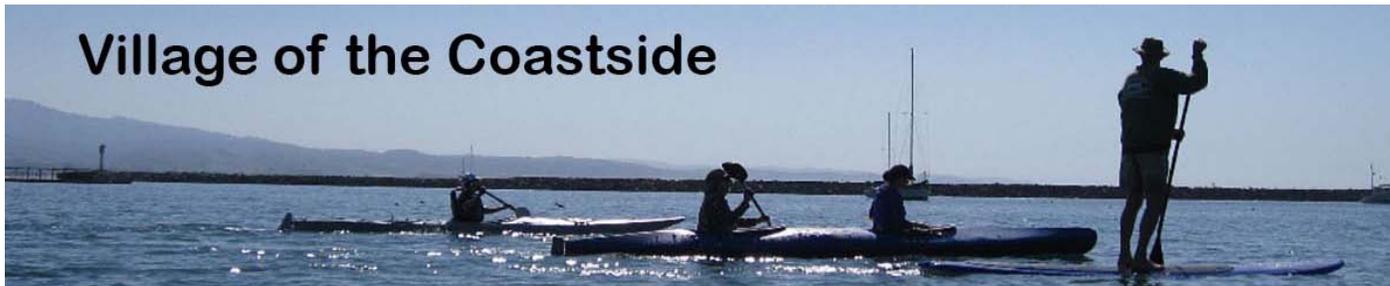


Village of the Coastside



November 2015

News Letter #3

[Village of the Coastside](http://www.villageofthecoastside.org)

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Upcoming Events

11/6/2015 [Senior Coastsiders Resource Fair](#)

11/18/2015

[Village Presentation-Senior Coastsiders](#)

11/19/2015

[Village Presentation-Half Moon Bay Library](#)

Information Exchange Presentation at the Senior Living Fair

For the second year, the Senior Coastsiders is sponsoring a Senior Living Fair (location and time below). This event brings together a variety of vendors and service providers helpful to older adults, including a presence by the Village of the Coastside (VOTC) volunteers. Last year's Fair attracted many Coastsiders and we expect this year's event to be a repeat performance.

VOTC will have a table at the Fair where you can ask questions and pick up information about our Village. Please stop by and plan to attend a presentation during fair hours on our Village activities and plans.

November 6, 1:30 – 4:30 PM

Adult Community Center 925 Main Street, Half Moon Bay

Interested in Participating?

As a volunteer-driven organization, we are always on the lookout for people with helpful skills who are enthusiastic about helping create an organization that can benefit many folks who live on the Coastside. One of the areas we are currently working on is outreach to prospective



Village of the Coastside (VOTC) Community Presentations

During the past two months we have made six presentations in in Half Moon Bay and El Granada. Over one hundred Coastsiders from Montara to Cañada Cove have participated. At each presentation individuals offer to volunteer and new ideas emerge. What about dog walking when you're down for a few days? And maybe some help moving garbage containers to the curb? Or could we develop a series of book discussions featuring local authors?

These presentations focus on key elements of Village goals: independence, wellness, social connections and learning. The VOTC is neighbors helping neighbors – a virtual Village being created by volunteers to provide services to older adults who wish to remain independent in their homes.

As we highlighted in a previous newsletter, our recent survey indicates that Coastsiders see transportation to be a high priority service need. So is increased opportunity to enjoy group social and cultural events. Another popular request is for in home assistance with minor repairs and computer issues.

At the heart of a successful Village is a corps of enthusiastic volunteers who provide such services to Village members. Our volunteers are currently focused on conducting informational presentation and developing the Village structures. You may know some of them from previous presentations: Judy Macias, Jeanette Ward, Kim Dailey, Emily Glines Phil Rosenblatt, Ellen Koland and Julia O'Daly, to name a few. There are many opportunities for you to join us, to share your

members and volunteers. We would like to improve our communication methods.

To support this effort, we are looking for volunteers to help in the following areas:

Graphic design (to help with creation and layout) Facebook page monitoring

Newsletter editing and formatting

Website content creation and editing

If you or someone you know have such skills and an interest to volunteer and work with an enthusiastic group of people with varied backgrounds, please contact Jeanette Ward (dandjward@earthlink.net) or email us at info@villageofthecoastside.org. Be sure to provide your name and contact information so we can follow up with you.

Program and Event Ideas

Friends, family and people attending community presentation have had many ideas for program ideas and events that they would like the Village of the Coastsides to sponsor. A very small sampling includes:

Trips to museums

Spirits and wine tastings

Current events group

Walking groups

Lecture series

Bocce ball events

We want your ideas too. Please share your thoughts with the program planners by sending an e-mail to info@villageofthecoastside.org.

