



Celebrating CVV's Impact - Six Years Strong!

By *Valarie Fitch*

Conejo Valley Village celebrates our six year anniversary! Looking back: In 2017 when CVV was preparing to open, there were already 40 member/volunteers at the ready... with 22 full members (needing services/rides) lined up. In six short years, we've tripled the number of full members, and doubled the number of member/volunteers.

We celebrate the anniversary each year because it's such a complex yet extremely rewarding venture. In 2002 an AARP survey found that 90% of older adults want to stay in their homes as they age. Established in 2002, the Beacon Hill Village opened... simply neighbors helping neighbors. Cambridge Neighbors (Village) followed, the Village-to-Village concept caught on, and became a franchise concept of sorts which was individualized. As the processes proved effective, it became a business model except for being paid. This is all out of the kindness of people willing to volunteer. Today there are 240 village nonprofit organizations nationwide, and 46 villages in the development stage.

It took over a year of weekly meetings and hard work to go from understanding the village concept to forming Conejo Valley Village. Kudos to the CVV founding volunteers for



having the vision, passion and tenacity to make our Village a reality!

Some fun facts:

- Since opening our virtual doors in April 2017, CVV has provided more than **8,700** member services with over **6,800** of them being transportation services!
- In 2019, The Village averaged 10 events/gatherings a month... very impressive, with an average of 15 members or member volunteers attending each event.
- Covid, 2020: A time we will all remember. CDC guidelines basically shut down all local small businesses. That said, the Village leadership recognized that our visually challenged members still needed routine shots in their eyes, and medical scenarios would arise requiring medically necessary doctor visits.
- In April 2020 many selfless volunteers stepped up, and stepped forward... with "Yes I will" adhering to the Covid guidelines which were quickly

adopted and implemented.

- Zoom accounts were opened and event leaders were taught how to facilitate zoom events while members were taught how to get on a zoom event. Zoom became part of our vocabulary.
- CVV's events and gatherings went from 10 in January 2020, to 25 that April... all virtual via Zoom (giving us a reason to comb our hair!). By August 2020, the event committee set up **30** zoom events/virtual gatherings that month and member participation doubled immediately.

So, yes, it's our collective anniversary but it's also a birthday! The vision of CVV founders and the volunteers who were lined up as CVV prepared to open... your Village turned six this April! CVV has two generations of members, three generations of volunteers... and at the young age of six, has provided over **8,700** services and thousands of member-participation hours in our event/gatherings. Volunteers have donated an average of more than **9,000** hours each year to CVV for organizational support, member services, Call Manager shifts, and administrative tasks.

Looking forward, it will be very exciting to see how we grow and age even better together!

See Insert for
Upcoming Events

Congratulations on 6 Years of Village Success



6th Anniversary Party

How does CVV make everyone feel connected and part of a wonderful senior community? It's our amazing Members & Volunteers, Events & Services that make it happen! We are full of gratitude for our six years Aging Better Together! Join Us!

Volunteer Appreciation Dinner



Happy June Birthdays!!

Nick F
Myrna M
Iris I
Rosa Lee S

Carol K
Beverly W
Bill R
Gail D



Photos courtesy of Stephen Hansen, Nick Fotheringham, Vanessa Renna and Sharon Chernoff

Thank You Notes Celebrate Our Volunteers!

By Lois Barberio

On Sunday, May 21, I joined other CVV volunteers for a little business and a little celebration at an appreciation dinner at the home of Anne Novik. There were about thirty of us in attendance and it was great fun to socialize and enjoy a delicious dinner complete with homemade cookies. A big thank you to Anne for hosting the event. Barbara Balke, Director of Volunteers, began her presentation by passing around a basket asking each of us in attendance to take a card. We were then asked to read the cards out loud. None of us knew what to expect. Soon gratitude and love filled the room as we realized that each of us held a different thank you card written to us by a member.

Not all of our amazing volunteers were able to attend. So, in gratitude and admiration I offer you this sample of the cards that were read.

Rita wrote: "because of you I can live in my home and try to have a normal life." Dolores wanted to thank the committee heads for planning wonderful activities. Jean said, "Thanks and more thanks to you positive, kindly, humorous people for sharing parts of yourselves

with us." Carol wrote, "It is so comforting to know I can count on you to get me to and from medical appointments, the market and other trips." Rosemarie, wanted us to know: "I appreciate all you volunteers, who have given your time, expertise, elbow grease to make life more worth living." Masayo said that she is STUNNED by the kind service that she receives. And perhaps this quote sums up what each member wanted to convey: ***"You are inspirational and positive and make us feel we are important, and people do care."***

I want to say thank you to each member who took the time to send a card. Your kind words validate



the worth and importance of what we are accomplishing together. Let's all say a huge thank you to our growing community of caring Villagers. See the insert for our full list of amazing volunteers.



Meet Member - Mary Alice Gurney

By Kathy Ireland

Mary Alice certainly knows how to enjoy all that CVV has to offer. She is thankful her neighbor introduced her to our wonderful community. Mary Alice has exercised with Jen on Sundays, joined the book club and played Rummikub and other games with friendly members. She is also on the Membership and Volunteer committees.

Born and raised in Wyoming, she married when she was young and the couple raised two children in Arizona. She was very active in Scouting and PTA - anything that made life better for her children. Family has always been important to Mary Alice so the family made trips to Wyoming to see other relatives.

When her daughter and son were in high school, Mary Alice went to work at a bank. She was promoted quickly from teller to head of their commercial loans. At the same time, Mary Alice earned a degree in Business Management.

After retirement, the couple sold their home and bought a motorhome. They toured this country for five

years researching their ancestors. On this journey, they visited many courthouses and churches to find old records regarding the family. They added Ireland to their hunt. The information they gathered, would later become a book.

Mary Alice moved to the Conejo Valley after her husband passed and soon joined The Village. She loves to travel and does so with her family. They are planning a cruise later this year. Mary Alice is off to Oregon to see her granddaughter play in a violin concert. She is close to all her grandkids and sees them whenever she can. Puzzles, card games and being with family and friends keep Mary Alice happy.

She is writing a book about her life for her grandchildren. It may take more than one book to tell the story of her busy life. We are happy Mary Alice is part of our Village and appreciate her contributions.





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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.

Place
Stamp
Here



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

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Volunteers: Please email your volunteer hours (other than Service Requests) estimated through month end by the **25th** to volunteerhours@conejovalleyvillage.org. Thanks for all you do for CVV!

More Info

NOTICE: VCAAA Medical Appointment Transport Tickets Limited to Once per Month

The VCAAA's ElderHelp Transportation program provides free transportation tickets to county residents 60 and older and those with disabilities.

Free transportation to medical appointments for low income and frail older adults, and/or disabled adults unable to use the bus (such as clients requiring gurney transportation) is limited to one ride a month. For more information, call **(805) 477-7730**.

Doing Some Spring Cleaning & Organizing at Home?



We have volunteers who can help with handyman tasks, light gardening, organizing, delivering donations and other tasks.

Call a Call Manager at
(805) 372-1826 for info

Living Well, Caring Well

Wednesday, June 7

1 - 3 pm



Dementia Friendly
Ventura County presents this important One-Stop Shop event in Thousand Oaks at Goebel Center.
See Insert for Details