



A BRIDGE TO COMMUNITY PASADENA VILLAGE

First Annual Pasadena Village Holiday Sing-Along!

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We had lots of goodies.

A Prayer for Singers by Michael Leunig

*We give thanks for singers.
All types of singers.
Popular, concert singers and
tuneless singers in the bath.
Whistlers, hummers and those
who sing while they work.
Singers of lullabies; singers of non-
sense
and small scraps of melody.
Singers on branches and rooftops.
Morning yodellers and evening war-
blers.
Singers in seedy nightclubs, singers in the street;
Singers in cathedrals, school halls, grand-
stands,
back yards, paddocks, bedrooms, corridors,
stairwells and places of echo and resonance.
We give praise to all those who give some
small voice
To the everyday joy of the soul.*

Amen



And we made a joyful noise!



Jean Owen's friend, Michal Connor got us started.



Our wonderful
leaders, Monica
Hubbard and Fritzie
Culick.

Welcoming New Board Members



In the past few months, the Board of Directors has welcomed four new members. **Dr. Sonia Singla** is a board-certified physician with over 10 years of experience in analgesic research. She and her husband Dr. Neil Singla own Lotus Clinical Research, a pain research institute housed at Huntington Memorial Hospital. Sonia has previously served on the board of Pasadena's Young & Healthy along with other organizations. She and Neal live in Pasadena and have three young children.

Billie Spinat is a charter member of the Pasadena Village and is currently chair of the Cultural Committee, the group responsible for coming up with all the interesting museum tours, metro line excursions, book clubs, etc. She worked for 38 years at UCLA in accounting and budget analysis. She has served on numerous boards and is a docent at the Pacific Asia Museum.



Peter LeSourd joined the Pasadena Village two years ago with his wife, Margo Halsted. He was an attorney in Seattle for 24 years and active in many community organizations. After retiring from his law practice he taught business law part-time for several years. He and Margo moved to Pasadena in 2003. He is a certified Citizen Volunteer at the Pasadena Police Department, where he assists in the investigation of financial fraud crime reports. He is currently working on a book detailing the growth of mountain recreation in the US.

Tina Hooper has an MS degree in gerontology and a certificate in long-term care from USC. She has an adult education teaching credential and worked as a social worker and as an instructor for life skills for the elderly for ten years. Currently she volunteers at local convalescent facilities, bringing joyful activities to the residents. She joined the Village in September 2012 and serves on both the Membership committee.



With a Little Help from Our Friends . . . There Is No Giving without Receiving

On November 2, seven volunteers set out to assist two Village households for our *Fall Back: One Hard Thing* service day. **Sally Warner** and **Kit Davis** were glad they had signed up to participate. “I think it is a great program, and very useful,” said Sally. After getting solid advice from two different volunteers about two separate technological issues—one with her car, the other with a fax machine—“they did replace one tiny light bulb in the ceiling fixture in the downstairs bathroom...From the volunteers’ point of view, I’m not sure they thought their visit was all that necessary. But from our point of view it was!” continued Sally.

The volunteers arrived ready for anything and were disappointed to learn that more members had not signed up to receive their help. After completing all the requests and bidding farewell to their respective households, the volunteers gathered to reflect on the service day. **John** and **Judy Whiting** said that helping two members tackle a “honey-do” list put the importance of the Village into focus. They began brainstorming about ways the Village could encourage members to identify small but meaningful things that volunteers could do for them, acknowledging that it *is* hard to ask for help.

This is the crucial point — it is difficult for Village members to admit they need help, much less ask for it. That is because Village members are Givers at heart. When it comes time to accept the gifts that others wish to bestow, it can be almost impossible to reverse roles.

However, Givers *need* Receivers. If no one accepted gifts of time, effort, and care, there would be no Givers. The Pasadena Village depends on its

members being comfortable in both roles — the Village wouldn’t function without *both* Givers and Receivers. The roles aren’t mutually exclusive. Members give and receive at different times and in different ways — and accepting help is itself a generous act. This is the Circle of Giving that keeps our Village vibrant.

Our Circle of Giving is made wider by the many wonderful *non-member* volunteers who really want to be of assistance. “The Pasadena Village is a great way to put me in touch with those who can use my help,” says **Bob Holmes**. Bob changes light bulbs and gives rides to members who no longer drive. “Being of service fills my heart,” said **Estevan Chantes**, who has helped move furniture and can solve technology issues. **Ann Hyde** and **Cheryl DeSautell** help Sue and me prepare mailings, because we often need help, too.

