



A BRIDGE TO COMMUNITY PASADENA VILLAGE

Pep Rally Launches Membership Drive

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Grow the Village!



October was our first official "Grow the Village" (build membership) month. The effort was introduced by **Dave Folz** and the Membership Committee. All members were given brochures and "Meet Me at the Village" flyers to distribute in the community. The campaign was kicked off with a pep rally complete with wonderful cheerleaders from Polytechnic School! New members in the month of October received 15 months membership for the price of one year. Pasadena Village members are incredibly interesting and attracted to broadening their lives with new friends, so we welcome aging people (aren't we all?) to join and enhance our community.

by Peggy Buchanan

New Faces

Lina Palomo, Program Manager

The new voice welcoming you on the phone when you call the Village is Lina Palomo. Lina is enjoying getting to know the Village members and loves learning more about their busy lives and accomplishments. She brings a wealth of experience in nonprofit

management to our office and, like many of the members, is a devoted grandmother. When she isn't working, she isn't still. She sings and acts in local groups and travels to Maui whenever she can.

Andrea Cabrera, Intern

Andrea, a USC student working on her master's in social work, is the new Pasadena Village intern. Her involvement with the Village has sparked her interest in issues affecting older adults. She is focusing her time on three priorities: starting a support group dealing with depression, visiting members with higher needs and helping them get the support they need, and assessing the special pressures and concerns of our members who are caregivers to a family member. She looks forward to using her expertise to strengthen the lives of our members and to learning more about them.

by Sue Kujawa



2015 BOARD RETREAT

Pasadena Village Board Members:

Mike Babcock, President
Shizuko Akasaki
Victoria Bell
Bob Carlson, Treasurer
Dave Folz
Ida Hitchcock
Susan Hixon
Tina Hooper
Albin Koch, Secretary
Louanna Law
Peter LeSourd
Barbara Madden, VP
Adria Navarro
Dr. Sonia Singla
Billie Spinat
John Tuite
Lynne Tuite

Village Board Retreat Was Not Boring!

The Village board of directors convened for a retreat in late October. The day began with each person sharing the word that embodies the Village for them personally. Learning, service, vitality, mutuality, new, welcoming, support, and caring are just a few that came to mind.

The remainder of the day was spent establishing the opportunities and challenges facing the Village for the year. All topics were divided into three areas for discussion. Below is a summary of each discussion by group:

Group A: Services and Volunteers

Increasing member participation, board development and rotation, program creation, a better solution to event sign up, recruiting more volunteers, and communicating the Village spirit of being there for each other



by Peggy Buchanan

Group B: Membership and Community Relations

Reassessing our membership fee structure, expanding services, examining our fixed vs. variable costs, reconvening a social committee that would be comprehensive

Group C: Fundraising and Public Relations/Branding

Expanding our knowledge of and applications for grants, developing a relationship with the city government and the commission on aging, increasing avenues for publicity — specifically via social media, investigating paid advertising, developing an advisory board

The Executive Committee will prioritize the issues and assign them to appropriate committees or a task force to devise plans for dealing with these topics.



Volunteer Committee Report: Village Volunteers Want to Help You!

We Can Help!

Did you know that Village Volunteers can help you with:

- A ride to the library
- Getting your decorations from the attic or basement
- Holiday decorating such as putting up outside lights
- Going with you to purchase your tree
- Disposing of your tree after the holidays
- Ride to the hairdresser or barber or for a mani/pedi
- Setting up your computer or cell phone
- Walking your dog or walking with you...and much more

Don't hesitate to call the Village office to make your request.

Grow the Village!

Let's get the word out about how great the Pasadena Village is! We're hoping to create a group of volunteers who would be able to serve as representatives of the Village at events in the local area. We need volunteers for our first event — staffing a display table at the Pasadena Farmer's Market at Victory Park on November 21. Two people are needed for each shift — 8:00am to 10:00am and 10:00am to 12:00pm. This would be a recurring volunteer opportunity on the third Saturday of each month. Please call the Village Office 626-765-6037 to sign up.



