



# A BRIDGE TO COMMUNITY PASADENA VILLAGE

## Lovely Garden Party

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**Drs. Neil and Sonia Singla** invited Pasadena Village members, donors, and friends to a delightful garden party at their home on October 5. It was the Village's opportunity to thank all the wonderful people who have supported us since our launch in 2012. Party planners had been worried that it might rain. No one



Dr. Jack Scott and Mike Babcock

expected 100-degree heat! Wine and hors d'oeuvres were served and Dr. Jack Scott shared his wisdom on aging and contributing to the community. Approximately 100 guests attended the event, including State Assembly member **Chris Holden** and US Congresswoman **Judy Chu**.



Left: Peggy Sisson and Chris Holden. Center: Dr. Sonia Singla and volunteer Elisabeth Johns. Right: Students from the Peace & Justice Academy who escorted folks up the driveway.

## State Tackles Aging and Long Term Care Issues

California has the largest population of people age 65 and older of any state in the nation, and is surpassed only by Hawaii in its cultural and ethnic diversity. And yet, California is not prepared to reap the benefits or meet the needs of this growing segment of the population. To address this issue, the State Senate established a Select Committee on Aging and Long-Term Care, chaired by Senator **Carol Liu**. The goals of the Committee are to articulate a vision for an effective Aging and Long-Term Care support delivery system and to develop a comprehensive strategy for achieving that vision.

On October 12, Senator Liu and her committee left on a three-day bus tour to get an up-close-and-personal look at new approaches to senior living in California. The tour began at the Pasadena Senior Center with featured presentations by **Sue Kujawa**, Executive Director of the Pasadena Village and **Akila Gibbs**, Executive Director of the Pasadena Senior Center, one of the few Senior Centers in

the State that is *not* operated by a city or county government.

In her presentation, Sue gave a brief history of the Village movement, noting that there are now more than 40 Villages in California. She shared a report from the National Council of State Legislatures, which found that "solutions that help seniors age in place are considerably cheaper than the alternatives, and will actually save seniors and taxpayers money by making transportation and services more efficient, while lowering overall healthcare expenditures." Akila outlined the many programs and services offered at the Senior Center. She pointed out the increase in the number of older adults who participate in its weekly food program as evidence of the economic fragility of many of our seniors.



Sue Kujawa and Akila Gibbs speak on behalf of seniors.

## Reflections on the Voyage So Far...

As many of you know, the idea of forming a Village began with a conversation in the living room of **Jim and Nancy Goodell** nearly four years ago. We first “went public” at a reception at the home of Claire and Bill Bogaard in fall 2012. That event featured a speaker from the Village to Village Network and, with a handsome check from Episcopal Communities and Services (ECS), Pasadena Village was officially launched.

I've had fun thinking about what we founders imagined would happen and what has actually transpired over the last two years. Two metaphors come to mind.

Around the middle of the 1800's, when farming was becoming a burgeoning business, granges began cropping up all over the mid-west. The grange in those days was a central location where farmers would bring their crops for sale or trade. It wasn't long before folks discovered how much the social interaction relieved the isolation of those early farms. That's when the dancing started. *Does this remind you of anything?* During the past six months Pasadena Villagers have participated in over 90 events, including an amazing assortment of activities, ranging from bird-watching to bridge playing to wine-tasting . . . not at the same time!

The second metaphor that crops up in my mind is a picture that we all saw in our ancient history books. It is a drawing of one of those early ocean vessels with dozens of oars sticking out each side. Each oar, of course, has somebody pulling on it, and it's that collective force that provides the boat's forward motion. The shipyard of our Village boat was initially financed by the generosity of the ECS and a handful of other people who saw the importance and value of our mission. During the course of the past two years, we've acquired a wide assortment of folk — over 130 members plus staff, volunteers, donors, and cheerleaders — each of whom has brought unique talents to help move and shape this wonderful vessel.

So where is this floating Grange heading? As with life itself, it's the journey and not the destination that gives the Village meaning and value. As our membership increases and our range of services widens, we'll continue to improve the lives of those who want to enjoy their final years in the company of people who still get a kick out of what life has to offer.

Our job is to keep welcoming new members, man the oars, and enjoy the ride.



