

From the Board - Plans and Reports

BRAVO

The semi-annual BRAVO meeting was held in Sausalito Oct. 17th. The Bay Regional Area Villages organization includes 40 villages from Palo Alto to Petaluma. There are so many ways to village. A new one in Oakland will be located completely inside a low-income housing development. We learned about exercise programs for older adults, the GrandPad (simplified iPad) and about alliances with healthcare facilities.

Adopt-a-Senior

The Village of the Coastsides is adopting a homeless senior as part of Coastsides Hope's Adopt-A-Family Program. For 30 years Coastsiders have shown their holiday spirit by contributing, sponsoring or adopting families or seniors. VOTC's adoptee is "John," a 69-year-old homeless man, who is a client at Coastsides Hope.

He has requested a rolling cart, personal hygiene and laundry items, plus a few items of clothing and corned beef hash which he loves. He has access to a small storage area so we can collect multiples of some items for future use.

Before you buy anything, please contact our Concierge, Cathy Conry 650-440-5030 or info@villageofthecoastsides.org. She'll sign you up for specific items and provide size and preference information. If you like shopping please let her know in case others need help. For more about Adopt-A-Family, contact Coastsides Hope (650-726-9071) coastsideshope.org

Newsletter November - December, 2019

Christmas Pizza at Pasta Moon

It's not too early to plan for our annual Pasta Moon Holiday Party at on December 12th from 5-7 pm. If you haven't been to the new location at 845 Main Street here's your chance to check it out before year end.

There will be a variety of PM's special pizzas (try the pear and prosciutto, it's divine) and a no host bar! Bring a friend who might be interested in VOTC. See you there!



You shop. Amazon gives.

Village of the Coastsides is now one of over one million organizations that can receive donations through AmazonSmile. It's a simple automatic way for you to support our Village with no cost to you. Amazon donates 0.5% of each eligible purchase to the charity of your choice.

You simply go to Smile.Amazon.com to shop. On your first visit to AmazonSmile you choose the charitable organization to receive donations from your purchases. They remember your selection and each eligible purchase thereafter results in a donation. Tens of millions of products are eligible marked "Eligible for AmazonSmile donation." For More information about the program go to the Amazon website and type in AmazonSmile.

Pumpkin Festival Brew - ha ha

Cheers to Joyce Logan, Mary Ellen Allen, Chris Orman the leaders of our Pumpkin Festival team. Eighteen Members and 17 of their friends volunteered in support of the Village, looking fine in their Village t-shirts and undaunted by misty rain on Saturday.

Cooperation and shared sense of community were in the air with fun, food and silliness in abundance.



Daniel & Katherine Polk
Alan Ellsworth, Steve Diers



Mary Ellen Allen

Thanks to the HMB Beautification Committee and Miramar Events for organization and support and special thanks to the HMB Brewery for delicious products to sell and friendly helpful staff. Not only was it fun but we came away with \$1913 in tips... including two \$1 coins.

Have a little time to lend a hand and help a fellow Villager?



We are always accepting applications from volunteers who can provide a local ride, a friendly visit, run errands, or do a light handy "person" chore for one of our PLUS members. Think of it as a way to "pay it forward" for when you might need a hand in order to stay in your home. You can decide what you can do by simply responding to an email service request.

Background checks are simple, painless and provided by VOTC, along with DMV screening for drivers. You get the hand-book and an orientation to get started. Both community and member volunteers welcome.

Contact volunteer@villageofthecoastside.org or download the application from the website www.villageofthecoastside.org click on Menu item Volunteering.

AGING. BETTER.

Meet Member Nancy Margulies

My life, so far has been driven by creativity and causes and blessed with good luck. I've written two books of short stories, produced a few documentaries and wrote and performed two one woman shows. One of my non-fiction books, *Mapping Inner Space*, has sold well for about 35 years.



I helped develop The World Cafe and have conducted World Cafes in several countries. I also worked for the Maori tribes of New Zealand, and spent ten days living with an aboriginal tribe in Australia.

