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## Village Welcomes New Board Leadership ~ Sue Kujawa

On July 1, 2017 Shizuko Akasaki became the President of the Board of Directors of the Pasadena Village, succeeding founding Board President Mike Babcock.

Shizuko, or Shizzie, as she is known, is well prepared to assume this most important leadership position. She began her professional career as a teacher in the Los Angeles Unified School District (LAUSD). In 1965, the LAUSD superintendent selected Shizzie to set up the district's compensatory education programs established after the passage of school reform act under Lyndon Johnson's "War on Poverty." Title 1 of the act provided financial support to school districts serving low income families. Shizzie created this transformational program in schools throughout the district, serving as Administrator and Assistant Superintendent of ESEA, Title 1 for 13 years.

She went on to administer the Child Development Division, which included the Children Center Program, State Preschool Program, School-age Parenting Infant Development Program, and Latchkey Program. The challenge was to continue to build quality social, emotional, cognitive and physical programs to meet the needs of the ever increasing number of children ages two through twelve from low-income families.



*Shizuko Akasaki takes the helm of the Board of Directors*

Shizzie's next assignment was of equal complexity and importance: to expand LAUSD pre-school programs to include special education services. "I was not a special education expert, but surrounded myself with staff with the necessary expertise...I brought on staff who were passionate and dedicated about young children and families. Once we got started, the parents and communities spread the word. It all stemmed from those first steps."

Shizzie will use these same leadership skills as she guides the Pasadena Village for the next two years. "People in the Village are passionate and dedicated. I don't have all the answers, but we will all build on what we know – and go forward." One of her goals is to keep members involved and happy so that the Village will continue to naturally expand.

"People should feel comfortable to make suggestions, even to criticize. I want to hear their suggestions – and I want them to get involved in finding solutions."

Even when Shizzie was working tirelessly for LAUSD, she has always found time to do other things that she loved. She works out at least six days a week, getting up at 5:00 or 6:00 a.m. She teaches English with the San Gabriel Literacy Council, is a board member of Stone Soup, serves as a docent at the Gamble House, and is active at All Saints Church. She participates in watercolor classes and enjoys cooking, going to theaters, reading, and travel. This fall she plans to return to Japan after a 20-year absence.

"I truly believe in the Village concept. It is new and exciting to be a part of the Village movement. I know the Village members will work hard to make our Village successful. We're all in this together."

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## *Peggy's Ponderings*

*Our Future  
Lies within the roots  
Of the seeds  
We have planted.  
~ Cecelia Weir*



Dear Villagers and Friends,

The year-end brings reflection of 2016 – 2017: the implementation of term limits for Board members and rotation of founding officers; a movement from infancy to adolescence in organizational management; meeting new members and losing some; adding more groups and events both educational and social, all initiated by members – our space is bursting at the seams!

I'd like to share our Village's impact on one of our members we lost. Lois Stelzer was a fairly new member, having joined in October. She was a recent widow who wanted to broaden her world and make new friends. In February, Lois was diagnosed with terminal cancer and it progressed faster than expected. But before she passed, Lois shared her magnificent quilt collection with the Village this spring in our member artist exhibit. She was a master quilter – two of the quilts will be hung at the Autry Museum. The Village members (especially Karen Bagnard and Patrick Dunavan) who became Lois' community made a huge difference in a short time helping her feeling needed and cared about. She unexpectedly has willed a large sum of money to the Village. The fact that we touched her life in such a deep way embodies the Village way.

The beginning of the 2017 – 2018 year invites new ideas, different leadership, change and a celebration to benefit our Village. With the help of our graduate MSW intern we have restructured the Volunteer committee – the core of our organization. The Finance committee is developing a strong internal policy, a beautiful new website is in development by one of our very talented members, and a fundraising and marketing plan is in creation. Lina Palomo, my right hand, friend and Village Program Director is moving to Colorado to be with her family. She has been an instrument of these changes and I will miss her tremendously. I know you will welcome Belinda Vidaurri and Donna Scarantino, her successors (yes, it took two people to fill her shoes!).

I consider the Village's past to have established a strong golden guideline to our lucky, positive present, leading to our optimistic future.

