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The World is Hugged by Volunteers ~ *Lina Palomo*

This is never truer than at the Pasadena Village, where over 135 volunteers, both members and nonmembers, provide assistance every day. Requests can be as diverse as changing a light bulb that's too high to reach, flipping a heavy king sized mattress, a ride to visit a friend in a nursing home, or assistance packing when a member decides it's time to move to a retirement community.

The best volunteer experiences benefit both the volunteer and the organization. Categories for volunteering at the Pasadena Village include:

| | |
|-----------------------------|--------------------|
| Home Helper | Safe Driver |
| Office and Event Assistance | Technology |
| Board & Committee work | Finance & Legal |
| Health & Wellness | Advice & Education |



Polytechnic School volunteers help members trouble-shoot tech issues.



Volunteers provided members with earthquake kits as part of a disaster-readiness campaign.

Volunteers who provide direct member services are "on call," meaning that there is no set schedule for volunteering. Rather, volunteers receive a weekly email notice of upcoming volunteer opportunities so they can select which services they would like to fulfill based on their availability. Staff members may also contact volunteers directly when last-minute service requests arise that align with a volunteer's stated interests.

Recently, a member took a bad fall in her home. She was able to drive herself to the doctor, but found that she was in so much pain that going to the pharmacy to pick up her prescription was just too much. She called the Village office, and staff arranged for a Home Helper to deliver her medication within the hour. While the volunteer was there, he also repaired her front door!

The benefits of volunteering flow both ways. The social contact aspect of helping and working with others can have a profound effect on overall psychological well-being. Nothing relieves stress better than a meaningful connection to another person. Just as receiving help eases your mind, providing help brings fun and fulfillment.

The Pasadena Village would not be able to function without its volunteers. Volunteers support the mission of the Pasadena Village by providing direct member services, participating on committees, and providing office assistance. Village staff continually work with volunteers to match their unique skills with the evolving needs of the organization and its members.

To find out more about our Volunteer Program, please contact the Village office or visit pasadenavillage.org/volunteer.

Pasadena Village Welcomes Summer Intern



Pasadena Village is pleased to introduce Chris Najarro, who will be providing administrative support in the Village office for the next few months. Chris Najarro began her social service career as a case worker in 2004. Since 2011, she has been the Executive Director of Family Promise of Santa Clarita Valley, an organization that serves homeless families. Chris is a bilingual social services professional, a graduate of California State University, Northridge, and holds a Bachelor's degree in Sociology with a concentration in Social Welfare. Currently a Master of Social Work candidate at University of Southern California, Chris will be with the Pasadena Village until mid-summer.

Peggy's Ponderings ~

Volunteers are our Future

We make a living by what we get, but we make a life by what we give. ~ Winston Churchill

Dear Villagers and friends,

April is National Volunteer Month. I view it as Pasadena Village Month, as volunteering is what we're all about. Our volunteers make it possible to fulfill our mission of supporting people who wish to age in place. We model our volunteer program on the belief that helping others brings deep satisfaction and pleasure, and that everyone has the capacity to give and receive.

There is much to celebrate this month. We just received \$5,000 from the Leo Buscaglia Foundation to support our volunteer program. This past year, our Volunteer committee served an important purpose by tackling specific projects related to decluttering – shredding documents, collecting books, and donating used clothing. And of course, we will celebrate all of you wonderful givers at our annual Volunteer Recognition Luncheon at Mijares.

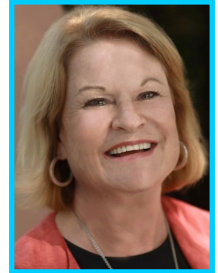
Our volunteer program now faces a transition. I want to thank Margie Mason for her service as the chair of the Volunteer committee and wish her well in Michigan. Though we are sad to lose her leadership, we also take the opportunity to evaluate the program, build on what is working, and try new ideas. Our summer intern, Chris Najarro, is skilled in administrative management and will be working with Lina and me to make some changes. I hope you will embrace the chance to jump in and help. With Chris' new energy and your seasoned input, I know our Volunteer program will emerge from this transition stronger than ever.

