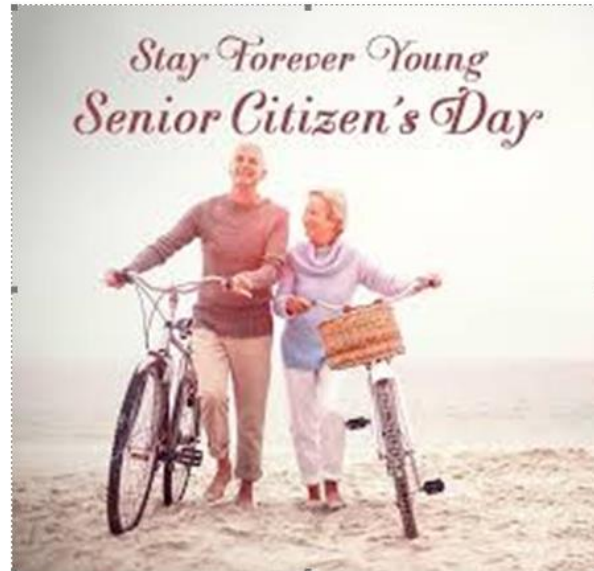




A monthly publication of Clayton Valley Village
August 2022 Edition

A Message from our President. Check out our Events held in July, 4th of July, Upcoming Events, and more.

August 21st Senior Citizen Day



Do you have an elderly person in your life that you love and appreciate? National Senior Citizens Day, August 21, is the day to let them know how much you care and it's an opportunity to recognize their accomplishments. In 1988, President Ronald Reagan proclaimed this holiday to raise awareness about issues that affect senior citizens and their quality of life.

Today, seniors are still active in their communities as well as continuing to have a strong presence in the workforce. For all they do and have achieved for the good of their communities, senior citizens deserve our thanks!

WHAT HAS BEEN HAPPENING AT CLAYTON VALLEY VILLAGE



Social

- Happy Hours, Mixers and Concert Picnics
- Out to Lunch Bunch
- ROMEOS (Really Old Men Eating Out)
- Annual Sunday Supper/Fundraiser
- Movie Group
- Birthday Celebrations
- Bocce Group



A snapshot July 2021 – 2022

Service Requests	Driving Requests	Volunteer Hours	Events (held & attended)
444	299	2067	155

Service Request Examples

- Grocery shopping/Rx deliveries
- Driving to medical or self-care appointments
- Minor home repairs, assistance,
- Gardening tasks
- Computer/tech help
- Transportation to CVV events



Learning Events

- Lunch n Learn Topics via Zoom
- Black Diamond Mines Tour
- Health & Wellness Workshops
- Gardening site visits
- CVV Informational Events
- Hikes and local interest



CVV helped Members stay safe during the pandemic by performing essential tasks so they wouldn't have to go into crowded places. Or by just placing friendly check-in calls to stay connected and reduce isolation.



We want to hear from you!

How can we make your CVV Membership even more meaningful? Let us know of interest circles, hobbies, or events you'd like to see added to our program. Email: village.clayton@gmail.com or tel: 925-626-0411 with your suggestions.





President's Message

Kathy Geddes

As our summer seems to be slipping by, what do you say we have a little fun in August!

- We will be offering a free trial session of a new Yoga Stretching, Balance, and Movement class, taught by a certified yoga instructor. We would meet once a week on Monday mornings and the instructor will give us exercises we can do in our own home for the rest of the week. Open to Members and Volunteers
- A live performance of "Brave Little Nell—The Eleanor Roosevelt Story", created and performed by Laurie Stawn will be offered by Clayton Valley Village. Bring your own lunch to this Lunch and Learn and we'll provide the dessert and beverage.
Open to all.
- We wrap up August with our ever-popular Ice Cream Social with delicious ice cream and all the fixin's! This early evening event takes place in a lovely setting while we enjoy a refreshing treat and the company of other Villagers. Open to Members and Volunteers.

All three of these events are being provided at no cost to you. There are more details further along in this newsletter. For more information or to make reservations, please see our website www.ClaytonValleyVillage.org or call (925) 626-0411. Reservations are required.

I look forward to seeing you at one or all these events.

Did You Know?

Substance Abuse and Mental Health Service Administration



New! Dial 988 for Suicide Prevention and Mental Health Crises

988 is the new universal three-digit dialing code for suicide prevention and mental health crisis. It went live nationwide on Saturday, July 16, 2022. SAMSHA (the Substance Abuse and Mental Health Services Administration of the U.S. Department of Health and Human Services) will administer the new 988 Suicide and Crisis Lifeline, replacing the current toll-free National Suicide Prevention Lifeline's 1-800-273-TALK (1-800-273-8255). And yes, the pre-existing 10-digit number will remain active and will connect callers to the new 988 Lifeline.

