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For the past two years I have been volunteering with a talented and dedicated group of Village administrators and volunteers to initiate a coalition of California villages. Working with Villages from all over the state, we designed a project that will breathe life into a statewide coalition and support villages at all stages of development.

I am happy to report that the Archstone Foundation has awarded a three-year grant to launch the California Village Coalition. The grant allows us to implement our plan in two phases: a "design and launch" phase, and an implementation phase. The design and launch phase will emphasize branding, communications, and organizational development, including design of a Coalition membership and governance structure. The im-

plementation phase will concentrate on program development for the Coalition members such as training modules and facilitation of peer support, and implementing an integrated communications plan.

San Francisco Village will act as the fiscal sponsor during the initial phase, and the Leadership Team will act as the board of directors until the Coalition incorporates as a non-profit entity. The approved budget is approximately \$235,000 per year. Grant funds during phase one will be used to contract a marketing and branding firm to develop our message, hire a part-time project manager and an organizational consultant to ensure we meet our objectives. Grant funds during phase two will be used to hire staff to implement the work initiated in phase one.



Kate Hoepke, Executive Director of the San Francisco Village, has been our guiding light and main cheerleader. Her leadership and vision have inspired and motivated all of us who have worked to establish this Coalition. I am excited and honored to continue to be a part of this movement. Every day I see the real, powerful effects of Village membership as we make new friends, reach out to offer support and assistance to each other, and develop confidence in the strength of our supportive community. Look forward to periodic reports of the progress of our California Village Coalition.

Peggy's Ponderings ~ A Contest to Celebrate!

'seləˌbrāt

Verb

Acknowledge (a significant or happy day or event) with a social gathering or enjoyable activity.

"They were celebrating the first 5 years of their Village."

Synonyms: commemorate, observe, mark, honor, memorialize

Dear Villagers and friends,

This New Year marks the fifth year of the Pasadena Village! It is my resolution that our Village continue to help members age in the place of their choosing; to learn, to grow; to tap creativity, foster new friendships, stay connected and have fun. We have more members than ever and new programs and gatherings.

Change is inevitable in order to keep the Village growing and sustainable. This October we will host our first benefit to celebrate what has been accomplished in the past, the things done every day to keep the Village vibrant, and lay the groundwork for our future.

Friday, October 13th we'll raise a toast to the Village and honor the founding president of our Board,

Mike Babcock. It will be a fun evening – not a “gala-esque” type event. We are really excited to have co-chairs Michelle McConville and Alison Voors taking the helm for this event with a wonderful committee of Villagers.



We are holding a contest to name our celebration! Submit your suggestion and the committee will vote. The author of the chosen title will be lauded and receive a gift. Please give me your idea by February 15.

Peggy

"Health, happiness and success depend upon the fighting spirit of each person. The big thing is not what happens to us in life – but what we do about what happens to us."

George Allen



Alison (L) and Michelle (R) are Village volunteers.



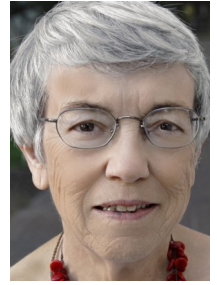
The modest but mighty ad-hoc Pasadena Village choir gathered for its 4th annual holiday sing-along in December.

Member and textile artist Claire Gorfinkel (L) enlists Executive Director Peggy Buchanan to present one of her quilts, which were recently on display in the Village office as part of the rotating member art exhibit.

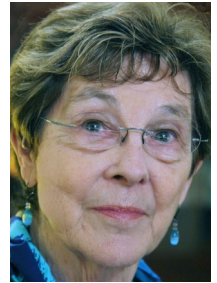


Members Report: Village National Conference

Pasadena Village members Sally Asmundson, Fritzie Culick, Esther Gillies, and Barbarra Madden represented the Pasadena Village at the 7th annual Village National Gathering, a conference hosted by the Village-to-Village Network. All four women are active committee members and two serve on the Pasadena Village's Board of Directors. In their report to the Board, they recommended Pasadena Village continue its commitment to the Village movement by sending Esther Gillies to participating in developing a National Research Agenda. Other recommendations included taking a leadership role in establishing a formal network of Southern California Villages, and ensuring that Pasadena Village committee chairs meet on a monthly basis to facilitate collaboration and consistency across programs.



