

# NEWSLETTER



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## LET'S TALK ABOUT IT: "Can-Do" Seniors



Pablo Picasso painted for 78 years!

The story goes, you turn 65 and retire. Or does it? Even if you do retire, does that mean you stop being of value to society, your family or yourself? Absolutely not! There are too many things to do, places to go and people to meet. Great feats and personal goals can be achieved at all ages!

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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

You are invited to attend a preview of the “*Odyssey of Chaos*.” Open to all SV and MPV members, volunteers, and guests. Light refreshments will be provided.

**DATE:** Wednesday, September 6, 2017

**TIME:** 10 AM – 11:30 AM

**LOCATION:** RWC Veterans Memorial Senior Center  
Sunset Room, 1455 Madison Avenue, RWC 94061



**PRESENTER:** ALAN FLEISHMAN, author, retired marketing consultant and senior corporate executive. He has already written and published three historical novels. He was also a university adjunct faculty member, a corporate board member, community volunteer and an officer in the U.S. Army.

**RSVP:** If you wish to attend, please contact the Villages office by **August 30** at [info@villagesofsmc.org](mailto:info@villagesofsmc.org) or by calling 650-260-4569.

Join us for an opportunity to socialize with other VSMC members and to hear Alan Fleishman, a successful novelist and Sequoia Village member, introduce his new novel, “*Odyssey of Chaos*.” The inspiration for Alan’s novels comes from learning about the experiences his grandparents endured as they immigrated to the U.S. from the Ukraine amidst the worst of the Russian Tsar’s bloody 1905 anti-Jewish riots – *pogroms*. His new novel tells the story of Jews caught in Nazi-occupied Athens, the Christian Greeks who tried to save them, and those who betrayed them.



Alan Fleishman

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

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

## MEMORIES AS WE AGE

Memories of one's life can be expressed and shared in many ways. For instance, memories are put into song, memories are painted on canvas, memories are found in photographs, memories are written into memoirs, and memories are passed on verbally to family and friends.

According to Dr. Tim Wildschut, a researcher from the University of Southampton, England, "Memories of the past can help to maintain current feelings of self-worth and can contribute to a brighter outlook on the future." In other words, nostalgia may not only be pleasant, but may also be good for you!

Beyond these psychological effects, some of the fundamental functions of memory are vital to our experiences later in life. Retaining information over time influences how well we learn or develop language, form and maintain relationships, or experience a personal identity. Our memory continually stores, breaks down, and retrieves information that helps us to function both physically and mentally throughout our lives.

*(Continued on page 5, Memories)*

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## 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 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!



Seniors continue to stretch the limits placed on them by all age groups, including their own. Every day they play an active and vital role in society, and will continue to do so for much longer than in past generations. That's because the average life expectancy continues to increase each year.

Have doubts? Take a look at the following list of feats accomplished by some amazing seniors who served society and/or fulfilled their dreams. Remember...they are not alone. And they can inspire many more to follow in their footsteps.

- **The Winner Is:** Jessica Tandy won the Best Actress Oscar for her performance in *Driving Miss Daisy*. She was 80 years of age.
- **Tied The Knot:** Harry Stevens was 103 years old when he married youngster, Thelma Lucas, in Beloit, Wisconsin. Thelma was 84.
- **Experience In The Classroom:** Medarda de Jesus Leon de Uzcateg taught for 85 years in Caracas, Venezuela. She and her sisters opened a school in 1911 when she was 12.
- **Got The Urge To Write:** Sarah Louise Delany authored her 2nd book, The Delany Sisters' Book of Everyday Wisdom, when she was 105 years old. It was co-authored by her 103 year old sister, A. Elizabeth Delany.
- **No Splits:** At 86, Joe Norris became the oldest person to bowl a perfect game of 300.
- **I Need More Space:** Senator John Glenn hitches a ride on a space shuttle and becomes the oldest astronaut at age 77.
- **Took A Big Leap:** In 2004, at the age of 100, Estrid Geertsen of Denmark made a tandem parachute jump from an airplane at 4,000 feet.
- **Senior Power:** Ronald Reagan was reelected president at 73. Senator Strom Thurmond retired at 87.
- **Lights, Camera, Action!:** Movie director George Cukor put his last movie in the can in 1981. *Rich and Famous* was his 50th movie, and he was 81 years of age.
- **Taking A Walk:** In 2005, Philip Rabinowitz of Capetown, South Africa, was still walking competitively, entering races over 12 miles long. He was born in 1904.

(Sources: National Center for Health Statistics, Guinness Book of World Records; [www.KeepsakeCompanions.com](http://www.KeepsakeCompanions.com))

As we enter our senior years, our memory function may become less reliable, for example, when it comes to finding things like our keys. Other times, we may experience embarrassment because we forgot to go to a scheduled event or appointment. At still other times, communication can be affected as we struggle to find words to express our thoughts and feelings. Also, factors other than aging may be interfering with our memory: a bad reaction to medicine; depression and/or a medical incident, such as a stroke. In these cases, it is important to consult with your medical doctor.

We know that, to date, there are no cures to prevent memory loss. But we can slow down the process by engaging in a routine of physical and mental exercise along with a healthy diet and adequate amount of sleep.

