

# NEWSLETTER



Volume 2018, Issue 5

September/October

## LET'S TALK ABOUT IT:

### Fitness for Every Age ... and Stage

#### The power of a plan

To minimize or delay muscle strength decline, you'll want to follow an exercise program that targets endurance, strength, balance, and agility. In every decade, it's important to start with aerobic exercise — whether it's walking briskly, jogging, bicycling, swimming, dancing, using a cardio machine (like an elliptical trainer) — several times per week, for at least 150 minutes of moderate intensity per week. (A good gauge of what's moderate intensity, is being able to talk, but not sing, while you're working out: the talk test.)

*(Continued on page 2: Fitness)*

## TABLE OF CONTENTS

|                              |   |
|------------------------------|---|
| Let's Talk About It .....    | 1 |
| Treasure Island Fun! .....   | 2 |
| Coffee Connection .....      | 3 |
| Save the Date .....          | 3 |
| Real ID .....                | 4 |
| Shop Amazon .....            | 5 |
| Advocates Corner .....       | 5 |
| Did You Know? .....          | 5 |
| Volunteerism .....           | 6 |
| Senior Peer Counseling ..... | 7 |
| New VSMC Donors .....        | 7 |

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

Beyond that aerobic baseline, here's what to add in by age.

- **In your 50s:** Cedric X. Bryant, chief science officer at the American Council on Exercise, explains that if you can do a whole-body strength-training regimen that also addresses the pectoral muscles (in the chest), the latissimus dorsi (in the back), the deltoid muscles (in the shoulders) and the biceps and triceps (in the upper arms), that's even better.
- **In your 60s and 70s:** Katherine Hall, an assistant professor in medicine at Duke University School of Medicine's Division of Geriatrics, says to make an effort to walk more often and to vary your pace so that you're alternating between bouts of faster walking and a more comfortable pace. Fabio Comana, a faculty instructor at the National Academy of Sports Medicine, says you can work on protecting your balance by trying to stand on one foot for up to 60 seconds with your eyes open, sitting in a chair and lifting one foot from the floor with your eyes closed, or continuously going from a seated to a standing position without using your hands. To take extra precautions to protect your balance, you might try a mind-body form of exercise such as yoga, Pilates, or tai chi, which would "provide agility, mobility, flexibility and some muscular fitness benefits as well."
- **In your 80s and beyond:** As far as cardiovascular activities go, "find something you enjoy that provides social engagement and makes you feel energized," Hall advises. This could involve taking a water aerobics class with friends or joining a walking group. An added perk: "Cardiorespiratory exercise is one of the best deterrents to developing cognitive decline," Hall says. Continue working on your balance by alternately standing on one leg then the other with one hand on a counter to steady yourself and the other by your side. "Be sure to wear supportive shoes," Hall says. If you find yourself really struggling with balance, consider working with a trainer in a supervised setting.

And don't give up! The body is a malleable machine that responds well to challenges, which means there's a lot of room for being an active agent in your own health.

(Source: <https://www.aarp.org/health/healthy-living/info-2018/banking-fitness-any-age.html?intcmp=AE-HEA-HL-R1-C2-ART>)



## TREASURE ISLAND FUN!

The Culinary Institute on Treasure Island is a Job Corps school for aspiring chefs 24 years of age and younger. They come from all over the country to learn their art from some of the best chefs in the business. June 26th was a rare treat for our lucky group of 34!

(Continued on page 8: Treasure Island)

## COFFEE CONNECTION

Open to all Sequoia Village and Mid Peninsula Village members, volunteers, and guests. Light refreshments will be provided. Save these dates!



**DATE:** Sept 19—"Recent Research on Alzheimer's and Dementias"

**TIME:** 10:00 am –11:30 am

**LOCATION:** Silicon Valley Community Foundation Conference Center

1300 S. El Camino Real  
San Mateo

**PRESENTER:** Angie Pratt presently serves as Medical Outreach Specialist and Grants Program Administrator for the Alzheimer's Association, Northern California and Northern Nevada. Angie previously served as Regional Director of the Alzheimer's Association in Northern Nevada for six years. Prior to that, Angie served as Director of Senior Services for Catholic Charities of Santa Clara County. Angie has a Master's degree in Applied Spirituality from University of San Francisco and a post graduate certificate in the Art and Practice of Spiritual Direction from Mercy Center, Burlingame, CA.

