



## From the Board

### Sharing, Celebrating and Growing

This is the first Christmas that we have sponsored a Senior for Adopt a Family, the yearly program put on by Coastsides Hope.

Special thanks to the 9 people who contributed and Cathy Conroy, our Administrative Assistant, who gathered up the items and took them for wrapping. Our homeless Senior, John, received wet wipes, polo shirts, corned beef, sneakers, socks, deodorant, detergent, dryer sheets, hat, sunscreen, and a cart. Others donated directly to Coastsides Hope.



The place to be seen – and heard -- on Dec. 12 was the Banquet Room at Pasta Moon's new location at 845 Main St, HMB. More than 80 Village Members, prospective members and friends celebrated the holiday season in style in this

beautiful location with a fabulous array of pizzas that kept coming. The conversation and wine flowed noisily and freely with many new faces and several new members attending for the first time.

### Facebook Favorites in December



Original Gerber Baby Turns 93

**"EVENTUALLY  
YOU WILL REACH  
A POINT WHEN  
YOU STOP LYING  
ABOUT YOUR  
AGE AND START  
BRAGGING  
ABOUT IT."**

Will Rogers

Newsletter January, 2020

### Village 2020

Fitting that on December 30th the San Francisco Chronicle featured a front page story about the city's NEXT Village and the National Village Movement. We are trending, as marketers say, and we are being heard. When I look at AGE on the Coastsides here's what I see in our members - A for Agile, Adaptable, Articulate and Accomplished ; G for Greying and Giving; E for Educated, Enthusiastic and Experienced

This is your village - you can have a voice in what we do - housing, transportation and health are ongoing concerns that the board monitors and contributes opinions to locally. What else do you think we should be working on? What special interest groups would you like to be a part of? What activities would you add?

The Village Movement is committed to community and Aging.Better. The Village of the Coastsides is defined by our members - please share your ideas, your what ifs, why nots and suggestions. It's going to be a great 2020.  
Judy Macias

Michelle Dragony  
Cheryl Hankin  
Tim Hinkle • Eileen Perkins  
Claire Toutant  
Ann & Keith Mangold



We doubled the number of new members this year as word got around about the Village.

When you get the chance in 2020 tell a friend about VOTC or invite them to a village event - monthly coffee or lunch/dinners are informal fun ways to get people involved.

## Meet Nan and Chris Orman

*Nan and Chris:* We met at Cal Berkeley in 1960 as reporters for the college newspaper. We were working side-by-side at the city desk one afternoon, each trying to meet the afternoon deadline. It was love at first sight.

*Nan:* Chris was a civil engineering undergrad and was often assigned technical stories. Once he had to do an article on the origin of the moon. He found an astronomy grad student to interview - Carl Sagan.

*Nan and Chris:* After graduation, we married in Brooklyn, where Chris was stationed with the Navy, and Nan worked for the New York World Telegram & Sun as well as the Hudson Dispatch in New Jersey.

*Nan:* I did a first-person account of the 1965 East Coast power outage. There I was, typing the story by candlelight in our blacked-out Brooklyn apartment, then dictating it over the phone to the Dispatch.

*Chris:* After three years' in the Navy, I returned to UC Berkeley in '67 and earned an MS in civil engineering, with emphasis on airport design. The UC faculty referred me to a superb Bay Area airport consulting company. I spent the next 33 years there. For the final 17 years I was managing partner of this 100-person firm. We worked on airports from San Francisco and San Jose to Los Angeles, Washington, D.C., Honolulu, New York, Atlanta, Denver, Stockholm, and Tehran, among others. Meanwhile, Nan reported for local newspapers, including the S.F. Examiner. We were living in El Granada in 1967, when our daughter and son were born. Then in 1972, we moved over the hill.

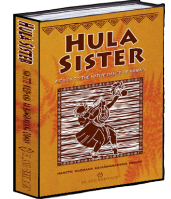
*Nan:* At 35 I decided to go to med school, after regretting for many years not pursuing a career as a doctor. It was hard to gain admission. I had to apply two years in a row and meanwhile I attended the School of Public Health at UC Berkeley, getting an MPH in epidemiology. I chose psychiatry because I'd always been curious about mental health,

having seen psychiatric illness in my family. I also liked the psychiatrists best and found I fit in with them.



