



A BRIDGE TO COMMUNITY PASADENA VILLAGE

June Annual Meeting Attracts 82 People!

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Dr. Laura Mosqueda presented the keynote speech at the Village's Annual Meeting on June 7. Her research at USC's Keck School of Medicine centers on the intersection of health and social justice. Noting that "geriatrics, more than any field in medicine, is a team sport," Dr. Mosqueda praised the cooperative model of the Village movement. The meeting was also an opportunity for outgoing Executive Director **Sue Kujawa** to speak of her experiences over the last three years. "There is no end to the desire and ability to learn and grow," she said. "I've also learned that you are never too old to make new friends...I've watched folks share stories, laughs, and tears with people they hadn't known before." In recognition of her efforts on behalf of the Village, Sue was given a lifetime membership and two standing ovations!

*Margie Mason and
Peggy Sisson*



*Nancy
McCurley
and Martha
Martinez*



Dr. Laura Mosqueda



Registering guests.

Change Comes to the Village

July 1 marked a big change in leadership at the Pasadena Village. **Sue Kujawa**, who first took on the role of executive director as a volunteer, ended three years of organizing, proselytizing, fundraising, consciousness raising, and most of all, caring. As Mike Babcock, Board Chair, said, "Anyone writing about how the Pasadena Village got off to such a successful start is sure to highlight the good fortune we had in having the right people come along at just the right time. And among the most prominent examples is Sue Kujawa. Sue has injected her spirit into the DNA of the Pasadena Village, and as we continue to grow and prosper under new leadership, we owe enormous gratitude for her decision to have a 'second career.'"

In the same breath that we say goodbye to Sue, we say hello to **Peggy Buchanan**. Peggy brings an understanding of who we are and dreams of where we can go. With the backing of the board, she will put her marketing, public relations, fundraising and team

building skills to work to increase membership in the Village, and simultaneously increase community awareness of just what the Village can offer seniors. Peggy also brings a dedication to senior issues and a sense of humor to her new post. Let's welcome her and the changes she brings, because Bruce Barton said, "When you are through changing, you are through." And Pasadena Village is just getting started.



Peggy Buchanan and Sue Kujawa

The Journey

At our annual meeting in June, there were two phrases used by Dr. Laura Mosqueda that continue to resonate with me. She talked about the importance of “appropriate interdependence” as we age. And she spoke eloquently about “graciously receiving help,” and noted how much she — always the helper — learned when she allowed others to help her after her mother died.

We recently conducted a telephone survey of 25 members who were not very active in the Pasadena Village. It was clear from the responses of these members that they wanted to remain “independent,” a goal shared by most of our members, but these same folks were often reluctant to ask for and accept help. None of us is completely independent (remember the line *no man is an island?*), nor should we be. We are social creatures designed to live in community, and community, by definition, is interdependent. We ought to lift up the goal of being “interdependent” as something that is good and healthy and mutually beneficial to all of us.

As Dr. Mosqueda said, we need to learn to “graciously receive help.” Receiving has a different tone than accepting. We might say that we have to accept our limitations, or accept reality. But when we receive something, it implies something more positive. Receiving something is reciprocal; some-

one gives and someone receives. Both are needed and everyone benefits. How beautiful is that?

As I leave my role as Executive Director of the Pasadena Village and become a member, I will keep Dr. Mosqueda's words close to my heart. I want to be able to give *and* to receive as a member of the Pasadena Village community. A community, in my mind, is not a club, it is not a party, it is not a destination. In fact, you could say that community is the journey. And I do enjoy a good journey.

I'm looking forward to my next journey, as a full-fledged member of the Pasadena Village. You will see me with the Travel Buddies, at potlucks, the hiking group, in the pages of this newsletter and birdwatching. I might meet you at your door to take you to an appointment or to a Village event. And I know when I need your help, I can call on you and you will be there for me. I've already asked for a ride to the airport and someone is taking me! Isn't that great?

Thank you for inviting me into your lives and letting me take this journey with you.

