

Our Village VOICE

A monthly publication of Clayton Valley Village July 2020 Edition

In this issue you will find our President's message, a message from our Executive Director, news on what CVV is doing during California's "Shelter In Place" directive. Also CVV is offering advertising in our Newsletter, see information below. Enjoy!



Did You Know?

6 Hacks to prevent "foggy glasses" while wearing a mask

1. Having a mask that fits correctly is incredibly important. If a mask is too loose, air and moisture can sneak up past your nose and begin to fog up your glasses. The goal is to always have it fit snugly around your nose. You can always tighten the ear loops to give a loose mask some extra coverage. As an addition, make sure you are using a breathable fabric. It allows air to pass through and wick away all that annoying moisture.

2. Pick a mask that has a flexible nose band

A great way to help with fog and moisture is finding a mask that has a flexible nose strip across the top. Many brands sell versions of masks that include this. They normally take the form of a moldable metal band sewn into foam and placed on the bridge of the nose. If you want to make your own home version of this, simply sew a pipe cleaner into the top!

3. Use a bit of dish soap to help

If you have ever been scuba diving or snorkeling, one of the little hacks they teach you is to use dish soap on the lenses. Rub a bit of soap on the glass and it keeps it fog-free for quite a while! It reduces surface tension and stops water from collecting.

4. Use tape to create a better seal

If you have any athletic tape or medical tape lying around, you can create a seal across the top of the mask that will significantly help. It is a little hack that medical students often use! If you don't have medical tape, use a double-sided bandaid. Make sure you don't use regular tape or duct tape, however. It will cause more problems than it solves!

5. Add something to catch the moisture

A great way to absorb the moisture is to place something inside the mask. A folded tissue or paper towel inside the mask is a great way to catch all the moisture that we breathe out. If it's in the paper towel, it's not on the glasses!

6. If you have large rimmed glasses, make sure the top of the mask is placed UNDER the lower rim of your glasses.

Remember, you can try any of these methods at home! If you are having serious issues, you can always use multiple methods to ensure you are fog-free!

Did You Know?

ALTERNATIVES TO HANDSHAKES, HUGS, HIGH FIVES AND HONGI





President's Message

Sue Manning

We've had a bit of time on our hands these past 115 or so days. If you're at all like me, you've spent some of those hours/days tackling projects around the house that have been on your "to do" list for too long. Among those tasks may have been getting rid of clutter. I read an article recently that mentioned "many seniors wait too long to clean up, clear out and organize." It can be overwhelming, so where to begin? How about with one closet, or even one bookcase. It is said "if you don't need it, use it or love it" don't keep it. My decision-making about getting rid of excess stuff happens in two steps: first the item leaves the closet or the bookcase and goes into a box out in the garage, waiting for my next trip to the Hospice Thrift Store or for the Salvation Army pickup. The second, a few months later, is the item actually goes to the thrift store because it's been out of sight, out of mind and confirms "I don't need it!" It feels good to be neat and tidy and clutter-free! It'll be on our own terms, too, better than leaving this "clean up, clear out" project to someone else.

"Aging is an extraordinary process where you become the person you always should have been." - David Bowie

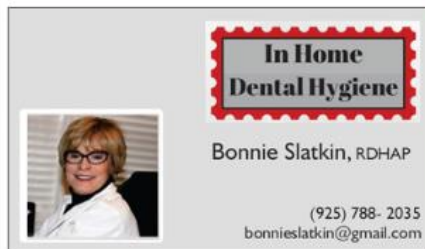
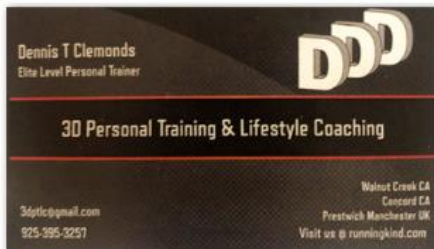
I was in my 20s in the 1960s and living in San Francisco. What a great place to be at that age, in that era. I was a lone voice among some of my friends, speaking up against racial injustice, and got shouted down quite often, but I continued to say what I felt. However, I never marched in a protest, until on my 73rd birthday, I participated in the Womens' March in Walnut Creek. The exhilarating feeling I had that day took me right back to the Sixties. As I write this message in early June, I am about to join fellow Clayton residents in standing up for racial justice. I've learned over the years that numbers matter to politicians; how many constituents are there in your assemblage? So I'm going down to the Grove in Clayton to be counted among the voices for change. Aging has brought me to where I should have been in my 20s.

Advertise with us!