Meet the Village ~ Tom & Linda Stowitts

On a quiet street in the south of Pasadena live the Stowitts and their fairly new dog, Gabby. This couple, charter members of the Pasadena Village, have deep ties to the area and to each other. Together for 40 years and married for 30, they are surrounded by an aura of tranquility, in spite of the 80 pound lap dog who, in the middle of this interview, demands Linda's attention by giving her ear a thorough licking. This golden-red ball of energy means there is never a dull moment at the Stowitts' place. But even without Gabby, Linda and Tom are on the move. Linda is a runner. She runs at least three times a week and of course, it's all Tom's fault. "He was the runner when we first got together. He asked me to join him and I couldn't run to the corner. I was appalled." That was 40 years ago and now she is a dedicated half-marathoner. Tom, who doesn't run any more, is a lawn bowler and has been for ten years. His home green is in Central Park. "We are part of a league. In fact, league play starts in January," explained Tom. The Pasadena Lawn Bowling Club has hosted the Senior Olympics several times.

Tom is an electromechanical engineer originally from Michigan. He was working in Grand Rapids when his company announced they were moving to Cleveland. He wasn't thrilled at the idea and when he was offered a job in Pasadena, he packed up his first wife and their three children and was off. He originally worked in Old Town before it became trendy. One of his proudest moments was designing the three motors needed for a helicopter rescue hoist. His innovation was to mechanize the hoist so that a person being rescued could be easily moved into the helicopter. He believes the system is still in use today.

Linda is more or less a native, since her parents moved here when she was three. She spent 35 years as an elementary and middle-school teacher and librarian at Polytechnic School. She, too, was previously married and has four children. While she was at Poly, Mike Babcock was headmaster

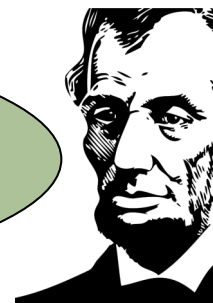
and, later, he was the one who got the Stowitts interested in Pasadena Village. Clearly, a high point for the Stowitts was the 1987-88 school year. Tom had reached retirement age and his company was moving to Brea. Linda had applied for a sabbatical grant and had just found out she would be spending the next year in England. Tom wisely decided it would be more fun to retire and join Linda in England than drive to Brea daily. They lived in Cambridge and immersed themselves in the culture. Linda had an interesting comment concerning the language. She feels that surface similarities hide the differences between Americans and the English. She found those differences to be much greater than she had imagined. The Stowitts have been back to England 20 times or more!

They aren't travelling as much now, which is probably good because it is hard to find good caterpillar sitters. Linda and Tom have a most unusual hobby. They rescue and protect monarch butterfly caterpillars from their enemy, the wasp. They grow milkweed, the preferred caterpillar food, in their yard and in pots. Once the tiny eggs hatch, they move the whole plant to their laundry room. It is a very satisfying hobby and the results are spectacular and crucial. The North American monarch population has declined by 90 percent over the past two decades, according to the National Geographic Society. Who else do you know of at any age that — even in a small way — is working to preserve a species?



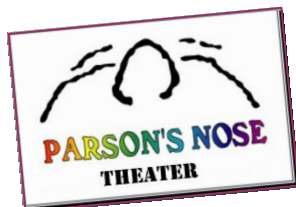
**IN THE END, IT'S NOT THE YEARS IN YOUR LIFE THAT COUNT.
IT'S THE LIFE IN YOUR YEARS.**

ABRAHAM LINCOLN



We Had a Good Time . . .

Ping Pong anyone? When member **Jean Owen** discovered **Dave Folz**, **Mike Babcock**, and **John Tuitt** playing ping pong at All Saints, she blurted out "I want to play, too!" And then Mike and Dave offered to help out over at **Ruth Saffman's** house, and not only does she have a ping pong table, she also has a wicked serve. So now the five of them meet whenever schedules allow to smash, volley, and drive.



