

From the Board

Food, Friends and Future

Please save Monday, Sept. 23 10 - 12 for our first "Village Connect" event. We'll be celebrating our third anniversary at the Half Moon Bay Library. A former chef at the Ritz will cater a sumptuous brunch.

The Village is always looking for ways to improve connection, so here's a chance to engage with your 76 fellow members, volunteers and supporters.



The plan is to eat well, shake a few hands, share a few laughs, pat some deserving volunteers on the back and gather ideas for the future. Brunch will be served promptly at 10 AM followed by an interactive presentation. You'll have a chance to find out more about how the Village works and what kind of offerings are in the works. Lots of opportunity for questions and suggestions.

Wear your Village name tag if you have one, and we'll have some at the door if you don't. This is a good and tasty opportunity to invite any friends and neighbors who are curious about the Village

Please register. If you have difficulties, call 650-440-5030.

President Judy Macias will be attending the Village Network's National Village Gathering in Chicago, Sept. 18-20. Report to follow.

Newsletter September, 2019

We're pleased to welcome the following new Members who joined in July and August:



Teresa Adam, June Baxter, Mark Battey, Jayne Battey, Robert (Buzz) Myers, Larry Kleinman, and Linda Frisch.

You can find their email addresses in the website Member Directory if you'd like to send them a personal welcome.

49th Annual Art & Pumpkin Festival October 19th and 20th - We Want You!

If you are over 21 and like making people smile here's the perfect opportunity - our fundraising activity at the Pumpkin Festival.

The Half Moon Bay Brewery-Village of the Coastsides beer booth will be at 448 Main Street (intersection with Kelly) in the parking lot just north of Cunha's). The Brewery folks do the heavy lifting, we get to be charming, sell souvenir mugs and hand out craft beer.



We must be good at this because this is one of our best fundraising events. To sign up for a 3 hour shift on Saturday and/or Sunday from 9AM - 5PM call Joyce

Logan 831-402-6405 or email PumpkinFestival@villageofthecoastsides.org

Renewal Time!

Half our members are up for renewal this fall. We hope that membership in the Village has contributed to improving the quality of life for you and the Coastside, and that you will continue to invest in our future. Renewal helps us to continue building a strong foundation for ourselves and the many people in our community who will benefit in the coming years.

This is the time to consider if you want to change your membership type. We've added more options for greater flexibility.

Member Household: \$300/\$25 per month -

One of our most popular member types. This is a savings of \$180.00 over the cost of two individual memberships. It's a great way to add your partner.

Member Individual: \$240/\$20 per month.

Member Plus Household: \$600/\$50 per month/ Member Plus Individual: \$480/\$40 per month

PLUS includes our screened and trained Service Volunteers who offer extra help so you can remain in your home - includes transportation, home & personal assistance, social support and medical support.

On the website, you'll find the option of paying by credit card (annually or in automatic monthly payments). You can also print an invoice and mail in a check.

We look forward to your continuing involvement with VOTC!

VOTC Facebook Page

Each month we review the most popular of the posts from the VOTC Facebook page. These are posts that people "liked" or commented on - Betty White's 97th Birthday, France building an Alzheimers Village and words from Willie Nelson.

All are welcome to comment and post thoughts and pictures. Please invite your friends to check us out. If you are not on Facebook you can see these posts on the VOTC website.



Meet Member Pat McNutt

I have lived on the Coastside for 40 years and still marvel that I am lucky enough to be planted in this beautiful place!



I grew up in the small town of Corona in Southern California and the Coastside is about the same size as that small town was then, and I have always felt comfortable here. I love the marine air, the ocean, and the proximity

to the redwoods and mountains.

I have worked and volunteered as a musician most of my life and have enjoyed an active career here teaching piano and playing with and for various performance groups. I am retired from teaching, but still play piano some when I choose to. I enjoy reading, camping, music, walking and volunteering.

