

NEWSLETTER



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January/February

LET'S TALK ABOUT IT:

Arthritis Can Make Daily Activities A Real Pain For Seniors



This Joint Is Getting To Me

Bending over, picking up a rug and shaking it clean can turn into a painful chore when arthritis strikes one or more joints.

Our bodies have a variety of joints, each designed to have a certain amount of flexibility and absorb a certain amount of

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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

COFFEE CONNECTION

Open to all SV and MPV members, volunteers, and guests. Light refreshments will be provided.

DATE: Wednesday, January 10, 2018

TIME: 10AM—11:30AM



LOCATION: RWC Veterans Memorial Senior Center, Goldstar Room
455 Madison Avenue, RWC 94061

RSVP: If you wish to attend, please contact the Villages office by January 5 at info@villagesofsmc.org or by calling 650-260-4569.

*** Please indicate if you do or do not need a ride**

****Please indicate if you are bringing a guest**

PRESENTER: MICHELLE A. CARTER is an author and a professional journalist with a 30-year career in daily newspapering (The Kansas City Star and The San Mateo Times). Michelle also was a member of the faculty of Notre Dame de Namur University in Belmont where she was a journalism professor for twelve years.

TOPIC: Michelle has written an extraordinary personal memoir about her experience as a journalist and observer during the emerging democracy of the pre-Putin Russia in 1995. Her recently published book, "*From Under the Russian Snow*", recounts how, at age 50, Michelle left her job as managing editor of a suburban daily newspaper in the San Francisco Bay Area to move to Russia for a year as a United States Information Agency Journalist-in-Residence. While in Russia, she was assigned to work with newspaper editors who were struggling to adapt to a market economy and the new concept of freedom of the press.





CONGRATULATIONS SCOTT MCMULLIN: San Carlos 2017 Citizen of the Year!

In 2013, Scott McMullin took the concept of "neighbors helping neighbors" and recruited a core group of like-minded San Carlos residents to form a new non-profit that would allow seniors to age actively in community. As a result of Scott's leadership, Sequoia Village was launched in 2015. It provides services to seniors in San Carlos, Belmont and Redwood City, including Redwood Shores.

As a co-founder of Sequoia Village, Scott shared his vision and passion for bringing the concept of Aging in Community to life through an evidence-based call for action with other key community leaders. By building on the success of Sequoia Village and leveraging strategic partnerships, Mid Peninsula Village was formed to serve seniors in San Mateo, Burlingame and Hillsborough in 2016. Under Scott's participatory leadership and boundless energy, an advisory group was formed that ultimately led to the formation of the umbrella organization, Villages of San Mateo County.

Scott is an amazingly humble leader who has the capacity to tap into everyone's skills and talents and to keep them motivated, all while maintaining a cohesive vision. Utilizing his corporate background and attention to detail, he has been successful in honoring timelines and tracking details as well as looking for future opportunities. As a leader, Scott possesses a most unique combination of characteristics. He is a visionary as well as both a strategist and a tactician.

Not only does Scott provide great overall leadership for the Villages of San Mateo County, but he also serves regularly on the ground as a volunteer for Sequoia Village. Scott drives members to appointments, manages service requests, ensures that volunteers who want to drive are safe drivers, and provides handyman services as well as home safety inspections. In addition, he gives presentations to recruit new members and volunteers and oversees Village fundraising efforts.

Scott serves on numerous committees and Boards of other nonprofits serving seniors. He currently serves as Chair of the San Mateo County Commission on Aging. His commitment to community doesn't stop there. He has held multiple volunteer and leadership positions at his church, Trinity Presbyterian Church, in San Carlos. He goes to Mexico every spring with other volunteers from the church, including more than 50 teenagers, to build homes for those in need.

Congratulations Scott!

~Linda Burroughs and Dave McClure

(Arthritis, continued from page 1)

shock. Cartilage, a tough but flexible tissue that connects bones together, plays a vital role in allowing these joints to work smoothly.

One of the most prevalent, chronic health problems is inflammation and damage to joint cartilage and its surrounding structures. Known as arthritis, this category of illnesses create stiffness, pain, instability and weakness. It can also create deformities in physical appearance, such as fingers that won't straighten.