ALSO: Please watch your Inbox for an invitation to a BRAINSTORMING PARTY for Village programs.

interests and to use your skills to enrich your Coastsides living experience while helping others enrich theirs.

If you missed previous VOTC informational presentations, come join Village of the Coastsides volunteers at one of the sessions noted below. These presentations are exchanges – we want to let you know what we've been doing and planning, and we are very interested to hear your ideas. We'll also suggest ways for you to become involved in developing our virtual Village, and hope many of you will want to participate as members and volunteers.

Please come share your ideas and reactions at one of these informational sessions.

November 18, 1:00 – 2:30 PM

Location: Adult Community Center 925 Main Street, Half Moon Bay

November 19, 6:30 – 8:00 PM

Location: HMB Library

Great time at the Pumpkin Festival



If you attended this year's HMB Pumpkin Festival, and enjoyed a beer from the HMB Brewery, you probably met some of our Village of the Coastsides volunteers. As part of our fund-raising effort, we served the beer in the Cunha Store parking lot, near where the bands played. We had a great time and enjoyed meeting many Coastsides residents. This was a very successful event for our organization as well as the HMB Brewery and Pumpkin Festival organizers.

The Village of the Coastsides organization wants to take



this opportunity to acknowledge both the HMB Brewery (for inviting us to participate), as well as the HMB Beautification Committee (sponsors of the Pumpkin Festival) for their support. We offer our sincere thanks to both organizations. And, we look forward to



What we are seeing on the screen

ENCHANTED APRIL -- a movie on NETFLIX

Four female strangers in the 1920s are thrown together when they holiday in an Italian villa. Watch as they savor newfound freedom and self-discovery. This story is also planned to be one of next year's productions by the Coastside Repertory Theater.

NEXT AVENUE -- a PBS e-magazine (www.nextavenue.org)

Public media's first and only national service for America's booming age 50+ population. The magazine provides news, information and advice to help viewers navigate their lives and invites them to join in an ongoing conversation about the issues and transitions everyone faces. (Includes fun articles and 15 Songs That Define the Boomer Generation - with videos. Oh, Elvis was bad!)

Would your organization like to learn more

Are you a member of an organization of Coastside residents? Do you think you and your members would like to learn more about the Village of the Coastside organization and how we might benefit members of your organization? If so, please invite us to attend one of your meetings.

Please contact Emily Glines (EmilyinHMB@gmail.com) or email us at info@thecoastside.org. Be sure to provide your name and contact information so we can follow up with you.

What we are reading

BEING MORTAL – Atul Gawande, M.D.

Dr. Gawande, author of several books, guides us through the halls of hospitals through the story of his father's illness, hospice care and death. He explains how doctors want to save you, not let you die, and how to choose the options that are right for you or your loved ones. A

conversation: *Emily G., "That sounds depressing;" Paul McR., "No, not at all. I found it very positive. Glad I read it."*

THE UPSIDE OF AGING – Paul H. Irving,
President of Miliken Institute

How Long Life is Changing the World of Health, Work, Innovation, Policy and Purpose of Aging. If you enjoy essays on these topics and other aspects of aging, you may enjoy reading this book.

Challenge to Understanding and Assessing Coastside Transportation Needs of Older Adults

If someone were to ask you "At what age do you think you will give up your driver's license?" how would you respond? There are nearly 10,000 adults 55+ years of age on the Coastsides. Getting to appointments plays a critical part of remaining independent as we age.

In most Villages throughout the country transportation is one of the top services requested. In a recent survey, 14% of Coastsides respondents indicated currently needing transportation services, and the perceived future need increased to 80%. Also in that survey, 57% indicated an interest in volunteering to give rides.

The Village of the Coastsides is working to develop solutions for this transportation challenge. Our current focus on Coastsides transportation services began with the formation of a Transportation Subcommittee, whose mission is to:

- Evaluate current and proposed Coastsides transportation services for older adults. (Including SamTrans routes, Redi-Coast para-transit services, Senior Coastsiders' shuttles, and San Mateo County's Care Advantage program and local church transportation plans.)
- Explore needs, analyze gaps in transportation services and seek alternatives. (Including rides to local events and programs, especially for individuals reluctant to drive at night.)
- Provide information. (To help connect members to existing resources and programs for which they might qualify, including transportation services.)

Future efforts will implement the "**Ride**" service, supported by "screened" volunteers trained to provide rides to Village members. Initially, this will cover the Coastsides (Half Moon Bay through Montara), expanded geographically as demand and resources indicate.

[Village of the Coastsides](http://www.villageofthecoastside.org)

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