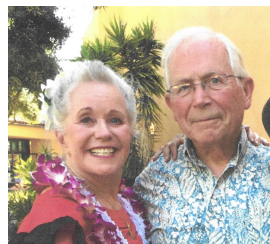
1966

*Chris:* Returning to the Coastsides in 2000, we settled permanently in paradise. We keep busy as retirees. I enjoy volunteering with the Red Cross. Nan focuses on her lifetime love of dancing hula. She wrote the award-winning book *Hula Sister*, that details the story of hula—its structure, dance steps, soul, traditions, costuming, presentation in performance, and history. Published in Honolulu, it is available throughout Hawaii and the mainland.



*Chris and Nan:* We treasure the diversity of people, the economy, weather, and informality of the Coastsides. We joined the Village because we believe in the concept. We have seen friends and family age in place miserably, unable to cope with their environment and suffering much more than was

necessary. Our plan is to age at home with dignity on the Coastsides. One of our favorite activities is helping at VOTC's beer booth at the pumpkin festival.



## Movement on Transportation

Your Village is engaged in understanding and representing the transportation needs of older adults on the Coastsides. Jeanette Ward and Judy Macias attend quarterly meetings of the Sam Trans Para-Transit Committee, along with Senior Coastsiders' staff. Para-transit services use Redi-Coast vans you've probably seen around.

Requests the group made to Sam Trans:

**Make bus stops easier to find especially in Moss Beach and Montara; Post schedules at bus stops; Provide bus shelters and benches.**

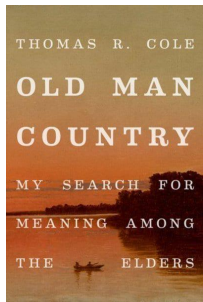
We recently forwarded to VOTC members the "Reimagine Sam Trans" Survey. We hope you added ideas and returned it. Let's make sure our voices are heard.

Resources: Info about public transportation, Clipper Cards, routes, etc. - Sam Trans Customer Service [1-800-660-4287](tel:1-800-660-4287) or [samtrans.com](http://samtrans.com).

Transportation options for people with mobility challenges - Peninsula Rides.com (Sam Trans) or [1-800-660-4287](tel:1-800-660-4287).

A local program, 5311 Coastsides On-demand, provides limited special funding for medically-eligible and can be a good alternative to Redi-Coast. For info on contact Village of the Coastsides (650-440-5030) or Tracey Gould at Senior Coastsiders, 650-726-9056.

## Book Review - Old Man Country



Good grief, Shakespeare, is this really going to be my last stage of life??

"The last scene of all is second childishness and mere oblivion, sans teeth, sans eyes, sans taste, sans everything". As You Like It

Fortunately, Thomas R. Cole provides other possibilities in his new book titled, *Old Man Country: My search for Meaning Among the Elders*. Cole says this about his book:

"Old Man Country aims to help men – and the women, children, and relatives around them become more conscious of their aging, to grow into the last stage of life with awareness and courage to face the four challenges of the Fourth Age: Masculinity, Relevance, Meaning, and Love."

From Hugh Downs to Paul Volker and Ram Dass, answers vary to the questions the author asks:

"How did you spend the day yesterday? What do you Love? Whom do you Love? What do you look forward to? What are you afraid of? What were the high points of your life? What does it mean to be an old man? What should old men be contributing in the world today?"

This was a valuable read for me. Here are my takeaways on the four challenges of the Fourth Age:

- 1) I have never identified with the standard measure of manhood, I am still a man;
- 2) I matter because there are people around me with whom I can share my expertise, experiences, and wisdom gleaned from a long life;
- 3) My decision to continue learning and contributing provides purpose for my life;
- 4) To experience being loved, I need to keep connected to others.

Terry Plank

AGING. BETTER.

VILLAGE OF THE COASTSIDE

## Conversation 2/24 - New Housing Options

With the lack of housing and rising costs for what housing there is, a lot of people are turning to home sharing. It might provide an opportunity for an empty nester to make some additional income. It might provide a student or teacher with a chance to live near where they work or learn. Many are considering the possibilities and benefits.

**Silvernest** is a for profit company that we are in touch with that is currently running a pilot program with Teach for America and Encore.org to place new teachers in homes throughout the San Francisco Bay Area.

**HIPhousing.org** is a non-profit that providing free matching services. Applicants are screened through background checks, preference checklists, and personality profiles to ensure safe, mindful, relevant, and mutually rewarding matches. Laura Fanucci, Executive Director will meet with us for Conversation in February to share some success stories and tell you how they work.

Accessory Dwelling Units aka Granny Flats, Mother-in-Law units are expanding in styles and configurations. **The City of Half Moon Bay** is encouraging this development and working to make it easier with a complete information packet and on-going zoning adjustments. A representative from City Hall as well as local realtor and VOTC member Jan Gray will help provide answers and options.

