



Celebrating the Impact of CVV's First Year

By Vanessa Renna

April marked the first anniversary of Conejo Valley Village. It has been an exciting year of growth and new experiences for us all. We are grateful for the contributions of members, volunteers and supporters that have made our Village successful. We are pleased to share some highlights of our first year's activities that demonstrate the positive impact of our Village. Being a volunteer-driven organization, our ability to provide services to members depends on the availability of volunteers. As we enter into our second year, we encourage everyone to get involved in our vibrant, supportive Village community as a volunteer and/or member. If you or someone you know is interested in volunteering or membership, please call our Call Manager at **(805) 372-1826**. Join us and see how we can help make life better for you.

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87 Members



We are here to help you. Many members volunteer for CVV too!

65 Volunteers

Friendly, caring and critical to our success!



We are making life better for Village Members!

78 CVV Events 640 Attendees

Members joined social events to stay connected: potlucks, theater, movies, walks, games, wine-tasting, library tours, educational and holiday events



541

CVV Services

Services provided to members by volunteers: transportation, household assistance (electronics assistance, decluttering, gardening, minor repairs) dog walking, reading, friendly check-ins/visits



7,000+

Volunteer Hours



Time generously donated to provide member services, organize and lead events, and work on committees

~1,800

Call Manager contacts

Our helpful team answered your emails and calls and filled service requests



See Insert for
Upcoming Events

Members Welcome Villagers to Home Events



Left to right: Frans, Sheryl, Barbara, Emerald, Richard and Sam. Below: Barbara and Brenda.

What I Love
Most About My
HOME
Is Who I
Share it With



Left to right: Maryann, Yvette, Gordon, Steve, Val, Dinah and Lee. Below: Mark and Dena.



One of the most rewarding aspects of our Village is gathering together to relax and socialize at member's homes, enjoying new friends and new experiences. Thank you to Lori Bliss for hosting our Garden Party Potluck, and to Nancy Healey for hosting our "Hear Ye" hearing aids educational event.



Sharing a beautiful Sunday afternoon at Lori's Garden Party Potluck. Left: Toni and Sandra. Middle: Richard and Sharon. Right: Richard and Judy.



Photos courtesy of Maryann Gitt



Maryann, Nancy, Ron, Susan, Sharon (seated), Loretta and Bill met at Nancy's house to learn from expert Ron Roberts about hearing issues and hearing aid technologies.



Can you hear
me now?



Senior Updates: Listening Groups & Medicare Cards

Be The Change - Let Your Voice Be Heard at Upcoming Community Listening Sessions

Every good conversation starts with good listening.

The Thousand Oaks Council on Aging is hosting Community Listening Sessions to discuss Senior issues and concerns in the Conejo Valley community. We'll discuss broad topics to determine top items of interest for future sessions.

WHEN: Monday-May 7, Thursday-May 10, Wednesday-May 23 or Thursday-May 24 (choose one, reservations required)

TIME: 4:00 – 5:30 pm

WHERE: Goebel Adult Community Center
Light refreshments will be provided.

As seniors who are active in our community, this is an important opportunity to have our voices heard. To sign up to participate in ONE of these sessions call (805) 381-7362 or email CouncilonAging@toaks.org.

New Medicare Cards are Coming - Watch for Scams

To protect against fraud, new Medicare cards with a specific Medicare number instead of your social security number will be sent in the coming months. The Thousand Oaks Police Department offers the following tips for protecting yourself from Medicare scammers trying to get your personal information:

- Medicare will never call you uninvited and ask for your personal information.
- There are no fees associated with the new card.
- Medicare communicates by mail unless you initiate the call.
- Do not provide your social security number to a random caller claiming to be representative of Medicare.
- Use your answering machine or caller ID to screen calls; do not answer calls from a phone number you do not know.
- **If someone asks you for your information, for money, or threatens to cancel your health benefits if you don't share your personal information, hang up and call Medicare at 1-800-MEDICARE (1-800-633-4227).**

To find out when new cards start mailing to your area, sign up for email alerts from Medicare at [Medicare.gov/NewCard](https://www.Medicare.gov/NewCard)



Meet Nancy Healey - Member & Volunteer

"Volunteering is the best thing you can do for yourself and for others."

~Nancy Healey

By Billie Sontag There's a very good reason Nancy has been nominated for Thousand Oaks Senior of the Year. You could call her a master volunteer and proponent of senior issues. One reason she became so involved was very personal. While her mother was ill and failing back east, Nancy took care of her medical, financial, and daily living needs long distance and visited as often as she could. As an only child, she wished she could be there more, especially since her mother's support group was very limited, but she couldn't.

So, when she retired, she put her management skills as a department head of a large company to use and volunteered with the Retired Senior Volunteer Program. She became an Ombudsman to advocate for seniors in assisted living facilities. She realized how many seniors needed help and that there are so many services and opportunities that seniors and their families don't know about. She knew an

Ombudsman would have been wonderful for her mother. She also volunteered at two hospices – Buena Vista and Hospice of the Conejo No-one Dies Alone...plus ten years with Long Term Care Ombudsman Services of Ventura County.

Nancy worked with the Council on Aging for eight years, serving as Vice Chair the last two years, and with the Ventura County Area Agency on Aging. She says we're lucky to be so blessed in our community because seniors are respected and being recognized as an important group by businesses and government. The City of Thousand Oaks Council on Aging Advisory Board invited a panel from several Villages to talk about their programs. Nancy became part of the group who worked on putting CVV together and serves as a Call Manager and member of the Events committee.

Believing it's so important to be involved in your community, she also volunteers at Shop Ahoy and the Stagecoach Inn Museum. Nancy has two children and five grandchildren, plus an extended family of friends with whom she loves socializing. She enjoys plays, movies, going out for lunch and dinner, and gardening. She encourages members to participate in CVV activities and make new friends.



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.



Join our 1st
Anniversary
Fiesta Party
May 6th!
See Insert



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

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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 Impact - March

We are happy to now report the monthly impact of CVV volunteers' work, based on member service request data and your reported administrative hours. We thank our volunteers for your valuable service!

110	Member Service Requests Filled by Volunteers
134	Volunteer Hours to Fulfill Member Service Requests
643	Volunteer Hours Providing Administrative Support
47	Volunteers Providing Member Service or Admin Support

Thank you to Danny, Elmer and Christal for compiling these statistics for us.

CVV Volunteer Program Meeting & Brunch TUESDAY, JUNE 5

10:30 am - 12:30 pm

Oak Forest Estates Clubhouse
Pastry, fruit & coffee provided

TOPICS:

- Review of our first year
- Updates for 2018 including Transportation & Care Team

Sign-up online or call
(805) 372-1826

Attention Volunteers -



It's time for volunteers to update their driver's license and insurance info. Please email or send a copy of your license and current insurance card to volunteer@conejovalleyvillage.org or CVV, P.O. Box 3162, Westlake Village, CA 91359 by **May 31**.

**Thank you for volunteering -
you drive and our members
thrive!**