When I first heard about VOTC I was intrigued by the concept of aging in place. Even though I love to travel, I am really a homebody, comfortable in my space, and have the fond hope that I can stay in my home for as long as possible.

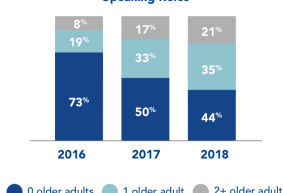


While I don't need the services of Member Plus yet, but I want to support those services and I want to support the concept of better aging that VOTC stands for. I enjoy the educational workshops and discussions we have, and I enjoyed playing bocce ball on our team last year! The VOTC website is full of helpful information on aging. I like reading about this phase of life, and the website has many good book suggestions.

Better aging is a concept that I think we need to promote and explore in our society. There are so many of us living to this later stage of life,

Do People on TV Look Your Age?

Episodes With Older Adults (65+) in Speaking Roles



Almost ¾ of 2016 storylines had no speaking roles for older adults

Following work with Hollywood, Health & Society, more than half of 2018 shows (like a storyline in [General Hospital](#)) had 1 or more central older characters

You Get More When You Log In

Anyone can go the Village of the Coastsides website and many do - to find out who we are or to check on an event. But for members there are additional features. These are on the Member pages that you access by logging in. You will find more Aging Better Resources, VOTC documents and the Member Directory.

Forgot your Member Username and/or Password? Here are 2 ways to find your Username and get a temporary password:

1. On the website home page at the top is a link to Log in. Click and go to "Forgot My Username/Password" link. Follow instructions.
2. When you go to sign up for an event there is a big Green Button for Recover Username/Password.

Low tech hint: Many Members print out their Username/Password and tape it to their computer screen or put it in wallet or purse.

Emergency Preparedness Starts Here

Keeping a pair of tennis shoes under your bed is the simplest way to start preparing for a disaster. Earthquakes at night and cut feet were the number one injury! Having a "go" bag and knowing your neighbors will check on you are others.



As a community we have the Coastsides Community Emergency Response Team (CERT). You can participate at many different levels, without taking all the classes to become fully certified. We encourage all our members and volunteers to log in to coastsidecert.com to learn more.

When you get to the site, read and scroll and when you see JOIN. Fill out the form that will put you in touch with your neighborhood so you can be connected. You can also sign up for the newsletter or if you have questions, you can email coastsidecert@gmail.com

Be as involved as you want, but be informed and don't be left out! Let us know if you're interested in a VOTC program to address planning for a range of disasters - fire, earthquake, tsunami.

AGING. BETTER.

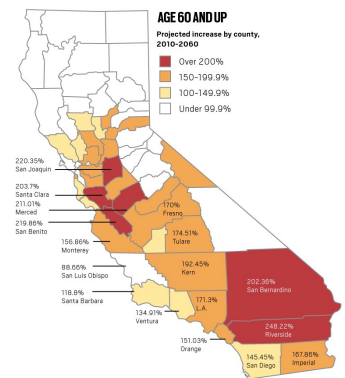
Something to Agree on - California Master Plan for Aging

An overwhelming majority (84 percent) of California voters would be more likely to support a candidate for governor who has a vision and long-term master plan to address the state's increasing need for senior services – and more than half (57 percent) would be willing to support a tax increase to fund it. These are some of the key findings of a statewide voter survey conducted June 8-11 and released by We Stand With Seniors...Will You?

Gov. Newsom got the message and signed an executive order calling for creation of a Master Plan for Aging to be developed by Oct. 1, 2020.

The population 60 or older is expected to grow more than three times as fast as the total population.

We belong to Village Movement California, which is laying the groundwork for educating communities, aging services partners, and state officials about the village model, and to advocate for its inclusion in the Plan.



Registration? What's That About?

You might have wondered why we ask everyone to Register or Sign Up for most of our VOTC events. The most obvious reason is because the organizers can plan better when they know how many are coming. (Make sure there are enough chairs, etc.)