With all these willing volunteers waiting to make a meaningful connection, members shouldn’t feel shy about contacting the office to find out if there is someone who can help them — *there is!* Those who have recently called asked for help putting holiday decorations back into storage; referrals to handy-men, tree-trimmers, and local service agencies; rides to medical appointments or volunteer drivers who could help them take care of business at the post office or grocery store.

The Pasadena Village needs everyone to embrace the Receiver role just as they embrace the Giver role. We need to acknowledge the fact that everyone needs a little help sometimes, and that is the very reason for creating a caring community.

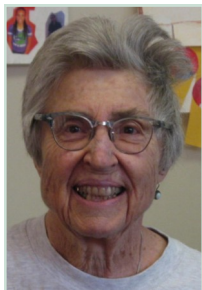


Rachel Reed
Program Assistant
Rachel@pasadenavillage.org



... Givers
need
Receivers.

In Memory of Barbara Bair



Barbara Bair, a charter member of the Pasadena Village, passed away Dec. 10. She was born in 1927 right here in Pasadena. She met her husband Bill in the Young Adult Group at Pasadena Presbyterian Church. Once her children left home she spent her time making the world a better place. Her interests were legion and included the Neighborhood Church Well Baby Clinic, bringing the first Certified Farmer's Market to Pasadena at Villa Park, demonstrating against every war from Vietnam on, and once even getting arrested for blocking deportation of Salvadoran refugees. Barbara had a degree in Biology from Occidental and later in life earned a Master's in Latin American Studies from Cal State LA. She was involved in the All Saints Church Central American ministry in support of Central American immigrants, and she was a member of the Sierra Club. The Village benefitted from her presence at many of the potluck dinners, coffee with Sue, the documentary films, dining out and special events. She is survived by her daughter Lauren, her son Alan, and her granddaughter Willia. Her life was celebrated with a memorial on January 15 at All Saints Church. To honor her, donations may be made to the Pasadena City College Bill and Barbara Bair Scholarship Fund.

Meet the Village~ Shizuko Akasaki

If you Google Shizuko Akasaki, you will find her name listed on the WW II Japanese Relocation site, but don't think that being on that list defines her. Yes, she, her siblings and her parents spent three years in three different camps. She was seven when it all started. "What is War?" she asks. "I didn't know. My father tried to explain, but I didn't understand. There were no visuals. No TV. We did listen to the radio. One day I heard the announcement that the war had ended. I went outside and started yelling 'The war has ended!' But what does that mean? That night, the gate was open. That was what the end of war meant. The gate was open."

Her parents decided to stay in the US and rebuild their lives. Shizzie, as everyone calls her, grew up and went to school in Boyle Heights, and has nothing but fond memories. "It was an ethnic melting pot. Very cosmopolitan. We didn't know prejudice. Every ethnic group was represented." She graduated from Roosevelt High School and to this day still meets with her schoolmates several times a year. Her next stop was UCLA where she got a degree in Sociology and Education. In 1957 she got her first assignment teaching elementary school in East Los Angeles for the Los Angeles Unified School District (LAUSD). She quickly climbed that ladder and moved into a principal's position. In 1965, as part of President Lyndon Johnson's War on Poverty, Title I (Elementary and Secondary Education Act) became the law of the land and Shizzie was tapped by the Superintendent of LAUSD to implement the law. She became an Assistant Superintendent. She was then asked to head the Child Development Division (one of the largest public school-sponsored Child Care and Development



Programs). In 1987 Public Law 99-457, an amendment to the Education for All Handicapped Children Act, was enacted. She was asked to be responsible to build program services for children birth through five years of age. When she retired after forty-plus years, Shizzie continued as an Early Education Consultant. She credits LAUSD for providing her a very enriching career. "I love to create, to build new things. It wasn't labor, it was fun. I was constantly learning and I grew!"

Once she left fulltime work, her philanthropic responsibilities grew. Although she laughingly says she needs to get rid of that "R word (responsibility)," she continues to offer her expertise to a variety of boards. She has been on the local and national boards of the National Association for the Education of Young Children and the Council for Professional Recognition for Teachers of the Young. She has volunteered with CASA, Court Appointed Special Advocates for children, and Stone Soup, an afterschool program group operating throughout California. And she teaches English as a Second Language through the San Gabriel Valley Literacy Council.

