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Your CVV Newsletter for August

1 message

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Mon, Jul 31, 2017 at 2:11 PM

Don't Miss the 9th Annual Senior Symposium, "Aging by Design." Saturday, Aug., 5, 8:30 am – Noon. Lafayette Elementary School, 950 Moraga Road, Lafayette. Details in Calendar, below.



A monthly publication of Clayton Valley Village August 2017 Vol. 4 Issue 8

Clayton Valley Village Works at Rib Cook-Off, Plays at Clayton Club



Thanks to Clayton Barbecue Cook-Off organizer Rory Richards, CVV got an information booth at the July 15 event in downtown Clayton. CBCA estimated over 7,000 enjoyed the ribs and chicken throughout the day. Above, left – Glendoris Sargent and Rita Paredilla at the booth.

Above, right - CVV Mixer under the arbor at the Clayton Club on July 18. L-R,

New Member Diane Berger, Kathy Geddes, Gloria Utley, Shirley Izard, Bill Manning.

The Villager is sponsored by



More at the Cook-Off and Mixer



Clockwise from upper left: Betty Armes, Jeanne Boyd, Glendoris Sargent, and New Member Mary Esther Loranger. Carol Herrington, Sue Manning, Susan Kendall. Carol Herrington., Sonja Wilkin. And it's Glendoris Sargent behind

those shades.

July 20 Lunch 'n' Learn Explains Dynamics of Conflict Resolution

Hoyer Hall at the Clayton Library was filled for “From Family Feuds to Peaceful Partnerships: Conflict Resolution for the Challenges of Aging,” a talk by Katharina W. Dress, MA, the founder of the conflict resolution service, Aging in Harmony.

Ms. Dress explains that, “as we age, all of us face difficult decisions that affect our loved ones and often bring up strong emotions. However, if we can talk about these challenges in a safe and respectful way, families can find solutions that allow them to work together harmoniously near the end of their Elders’ lives.”

Her presentation explored reasons why family dynamics can present major road blocks to effective planning for the later life stages, and how different conflict resolution processes can help families find solutions that bring peace of mind to everyone involved.





.Top Right: Katherine Dress. Botttom Right: Katherine Dress and Christine Jeffers.

Many thanks to new Member Diane Berger
for taking on the task of sending out our email blasts.
The latest Blast helped increase our audience for the July 20 Lunch 'n' Learn.

Calendar for July-August

Meetings

Tuesday, August 1, 4:00-6:00 pm. **CVV Board Meeting.** Diamond Terrace

Thursday, August 31, **CBCA General Meeting** at Oakhurst Country Club.
Registration 6:30 pm; Dinner and Meeting 7:00 pm

Events

Saturday, Aug., 5, 8:30 am – Noon. **9th Annual Senior Symposium, “Aging by Design.”** Lafayette Elementary School, 950 Moraga Road, Lafayette.
FREE. Register online www.lafayettecf.org or [925-284-8214](tel:925-284-8214). On-site parking behind the school. See below for details.

Aug 3-13. ***The Other Place***. Symmetry Theatre production of Sharr White’s play about a woman facing Alzheimer’s. Live Oak Theater in Berkeley. See below for details.

Sat-Sun, Aug. 12-13, 10am – 10 am (24 hours) **Relay for Life in Clayton.**
Grove Park, downtown. Benefit American Cancer Society. Info at [925-673-9070](tel:925-673-9070).

Tuesday, August 15, 4:00-6:00 pm – **CVV Monthly Mixer** – Everyone
Welcome. ButtercuP Grill & Bar, 4301 Clayton Rd (at Treat) in Concord

Saturdays. **Concerts In the Grove**. 6:00-8:30 pm. The Grove Park, Downtown
Clayton. FREE.

August 5 – Pride & Joy – Motown favorites

August 19 – Busta Groove – NCal's hottest dance party band – Motown
to Beyonce

No Lunch 'n' Learn in August. Next one is September 21. Place, Topic
TBD..

Every Saturday, 9:00 am – 1:00 pm. **Farmers' Market**. 6095 Main Street.
Downtown Clayton. Shop Your Farmer's Market – We don't want to lose it!

Beyond July...

Thursday, Sept. 21 – **Lunch 'n' Learn**. Place, Topic TBD.

Monday, Sept. 25 10:00 am. **Rescheduled webinar with Dr. Atul Gawande**,
author of "Being Mortal." Clayton Community Library, Hoyer Hall. FREE.

Sunday, Oct. 22, 5:00-9:00 pm. 4th Annual **Sunday Supper & Silent Auction**.
La Veranda. Downtown Clayton.

November 6-8. **National Gathering of Villages**, Baltimore, MD.

Thursday, Nov. 16. **Annual Meeting of Clayton Valley Village**. All members
are urged to attend. Time and place TBD.