Parson's Nose Theater prides itself on "introducing classic theater to audiences of all ages" and as part of an outreach program they contacted the Village to see if there

was an interest in starting a play reading group. The group, under the guidance of PNT executive director **Lance Davis**, met for the first time in June and has gotten together twice more. About a dozen Villagers are participating, according to **Patrick Dunavan**. The first evening was spent reading old comedy radio shows, the second tackled Moliere. The October group read *Legend of Sleepy Hollow*. There has been some talk of staging a performance/reading for the whole Village. After all, as Shakespeare said, "All the world's a stage, and all the men and women merely players."



From **Dave Folz**, "In September, the Hikers — all five of us — made it to Sturtevant Trickle — sorry — Sturtevant Falls. In

spite of the drought, the scenery in the canyon is still beautiful. We hit the trail at 7:30 so the heat was not unbearable when we finished at about 9:30. Everyone enjoyed the early workout. I hope more will join us as the weather cools down a bit."

And from **Peter LeSourd**, "Nine energetic Villagers showed up at 7:15 a.m. Friday Oct. 9 at the Village office for our monthly Hiking Affinity Group outing. We drove to Monrovia Canyon Park above Monrovia, arriving at the park gate before its 8 a.m. opening, and the ranger opened the gate right on the hour. Our



early start was designed to beat the 100 degree heat predicted for the day, and it worked! Our trail ended at the Monrovia Canyon waterfall. On our return homeward, at Claire's suggestion we stopped at the Peach Cafe in Monrovia for refreshments, and can highly recommend it! Call the office or check the calendar for hiking dates.

Peggy and Steve Sisson hosted the October potluck dinner. Fifteen Villagers, hungry for good food and good conversation, converged at the Sissons' lovely home. Overheard: "I wasn't going to have any dessert, but they all look so good, I can't help myself!"



The **Travel Buddies** headed downtown to the Grammy Museum, where Frank Sinatra was crooning. This is the year of the Frank Sinatra Centennial and



the museum is featuring a special exhibit called **Sinatra: An American Icon**. It traces 100 years of the Sinatra legacy. "Definitely a fun exhibit," said **Sue Kujawa**.

A large group of grateful friends and members gathered at the end of September to say goodbye to **Rachel Reed**, the outgoing program manager. Among other gifts, **Mike Babcock** presented her with a homemade (by him) cutting board. Farewell, Rachel. Live long and prosper and come back to visit.



And Here's What We Learned. . .



Disaster Kits

With the likely advent of El Niño this winter and the ever present possibility of earthquakes, it is even more important that we all be prepared, but it's hard to know where to begin. All too often we do nothing. We can thank **Dave Folz**, **Margie Mason**, **Sandy McConnell**, and **Rob Russow** of the

Volunteer Committee at the Pasadena Village for helping our members begin the process of being prepared.

They created a "disaster starter kit" to provide some basic necessities like a can opener, pocket knife, first aid kit and whistle and then included a list of things that people should add to the kit to really be prepared. The effort was an overwhelming success, from the teamwork in purchasing all those different items to the response of the members who wanted a starter kit.

Forty-eight orders for disaster kits were placed and, after assembling the kits in bags donated by Trader Joe's, the committee oversaw the distribution to our members. The next step in being prepared was a presentation by the Pasadena Fire Department on November 3.

Volunteer Rob Russow said that the funniest part of the whole thing was seeing the expressions on the faces of the employees at the different dollar stores he visited. "When I started piling up packs of 50 bandages and 50 tubes of antibacterial ointment, everyone was asking me what I could possibly be preparing for! And I want to thank the **Dollar King** in Glendale for giving us a generous discount on everything I bought from there. They were so helpful when I explained what we were doing!" The Village is lucky to have volunteers like Rob. He is a practicing Occupational Therapist working on a Clinical Doctorate in OT with a focus on education and teaching. He is currently a Doctoral Resident at USC where he is teaching, and he graduates in December!

