



## Stay Healthier - Sit Less, Move More

*Excerpted from an April 2020 AARP article by Jessica Blatt Press.*

A major study from the National Institutes of Health, [published in March 2020], showed that when it comes to walking, more is more for older adults — specifically, the more steps those over 40 took, the lower their mortality risk from all causes. But what surprised the researchers? How **low-intensity strolls appeared to have the same benefits as higher-intensity power walks** for the nearly 5,000 study participants. Adjusting for factors such as the subjects' existing health status, researchers found that taking 8,000 steps a day, compared with 4,000 steps, was associated with a 51 percent lower risk for all-cause mortality. Even better, taking 12,000 steps a day was linked to a 65 percent lower risk, compared with 4,000 steps. And when they crunched numbers on the association between step intensity and risk of death, the researchers, who also hailed from the Centers for Disease Control and Prevention (CDC), found no link at all.

Thanks to studies, including one published in the *Journal of the American Heart Association*, showing that **walks of two minutes provided the same mortality-slashing benefits as those taken in 10 minutes**, experts came to the consensus that any amount of movement can count to-



ward recommended totals.

"Some of the studies are showing that light-intensity activity is for sure more beneficial than being inactive and that it has a dose-response relationship with mortality in older folks," explains Libby Richards, an associate professor at the Purdue University School of Nursing, whose primary research focus is physical activity in older adulthood. When it comes to walking, part of the magic may be in how such light-intensity activity ups gait speed, which, in turn, Richards says, has a direct relationship with cardiovascular outcomes and premature mortality and disability and frailty.

If fear of injury or reinjury is holding you back, the new federal exercise guidelines are very clear that **participating in physical activity reduces your risk of falls**, she says. "Exercise improves balance. It also reduces the risk of injury if you do sustain a fall, because being active increases your muscular health and your bone health. So it's a win."

"Sedentary behavior is bad news all around," Richards cautions. "It's now linked with poor sleep, symptoms of depression, and reduced executive function and cognitive ability in older adults. **So if there's just one thing that people could do, it would be to sit less and move more.**" Research continues to find that sitting is akin to smoking.

Barbara Resnick, a professor of organizational systems and adult health at the University of Maryland School of Nursing and past president of the American Geriatrics Society, implores people to think about how they can incorporate activity into their daily routine, to avoid problems like increased risk of heart disease, high blood pressure and a shorter life span. Her advice? **Identify long periods of sitting in your daily routine, and conceive of ways to break them up.** For instance, try sit-to-stands or a few balance exercises during commercial breaks on TV. Resnick notes. "We know that if you sit there, you're going to be able to do less and less and less. And that's what people don't realize — they think it's just gonna stay, but it doesn't."

*CVV offers opportunities for low intensity walks and at-home exercises to keep you moving - check them out on the Events Calendar!*

See Insert for  
Upcoming Events

## Firecracker Potluck Sparks Holiday Fun



This year's "Firecracker Potluck", one of our favorite holiday traditions, held at the North Ranch Center brought together about 50 members and volunteers to celebrate America's 246th birthday.

Top Row from left: Lori, Melinda, Arlene; Judy, Abbie, Marv, Marilyn, Nancy; Bunnie, Toni, Susan. Left: Dinah and Deborah. Right: Dick  
Bottom Row from left: Jean, Penny, Bill, Cathy, Beverly; Barbara S, Deborah M, Deborah B, Billie, Michaela, Barbara E.



Photos courtesy of Stephen Hansen

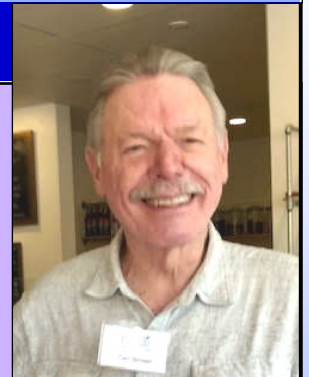
## Meet Member & Volunteer - Carr Brown

By Bunnie Roach

Carr Brown is a man who is never bored. He has so many interests and hobbies he probably has a difficult time finding the time to devote to them. He grew up in Venice, close to the beach. He never tired of the on-going show of society of beatniks, surfers, hippies and Lawrence Welk too.

Since his father was an electronic engineer, he grew up fascinated with electronics and knew early on what career he wanted to follow. By age 27, he became an engineering consultant. As such, he had the opportunity to be part of what he calls "The Golden Age of Electronics", when science fiction truly became reality. Throughout his career he specialized in computers, telephone communications, datacom and navigations systems. The work involved both military and commercial projects. He fit right in with his many colleagues who were smart, clever, energetic, and conscientious.

Carr's list of hobbies and interests is long. He is a professional drummer who also plays piano and guitar. Additionally, Carr enjoys karate, hiking, backpacking, flying sailplanes, drawing and painting, creating stained glass, woodworking, and is also a Master Scuba Diver. He has a fascination with magic, and has shared his skill with card tricks and coins on a Zoom for CVV members. Carr and his wife Deborah have been married over 35 years and love to travel. They have visited Mexico, Canada, Europe, and Great Britain. Their favorite travel destinations are tropical such as Hawaii, the Caribbean, and the South Pacific. Carr exemplifies the spirit of Conejo Valley Village with his never-ending curiosity and desire to be involved with his community.





