

Village Friendships are Priceless!

Friendships are the heart of Conejo Valley Village. Whether you are a volunteer, a member, or both, there are no strangers, **just friends you have yet to meet** at an upcoming event or through service to each other! We hear from members and volunteers how much they enjoy meeting and learning about the wonderful people who have joined the Village. Join us and see how we make it easy to be a friend and make new friends.



up right away. Barbara and Billie email each other every morning and share upcoming activities for the day or how things went the day before. Billie has enjoyed developing a new friendship and learning about Barbara and her family. Billie says **"I am so happy to be doing this, and it's fun and easy to do"**.

Carol wanted someone to check in with to share how she's doing, so she sends a quick email to Susan every morning. For Carol, whose family is out of the area, this casual

Check out our friendly 'Check-in' buddy service



A great example of Village friendship is our check-in service where full members request a volunteer to call or email regularly to see how they are doing. Check-ins

can be set up easily and be flexible to meet lifestyle needs. They take very little effort, yet provide great peace of mind and grow into special friendships, especially for people who may not have family nearby. Just ask several of our members and volunteers who have been check-in buddies since the Village opened. Members **Barbara Balke** and **Carol** requested the check-in service and **Billie Sontag** and **Susan Armstrong** signed

sharing about her day is a **"wonderful way to let someone know you are ok."** Susan also looks forward to these emails which have become a special part of her day. Susan notes, "I'm happy to help a member in this way because I want to be sure someone will do this for me if I need it someday."

In both cases, these buddies have exchanged emergency contact information just in case they can't reach each other, so they can be sure they connect and are ok. Peace of mind and caring – that's what Village friends are all about.....priceless!

If you want to request a check-in buddy and meet a new friend, or have questions, please contact a Call Manager at **(805) 372-1826**.

Reminder: CVV Recruiting Event - Bring a Friend!

Monday, February 12th

1:45—3:45 pm, Goebel Center

Meet CVV members and volunteers and learn about our neighbors helping neighbors support, services and social activities. Sign up online or call **(805) 372-1826**.



Inside this issue:

Friendships/Check-in Buddy Service	1
Events & CVV Pets	2
Discounts/Board Update/Meet Danny	3
Volunteer Spotlight	4

Meet the Friends You Haven't Met Yet!

See Insert for
Upcoming Events

SHARE

FRIENDS

LUNCH?

NEED A
RIDE?

BE
HAPPY

COFFEE?

LAUGH

VOLUNTEER

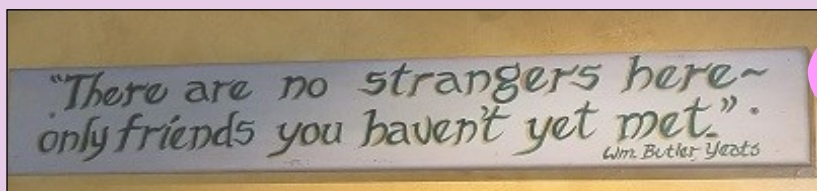
NEED HELP SIGNING UP FOR CVV EVENTS? See insert
for the quick steps to sign up by phone or online!



Corky, Barbara B. and Susan (left)
join Karen and Barbara K. (right) for Coffee
& Conversation at Goebel Center



Villagers had a great time visiting at
Brendan's Irish Pub and enjoying their
inspirational décor!
Left: **Penny, Lois and
Jerry** Middle: **Sandra
and Colette** Right:
Dinah welcomes **Jeff
and Brenda**

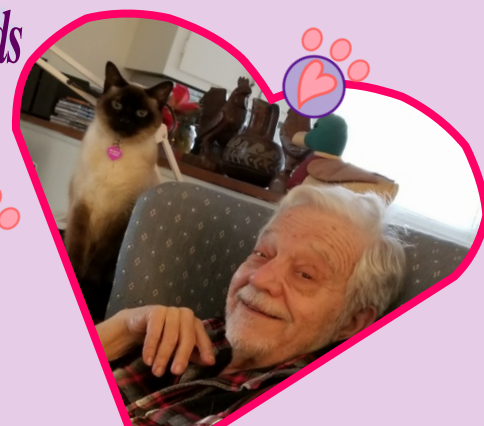


Village Pets - Our Best Friends Forever

For the love of our four-footed friends



No celebration of
friendship is complete
without recognizing
the unconditional love
of our pets who warm
our hearts and help keep us happy
at home. Email a picture of you
and your pet (with your names) to
share in a future newsletter to
cvv@conejovalleyvillage.org .