I come from a family that has struggled with bipolar and other mood swing disorders. Part of my ability to get a lot done is my inability to sit still. I'm happier when busy and distracted. Over the years I have been forced at times to step out of my normal routine and deal with debilitating depression. Once it lasted for two years without a moment of peace.

Happily, I seem to have outgrown this and have been even keeled for the past ten years. Others in my family were not so lucky and I have experienced the tragedy of watching them succumb. My mother is still very active at the age of 93 and her mother was the same. Personally, I would like to be able to slow down a little.

I am deeply concerned about our failure to act on climate change and am reading and meeting with others who share my level of concern — especially elders who have the time and resources to work toward societal change. Wondering how my young grandson will live through the challenges ahead motivates me to persevere.

I love creating art and have tried every medium I could get my hands on. Now, I create art to support political movements or to point out injustices. My other persona is "DJ Dancy," spinning tunes from the '60's. I also love soul line dance classes and occasionally teach them.

You can meet Nancy Margulies on Jan. 27 at 1 pm as she leads our Village Conversation on "Deep Adaptation" to climate change.

"Elderhood" by Louise Aronson

A Book Report from Pat McNutt

I like to read books on aging. I appreciate more scholarly writing that includes statistics on current studies that help us bust out of the myths that keep us elders in boxes of misunderstanding. "Olders" is a term that Ashton Applewhite uses in her book titled "This Chair Rocks". I like this book, but since I have not finished reading it yet, I would like to tell you about one I have finished reading that I really like.

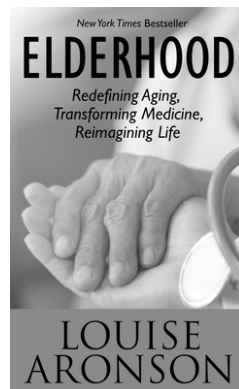
"Elderhood", by Louise Aronson, is a book to really chew on. She turns the medical community on its head by delving in depth into the shortcomings of the medical healthcare model in our country. I discovered new thoughts in every chapter and almost every chapter subtitle. Sometimes I disagreed with her, but often after giving it more thought, could see her point, always respecting her experience in becoming a doctor and her journey to discovering that her specialty of choice was working with elders.

The medical community is not set up to take care of the elders who are living an additional thirty years or so more than the previous generation or two. And neither is the culture. Our generation of elders is helping to change that.

If you like books on aging that encourage all the extraordinary things people over 65 can do, or books that inspire us to be all that we can be, stating that "age is just a number", this is probably not the book for you. On the other hand, if you like information that is realistic, practical, and can help you live in the real world of aging, you may like this book.

We are all inspired by different ideas. I also enjoy authors who are honest about their own journeys, and Aronson is certainly that - brutally so.

Happy reading!



VOTC on Facebook

Each month we review the most popular of the posts from the VOTC Facebook page. These were the ones that drew the most responses in September: Grandma flower girls from photographer Ashley Elizabeth and redefining age and time from Growing Bolder. And celebrating Lily Tomlin's 80th birthday. All are welcome to comment and post. If you are not on Facebook you can see what's going via the VOTC website.



Judy Basich • Patricia Hartney
Michael Madden • Nancy
Nadler StevenSchneider

Find a Member - Use the Directory

Ever run into a Village Member in town and can't remember their name? Have you wondered which Members live near you? Maybe you just want to know who the 82 members actually are?

Just log in to villagebythecoastside.org and go to the Membership Directory. You can search by first or last name, by Metro Area, # of miles from you, even find the newest members.

Don't you hate it when people cut you off?

We inadvertently cut off the end of Pat McNutt's bio in the last newsletter and we want to make amends. Hey even the New York Times does corrections. Apologies Pat. Here's how her article should have ended - *"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, and I would like to see the old stereotypes of older people being helpless and in ill-health changed, or smashed. VOTC is helping to change our vision of aging and I am so glad that it is alive and well on the Coastside!"*

November Events -

Tues. Nov. 5 Village Coffee Break/Breakfast at Moonside Cafe at 10 AM.

