

NEWSLETTER



Villages of San Mateo County



Mid Peninsula Village
NEIGHBORS HELPING NEIGHBORS



Volume 2017, Issue 3

May/June

LET'S TALK ABOUT IT:

Falling Down Goes Up With Age

In the U.S., falls are the leading cause of injuries in people 65 years old and up.

Understandably, accidents and health conditions

are the leading culprits. What is really surprising is that most of the falls occur at home, while performing common activities. What causes the falls? Balance can be



Stairways in the home of a senior can be a tripping hazard

(Continued on page 7, Falls)

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Contact Villages of San Mateo County at: 650-260-4569 or info@villagesofsmc.org

Sequoia Village and Mid Peninsula Village are two local villages under the umbrella 501(c)(3) nonprofit called Villages of San Mateo County

COFFEE CONNECTION

Join us for an opportunity to socialize with other Villages of San Mateo County members and to hear another informative talk on “Creating Dementia-Friendly Communities.” Open to all SV and MPV members, volunteers, and guests. Light refreshments will be provided.



DATE: Wednesday, May 24, 2017

TIME: 10 AM—11:30 AM

LOCATION: Redwood City Veterans Memorial Senior Center (VMSC)

Sunset Room, 1455 Madison Avenue, RWC 94061

RSVP: Villages of San Mateo County no later than May 19 by calling
650-260-4569 or send an email to info@villagesofsmc.org

Presenter: Ms. Jennifer Shannon, MSW, Project Manager with the
Alzheimer’s Association

Ms. Jennifer Shannon was well received at an earlier Coffee Connection presentation where she described the 10 signs associated with Alzheimer’s disease and the best ways to communicate with someone who has this disease. We are delighted to have Jennifer back again to describe Measure K, a newly funded initiative aimed at meeting the needs of individuals living alone with dementia, and how we can all help. We will learn how dementia is a community crisis that must be addressed at a community level. To foster livability for all, communities must be equipped to support people with dementia, as well as their family and friend caregivers, by becoming “dementia-friendly.” Such a community is informed, safe, and respectful of people living with dementia and their families, has supportive features across all community sectors, and fosters quality of life for everyone.

Jennifer, as Project Manager for the Alzheimer’s Association, oversees the Dementia Safety Net projects in San Francisco County and the Dementia Capable Supports and Services project in San Mateo County.

Jennifer is a Stanford/USC graduate, and has previously worked at the Center for Age-Friendly Excellence in Los Altos, an organization dedicated to implementing the World Health Organization’s program to cities and communities in the Bay Area. She has also worked with the Indian Health Center of Santa Clara County in the Diabetes Prevention Program.

*** Please indicate if you do or do not need a ride**

****Please indicate if you are bringing a guest**

VILLAGES OF SAN MATEO COUNTY CHAIRS AND COMMITTEES

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OPEN HOUSE: Saturday May 20, 2017, 10 am – 1 pm

Rosener House Adult Day Center, 500 Arbor Road, Menlo Park

Join us for a morning of free exercise, music and brain game classes led by a professional staff. Have your questions answered in informational sessions with our social work staff, Registered Nurse and therapists.

Rosener House Adult Day Services offers a welcoming and engaging activity program in a safe and supportive environment for older adults living with challenges and limitations. Participants can make new friends while they enjoy exercise, music and art classes. Nursing, therapies, lunch and transportation are included, enhancing the participant's quality of life and providing support and respite for caregivers.

Contact PVI for more information:

650-322-0126 or visit www.penvol.org



SHOPPING AT AmazonSmile

Now, when you shop on *AmazonSmile*, Villages of San Mateo County can receive 0.5% of all eligible purchases. You just shop as usual and VSMC and you both benefit!

Here is how it works:

- Go to smile.amazon.com (save in your bookmarks)
- It will ask you to write in your charity (Villages of San Mateo County)
- No special apps needed

Then, all future purchases automatically go towards VSMC until you indicate otherwise. The key is to always visit smile.amazon.com first and then...just go shopping!