## Save the Date

14<sup>th</sup> Annual

SAN MATEO COUNTY  
DISASTER PREPAREDNESS DAY

Saturday, September 22, 2018

**PREPARE, SURVIVE AND RECOVER**

10AM-4PM, San Mateo County Event Center  
1346 Saratoga Avenue, San Mateo

**FREE, FAMILY-FRIENDLY FUN!**

*Experience speakers and interactive demonstrations including Emergency Medical Services, First-Aid, School Safety, Police and Fire activities.*

For more information:

[www.smcdisasterprep.org](http://www.smcdisasterprep.org)

Office of Emergency Services at (650) 363-4790

Office of Supervisor Carole Groom at (650) 363-4568

**RSVP:** Please contact the Villages of San Mateo County office by **Sept 14** via emailing us at [info@villagesofsmc.org](mailto:info@villagesofsmc.org) or by calling us at 650-260-4569 if you wish to attend.

**Please indicate if you need a ride AND please indicate if you are bringing a guest.**

## “REAL ID” AND CALIFORNIANS

The Federal REAL ID Act of 2005 was passed in response to the events of September 2011. Beginning October 1, 2020, the federal government will require your driver license or identification (ID) card to be REAL ID-compliant *if you wish to use it as identification to board a domestic flight or enter military bases and most federal facilities.*

As of January 22, 2018, the California DMV began offering a Federal Compliant REAL ID driver license or ID card to customers. The Federal Compliant REAL ID card has a bear and star in the upper right corner. If you have a valid U.S. passport, passport card, military ID, or [another form of Transportation Safety Administration \(TSA\) approved identification](#), these documents will still be accepted.



You DO NOT need a Federal Compliant REAL ID driver license or ID card to do any of the following: (Please note this list is not exhaustive and only includes some examples)

- Drive
- Apply for or receive federal benefits (Veterans Affairs, Social Security Administration, etc.)
- Enter a federal facility that does not require ID (i.e. a post office)
- Visit a hospital or receive life-saving services
- Participate in law enforcement proceedings or investigations

A DMV field office visit is REQUIRED (for your convenience, an appointment is strongly recommended) to apply for a REAL ID card. There are fees associated with a REAL ID card (drivers license is \$35 and ID card \$30). Also, a vision test may be required. An individual can only receive ONE REAL ID card--either a REAL ID driver license or a REAL ID identification card; an individual cannot have both.

If you choose not to apply for a Federal Compliant REAL ID, you will automatically receive a Federal Non-Compliant card with the words “Federal Limits Apply” in the upper right corner when you renew your current driver licenses or ID cards.



You may go to the REAL ID interactive [checklist](#) to gather the documents you will need if you opt to apply for a California Federal Compliant REAL ID driver licenses or ID cards. For more information on the REAL ID Act, visit the [Department of Homeland Security website](#).



## SHOPPING AT AmazonSmile

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

Here is how it works:

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

Then, 0.5% of all future eligible purchases automatically go towards VSMC until you indicate otherwise. The key is to always visit *smile.amazon.com* first and then...just go shopping!



### ADVOCATES CORNER

#### A free service offered by VSMC

The Villages of San Mateo County has Volunteer Advocates who are available on your behalf. They will give guidance, give voice, and help you resolve problems.

Confusing and exasperating situations sometimes occur. They could involve a government agency, a utility bill, an insurance issue, a contractor, incorrect statements from a healthcare provider and more. Our VSMC volunteers are ready to offer guidance and referrals as an avenue to help resolve these issues.

Call the VSMC office at 650-260-4569 to request an Advocate to serve you.

### DID YOU KNOW?

Did you know that more than 40 million people in the United States are taking care of an elderly loved one? AARP recognizes the challenges family caregivers face on a day-to-day basis and is working to help make their big responsibilities a little bit easier through advocacy, and by providing information, resources and tools.

**Free Information and Support.** Check out AARP guides and tools for helping support the caregiver journey. On their [Family Caregiving Page](#) you will find articles, videos, local events and resources. You can download their [Prepare to Care Guide](#), which provides information, resources and checklists to help you on your caregiving journey.

**VILLAGES OF SAN  
MATEO COUNTY  
CHAIRS AND  
COMMITTEES**

**VILLAGES OF SAN  
MATEO COUNTY:  
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*Irene Liana*

## **The Value of Being a Volunteer**

Most nonprofit organizations rely on the time and talent of volunteers to conduct much of their work. The Villages of San Mateo County is no exception. Our volunteers are literally the lifeblood of our organization. Volunteerism is about giving of yourself with no expectation. The byproduct of volunteering is a better community for everyone.

In a world that insists on quantifying nearly everything, the value of volunteering baffles the quantitative mind. It reaches so much deeper, is more fulfilling, and is more essential to a healthy and vibrant community than money can ever measure. Volunteers are encouragers and action agents who are providing immediate and long-term changes to our community, one good work at a time.

