

### **From the President** **New Status for VOTC**



Exciting news - VOTC will soon be incorporated as its own 501c3 non-profit corporation.

The application was filed in early February and we expect to have approval from the IRS in May.

Up until now, VOTC has operated under the fiscal sponsorship of Senior Coastsiders. This legal arrangement provided many advantages to our fledgling organization and we are grateful to Senior Coastsiders for their support during our start-up.

Now in our third year of operation, we have gained the confidence and know-how we need to operate a 501c3 non-profit. The Board of Directors is aware that independent status will simplify accounting procedures, be advantageous in fund raising efforts and allow us to better establish our identity in the community.

We look forward to a continued partnership with Senior Coastsiders and to working with many community groups to improve programs and resources for older adults on the Coastsides.

(Note: VOTC is looking for new ways to work with the HMB Coastsides Chamber of Commerce and its new President & CEO Kristyln Giedt). We welcome your ideas.

Judy Macias

Newsletter March, 2019

### **From the Board - Planning 2019**

The VOTC Board of Directors met recently for a 3-hour Strategic Planning session to discuss our goals for 2019.

These include learning all aspects of operating our new non-profit organization as well as hiring and training a new part-time administrative assistant.

We also discussed member engagement and developing new interest groups, as well as exploring new ways to increasing services to members.

#### **Board members:**

Judy A Macias, President

Terry Plank, VP/Marketing/Technology Chair

Sue B Santoro, Secretary

Maureen Szostak, CFO/Finance Chair

Jeanette Ward - Events/Volunteer Chair

Emily Glines - Membership Chair

Janet Crist-Whitzel

Joyce Logan - Pumpkin Festival Chair



Marylin Dodd  
Carin Feldman  
Janice Giorgi  
Barbara Lambert  
Lynn Robbins

### **New Members**

Carlotta Bannen  
Janet Bartlett  
Jim Brigham  
Skip Granger  
Paul Feldman  
Anne M Hughes  
Jane Lewis

## New Interest Group - Challenges and Opportunities of Aging

The Challenges and Opportunities of Aging are topics that have been on my mind a lot since becoming a member of the Village and realizing that there are some opportunities to be had with aging.

Beginning April 16, 1-2:30pm I invite you to join me to talk about how we're navigating the challenges and opportunities of aging in place and remaining independent in our community as long as possible.

We don't have a name for the group, but possibilities are Active Aging, Issues of Aging, Redefining Aging, or Building and Balancing Life As Older Adults - maybe you have some better ideas.

This is not a therapy or counseling group. I plan to host the group, but we'll decide together what we want to discuss - hopes, needs, strengths, challenges...and of course opportunities.

Please register at [villageofthecoastside.org](http://villageofthecoastside.org). You can find more about the group on the website from the April 16 listing in Upcoming Events or the Events Calendar. Or contact me - Terry at [terry@coastside.net](mailto:terry@coastside.net). Looking forward to seeing you there.  
*Terry Plank*

## Do You Bocce?



The HMB Coastside Chamber of Commerce is putting together a Bocce Ball league at the Golf Links. As a Chamber member VOTC is hoping to field a team.

It's an 8 week season on Monday nights March 25 - May 13 from 6-8 PM which includes 2 buffet dinners and prizes.

You don't even have to be available every Monday - we just need 4 players per night.

If this interests you please contact Events Committee chairperson Jeanette Ward at 650.954.7476 by March 10.

## Forgot VOTC Password?

Easy way to recover your User Name and set a new Password:

1. Click on the Login link at the top of our public page.
2. When you get to the SIGN IN, scroll down to *Forgot My Username/Password* link and click to request an email.
3. Receive Username and a new Password.

## New Interest Group - Women Drumming

Drumming is one of the earliest forms of musical expression. It can be a transformative tool and because it mimics the heartbeat, can often reduce stress and tension. I'll be holding the group at my house beginning April 30th.



You don't need drumming experience to join us. You do not even need a drum. We have several "drum like" objects and several authentic percussion instruments that make wonderful sounds.