Mike Babcock at work on the furnishings of the floating Grange.

## Affinity Groups Grow as the Village Grows

We have added some new affinity groups recently and they are already making a big splash. One of our first affinity groups, the Documentary Film club, screened *A Place at the Table* some months ago. This powerful film inspired some Village members to do something about hunger in our own community, especially since many people in need are seniors. So a new affinity group, the **Hunger Initiative**, has formed. They are collecting non-perishable items to be donated to the Pasadena Senior Center. You may drop off your donations at the Pasadena Village office during regular business hours through December 19th.

We have a thriving Men's Group and now there is the **Women's Circle**. Organized for those interested in forming deeper connections with other female Village members, our social work intern, **Jen Tracy-Duplass**, leads the group. The current session ends in December. If you are interested in the next session please contact the office.

According to **Peter LeSourd** the Wednesday afternoon book club and the friendly monthly bridge game are still looking for members.



Jen Tracy-Duplass and Lynne Tuite at a Women's Circle meeting.



## Meet the Village~ Peter LeSourd and Margo Halsted

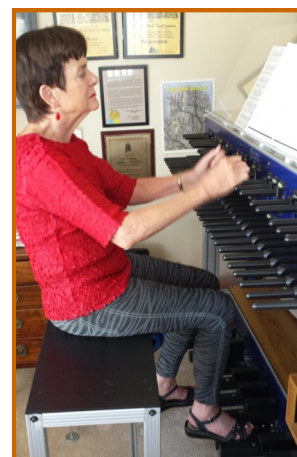
There are a couple of times a year when the emails start flying and plans start coming together for college reunions. *Should I go or shouldn't I? Who'll be there? Who'll see me? Will anyone recognize me?* For Margo and Peter, the reunion was unquestionably the right thing to do. Both were Stanford University grads and at the last lunch on the last day of their 40th reunion, they met for the first time. Peter had just closed on a condo in Seattle and Margo was teaching at the University of Michigan in Ann Arbor. With apologies to Shakespeare, the course of true love *did* run smooth. They have been happily married for 12-plus years and in Pasadena for most of that time.

Margo's professional life has revolved around beautiful music. Her degrees are in music and music education. She sings, plays piano and organ, and is a professor of music. But there is one musical note that sets her apart. Margo is an adjunct professor at UC Santa Barbara where she teaches a small group of students to play and compose for the 61-bell Dutch carillon in Storke Tower. A carillon is a musical instrument consisting of bells arranged in chromatic series and played from a keyboard. Margo has been a frequent contributor at World Carillon Federation meetings and the Guild of Carillonneurs in North America, and chairs the Guild's committee in charge of the associate carillonneur examination. Her rare skills have taken her around the world to perform, teach and even to judge carillonneur competitions. "There are about 500 carillons in the world and about 5000 carillonneurs," says Margo. "Not many people have ever even heard of it, so I usually tell people I play a rare instrument." She and Peter attend All Saints Church where Margo sings in the Canterbury Choir. She was one of three altos from the choir who were chosen to participate in the recent Los Angeles Bach Fest. Margo has also been involved in

the San Gabriel Valley Literacy Council, where she taught English and served on the board. She has two children from a previous marriage and four grandchildren.

Peter laughs that, unlike Margo's, his life has been relatively straightforward. He was a business lawyer for 23 years in Seattle after getting his undergrad degree at Stanford and his law degree at Harvard. When an opportunity presented itself to teach a business law course at Seattle Central Community College, he discovered a new career. He enjoyed teaching law and decided to explore a tenured position which led him to Saddleback Community College in Mission Viejo. He taught business law and helped set up the paralegal degree program there. In the midst of his 10-year teaching career, he took a sabbatical year in Zagreb through the American Bar Association to help the post-Communist Croatian government transition their legal system. Now retired, he is a Pasadena Police Certified Volunteer and spends five to 10 hours a week working with detectives and three other volunteers on credit/debit card and check fraud cases. He takes statements, contacts victims and gathers evidence so that detectives can decide to pursue cases or not. And then, in his spare time, he writes history monographs, skis, hikes and sails. Peter has a son from his previous marriage.