People volunteer for a wide range of reasons: from academic course requirements to expanding community contacts to a heartfelt desire to support a worthy cause. Then, by the end of the day, they get hooked on how good it makes them feel. That is the natural and spontaneous evolution of volunteering. Volunteering quietly elevates one's purpose and underscores positive values in many surprising ways.

As you respond to opportunities to provide assistance to friends or neighbors, provide a hand for someone with an unsteady walk, or reduce the anxiety of someone who needs a hand to hold as they face their medical appointment, the result is smiles all around. You have created positive endorphins for your friend, your neighbor and for yourself.

*"If you want to lift yourself up, lift up someone else." —  
Booker T. Washington.*

We, at the Villages of San Mateo County, salute our valuable volunteers who reach out to help their neighbors and, simultaneously, build a better community. If you are not already volunteering, we invite you to experience the awesome power, and personal benefits, of volunteerism.

*~by Linda Burroughs, VSMC Executive Director*

## VILLAGES OF SAN MATEO COUNTY DONORS

VSMC 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*
- *Intero Real Estate*
- *Kiwanis Club of San Carlos*
- *Mid-Peninsula Vineyard Christian Church*
- *Peter & Paula Uccelli Foundation*
- *Redwood City Parks and Recreation*
- *Rotary Club of San Carlos*
- *San Mateo Rotary*
- *Sequoia Healthcare District*
- *Touchpoint Foundation*
- *Trinity Presbyterian Church of San Carlos*
- *Wells Fargo*
- *West Valley Federated Women's Club*

## SENIOR PEER COUNSELING



offers FREE Senior Peer Counseling: a one-to-one service provided by trained volunteers in San Mateo County. The program offers confidential emotional support for San Mateo County residents ages 55 years and older facing challenges such as loneliness, depression, grief, isolation from family and friends, loss, and health or life changes.

*"It makes my life more worthwhile."*

All Peer Counselors are trained volunteers backed by professional support. Peer Counselors share a similar age, experience, values, wisdom and culture with the clients they serve. Following training with a licensed professional, Counselors meet once a week for 1+ hours with clients to offer guidance and empathy, as well as information on resources within the county. They also meet with fellow volunteers 2x a month.

*(Continued on page 8: Peer Counseling)*

## NEW VILLAGE FINANCIAL DONORS

Intero Real Estate and the San Mateo Rotary have become new donors to the VSMC! With their very generous donations of \$10,000 and \$1500, respectively, we hope to see their support grow over time as they get to know the Villages. All of our members and volunteers extend their sincere gratitude to Intero Real Estate and the San Mateo Rotary.

*(Peer Counseling: Continued from page 7)*

Rooted upon principles of self-help and mutual aid, the Senior Peer Counseling program is available in English, Spanish, Cantonese, Mandarin, Tagalog, and to the LGBTQ community.

The next training for new volunteers will run October 2-31, on Tuesdays and Wednesdays, from 9:00am—12:30pm. For more information please see their website:

[WWW.PENINSULAFAMILYSERVICE.ORG](http://WWW.PENINSULAFAMILYSERVICE.ORG) or call us at (650) 403-4300 x 4322.

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*(Treasure Island: Continued from page 2)*

A three-course luncheon was served that left us all delighted and truly awed by the generous portions, lovely appearance and superb taste. Most memorable was the atmosphere of friendliness we received from the staff. They were not at all hesitant to share their experiences within the school as well as their lives prior to entry. Would we go back? IN A HEARTBEAT!

After lunch, and nearby, we visited a beautiful architectural remnant of the 1939 World's Fair. The mural inside this building was very much worth the stop. Also, tucked away in a very small room, there was a museum of Treasure Island memorabilia—a future full size exhibition in progress.

All in all, it was a great day. Everyone obviously enjoyed the trip as well as the wonderful companionship it generated.

*~ article by Clare Gardella, VSMC Excursion Coordinator*

*~ photos by Scott McMillan*



From left to right: Mary Beroldo, Maria Tanner, Terry Foster, Rosemary Giraldi, Elaine Higashi, and Donna Fields await first course



From back left to right: Janice Svendsen, Adelaide Sciandri, Gloria Nicoll, Alice Pease, Edith Albert, and Erlinda Svendson





Nancy Batton and Frank Hildreth with Chef "trainee"



Clare Gardella explains Villages to serving staff



Clare Gardella, Nancy Batten and Frank Hildreth

Staff is ready to serve



Chef trainer Larry Toy explains Job Corps benefits to VSMC members Jan Prodger, Kay Burton and Paul Soby



Elke Jones and Gloria Nicoll with a San Francisco view



Patricia Brill and Jan Prodger admire mural inside Treasure Island World's Fair museum building