My love,

*Peggy*

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## **Annual Meeting Demonstrates the Power of Community ~ Rachel Reed**



Members and friends gathered at Villa Gardens on June 20 for the Pasadena Village's Annual Meeting. After the business meeting, the Village honored outgoing Board members Victoria Bell, Bob Carlson, Al Koch, Sonia Singla, and Lynne Tuite for their service. Outgoing President Mike Babcock praised the many committees for being "the gas that makes the engine run." He also introduced his successor, Shizuko Akasaki, who shared the Board's goals for 2017-18 (*see p.3*). "It takes all of us to do this," she reminded the crowd.

For all the talk of budgets and service statistics, in the end it was the members who proved the value of the Pasadena Village. When a man raised his hand to ask, "Is there anyone who would like to volunteer to drive me back to my car? I parked a mile away," Dave Folz

immediately sprang into action. This inspired Kitty Hall to thank all the volunteers who had driven her over the years. She encouraged everyone to join a committee and become involved. "Don't wait to be asked; you'll get a lot out of it. The more people you know in the Village, the happier you'll be!"

## News from the Board of Directors

At their annual retreat in April, the Board of Directors discussed several goals for the coming fiscal year, which they formally adopted at their June meeting:

### 1. Balance the budget and increase the reserve fund.

The Finance committee will meet monthly to monitor actual income and expenses compared to the budget and will report this information to the Board.

The Fundraising committee, with Board and Staff support, will conduct a giving campaign and develop a robust donor recognition program.

### 2. Increase our public presence and membership.

Develop and launch a new website.

Develop a marketing plan.

Host an informational function for our local elected officials.

Continue to pursue speaking engagements at public arenas.

### 3. Foster a vibrant and welcoming philosophy that engages the energy of all members and volunteers, helping members maintain their independence while reducing risk of isolation.

Maintain strong committees to plan activities and events to engage members.

Monitor activities and attendance to ensure all members are participating at the level of their choice.

Conduct an annual member satisfaction survey.

### Board Members

2017-2018

Shizuko Akasaki, *President*

Mike Babcock

Don Cohen

Fritzie Culick, *Vice President*

Dave Folz, *Treasurer*

Esther Gillies

Ida Hitchcock

Susan Hixon

Tina Hooper

Peter LeSourd, *Secretary*

Barbara Madden

Barry McCullough

Adria Navarro

Jean Owen

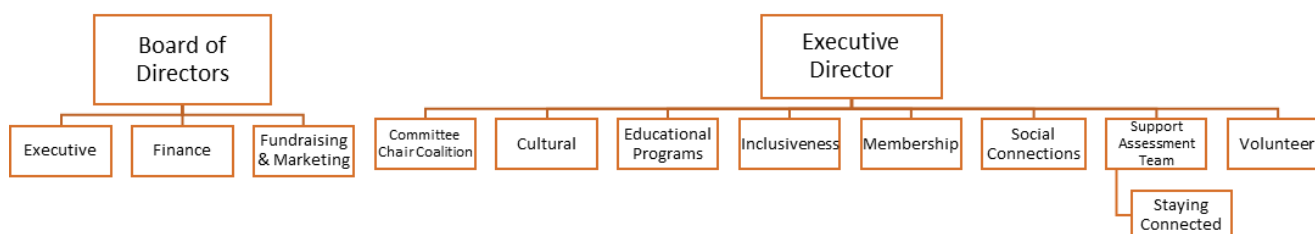
Billie Spinat

John Tuite

Members of the Board taking a break from their Retreat.



## Pasadena Village Organizational Chart





## Strengthening Our Community . . .

**Chair Yoga** is a gentle form of exercise that helps seniors and those with physical health issues to reap the many benefits of the practice without struggling to get down on the floor, get back up again, or master complicated maneuvers. It often combines slow movements of various parts of the body with breathing. It is very relaxing. In May, instructor Marta Letelier led Pasadena Village members in their first class. She told us to disregard what others in the class were doing and concentrate only on our own movement and breathing. "As long as we can breathe, we can do yoga."