— S.K.



Planning Ahead

While it is the goal of the Pasadena Village to help its members live healthy and meaningful lives in their own homes, we understand that, for some people, it may not always be possible to do this. We want to support our members as they wrestle with these difficult decisions. Towards that goal, the Village has recently hosted two educational programs that have featured representatives from several local retirement communities who shared highlights of their organizations and distributed information to our members.

In addition, on October 18, the Pasadena Village participated in a "Caregiver Resource Day" at the Pasadena Jewish Temple. The purpose of the day, as described by Village member **Claire Gorfinkel**, an event organizer, was "to inform the community of resources for caregivers so they can anticipate what they might need in the future." The Village hosted an information table and a number of village members attended.

Finally, the Pasadena Village Services Assessment Team continues to examine ways to help our members prepare for the future, to avoid crises, and to build and strengthen their network of support through family members and friends.

— S.K.

The Village sponsored two informative sessions in October on two hot topics. First, the very bright young women from **Mayfield Senior School** unlocked the secrets of smart phones, cameras, and tablets for a roomful of struggling but determined technology buffs. This is the third time the Mayfield students have offered their help in a **Mobile Technology Workshop**.



Second, some fifteen Villagers signed up for **Getting It All Together** a class taught by member **JuliAnne DeChaine** to explain how to organize vital financial paperwork.

Pasadena Village Well Represented at National Conference

By Peter LeSourd

Villages nation-wide established the "Village to Village Network," a non-profit organization that created and operates the website vtvnetwork.org. It provides a wide range of services to Village organizations and their members.

That Network organizes an annual conference, the seventh of which was held in Seattle on October 5-7. Pasadena Village members **Mike Babcock**, **Peter LeSourd** and **Sharon Jarrett** attended. Executive Director **Peggy Buchanan** also attended, despite the fact that she had injured her shoulder and had her arm in a sling.

It was a very enthusiastic and productive gathering, attended by over 300 people, and jam-packed with useful information. The Village movement is growing rapidly. About 190 Villages are already in operation, and efforts are underway to create another 170. Their variety is startling, ranging from large urban villages to small rural ones. The media are paying growing attention to the movement. Influential organizations such as AARP and cities such as Washington D.C. and San Francisco are supporting the concept.

We came away with our heads full of creative ideas for growing our membership and our programs and services for members, along with fundraising and organizational procedural strategies. We look forward to participating in next year's conference. We encourage our members to join us.



Take Care When Choosing a Caregiver

by Barbara Calderone, RN, CPHRM

The relationship between a client and caregiver is unique. It is important that you are comfortable with the skills this person brings, and that you set boundaries on the relationship. While most caregivers take pride in providing the best service and doing everything they can to make their clients' lives better, on occasion, someone who is dishonest or does not have the client's best interest in mind can find his or her way into the life of an elder.

What are the warning signs of a care relationship that is no longer therapeutic?

- The caregiver overrides instructions and wishes of the client, physician or family member.
- The caregiver treats an elder like a child, calls the client "sweetie" or "baby" or talks down to the client, assuming a parental role. Every elder is an adult worthy of respect at all times.
- The caregiver provides services outside their skill set. Caregivers need to know their own limitations and not try to do work beyond their scope of practice.
- The caregiver frequently takes personal phone calls, texts, or sleeps during work hours.

- The caregiver cultivates an overly personal connection to the client. This steps over the bounds of a caregiver-client relationship. The client should never be dependent on the caregiver for decision making, or financial assistance.
- The caregiver over-shares personal problems, especially financial issues, with the client. This may be a sign that the caregiver sees the relationship as a personal one, and is often a first step to receiving money or gifts from a sympathetic client. A responsible caregiver will not accept expensive gifts, cash or valuable items from a client.