But the main benefits are for you. If you click the Registrants Green Button you can see who's signed up to attend. Maybe someone you haven't seen for awhile will be at the same event. Plus you'll get an email reminder the day before the event or you'll get notified if the event is cancelled.

It's easy to register. When you click on the Event in UPCOMING EVENTS or on the Event Calendar you'll see a BIG GREEN BUTTON on the right, either Register Now or Sign Up Now. Then Log In and follow the steps to register.

Questions about an event or wondering if something might have been cancelled? Call the Concierge at 650-440-5030.

September Events - *Musical, Magical, Caffeinated*

Tues. Sep 3rd Village Coffee Break/Breakfast at Cove Café (in Shoreline Station) at 10 AM.



Join Members, guests, volunteers, and new friends at this event. Great opportunity to learn more about the Village. Registration appreciated.

Sun. Sep 15 Symphony Interest Group – MTT Conducts Mahler's 6th Symphony

Be front, center, balcony for a landmark season celebrating MTT's legacy with the SF Symphony! MTT begins his final season with Mahler's #6 - a work with impassioned expression and a special reputation. Contact Nina Nelson, nencgn@yahoo.com, 560-9025.



Mon. Sep 16 Get Your Game On! - Library 12:30- 2:15
See October 21 description

Wed. Sep 18 Challenges and Opportunities of Aging 1-2:30 at Lesley Gardens See Oct. 16 description

Fri. Sep 20 VOTC Friday Night Movies at the Library 6:15-8:30 Feature: Mary Poppins Returns



Decades after her original visit, the magical nanny returns to help the Banks siblings and Michael's children through a difficult time.

Emily Blunt (*The Devil Wears Prada*) stars with Lin-Manuel Miranda and Dick Van Dyke.

Come early for popcorn and to socialize with new and old friends! Feel free to bring a guest!

Sun. Sep 22 Symphony Interest Group – MTT Conducts Trifonov Plays Rach 4 and Adams Premier

Enjoy a new work by John Adams, one of America's most celebrated living composers. Russian pianist, Danil Trifonov tackles Rachmaninoff's #4, and Schumann's Symphony No. 3, Contact Nina Nelson, nencgn@yahoo.com, or 560-9025.

SPECIAL EVENT

Mon Sep 25 Village Connect Anniversary Brunch at the Library 10-12

See page 1 for details

Mon Sep 30 Miramar Walk 4 PM and Happy Hour at Miramar Restaurant at 5 PM

Welcome members, volunteers and guests to a non-strenuous walk along coastal trail. Meet at Miramar Restaurant, where we'll return for happy hour!

October Events - *Challenges, Mortgages and Games*

Wed. Oct 16 Challenges and Opportunities of Aging 1-2:30 at Lesley Gardens

This monthly discussion group explores how we are navigating the challenges and opportunities of aging in place, finding ways to remain independent in our community for as long as we can.

This isn't a therapy or counseling group. Terry Plank hosts and we decide together what we discuss regarding common hopes, needs, strengths, and challenges.

Please register for a head count.

Mon Oct 21 Get Your Game On! - HMB Library 12:30-2:15 PM

It's all fun and games!

Bring your favorite board game or deck of cards and teach others how to play. Don't have a favorite? Come and try your hand at something new while expanding your circle of friends!



Wed Oct 30 Coastsider Conversation – Reverse Mortgages -7PM at the Library

A reverse mortgage can be an essential tool to help seniors age in place and relieve the money pressures brought on by the economy, illness or other unforeseen events.

Rick Southern, a senior loan officer and reverse mortgage consultant with Anchor Funding, will present the pros and cons. He has worked in the mortgage business for more than 20 years and has many insights into the business. He's a Coastsider and Village volunteer.

Open to the community. Feel free to bring a guest! Please register for a head count.

The **FULL EVENTS CALENDAR** is located at villageofthecoastside.org. Check it regularly for updates, and additional **community** events. For questions and help contact. **650.440.5030** or info@villageofthecoastside.org

VILLAGE OF THE COASTSIDE