



## Welcome Our New Social Work Interns

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Miriam Rios and Jose Beltran are both passionate about helping people, so they fit right in at the Pasadena Village. This year the internship program doubled its capacity by partnering with Azusa Pacific University in addition to USC. Jose and Miriam benefit from the supervision of Village member (and social worker) Esther Gillies.

"I didn't know social work would be the tool, but I always had an interest in advocating for people," says



Jose, who served in the Marine Corps for eight years. He has a special interest in working with aging veterans, but it was his parents who sparked his interest in older adults. Jose wondered how he would take care of them without limiting their independence. His goal is "to preserve autonomy...to keep the mind, body, and spirit healthy," and he values the opportunity to work

one-on-one with Village members.

Miriam was drawn to social work when she worked at a group home for teenage girls, but is no stranger to working with older adults. Both of her parents worked in convalescent homes, and Miriam herself is the Social Services Director of a nursing home. She enjoys providing support for residents who don't have friends or family nearby. Miriam appreciates being exposed to "a whole different picture of older adults...they're full of life!" Miriam's dream is to start a hospice, and in the meantime, "I'm here to help."



Jose and Miriam are already talking about collaborating on a project for the Village, and both are looking forward to getting to know each member so they can provide appropriate assistance as needs arise. "I hope a year from now we're talking about the work we've done, the relationships we've built, and the progress we've made as a collective," Jose says.

## How to Be a Smart Patient ~ by Ann Riordan

When we visit a doctor, there are many ways to communicate with each other, Janet Evans and Linda Vogel told Village members gathered for an educational workshop. Janet and Linda are patient advocates at Pilgrim Place in Claremont, a continuing care retirement community.

Patient advocates serve as a link between patients and their health providers and can make sure treatments and medications are administered on time. Friends and relatives who accompany patients to the doctor's office are considered patient advocates, and there are also professionals who specialize in various medical fields.

But you can also take steps to be your own advocate, Janet and Linda explained. They suggested that before you see a doctor, you should prepare a list of questions, concerns, past medical history, and allergies and give a copy to the physician along with a list of what medications you take and when. "Don't lie," they stressed, "and don't leave anything out. Learn to listen carefully, take

notes, and ask questions when necessary. If you don't feel up to discussing medical matters, bring a friend or relative with you."

We all realize that doctors are human (of course!), very busy, and can make mistakes. Three major mistakes are 1) the tendency to grab onto the first symptom or physical problem and make snap judgments; 2) the tendency to assume that a prior experience explains the new situation the doctor is trying to diagnose; and 3) the tendency to look at an elderly patient and chalk the problem up to "age." (If you hear that, Janet and Linda said, look for another doctor.)

Patient advocates can help minimize these common mistakes by helping you keep track of information your doctor shares and reminding you to ask questions. Some hospitals keep a list of volunteer patient advocates, and professionals in the field can be reached via [www.patientadvocate.org](http://www.patientadvocate.org). Janet and Linda also provided the Village office with a resource manual for members who are interested in learning more about patient advocates.

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## Peggy's Ponderings ~ Moving Forward



*"That old October feeling...of summer passing, vacation done, obligations gathering, books and football in the air...Another fall, another turned page: there was something of jubilee in that annual autumnal beginning, as if last year's mistakes and failures had been wiped clean by summer."* Wallace Stegner

Dear Villagers and friends,

I view autumn as a season of change, so I am pondering variation for the Village. Instead of my awareness lingering on what is in the past, I am focusing on finding new opportunities for us to grow: in membership, financial sustainability, inclusivity, and commitment to our Village.

I'd love you to give these questions some attention:

- Do you have an acquaintance who may need a new outlook on life, a friend, a ride, a chance to learn?
- Do you have a contact in business that would be a good partner for the Village, or another organization we should be in collaboration with?
- Are you involved in a place of worship where you would open the door for us to reach out?

- Are you available to help at the Village?

If you answered yes to one of them, give me a call as soon as you can!

I am challenging all of us to adopt an attitude of *moving forward* - the will to discover new purpose, build a new rhythm and make progress, as well as to join forces, act together and combine efforts. Are you willing to make acceptance a priority and make yourself an encouragement to someone else?

This last week of political contest will challenge most of us. We may want to scream, protest, judge, even hate. Imagine if we listened with open minds and hearts – we might find a common thread, begin to hear some answers that might not come from a candidate.