INFECTION CONTROL 101

In March, VMSC hosted a “Coffee Connection” that featured Cassandra Bergero, a Registered Nurse, Clinical Nurse Specialist and Family Nurse Practitioner. She discussed how to keep yourself safe in the hospital. Cassie also gave some tips on hand hygiene that some people have expressed an interest in reviewing. First, here is hand-washing made simple:

- Step #1: Rub palms together.
- Step #2: Rub the back of both hands.
- Step #3: Interlace fingers and rub hands together.
- Step #4: Interlock fingers and rub the back of fingers of both hands.
- Step #5: Rub thumb in a rotating manner followed by the area between index finger and thumb for both hands.
- Step #6: Rub fingertips on palm for both hands.
- Step #7: Rub both wrists in a rotating manner. Rinse and dry thoroughly.



STEP 1
Rub palms together.



STEP 2
Rub the back of both hands.



STEP 3
Interlace fingers and rub hands together.



STEP 4
Interlock fingers and rub the back of fingers of both hands



STEP 5
Rub thumb in a rotating manner followed by the area between index finger and thumb for both hands.



STEP 6
Rub fingertips on palm for both hands.



STEP 7
Rub both wrists in a rotating manner. Rinse and dry thoroughly.

Second, you are encouraged to continue reading below and remember the six ways to be a safe patient:

(Continued on page 5, Infection)

- Step #1: Speak up. Talk to your doctor about all questions or worries you have.
- Step #2: Keep your hands clean and make sure everyone cleans their hands before touching you.
- Step #3: Get smart about antibiotics. Make sure the correct one is prescribed.
- Step #4: Know the signs and symptoms of an infection.
- Step #5: Watch out for deadly diarrhea. Tell your doctor if you have 3 or more diarrhea episodes in 24 hours.
- Step #6: Protect yourself. Get vaccinated.

(Source: CDC)

SENIORS' CREATIVE AND INNOVATIVE MINDS NEVER STOP!

A Call For Interviews

Meet Duncan McNamara, a member of Sequoia Village. Duncan is an innovative thinker and designer in the world of technology. He has recently enrolled in a very prestigious design school called IDEOU. His purpose for engaging in the courses offered at IDEOU is to learn and apply design-thinking as a means to create products and services for today's 70 year-olds.



Before Duncan can put any of his innovative ideas to work, he believes that people's needs, feelings, and desires should be at the center of a good design plan. Therefore, he is looking for volunteers, in their 70's or younger, to interview as a means to learn more about the journey of this unique 70-something generation. Ideally, these interviews will provide him with insights that will help him to create future models intended to improve the quality of life for people and families on a global scale.

The interviews will last for approximately 15-30 minutes and would take place at a location of your choice. Duncan says he "is excited about interviewing other Sequoia Village members like himself because many of them show an interest in and have good insights for the future."

If interested, please feel free to reach out with questions and/or to setup a convenient time to talk to Duncan by contacting him by email: Duncan.mcnamara@gmail.com or by phone: 650-503-4426.

MEMBER SPOTLIGHT

Alan Fleishman, a member of Sequoia Village, is a retired marketing consultant and senior corporate executive. He was also a university adjunct faculty member, a corporate board member, community volunteer, and an officer of the U.S. Army. It's apparent that retirement for Alan is beyond just smelling the roses. In fact, he now has ventured into the world of storytelling by becoming a successful novelist.



Alan has already written and published three historical novels. His fourth book, *Odyssey of Chaos*, is to be released on May 1. The inspiration for his novels comes from learning about the experiences his grandparents had endured, who immigrated to the U.S. from the Ukraine amidst the worst of the Russian Tsar's bloody 1905 anti-Jewish riots – *pogroms*. A hundred years later, Alan returned to the Ukraine to pay his respects at a tombstone honoring the victims of the 1905 *pogroms*. Then he stood in the square where the Nazis, in 1941, rounded up thousands of Jews to be executed.

From those moments arose his yearning to connect with both sides of the grandparents he never knew. Hence, writing novels seemed to be the only means for him to satisfy his passion. To his surprise, he found a wider audience of people of all faiths to be interested and drawn into his stories that chronicled the Twentieth Century Jews, from persecution to tragedy to triumph. His first book was *Goliath's Head* followed by *A Fine September Morning* and *Lara's Shadow*. His newest book, *Odyssey of Chaos*, turns his attention to his maternal grandparents, who came to America from Greece in the early Twentieth Century. *Odyssey of Chaos* tells the story of Jews caught in Nazi-occupied Athens, the Christian Greeks who tried to save them, and those who betrayed them. Alan said "resurrecting the trials his family endured had not always been easy. But writing brings me enormous satisfaction."