Looking ahead, we know our volunteer program will continue to serve members while also expanding its purpose to include the broader community. We have already begun to participate in intergenerational projects with Reading Partners, and advocacy work with the California Coalition of Villages. What else might the Pasadena Village accomplish with our collective giving? It's up to all of us to get involved and develop meaningful projects, tasks, and organizational partnerships that volunteers of all abilities can contribute to.

We all want our Village to continue thriving. The rather old adage "it takes a Village" is so true, and not just because we happen to be one! When each of us provides help when we are able and receives assistance with gratitude, we strengthen our caring community.

Peggy

Volunteers are the only human beings on the face of the earth who reflect this nation's compassion, unselfish caring, patience, and just plain loving one another. ~ Erma Bombeck



The CARE Act: Caring for Family ~ *Miriam Rios, APU MSW Intern*

A trip to the hospital can be an intimidating event for patients and their families. As a caregiver, you are focused completely on your family member's medical treatment, and so is the hospital staff. You might not be giving much thought to what happens when your relative leaves the hospital. In the past, seniors have been discharged from the hospital at a moment's notice without adequate planning. Often seniors are discharged with no one prepared to transport them back home or other location of convalescence.

AARP has developed a model bill called the CARE Act, short for Caregiver Advise, Record, and Enable Act. This is now a law in 32 states, including California. Signed into law on January 1, 2016, The CARE Act educates family caregivers about how to help their loved ones when they go into the hospital. It also includes guidelines for hospitals.

The CARE Act calls upon hospitals to:

1. Record the name of the family caregiver when a loved one is admitted into a hospital or rehabilitation facility.
2. Notify the family caregiver when the loved one is to be discharged to another facility or back home.
3. Provide an explanation and live instruction for the

medical tasks—such as medication management, injection, wound care and transfers—that the family caregiver will perform at home.

Village members can be pro-active. As your loved one enters the hospital, make sure the admitting nurse is aware of who is the caregiver and provide that person's contact information. Advise the healthcare team that they are to contact the caregiver if there is a change in condition or discharge plans. Ask the healthcare team what medical tasks will be needed to care for the patient. If you don't understand something, ask questions.

Effective discharge planning can decrease the chances that your loved one is readmitted to the hospital, help them recover, ensure medications are prescribed and given correctly, and adequately prepare you to take over your loved one's care.

High-quality communication between health care professionals and patients is fundamental in ensuring comprehension and in providing effective care. I encourage all Pasadena Village members to plan accordingly and review these recommendations and the Care Act with your family, friends, the Village, and/or anyone that may be of assistance to you at the time of a hospitalization.

The Caregiver Perspective ~ *José Beltran, USC MSW Intern*

As part of a continued effort to support the process of aging in place, the Pasadena Village was concerned about how we were meeting the needs of the caregivers in our membership, and how to further facilitate and support members who find themselves fulfilling that role. I developed a Caregiver Needs Assessment survey to address these concerns as part of my internship with the Village.

Village staff identified 16 members who act as caregivers. I contacted these members via phone, email, and in person, inviting them to participate in the survey. Ten members provided valuable feedback about the Village's role in supporting their caregiving.

The majority of participants felt the Village is doing everything within its capacity to support its caregiving members. The Village currently offers workshops and educational programs that provide members and the general public with information to help with caregiving. This information includes transportation assistance, meals, and resources for in-home help. A few members were unaware that this information and support was available to them. Others felt it was beyond the scope of the Village to provide additional programs on caregiver issues because their needs often include professional medical support, which the Village is not in a position to provide. Participants did not identify a need for additional programming specific to caregiving, indicating that the Village is meeting their needs.

Based on this feedback, I recommended to the Services Assessment Team (a sub-committee of Programs and Supportive Services) that the Pasadena Village continue to offer public programs that provide caregiver education.

