

From the Board- Looking to the Future

The members of the VOTC Board of Directors recently met to plan the strategy for the future of the Village of the Coastsides. Thanks to VOTC members Mark and Jayne Battey for hosting us at their beautiful conference center, Miramar Farms.

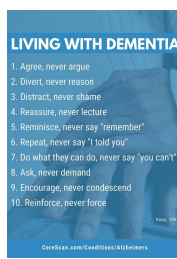
Lots of things to consider: How many new Members should we recruit? Do we have enough volunteers to provide services to Members Plus? What new events would members enjoy? Most importantly we discussed succession, sustainability and how to achieve our ongoing evolution.

To succeed we know that it is incumbent on the leadership – Board of Directors -- to refresh and replace itself making room for new members and new ideas. We have created a strong foundation and have good support in place but now we need to pass on what we have learned.

We're eager for new member involvement and welcome your organizational skills and creative ideas. Please consider the ways that you might be involved, and email us info@villageofthecoastsides.org

Facebook Favorites in January/February

Follow, post, comment on the VOTC Facebook page.



Newsletter March - April 2020

Events: First You Say You Will, Then You Won't

Some people hesitate to register for an event because they're afraid a conflict may come up. No problem! We've revised registration.

Go ahead and register and if you need to cancel here's how: After you log in, go to your profile (top right corner). Scroll to event history and you'll see the event. Just press X to cancel.

Of course, you can always call our concierge at 650.440.5030 to cancel as well, or to ask any questions we might be able to help with!

Your Response Matters



Census results help determine how billions of dollars in federal funding flow into states and communities each year.

The results determine not only how many seats in Congress each state gets, but the need for health clinics and planning for fire departments, schools, roads and highways.

Before April 1, 2020, you will be mailed instructions about completing the census form either online, on paper, or over the phone. For more information: www.smcccensus.org.

Michael Chicotel
Deborah Lubeck
John Parsons



You can find their email addresses in the website Member Directory if you'd like to send them a personal welcome.

Meet a Member: Janet Crist-Witzel

But then that happened...

I was pretty sure I wanted to be an architect. *Then* my high school counselor advised me it wasn't a good major for a woman - late nights at the architecture building etc. So I decided to be an engineer. By the time I finished my bachelor's degree in math with a minor in Russian it looked like I was destined for the CIA.

But after graduation, I traveled around the country for my sorority - and at each college campus, including Indiana University, I met the Dean of Women or equivalent. Turns out that IU had one of the premiere programs in Student Personnel Administration. Who knew that was even a thing? So I parked myself in Indiana for a couple of years and got my master's degree.

By then I had seen enough of the Midwest and when I was offered a job as Assistant Dean of Students at Oregon State University, I jumped at the chance. *But* after 4 years of that I was eager to learn something new and started looking at what it would take to get a PhD in Educational Psychology.

I thought Stanford would be a great place to study so somehow I found myself attending a cocktail party of Stanford bachelors. There I met the man who would become my husband and my life spun in yet another direction. He was in a totally unrelated field - insurance. And yet we clicked, and I moved to Seattle.



I worked in research/evaluation at a school district for the Northwest Regional Laboratory and then sickness sidelined me for a while. *But* then my husband was offered a job in San Francisco and we moved to Half Moon Bay. I got back on track to get my doctorate

- and earned my PhD from Stanford at the age of 41.

Another period of being sick made me question whether I'd ever be able to work full time. *But* an opportunity came up working part time for Judy Macias She was executive director of the Opportunity Center (now Coastside Hope).

Then I worked half-time at County Mental Health (MH) doing evaluation,s and pro-gressed to another half-time, then full-time job at Far West Laboratory directing research and evaluation projects. I went back to MH in evaluation *but then* became financial manager. I finally retired, or so I thought. No more meetings, just me and my mystery books or maybe a historical novel.

But then Judy reached out and told me about the Village...and wouldn't I come to a meeting and learn more...and maybe help with the Finance Committee. So there I was - and here I am smack dab in the middle of the Village of the Coastside. I'm at events, meetings and dining opportunities. Yes, I'm the one riding in the orange Mustang with Maureen Szostak in the Half Moon Bay Review article. If you see me please come say hello.

Janet

Village Conversations- Since 2016

The monthly Village Conversation - usually held on the fourth Monday of the month, from 1 to 2:30 at the Library's community room - is open to the community and features topics which often are not available elsewhere. All our speakers are volunteers with information to share and a willingness to give back. Presentations are 50 minutes to an hour followed by Q & A and informal discussion.

