



A BRIDGE TO COMMUNITY PASADENA VILLAGE

Volunteer Luncheon Honors the Heart of the Village

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Seventy people attended the second annual volunteer luncheon. Fifteen of them were non-members. Mijares provided a splendid Mexican buffet. Remarks were short and sweet to leave plenty of time for socializing. Only once did the group get really loud and unruly. **Sue Kujawa** introduced **Rachel Reed** and the room erupted in cheers and applause because we all know that the volunteer program works so well because of Rachel.

The volunteer working group, a subcommittee of Programs & Services, organized and staffed the event. Members who helped include **Margie Mason, Barbara Madden, Natalie Cohen, Dave Folz, Kitty Hall, and Jean B. Owen**. If you need proof that we are always recruiting, **David Mason**, Margie's husband, was roped in to volunteering as a greeter.



Members' Art Exhibit Opens in Mid-March

The Pasadena Village is hosting its first Members' Art Exhibit at their offices on Mountain Street. Organized and presented by the Cultural Committee (chaired by Billie Spinat), the art will remain in place for two to three months before a new exhibit is hung. **John Orr** and **Bill Gass** are the artists featured in the current exhibit. John uses images that he finds on the Internet and in other places to create Pop Art "virtue posters." According to John, "Virtue posters are designed to offer moral instruction in all sorts of places: homes, classrooms, dark and dangerous alleys, restaurants, markets, theater lobbies, courtrooms, houses of worship, and even dingy bars." John's *WHOA!* exhibit is inspired by Jonathan Swift's biting, humorous 1729 essay, *A Modest Proposal*. John retired from the University of Southern California as Dean of the School of Education. Not content to rest on his laurels, he then studied documentary photography and history of art at Cypress College and Orange Coast College.



Bill has two hobbies: photography and classic cars. In this exhibit, he focuses our attention on the gorgeous design of autos from a by-gone era. John describes Bill as a "street photographer," finding beauty in architectural detail, a foreign marketplace or the front end of a 1942 Hudson. Bill spent his professional life as a graphic designer working primarily in advertising. As the graphic world moved from artists and illustrators to computers, Bill became an expert in Macintosh design. He shared his expertise by teaching UCLA extension classes and often acted as a Mac consultant. This is not his first exhibition. His work has appeared in exhibits organized by the American Parkinson's Society.

The Time is Now!

Is there a “right” time to join a Village? I hear from a lot of people who think the Village is a great idea, offering wonderful benefits, but then they say, “I’m just not ready yet.” And I can relate to that! That was certainly my thinking: “What a great idea, but I don’t need that yet. For heaven’s sake, I’m not even that old!! I’m healthy. I’m lucky to have family and friends nearby. Really, I don’t need anything.”

However, I realize now that when I said I didn’t need the Village, I was missing the point. It’s not about “needing”; it’s about “being.” When you join the Pasadena Village, you belong — in a deep, profound way. You are with people who are making a commitment to be with one another in a supportive, positive way through the rest of our life journey. As member Jean B. Owen has often said, “I was looking for people who were looking for me.”

A two-year study of Village membership by Dr. Andrew Scharlach of UC Berkeley found that Villages are “wellness-oriented” and that members

typically join when they are healthier, becoming part of a trusted community as they age and need more assistance. Villages also focus on the importance of social and non-medical support. How important is the social aspect of the Village? Another recent study has shown that having low social interaction is equivalent in its health impact to smoking 15 cigarettes a day! Both of these findings reinforce the notion that it is better to join sooner rather than later.

I’m so glad that I found the Pasadena Village — or it found me. Because as it turns out — I do need it. When your friends ask you when is the right time to join the Village, tell them “Now!” Invite them to come to *Meet Me at the Village*, held the third Friday of every month at 10 AM in our offices. If they stop by for a visit, they just might find that they belong.



Sue Kujawa

Sue@pasadenavillage.org

Understanding Hospice, Palliative Care, and End-of-Life Issues

by Ann Riordan

As our lives unwind — slowly we hope — we and our family members need to plan for the end. Most health care professionals suggest that you have an advance directive that includes a living will and a medical power of attorney. The will expresses your wishes for medical care if you cannot speak or make decisions for yourself. The medical power of attorney lets you choose a health care agent, who will have the legal right to make decisions for you with the help of your physician. In any case, you may choose hospice and palliative care; or you may prefer curative care, with doctors doing everything

possible to keep you alive. Palliative and curative care can be given together in a hospital or possibly at home.