They might just be right inside of us.

Wishes for health and laughter,

*Peggy*

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## Volunteers in Action: Martha Martinez ~ by Ann Riordan



Martha Martinez with her fresh-baked coconut cookies

One of our members, Martha Martinez, is familiar to all who participate in the potluck dinners. Martha calls each potluck participant a week before each dinner to coordinate who will bring what dish. "I really enjoy talking with members who I don't see very often," she said. Martha is also well known to the Men's Group, for whom she bakes muffins, rolls, bundt cakes, coffee cakes and other delicacies.

Martha started baking with her mother when she was in grade school. Later on she enjoyed baking cookies and making candies for holiday gifts. For many years she was a paralegal in the intellectual property field, specializing in patents, trademarks, copyrights, and licensing. Her last job was working at a law firm in Los Angeles whose client was LG Electronics. Martha has lived in the Pasadena area all her life. She has been a member of the Pasadena Village since June 2013, and like all good Villagers, constantly seeks opportunities to contribute.

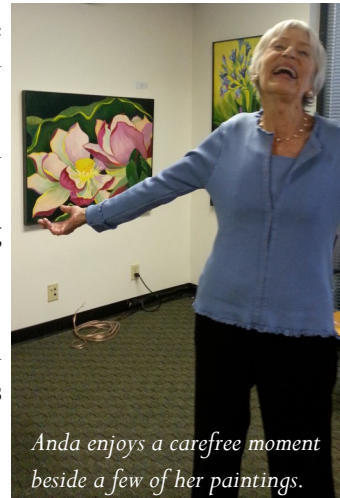
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## The Power of the Village: Anda's Story ~ by Sue Kujawa

Anda Andersons joined the Pasadena Village because, as she says, "I'm a people person." She wanted to make new friends, enjoy social activities, and take advantage of opportunities to visit museums that would nurture her long held interest in art. She was not disappointed. Anda quickly became involved in Village life. She was a regular at dining events and the documentary film nights, attended lectures, and never missed a museum trip. She found the small women's group most valuable. "We can share our concerns and be confident there will be no gossiping. There is a lightness and positiveness in the group that really helps me."

When she joined the Village, Anda was living independently in her small apartment. "I am an artist and I loved my space. My apartment was my canvas and I enjoyed being creative there." Then Anda began experiencing health issues. "Three times in one month I had to go to the emergency room. It was scary." At first Anda hoped that her health would improve. Her three grown sons were very concerned, but they all lived out of town and really didn't know what to do. Perhaps the Village could help out temporarily with meals and rides until she got stronger. But another Village member suggested that she needed more help.

That was when Executive Director Peggy Buchanan got involved. With input from the member-led Support Assessment Team, Peggy made contact with one of Anda's sons.



*Anda enjoys a carefree moment beside a few of her paintings.*

She explained to him what the Village could, and couldn't, do for his mother. Anda was sure that she didn't want to move away from Pasadena. Peggy understood Anda's wish to remain independent. She gave Anda's son referrals for resources, including assisted living communities nearby.

And what else did the Village do? Village volunteers helped her pack up her things and take items away for donation. Volunteers made sure she was still able to attend Village activities, especially her women's group. "This is a very disorienting time for me. I surely don't want to lose my Village friends."

Many people who are interested in joining the Pasadena Village think it is a great idea, but say "I don't need it yet." Anda's story illustrates why this is the perfect time to become a member – when you have the energy to form friendships that make asking for help the natural thing to do when the time comes.

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## No More Driving? No Big Deal! ~ by Kitty Hall

I owe my life beyond the walls of my apartment to the volunteer drivers at the Pasadena Village. That may sound dramatic, but since an accident three years ago caused me to give up driving a car and thus limited my ability to participate in social and community activities, that is how it seems to me.

Also now that I am nearly 85 and, as my doctor tells me, I have "something called A-G-E," I have those things called appointments. But thanks to our wonderful volunteers, I have no trouble getting where I need to go and am able to participate in the many activities of the Pasadena Village and to continue to volunteer in ways other than driving. My social life is actually better than ever. I have made many new, thoughtful friends who seem to be happy to stop by, pick me up, and take me along.