Peter admits to being the one who took the lead in joining Pasadena Village. He first heard about it from Mike Babcock (and Margo heard about it from Jean Owen). "I saw it as a way to develop a wider social network of people in our age group," said Peter. "Most of the founding members of the group have very deep roots in Pasadena. We have been here only a short time. This seemed like a great way to make new friends. After retirement it's not easy to do in a new community."



Margo has a practice keyboard in her home. To see and hear her play click [here](#).

## All Right Everyone — Buddy Up!

by Sue Kujawa

All my life I have loved being in the water. I loved going to the beach and playing in the waves, floating in the salt water, feeling it buoy me up. However, my mother always told me — never swim alone. She made me promise that whenever I went into the ocean I would always have a buddy. I sometimes wondered what help my buddy might be able to provide if, say, we were caught in a rip tide. But deep inside I admit there was a feeling of comfort and solidarity in knowing that we were keeping an eye out for each other.

I think that a buddy system is a good idea for all stages of life. It's a simple way to look out for someone — a neighbor, a friend, a relative — and know that someone is looking out for you. The idea is simple, but the outcome can be profound. Do you have a buddy? If you would like to be part of a buddy system but aren't quite sure how to go about it — call us at the Village and we'll be glad to help.



## We Had a Good Time . . .

**Claire Gorfinkel, Sandy McConnell, Ida and John Hitchcock and Agnete Olufsen** trekked to the California Science Center to see a moment frozen in time. *What Nature Destroyed, It Also Preserved: Pompeii the Exhibition* included 150 artifacts on loan from Italy. Said Claire, "We noticed how much Roman living resembled California living. And it was striking how the volcano destroyed everything so totally and in so short a time while preserving an historical record."

**Sid Gally** hosted **Monica and Tom Hubbard, Martha Martinez, Ruth Saffman, and Linda and Tom Stowitts** and guest **Lynn Bragg**, for a pot luck in his lovely Bungalow Heaven home. Monica reports, "Sid set a beautiful table for all the yummy food that people brought and it was so much fun to hear his stories of Pasadena history."



On a balmy summer evening, **Peggy and Steve Sisson** hosted the September pot luck dinner among the lush greenery of their backyard. Guests sat at small tables around the periphery for easy conversing and there was a good mix of old members and new. Everyone enjoyed the memorable main dishes, the savory salads, and the delectable desserts. **Gail Anderson, Bonnie Armstrong, Sally Asmundson, Monica and Tom Hubbard, Bea and Bill Jennings, Margo Halsted and Peter LeSourd, Barbara and John Madden, Sandy McConnell, Ann Riordan, Mike Shumate, and Bob and Kay Snodgrass** enjoyed the company and food.



**Billie Spinat** suggested an outing to the Shumei Cultural Center in Pasadena to view their exhibit *The Curious Art of Origami*.

**Victoria Bell, Don and Natalie Cohen, Bea and Bill Jennings, Tina Hooper,**

**Kitty Hall, Barbara and John Madden, and John and Thelma Orr** discovered works by three different artists, all of whom make paper do the most amazing things.

## Got Our Kicks on Rte 66

by Ann Riordan



**Bill Jennings** led a group to see the exhibition *Route 66: The Road and the Romance* at the Autry National Center of the American West near Griffith Park. Route 66 was an amalgam of various east-west roads, some unpaved, and was established in 1926. People trying to escape the Great Depression drove west on 66 with hopes of a better life. "Well, it winds from Chicago to L.A., more than 2,000 miles all the way," sang Nat King Cole. The display features maps of the development of the route and artifacts of the era found en route such as Phillips 66 gas pumps, a Ford Model T auto, and neon motel signs. Typical memorabilia on display from that era are Dorothea Lange's photograph of the Migrant Mother, Jack Kerouac's typed manuscript of "On the Road," and Thomas Hart Benton's painting, "Boomtown." You can even see a chunk of the route's asphalt! The road was also called "Bloody 66," for the many accidents that occurred on its curves and uneven pavement.

By 1956 this route was bypassed by the Interstate Highway System. You still can see some signs around Pasadena marking the old Route 66 — on Huntington Drive, further west to Foothill Blvd., then to Colorado Blvd., down Fair Oaks Ave. — and eventually to Santa Monica. The National Park Service and preservationists are working to restore and revive the road's rich history and heritage. The exhibition will be at the Autry through January 4, 2015.