Early in January, Drs. Jack Yu and Daniel Eshaghian from the Glendale Adventist Medical Center Department of Family Medicine talked to Village members about this subject.

Palliative care focuses on the quality of life and death and views death as a natural part of life. It provides patients with relief from pain and physical and mental stress. Hospice, a certified program providing only palliative care, is provided in the home, in a hospital, in a hospice residence or unit, in an assisted living facility — even in prison or a homeless shelter — wherever the patient may be. To qualify a patient for hospice, a physician must certify that the patient is terminally ill and has only six months or less to live. The doctor can also move the patient out of hospice, perhaps to curative care. Medicare, Medicaid, and medical insurance can pay for the program. A hospice team — the physician, nurses, social workers, clergy, and home health aides — work together to develop a plan of care, manage the patient’s pain and symptoms, and attend to the many aspects of care-giving and dying. Personally, I can attest to the fine hospice care in Pasadena. Our family was very thankful for both it and palliative care. It served us well.



Meet the Village~ Bea and Bill Jennings

Once upon a time is how the fairytale begins, as two very special people met at the Hollywood Bowl. Both had been married previously and were quite sure they weren't interested in another long-term relationship. On their first official date, they went to the Laguna Art Festival. Bea had been warned by a friend that the first date should be very casual and short. So Bill picked her up at 9:30 in the morning and brought her home around midnight. It was just the first "relationship rule" they broke. Says Bea, "I loved his sense of humor." That was 1986 and it took only four months of time together for Bill to suggest they make their relationship permanent. That was the second rule they broke. Then one morning, while reading the Los Angeles Times travel section, they saw a story and beautiful photographs of the Grand Hotel Giessbach in Switzerland. Bill said, "Let's get married in Switzerland." What princess could resist? Bill and Bea went straight to the Swiss Embassy in Los Angeles, where they were told, "No. No. It is impossible." It's not a good idea to tell them something is impossible. The two of them filled out the required paperwork, found a canton (Swiss state designation) that would marry them and posted their bans. And with just the two of them and the officiant, their *happily ever after* began. Of course, as Bea points out, "There's an ogre in every fairytale." A year-and-a-half into their marriage, Bea was diagnosed with cancer. The experience only brought them closer together. Bea started her own cancer survivors group, which still meets today.

Bea is originally from Canada. She grew up on a farm in a small town 160 miles north of Winnipeg, an only child surrounded by grandparents, parents, extended family and the full complement of farm animals. (It's important to note that the average winter temperature in Winnipeg is 10 degrees!) In the 1950s she came to California to visit her aunt and fell in love with the place. Since she was an only child, she dreaded leaving her family. But it turns out her father was ready for a change and liked the idea of being warm in the winter. So they all moved to Southern California in 1957. Bea spent much of her

professional life in a large law firm in downtown Los Angeles. Bill was an aerospace engineer before he retired, working for both Rockwell and Boeing. One of their treasured memories is going to Florida to watch a night launch of a space shuttle, whose engines he had helped build. Bea recalls that they had been instructed to cheer on liftoff, but it was better than the best fireworks show ever, so even though their mouths were open, no one uttered a sound.

The Jennings' have built their life together on a foundation of giving back to their community. The list of organizations that have benefitted from their efforts includes American Cancer Society, The Wellness Community, AARP, our own Pasadena Village (you can find them helping with Staying Connected, office work, Cultural Events, Member Connections and public transportation outings) and The Huntington Library, Art Collections and Botanical Garden, where they have been docents for 20 years. Bill and Bea found out about the Village first from a newspaper article. Then Sam Thomas, a local AARP representative, gave them more information on the group. They joined in 2013 and have been active members ever since — even after Bea (the ogre appears again?) tripped and fell and broke her pelvis. After surgery and extensive physical therapy, she is fully recovered from that fall and can once again join Bill on his public transportation outings that are so very popular with the Village. They both know that one of the most important services the Village offers is transportation assistance. Bill's mission is to make public transportation comfortable and viable for our members and he's doing a great job. He thinks that busses, trains, and even Uber are great options for those who can't or don't want to drive.