The idea for the Conversation came from the VOTC's 2014 Survey which showed interest in attending educational and cultural programs here on the Coastside. Few were available in 2014 and there was no place to have them. (Senior Coastsiders and the HMB Library were not in their present locations.)

Judy Macias wanted to pursue this because of her past experience in education. Programs began in 2016. Many people learn about VOTC through the Conversations and they have proven to be a good recruitment tool with appeal to adult children, neighbors and friends.

Programs cover a wide range of topics: Finance, Wills and Estates, Health (Alzheimer's Dental, Medical Marijuana, Heart, Nutrition, and foot care), Also, Coastside history, photography, and old time radio with anywhere from 10 to 50 attending. Great speakers and no controversial topics. Upcoming programs address plant-based diets, what a fiduciary is, hearingassistive devices, and ageism.

Wish list: Suggestions for speakers and topics. What do you want to hear about? Let us know. info@villageofthecoastside.org

Volunteers are the Heart of the Village

Like most Villages across the country, the Village of the Coastsides is run by volunteers. The Board of Directors, Committee Chairs and Committee participants spend hours setting up processes and procedures (there's always one thing you hadn't thought of and they usually catch it). These are the folk that keep VOTC going and growing. We're lucky and grateful to have a smart, experienced team.



We have 6 committees - Membership, Events, Messaging and Media, Finance, Technology and Aging in Place. We're always looking for more participants. There's a chance for you to get your suggestions heard and implemented, do satisfying work and get to know your fellow villagers. We're often amazed to learn the skills and connections our members can provide.

We also have Service Volunteers. These folks respond to direct service requests from our Plus Members. Many provide local rides, run errands, do simple household repairs or tech tasks. Even light gardening, and temporary pet care have been requested.

JCI - Just Checking In phone calls are important as well as home visits. Other possibilities include: Med Pal help; preparation for clinical appts; notetaking, assistance organizing medications; caregiver relief; and home check if you are going away on a trip!

It's easy to sign up. You submit a volunteer application, we do a background check, provide basic training and orientation. There are no set number of hours, you can respond when you're available. Many think of it as "Paying it Forward." Small helping activities make aging in place less overwhelming.

There's a relatively new program that lets members upgrade to the Plus level for 3 months. It's perfect for someone after a hospital stay. You may have read in the Review about how Sue Santoro took advantage of this.

The heart of the Village experience is Neighbors reaching out to Neighbors! For more info on volunteering or membership benefits - See www.villageofthecoastside.org. Remember to log in if you are a member! Or if you prefer contact Cathy Conry, our concierge, at 650.440.5030.

AGING. BETTER.

Events Galore -Spotlight Hiking

Events are frequently what initially attract people to the Village of the Coastsides. The 10 people on the committee are always looking for new people and ideas. Jeanette Ward is currently looking for a co-chair - maybe it's you.

Here's a closer look at our Hiking Events. Hiking was one of the original things that members were interested in and Kim Dailey does a lot of the planning and organizing. She grew up in suburban NY and did not try the outdoors until she came to California, but now, a few years later, she's done a lot of backpacking, mostly the Sierras and a memorable 67 miles in Sweden as well as rambles along the Lost Coast of NorCal.

No such long treks for our Villagers though. "We try to keep the hikes pretty local and maybe once a month. All the hikes are suitable for beginners," she says.

Favorite places are the Coastsides Trail, Moss Beach Woods and Bluffs. "We've also hiked Devil's Slide, the Cowell Purissima Trail, and Wavecrest as well as Burleigh Murray State Park."



Some of the most popular hikes are those that end with Happy Hour.

Whether you're in it for the view, the exercise, the companionship or the refreshments, check the events schedule for your next opportunity to "take a hike."

Your Event: Send us your ideas for events or activities to events@villageofthecoastside.org



Huh? What did you say?

Over 38 million Americans have some degree of hearing loss and only 30% have hearing aids! Aging In Place - Technology Watch has an article worth looking at. Find out why older adults wait to address hearing loss, and how it's a piece of the puzzle in overcoming social isolation. Included is some info about audiologists and hearing care professionals.

Go to ageinplacetechnology.com for this article and related info about technology for aging in Place. Contact Terry Plank for recommendations on where VOTC members have purchased hearing aids. terry@coastside.net April 27 we'll have a Conversation on Hearing Aids with Dr. Robert Sweetow, Professor Emeritus and former Director of Audiology at the University of California, San Francisco. See event calendar for details.

March Events -

Wed Mar 11 Village Coffee Break 10 AM
Sam's Coffee Shop next to Twice as Nice

Join members, guests, and volunteers for this monthly event. No agenda planned! Just coffee and conversation! A great opportunity to learn more about the Village!