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



Wed. Nov. 6 Pacifica Beach Trail Walk 3 PM and Taco Bell Cantina Happy Hour at 4 PM

Meet at Moss Beach PO for casual carpool at 2:30, or at Linda Mar Beach parking lot at 3:00 for a beautiful walk along the Pacifica coastal trail, followed by cocktails or beer at the newly renovated, new concept Taco Bell "Cantina."

Thurs. Nov. 7 Symphony Interest Group – Koopman Conducts Bach/Rebel with concertmaster Alexander Barantschik taking a solo turn at Bach's Violin Concerto No. 1. Contact Nina Nelson, nencgn@yahoo.com, 560-9025.

Thurs. Nov. 14 Wine Tasting at Barterra 4-6 pm

Conveniently located at 643 Main St. - and now owned by VOTC member Ginger Minoletti. Bring a friend! Register so we will look for you!



Fri. Nov. 15 VOTC Friday Night Movies at the Library 6:15-8:30 Feature: Tolkien - Biopic

The early stormy life of J.R.R. Tolkien that inspired the classic fantasy novels "The Hobbit" and "The Lord of the Rings." Come early, get a snack and socialize with new and old friends! Bring a guest!



Mon. Nov. 18 Get Your Game On! - HMB Library 12:30- 2:15 Let's play!

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

Wed. Nov 20 Discussion: Challenges and Opportunities of Aging, at Lesley Gardens 1-2:30

The group explores how we're navigating the challenges and opportunities of aging in place, remaining independent in our community as long as possible. Terry Plank hosts and we decide topics together such as common hopes, needs, strengths, and challenges. Members and Volunteers, 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

Thurs. Nov. 21 Lunch at Flying Fish Grill 12 PM

Join VOTC members, volunteers and guests for lunch at this popular seafood restaurant! 211 San Mateo Rd. (Just off 92 a block east of Main St.) Register for a confirmed seat. Bring a friend!

Sun. Nov. 24 Symphony Interest Group

Vienna born, Manfred Honek leads works written in Vienna, featuring Mozart Concerto No. 22, and Bruckner Symphony No. 4. For limited tickets, contact Nina Nelson, nencgn@yahoo.com, 560-9025.

Mon Nov 25 What's Happening to Our Kids?

Village Conversation- HMB Library 1PM

It's been a long time since many of us had children in school and there are changes and challenges worth knowing about. Corrine Bucher, Executive Director, of the Cabrillo Education Foundation (CEF) updates us on what's happening and how this non-profit supports students and teachers.

December Events -

Tues. Dec. 3 Village Coffee Break/Breakfast at Café Society at 10 AM.

Join Members, guests, volunteers, and new friends at this monthly event. In this holiday version we ask you to bring a "White Elephant" item to exchange - the more outrageous the better! , to Grab something you don't want anymore and wrap it up. Have a little fun, and to help downsize your home. Someone else will surely love it! Registration appreciated to secure seating.

Fri. Dec 6 Village Men's Lunch at Main St. Grill 11:30

No agenda, just guys hanging out and getting acquainted as Men of the Village. Registration is appreciated so we have appropriate space for everyone. If you have questions please call Terry at (650) 726-0890 or email him at terry@coastside.net

Thurs. Dec. 12 CHRISTMAS PARTY (see p. 1)

Mon. Dec. 16 Get Your Game On! - HMB Library 12:30-2:15 PM See Nov. 18 description

Wed. Dec. 18 - Challenges & Opportunities of Aging at Lesley Gardens 1-2:30 See Nov. 20 description

Fri Dec 20 VOTC Friday Night Movies at the Library 6:15-8:30 PM Feature: Poms - Comedy

Two friends in a retirement community form a cheerleading squad. Starring Diane Keaton and Jacki Weaver. Come early for snacks and socializing! Bring a guest!



VILLAGE OF THE COASTSIDE