LAFAYETTE
COMMUNITY
FOUNDATION

Enhancing Life, Culture, Community

Free Event

9th Annual Senior Symposium

AGING BY DESIGN

Saturday August 5, 2017

8:30 am – noon

Presentations by local aging experts

Jennifer Cave-Brown, MS, RN, NP, Acnp-BC
Stroke Program Coordinator, John Muir Health

Senior Fitness, The How and Why
David Garcia, Senior Fitness Consultant

CHOICES a panel discussion by service providers

Lafayette Elementary School
950 Moraga Road
Lafayette

On-Site Parking—behind the school, mobility in front

Communication Access Real Time Translation (CART), captions
Provided by the Lafayette Community Foundation for people with hearing loss

45 Vendors • Prizes • Snacks

Advanced registration qualifies for a \$50 Gift Card to Diablo Foods

Register online: www.lafayettecf.org or call 925-284-8214



Aegis Living Moraga
Alzheimer's Association
Born to Age
Brightstar
Caring Hands
Carlton Senior Living
City of Lafayette Senior Services
Eldercare Services
Hearing Loss Association of America-DV
HICAP

Hillendale Home Care
Home Care Assistance
Horizon Law
Lafayette Library & Learning Center
Lamorinda Audiology
Lamorinda Village
LFCS-EB
Meals on Wheels
Merrill Gardens
Mobility Matters

Oakwood Athletic Club
OLLI
Ombudsman Services
Rotary Clubs of Lamorinda
Senior Helpers
Senior Solutions
St. Paul Towers
The Routling Community
Dudum Real Estate Group / The Churchill Team
Diablo Foods

In collaboration with Lafayette Senior Service Commission



CVV Summer League Bocce – Jeanne Boyd, Carol Herrington, Ray Spears, Kirt Simoncini, Connie and Greg Konsavage, Sonja Wilkin. Not pictured - John and Carol Keane, Patty Schroeder

Monthly CVV Mixer for July

Meet the Team – Learn the Latest – Everyone Welcome

Tuesday, August 15, 4:00-6:00 pm.

ButtercuP Grill & Bar

4301 Clayton Rd (at Treat) in Concord

Symmetry Theatre presents

Sharr White's

The Other Place

The story of a woman trying to cope with her own oncoming Alzheimer's

August 3-13. Thurs-Sat at 8:00 pm, Sundays at 2:00 pm

Live Oak Theater, 1301 Shattuck Ave. in Berkeley

Tickets \$20-\$30 at [415-377-0457](tel:415-377-0457) or BrownPaperTickets.com



Imagine this. You're a brilliant scientist studying the causes of dementia. And one day, mid-Power Point, you can't recall what you're supposed to say when the next slide comes up. Eventually you learn that the disease you're studying is now the disease you have. White presents the downward spiral of a brilliant woman battling early onset Alzheimer's.

"Stunning performances by Stacy Ross, Robert Parsons, well-supported by Lisa Moore and Michael Barret Austin, in a well-written piece by Sharr White.I saw this play on Saturday and have been thinking about it since...I'm going back to see it again..." - Mitchell Field, For All Events

Following the August 6 matinee (2:00 pm), Symmetry Theatre will hold a post-show discussion with a panel of professionals who work with individuals diagnosed with early-onset Alzheimer's.

Symmetry will offer discounted tickets to caregivers of Alzheimer's patients. Tickets to all performances will be available at \$15 for caregivers and a guest. Go to www.symmetrytheatre.com and enter the password "Caregiver."

CVV Executives, Board, and Committees

President – Sonja Wilkin

Secretary – Sue Manning

Treasurer – Joanne Wasak

Immediate Past President – Jim Whitfield

Board Members – Gary Carr, Kathy Geddes, Maria Xiaris

Committee Chairpersons – Gary Carr, Carol Hansen Grey, Nancy Hoffman, Gloria Utley, Joanne Vanis, Jim Whitfield, Sonja Wilkin, Marilyn Wollenweber

Task Force Members – Betty Armes, Jeanne Boyd, Kathy Carr, Frank Fribley, Marilyn Hadley, Shirley Iazard, Dee Jakel, Christine Jeffers, Arlene Lewendowski, Rita Pardella, Glendoris Sargent, Bonnie Slatkin

Founding Members

Betty Armes, Jeanne Boyd, Kathy & Gary Carr, Kathleen Geddes, Shirley Groschwitz, Marlyne Hadley, Carol & Victor Hansen-Grey, Arlene D. Lewandowski, Susan & William Manning, Cindy & Gene Molander, Candy Negrete & Bob Duensing, Glendoris Sargent, Shirley & Larry Solen, Sonja Wilkin, Marilyn Wollenweber & Jim Whitfield, Gloria Utley, Joanne Vanis, Maria Xiaris.

Thank you to our CVV Sponsors.....for generous donations of cash and in-kind services.

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The Villager is a free, electronic publication of Clayton Valley Village. Editor, Gary Carr, (925) 672-8717, carrpool@pacbell.net.

Editor welcomes all submissions and reserves the right to include or edit all material. Other publications are welcome to reprint any material herein with proper attribution, unless otherwise specified. Clayton Valley Village is a 501c3 organization. Donations are tax-deductible. And welcome.

www.claytonvalleyvillage.org

Questions or Comments about CVV ?

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