Mon Mar 16 Get Your Game On! Library 12:15-2:15

Board and card games. Learn a new one or bring your favorite (or pack of card)s and teach others. Expand your skills and circle of friends.

Tues Mar 17 Harbor Walk at 4PM followed by Happy Hour at Seville Tapas at 5PM

Meet at the parking area behind Seville to join members and guests for a short harbor walk, out to the pier, and back to Seville for drinks and tapas. (Next to Old Princeton Landing.)

Wed. Mar 18 Challenges and Opportunities of Aging at Lesley Gardens 1-2:30 PM

Monthly discussion group explores how we navigate the challenges/opportunities of aging in place, to remain independent in our community for as long as we can. This isn't therapy or counseling. Terry Plank hosts and the group decides what to discuss - hopes, needs, strengths. Please register.

Fri Mar 20 VOTC Friday Night Movies 6:15-8:30
at the Library- Feature: Downton Abbey

The Crawleys and staff prepare for a royal visit. Scandal, ro-mance and intrigue leave the future of Downton hanging in the balance. Hugh Bonneville, Jim Carter, Michelle Dockery, Elizabeth McGovern, Maggie Smith, Imelda Staunton. Produced by Gareth Neame, Liz Trubridge and Julian Fellowes, and directed by Michael Engler.



Mon Mar 23 Village Conversation 1-2:30PM
at the Library Topic: Oral Health for Older Adults

Dr. Bonnie Jue, Assistant Professor at UCSF and University of Pacific dental schools, is also Community Engagement Director of Sonrisas, a non-profit dental center in San Mateo and Half Moon Bay,

She will discuss how the health of your teeth and gums may be related other medical conditions, and will give some tips and tricks to help maintain a healthier smile and lifestyle.

Tues Mar 26 Lunch at The Barn 11:30AM

Join VOTC members, volunteers and guests for lunch at this popular burger restaurant! Register for a confirmed seat. Bring a friend!

Fri Mar 27 Men's Lunch 11:30-1PM at TBD

No agenda, just hanging with the guys. Please register to we can get a good table.

Full EVENTS CALENDAR at villageofthecoastside.org.

April Events -

Thurs Apr 2 ZENTANGLE Workshop 10AM-Noon
Cheryl Hankin's house

Zentangle - a relaxing and lighthearted way to create beautiful images with a few simple pen strokes. Non-representational, so you can't get wrong! (Excellent for those who believe they aren't artists!) No experience necessary. Taught by VOTC member Cheryl Hankin, Certified Zentangle Teacher (CZT), award-winning fiber artist and retired clinical/research psychologist. Class limit is 12 - register early!

Tues Apr 14 Village Coffee Break 10AM
Half Moon Bay Coffee Co. Stone Pine

See March 11 description

Wed. Apr 15 Discussion: Challenges and Opportunities of Aging 1-2:30 at Lesley Gardens

See March 18 description

Apr 17 Friday Night Movies at the Library 6:15-8:30
Feature: A Beautiful Day in the Neighborhood



Reporter Lloyd Vogel is assigned to profile Mr. Rogers. But he's skeptical and finds it hard to believe anyone can have such a good nature. Roger's empathy, kindness and decency chips away at this jaded outlook, forcing Vogel to reconcile with his own painful past. Tom Hanks, Matthew Rhys, Chris Cooper.

Mon Apr 20 Get Your Game On! 12:15-2:15PM
at the Library *See March 16 description*

Thurs Apr 23 Lunch at Alice's Restaurant 11AM 17288 Skyline Blvd. Optional hike to follow.

Join VOTC members, volunteers and guests for lunch at this famous restaurant in Woodside! Afterwards a hike in the redwoods! Please bring cash for group bill.

Mon Apr 27 Village Conversation - Hearing 1-2:30PM
At the Library - see article on page 2

Tues Apr 28 Hike at Montara Beach at 4PM
and Happy Hour at La Costanera at 5:30PM

Join members, volunteers, guests for a Montara beach hike, followed by happy hour at La Costanera. Meet at parking lot south of the restaurant at 4. Please register, so we can look for you or call if event is cancelled!

Wed Apr 29 Frida Kahlo Exhibit 10AM-2PM
De Young Museum

Appearances Can Be Deceiving
When Kahlo died, a treasure trove of her personal items, jewelry, clothing, and prosthetics, were locked away. 50 years later, they were unsealed—and are now on view for the first time on the West Coast.



For questions and help contact. **650.440.5030** or **info@villageofthecoastside.org**