We will begin with very basic drumming patterns and progress as the group is ready. A drum circle is an end in itself and is not in preparation for a performance of any kind.

For address and registration see Upcoming Events (page 4) or the Event Calendar at [villageofthecoastside.org](http://villageofthecoastside.org).

If you have any questions please contact me - [sgonzalezday@gmail.com](mailto:sgonzalezday@gmail.com)

*Shirley*

**Full EVENTS CALENDAR** is located at [villageofthecoastside.org](http://villageofthecoastside.org). Check it regularly for updates, and additional **community events**. For questions and help contact. **650.440.5030** or [info@villageofthecoastside.org](mailto:info@villageofthecoastside.org)

## New Interest Group - Guy Thing

Chip Chandler, Paul Feldman, and Terry Plank met at Café Society for our first Coffee Buzz Interest Group meeting for Village men to better acquainted. Next month's get together will be breakfast, March 22, 9 am at Taste Café - Strawflower Shopping Center 50 Cabrillo Hwy, HMB.



## What's Your Interest?

If you have an idea for an interest group that you think others might enjoy, please share it with the Events Committee by contacting Jeanette Ward - [jbwardhmb@gmail.com](mailto:jbwardhmb@gmail.com) or 650.954.7476

*BTW- We meet monthly at my home and always welcome members to attend a meeting and/or join the committee. JW*

## Fun and Funding - May 2, 2019



This 24-hour online giving challenge coordinated by Maverick's Community Foundation funds

nonprofits on the Coastsides.

Last year Village of the Coastsides doubled the amount of the money raised the year before and doubled the number of donors. We're hoping to break our record this year as we continue to grow and make our group known.

VOTC is a voice, a connection and an influence on the way people think about aging on the Coastsides. Our members are the wave of older adults who are redefining aging and laying the groundwork for those to follow.

Coastside Gives is made up of matching grants and competition for prizes so strategy and creativity make a difference in how much money we raise.

### Here's how you can help:

Check out [CoastsideGives.org](http://CoastsideGives.org) online to see how matching grants and contests work.

Come to our fundraising committee meeting on Monday March 4<sup>th</sup>, 2019 at Senior Coast-siders at 1:00 with your ideas.

## Volunteers & Services - Drivers Wanted

PLUS Members have enjoyed friendly visits and phone check-ins after surgery and appreciate the help with simple repairs.



VOTC continues to need drivers willing to give a ride, run an errand, or make a home visit along our coastal corridor. (Chauffeur's hat not required.)

[volunteer@villageofthecoastside.org](mailto:volunteer@villageofthecoastside.org) or contact Jeanette 650.954.7476, if you are willing to join our team.

AGING. BETTER.

## Meet a Member - Shirley Day

If you've ever wondered if there is such a thing as a native Floridian, I am it. Now, I'm not a deep south Florida Cracker Floridian but I am a Florida farm girl, proud of my Florida/Spanish/Cuban roots. I moved in August to be closer to one of my three daughters and settled on the Coastsides in October.



As I think about words to describe who I am and what I do, the following come to mind: mother, teacher, school principal, glass artist, musician, gardener, birder, nature lover, reader, traveler, dog lover.

I learned about VOTC while attending the Senior Expo. I was fortunate to happen upon a presentation during that event that piqued my interest. I was drawn to the group because of my age, my desire for socialization and because I wanted ideas for aging in place.

I was also drawn to the warm and friendly people doing the presentation and felt the group would be a good match for my needs.

One of the challenges I face as I grow older is that I no longer recognize who I see in the mirror - and that illustrates for me the perception others have of elders.

I want to be a part of changing that perception. I want to be active and involved in my community, up to date with technology, and to promote the image of seniors as highly worthwhile members of society.

I see the VOTC as an association of people who have those values in common and who offer the opportunity to learn, to serve, and to be an example for others.