Sue Kujawa



With a Little Help from Our Friends . . .

Survey Says!

by Rachel Reed

In response to our yearly satisfaction survey, Village volunteers weighed in with their thoughts about their experiences supporting the Village. Here's what they had to say:

“All members that I have met and helped have been exceptionally nice and grateful.”

“The opportunities help me get to know how the Village operates and get to know some of the members better. They also help me feel that I am a contributing member of the Village.”

“I get to do what I like to do and you don't make me feel obligated to do more than I want to do. That makes for a happy camper.”

“The opportunities are broad and diverse, making it possible to meet the needs of a broad spectrum of members who wish to give back. I volunteer in three different capacities — each very different from the other. I like that range of opportunities in which to be active with the Village.”



Meet the Village ~ Peggy Buchanan

by Nora Lee

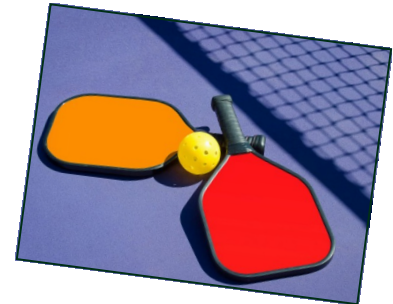
Peggy Buchanan has a great laugh. She laughed at still having a paper calendar in this technologically advanced age. She and Sue Kujawa laughed at how much work it is to transition from one Executive Director to the next. Sitting in the conference room at the Village just days before she was to assume the role of Executive Director, she shared some thoughts about herself and her new job. "I chose to work with seniors about nine or ten years ago. It seemed natural. I was brought up respecting my elders. I listened and I learned from my grandmother and others. But now that I am a senior, it's just so much more comfortable being with people who understand your jokes and have lived through the same things."

Peggy is no newcomer to the area. She grew up in San Marino and graduated from high school in South Pasadena. Her mother, Elsie Sadler, still lives in Pasadena. In fact, it was her mother who introduced her to the idea of the Village. "Mom was one of the people who was meeting with Clarke Oler early on, when people were just starting to talk about what we could do help keep people in their homes. I had a business trip to Boston and Mom went with me. She made sure we took a tour of Beacon Hill, the first Village. I thought it was great."

When Peggy was asked what her future plans for the Village might be, she said, "This place is so well run, that there may not be any major changes. The foundation has been laid well." However, when she was interviewing with the board and various committees here at the Village, it became clear that the new executive director would need to do two

things: Build the Village membership to make it more diverse, and build public knowledge of the Village and what it offers. With her years of experience in marketing and public relations for MonteCedro, her two years as executive director of the Pasadena Senior Center and her work in fundraising at various nonprofits, she is in a great position to accomplish both those goals.

If you really want to see Peggy's eye light up, though, ask her about her grandchildren. She has two daughters, Cory and Julia. The sisters both live in Chicago, amazingly enough, and are the mothers of her four grandchildren — three boys and one girl. When she has free time, she's on a plane to Chicago! Or you might ask her about her other hobbies: walking, reading, learning to play bridge, cooking and playing Pickle Ball. Yes, Peggy may go down in Village history as the woman who organized the first Village Pickle-ball Tourney! According to the official Pickle-ball website, "Pickle-ball is traditionally played on a badminton-sized court with special Pickle-ball paddles, . . . The lower net [think tennis net] and wiffle ball allow the game to be accessible . . ." Peggy said the group she plays with has people of all ages, athletic abilities and backgrounds. The oldest player is in her 90s! "It's a great game," laughed Peggy.



Memories, Pressed Between the Pages of My Mind

by Tom Stowitts

If you ever become aware of a writing group led by Norma Pratt, give serious consideration to joining it. Those of us who made up the eight-week memoir writing group got far more benefit from our participation than we expected. **Bonnie Armstrong, Jo Yeargin, Linda Stowitts, Mike and Carole Babcock, Agnete Olufsen, Lois Russell, Maureen Carlson, Lisa Davis, Kitty Hall** and I learned a good deal about writing, about each other and ourselves. We wrote about many topics and were given a wide range to choose from. The prompts triggered memories and events and our reactions to them, many of which were almost forgotten.