Attendees included **Mike Babcock, Don Cohen, Natalie Cohen, Dave Folz, Tina Hooper, Bea Jennings, guest Nancy Lyon, Sandy McConnell, Sandy McLean, Betty Medearis, Agnete Olufsen, Ann Riordan, and Peggy and Steve Sisson.**

## DON'T FORGET YOUR FLU SHOT!





## That Pain in Your Neck May Be in Your Back

By Ann Riordan

Nearly everyone over the age of 50 has had some form of back pain. At the Huntington Hospital's Senior Care Network meeting in July, Tom Strafaci, CSCS, PTA, RKC, talked about its causes, prevention, and treatment through exercise. Tom is the owner of Functional Fitness in Pasadena and Arcadia. Back pain is usually a symptom of some type of dysfunction in the musculoskeletal system. That system includes the muscles and bones, of course, but also the cartilage, tendons, ligaments, joints and other connective tissue that binds the system together. Back pain can be caused by many factors, but it doesn't necessarily have to originate from the back itself. Posture, the relative position of the limbs to the body as a whole, is an important factor. Improper movement patterns that we adopt as a result of doing the repetitious activities of daily living can cause pain and eventually injury. Slouched on the couch while watching TV; sitting a bit sideways while using the computer; lifting heavy items without bending the

knees; poor standing posture; lack of joint stability; previous injury or back surgery; being overweight — all of these can affect posture. Poor posture can result in injuries to the lower back such as disc compression, strains, and muscle sprain.

The good news is that as we grow older, a program of exercise training, designed by an exercise professional, can help prevent and/or cure back pain. Strength training with weights, power training (moving weights in functional patterns) and endurance training (walking, swimming) can be a part of the solution. The prescribed exercises must be done daily. "Be patient and stick to the program," Tom concluded, "Back pain relief will not occur immediately."

For more on back pain and how it can be controlled with exercise and proper movement, you can reach Tom at his Pasadena office (626-449-9181) or email him at [tstrafaciscs@gmail.com](mailto:tstrafaciscs@gmail.com).



Professional trainer  
Tom Strafaci

## . . . And Here's What We Learned

In October, Village members **Bruce and Esther Gillies** and **Gary Kinsley** went on one of the bird walks sponsored by the Audubon Society at the Los Angeles County Arboretum in Arcadia. They hope to make this a monthly outing. It's free and Esther reported that on the September walk the group identified over 20 different birds.

One of the Village's most successful and well-attended new programs is **Member Connections**. As **Nancy Spear** pointed out, "We are all professionals. We have had lives — interesting lives and this is a wonderful forum for sharing." Nancy and about 20 others attended **Don and Lorna Miller's** talk on their work with genocide victims in an event titled *Personal Reflections on Trauma, Healing, & Resilience in Rwanda*. The Millers made real the horrors faced by the Rwandan people and how the country is attempting to overcome the devastation and rebuild. The September **Member Connections** featured **Mike Shumate**, retired lecturer in Applied Physics at Caltech. He presented *Black Holes & Other Weird*



*Denizens in the Deep Sky* to a rapt audience of space enthusiasts. Mike shone the light on black holes, dark matter and dark energy. These events are so popular that there is usually a waiting list.

The tech-savvy girls of Mayfield Senior School volunteered to help Villagers troubleshoot problems and learn about all the features of their mobile devices. There were nine attendees and six volunteers working hard for a couple of hours in October.

Just in time for the November elections, The League of Women Voters brought their expertise in ballot measures to the Village. Several of our members are League members. In fact, **Marna Cornell** is president of LWV Pasadena Area.



A Mayfield volunteer unravels digital mysteries for Bernetta Driver.

## Growth Is the Operative Word

On October 28, all 15 members of the Pasadena Village Board of Directors gathered together for a board retreat. The question of the day was: *What do we want the Village to look like in two years?* Everyone agreed that the Village will be larger. We will grow because there are so many more people who can benefit from being members. The members discussed the challenges that will face us. Increasing our budget and the need for strong fundraising plus transitioning from a "founding" board to a "governance" board occupied us for much of the day. Under the able facilitation of board member **Susan Hixon**, everyone ended the meeting with a re-commitment to the growth and success of the Village.