Barbara Madden



Fritzie Culick



Esther Gillies

Esther Gillies reflected on her experience at the National Gathering further:

"I came away from the Village to Village National Gathering inspired and excited about ways to grow and strengthen our Pasadena Village. I became acutely aware of the importance of 1) communication among all levels of the organization – board, staff, committees, members; 2) increased awareness of the Village in our local communities; 3) the need to encourage Pasadena to become an "Age Friendly City"; 4) the need for research as the Village model expands to ever more places across the country; 5) the need for political advocacy – becoming more involved in issues that affect seniors in our state and our community; 6) partnering with AARP and other organizations dealing with Seniors; and 7) creating connections with our sister Villages in California and beyond... all great ideas to support a positive future for our Village."



Sally Asmundson

Year-end giving has come and gone, but you can support Pasadena Village year-round...without breaking the bank!

Amazon Smile: You Shop, Amazon Gives

Visit smile.amazon.com, sign in with your Amazon account, and designate Pasadena Village as your charitable organization of choice. Amazon donates a percentage of your purchases to Pasadena Village.

Ralph's Community Contribution

You can register your Ralph's Rewards card to benefit the Pasadena Village: <https://www.ralphs.com/topic/community-contribution-2>

Shop with Scrip

Not just for public schools anymore, Scrip lets you shop with gift cards that provide the Pasadena Village with rebates. Call the Village office to learn more and order gift cards from your favorite stores:

626-765-6037

Strengthening Our Community . . .

If you suffer from chronic pain, you know how isolating it can be. Yet support isn't always easy to find. Member Mary Scribner had been searching for a support group for over a year before she decided to start one of her own through the ACPA (American Chronic Pain Association). Open to members and non-members alike, the peer support group has been meeting monthly in the Village office since October.

"I think it's needed for people out there, just to have somebody who understands what you're going through," says Mary. "The idea is to get peers to support each other with chronic pain and the issues that come up...to learn ways of coping and dealing with your pain that will help you have a more productive life."

The Pasadena ACPA support group meets the second Wednesday of the month from 10 a.m. to 11:30 a.m. in the Pasadena Village office. Anyone experiencing chronic pain or who has a relative with chronic pain is welcome. To participate, please contact Mary Scribner (626-422-1009) or the Village office (626-765-6037).



Mary Scribner



*Jean Owen & Mike Babcock square off against Dave Folz & Mimi Davis .
Ping-Pong is one of the newest affinity groups—member-run activities organized
around shared interests.*

Remembering Anna Bresnahan, Scrabble Shark ~ by Sue Kujawa

Anna Bresnahan, a member of the Pasadena Village, passed away following heart surgery in the days before Christmas. As member Peter LeSourd remarked, "Anna was a remarkable woman, bright, energetic, multi-talented, compassionate, with an understated sense of humor."

Peter got to know Anna through our Village bridge group. When Anna's health problems increased, she asked that Village members come to her house to play Scrabble. During her last few weeks a number of Village members were happy to join her for a game. Peter even went to the hospital two days before her surgery. "She skunked me," said Peter, adding, "It was a privilege to know her."

Sometimes a game of Scrabble is more than just a game. All of us who got to know Anna felt our lives enriched by knowing her. It is one of the small miracles of belonging to our Village.



...Broadening Our Horizons

Village Member Ron Scott considers volunteering to be fulfilling, important, and a source of great joy, but he was struggling to find the right opportunity. At the suggestion of Board President Mike Babcock, Pasadena Village offered an information session on Reading Partners, and Ron finally found his niche.