The group grew confident enough to present some of our stories to an audience of Village members. Linda read a story about the social life of her family bed. Mike bemoaned the fact that he wished he had this kind of material from his parents. Finally, Bonnie captured Norma perfectly when she said, "The hallmark of a good teacher is that students feel empowered to continue the learning themselves." And that is exactly what we have done. We became so bonded as a group that we continue to meet and write and plan to do so indefinitely.

*When writing the
story of your life,
don't let anyone
else hold the pen.*

Unknown

We Had a Good Time . . .

Early in May, **Patrick and Claire Dunavan** hosted a potluck dinner for about 25 members. This was a larger number of diners than usual, but it looked effortless in the Dunavan's large and gracious home. Small tables were set in different areas of the house — the front porch, the living room, and of course the large table in the dining room. From time to time, guests changed tables in order to chat with other friends. With the great variety of dishes brought by members, this potluck dinner was a gourmand's delight.

Ann Riordan



Later in May, the Village had its third summer picnic. Organizers included Village staff and the Social Activities committee: **Winn Krafton, Martha Martinez, Sandy McConnell, and Annette Spence**. This year, the event was held in Tournament Park

near Cal Tech. The **Masons** brought their labradoodle, and a friend of a member brought her young niece, who entertained the dog. Or was it vice versa? Everyone had a good time chatting and eating. There was no shortage of desserts. Volunteers on the day of the picnic included: **Mimi Davis, Martha Martinez, Kate Salvino, Robin Allen, and Phillip DeSautell**. Our thanks to all!



On a lovely June afternoon, the Village Cultural Activities Committee sponsored a reception for our new Member Art Exhibit, featuring the bold paintings of **Anda Andersons**. Anda spoke about her process as an artist, and shared this: "Every time I sit down and paint I feel like I've been on vacation." Her paintings will be on display in the Village meeting room through mid-August during regular business hours.



"The Sparkling Sound of Sal Hepatica in a Glass of Water!"

On Friday, June 19 no one was feeling "dull and logy." Eight members of the Pasadena Village, plus Lance Davis, Artistic Director of *The Parson's Nose Theater*, and actors Marisa Chandler and James Calvert gathered at the home of member Billie Spinat to read excerpts of comedy radio scripts from the Golden Age of radio.

Lance provided **Bill Jennings, Patrick Dunavan, Kitty Hall, Thelma and John Orr, Billie Spinat, Loretta Keller, and Sue Kujawa** with five sketches from old time radio -- classics from such luminaries as Jack Benny, Fred Allen, George and Gracie, and Abbot and Costello. The groups took turns reading the skits, and laughing over the old jokes and the great advertising plugs for "Jello" and "Sal Hepatica." Patrick commented, "It was a very lively evening. We all dusted off our acting chops and I think we rose to the challenge very commendably."

Said Lance, "Community is so very important at *The Parson's Nose*. One of our priorities is to bring people together, away from TVs and computer screens, to experience a fun, live, intelligent social experience. This has been great."

Participants in the evening said they wanted to do it again, and were willing to tackle more complex scripts, perhaps Moliere or even Shakespeare. It turns out we all have a bit of ham in us.



Sue Kujawa

Dinner with Friends at the Athenaeum

by Ann Riordan

Natalie and Don Cohen hosted 16 Village members to *Roast Beef Buffet Night* at Caltech's Athenaeum in mid-May. There was such a splendid selection of beautiful food that it was hard to decide what to eat first. Long, white-linened tables held various forms of sushi, many salads with choices of dressings, a selection of breads, platters of smoked salmon and the fixings, risottos and pastas. All in addition to the roast beef carved to guests' preferences.

There was lots of lively talk at our table. I sat between **Betty Medearis**, an old friend, and **Nancy van den Hout**, a new friend. Betty and I caught up on old times and our families, while Nancy and I talked about cooking and recipes.