## ERT Info Series: Pet Disaster Preparedness

*This is the third in a series of articles by our Emergency Response Team (ERT).*

By **Anne Novik**

In an emergency, your pet will be more dependent on you than usual. If it is not safe for you in your home during an emergency, it is not safe for them either. While most hotels do accept service animals, many hotels and shelters do not accept pets because of health and safety concerns and other considerations. Hurricane Katrina showed the need to provide shelter for animals during an emergency. As a result, many shelters now try to have a van in the parking lot that holds your animals so you can visit them. Be prepared by assembling an emergency kit for your pet. It should include:

- Sturdy leashes, harnesses and/or carriers to transport them (make sure your animal cannot escape).
- Food, drinking water, bowls, cat litter/pan or waste bags, a manual can opener for canned pet food.
- Medications, medical records copies, pet first aid kit.
- A current photo of you with your pet to help eliminate mistaken identity.



- Information on feeding schedules, medical conditions, behavior problems and the name and number of your veterinarian in case you need to board your pet.
- Pet bed, toys, and especially anything that can calm your pet, if easily transportable.
- Ensure your pets wear collars with securely fastened tags with up-to-date information. Consider having your pet "microchipped" by your vet.

Be prepared by doing a little research:

- Know which hotels/motels on your evacuation route will accept pets. If there is time, call ahead for reservations.
- Know which friends, relatives, animal shelters or vet can care for your animals. Have a list of names and phone numbers.
- Make sure that your pet's vaccinations are current and bring proof. Many shelters require this.

In the event of a disaster if you must evacuate, the most important thing you can do to protect your pets is to evacuate them, too. But remember: never delay escape or endanger yourself or family to rescue a family pet.



## Help Write the CVV story on the Newsletter Team!

By **Lois Barberio**

Are you a curious person who when a question is posed must follow all the clues until an answer is found? Or are you the type who enjoys meeting new people and engaging them in conversation so that you learn not only their present but their past and future dreams as well? Or have you wondered why a particular topic has never made its way into the newsletter? Have you always wanted to write but never knew where to start or what to cover? Do you have a remarkable or delightful story to tell about your experiences with CVV? If you can identify with any of these scenarios, then perhaps joining the newsletter team would be the perfect opportunity for you.

The newsletter team is comprised of both members and volunteers and is led by Vanessa Renna. The goal of *Village Connections* is to keep our village informed and help members and volunteers feel connected. The team meets via Zoom once a month – usually on the first Saturday - to decide on particular articles and assignments for the next month's issue. The team also

brainstorms ideas for future stories. They like to focus on themes of shared interest to members and volunteers like health/wellness, technology, financial awareness, emergency preparedness, member/volunteer interviews, travel and entertainment as well as provide updates on Village operations, services and upcoming events. The newsletter team strives to reflect the interests of members and volunteers and welcomes new ideas and contributors.

The team would love for you to become a regular member but is also always looking for contributors to assist with stories or particular topics that are covered, such as the great articles that have been written by members of our Emergency Response Team. So, just let a Call Manager know if you are interested in research, writing, and/or interviewing in general or on specific topics. When an opportunity arises someone from the team will be happy to contact you.





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

Place  
Stamp  
Here

## CVV All Volunteer Program Meeting

**Wed, Aug 10th, 4-6 pm**

**LIVE at GOEBEL! - Foothill Lupin Room**

Sign up online or call (805) 372-1826

## Neighbors Helping Neighbors Stay Independent, Active and Connected



Place Address Label Here

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

### VILLAGE CONNECTIONS

Page 4

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

## More Info

### Why Not Learn Something New?



Have you ever thought about learning the card game, **Canasta**? One of our newer members, Abbie, is a Canasta enthusiast who plays weekly, and has graciously offered to teach a small group of Villagers the fine points of the game over a 4-6 week period. If you are interested, contact a Call Manager at (805) 372-1826.

P.S. If Canasta is not your thing, please let us know if there is another topic/skill you would like to share or an event you would like to host. We encourage everyone to let their talent and passions shine!

## HAPPY AUGUST BIRTHDAYS!



**Mary Alice G**

**Dee C**

**Bev P**

**Bill N**

**Angela J**

**Nancy I**

**Abbie F**

**Deborah B**

**Emerald J**

**Suzanne R**

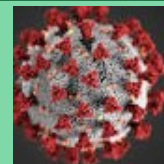
**John P**

**Barbara K**

**Don D**



### CVV Covid Update



Just when we thought COVID was behind us, a new, very contagious variant (BA.5) appears. Case numbers and hospitalizations are again on the rise.

Your Board of Directors highly recommends that each of us wear a mask for all indoor gatherings – this includes both member and volunteer being masked during transportation services. Be cautious and stay safe. Thank you.