Reading Partners is a national organization that mobilizes communities to provide students with the proven, individualized reading support they need to read at grade level by fourth grade. The early intervention program partners with under-resourced schools and engages adult volunteers to work one-on-one with students for 45 minutes twice a week. All Reading Partner volunteers follow a structured, researched-based curriculum, which is presented at a training session before volunteers are assigned to a school.

Ron's background as a special education teacher with Los Angeles Unified School District has been helpful;

however, he states "anyone can do this. Who doesn't want to help these precious kids?" With an onsite Reading Coordinator available at every school to answer questions, students read with their partner in a quiet space, and focus on word analysis, comprehension, and other reading skills. Ron currently works with two first graders twice a week, and shared that one of his students asked to write their own sentence. After covering up her paper with her arm, she revealed that she had written "Ron is the best!"

Several Village members volunteer with the program alongside Ron and Mike. All agree that it is a wonderful way to be part of the community, and provide much needed help to local students.

For more information about Reading Partners, please contact Laura Zachar, laura.zachar@readingpartners.org.

~by Lina Palomo, Program Manager

Member Connections: Bob Snodgrass ~ by Ann Riordan

In December, Village member and neurologist Samuel R. Snodgrass, M.D., Ph.D., (Bob to his friends), talked with us about experience-driven neural plasticity. Plasticity is defined as the ability of the central nervous system to change and adapt in order to acquire alternative pathways for sensory perception or motor skills. What we do and experience changes the cells of our brains, most profoundly in very young children and to a lesser extent in older humans and animals. Experience-dependent plasticity is important in the growth and maturation of a child's brain. It means that a good childhood environment produces a bigger and better brain than an impoverished one, which contributes to the handicaps of underprivileged children.

Bob explained that activities such as learning a foreign language, musical training, physical exercise, and even learning to juggle all change the brain's structure. He showed X-rays of the brain to demonstrate how these activities promoted growth of nerve cells in specific areas. If these activities are halted, the cell growth regions in the brain diminish, and it becomes more difficult, for instance, to play the piano after a while. Aerobic exercise in fitness training programs has been shown to significantly increase brain regions in older adults.

Dr. Snodgrass has a degree from Harvard, with additional training at Cambridge University in England. He has taught, conducted research, and practiced clinical medicine at USC, the University of Mississippi and UCLA. Now partly retired, he gives a couple of lectures a month on neurology topics.



HEALTHY VILLAGE

by Susan James Carr

Vaccines Recommended for Adults 60+

An estimated 1 million Americans get shingles every year, and about half of them are 60 or older. Additionally, over 60% of seasonal-flu related hospitalizations occur in people 65 and older.

As we age, our immune systems tend to weaken, putting us at higher risk for certain diseases. This is why the following vaccines are recommended:

- **Seasonal Flu** (influenza) vaccine every year.
- **Td or Tdap** vaccine (tetanus, diphtheria, and pertussis).
- **Pneumococcal** vaccines, which protect against pneumococcal disease, including infections in the

lungs and bloodstream. You should get 1 dose of PCV13 and at least 1 dose of PPSV23 depending on your age and health condition.

- **Zoster** vaccine, which protects against shingles (recommended for adults 60 years and older).

Adults with health conditions such as diabetes; cardiovascular, lung, liver, or renal disease; or a weakened immune system, may have additional vaccines recommended for them. Specific information on these is available at:

<https://www.cdc.gov/vaccines/adults/rec-vac/>

Talk with your doctor or other healthcare professional at your next medical appointment to discuss which vaccines are recommended for you.

Vaccinations are the pinnacle of prevention of serious and often life-threatening diseases, so make sure you're up-to-date on yours.