I was surprised at how relaxed I was during the process. Afterwards, I felt a boost in energy that carried me through the rest of the day. Of course, each person derives different benefits from chair yoga. Marta herself began taking yoga classes in 2009 when she was struggling with lack of concentration, worry, and poor sleep habits. She noticed right away that the classes had a calming effect on her, particularly the very gentle ones, such as chair yoga. "Yoga needs regularity," Marta said. "It helps greatly if you do it each day." She soon trained to be a yoga teacher and now provides lessons at the South Pasadena YMCA.

Member Ron Scott said of chair yoga: "It helped cure my aches and pains within about six weeks. After every class, I have a sense of wellbeing and peacefulness." Marta gives classes on Tuesdays and Thursdays from 2-3 p.m. at the South Pasadena YMCA. To register, call 626-799-9119.

~ Ann Riordan



*Village MSW interns Jose & Miriam with their supervisor, member and Social Worker Esther Gillies.*

### Resources for Aging in Place

~ Ann Riordan

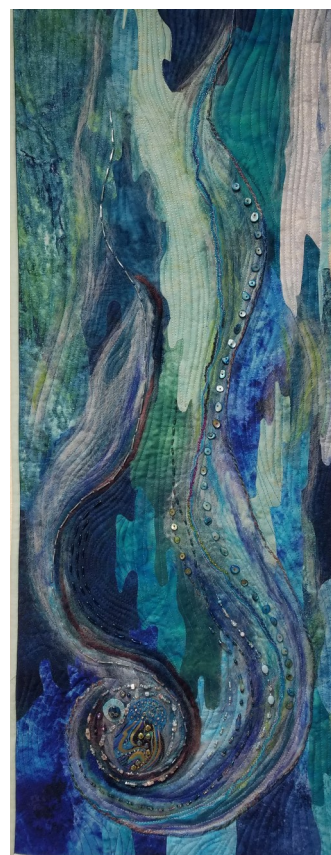
In late May, Village member Julianne DeChaine brought together several of her colleagues who work with older adults. The women shared their professional expertise about many topics, including financial planning (specifically reverse mortgages); estate planning; family caregiving; real estate; and professional home care.

Janice Cohen, a reverse mortgage advisor, works at Retirement Funding Solutions. One of the biggest fears Janice hears from her clients is losing equity in their homes. A reverse mortgage could be the answer. Kristen Schwartz, an estate attorney, said that sometimes families need a third person to update and modify a trust fund.

Realtor Nancy Valentine asked the group, "when is the right time to sell a house?" The answer is: "When you're ready." One of the problems older people face when down-sizing is the enormous accumulation of STUFF. Nancy advised us to sort things out as soon as possible, even if a move is not planned.

Patty Prange, owner of Tender Hearts Homecare, has professional caregivers who have been screened by the Department of Justice and are supervised by a registered nurse. A caregiver assists a patient for a minimum of 10 hours up to 24 hours. The costs are \$12.50 to \$15 an hour, depending on the patient's needs, from medication supervision to light housekeeping.

Of course, each of us has different needs and different financial situations. But it helps greatly to know that professional help is out there.



*Lois Stelzer shared her awe-inspiring quilts at the Member Art exhibit this spring.*

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## ...Broadening Our Horizons

The **Geriatric Assessment Program** (GAP) facilitated at Keck Medicine of USC in East Los Angeles, is an in-depth collaborative and multidisciplinary health assessment and evaluation for adults over the age of 65. Older adults referred to the team are typically experiencing multiple medical issues and showing signs of memory loss. Patients are assessed by a team of specialists from medicine, dentistry, occupational therapy, pharmacy, physical therapy, psychology and social work. Each specialist has advanced training in older adult healthcare and therefore is well experienced to work with the patient and their family to provide a comprehensive understanding of their physical and mental health and well-being.

Pasadena Village USC Master of Social Work interns have a unique opportunity to attend and observe the assessment, which begins with the presentation of the patient by a social

worker or occupational therapist. Once the patient presentation is complete, the intern is invited to sit in on one of two weekly assessments, which typically take 3 hours. After the evaluation, the team of professionals reconvenes to discuss their assessment and observations, and develops a personalized health care plan and referrals for the patient.

