived. I really like them; so I'll enjoy it!! Best to you all! Stay well.

~ Jan Smith

Well, good morning. My internet's down. I wanted to send you people out an email and thank you so much for the lovely treat that Mike Garoutte came and gave me yesterday morning, and this phone message is the only way I could thank you people and it was just a wonderful treat. So, thank you everybody. So have a good weekend. Bye-bye.

~ Judy Zugelder

Thank you everyone involved with the Villages. "How Great You Are."

~ Marisa Malatesta

Happy 5th, a job well done. Thanks for the yummy cake too.

~ Helen Gerhauser.



Gloria Nicoll
receives her cake

DID YOU KNOW?

San Mateo County is still administering their "Great Plates Delivered" program. Enrolling participants is set to continue until September 9, 2020, with a possible extension into October if approved by the State.

The program provides 3 meals per day to qualifying individuals at no cost to the recipient. "We have seen this program providing a great benefit to a few of our Village members," says Scott McMullin.

If you would like to apply, contact Aging and Adult Services at 1-800-675-8437 to inquire about eligibility and to sign up. For more information, you may also use the link below to visit their website.



[Great Plates Delivered](#)

MORE VOLUNTEERS AT WORK

Jerry Georgette (left) and Dan Abrahamson (right) working on the driveway at my house. I appreciated the help!

~ Nancy Batten



ANOTHER TESTIMONIAL...

...I want to send my appreciation to Victoria for introducing me to the Village back when it was getting started. I've benefited from my membership in ways that I could not have anticipated at the time I joined.

...I know Sequoia Village's dedicated volunteers and staff are the corner stone of the successful achievement of its mission and I want to send my appreciation to them. Knowing the ways that they can help and their willingness to do so is a comforting thought for us seniors.

~ Yvonne Bergero