*Kitty Hall (2nd from L) enjoys social events such as the monthly birthday parties. Also celebrating are Ellie Congdon, Lena McAfee, and Esther Gillies*



## Strengthening Our Community . . .

Do you wish you knew your fellow Villagers better? If so, we have just the solution for you! The Pasadena Village is organized by zip code into sub-groups for **Neighborhood Gatherings**. (A map is posted in the Village office for reference.)

The purpose of these groups is to build relationships among people living in close proximity not only for social events, but also for convenience. For example, the groups are especially helpful among members needing rides, assistance during times of illness, or help with general issues and repairs around the house. You may live in the 91104 zip code area while your best friend lives across town in the 91103 zip code area, which is not ideal in case of emergency. How convenient it would be if people built friendships with those living close by! Neighborhood Groups create this opportunity.

Some of the groups have already met and made plans for subsequent meetings. A few Neighborhood Groups have even established rosters to facilitate communication and for emergency situations. Our northeast district, chaired by Sandy McConnell and Jo Yeargin, has established a roster that includes contact information for Pasadena's Chief of Police, Phillip Sanchez.

If you receive an invitation to attend a Neighborhood gathering, do join your fellow Villagers. You won't regret it!

~ Linda Simmons

## ...Broadening Our Horizons

Residents of Pasadena have diverse backgrounds and remarkable life stories. We were fortunate to discover one of those stories from Johnie Driver, who spoke to the Pasadena Village's "Meet Your Neighbors & Neighborhoods" gathering in September.

Johnie is soft-spoken and understated in manner, yet he held our avid attention as he described his childhood growing up Black in small-town, segregated Alabama and Texas in the 1940s and 50s. Some of his schoolteachers had limited knowledge. When Johnie asked his math teacher what the purpose was of the "logarithm" table at the end of his math textbook, she guessed it was to compute how much lumber could be obtained from a log! Yet that did not dim Johnie's interest in and aptitude for math.

Johnie's school had no 12th grade, so he joined the Air Force as soon as he turned eighteen. He spent eight years as an instructor of aircraft hydraulic specialists, culminating in leading the hydraulic maintenance training for world's largest airplane, the B-52. Johnie then attended the University of Illinois, where he obtained a Master's degree in Electrical Engineering. After two years of work in weapon system design at Sperry, he moved to Pasadena for a job with JPL, where he worked for 33 years, primarily in Outer Planet Mission Design.

Johnie retired in 1999. He and his wife Beretta (sister of Village member Tina Hooper) live in Altadena, where he is a leader in his church, and one of the founders and officers of the male student-mentoring program at Muir High School.

The "Meet Your Neighbors" series is a wonderful way to connect with our community. Check the [Village calendar](#) for future programs so you don't miss another amazing life story.

~Peter LeSourd



Gail Anderson is a smart woman. She has lived in her home on a small, tidy street in Northwest Pasadena for more than 30 years and knows her community well. Gail has been a member of the Pasadena Village almost since its inception, and has participated fully from the start. She attends events, is a member of one of the women's support groups, and makes regular phone calls to other Village members. She knows her life is enriched when she gives and receives, and when she makes use of available resources.

One resource Gail makes use of is the Pasadena Senior Day Camp. From July through September, the City of Pasadena provides activities for older adults three days a week. This past summer Gail listened to speakers from USC and UCLA who shared the latest information about topics of interest to seniors, focusing on healthy living. She also enjoyed working on arts and crafts (even though she will say she is not creative!), and venturing to the Getty museum, the beach, and even to the high desert to pick peaches and enjoy a barbeque.

"It is a chance for me to meet new people, very nice people, and to get out of the house on a regular basis. I got to go places I might not go, certainly not by myself," Gail says.

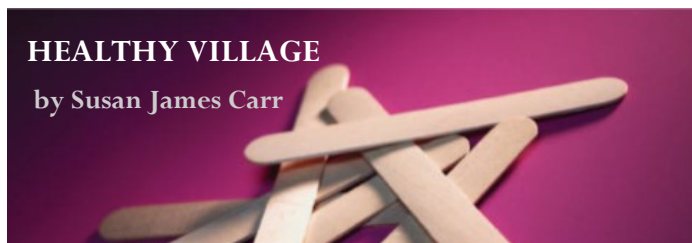
The Senior Day Camp is held each summer at Jackie Robinson Center. The cost is \$35 for the 12-week series, which includes breakfast and lunch. There are no income requirements, and you don't even have to live in Pasadena in order to participate.

