



A monthly publication of Clayton Valley Village

February 2021 Edition


Messages from our President . Check out our Events held in January, Our Creative Wellness Lunch & Learn Series, Senior Medicare Patrol Information, Upcoming Events, and more.



Did You Know?

Ring Doorbell

If you have a Ring doorbell, it is a good practice to check the battery health every 6 months or so. the following: (Note: Your steps may vary slightly depending on which type of phone you have.)

1. Select the Ring app on your phone
2. Press the image of your front door
3. In the upper right-hand corner press the icon that looks like a gear 
4. Scroll down and press Device Health
5. You will see a notification that says Battery Level
6. If it is below 50%, it is best to charge the battery.
7. Use the special tool provided with the doorbell to remove the screw on the bottom of the doorbell.





8. Remove the battery and use the USB charging cable provided to charge the battery.

8. If you have any trouble with any of the steps, place a service request and one of our volunteers will be glad to assist you.

Come visit us for a unique shopping trip. We have hand painted furniture, antique & vintage finds, home decor, DIY project supplies, and gifts galore!

Friday 12pm - 5pm
Saturday 10am - 5pm
Sunday 12pm - 4pm

6200 Center St.
Ste. H, Clayton



A Message from Our President Marilyn Wollenweber

Well, January was loaded with surprises, some bad but some full of promises and challenges. I am looking forward with optimism as to how our country addresses them. With young people like Amanda Gorman who wrote such an inspiring poem and read it so eloquently at President Biden's inauguration, how can we lose? February offers many celebrations. We have Groundhog Day, two presidents' birthdays, Valentine's Day, the beginning of Lent with Ash Wednesday, and Chinese New Year. This is the year of the ox which denotes the hard work, positivity and honesty that will be manifested in all of us in the coming 12 months. It's going to be quite a year! The trees will start blooming again and the hills will begin to turn green. We have hope, love and gratitude for what we have to take us through, and a little fun sprinkled here and there. Stay well and check to see what CVV has in store for you this month!



by Carol Hansen Grey, SMP Ambassador

FRAUD ALERT

3 Ways to Avoid COVID-19 Vaccine Scams



While vaccination details are getting worked out, here's what you can be sure of:

- You can't pay to put your name on a list to get the vaccine. **That's a scam.**
- You can't pay to get early access to the vaccine. **That's a scam.**
- Nobody legit will call about the vaccine and ask for your Social Security, bank account or credit card number. **That's a scam.**

Ignore any vaccine offers that say different, or ask for personal or financial information.

Learn more at

ftc.gov/coronavirus/scams



EASY WAYS TO STAY HEALTHY

1. Wash your hands
2. Avoid people who are sick
3. Eat whole foods
4. Cut back on sugar and alcohol
5. Exercise regularly
6. Stay hydrated
7. Take Vitamin C
8. Take care of your gut
9. Get enough sleep
10. Manage your stress
11. Wear A Mask



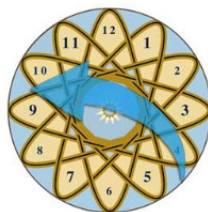
Upcoming Events

Tuesday, Feb 2nd - CVV Board Meeting
Thursday, Feb 4th - Energy Medicine for Dementias & Pain
Sunday, Feb 14th - Valentine Days
Monday, Feb 15th Washington Birthday
Tuesday, Feb 16th - Happy Hour (Members & Volunteers)
Friday, Feb 19th - Events Committee Meeting (Members and Volunteers)
Thursday, Mar 4th - The Heart of Western Holistic Medicine

Save the Date!