Adapted from the Centers for Disease Control and Prevention website, 2016

Stand Up for Your Health: Fall Risk Assessment Workshop



In December, 15 members and guests participated in a comprehensive screening to rate their balance and falling risk - a preventative program at the Village to help keep you healthy. Dr. Luke Scott, a licensed physical therapist trained in gerontology from GrandCare led the assessment team which included two RNs. GrandCare is a licensed home care service company which includes hospice and palliative care help. Everyone's vitals were taken, they were asked about their diets, medication and general health. A lot of walking back and forth and analysis of posture transpired. Each person was given a personal "reading" and recommendation. Tips on home safety and individual exercise information were shared. A simple thing you can do is make sure you have enough lights in your home, and leave at least one on in your path that you may take in the middle of the night. Before you get up in the morning sit on the side of your bed and write each letter of the alphabet twice with both of your feet before standing up – it will stretch some muscles and increase circulation. There will be a semiannual follow up to track progress.

Getting our Ducks in a Row (and paddling together)

~ by Sue Kujawa

The Pasadena Village recently hosted two very informative and supportive events for its members. The first was a panel of three independent Care Managers who described their services and shared their views of how we can be best prepared for future life changes. Care Managers, also known as “Aging Life Care Managers” work with older adults and, sometimes, with their families who may be concerned about potential or ongoing health challenges. Their guidance can lead families to actions and decisions that will ensure a higher quality of life, thus reducing worry and stress for everyone involved.

Most people don’t want to think about declining health and the difficult choices that are involved with aging. And seniors who choose to join an organization like the Pasadena Village are clearly stating their desire to remain actively involved in community and as independent as possible. Still, we do ourselves no good by sticking our heads in the sand! (I have a lot of metaphors going on here!) It really is better to be prepared.

The three Care Managers gave a thoughtful, compassionate, and informed presentation that was appreciated by all in attendance. If you are interested in getting more information about the Care Managers, you can call the office for assistance.

While it is true that professional advice is useful and necessary, there is nothing like learning from the personal experience of one’s peers. On another afternoon, Village members gathered to hear from fellow members their personal experiences of moving from their long-time homes into either a smaller home or an assisted living facility. Members Jean Owen, Billie Spinat, Mary Hense, and Bob and Maureen Carlson each shared their “moving” story. Although each situation was unique, there were common threads. As Billie Spinat said, “I knew I needed to move from my hilltop house. But it was an intellectual awareness. For a long time I just wasn’t ready emotionally. It just takes time.”

Village members received practical advice from our panel, but more importantly they got an intimate look at the process of letting go and moving forward.

These two workshops illustrate the value of being a Pasadena Village member. We have built a community that helps us in many ways to live our lives to the fullest – and we know we are not alone.

Meet the Village: Tom Strafaci ~ by Ann Riordan

New Village member Tom Strafaci is passionate about older adults’ physical fitness. “The mortality rate of seniors due to falls that could have been prevented is huge,” he says. Tom owns Functional Fitness in Pasadena and in Arcadia, where he makes fall prevention his number one priority by emphasizing balance, leg strength, and work capacity.

Tom was born in Brooklyn and moved to California before college. He enrolled in Cal State Dominguez Hills, where he studied biological and behavioral science. He had always been interested in physical training and even entered the National Championship for Power Lifting.



Seventeen years ago, Tom bought the Functional Fitness gyms, where he and other personal trainers teach classes in back-pain prevention, post rehab exercises, stretching and flexibility, core conditioning, and senior fitness. Tom uses his great sense of humor and kindness to challenge us to do our best. Tom's looking forward to offering Village members a comprehensive course on fall prevention and physical conditioning. Keep an eye on the Village event calendar for details: pasadenavillage.org/calendar

THE PASADENA VILLAGE

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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.
February 17 March 17 April 21

ACPA Support Group

Wednesday, February 8 at 10:00 a.m.

Celebrate 15 Years of the Village Movement

February 13, 1:30 p.m. - 4:30 p.m.

Join us for refreshments as we watch a live-stream of the first Village's anniversary celebration, featuring
Dr. Atul Gawande

RSVP online or call 626-765-6037

The Village office will be closed Monday, February 20 in observance of President's Day.

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

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Welcome New Members!

November 2016

Grace & Stephen Galton



EXTRA, EXTRA!

Pasadena Weekly
readers recommended
Pasadena Village for
"Best Local Non-Profit"
in the October 6 issue.

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