This year, I was fortunate to be the first Village intern to participate in this exciting program. Being surrounded by a group of experienced and diverse geriatric professionals provided me the opportunity to see health evaluations from different perspectives. It was such a valuable educational experience that I am truly grateful for. I am confident that future interns will find this experience to be equally beneficial and a one-of-kind experience.

~Chris Najarro, Pasadena Village Intern

### Did You Know?



Pasadena Village has partnered with GoGoGrandparent to provide members with even more transportation options.

To learn more, visit <https://gogograndparent.com/pasadenavillage>

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## Kick Your Exercise Routine into High Gear with Silver Sneakers ~ Ann Riordan

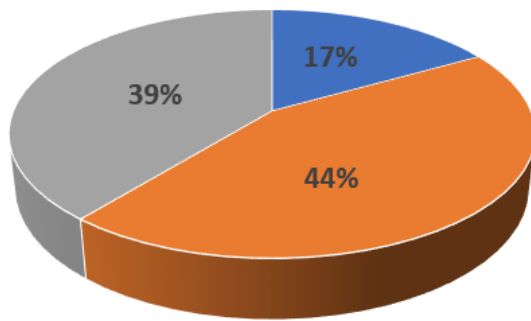
Silver Sneakers is fitness program for older people. Established several years ago, it is designed to improve flexibility, balance, strength, and aerobic capacity. It takes place in gyms and other fitness centers where seniors can meet others with similar interests. In June, Gold's Gym fitness manager, Sako Spruill, talked to Village members about the program's benefits. "The gym is a community," he said. "Everybody knows each other by name."

Village member Victoria Bell enjoys the series of simple exercises, which keep her moving. "Attending Silver Sneakers has certainly improved my balance, my posture and my confidence in what I can do physically. I try to go twice a week at a minimum; the more often I go, the better I feel." Other Village members also take part in the program.

The classes are one hour long at the Pasadena branch of Gold's Gym and take place from 11:00 a.m. to noon, Monday through Saturday. Some insurance plans, including various forms of Medicare, will pay for Silver Sneakers. For further information, visit <https://medicare.com/coverage/silversneakers/> and <https://www.silversneakers.com/>

# Annual Report—2016-17 at a Glance

## Revenue



■ Individual Contributions ■ Foundation Support ■ Membership Dues

**TOTAL REVENUE: \$238,000**

(Does not include \$23,826 raised for October benefit.)

## Expenses

Member Scholarships	\$17,000
Salaries, Benefits, Taxes	\$143,000
Accounting Fees	\$9,000
Postage, Printing, Supplies	\$24,000
Rent, Utilities, Equipment	\$25,300
Conference & Travel	\$5,000
Fundraising & Marketing	\$6,500
Membership & Volunteer	\$2,500
Insurance & Fees	\$8,575
Program Expenses	\$2,500
<b>TOTAL EXPENSES</b>	<b>\$243,375</b>

## Donor Spotlight

*The Pasadena Village is grateful to have the support of community members.*

*The following individuals and organizations made gifts to the Pasadena Village during the 2016-17 fiscal year:*

