

# NEWSLETTER



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## NEW VILLAGE FACES FOR 2019!

### Meet Avril McCrae

The Villages is pleased to introduce you to Avril McCrae, a Masters Nursing Student from the University of San Francisco. Avril has been interning with the Villages since last May 2018.



*(Continued on page 3: Village Faces)*

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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

## COFFEE CONNECTION

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



**DATE:** Wednesday, April 17, 2019

**TIME:** 10:00 AM—11:30 AM

**LOCATION:** Veteran's Memorial Senior Center, Sunset Room  
1455 Madison Avenue, Redwood City

**PRESENTERS:** Ukulele Sing Along Group of Silicon Valley



**RSVP:** Please contact the Villages of San Mateo County office **no later than April 10** via emailing us at [info@villagesofsmc.org](mailto:info@villagesofsmc.org) or by calling us at 650-260-4569 if you wish to attend.

Interfacing with our Village members and volunteers, Avril has embraced the community and eagerly reached out to partner organizations and other resources that can augment active aging.

From now until her semester ends on May 1, Avril will be working on a quality improvement project based on the Villages social events (Excursions, Member Events and Coffee Connections) with the purpose of seeing in what ways the Villages can further improve its social programs.

You may be getting a call from Avril, as she will be reaching out to members to get their honest opinions, suggestions and recommendations about the Village activities, which will be shared with our Board and Special Events Committee. Avril will also use the results of the anonymous phone survey in her *Statement of Determination* project for her master thesis, which focuses on decreasing isolation risks in aging adults through social participation and engagement.

### Sharing The Joy

Meet Marisa Malatesta, a Village member, volunteer and donor since 2015. Marisa has the rare and innate gift of never meeting a stranger. She has the capacity to reach out and encourage others through her award winning smile. Marisa is also a resourceful “glass is always half full” creative problem solver.

Marisa generously shares the joy of active aging with her neighbors at the San Carlos Adult Community Center, where she is a volunteer three days a week. In addition, she participates in an active mahjong group at the Center and periodically hosts high tea and other events at her home.

Marisa serves as a volunteer mentor for Sequoia Village. As such she reaches out to her three mentees through regular phone calls, friendly texts and visits to encourage each of them to find their joy by staying connected and re-igniting their passions. Marisa’s genuine warmth and caring brings spontaneous smiles to all who have the privilege to interact with her. We are most fortunate to count Marisa as one of our dedicated member volunteers, who quietly forges the path for others to follow.



~ by Linda Burroughs, Executive Director, VSMC



## BEACH BLANKET BABYLON!

Our two nights attending the Beach Blanket Babylon performance was nothing short of great! Outrageous hats and wigs, brightly colored costumes, hilarious and clever songs and dances combined to give us plenty of fun and laughter. Concluding with a tasty dinner at a nearby restaurant, the evening was voted a huge success by all!

~ by Clare Gardella



VSMC members, Dale and Kai Nakano, enjoy a delicious Italian meal at Calzones's Restaurant prior to BBB performance

VSMC members, Duncan and Marcia McNamara, dinning at Calzone's Restaurant prior to BBB event



**SAVE THE DATE!**

**GET READY TO PARTY!!**

Our Mardi Gras Luncheon is back!!!  
Enjoy quality calories, an Umbrella  
Parade and Live music!

WHEN: Saturday, March 9, 2019

TIME: 12:00 PM — 2:00 PM

WHERE: Sandpiper Community Center  
797 Redwood Shores Pkwy

Please call 650-260-4569 to register. **REGISTRATION DEADLINE IS MARCH 1.**

## TECHNOLOGY REBOOT A HUGE SUCCESS

On Sunday, January 27<sup>th</sup> at the San Mateo Senior Center, Villages of San Mateo County partnered with the National Charities League (NCL) to assist seniors in upgrading their technology prowess.

More than 30 savvy seniors eager to take their skills to the next level gathered to receive one on one tutorials from the mothers and daughters of the NCL along with several tech volunteers from the Villages.



The energy was phenomenal as volunteer tech tutors worked with seniors at all levels to assist them in using their technology devices more effectively. Learning new applications and learning more efficient ways to utilize familiar apps; there were smiles all around as everyone had a feeling of meaningful and measureable accomplishments.

The Villages looks forward to our next opportunity to partner with NCL. All the participants left with an increased level of confidence and a bright smile. Knowledge levels soared, a few old relationships renewed and some new friends discovered. What a terrific day!





**VILLAGES OF SAN  
MATEO COUNTY  
(VSMC) CHAIRS AND  
COMMITTEES**

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The Value of your smile is difficult to calculate, but it is certainly much greater than you think. It communicates friendliness, happiness, approachability plus creates positive endorphins to make you feel confident and cozy inside.