At VSMC, we are always on the lookout for helpful resources and services that will help our members remain safe in their own homes as they age. For instance, we have been fortunate to receive grant funding to provide members who live alone with medical alert devices. Home safety walk-through visits are performed, and friendly calls and home visits may also be scheduled. In addition, as we consider our growing senior population, VSMC has recently formed a collaborative relationship with the Alzheimer's Association. While we know that not all memory loss turns into dementia or Alzheimer's disease, we are convinced of the value of education. Everyone benefits from knowing about the changes in thinking, reasoning or remembering that can take place as we age.

The Alzheimer's Association has many outstanding programs and tools to help us better understand day-in and day-out cognitive changes -- as well as how to adjust and adapt to these changes. They have also formed a recent partnership with the County of San Mateo wherein they are able to offer a free program to those who live within the county boundaries. This program assists individuals, especially those who live alone, who feel they are experiencing some memory loss. It includes: home visits to determine the individual's needs; help with coordinating support; connecting the individual and family members to community agencies; and more. If you or your family members would like to know more about this program and other opportunities, we encourage you to contact Rachel Kast, MSW, at 408-372-9913 or send her an email at [rkast@alz.org](mailto:rkast@alz.org).

The importance of staying in one's own home as we age becomes very important for those who may be in the early stages of dementia and Alzheimer's disease. Many available programs and services allow us to maintain our dignity, no matter what stage of life we are moving into.

~ by Victoria Kline



**VILLAGES OF SAN  
MATEO COUNTY  
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COMMITTEES**

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**AGE IS AN ATTITUDE**

“You are only as old as you feel.” I was reminded of this recently as I celebrated another milestone birthday – one of those that ends in “0.” It dawned on me with a shock that I could not even consider myself “Middle Aged” anymore! How could that be? I know I certainly think of myself as at least two or three decades younger than my chronological age shows.

A very lively and feisty member of The Villages of San Mateo County, who herself marvels that she is indeed in her 90’s, recently related that after she did something particularly outrageous, she was told, “oh, act your age.” Her priceless retort – “Well what age would you like me to be?!” In her case, she is definitely only as *young* as she feels.

What keeps us young? No, not the “young” as in the physical obsession that Hollywood and cosmetics companies portray of looking young no matter the cost, but the “young” as in alive in spirit. Research says that socialization, getting together with friends and family, does that. Dr. Laura Carstensen, Director of the Stanford Center of Longevity, in her book, A Long Bright Future, reminds us to keep our minds engaged and our connections with friends close. She makes the case that among other factors, a strong and select network of companions keeps us energetic, and leads to successful aging.

Examples of this vitality abound here with our Village members. One woman attends a weekly stitching group – to work on her needlepoint, yes, but just as importantly, to see her friends. I drive another member to a monthly bridge group. She looks forward to the day, to play cards to be sure, but also to have a good time with longtime pals. When I drive her home, her animated voice tells me that the afternoon was a great success, even if she lost at her bridge game. Did you join us last month for the Luau, the all Village summer party? Nearly a hundred of us gathered to listen to the haunting sounds of Hawaiian music, and to share a delicious lunch together. If you were there, you saw the smiles on our faces, saying “Aloha” to each other, swaying to the music, and enjoying each other’s company.

*(Continued on page 7, Age Attitude)*

## VILLAGES OF SAN MATEO COUNTY 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*

*(Age Attitude, Continued from page 6)*

The Villages provide members with a number of ways of getting together, from Coffee Connection, to museum trips, and the upcoming cruise around San Francisco Bay on FDR's "floating White House," the Potomac. This fall, Mid Peninsula Village is starting a new program, teaming up with a group of mother and daughter volunteers, who will be visiting our members on weekends to help with a variety of chores, bringing the wisdom of one generation, sharing the liveliness of another. These are all great opportunities to meet new people and greet old friends. I hope you take advantage of the ones that hold appeal for you.

We say at the Village that we are "neighbors helping neighbors." Our members and volunteers live that philosophy every day in such a variety of ways. After all, *age is only in your attitude!*

~ Deb Flaherty

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## IMPORTANT ANNOUNCEMENT!

If you have recently changed your address and/or phone number, please make sure that you notify the VSMC office by calling 650-260-4569, or email us at [info@villagesofsmc.org](mailto:info@villagesofsmc.org).

We don't want you to miss out on hearing from our volunteers who will be assisting you, receiving new VSMC information, or the many wonderful activities we have prepared for you!

"Thank you," from the office staff.



photos by Susan Gerard



## TESTIMONIALS

(Stan Low) ... "thank you for all your help ... everything on my list, including the glass Tansu chest" (was completed) ... you are smart, generous with your time, and I could tell you are a very giving person ... thank goodness for me, and nice for all who have contact with you in your life...."  
**Polly W.**

"In the short time that I have become a client of your wonderful group, you have done so much for me already! Words cannot express how much I appreciate all of you! Thank you, thank you, thank you ...." **Ingeborg R.**

"I want to thank all of you very much for what all of you do for me ... you help me get in and out of your cars, help me with my walker and also with my shopping in the store ... I couldn't ask for a better group of people. It is deeply appreciated by me and my family ...." **Jackie B.**

## In Loving Memory:

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

Max Grandfield