The 988 Lifeline was established to reduce the use of 911 for suicide and mental health crises. Calling 911 in such situations too often results in inadequate or inappropriate intervention by the police, or unnecessary hospitalization or incarceration. Calling 988 instead will direct the caller to representatives specifically trained in the management of suicide risk and other mental health crises.

This new, simplified tool is critical for older adults and those living with a disability because such individuals are at greater risk for mental health crisis and suicide. As SAMSHA pointed out in its Appropriations Report for 988, suicide rates are higher among older adults. Likewise, a recent study found that people with disabilities were significantly more likely than those without to report suicidal ideation, planning, or attempt.

Tips for Using Lifeline

- After dialing 988, press "1" for the Veterans Crisis Line
- Press "2" for assistance in Spanish
- Interpretation is also available in over 250 other languages
- People who are deaf or hard of hearing can access TTY by dialing 711 then 1-800-273-8255 or using their preferred relay service
- Lifeline is in the process of expanding to video phone service
- Lifeline also offers services through chat and text (in English only) For more information, please see the following resources:
- SAMSHA, "988 Suicide and Crisis Lifeline"
- National Suicide Prevention Lifeline general information



Members and Volunteers

August Birthdays

Aug 3rd Shelley Beardsley
Aug 3rd Don Stranik
Aug 15th Barbara Glass
Aug 16th Barry Bushell
Aug 25th Margaret Bachman
Aug 27th Elizabeth Hansen
Aug 28th Pete Bardea



Welcome

New Volunteers!



LAURA WOLTER

Favorite Books and Movies from CVV Members and Volunteers



Some Serious Series – By Barbara Molnar

PBS Series:

First there is the PBS series “Garden Fit” where a middle-aged(?) Adonis fitness instructor and a fabulously fit student of his with a New York accent take to the roads in the USA to visit a variety of gardens and to disseminate exercise suggestions to ease the owners’ gardening aches and pains. There are sensational segments where the gardens are viewed from above, presumably by drone, and a rich variety of types and layouts of gardens including a saffron-producing one in Lake County CA. The exercise regimes are simple and practical even for non-gardeners. A series to take seriously.

Books:

A three-book series (so far) of unusual and engrossing fiction by J. A. Hackwith (The Library of the Unwritten, The Archive of the Forgotten, The God of Lost Words). For all of us who have shoved to the back of our minds the stories we have never told, the novels never written, the memoirs never penned, the poems not finished; these books resonate with us beyond their plots and characters and possibly provide incentive.

Contest:

BART has a contest to select 30 of the best short stories of up to 7500 characters or less with the theme of “motion”. The contest opened this June and is in conjunction with the BART’s Story Dispensers at four of their stations. We were at the BART in Pleasant Hill recently, so I tried printing one out (they are free)- you have a choice of times it takes to read: 1 minute, 3 minutes or 5 minutes. I chose three minutes and had printed out a woman’s snapshot of her experience in a grocery store during the early days of Covid. It could have been one of mine, or one of yours -there are so many emotional moments during that period - and her story was mine and possibly yours as well, but hers was written down and shared.

So perhaps this story, short as it was, was just as serious

Interesting Stories Around the Bay



Angel Island



In the middle of San Francisco Bay sits Angel Island State Park, offering spectacular views of the San Francisco skyline, the Marin Headlands and Mount Tamalpais. The island is also alive with history. Three thousand years ago the island was a fishing and hunting site for Coastal Miwok Indians. It was later a haven for Spanish explorer Juan de Ayala, a cattle ranch, and a U.S. Army post. From 1910 to 1940, the island processed thousands of immigrants. During World War II, Japanese and German POWs were held on the island, which was also used as a jumping-off point for American soldiers returning from the Pacific. In the '50s and '60s, the island was home to a Nike missile base. Today, there are two active Coast Guard stations - at Point Blunt and Point Stuart - on the island. Angel Island became a State Park in 1958.