After serving myself with savory foods at the buffet tables, I decided to check out the long dessert table. There was a wonderful assortment of sweets, fruits, cakes, and pies. And at the end of the table was a chocolate fountain — bubbling out lovely warm chocolate to dip fruit into or spoon on ice cream. I couldn't believe it! But, I realized, the fountain was too small to jump into and too big to smuggle out of the dining room. Getting hold of myself, I took two marshmallows on sticks and dipped them into that dark goodness and was completely happy with my dessert.

It was a lovely evening with good food and good friends. Many thanks to the Cohens for a wonderful evening. Now, where can I buy a chocolate fountain??



And Here's What We Learned. . .

The Historical Women in Sid Gally's Life

by Ann Riordan

In mid-June, our Member Connections Series featured **Sid Gally** and his "Famous Pasadena Women." He used slides and great stories to reveal how these intelligent and strong-minded women, most of whom were born in the 19th century, contributed to Pasadena and other cities around the world. For this article, Sid chose five of the women whom he deemed most interesting:



Amanda Smith was a former slave born in Maryland. When her father bought her family's freedom, she moved west to Pasadena. She was a devout Christian and preached in a huge tabernacle on Marengo Ave., just south of Colorado Blvd. Eventually, she preached in tabernacles all over the world.

Celeste Turner Wright was an influential poet who lived on North Los Robles and died in 1999. After she graduated from Pasadena High School, she entered UC Berkeley and, at age 22, received her Ph.D. in English, concentrating on poetry. She became both the first female professor and the first tenured female professor at UC Davis, where she taught for 41 years. The Celeste Turner Wright Poetry Prize was established in 1955 to honor her.

In 1907, Virginia Pease Hunt became the founding principal of Miss Pease School, an elementary school which later became part of Polytechnic School. She married Myron Hunt, the well-known Southern California architect. The Hunts lived at 200 Grand Ave., and established La Casita del Arroyo, available to the public for

meetings, weddings, and other get-togethers. Mrs. Hunt was very involved in the community and aided in the establishment of Huntington Hospital and Boys Republic.

Alice Coleman Batchelder studied music in Boston and became an excellent pianist, organist and singer. She married Earnest Batchelder, a designer and tile maker. 112 years ago, Alice established the Coleman Concerts, which at the time featured chamber music played in private homes. Later the concerts moved to the Pasadena Playhouse and are now presented by Caltech at Beckman Auditorium on Sunday afternoons.



Jeanne Carr was a botanist. She studied with Ezra Carr at the University of Wisconsin and eventually married him. They were good friends with John Muir, also a student there. The Carrs moved to Southern California, where he taught art at Throop University, which is now Caltech. They lived on Colorado Blvd. in Pasadena, where the Norton Simon Museum is today. Jeanne planted orchards in the neighborhood and was very active in the community.

Our Member Connections series allows our members to share their passions and their personal stories with an appreciative audience. Sid, Trustee Emeritus at Pasadena Museum of History, has always been interested in the past, thanks in part to two nurturing grandmothers. He writes a weekly column in the Star-News about Pasadena history based on story ideas that come from his research at the Museum.

Sid Gally with his daughter Susan Golden.



Two Roads Diverged in a Yellow Wood

by Peter LeSourd

In early June, eight of us enjoyed a beautiful morning of mountain air and sunshine in the San Gabriel Canyon above the valley fog: **Sally Asmundson, Mike Shumate, Nancy van den Hout, Betty Ann Jansson, Betty Medearis, Dave Folz, Dave Jacobs** and myself.

However, we did it in groups of four in two different locations! Our two carloads got separated, and ended up on different trails. Lesson learned — from now on your leader will do a detailed briefing with each driver before we depart the Village office parking lot.