Clayton Valley Village **ZOOM**
LUNCH & LEARN with Len Saputo, MD
Energy Medicine for Dementias & Pain:
A New Frontier has Emerged
Thursday, Feb. 4
Noon-1:30 PST
FREE & OPEN TO THE PUBLIC
RSVP Required:
https://claytonvalley.helpfulvillage.com/events/index_list or call: 925-626-0411

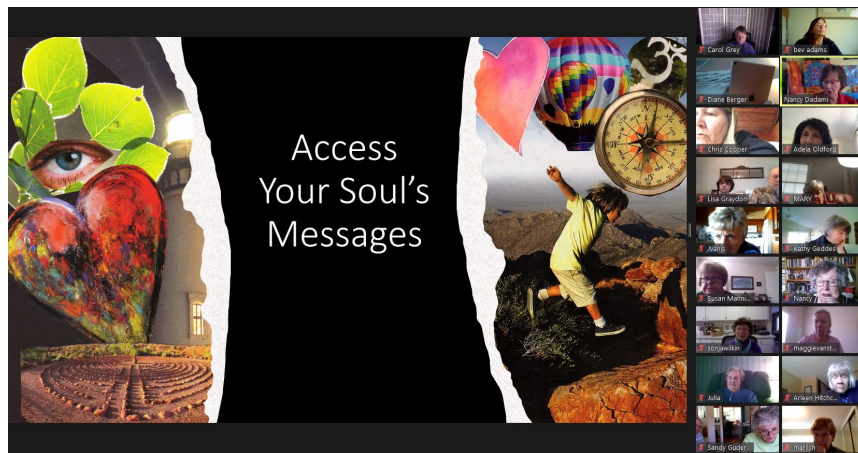
Clayton Valley Village **ZOOM**
LUNCH & LEARN with Ellen Potthoff, ND
The Heart of Western Holistic Medicine:
Naturopathy, Functional Medicine & Homeopathy
Learn the differences, similarities & what each can do for you!
Thursday, Mar. 4
Noon-1:30 PST
FREE & OPEN TO THE PUBLIC
RSVP Required:
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PAST EVENTS

We all enjoyed participating in Nancy Dadami presentation of
8 SIMPLE WAYS TO FINE-TUNE YOUR MIND & STAY SHARP IN 2021.

Thank you, Nancy!



Our speaker for this Lunch 'n Learn is Feng Shui Expert, Destiny Coach and Artist, Nancy Dadami. Nancy helps people create a life that supports their intentions, resulting in more time, more money and more freedom. For 32 years, Nancy has inspired hundreds of individuals to step into their Inner Magnificence and Soul's Calling to create a life of meaning. In this presentation, Nancy gives us 8 simple ways to stay mentally sharp!

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**What fun for all who watched Greg Tamblyn's concert via ZOOM.
It was full of songs, laughs and heartfelt messages.
A BIG THANKS to everyone who donated to this CVV fundraiser.**

Greg Tamblyn

ZOOM Benefit Concert

January 19, 2021



CVV's Annual Meeting was held on January 14th with our new President, Marilyn Wollenweber, presiding.



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>.



Standing & Ad Hoc Committees

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

2021 CVV Board of Directors

Executive Committee:

Marilyn Wollenweber (President), Joanne Vanis (President Elect) Sue Manning (Past-President),
Mary Esther Loranger (Secretary), Joanne Wasak (Treasurer)
Carol Hansen Grey (Executive Director)

Executive Advisory Committee:

Jim Whitfield (Past President)
Sonja Wilkin (Past President)

Members-at-Large

Diane Berger, Arlene Lewandowski, Kathy Geddes,

Volunteer Representative Member

Pete Bardea

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- The CVV **Events Committee** meets as needed 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 Helpful Village Users Group, produces the newsletter, develops and updates the website, coordinates the digitizing and storage of CVV documents and handles Database Management.
 - The CVV **Communications/Publicity Committee** coordinates with the Tech Committee on Website Development and 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 develops, produces and distributes the Member and Volunteer Handbooks, processes new member applications and schedules new member in-home visits. 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.

Our Village Voice is a free, electronic publication of
Clayton Valley Village.

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The editors welcome all submissions and reserve the right
to include or edit all material. Unless otherwise specified,
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Clayton Valley Village is a 501c3 Nonprofit: 81-3858223

Donations are tax-deductible and welcomed.

<https://www.claytonvalleyvillage.org>

Submissions, Questions or Comments about

Clayton Valley Village or Our Voice Newsletter

Email: Village.Clayton@gmail.com or **Phone:** 925-626-0411



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