Some forms of arthritis go beyond pain in a single joint. Some even go beyond the joints to become a "systemic" problem, affecting a body organ or an entire body system. More than 100 health conditions fit under the umbrella term of arthritis. Two very common ones that affect seniors are osteoarthritis and rheumatoid arthritis. Others are bursitis and tendonitis. Lyme disease and lupus may not be as well-known for their arthritic ties. Did you know that gout is a form of arthritis?

Arthritis is sometimes accepted as the aches and pains of aging. This is an incorrect assumption. First of all, the disease can begin at any age. Secondly, not every senior suffers with it. And finally, for those with arthritis, there are options for easing the pain and slowing the joint damage.

According to Harvard Medical School's Joint Pain Relief Workout, one very effective strategy to manage pain is **PHYSICAL ACTIVITY**. After speaking with medical specialists, be sure to engage in exercises designed for you personally (ex: in the water, on a stationary bike and others) as they can help to:

- Increase production of natural compounds that reduce pain.
- Increase your strength and flexibility — and build endurance.
- Reduce stiffness and extend your range of motion.
- Keep your weight down, which can help relieve pressure in weight-bearing joints.
- Enhance production of natural chemicals in the brain that help boost your mood.
- Boost production of the lubricant inside your joints.

Without exercise, you are more sensitive to every twinge. With it, you have a measure of natural pain protection!

For more information about living with arthritis, please visit www.arthritis.org/northern-california/

(Sources: Arthritis Foundation, U.S. Census Bureau; www.KeepsakeCompanions.com)



SHOPPING AT AmazonSmile

When you shop on *AmazonSmile*, Villages of San Mateo County can receive 0.5% of all eligible purchases. You just shop as usual, then VSMC and you both benefit!

Here is how it works:

- Go to smile.amazon.com (save in your bookmarks)
- It will ask you to write in your charity (Villages of San Mateo County)
- No special apps needed

Then, all future purchases automatically go towards VSMC until you indicate otherwise. The key is to always visit *smile.amazon.com* first and then...just go shopping!



ADVOCATES CORNER

A new free service offered by VSMC

The Villages of San Mateo County has Volunteer Advocates who are available on your behalf. They will give guidance, give voice, and help you resolve problems.

Confusing and exasperating situations sometimes occur. It could be a government agency, a utility bill, an insurance issue, contractor, incorrect statements from a provider and more. Our VSMC volunteers are ready to offer guidance and referrals as an avenue to resolve these issues.

Call the VSMC office at 650-260-4569 to request an Advocate to serve you.

DID YOU KNOW?

We want to keep all of our members informed and up to date on our services. All pertinent information, including this newsletter, is sent out to all SV and MPV members using the most current VSMC member database. If you are not receiving event information updates, or you are not receiving our newsletter, please do let us know.

You may sign onto our website at www.villagesofsmc.org/ and go to the upper right-hand corner of your screen. Click "Add Me to Your Mailing List" and complete the required information. You may also contact our office, call 650-260-4569 or email us at info@villagesofsmc.org, and we will add you to our database.

VILLAGES OF SAN MATEO COUNTY CHAIRS AND COMMITTEES

VILLAGES OF SAN MATEO COUNTY:
EXECUTIVE DIRECTOR

Linda Burroughs

PRESIDENT

Scott McMullin

MID PENINSULA
CHAIR

Eric Hanson

SEQUOIA VILLAGE
CHAIR

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NEWSLETTER

Margaret Cross

Wani Wynne

VENDOR

Lisa Sharek

VOLUNTEER SERVICE
COMMITTEE

Randi Kutnewsky

Irene Liana

MEET OUR EDITORIAL TEAM



Wani Wynne



Margaret Cross

Nine years ago, after 32 years of service, **Wani Wynne** retired as Chief of Optometry at Kaiser Permanente Medical Center in So. San Francisco. Then came the ultimate question, “What do I do with the rest of my life?” New opportunities just kept knocking. She began with puppy sitting Guide Dogs for the Blind, then joined the Floral Design Committee and *Holiday Traditions* at Filoli. She also volunteered for a medical mission to Kenya (Volunteer Optometric Services for Humanity) as well as dental missions to Cambodia and Guatemala (Kids International Dental Services). Still searching the horizon, she spent six years as co-chair of Stanford’s Cantor Arts Center biennial *Treasure Market* fundraiser event, all the while being co-editor of the Cantor Arts Center volunteer newsletter.

