



Ensuring Seniors A Pathway for All Who Need It

By Your Board of Directors

It has always been the mission of our Village to reflect the population in the areas we serve. We want more people in our community to benefit from the Village model and its impact on individual health, morale and social functioning. CVV also wants to benefit from the knowledge, experience and rich perspectives of diverse populations. And just as important, we want to be sustainable in the future which will require addressing changing demographics.

With that in mind, last year the CVV Board of Directors embarked on the question of whether or not our Village was doing all it could to create opportunities for the underserved, low-income, and/or other marginalized senior populations within our community. We found that many times these are the voices of people in our community that are missing from meaningful conversations.

Because it was about “walking the talk”, CVV enthusiastically began the process of a comprehensive training program through SAGECare, one of the country’s largest and oldest organizations dedicated to teaching how to improve the lives of the underserved. The training program equipped our leadership and volunteers with the knowledge to provide



exceptional services to marginalized populations. And, we are happy to report that in November 2023, we successfully completed all of the requirements in the credentialing program. We obtained official SAGECare credentials for the years 2023 and 2024 that show that our Village team has done the work and is equipped to create a more positive environment for marginalized individuals including a once invisible group - those within the LGBTQ+ community of older adults.

Our approach to diversity is simple: it’s about embracing everyone. From cultivating a culture where all volunteers and members can bring their best selves, to deploying diversity initiatives that support all, we are doing what it takes to build a more equitable community. Conejo Valley Village connects all of us with one another regardless of race, gender identity, sexual orien-

tation, age, hearing, and visual or physical impairments. Together we are changing how we age in a supportive and engaging community. We offer support and opportunities for meaningful engagement that enable us to age in place with a sense of belonging and dignity.

We must remember, though, that values written on a page are just the start. They must be woven into our programs and policies and be demonstrated by our actions. We encourage you to join with us, with your own unique perspectives, on the journey to put these values into practice and make space for continued positive outcomes!

SAVE THE DATE!

**CVV 7th
Anniversary
Party**



Tuesday, April 16

4:30 - 6:30 pm

North Ranch Center

**ARE YOU PREPARED FOR
EMERGENCIES?**

**Review the Evacuation
Checklist insert and Get
Ready!**

See Insert for
Upcoming Events

Friendship Abounds at CVV



Pre-Valentine's Potluck (above): Our holiday tradition continues - celebrating our friends with a delicious potluck buffet. From top left: Sharon and Gisella, Susan and Bill, Marilyn and Masayo.

Middle from left: Bobbie and Nancy, Marianne and Barb B, Bev and Irv, Steve, Dinah, Bev and Ann.

Oaks Mall Walk (right): Whether you window shop, people watch or enjoy a coffee, it's always fun hanging out at the mall with CVV friends. From left: Gisella, Carol, Sherry, Lillie, Susan, Bill and Marv.



Photos courtesy of Lori Bliss and Billie Sontag

Happy March Birthdays!!

Laurel U	Erik S	Barbara E
Bunnie R	Brenda B	Sybil S
Karen S	Janice J	Nancy H
Karen V	Joan E	Monika K
Sandra C	Roberta A	Joan C



Introducing THE EVENTS WAITLIST!

By Billie Sontag

Great news! CVV is growing at a rapid pace, and **we're thrilled to welcome new members and volunteers monthly**. Occasionally we offer events that must **limit the number of people** who can attend or set a **deadline date for registration**. Examples are venues needing a number in advance for ordering food and setting up tables, fire department capacity rules, and events at members' homes or small rooms.

So, **to accommodate as many of us as possible**, we have set up a new **WAITLIST** process. If one of these events is already closed, as noted on the registration page, just **call the host** listed there (or a Call Manager) and **ask to be placed on the WAITLIST**. If someone cancels, people on the **WAITLIST** will be offered the spot.

As you can see, it's **very important to remember to CANCEL your registration if you can't go**, so someone else can go in your place. **Just CANCEL online or contact a Call Manager**. We understand last-minute things arise when you can't let us know. But, otherwise, please follow this process so we don't have empty seats that could have been enjoyed by **WAITLISTERS**. **We appreciate your help** in making this work out well for everyone. Thank you!