My group went up the Cogswell Dam maintenance road along the West Fork of the San Gabriel River. Along the way, we had a shocking encounter with wildlife, coming across an emaciated bear cub who obviously was starving and kept trying to approach us. Not having any cell phone reception in that canyon, we could do nothing about it at the time. We later learned that the authorities had been trying to locate and capture the cub, whose mother had been killed by a vehicle on Highway 39 in the main canyon of the San Gabriel River. She had another cub that had already been captured. A very sad situation.

However, our hike was brightened in other ways, such as an up-close encounter with a flock of Monarch butterflies, a shady rest stop along a bubbling stream, and many huge yucca plants and other flowers in full bloom. For more information on our upcoming hikes, please check the online calendar.

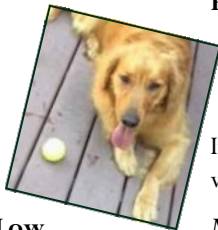


OVER THE FENCE . . .



Karen Bagnard created a piece of art inspired by the musical *Into the Woods* for “Bras for a Cause,” sponsored by Soroptimists International. Funds raised each year from the bra auction benefit Breast Cancer Services at Glendale Adventist Medical Center, Glendale Memorial Hospital, and Verdugo Hills Hospital, as well as other charities that improve the lives of women and girls.

Linda and Tom Stowitts got a new dog! Gabby is a two-year-old rescue pup. Studies have shown that seniors with dogs go to the doctor less and have lower blood pressure and cholesterol than non-pet owners.



We all have a story to tell and **Maria Low Way**’s granddaughter is helping her to write hers. It is such a smart thing to do — for yourself and for your descendents.

On Monday morning, after a fiery 4th of July, **Norma Jean Durrett** lamented that she hadn’t been able to

make her own fireworks this year. In years past, she put her chemistry schooling to explosive use.

Claire Gorfinkel has been in Europe, first in Berlin, then Rome, and she hiked the *Cinque Terra*. The *Cinque Terre* is a stretch of five towns along the Italian Riviera in northern Italy between Pisa and Genoa.



Petite and Larry Morrison celebrated their 50th wedding anniversary in June. Congratulations!

In mid-July, **Sue Kujawa** visited Sequoia National Park with various kids and grandkids.

Mike and Carol Babcock are swapping houses with a family from England. California sunshine, Napa wine and their Pasadena house will be exchanged for English tea, misty mornings and warm beer.

Margie and David Mason are enjoying their family and the mild temperatures in Michigan this summer.

In Remembrance of Mary Lois Nevins

by Sue Kujawa



If you are lucky, during your lifetime you will meet a few people who will have an outsized impact on you. I was very lucky to have Mary Lois Nevins be that person in my life.

Our friendship began at Mothers’ Club, more than 30 years ago. In those days Mothers’ Club was housed at the Orange Grove Friends Meeting in very modest, some would say Spartan, conditions. I’ll never forget Mary Lois’s response when I told her we needed more space for our toddlers. She pointed to the paved area behind the Meeting House, also known as a driveway. “Why not turn this into a toddler yard? We could build a sand box, get a couple of little tables, spread out some blankets and pillows, and we’d have a toddler classroom.” That was Mary Lois — do something, take action, get involved.

She was a life-long learner — attending weekly French Club gatherings, practicing the piano, going to lectures,

swimming daily in her unheated pool (cold water is good for you) and going to water aerobics. When she read that Ping Pong was beneficial in maintaining balance and mental abilities — she bought herself a table and added Ping Pong games to her social calendar.

She was a bold woman, and she helped me move out of my comfort zone and be more of a risk taker. She was much more social than I, but I watched her “work the room” and gradually adopted some of her tactics. One of her sons described her as “relentlessly optimistic,” and I would agree. She was not one to linger over disappointment or dwell on worries.

For many years I spent most Friday nights at her home, sharing dinner, a glass of wine, and a game of Scrabble. Each time at the end of the evening, she would embrace me and say, “Good night, dear friend.” I know there are a host of people in Pasadena who experienced that same good wish from Mary Lois. And we’ll never forget her. Mary Lois Nevins died peacefully at her home at the age of 90 on May 25.