— SK

## OVER THE FENCE . . .

In July, **Sid Gally** spent a week at his home in Avalon on Catalina Island with his daughter, Joan, who was visiting from Saudi Arabia.

**Mary Scribner** and **Jo Yeargin** ventured to Boston Court for a performance of a Chekov spoof called 'Stupid F\*cking Bird.' They thought it was very...different.

**Tina Hooper** spent a weekend at the end of July at a retreat for women spiritual leaders in Oxnard, CA.

Along with Jogasaki Sushi Burritos, REALSPACE, and Luminosity, PV members **Nancy Goodell**, **Sandy Biery**, and **John and Barbara Madden** were spotted out on Pasadena's October ArtNight.

In early October, **Nancy Spear** and **Barbara Campbell** teamed up for an adventure to the J. Paul Getty Museum. Villagers discovering shared passions is a huge benefit of membership.

**Gary Kinsley** spent almost three weeks this summer in the Chiricahua mountains of southern Arizona doing entomological research through the Southwestern Research Center. Gary is a knowledgeable amateur lepidopterist, but found himself in workshops with PhD-level scientists and museum curators. He was thrilled to add some exotic, tropical butterflies — yes, tropical — to his collection.

**Kathy Moyd** emailed the village in October from high in the Himalayas. "It's been a very interesting trip — three different cultures — Tibetan, Nepalese, Bhutanese — plus the Himalayas. I've gotten three separate views of Mt. Everest. It's not a birding trip, but I'm still surprised at the few birds I've seen."



Ann Riordan

In early August, **Ann Riordan** went to Long Island for a family vacation near where her family once had a house. "We all have lots of friends there, and we had a fun time."

**Steve Sisson** won the California Carvers Guild Stylization Excellence Award for his wood carving titled *Ocean Society* at the San Diego County Fair *Design in Wood* competition in July.

Congratulations to **Lorna Touryan Miller**, who received the YWCA Pasadena-Foothill Valley Racial Justice Award at the Y's annual Racial Justice Breakfast on October 20. Lorna is the daughter of survivors of the Armenian Genocide of 1915, and is the co-author of "Survivors: An Oral History of the Armenian Genocide," among many other accomplishments.



## Sid Gally to be Feted



On Dec. 2, in gratitude for his unfailing contributions to the promotion of Pasadena Museum of History and its collections for thirty years, **Sid Gally** will be installed as a Trustee Emeritus at a luncheon and program. Gally writes a weekly column for the Pasadena Star News that showcases the famous, the fascinating, and the frivolous past of Pasadena. For information and tickets call 1-800-838-3006 or click here [Brown Paper Tickets](#).

## PV Welcomes Intern

If you hear a new voice when you call the Village Office, introduce yourself to our social work intern Jen Tracy-Duplass. Jen is a graduate student at USC's School of Social Work, and she will be with us for the remainder of the academic year. Originally from Texas, she has impeccable credentials. Jen's BA is from St. Mary's College in San Antonio. She has had two previous internships. One was with the YMCA in Tijuana and one with a Texas AIDS hospice. She has already dived into our community with both feet. She is lending her expertise to lead the new Women's Circle. Her husband is a filmmaker and she is the mother of two.



Each year, one in three adults over the age of 65 falls and 2 million are treated in emergency departments for fall-related injuries. The long-term consequences of fall injuries, such as hip fractures and traumatic brain injuries, can impact the health and independence of older adults.

Grim as these statistics are, many falls can be prevented. Studies show that a combination of interventions can reduce falls significantly. By taking preventive actions, you can reduce your risk of falling.

Experts recommend a physical activity regimen with balance, strength training, and flexibility components and ensuring that the home environment is safe. Since half of all falls occur at home, correct potential hazards in your home.

- Remove tripping hazards, such as shoes, books and clothes, from the floor and stairs.
- Install handrails and lights on staircases.
- Remove small throw rugs or use double-sided tape to keep rugs from slipping.
- Keep frequently used items in cabinets that you can reach easily without using a stepstool.
- Put grab bars inside and next to the tub/shower and next to your toilet.
- Use non-slip mats in the bathtub and on shower floors.
- Improve the lighting in your home and have your eyes checked annually.

