

VILLAGES of San Mateo County

Neighbors Helping Neighbors

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LET'S TALK ABOUT IT:

#CREATIVE RESILIENCE

"It was the best of times, it was the worst of times." – Charles Dickens



Charles Dickens

Currently, our personal experiences, attitudes and actions during this global pandemic will play a huge role in our relating to Dickens' quote.

So...what would you like to do? To share? To learn? To accomplish? Let's leverage our time

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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

with some of these actions and resources that offer support, education, entertainment and more:

- Talk on the phone with neighbors, friends and family regularly
- Work jigsaw puzzles
- Create a collage, sketch on paper or relax with a coloring book
- Play board games or card games
- Listen to books on Audible.com
- Cook something new, something from scratch and spice it up
- Take iPhone photos to send to friends; garden; look for the rainbow after a rain
- Keep a journal
- Write down stories, poems or observations; start that autobiography
- Sing as loud as you'd like
- Dance, take walks and do a neighborhood Hokey Pokey

The fact is, most of us are going to be spending a lot of time at home. And there are countless experiences at your fingertips to make your time indoors more artful and imaginative. Check out some of these below, and then find some of your own.

ART GALLERYS AND MUSEUM TOURS

- *State Hermitage Museum*: St. Petersburg, Russia
<https://www.youtube.com/watch?v=49YeFsx1rlw>
- *Rijksmuseum*: Amsterdam, Netherlands
<https://www.rijksmuseum.nl/en/masterpieces-up-close>
- *Musée d'Orsay*: Paris
<https://artsandculture.google.com/partner/musee-dorsay-paris?hl=en>
- *Uffizi Gallery*: Florence, Italy
<https://artsandculture.google.com/story/cQVh5Rbqa2Q3dg>
- *National Gallery of Art*: Washington, D.C.
<https://artsandculture.google.com/partner/national-gallery-of-art-washington-dc?hl=en>
- *Smithsonian Museum of Natural History*: Washington, D.C.
https://naturalhistory2.si.edu/vt3/NMNH/z_tour-031.html

SONGS

- “Stayin’ Inside” - Corona Virus ‘Bee Gees’ Parody

https://www.youtube.com/watch?v=nmUXntGlqFI&list=RDnmUXntGlqFI&start_radio=1&t=0

- “My Corona Home” - ‘Kokomo’ Parody

<https://www.youtube.com/watch?v=0uDTs-9fq00&feature=youtu.be&fbclid=IwAR3jrNZxIHgM6vubDANjt2IzmoRN8WEzXw1b6Y4Y4Y-b0QdsXU2eClyvVNE>

HUMOR

- In a TikTok video, Sam Thullesen "totally figured out" the secret to the coronavirus

<https://www.insider.com/coronavirus-memes-people-joking-about-covid-19-to-reduce-stress-2020-3#others-are-adding-levity-to-the-discourse-with-fake-conspiracy-theory-content-2>

MEMES AND VIDEOS

- Employees working from home due to coronavirus have shared memes online

<https://www.dailymail.co.uk/femail/article-8108527/People-share-hilarious-working-home-memes-coronavirus.html>

“Laughter is the closest distance between two people.” - Victor Borge

Lastly, each of us might ask ourselves: how much time am I absorbing news on the Covid-19 pandemic versus how much time am I nourishing my brain, body, emotions and relationships? Let’s focus on what’s NOT cancelled. Spring, sunrise and sunset, relationships, reading, music, imagination, dancing, love and kindness are NOT cancelled. Let’s all remind ourselves about friends and family. Most of all, remember to practice kindness to yourself every day. Self-care is never cancelled.

“Life isn't about waiting for the storm to pass ... it's about learning how to dance in the rain.” - Vivian Greene

From the Executive Director: Linda Burroughs

Dear Members, Volunteers and Friends,

We are all required to demonstrate resilience, creativity and thoughtfulness during these unprecedented times of uncertainty and fluid facts. We are all seeking some sense of control over our circumstances. We are all in need of interesting and creative ways to spend our time and to feel connected to others.

Villages of San Mateo County remains steadfast in our commitment to help you clear the hurdles and to help you share your victories with others. Although we've had to make some major adjustments to honor the county and state mandates during this pandemic, we are Perennials. We are adapting and making new ways to do what is needed.



New Approaches and Expanded Community Service

As stated in an earlier communication, Village Volunteers are delivering groceries to those who are unable to utilize online or grocery delivery and pick-up services. Village Volunteers have expanded their meal service delivery through our partnership with Meals on Wheels. Volunteers are also picking up prescriptions for those who are unable to utilize online services. We have a group of volunteers who are calling our members weekly or bi-weekly just to 'Touch Base.' We want our members to know that we care and we want to remain in a position to detect any essential unmet needs that may need to be addressed. As expected, our members have an attitude of appreciation. Our volunteers share a joyful smile that comes easily and can be seen on facetime as well as heard over the phone. These miles of smiles comes from providing meaningful services.