As important and impressive as that is, your smile does far more than that. Your smile is a window into your overall health. The connection between your oral health and overall health is very strong – so ensuring a vigorous daily dental health routine is vitally important.

A look inside or a swab of saliva can tell your doctor volumes about what's going on inside your body. Your mouth is full of bacteria and lack of oral hygiene can not only lead to tooth decay and gum disease, but it can also increase inflammation and play a role in heart disease, including strokes and clogged arteries. (Mayo Clinic)

Now you're probably wondering what actions you should take to protect your teeth, gums and your overall health. Here is a great check list:

- Brush your teeth at least twice a day with fluoride toothpaste
- Floss daily
- Eat a healthy diet
- Replace your toothbrush every 3 to 4 months or sooner
- Schedule regular dental checkups and cleanings
- Avoid tobacco use

Here are Signs that show there may be problems:

**Issue: Dry mouth**

Please note that dry mouth is not a normal part of aging. It is often a side effect of some 400 different medications.

**Action:** Consult with your doctor if you have dry mouth to see if it's connected to any of your medicines. If so, your doctor may be able to change the dose or provide an alternative. Over-the-counter sprays, rinses or mouthwash and drinking more water can also help

*(Continued on page 7: Smiles)*

## 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:

- *Bristol-Meyer Squibb*
- *City of San Carlos*
- *Dignity Health*
- *Intero Foundation*
- *Mid-Peninsula Vineyard Christian Church*
- *Peninsula Healthcare Care District*
- *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*

(Smiles: Continued from page 6)

stimulate saliva flow and restore moisture in your mouth.

### **Issue: Pain in the mouth**

Untreated oral disease can cause pain and make it difficult to chew, swallow and eat, which can have a big impact on nutrition. People often start to avoid certain foods, like healthy fruits, vegetables, and chicken and fish and replace them with softer foods like pastas and rice. Some reduce consumption of these healthy foods altogether.

**Action:** Eat a healthy diet regularly.

### **Issue: Loose teeth or bleeding gums**

Unhealthy teeth and gums have been associated with chronic conditions including diabetes, heart disease, stroke and cognitive decline or dementia. Gum disease, bleeding gums and loose teeth could be signs of diabetes. Research suggests that treating gum disease can help improve blood sugar control in people with diabetes and may slow its progression.

**Action:** See your dentist and/or doctor asap to assess this situation.

### **Issue: Open sores or areas of irritation for 2 weeks or more**

On average, mouth cancers begin to appear at age 62 (American Cancer Society). Symptoms may include a sore or irritation in the mouth or throat that lingers, red or white patches or a pain, tenderness or numbness in the mouth or lips.

**Action:** During check-ups, make sure your dentist looks for any abnormalities or suspicious changes, as they could indicate disease.

Now that you know more about the importance of oral health; make every effort to upgrade your smile. See a dental healthcare professional at least 2 times per year or more. Be consistent in your healthy smile regiment and smile often. The power of your smile will lift you up and simultaneously lift up someone else as well.

For more information, feel free to visit the San Mateo County Health website on Dental Care at <https://www.smchealth.org/dentalcare>

~ contributed by Nancy Evans

## GOOGLE VOICE IN THE VILLAGE OFFICE

Our Village phone number and phone system are all part of a free service called *Google Voice*. Overall, it's a good system. There are a couple of features that are annoying, but we put up with them in order to continue using this free service.

- When you call our Google Voice number, 650-260-4569, you will hear the message "Please state your name after the tone, and Google Voice will try to connect you." Please don't be put off by this. Actually, you don't have to state your name. The call will connect quickly no matter what you say, or even if you say nothing.
- If nobody is available to answer your call, it will ring 5 times before rolling over to our recorded Village message; it will feel like a long time. Then, leave your message, including your name and phone number. We would like to shorten the number of rings so it gets to the message more quickly, but Google Voice does not offer that option.

So, we apologize for these inconveniences, but hope you will smile and think good thoughts as you wait for the opportunity to leave us a message or to talk with one of our dedicated office volunteers. Working with you is one of the great joys of our lives, and we hope you feel that way too!

Sincerely,  
Scott McMullin, VSMC Board Chair

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### DID YOU KNOW?

Reminders for new members and others who may have missed it...

- The San Carlos library and a volunteer will bring books to you. Other libraries may provide this service as well. For more information, give your library a call.
- *Recology* will come to your home so you do not need to take heavy carts to the curb. Start with a phone call to *Recology* at 650-595-3900.