Left: Tom Middleton's cat, "Cleo" is ready to go on patrol.
Right: Nick Renna's cat, "CC" keeps him smiling.

Discount Alert!

By Loretta Allen

Seniors on fixed incomes always love finding good discounts to stretch the budget just a little further! CVV wants to help you find the best discounts in the Conejo Valley and surrounding areas. Let us know of other discounts or free offers so we can spread the word!!



Birthday Freebies - Some restaurants give out free complete birthday meals (not just dessert) to help you celebrate your birthday and save. No purchase required but you do need to sign up or order online for

most offers. For the website links for the restaurants below, please contact a Call Manager at **(805) 372-1826** and ask for the information to be emailed to you.



Board Update

Barbara Balke Joins the CVV Board



Barbara Balke

We are pleased to announce that Barbara Balke has joined our Board of Directors. She brings to CVV a wealth of volunteer experience in many capacities for organizations like the PTA, American Cancer Society, Cub Scouts, Livingston Memorial Visiting Nurses Association and Kaiser Permanente. Barbara was an active member of our Advisory Council prior to our launch. She developed and also serves in our Volunteer Coordinator role in which she ensures that new volunteers complete the vetting and orientation processes and can apply their talents within the Village. Barbara enjoys building relationships and encouraging people to find ways they can help others through volunteering. Her interests include hiking, birding, doing jigsaw and crossword puzzles, coloring, and keeping up with politics of the day. Read more about Barbara on the CVV website under "About Us". Welcome Barbara!

Meet Danny White - Volunteer and Member

By Billie Sontag

From the time he was a kid growing up in Virginia, Danny White was always interested in mathematics. He majored in math in college and went on to get a Ph.D. He taught advanced classes at Virginia Wesleyan College for 12 years, where he established the college's initial mathematics curriculum. Danny changed careers to work for a defense contractor.

He then moved to Thousand Oaks to build system performance models for an area company doing remote sensing of the ocean with drones, satellites and radar. His company developed ocean simulation software that was used in Hollywood movies such as Titanic. After working there for 28 years, Danny retired in 2012.

Danny married his wife, Mary, while he was in grad school. They have two sons and two grandchildren. They spend many hours together doing yard work, cooking and needle arts. Each week they donate fruit and vegetables they grow to Manna. Danny enjoys doing needlepoint and has won blue ribbons at the Ventura County Fair. He spends weekends as an AYSO referee.

"Conejo Valley Village is an organization with the right heart and soul for the Conejo Valley"

~Danny White



The couple loves travelling and just celebrated their 50th anniversary on a 3-week Northern European cruise and tour. Future trips include Scotland, Ireland, Wales, Amsterdam and Switzerland.

Danny joined the Village in May and has thrown himself into volunteering in many ways. He developed a data analysis system to generate statistical reports about our Village operations. The information assists Village leadership in planning activities and applying for grants. Danny helps members with gardening, small repairs, and transportation. He believes it's so important to help seniors have an active life and stay in their homes.

Thank you, Danny, for sharing your time, your knowledge and your heart with the Village.



P. O. Box 3162
Westlake Village, CA 91359

Phone: (805) 372-1826
Email: cvv@conejovalleyvillage.org
Website: www.conejovalleyvillage.org

The mission of Conejo Valley Village is to help seniors remain independent in their homes and stay active in our community.



Neighbors Helping Neighbors Stay Independent, Active and Connected

Conejo Valley Village is a nonprofit tax-exempt organization under IRS Code Section 501(c)(3). Donations are tax-deductible.

VILLAGE CONNECTIONS

Page 4

Volunteer Spotlight

Volunteers: Please email your total Administrative volunteer hours estimated through the end of the month by the **25th** to volunteerhours@conejovalleyvillage.org. Thanks for all you do for CVV!

Volunteer Education Helps Us

Serve Members Better

At the January Volunteer Program Meeting, volunteers learned more about the signs of elder abuse, and received informational materials to become



better aware of the issue. In addition, to help volunteer drivers feel more comfortable with transport chairs, Barbara Balke gave a very helpful demonstration of how to set up, lift and collapse a transport chair for placement in a vehicle. Volun-

teers who are willing and able can assist a member who requires the lighter weight transport chair and who can transfer him or her self in or out of a vehicle. If you were not able to attend January's meeting and would like more information, please contact a Call Manager at **(805) 372-1826**.

SAVE

THE DATE!

TUESDAY, MARCH 6

1 - 3 pm

**CVV All Volunteer
Program Meeting
Oak Forest Estates Clubhouse**

More details to come via
email and in our March
newsletter