Reach over 500 people living in Clayton and Concord by taking out a business card sized ad in our monthly publication. Our costs are extremely competitive. Prices listed below are for the SAME ad running consecutively:

- \$25 One-time inclusion
- \$45 Two consecutive issues (\$22.50 per issue)
- \$60 Three consecutive issues (\$20 per issue)
- \$75 Four consecutive issues (\$18.75 per issue)
- \$92.50 Five consecutive issues (\$18.50 per issue)
- \$108 Six consecutive issues (\$18.00 per issue)
- \$180 Twelve consecutive issues (\$15.00 per issue)

For more information and specifications, [click here](#).



*From the
DESK
of our
Executive
Director*

Carol Hansen Grey



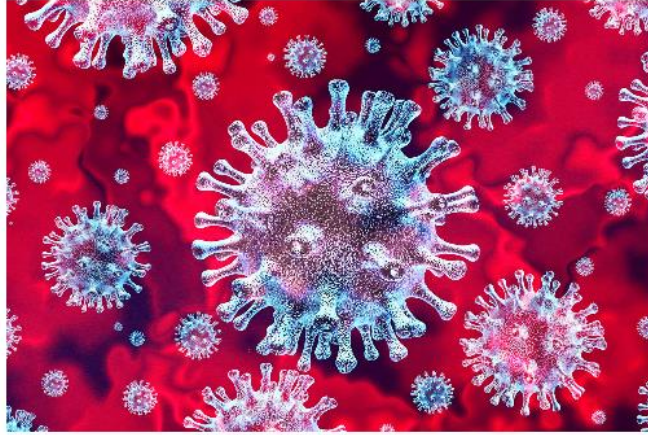
Love is a Natural Human Condition

There appears to be so much hate and conflict in the world today. I recently ran across this quote from Nelson Mandela and felt the power of its message.

"No one is born hating another person because of the color of his skin, or his background, or his religion. People must learn to hate, and if they can learn to hate, they can be taught to love, for love comes more naturally to the human heart than its opposite."

When I became involved with Clayton Valley Village I found a community of people who love to be of service to others. I feel so blessed to be part of this loving community. We each bring to the table over half a century or more of diverse experience. During this "Shelter in Place" period of time we have been sharing our experience, thoughts and dreams with one another during our "Getting to Know You" Zoom sessions. I truly look upon this time as a blessing that has enabled each of us to become even more loving toward one another.

Stories From COVID-19



As we start to open up.....you do you, I'll do me. That's what America is all about. None of us have the same circumstances (medically high risk child/ family member or a business about to go under, etc.). Let's all stay in our own lanes and keep the judgment down as we begin to reopen. No one should feel pressured either way .

Just a thought... As governors are trying to figure out how to ease back into normal, please remember:

Some people don't agree with the state opening.... that's okay. Be kind.

Some people are still planning to stay home.... that's okay. Be kind.

Some are still scared of getting the virus and a second wave happening....that's okay. Be kind.

Some are sighing with relief to go back to work knowing they may not lose their business or their homes....that's okay. Be kind.

Some are thankful they can finally have a surgery they have put off....that's okay. Be kind.

Some will be able to attend interviews after weeks without a job....that's okay. Be kind.

Some will wear masks for weeks....that's okay. Be kind.

Some people will rush out to get the hair or nails done.... that's okay. Be kind.

The point is, everyone has different viewpoints/feelings and that's okay. Be kind.

We each have a different story. If you need to stay home, stay home. Be kind .

If you need to go out, just respect others when in public and be kind!

Don't judge fellow humans because you're not in their story. We all are in different mental states than we were months ago. So remember, be kind.

Credit: Unknown but I loved it! Feel free to share!

JULY HOLIDAYS

July 1st: Canada Day
July 4th: 4th of July
July 6th: National Kissing Day
July 14th: Bastille Day
July 19th: National Ice Cream Day

Upcoming Events for July 2020

Saturday 4th - July 4th

Tuesday, July 7th - CVV Board Meeting (via Zoom)

Thursday, July 16th, Lunch & Learn: COVID-19 SCAMS AND HEALTHCARE FRAUD (via Zoom) Open to the public

Tuesday July 21st, CVV Happy Hour, Members & Volunteers (via Zoom)

Thursday, July 30th, Lunch Learn : Covid-19 Travel Tips for Seniors (Via Zoom) Open to the Public



Clayton Valley Weekly Zoom Meeting



"Getting to Know You" Weekly ZOOM Calls

CVV has been holding "Getting to Know You" Zoom Meetings with our Members and Volunteers every Thursday. Topics discussed in June included: "What book have you read that changed your life?" and "What is a new skill you'd like to learn and why?" Upcoming discussion topics are:

Thursday, July 2 @ 10:00 AM (Topic: What is your favorite kitchen or cooking tip you'd like to share?)