### Most liked on VOTC Facebook Page

102 Year Old Woman Goes Horseback Riding  
103 Year Old Becomes Jr. Ranger at Grand Cyn.  
and this inspiration:



WINKGO.COM  
26 Stylish Seniors Who Refuse to Wear Old-People Clothes  
It's been said that age is a state of mind. Sometimes a teenager might...

## March Events - Lot's to Do

## Tuesday March 5

**Village Coffee Break      Cove Café at 10 AM**

Join members, guests, volunteers, and new friends at this monthly event. Registration is appreciated for a head count!

Shoreline Station – 225 Cabrillo Hwy South

**Friday March 15      HMB Library 6:15 - 8:30 PM**

## VOTC Friday Night Movies - *First Man*

Oscar®-winning director Damien Chazelle and star Ryan Gosling reteam for the riveting story behind the first manned mission to the moon, focusing on Neil Armstrong and the decade leading to the historic Apollo 11 flight. Please register for a head count!

**This is a community event**

Wed. Mar 20

## Coastside Dining Club – San Benito House

**Lunch** **12 Noon**

Meet at this Main St. icon for one of their delicious sandwiches, or order off the menu in the dining room. We can sit outside if weather permits. Registration required so we know to look for you!

**Mon. Mar 25**                      **1 - 2:30 at the Library**

## Coastside Conversations Presents Family Caregivers Alliance – Communicating with the Medical Profession

Navigating our health care system can be a daunting experience, often leaving older adults and family caregivers confused and frustrated by an unsympathetic and bureaucratic system.

Participants will learn to use effective communication techniques and powerful communication tools to be a better advocate for themselves and for the person for whom they are caring.

Christina Irving, LCSW and Clinical Services Manager, FCA will facilitate this event.

**Thurs. Mar 28 Walk at 3:30 PM/Drinks at 5 PM**

### Fitzgerald Walk/Cocktails @ MB Distillery:

Join members, volunteers & guests to walk along the Fitzgerald Marine Reserve bluff. Start at Moss Beach Distillery at 3:30 and end there for Happy Hour drinks and snacks! Park at Distillery parking lot. Registration required.

## April Events - And More

**Fri. Apr. 12**

**9 AM - 5 PM**

**Health & Aging Education Day - Crowne Plaza  
Hotel 1221 Chess Dr., Foster City**

A full day of presentations on topics of interest to older adults and their family members- includes lunch. Go to Event Calendar online ([villageofthecoastside.org](http://villageofthecoastside.org))

details and to get tickets. Cost is \$8 (Seniors 55+); \$20 General Admission. Bring your family!

We'll have an exhibitor table - look for us - help staff the table!

**Tues. Apr 16**

## Lesley Gardens 1 - 2:30

**NEW! Interest Group: Challenges and Opportunities of Aging**

A group exploring how to navigate the challenges and opportunities of aging in place. See page 2 for details.

**Friday April 19 HMB Library 6:15 PM - 8:30 PM**

## VOTC Friday Night Movies - *A Star is Born*

Musician Jackson Maine (Bradley Cooper) discovers—and falls for—struggling artist Ally (Lady Gaga). She has just about given up on her dream to make it as a singer... until Jack coaxes her into the spotlight. As Ally's career takes off, their relationship is breaking down, as Jack fights an ongoing battle with his own internal demons. With Sam Elliott.

**Mon. Apr. 22 1 - 2:30 At The Library**

## Coastside Conversation - We Love Our Pets!

The ins and outs of pet care with Buffy Martin Tarbox, Humane Society & SPCA's Communications Manager. Learn which animals are best for older adults and how to help the animals in our community.

Tips on providing for your animal should your pet outlive you; caring for senior animals and the health benefits of pet ownership.

Registration is appreciated. Community is welcome, so bring a guest!

**Tues. Apr. 30**

## 11 AM - 12 Noon

**Women's Drumming Circle 656 Myrtle St., HMB**

Led by new member Shirley Day. Limit 9 women (members only). Please register ASAP for a spot in the circle. See page 2 for details.

## VILLAGE OF THE COASTSIDE