If you have fallen before or have experienced balance problems, dizziness or muscle weakness, talk with your doctor about ways to minimize your fall risk. Ask if any of your medications' side effects can increase your risk of falling.

In addition to pain, suffering and the high cost of rehabilitation, falls with or without injury also carry a quality of life impact. Many older adults fear falling and often self-limit activities and social engagements, resulting in further physical decline, depression and social isolation.

### Local Resources

Many senior centers, hospitals, and community-based organizations offer falls prevention programs to increase strength and improve balance. The **YMCA of the Foothills** in La Canada and Tujunga offers a complimentary fall assessment which can be followed by Fallproof and Balance Fit classes, or Tai Chi, gentle yoga and other classes designed to improve balance (818-583-4731). **USC Verdugo Hills Hospital** offers "A Balanced Life" program designed to reduce fall-related injuries; it includes an in-home assessment (818-952-2294). The **Pasadena Senior Center** offers "A Matter of Balance" classes that emphasize strategies to reduce fear of falling and increase activity levels (626-795-4331). The Village maintains a list of professionals who can help install home safety improvements (626-765-6037).

By taking preventive steps now, you can give falls the boot and continue to enjoy a healthy and independent life.

## Alzheimer's Disease: The Scourge of Old Age

by Ann Riordan

In late October, Jim Crabtree, R.N., visited the Pasadena Village and spoke to 20 members and guests on behalf of the Alzheimer's Association of Los Angeles. Alzheimer's Disease (AD) is a tough subject, but considering that it is largely age-related and that 50 percent of those 85 or older have AD, Village members wanted and needed to hear what he had to say. Jim discussed some of the symptoms of AD: increasing forgetfulness, gradual loss of speech, difficulties in being able to think, the inability to navigate familiar territory. He explained that scientists have discovered, via brain autopsies of AD patients, that abnormal microscopic protein particles invade the brain's nerve cells, forming plaques and string-like "tangles." He laid out all the steps in the brain's deterioration as these plaques and tangles take over. It's a frightening picture.

There is no cure, yet, for AD. Its treatment consists of daily medication (Aricept and Namenda, for example), which slows down the progress of the brain's invasion by plaques and tangles. Research is being conducted worldwide into AD's cause and cure. In one clinical trial, nerve cells grown in a lab to replicate brain matter are manipulated to exhibit AD properties. Soon the tangles and plaques appear. The scientists then treat the AD cells with various chemicals to discover the effects. The goal is medication or even an inoculation against the disease.

Jim knows whereof he speaks, as his wife, Rita, developed Alzheimer's Disease at the early age of 55 and he was her primary caregiver. He knows how important it is for all of us to better understand this disease so that we can support each other if the need arises. Jim is a nursing instructor at the LA County EMS agency.





## THE PASADENA VILLAGE

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### NOTICES

**"Meet Me at the Village"** every 3<sup>rd</sup> Friday at 10AM. Join us at the Village office for an informal gathering of friends old and new. Everyone is welcome!

Ten Thousand Villages will donate 15% of sales to the Pasadena Village between November 22 and December 6. Simply mention the Pasadena Village when you buy your handmade, fair trade gifts. 567 S. Lake Avenue.

Our next Volunteer Orientation is Saturday, December 13 at 10 AM. Email [volunteer@pasadenavillage.org](mailto:volunteer@pasadenavillage.org) for more information.

Celebrate #GivingTuesday by supporting the Pasadena Village on December 2. Go to [www.pasadenavillage.org/donate](http://www.pasadenavillage.org/donate).

Resources for Members: Did you know we have a growing list of outside service providers? Members can ask for referrals to professionals like plumbers, handymen, home care providers, and auto mechanics. We can also connect members to other community resources. Just call the office.

For help using the website call Dave Folz, 626-796-0901. Follow us on [Twitter](#) and on [FaceBook](#).

Remember, if you are reading this online, all the links are hot.

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### *Please Welcome Our New Members!*

#### OCTOBER

Neal & Ruth  
Bricker

Lena McAfee

Harold Noble

#### NOVEMBER

Winifred (Winn)  
Krafton

Georgianna Erskine

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