Early on, Bea and Bill noticed that their lives were filled with happy chances unlooked for, including their first meeting. Their byword has become "serendipity" — the perfect star to steer a fairytale.



The Grand Hotel Giessbach in Switzerland.

Just for
Grins!



THE BIGGEST LIE I TELL MYSELF IS . . . "I DON'T NEED TO WRITE THAT DOWN. I'LL REMEMBER IT."

We Had a Good Time . . .



Hiking Affinity Group leader **Peter LeSourd** organized and led a trek on the East Canyon Trail in the Santa Clarita Woodlands Park, a 4,000-acre public preserve that

provides a critical cross-mountain wildlife habitat between the Santa Monica mountains and the Angeles and Los Padres National Forests. The trail went through a canyon where hikers spotted three species of oak and big leaf maple. At the higher elevations, deep in adjacent canyons, they saw unusual stands of Douglas fir, a species more suited to the climate that existed 18,000 years ago. The hike was about 5 1/2 miles round-trip, to a gorgeous 360-degree ridge-top view complete with a field of California poppies at their feet. The intrepid group included **Sally Asmundson** and **Mike Shumate**, **Carole** and **Mike Babcock**, **Dave Folz**, **Betty Ann Jansson**, **Sue Kujawa**, **Barbara Madden**, **Betty Medearis**, and **Margie** and **David Mason**. They are already planning their next outing.

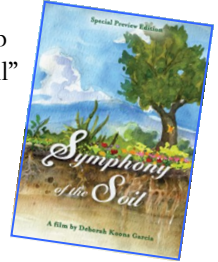
Fritzie and **Fred Culick** hosted Village members for a pot luck dinner at their lovely Altadena home in February. Gathered around a long, narrow dining table, the fourteen diners were able to converse easily with others nearby. The table was elegantly set, with a long white cloth and, as place cards, cumquats from their backyard tree printed with the Villagers' names. **The Hitchcocks** brought a chicken dish called Country Cap'n, and **Thelma Orr** made the

lightest, most delicious corn bread reporter and gourmand **Ann Riordan** has ever tasted. To honor the Chinese New Year, **Kitty Hall** brought fortune cookies and mandarin oranges.

February's "Meet Me at the Village" was a warm gathering of 20 members and friends. We shared our stories, made new connections, and enjoyed the hospitality of member **Jean B. Owen**. Join us at the Village office every 3rd Friday at 10 AM to find out how you can become a part of our caring community.

Gary Kinsley's Nature Film Affinity Group watched "The Wild Parrots of Telegraph Hill" in November, and a film on bee colony collapse in January. In February they watched "Symphony of the Soil." Among the avid naturalist are **Ida** and **John Hitchcock**, **Bea** and **Bill Jennings**, **John Madden**, **Agnete Olufsen**, **Nancy Spear**, **Billie Spinat**, **Karen Bagnard**, **Don** and **Natalie Cohen**, **Mimi Davis**, **Winn Krafton**, **David** and **Margaret Mason** and **Linda** and **Tom Stowitts**.

Nancy Spear has moved to Oregon to be nearer her family, but before she got away a group of Villagers gathered for a proper send-off. The picture is as warm and fuzzy as the sentiments. We will miss Nancy.



If You Could Pick Only One Exercise, What Would It Be? by *Tom Strafaci, ACE Certified Personal Trainer*

Let's say that you can pick only one exercise to perform for the rest of your life...what might that be? It should be safe, easy to perform, cover all the systemic requirements of exercise (to develop strength, endurance, mobility and balance), and not require expensive equipment or even a gym membership. Figured it out?

That exercise would be simply walking for 20-40 minutes per day. You can modify your walking by selecting up and down surfaces, increasing your pace, or even carrying 5-10 lbs. of extra weight in a backpack to cover each systemic requirement. Walk daily, try the modifications as you see fit, and enjoy! *Always check with your doctor or health care professional before beginning any exercise program.* For more information go to Tom's website: functionalptandfitness.com.