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**REACH OVER 500
LOCAL RESIDENTS
FOR ONLY \$25!**



Upcoming Events

Thursday, Aug 4th - Jintronix introductory video (Zoom)

Wednesday, Aug 10th - Board Meeting

Thursday, Aug 11th - Lunch 'N Learn

Sunday, Aug 21st - Senior Citizens Day

Friday, Aug 26th - Events Committee Meeting

Tuesday, Aug 30th - CVV Ice Cream Social

Scan the QR Code to View the Calendar





Out to Lunch Bunch at Smith's Landing - July 7th

What a great lunch for all of us - delicious food and drinks, fantastic view, good server Jose, fun loving congenial friends! Thanks, Mary Esther and Diane for coordinating!!





Views of the Delta. Great Food and Drinks. And look at their Fudge Sundae !!

Happy Hour at Fiore Restaurant - July 19th







This is the 9th year that Clayton Valley Village has participated in the City of Clayton's Annual 4th of July Parade. Thank you to all our CVV Members and Volunteers who participated by decorating Dale McCombs' pickup, by marching in the parade with our banner, and handing out our informational rack cards. It was a fun experience for everyone!



Our tireless team, as usual, also helped with the Rotary Pancake Breakfast setup.



What's New

at Clayton Valley Village



Coming Soon

Yoga Class for CVV Members and Volunteers

Save the Date!

What: "Jintronix - Exercise like you are playing a video game"

When: August 4, 2022 at 11:00 AM - Noon PCT

Where: ZOOM

You can join this meeting from your computer, tablet, or smartphone

<https://us02web.zoom.us/j/84720183173>

Remember the Nintendo Wii?

Take a step towards better balance:

JinHome includes light exercises that promote balance, strength and coordination.

The exercises are based on the latest clinical evidence for healthy aging and the prevention of falls.

Exercise your way around the world:

Each exercise is a stylish video game that takes you to a different destination.

You will be skiing in the Italian Alps, rock climbing in Thailand, and cycling the tour de France.

You can watch an introductory video now at <https://jintronix.com/>

The 60 minute Zoom call on Thursday August 4th will give you more details..

Save the Date!

What: "Brave Little Nell - The Eleanor Roosevelt Story"

When: August 11, 2022 at 11:30 AM PCT

Where: Hoyer Hall, Clayton Library

'BRAVE LITTLE NELL - THE ELEANOR ROOSEVELT STORY'

Created and performed by Laurie Strawn



**CLAYTON VALLEY VILLAGE
INVITES YOU
TO A
LUNCH 'N LEARN**



Bring your box lunch.

Dessert and Beverages will be served.

THURSDAY, AUGUST 11, 2022

11:30 AM-1:30 PM

Admission - Free; Open to Everyone

HOYER HALL

CLAYTON COMMUNITY LIBRARY

6125 Clayton Road, Clayton, CA 94517

**Reservations required: www.ClaytonValleyVillage.org
Or (925) 626-0411**

Beloved and despised, belittled and adored, Eleanor Roosevelt faced tragic losses and challenges as a child and as a young woman. Despite hardships, she went on to become a passionate advocate for human rights. Bay Area actress **Laurie Strawn** will bring Eleanor's story to life, sharing the former First Lady's personal history along with the remarkable life and times in which she lived.

*Come join us for a truly captivating performance
about our
32nd First Lady!*





SAVE THE DATE

Clayton Valley Village
Sunday Supper & Auction



OCT. | 16 | 2022 5-9pm

La Veranda Restaurant, Clayton, CA.

DETAILS TO FOLLOW

CVV AFFINITY INTEREST CIRCLES



Bocce, Hiking, Yoga, Mah Jongg, Movie Group

Romeo, Armchair Travelers

**CVV SUMMER BOCCE team's first match of 2022 - on July 17th,
with CAPO (captain) Jeanne Boyd at the helm.**



Kris Krueger, Jeanne Boyd, Carol Herington, Joyce Atkinson, Rosemary Harwood, Patty Schroeder
Back row: Pete Bardea, Sonja Wilkin, Kirt Simoncini



Bocce is played with eight Bocce balls and a small target ball called a pallino.

The object of the game is to roll your team's Bocce balls closer to the pallino than your opponents.



QUOTE OF THE MONTH

"Deep summer is when laziness finds respectability."

- Sam Keen



2022 CVV Board of Directors

Executive Committee:

Kathy Geddes (President), Sue Manning & Sonja Wilkin (President Elect),
Marilyn Wollenweber (Past-President), Arlene Lewandowski (Secretary),
Joanne Wasak (Treasurer)

Members-at-Large

Diane Berger, Joanne Vanis

Volunteer Representative Members

Pete Bardea, Linda Pinder, Kim Brazill, Margaret Bachman

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Email: CVVBusines21@gmail.com

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<https://www.claytonvalleyvillage.org>

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