Safety and Alzheimer's Disease

Alzheimer's Disease creates many caretaking challenges and can feel overwhelming. So start by focusing on safety. Three areas require the attention of the loved one's family: wandering, home safety, and driving. People with Alzheimer's may live comfortably at home for many years. Caregivers can have peace of mind once safety measures are in place.

Wandering. People with Alzheimer's often wander away from home. Restlessness, pacing, and repetitive movements are warning signs. If it hasn't happened yet, be grateful — but remember to take precautions.

- Have the person wear an identification bracelet. This will help if s/he gets lost and can't communicate clearly. The Alzheimer's Association's "Safe Return® Program" can assist in the return of those who wander and become lost. It includes a medic alert bracelet linked to an 800 number where photo, medical and emergency contact information is kept. (www.alz.org; 888.572-8566).
- Inform neighbors that your loved one may wander. Ask them to alert you if the person is seen alone and on the move.
- Keep a routine schedule that involves chores and enjoyable activities at home to discourage wandering.
- Carry a recent photo and emergency contact list with you.
- Wait outside bathrooms when a loved one uses public facilities.
- Busy places such as shopping malls and sports venues can cause disorientation, so avoid them or be vigilant. Don't leave a person unsupervised in new surroundings.

- Keep travel simple and short, and visit familiar places. Allow time for rest; don't over-schedule.
- Consider using a GPS location device.
- Reassure the person if s/he feels abandoned or disoriented.

Home Safety. A safe home provides a comfortable environment for the person with Alzheimer's and also encourages independence and social interaction. Often it's easier to change the environment than to change behaviors.

- Simplify the environment. Remove clutter as well as valuable items that could be misplaced, lost, or hidden.
- Use appliances with an auto shut-off feature.
- Assess garage, basements, and outside areas for potential problems. Lock up dangerous or toxic products. Remove and disable firearms.
- Ensure fire extinguishers, smoke detectors, and carbon monoxide detectors work.
- Lock up medications if necessary and use a pill organizer so medications are taken as prescribed.
- Consider installing a monitoring device.
- Keep emergency phone numbers and home address next to all home phones.

For more information on home safety, read *The Complete Guide to Alzheimer's Proofing your Home* by Mark L. Warner. An NIH home safety pamphlet is at: [National Institutes of Health website](http://www.nia.nih.gov/health/publication/home-safety). Our next **Healthy Village** column will focus on **Safe Driving**.



Internship Ends for Jen Tracy Duplass

In May, the Village bid goodbye to our intern Jen Tracy Duplass, a first year Social work student at USC. In her short time here, Jen started a women's group, coordinated some of our educational programs and assisted a variety of members in navigating challenges. About a dozen members gathered to say thank you and to wish her well. She will be greatly missed.

According to Program Manager Rachel Reed, we will be welcoming a new intern in the fall.

THE PASADENA VILLAGE

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NOTICES

We would like to thank member **Barry McCullough** for his long hours of work on our logo. We needed to have each of the elements available for various projects and he volunteered to do it for us. And he brightened it up with some new colors!

Click to Fitness: Thursdays at 11:00 AM starting July 9 and continuing through August 13. Learn to use technology to develop a personalized fitness plan and help a local Girl Scout earn her Gold Award in the process! RSVP with the Village office: 626-765-6037

Meet Me at the Village every third Friday at 10:00 AM. Find out how you can get involved at this informal gathering. You may even make a new friend!

Between March and June, Village volunteers provided over 170 services, 60% of which were transportation. Volunteers also helped members master technical skills, assisted in the office, and provided friendly visits to members who were under the weather. If you would like to contribute to the wellbeing of your neighbors, email volunteer@pasadenavillage.org or call our office.

You can support the growth of our caring community by visiting www.pasadenavillage.org/donate.

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Please Welcome Our New Members!

MAY

JuliAnne DeChaine &
Richard Lyon

JULY

Sue Kujawa

JUNE

Mary Hense

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