Strengthening Our Community . . .

Noting that the Village was offering Men's Time and several women's groups, Mike Babcock recently questioned whether there would be interest in a mixed gender discussion group on current issues. More than 20 members responded to his proposal. Having envisioned a group of about 8 or 9 members, Mike suggested that we initiate three groups. Each of the three new **Current Issues Discussion Groups** identify how frequently they will meet, set their own meeting time and place, and select their own topics. So far, the groups have been a great success. Each group has its own co-chairs, positions currently filled by Mike Babcock and Esther Gillies; John Tuite and Sue Kujawa; and Dave Foltz and B.J. Ledyard. Anyone interested in more information is invited to contact Mike or any of the other co-chairs. ~ Esther Gillies



Members, volunteers, and staff gather to celebrate Village birthdays each month.
(L-R: Mike Babcock, Leni Fleming, Peggy Buchanan, Judy Jacobs)

Member Connections: The Luck of the Irish ~ Sue Kujawa



Barry celebrates becoming a
U.S. citizen.

On a warm evening in mid March, a group of Pasadena Village members were the lucky ones. The latest "Member Connections" featured Barry McCullough, a native of Northern Ireland, who shared stories from his life in his home country, New Zealand, and the Amazon.

Barry was born in 1949 in Belfast into a family whose ancestors could trace their lineage back 400-500 years. When he was four, his father moved the family to New Zealand, where he had taken a job as a groundskeeper for a university. For Barry it was an idyllic time —feeling independent, living close to nature, even occasionally having school classes on the beach. What a shock it was to return to Ireland on a cold, foggy, wintry day four years later. We all laughed at Barry's description of throwing his shoes over the fence every day in rebellion against having to wear them to school!

However, as Barry began describing the "Troubles" that began around 1968, our laughter stopped. We sat in rapt attention as Barry relayed the rising tensions, increasing violence, and the many acts of terrorism. When he was working in downtown Belfast, a normal twenty-minute drive to work took more than 2 and a half hours as he had to go through numerous roadblocks and checkpoints. And still the bombs fell and people just walking down the street were assassinated. "The bravery of the Northern Ireland people is not recognized enough. In spite of 30 years of terror and violence, the people did not give up. They protested by keeping things going as normal as possible, going to work, shopping, continuing their lives."

During this time Barry began a long, successful career in commercial photography, moving to Bristol, England to start his business. Although he considered himself loyal to Britain, he faced bigotry again and again because his accent immediately identified him as Northern Irish.

Back in Cork, in the Republic of Ireland, Barry bought an old farm and renovated it to serve as his commercial photography studio. His firm grew to be the biggest advertising design studio in Ireland. After selling his successful business, Barry decided to take an extended time out from the corporate world. He traveled to Peru where, after trekking the Inca trail and living in Cuzco for five weeks exploring the Andes, he headed to Iquitos in the Amazon jungle where he lived for over six months. During that time he explored numerous highways and byways of the Amazon. Upon returning to Ireland he joined a professional Artist's Group and worked full time as an artist.

One day, his neighbor asked if he would substitute as a guide on a trek of the Irish countryside. Barry agreed, and as fate (or the luck of the Irish) would have it, he met Jane, his future wife on the trek. After living for a few years in Hawaii, Barry and Jane settled in Pasadena, where they eventually found the Pasadena Village. A lucky event for all of us!

Barry's most recent endeavor is a patented invention of the "Flatzen" hinge, which allows chairs, tables, and other furnishings to fold flat, saving much needed space. Their motto is *Furniture for small spaces in high-end places* (flatzen.com).

By the end of the evening it became clear that Barry, like all good Irishmen, was blessed with the gift of gab. And like all good storytellers he left us wanting more.