Thursday, July 16 @ 12:00 PM Lunch & Learn (Topic: COVID-19 Scams & Healthcare Fraud)

Thursday, July 30 @ 12:00 PM (Topic Travel Tips for Seniors)

RSVP is REQUIRED to participate. https://claytonvalley.helpfulvillage.com/events/index_list

Clayton Valley Village Happy Hour

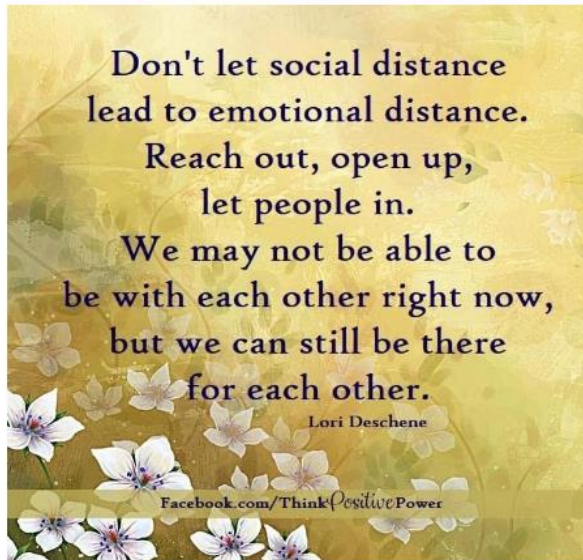


CVV "Lunch and Learn" Straw Bale Vegetable Gardening with Ken Studer



The second in our series of Lunch 'n Learn presentations was held on June 4 with Master Gardener and CVV Volunteer, Ken Studer. He covered the history of straw bale gardening and why using straw bales is a great way to grow vegetables, especially if you have a small yard. You can check out all our Lunch 'n Learn recordings at: <https://www.claytonvalleyvillage.org/lunch-learn-presentations>

Quote of the Month!



CVV members and volunteers have many interests, hobbies and skills, so we invite you to start an "Interest Circle." It's a great way to meet, share and learn from others in our village who share common interests. Suggestions include: walking/hiking, arts & crafts, book club, creative writing, woodworking, doll making, card making, painting, quilting, sewing, photography, dining in private homes, conversations on various topics, attending musical events and/or local theater, travel. What it comes down to, however, is the willingness of our Members and Volunteers to lead and coordinate these Interest Circles. If you'd like to share ideas and discuss further, please contact by email Kathy at <kgeddes@astound.net>.



Observing our guidelines with masks and social distancing, 7 members/volunteers/guests hiked together for 4 miles over paved streets and trails to enjoy Clayton Downtown Park and beautiful views of Mount Diablo. Hike was coordinated and led by Dorothy Bradt with assistance from Kathy O'Toole. Welcome to first time hiker, Helga, and daughter who took photos





Standing & Ad Hoc Committees

(NOTE: Until further notice, all of our committee meetings will be held via Zoom)

2020 CVV Board of Directors

Executive Committee:

Sue Manning (President), Jim Whitfield (Past-President), Mary Esther Loranger (Secretary),
Joanne Wasak (Treasurer)
Carol Hansen Grey (Executive Director)

Members-at-Large

Diane Berger, Marilyn Wollenweber, Kathy Geddes, Joann Vanis

Volunteer Representative Member

Pete Bardea

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- The CVV **Events Committee** meets on the last Friday of the month between 1-3 pm and we welcome anyone to our hardworking team! We enjoy our meetings and the satisfaction of pitching in to make sure our events run smoothly.
 - The CVV **Tech Committee** meets on the third Tuesday of the month, participates in the HV Users Group and handles Database Management.
 - The CVV **Communications/Publicity Committee** interfaces with the Tech Committee and handles Website Development, Newsletters, Printed Promotional Material, Calendar Management, Social Network Outreach and Email Notifications. (No regularly scheduled meetings.)
 - The CVV **Outreach Committee** gives presentations to various organizations, organizes periodic community gatherings; joins other Bay Area Villages at resource fairs & programs; attends public meetings of various local, state and national government agencies; represents CVV at National and State Conferences; continuously promotes CVV wherever the opportunity occurs to increase membership. (Meets as needed.)
 - The CVV **Member Services Committee** meets on the second Thursday of the month. The committee processes new member applications, schedules new member in-home visits, creates, edits, and distributes the Member and Volunteer Handbooks. The committee also provides and monitors the call managers who are assigned days to answer calls and respond to emails sent to the Village. It receives members suggestions for service providers and adds them to the service provider list on CVV's website after review.
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