Shizuko Akasaki*	Front Porch - Villa Gardens	G.L. Kaplan Construction	Ann Riordan*
Carole & Mike Babcock*	Gally Family Trust	Patrick Kincaid*	Elsie Sadler
Guil Babcock	Beth Gertmenian	Al & Harriet Koch*	Ron Scott*
Kären Bagnard*	Bruce & Esther Gillies*	Susan Kujawa*	Mary Scribner*
Priscilla Battelle	Susan Golden	Peter LeSourd & Margo	Dr. Anthony Shaw
Mary Blodgett	Joshua & Kathleen Goodell	Halsted*	Sally Shaw*
Beverly Braun*	Nancy Goodell*	Jean Lipman-Blumen	Rosemary Simmons*
Carolyn Brewer	Claire Gorfinkel*	Sam Losh & Judith Lovely*	Drs. Sonia & Neil Singla
Peggy Buchanan	Joe Gorman	Donna & Warry MacElroy*	Bob Snodgrass*
Barbara Campbell*	Carole Grant	Barbara Madden*	Billie Spinat*
Caring with Passion	Margie & Paul Grossman	David Madden	Lois Stelzer*
Robert & Maureen Carlson*	Donald & Taylor Hall	Dianne Magee	Alma Stokes
Natalie & Don Cohen*	Sadiqa Harris*	David & Margaret Mason*	Tom Strafacci*
Eleanor Congdon*	Linda Harsh	Karen McGuire	John & Lynne Tuite*
Marna & Robert Cornell*	Mary Hense*	Ronald McLean, Jr.*	Betsey Tyler
Fritzie & Fred Culick*	Ida & John Hitchcock*	Betty Medearis*	John & Andrea Van de Kamp
Cummings Care Management	Chris Holden	Wendy Munger & Leonard	Sally Warner & Kit Davis*
Gretchen Davidson*	Home Instead Senior Care	Gumport	Barbara Way
Richard Davis	Huston Horn	Dave & Jennifer Murphy	Maria Low Way*
Kitty & Jim Dillavou	Monica & Thomas Hubbard*	Adria Navarro	Judy & John Whiting
Franklin & Marianne Dryden*	Huntington Senior Care	Donald Nollar	Rosemary Whitney*
Claire & Patrick Dunavan*	Network	Ellen Oler	Maybelle Wolfe
Joel Edstrom	Candis Ipswitch	Jean Owen*	Jo Yeargin*
Nancy & Richard Esbenshade	Barbara Jameson	Anne Peterson*	
Jim & Sue Femino	Bruce & Betty Ann Jansson*	Nicole Petrens-West*	
Dave Folz*	Sharon Jarrett*	Gwyneth C. Pett	
Louise & Tom Fox*	W. Michael Johnson	Paula Rao*	

*\*Village member*

## Who We Are

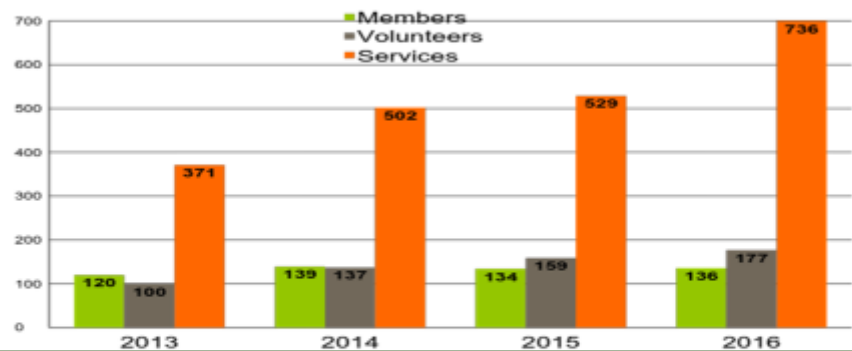
**132 members strong!**

Average age:	78
Female members:	70%
People of Color:	10%
Scholarship recipients:	15%
Reside in own home:	90%
Individual memberships:	51%
Household memberships (2 people):	49%



*An eagerly anticipated, quarterly, intergenerational workshop matches Village members with Polytechnic School students, who help trouble-shoot technology problems.*

## Pasadena Village Membership Volunteers & Services Growth



## Our Philanthropic Partners

*Membership dues cover just 38% of Pasadena Village's operating expenses. We are grateful to the following foundations for their generous support this past fiscal year:*

Episcopal Communities & Services

Leo Buscaglia Foundation

Pasadena Community Foundation



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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.  
**August 18      September 15      October 20**

**Celebrate 15 Years of the Village Movement**  
Join us for a live-stream presentation, featuring  
**Dr. Atul Gawande.** September 25, 2:00 - 4:00 p.m.  
Call 626-765-6037 to RSVP.

*The Village office will be closed Monday, Sept. 4 in observance of Labor Day.*

*Welcome New Members!*

**April 2017**

**Edward & Jean Rinderle**

*In Memoriam*

**Anda Andersons**

**Lois Stelzer**



*Thank you to our Founding Sponsor:*



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The art of creating community

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