When Alan is not immersed into his research and writing of his books, he and his wife enjoy traveling and time spent with their three adult children and four grandchildren. Alan lives with his wife in San Carlos.

Alan is scheduled to present at the September VSMC Coffee Connection. His books can be purchased on-line at Amazon.com.

by Victoria Kline

SEQUOIA VILLAGE DONORS

Sequoia Village extends its sincere appreciation for the generous financial support and in-kind gifts received from the following individuals and organizations:

- *Charis Fund*
- *City of San Carlos*
- *Danford Foundation*
- *Dignity Health*
- *Howard & Martha Girdlestone Foundation*
- *Kiwanis Club of San Carlos*
- *Mid-Peninsula Vineyard Christian Church*
- *Peter & Paula Uccelli Foundation*
- *Redwood City Parks and Recreation*
- *Rotary Club of San Carlos*
- *Sequoia Healthcare District*
- *Trinity Presbyterian Church of San Carlos*
- *West Valley Federated Women's Club*

(Falls, continued from page 1)

affected by medications, alcohol, heart disease, low blood pressure or arthritis. Poor eyesight and hearing, decreased coordination and strength, slower reflexes and other disabilities can also be factors. Within the household, worn carpets, newly positioned furniture, clutter on the floor, poor lighting, electric wires, stairs and wet floors can lead to trouble. The severity of injury increases with age with the most common injuries being head traumas and fractures to the hip, wrist and spine.

Fortunately most falls are minor and result in a quick recovery. But even when there is no physical injury, there can be a dramatic affect on the senior and their family. Fear of future falls can decrease confidence, which can lead to less independence.

Statistics

- Each year about 30% of seniors over the age of 65 take a fall.
- Each year approximately 250,000 hip fractures in the elderly are treated in hospitals, 95% of which are the result of falling, usually sideways.
- In the U.S., the overall cost of treating injuries caused by falling is in the area of \$34 billion/year (2013). Hip fractures make up the majority of that cost.

How To Respond To A Fall

- DON'T PANIC.
- Assess if you are hurt, what your mobility is and what your options are.
- Try to get up. There is a good chance your balance and confidence will be shaken, so ask someone for help and support.
- If alone, crawl to the nearest chair, couch or stable piece of furniture and use it to support your efforts to get up.
- If you can't get up, crawl to a telephone, pull it to the floor and call for help.

If the above suggestions are not possible, stay calm and call out for help.

(Sources: Amer. Academy of Orthopaedic Surgeons, CDC;
www.KeepsakeCompanions.com)

MEALS ON WHEELS FUND RAISER

You can help to support PVI Meals On Wheels when you help to support those seniors who desperately need nourishment.

PLAN TO DINE OUT on Tuesday, May 9th.

Go to their website for details at
www.penvol.org/dineout

MEMBERS OF VILLAGES OF SAN MATEO COUNTY ENJOYED THE deYOUNG'S BOUQUETS TO ART!



SV member Elke Jones, after viewing the spectacular Bouquets to Art at San Francisco's deYoung Museum, purchased a fresh and beautiful bouquet to take home to create her own floral creation!

SV member Sandra Neff (left) and MPV member Ruth Anderson resting their feet after walking and viewing the beautiful and creative floral arrangements complementing the Museum's existing art collection.



TESTIMONIALS

"Jerry Georgette is incredible — He found things that were not on my list to do that were above and beyond."
....**Phyllis A.**

Directed to Bob DeFranco, Jerry Georgette and Scott McMullin, who made significant improvements with an outdoor gate, "You guys were wonderful!"**Mary Alice E.**

"Thank you for a great trip to the DeYoung Museum last week. The event did my...soul...good! A trip on a bus with other ladies my age; the display at the Museum was exciting...and I came home wanting to paint and plant more flowers...so the day was a huge success for me."
....**Ruth A.**



Original watercolor notecard by Ruth Anderson, member of Mid Peninsula

IN LOVING MEMORY

The Villages of San Mateo County community is deeply saddened over the recent passing of:

Emil Torrez