Huntington Hospital Senior Care Network Reaches Milestone

Our community partner, Huntington Hospital Senior Care Network, is celebrating its 30th anniversary. For three decades the agency has been offering assistance in the aging process to those who want to stay at home but have a limited support system, as well as to those who need an appropriate care facility. The good news is that senior services have changed a lot over the years and older adults are living longer. But living longer also means relying on our communities for resources to help keep us healthy and safe. For more information, call 626-397-3110 or toll-free at 800-664-4664.

. . .And Here's What We Learned

Bread for the World

by Ann Riordan

In May 2014, the Village Documentary Film Group screened "A Place at the Table," which described the hunger crisis in America. Members who watched this film were inspired to form an affinity group to address hunger in Pasadena. Over the holidays, the Hunger Group collected food from other Village members and donated it to the Pasadena Senior Center's food pantry. A few members also met with David Gist, a regional organizer for the group *Bread for the World*, and invited him to speak to the Village.

In February, David presented some of the major causes of hunger in the US and the world: poverty, drought, natural disasters, lack of resources, overpopulation, government policies, and a lack of information and/or education. *Bread for the World* focuses on policy changes and urges people to get in touch with Washington and write to Congress members, send emails, and make phone calls to pass legislation that will increase the minimum wage. For example, SNAP, the Supplemental Nutrition Assistance Program (formerly food stamps), is effective. Yet early in 2014 Congress passed an \$8.7 billion cut in the program, even though children, the elderly and disabled persons depended on it. Private charitable donations to food programs at churches and schools, among other institutions, help food banks distribute nourishment to the hungry, but cover only 4% of the need. Said David, "We are never going to 'food bank' our way out of hunger." The only way to change the annual malnutrition death rate in America (one person per 100,000) is to change our governmental policies. For more information go to www.bread.org.



Bill Jennings, David Mason, Mary Acosta, Victoria Bell, Sandy McConnell, Tina Hooper, Mike Shumate, Lisa Davis, Sally Asmundson, and Rhoda Cocca at Homegirl Café.

Thirteen Village "Travel Buddies" took the Gold Line train to Homeboy Industries in Downtown LA. After a delicious lunch at Homegirl Café, members enjoyed a tour of the building. Villagers learned all about the many programs designed to redirect

people who were involved in gangs or who were incarcerated toward lives of productive community involvement.



Member Connections:

The Medieval Music of Vox Feminae

by Sue Kujawa

It was a lucky Friday the 13th when 25 Village members gathered at the home of **Fred and Fritzie Culick** to listen to the intriguing story of how Fritzie and fellow Village member **Jean B. Owen** discovered their passion for medieval music and to listen to them sing and demonstrate a wide variety of instruments.

Fritzie knew from the time she was in 4th grade that she wanted to be a music teacher. She started with the piano and later mastered the oboe, organ, violin, and other instruments. Fritzie taught music and founded Old Town Music Company in Pasadena, where you will find her most days. Jean grew up singing in choirs such as the Pasadena Presbyterian Church choir, the William Hall Chorale and the Pasadena Junior League Pipers, directed by Jody Pike. It was Jody who recruited Fritzie and Jean to sing in Vox Feminae. Says Fritzie, "Trained as an instrumentalist, choral singing was at the bottom of my list. But Jody was an irresistible force."

Vox Feminae is a non-profit organization whose primary purpose is to introduce music to junior high school students. The group has made six trips to Europe to sing the music in the venues in which it was written. They have sung in the Sistine Chapel in Vatican City, in St. Chapelle in Paris, and in churches small and large. "Frequently we just showed up," recalled Fritzie, "and it all came together and we sang." After the September 11 attacks they sang at a concert for peace in Lucca, Italy, where they were warmly received.



Peter Kwong guided 13 members through the basics of Tai-Chi. Members left the workshop invigorated, with a renewed sense of balance, and many were eager to try it again! Luckily, Peter teaches regularly in Pasadena. To find out more, visit his website: <http://pukashell.net/peterkwong/pktaichi.html>

HEALTHY VILLAGE

by Susan James Carr



I've Got You Under My Skin

Dry skin, besides being annoying, can easily become irritated, rough and scaly. It can cause an intense itch that no amount of scratching or even a dip in an "ocean of calamine lotion" can relieve.