When she isn't making the world a better place for children, Shizzie paints. And she paints in two different traditions: watercolor and traditional Japanese Sumi-e. Sumi-e is ink painting and is part of the Zen tradition. The paintings are done on silk and are simply beautiful. Her watercolors, also lovely, document her travels: Each one represents a faraway place she has visited. Shizzie became a member of the Village because she comes from long-lived ancestors and she likes the idea of being able to stay in her home as long as possible. She didn't really think she needed the social aspects but now enjoys both the help (her first call to the Village was to Dave Folz for computer help) and the new friends she has made. She is a book club member, often goes to the documentary film screenings, and helps out in the office occasionally. At the age of 80, Shizzie hasn't slowed a step. She clearly loves to travel and her next trip will be to Sicily in the fall. "My dad was an adventurer," says Shizzie, "I must be like him."



The tools of sumi-e.

Just for Grins!



WOULDN'T IT BE GREAT IF WE COULD PUT OURSELVES IN THE DRYER FOR TEN MINUTES, COME OUT WRINKLE-FREE AND A SIZE SMALLER!

We Had a Good Time . . .

On Nov. 19, 2014, **Bill Jennings** organized another outing via public transport to San Antonio Winery. The group got a tour of the facility and enjoyed lunch. In attendance were **Mary Acosta, Dave Folz, John Madden, David** and **Margie Mason**, and **Peggy** and **Steve Sisson**.

In early November, **John Orr** led another tour at the Pasadena Museum of Contemporary Art. Village members who accompanied John to "An Opening of the Field: Jess, Robert Duncan, and Their Circle" included **Kitty Hall, Elisabeth Johns, David** and **Margie Mason, Lena McAfee, Thelma Orr**, and **Ruth Saffman**. Artist Jess Collins, known simply as Jess, and his partner, the poet Robert Duncan, were one of the most fascinating artist couples of the 20th century. This is the first exhibition to focus on the creative production and relationship between the two, and their remarkable circle of friends.

Vox Feminae, a group of women who perform Medieval and Renaissance music, recently gave a performance at Calvary Presbyterian Church in South Pasadena. Lovely light soprano voices sang madrigals and chants from the 13th to the 16th centuries, sometimes a capella, other times accompanied by reproductions of period instruments — medieval harp, recorder, gemshorn, and others. The singers were dressed in period costumes and often performed stately dances of the time. The group was formed in 1990 by women interested in the art, architecture, and history of early music.

Vox Feminae

Top row: Virginia Jones, Jody Pike (Director), Pat Otto, Patti Clark and Suzanne Becker.
Seated: PV members **Jean Owen** and **Fritzie Culick**, and Jan Rose.



Happy Holidays!



Barbara and John Madden go a little crackers.



Christmas 2013 with **Sally Warner** and **Kit Davis'** dog **Rocking Horse Winner**. "His name came from the short story by DH Lawrence, but he was just **Rocky** for short," said Sally. Sadly, Rocky was not here for Christmas 2014.



Bill and Bea Jennings took a cruise to Hawaii over Christmas and New Year's and had a wonderful time. *Hau'oli Makahiki Hou!* (Hawaiian for Happy New Year!)



*Christmas with Ann Riordan and family: Megan Riordan, Will Riordan, Patti and Peter Riordan, **Ann Riordan**, Susan Riordan, John Lisowy, and Alex Lisowy, plus Amy the cat.*



Dave Mason and grandsons prove you can teach an old dog new tricks. Or is it the other way around?

And Here's What We Learned

In mid-December, **Judy Alder** of the Pasadena-Arcadia Family History Center talked with members on how to trace their family roots. Family History Centers (FHC) are branches of the Family History Library operated by the Church of Jesus Christ of Latter-day Saints (the Mormons) in Salt Lake City. FHCs have sprung up all over the United States, the United Kingdom and Canada, and several European countries. There is so much you can do on your home computer, she said. But the Center can help you with the millions of names from so many countries, and going back in time when records were first kept. They have access to many databases, microfilm and microfiche files and readers, and about 2600 books and journals on the subject. At home, you can start with Ancestry.com for a fee of \$16 per month. It is free at the FHC. Other websites you may want to try are www.FamilySearch.org, FamilySearch Wiki, and TheGenealogist.com. The Pasadena Family History Center's staff can guide you in developing a search strategy and then help find your husband's long-lost great uncle or your great-great grandmother's cousin. Who knows? Maybe you are related to Martha Washington or Booker T. Washington. The FHC is located at 770 North Sierra Madre Villa in Pasadena and is

open Tuesday through Saturday at various times. Phone 626-351-8517 for more information.