...Broadening Our Horizons

Tina Hooper first heard about “Travel Buddies” at the Jackie Robinson Center. Lily Ortiz, from LA Metro’s *On the Move Riders’ Club*, described a program that encourages seniors to get out and explore their city via public transportation. After Lily had made a presentation to the Pasadena Village staff, Tina and fellow Village member Bill Jennings took the LA Metro training to become official Travel Buddies. The training involved learning the details of navigating LA’s Metro system and how to ensure that older adults had a safe, successful experience using public transportation.

Many Village members have benefitted from Bill and Tina’s training, and have enjoyed trips to the Broad Museum, the Peterson Museum, Langer’s Deli, San Antonio Winery, and many more local landmarks.

Tina, however, is always thinking bigger. With her background, and her MS in Gerontology, she knew that many seniors stay home way too much. As she explains it, “I want seniors to get involved and not grow old and stiff and just sit at home watching TV.” So Tina applied her training and experience leading the Pasadena Village Travel Buddies to

other places in the community where there are groups of older adults. She went to her church, to her friends’ churches, and even back to Jackie Robinson Center.

With the support of Lily at On the Move Riders’ Club, Tina now leads regular excursions for seniors aboard the Metro. She helps participants get their “Senior Tap Cards,” she charts lunch stops and bathroom breaks, and then off they go – to Olvera Street and Union Station, to the African American Museum and the Natural History Museum. The possibilities are endless!

Our thanks go to Tina for expanding the reach of the Pasadena Village, and for “paying it forward” by helping others as she was helped.

~Sue Kujawa



Tina Hooper (R) with
Sue Kujawa

Getting to Know our Neighbors ~ Ann Riordan



Amira Al-Sarraf

The greater Pasadena area includes many citizens of various faiths, ethnic, and national backgrounds, some of whom are members of the Village. The Village’s Inclusiveness committee works to foster mutual understanding by reaching out to our neighbors and providing a space for us to get to know one another. This series, “Meet Your Neighbors & Neighborhoods,” has been a successful venue to share stories since 2015.

Inclusiveness committee member Gretchen Davidson is interested in connecting people of different backgrounds. “Each time I talk with one of these neighbors, new possibilities open up,” she said. One of her neighbors introduced Gretchen to Amira Al-Sarraf, Head of New Horizon School in Northwest Pasadena. Established in 1984, New Horizon School “seeks to develop in each student a positive identity as an American Muslim who is prepared intellectually, socially, emotionally, spiritually, and physically to succeed in a diverse and ever-changing world.” Gretchen has visited the school many times and invited Ms. Al-Sarraf to share her story at the “Meet Your Neighbors & Neighborhoods” gathering in early April.

Located just down the street from the Pasadena Village office, New Horizon School educates students from pre-school through twelfth grade. Their curriculum emphasizes service learning, STEM, spirituality, and the arts. Their prize-winning community Peace Garden teaches students about environmental stewardship and developing healthy eating habits. The Pasadena Village is grateful to have neighbors like New Horizon School.



Gretchen Davidson

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.

April 21 May 19 June 16 July 21

Charitable Gift Annuities - May 10 at 3:30 p.m.

Renting a Room - May 16 at 10:30 a.m.

The Village office will be closed Monday, May 29 in observance of Memorial Day.

Aging in Place Seminar - May 31 at 10:00 a.m.

Massage Therapy: Serenity for Seniors
May 23 at 10:30 a.m.

Annual Meeting in June - date to be announced

Save the Date for **Shine on Harvest Moon**, a benefit honoring outgoing Board President Mike Babcock, who guided us through our first 5 years. **October 13**

Thank you to our Founding Sponsor:



EPISCOPAL COMMUNITIES & SERVICES

The art of creating community

Welcome New Members!

| | |
|---------------------|-------------------|
| January 2017 | March 2017 |
| Bernice Cardenas | Beverly Braun |
| Joy & Robert Wilson | John Whitcraft |

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



Lynda Obershaw celebrates the opening of her temporary art exhibit with her father, Chuck, at the Village office.

THE PASADENA VILLAGE

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