I am also proud to report that several Village Volunteers have responded to the healthcare community shortage by making masks for front line personnel. Pulling out that portable

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machine and making masks to protect our community is an essential need and a blessing. If you are so inclined, here's a 'how to' link for making face masks:

<https://parade.com/1012729/jessicasager/how-to-sew-a-face-mask-to-overcome-the-shortage-during-coronavirus-pandemic/amp/>

The New Normal – Distant Socializing

Our Special Events Committee is determined to keep our Coffee Connections on track and has implemented our first 'Zoom Coffee' on Disaster Preparedness. We had 39 attendees at our first gathering. It turns out that we are more prepared and tech savvy than we thought. Let's keep the momentum going. Let's continue to upgrade our skills and pass them on. We will soon be comfortable enough to brag to a grandkid!

I reached out to ask our Leadership Committee about their most creative Distant Socializing routine. A few days later, Dianne Weitzel, a Village Volunteer, appeared on our local ABC TV-station and YouTube via Zoom demonstrating the Hokey Pokey for neighbors along with some friends (six feet apart, of course) from other locations. Our Village family is among the most creative and resourceful on the planet.

The Special Events committee is working toward adding a 'Relaxing Yoga' Zoom, accompanied by a YouTube hyperlink, on the VSMC website. The hyperlink will allow you to become consistent and proficient in utilizing this stress-reducing routine. Other interactive Zooms, such as virtual cabarets, musical performances and sing-a-longs are also in progress. If you have some creative suggestions for Distant Socializing, please give a call to the office or send us an email. We are open to receive your suggestions.

In closing, again I would like to thank each of you for your commitment to community. You are stellar examples of remaining calm and resourceful as you share your generous spirit with others. But remember, self-care is priority one. Stay safe and stay well as you stay connected.

With much appreciation,

Linda

VILLAGES OF SAN MATEO COUNTY DONORS

VSMC extends its sincere thanks for the generous financial support and in-kind gifts received from the following major donors:

- *City of San Carlos*
- *Dignity Health Sequoia Hospital*
- *PAMF Community Health Care Endowment*
- *Paula Thompson Legacy*
- *Peninsula Healthcare District*
- *Redwood City Parks and Recreation*
- *Sequoia Healthcare District*
- *Trinity Presbyterian Church of San Carlos*
- *West Valley Federated Women's Club*

VOLUNTEER SPOTLIGHT:

Len Flaherty

Meet Leonard Flaherty, a retired finance executive whose sense of adventure is frequently undetected. This same sense steered him from Boston to the Bay Area many years ago. With finite cash and only one couch to surf, Len got busy and forged the path to his finance career, marriage and an interestingly wide range of friends.



Len has been an active Village Volunteer and Social Member since 2016. VSMC is most fortunate to count him among its multi-talented volunteers. Not only is he a driver, but a handyperson as well, with the experience to respond to essential home repair requests.

Just beneath his quiet demeanor lies an active listener. But, Len is a doer. He is a bass singer in the San Mateo Congregational Church choir, a vintage car enthusiast, a piano student, and a member of CC Riders (a local bicycle club). His own story has many chapters and likely many more major highlights, but he is quite comfortable listening to the fascinating and inspiring adventures of others.

Once you meet Len you'll immediately appreciate his dry wit. I am pleased to extend a huge thank you to Len Flaherty for sharing his spirit, artistic flair and calming demeanor with all of our Village staff, members and volunteers. We all aim to emulate his humble demeanor and spontaneous generosity.

~article by Linda Burroughs, Executive Director, VSMC

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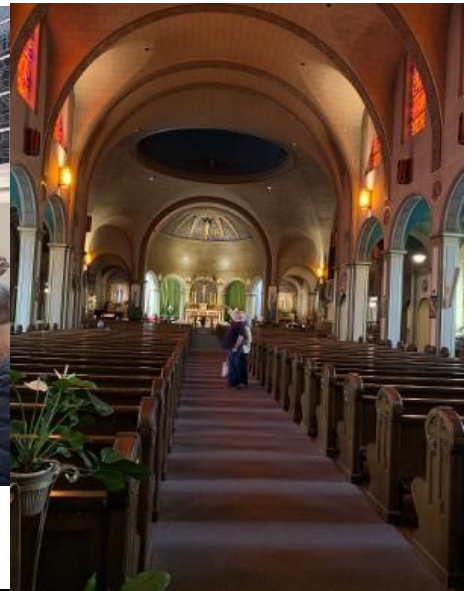
VILLAGERS ON THE MOVE!



...at the
Delta Bay
Model
Visitor
Center,
Sausalito...



...at Mission Dolores, San Francisco...



...at the de Young Museum, San Francisco...





...and at a western BBQ!!