Gail knows that the Pasadena Village can't do everything. She knows that she can help herself most by taking advantage of many resources, and by staying active and connected.

~ Sue Kujawa

## HEALTHY VILLAGE

by Susan James Carr



You couldn't miss the circular dark marks on Olympian Michael Phelps shoulders during the Rio swim meets. They were the result of "cupping," an ancient healing practice that uses suction to draw blood to overworked muscles, reducing soreness and speeding up healing.

Phelps is one of millions of Americans who use alternative health practices that differ from those used by family doctors. These practices include acupuncture, spinal manipulation, yoga, herbal medicine, homeopathy, hypnotherapy, and reflexology. People often use alternatives so they can actively participate in regaining their health by expanding their treatment options, or when conventional medicine has not solved their medical problem.

When used together with conventional medicine, alternative practices form a **complementary health approach**. Complementary health approaches include cancer patients who use acupuncture to reduce side effects of chemotherapy; back pain sufferers who use spinal manipulation or massage as well as muscle relaxants to ease muscle spasms; and people with stress who use yoga and meditation to supplement prescribed medication.

But are alternative practices safe? Research shows that certain complementary health approaches may benefit people with pain. The National Center for Complementary

and Integrative Health (NCCIH), part of the National Institutes of Health, researches the usefulness and safety of complementary interventions. They maintain a list of complementary health approaches that may improve certain conditions:

- **Low-back pain:** Acupuncture, progressive relaxation, spinal manipulation, yoga
- **Neck pain:** Acupuncture or spinal manipulation
- **Osteoarthritis pain:** Acupuncture, massage, tai chi
- **Rheumatoid arthritis :** Omega-3 fatty acids
- **Headaches:** Acupuncture

Adults use complementary approaches most commonly for back, neck, and joint pain. New research is exploring the potential benefits of complementary health in pain management for veterans, as well as programs promoting healthy behaviors for weight control and smoking cessation.

Some complementary health approaches can negatively affect conventional medical care. That's why it is important to tell your health care providers about all health products and practices you use, both conventional and alternative. Your honesty helps your healthcare providers to be fully informed partners in your care.

For more information about complementary health approaches, visit the [NCCIH](#), or [NIH Senior Health](#). The Mayo Clinic recently published a comprehensive review of 50 years of research on complementary approaches for pain management, which you can find on their [website](#).



The Village Hiking group believes that regular exercise is the key to good health. They recently enjoyed a scenic hike around Mount Wilson, where they visited the observatory and stopped to take photographs like the one on the left. Keep an eye on the [Village calendar](#) if you wish to join them next time.

(pictured L-R) Gary Kinsley, Peter LeSourd, Dave Folz, Jo Yeargin, Barry McCullough, Sue Kujawa, and Patrick Kincaid

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## ANNOUNCEMENTS & EVENTS

*Unless otherwise noted, all events take place at the Village office and are open to the public. Hope to see you soon!*

**Meet Me at the Village!** Join us for coffee and conversation the third Friday of the month. 10:00 a.m.  
**November 18    December 16    January 20**

**Advance Directives, Wills, and Trusts**  
Tuesday, November 15 at 10:30 a.m.

**Opening Reception: Claire Gorfinkel**  
Monday, November 21, 3 p.m. - 5 p.m. Be among the first to enjoy our latest member art exhibit.

**The Village office will be closed on November 24 and 25 for Thanksgiving.**

**Panel Discussion with Expert Care Managers**  
Monday, December 5 at 10:00 a.m.

You can support the growth of our caring community by visiting [pasadenavillage.org/donate](http://pasadenavillage.org/donate)

*Thank you to our Founding Sponsor:*



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## Welcome New Members!

### August 2016

Bj Ledyard  
Ron Scott  
Tom Strafacci

### September 2016

Patrick Kincaid  
Mae Powell  
Shelby Rector  
Marsha Rood  
Nadia Yared

### October 2016

Christine Frederickson  
Pat Gaston  
Lois Stelzer

## In Memoriam

### Clarence Fleming

*Founding Village Member*

1927 - 2016

## THE PASADENA VILLAGE

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