Alas, *Treasure Market* was no more. Wani still thought she might have some special skills to offer Sequoia Village (before Villages of San Mateo County was founded) as co-editor of their newsletter. She initially volunteered as administrative office staff, but has settled into the VSMC newsletter team for the past year. “I think the overarching mission of the Village to Village (VtV) national network is a very admirable one. Neighbors helping neighbors is getting back to the basics of why we are all here. Helping when and where we can is good karma.”

Wani has been a resident of San Mateo for over 40 years and has nothing but gratitude for her two very best friends, her twin sons. Today, one lives in San Francisco while the other resides in

(Continued on page 7, Editorial Team)

SEQUOIA VILLAGE DONORS

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

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

(Editorial Team., continued from page 6)

Los Angeles. She laughs, "I spend a lot of time on the road."

Community is very important to **Margaret Cross**, and helping to build community has been a part of her life ever since she and her husband, Peter, moved to the Bay Area. They lived for several years in the Rockridge neighborhood of Oakland and joined in the community effort there to reestablish street trees. After they moved to the Peninsula, their community shifted to San Juan Canyon where their son and daughter grew up. Margaret says, "I took a position in the administration of the school district while they were in school."

After she retired, Margaret and Peter opened a computer learning space in San Mateo. For several years, they helped people make the technical transition to desktop computing. Along the way, her friend, Wendy Taylor, started an outreach program in Pescadero and called it Puente Ministry. Margaret served as her behind-the-scenes administrative support person. Together in 2010, they published their story, "*No Longer Strangers*." When it was time to retire again, Margaret kept writing and published her mother's account of her first cross-country car trip in 1926, "*Grit, Gravel & Glory*." In 2015, "I had never tried fiction before, but I published my first novel, '*By the Light of a Different Necessity*.'"

Margaret says, "Peter and I were delighted to stumble upon Sequoia Village." "Now, I'm looking forward to getting to know VSMC members better and to serve the Village community."

NOTE: If you have news and/or stories you would like to share with our readers, please submit them before the 10th of each month by mailing to P.O. Box 813, San Carlos, Ca, 94070, Attn: SV Newsletter Editors, or by emailing them to infosequoiavillage@gmail.com.

LEE MICHELSON, “FATHER OF VILLAGES”



In 2011, Lee Michelson, CEO of Sequoia Healthcare District, gave encouragement and seed money to the team that was developing Foster City Village, the first in San Mateo County. Several years later, he gave similar support to a group of San Carlos residents who wanted to start a village. “Think bigger” he said, and that’s how Sequoia Village was envisioned to serve the area from Belmont to Redwood City. He supported a Peninsula Family Service feasibility study in 2014 that found advantages to the “Hub & Spoke” model for villages, which ultimately led to the joining of Sequoia and Mid Peninsula to form the Villages of San Mateo County.

After a long and distinguished career in the nonprofit arena, Lee is retiring from the Sequoia Healthcare District at the end of 2017. He and his wife are moving to New Jersey where they will be closer to children and grandchildren. We will miss Lee, but we have lasting memories and abiding gratitude for his dedication to healthy living for people of all ages in our communities.

~ Scott McMullin

TAKE A CLASS FOR YOUR HEALTH!

A Matter of Balance (MOB) is an award-winning program designed to manage falls and increase activity levels. Two-hour class openings for this 8-week program are available for 2018.

The Diabetes Empowerment Education Program (DEEP) is an evidence-based diabetes education program for people with diabetes or prediabetes. DEEP encourages lifestyle changes while learning about your diabetes and the way it affects your quality of life. Six, two-hour weekly sessions are interactive and involve demonstrations, role play, games, and other engaging activities for group learning.

If you are interested, please call the Dignity Health & Wellness Center, Redwood City, at 650-367-5998, to register for these FREE programs.

TESTIMONIAL

Applying Eric Hanson’s research and Jim Shaul’s willingness, this team together performed a heavy, onerous job at my apartment in their capacity as volunteers for Villages of San Mateo County.

Wishing all the best to these two wonderful volunteers.

*Sincerely, Polly
A. Wyant*

In Loving
Memory

Gerry Henderson

Mary Leonard

Dino Paladini

Ina Mae Sutton