Meet our Newest Call Manager - Christel Embree

By **Kathy Ireland**

Welcome Christel Embree our newest Call Manager on Monday afternoon!

Born in Reichenbach, Germany, Christel's family moved to Canada when she was 6 months old. Her father was an auto mechanic for the US army. Her parents became Canadian citizens, later moving to the US.

In 1978, she married Roger and they had 2 sons Eric and Cameron. When the boys were young, Christel was very active in the Boy Scouts. Interestingly Christel, her hubby Roger, and their sons are all programmers.

Christel went to school in California where she obtained a BA and Master's degrees at Cal Poly. Following graduation she worked as a programmer for Loma Linda hospital, later teaching at Cal Poly. She has written code for several companies at Loma Linda including code for respiratory therapy. Currently she takes classes at Moorpark College, enjoying learning about subjects she did not have time for at Cal Poly.

Christel also makes time to travel with her lady friends. They called themselves "The Fab Five." They visited Greece, Iceland, and Croatia. They hope to visit Italy and other countries in Europe. Also, when time permits,

she plays pickle ball. After recently relandscaping her front and back yards, she has taken an interest in growing cactus.

While taking care of her mother, Christel discovered the Village movement in Upland where there is a large Village including a Day Care center. When her father became ill, she continued being a caretaker. She lost her mom and brother in the last year, but she is still overseeing her dad's care. She travels to Upland each week to visit him and to make sure he is doing well.

She initially joined CVV as a driver. Some of the members she drove were Irv and his wife whom she found very special. Irv later helped her through trying times after her mother and brother passed. She also worked with Danny doing stats for the Village.

Christel works part time, oversees her father's care each week and is now our Call Manager on Monday afternoon. Like so many of us in the Village, Christel enjoys meeting other members. We are so happy to have her on our amazing Call Manager Team!



New Member Tea - Getting to Know You

By **Bunnie Roach**

New members are the life blood of any organization, and CVV is no exception. Often new members join because they know other members and quickly become active and feel included. For some new members it may be more difficult to make those connections. We wanted to do something to help new members more easily meet people and learn about meaningful and fun ways to get involved in CVV.

Sharon Chernoff, an active member of our Events Committee, offered to host a small group of new members at her home for an afternoon tea she called, "Getting To Know You". Attending were new members Ingrid D, Sydell P, Catherine S, Gisela S, Mike W and Lillie P. Also invited were Sybil N and Mary Allice G, active members.

Meeting in a small group created the opportunity for everyone present to join in the conversation and ask



questions of active members. This can be difficult at larger functions where one can usually only talk to the people sitting near you. Active members encouraged the newbies to join committees, volunteer, play games, attend social functions and join in discussions.

Everyone agreed they would like to get together again. Telephone numbers were exchanged so that they could arrange to get together for lunch, arrange a coffee date or go to a movie. The next time CVV has a larger event, new members will be able to look for one another and be a part of the fun and camaraderie we share.

This is the recipe for developing and enjoying the lasting friendships that are a wonderful part of belonging to CVV. Thanks to Sharon for hosting the New Member Tea as a way to help our Villagers create meaningful connections with each other. We will offer more of these "Getting to Know You" sessions in the future.



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.

Place
Stamp
Here

Reminder: Turn
Your Clocks
AHEAD one hour
Sunday, March 10



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

Reminder!

Send your Financial Questions for the 3/21 Financial Q&A session to presenter Ralph Gould at rgould86@gmail.com.



Great opportunity to increase your financial knowledge!

Do you know someone who enjoys helping people and would be a great CVV volunteer?



Suggest they contact our Call Manager at (805) 372-1826 to learn more!

See Insert for Details

SENIOR CONGRESS XX

**“LIVE LONGER,
STRONGER & BETTER”**

Wednesday, March 13

Sessions on financial, physical and mental health, engagement and learning

**St. Maximilian
Kolbe Catholic Church**

REGISTER AT
WWW.CLVFF.ORG