Decreased sweat and oil glands and thin skin are natural changes in aging skin that exacerbate dry skin, especially on the lower legs, forearms and hands. Anything that further dries your skin, such as overuse of soaps, antiperspirants, perfumes, or hot baths, will make the problem worse. Dehydration, sun exposure, smoking, low humidity from air conditioning or excess heating, and stress also contribute to dry skin.

Here are a few tips to calm dry skin and help bring relief:

- Take 5-10-minute warm baths or showers and use mild soap.
- Use fragrance-free moisturizers right after drying off from a shower or washing your hands to lock in moisture. Oil-based ointments and cream preparations are heavier and better in winter months to protect your skin. Lighter lotions can hydrate and soothe your skin in the summer. Apply generously several times a day.
- Use a humidifier to add moisture to your home and skin.
- Drink plenty of water and liquids.
- Limit your time in the sun, apply sunscreen and wear protective clothing.

Consult a doctor if your skin is excessively dry or itchy, if you have a rash or if the itching is disturbing your sleep. Itchy skin can also be caused by health problems such as diabetes, allergies, hyperthyroidism or hypothyroidism. Certain medications can also cause dry and itchy skin.

By incorporating these "hydrating" tips into your daily routine and seeking medical advice when indicated, you should soon be enjoying relief from dry skin.

OVER THE FENCE . . .



Surrounded by family and friends from all stages of their lives, **Peggy** and **Steve Sisson** celebrated their 50th wedding anniversary with a lovely party at the Senior Center. The evening was golden.

Village member **Lois Russell** was the stage manager for the Shakespeare Club's Benefit performance of *Nunsense*. It ran March 6, 7, and 8 with proceeds benefitting a scholarship fund for Pasadena Unified high school seniors.

Mike Shumate and **Sally Asmundson** are going north to Alaska in March to see the Aurora Borealis. Pretty cool!

Ann Riordan sprinted off to Key Largo, FL in early March to visit with old friends (but not before turning in

her copy for this month's newsletter).

It's the principle of the thing! **Mike Babcock** made a special trip to Oregon to appeal a ticket he received for putting recyclables in a public container.

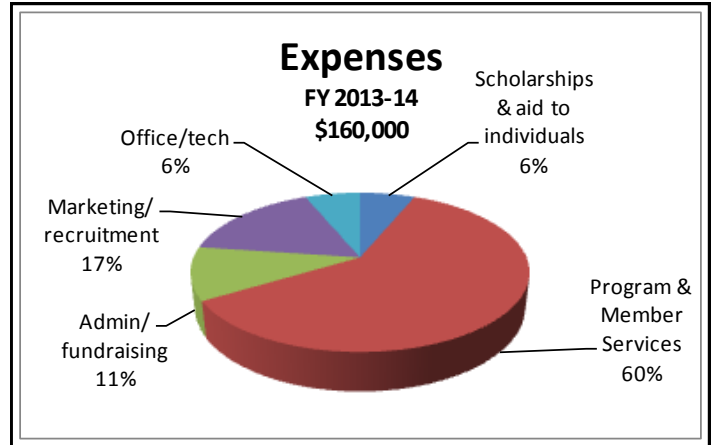
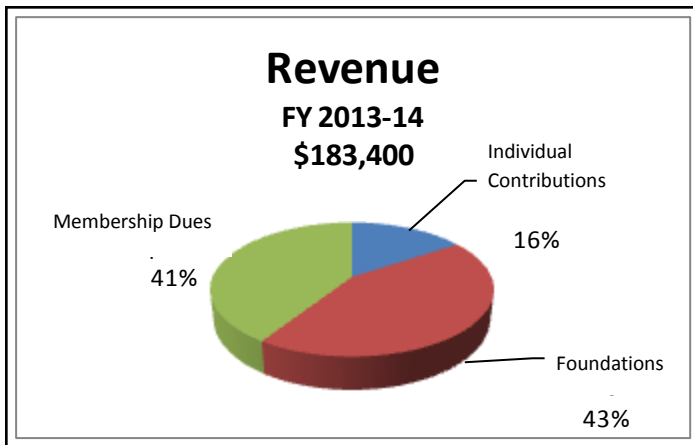
Monica Hubbard was honored as Altadena Citizen of the Year on Feb. 6 at the Altadena Town & Country Club. It's well-deserved.