In November, 14 Village members gathered at the home of **Mike and Carole Babcock** to listen to Mike share some of his "life building" memories as part of our on-going Members Connections series. Mike spoke of growing up in Pasadena, where he lived across the street from Polytechnic School, and then later finding himself first as a mathematics teacher at Poly and eventually Head of School. His experiences serving in the US Navy exposed him to a number of people who greatly broadened his world beyond the confines of Pasadena. And one of his most memorable experiences was going to Moscow as part of an international peace program. While jogging in Red Square, he met a Russian and they exchanged warm embraces – a vivid lesson to Mike that we all have more things in common than things that divide us. Members at the event also shared pivotal events from their lives, speaking especially of how their early school experiences shaped their lives. It was further proof that all members of the Village have life lessons to share.



Betty Ann and Bruce Jansson spent the holiday in Costa Rica with family.



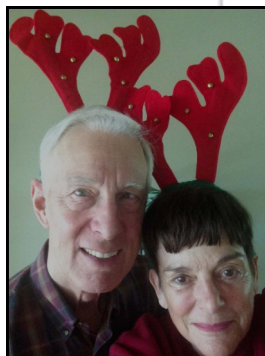
There's no place like home for the holidays. Monica Hubbard reads with her granddaughter Ally Herrera.



Kitty Hall struts her stuff at Stat's.



Mele Kalikimaka! Sue Kujawa spent Christmas in Hawaii. Pictured are her son Joe Dane and grandkids Noah and Samantha.



Deer Peter LeSourd and Deer Margo Halsted.

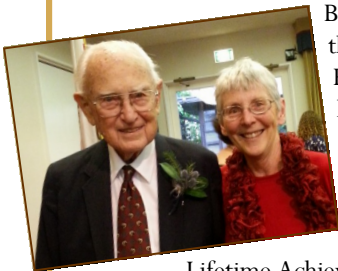


Victoria Bell and her grandchildren. Top row: Megan Arnold and Gilly Arnold. Front row: Brian Arnold, Victoria Bell and Katie Arnold.

OVER THE FENCE . . .

Tina Hooper attended the Annual Women's Health Conference on October 31 in Pasadena. Women's Health Conference & Expo brings together thousands of women, families, community-based health organizations, medical professionals, and beauty and wellness experts for a day of education, inspiration, and fun.

On November 21, three Village members went birdwatching along the Los Angeles River – **Bruce Gillies**, **Gary Kinsley**, and **Winn Krafton**. They identified 18 species of birds. Check the calendar for the next bird watching outing.



Before the last issue of the newsletter, the tickets were all sold out to the Pasadena Historical Museum event honoring our own **Sid Gally**. Museum Executive Director Jeannette O'Malley surprised Sid and all of us with an additional proclamation from President Obama — the nation's

Lifetime Achievement Award, a special honor for dedicated civic volunteers. **Ray** and **Nancy Guth** and Sid's daughters Joan and Susan also attended.

Marie Zondler has been travelling. In early December she was in British Columbia spending time with her family. In January she plans to be in Colombia and Bolivia with Overseas Adventure Travel.

Dave Folz, **Gary Kinsley**, **Peter LeSourd**, and **Mike Babcock** hiked around the Santa Clarita Woodland Preserve December 16, and thus, a new affinity group was born. Watch the calendar for future hikes, if you hear the call of the wild.

Bill Jennings and **Tina Hooper** attended the Travel Buddy quarterly meeting at Metro headquarters in December on behalf of the Village.

On behalf of the Hunger Affinity Group, **Jo Yeargin** and **Patrick Dunavan** delivered 12 crates of food to the Senior Center. Well done.



The Pasadena Senior Center Art Show showcased the works of artists who have been taking lessons at the Center. Our own **Anda Andersons** won best in show with her portrait.

CREATING COMMUNITY

Transitioning from Hospital to Home

by **Barbara Calderone, RN, CPHRM**

Everyone who is hospitalized even for a brief time looks forward to hearing the doctor say four little words: "You can go home." You feel better, but are not quite at 100 percent. You can't wait to crawl into your own bed for some much-needed rest.

But what really happens when you are discharged? Small concerns suddenly become an insurmountable list of tasks to be completed, while energy remains low. Are you well enough to take a cab home or will you need help getting into your home? Will you need groceries or clean laundry? Do you have prescriptions that need to be filled? What about the follow-up medical appointment? Will you be well enough to drive, maneuver into the office and get back again without expending all your energy?