Monday, February 24, 2020, 1 pm,  
Half Moon Bay Library Community Room

## Behind the Newsletter

Deborah Harter Williams is our Newsletter Editor and Writer. She left Hollywood 20 years ago after performing sales and marketing jobs for new technologies in film and television.



She made her way to the Coastsides and created the M is for Mystery bookstore in San Mateo. After she read her weight in mystery books, she returned to writing and marketing. Most recently she has been helping people write their books and screenplays.

"I'm always looking for contributors to the newsletter. if you are an artist, writer or someone who has content ideas, please let me know."  
harterdd@coastside.net. Deborah



## January Events -

### **Tues. Jan 7 Pacific Oaks Tour - Montara 11:30 AM.**

Learn more about this new memory care facility. Lunch included. Registration required.

### **Thurs. Jan 9 Fitzgerald Marine Reserve Walk 3 pm and Moss Beach Distillery Happy Hour 4 pm**

Meet at Moss Beach Distillery parking lot for a casual walk to the Marine Reserve, ending at the Distillery for Happy Hour! Register so we know to look for you!



### **Fri. Jan 10 Men's Lunch - Ketch Joanne 11:30 AM**

Join VOTC men for lunch and conversation. No agenda, just

getting acquainted with the guys.

### **Wed. Jan 15 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 therapy or counseling. Terry Plank hosts and the group decides what to discuss - hopes, needs, strengths, and challenges. Please register.

### **Fri Jan 17 Friday Night Movies at the Library 6:15-8:30PM Feature: The Aftermath**

In 1946 Rachael Morgan arrives in the ruins of Hamburg to be reunited with her husband, Lewis, a British colonel charged with rebuilding the shattered city.



As they set off for their new home, Rachael is stunned that Lewis has made the decision that they will share the house with the previous owners, a German widower and his daughter. Stars Keira Knightley, Ned Wills, Come early for popcorn and socializing. Feel free to bring a guest!

### **Mon. Jan 20 Regular - Get Your Game On! - Canceled due to Library Closing for MLK Holiday**

### **Thurs. Jan 23 Coffee Break: Mavericks Creperie 10AM**

Members, guests, and volunteers just getting together for coffee and conversations. A great opportunity to introduce someone to the Village!

**Thurs. Jan 23 Symphony Interest Group: Beethoven 7th & Sibelius' Violin Concerto** Commemorating the 250th anniversary of the composer's birth, Dima Slobodeniouk leads the SF Symphony through this visionary masterpiece. Armenian virtuoso Sergey Khachatryan, brings his insight to Sibelius' bewitching concerto. Limited tickets! Contact Nina Nelson, [nencgn@yahoo.com](mailto:nencgn@yahoo.com), or 560-9025.

### **Mon Jan 27 Conversation- Climate Change: Adapt & Act with Nancy Margulies 1PM at the Library**



VOTC member Nancy, is deeply concerned about our failure to act on climate change. She will share her view of inner work we can do to prepare ourselves and the potential role of our Coastsiders community.

She encourages "Elders" who have time and resources to work toward change.

### **Tues Jan 28 Lunch at Mezza Luna Restaurant 12 PM**

Join VOTC members, volunteers and guests for lunch. Register for a confirmed seat. Bring a friend!

## February Events -

### **8 Tuesdays Feb 11 - Mar 31 A Matter of Balance - Fall Prevention 10AM-Noon, Senior Coastsiders**

This award-winning program provides practical strategies to manage falls and improve balance. Learn to: View falls as controllable; Set goals for increasing activity; Make changes to reduce fall risks; Exercise to increase strength and balance. Sponsored by Sequoia Hospital Health and Wellness Center with Village of the Coastsiders and Senior Coastsiders. Free and open to the public - Limit 14. For sign up or questions: Call Senior Coastsiders (650)726-9056.



### **Mon Feb 17 Get Your Game On!**

**Canceled** due to Presidents' Day Library Closure

### **Wed. Feb 19 Challenges and Opportunities of Aging 1-2:30 at Lesley Gardens See Jan 17th description.**

### **Fri Feb 21 Friday Night Movies at the Library 6:15-8:30 Feature: Poms**

Martha and her new friend decide to form a cheerleading squad with their fellow residents. As the two women hold auditions, they learn it's never too late to follow your dreams, even when the odds are against you. Starring Diane Keaton.

### **Mon Feb 24 Conversation: Re-Thinking Your Living Space 1PM at the Library**

Do you live alone in a big house or with empty rooms? Maybe sharing your home can provide extra income or support? **See article on page 2.**

The **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)