No one has worked harder to create community in Altadena. She works with the Sheriff's Community Advisory Committee, Altadena Heritage, Altadena Historical Society, and Friends of the Altadena Libraries. She is a founding member and board member of Invest in PUSD Kids and a member of Pasadena Educational Foundation. And of course, she is one of ours. Monica's calling is putting people together to do their best work.



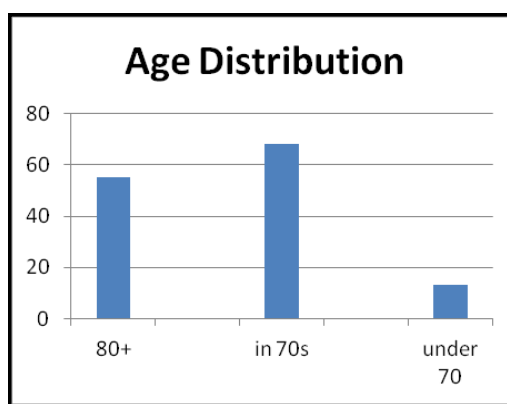
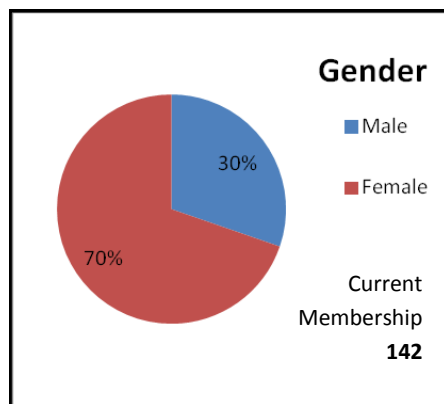
Assemblyman Chris Holden presents Monica Hubbard with a certificate.

A Look at the Finances

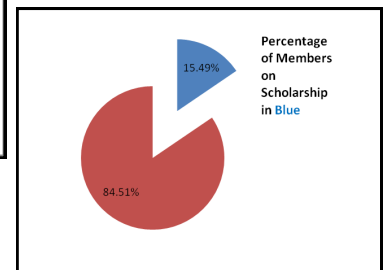


- We are grateful to the Episcopal Communities & Services, our founding sponsor, for their continued support for salaries and scholarships.
- Villages across the country receive less than 50% of their income from membership fees. We thank and acknowledge all those who made a tax-deductible contribution to the growth of the Pasadena Village.

A Look at Who We Are

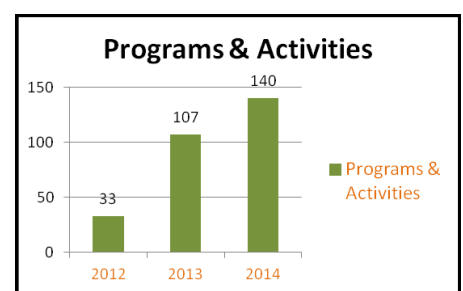
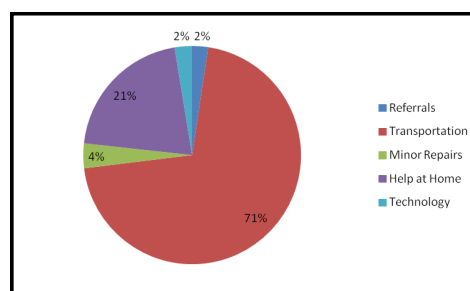


- Members live in Pasadena, Altadena, Los Angeles, La Canada, San Gabriel, and Monrovia.
- People in their 70s decide it's time to become a member!



- Transportation is our number one request, but volunteers also bring meals, move furniture, go shopping, and change light bulbs.
- Members make new friends at book clubs, potlucks, and by serving on committees. They discover new things through hiking, museum trips, and our educational programs.
- Strong, supportive connections are made during Men's Time and at the Women's Circle, building true community.

A Look at What We Do



THE PASADENA VILLAGE

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

Our Annual Meeting is coming up in June. Be on the lookout for more information.

April 11 is the **Annual Conference on Aging** – come say hello to our Pasadena Village table volunteers between sessions.

Everyone needs a buddy. Do you have a buddy? Call Rachel at 626-765-6037 to learn more.

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FEBRUARY

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Janice & Richard
Morris

MARCH

Dave Jacobs

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