These concerns aren't typically part of your thoughts during the initial joy of being sent home from the hospital. Friends and family often help. And if you are a Village member, volunteers can help with these challenges. But if there is more than volunteers or family can handle, a qualified home care partner may be just the solution to help navigate the complexities of the first few days at home. A home care partner provides non-medical services to assist you or your loved one in daily activities. A home care worker need not be thought of as a permanent fixture in your life, but rather a temporary solution to a short term need. Home care services are available for as few as four hours (enough time to get to the doctor visit) or as many as 24 hours per day (if you need help getting into and out of bed). A home care worker can help by driving you to the doctor, running errands with or without you present, or being at your side for a few hours or a few days when you need it most.

It is important to note that home care is often confused with home *health* care. Home *health* care is ordered by a physician and usually includes some type of medical treatment, such as wound care, IV therapy or medical procedures. Home care does not require an order from your doctor and often includes companionship or help with activities such as bathing, getting dressed and light meal preparation.

Artful Home Care is a non- medical provider. You can find a self-assessment tool at <http://artfulhomecare.org/custom-quote-generator>. This set of questions helps trigger thoughts about the type of help you might need. The assessment list can be either sent directly to Artful Home Care, if you choose it as a provider, or it can be printed at home to help facilitate conversation with your physician or family.

Although a hospital visit is stressful, coming home should not be. Home care can help make the transition to home a smooth and restful experience.



Diane Marquez, LVN, and Danielle Trujillo of Artful Home Care.

Disaster Preparedness

by Ann Riordan

Lisa Derdarian, Pasadena Fire Department spokeswoman, talked to Village members and others at the [Pasadena Senior Center](#) about how to prepare for earthquakes, fires and similar disasters that threaten lives. A very helpful website is <http://ww2.cityofpasadena.net/disaster/kit.asp>, which lists items necessary for the household for at least three days. These things can be stored in a backpack or duffel bag to grab at a moment's notice if you need to leave your home. A smaller kit should be stored in your automobile. The home kit should include at the very least:

1. Water — at least a gallon per person per day
2. Food — non-perishable items such as energy bars and peanut butter
3. Flashlight
4. First aid kit
5. A battery-operated radio
6. Several extra batteries for items 3 and 4 above
7. Tools, including a wrench to shut off the gas if necessary, garbage bags, duct tape, goggles, and a police whistle, which can be heard at a distance
8. Clothing, including sturdy shoes and gloves
9. Personal items, such as extra eyeglasses, medications, passports, and copies of important papers, such as ID cards, insurance policies, birth certificates
10. Money in small denominations to use at pay phones if the power is out
11. Contact information — including a current list of family phone numbers and email addresses, plus out-of-town friends or relatives, who may be easier to reach
12. Pet supplies if necessary
13. A map marked with a possible evacuation route

See the website above for a more complete list.

To do immediately: If you no longer have a landline, find the pay phone nearest to your home and office. Pay phones are often more reliable than cell phones. You can call the emergency line, 911. The non-emergency line for police response for Pasadena is (626) 744-4241.

In case an earthquake occurs late at night, it is wise to have beside your bed a flashlight, sturdy shoes, heavy gloves, and eyeglasses, if needed. If you are in bed, put pillows over your head until the shaking stops. Then get up, put on the shoes and gloves, and grab the flashlight to go out carefully and assess the damage. If the electricity is out, the car radio should work, as should your battery-operated radio. Tune in for instructions.

Many of these emergency items can be bought at Safe N' Ready, a store also stocked with generators, special kits, dog provisions, 55-gallon water containers and more. The website is <http://www.safenready.net>. The store is located at 245 S. Rosemead Blvd., Pasadena, 91107.



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“Meet Me at the Village” every third Friday at 10:00 AM. Join us at the Village office for an informal gathering of friends old and new. Everyone is welcome!

Our next Volunteer Orientation is Saturday, March 14 at 10:00 AM.

The Village has a growing list of outside resources and local service providers. Members can call the office for referrals to home care agencies, electricians, tree-trimmers, and physical therapists, among many others.

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THE PASADENA VILLAGE

236 W. Mountain St., Suite 104

Pasadena, CA 91103

(626) 765-6037

Sue@pasadenavillage.org

Rachel@pasadenavillage.org

www.pasadenavillage.org