When choosing a caregiver, remember to ask questions about prior service and follow up with references prior to hiring, and *always* get a criminal background check. The wrong person in the wrong type of relationship can cause great distress, but the right person will make a positive difference in your life or the life of your loved one!



Safety and Alzheimer's Disease

Part 2

Declining cognitive abilities, slower reaction time and impaired spatial skills will eventually require a person with Alzheimer's disease to stop driving. But how do you decide when it's time to take the car keys away?

I agonized for months before taking my husband's keys away as slowly I realized that Jim was no longer able to drive safely. He had been diagnosed with Alzheimer's disease two years earlier, and I ignored what I now know were early warning signals. Jim did so many things right when he drove that it took a long time before I finally accepted that I had to do something. When he couldn't find his way to our favorite breakfast café and began making coffee runs to McDonald's 5-10 times a day because he forgot he'd just been there, I realized the time had come.

Warning signs of unsafe driving include:

- Ignoring traffic signals and signs.
- Confusing the brake and gas pedals.
- Hitting the curb while driving.
- Failing to drive appropriate speeds.
- Becoming nervous, angry or confused while driving.
- Getting lost driving to familiar places.
- Having "near misses" or collisions.

Earlier diagnosis and better medications may allow people with dementia to drive longer, further complicating the decision on when to stop. However, as the disease progresses, driving skills *will* diminish and the risk of serious loss or injury increases. If you're caring for a loved one with Alzheimer's, you may need to modify his or her driving to short daytime trips in familiar surroundings — or stop his or her driving completely.

In ideal situations, your physician will have discussed the issue of driving early in the disease process and write an order to quit driving when the warning signs of unsafe driving appear. You can also seek assistance from a certified occupational therapist or driver rehabilitation specialist to determine if the person is at risk for unsafe driving. Check the website <http://treds.ucsd.edu/driver-evaluation/> to find a specialist in your area. If the person refuses to quit driving, family members should be prepared to take more drastic measures, such as disabling or removing the vehicle.

For me, becoming Jim's chauffeur 10 months ago wasn't an easy transition, but we've now adjusted and I know I made absolutely the right decision. On the bright side, because I take Jim on most errands with me, he now lugs in those heavy grocery bags for me! But more importantly, I sleep well at night knowing he and others on the road are safer thanks to my action.



From SeniorJournal.com:

Senior Citizen to be President? Two Democrats, Two Republicans Qualify



Just in case you are pulling for a senior citizen to be the next president of the United States, you should know that two of the three Democrats and two of the fourteen Republicans still in the race will qualify.

- Dem. Bernie Sanders - 75 years and 4 months
- Dem. Hillary Clinton - 69 years and 2 months

- Rep. Donald Trump - 70 years and 7 months
- Rep. Dr. Ben Carson - 65 and 4 months

Should Clinton win, she would tie Ronald Reagan for America's oldest incoming president. Should Trump win, he would be the oldest incoming president. Just keep in mind the Oscar Wilde quote, "With age comes wisdom, but sometimes age comes alone."

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NOTICES

Office Holiday Closures

The Pasadena Village will be closed for **Thanksgiving** on both November 26 and 27.

We will also be closed for the **Christmas** holidays from December 23 through 29. We wish you a very happy and peaceful celebration.

Save the Date! Village Holiday Party

The Annual Village Holiday Party will be held on December 17 from 3:30 to 5:00 PM at Neighborhood Church located at 301 N. Orange Grove Blvd, Pasadena. **Monica Hubbard** and **Fritzie Culick** have volunteered their considerable musical talents to get us singing. The sing-a-long will be followed by cookies and cider.

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

Follow us on [Twitter](#) and on [FaceBook](#).

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Please Welcome Our New Members!

SEPTEMBER

Gretchen Davidson

Farina Chhabra

Adria Navarro

OCTOBER

Judith Jacobs

Charles & Judith
Taylor

THE PASADENA VILLAGE

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