

## Thank You, Val - From a Grateful Village

By Karen Hansen

My favorite Dr. Seuss quote is, "Don't cry because it is over, smile because it happened." Amid the tears of farewell, as we reflect on the past seven years when Val Fitch was a part of the Conejo Valley Village, it was easy to find times that indeed could bring a smile to our lips. Not everyone is aware of the tremendous energy and strength that Val brought to our group, so let me just share a few of the stories you may not have heard about Val.

Val was a part of the Village from the first building block. Val was on the advisory group that chose Club Express, and customized the application to meet the needs of our Village. She then led the extensive training of the volunteers who would become the Call Managers and the leadership Board. Many remember a room at Goebel that was filled with people who had only a glimmer of an idea of what on earth she was talking about, but those people came back week after week to learn more and more until they felt confident in April, of 2017, to answer the first calls to offer services to the seniors in the Conejo. It was Val's first example of how



Valarie Fitch

adept she was at recognizing a person's strength, seeing their talent and finding ways for them to grow, helping the community as well as themselves. Many of those early volunteers are still volunteering today, some in roles they never dreamed they would be in.

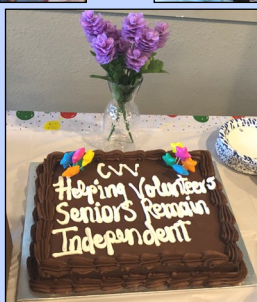
Another of the signs of a true leader is the way they model not only what needs to be done, but the principles and values of what the organization stands for. From the beginning, Val was not only the leader of the Call Managers, she was a Call Manager on a shift every week. She encouraged everyone to suggest ways to improve our services offered and the way we recorded them. As a Board Member, she helped on every committee, helping Outreach by working at the street fairs and booths at trade shows, and speaking at organizations. Stressing the importance of getting seniors into the community, she encouraged celebrations where members got to know one another. Meet and Greets became popular not just for getting new members, but also to build relationships. Now members save tables for their new found friends. Those who were once dependent on their families, have found many activities they can join with other members.

When we think of the Pandemic, many people think of the isolation and the sacrifices they had to make as the World seemed to stop spinning. Through Val's leadership and her ability to see the big picture, the Village actually thrived and grew instead of drying up, as many other Villages across the country did. She encouraged everyone to learn to Zoom, and again leading by example, held Board meetings and other leadership meetings online. Adding activities that got people moving in mind and body, she added a fitness session, and a mind challenging session, a place for laughing, sharing movies, trips, and more. The Village has more activities than anyone ever expected to be needed, recently adding a men's group and a financial group. Thanks to looking for ways to grow, Val has welcomed changes.

It is hard to stop writing about the challenges Val has mastered during her years leading CVV. One memory leads to another, to another of bringing equal joy, to another of signs of kindness and strength. You have made us smile so often, Val. Our Village will go on without you because of the kindness, the wisdom, and the values you have modeled for us all. But we will miss you and promise to look for ways to carry on the traditions you began.

See Insert for  
Upcoming Events

## Celebrating Seven Great Years Together!



**7 must be our Lucky Number:** We are honored to celebrate our 7th anniversary as a Village providing services and meaningful connections to seniors and look forward to another fantastic year. Above: many happy members and volunteers enjoy great food and conversation. Below, left to right: Bunnie and Michaela, Rosa Lee, and Maryann, Nancy enjoy Rosa Lee's amazing corned beef lunch. Dinah, Sharon and Eileen find some treasures at the Goebel Garage Sale.



Photos courtesy of Lori Bliss and Maryann Gitt

## Happy May Birthdays!!

Joanna K  
Regina C  
Yvette J  
David C  
Maryann G  
Beth S

Marc B  
Iris S  
Karen H  
Rosemarie Z  
Sherry D

Dena S  
Pat S  
Joe C  
Gisela S  
Marv F  
David A



## Reminder

**CANCELLATION POLICY:** Please remember to **CANCEL** your registration if you can't attend an event you've signed up for. This may allow someone else to join us!

It's easy to cancel from the same page where you registered, or call a Call Manager at (805) 372-1826 for help.

Thanks for your cooperation!

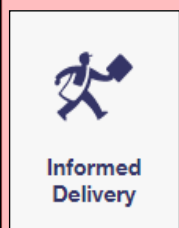


## Know What's Coming in the Mail - Informed Delivery

By Billie Sontag

Have you ever wondered if you are getting all of your mail and packages? If you use a computer, smart phone or tablet, there is now a way to find out what mail is coming ahead of time so you'll know if anything is missing.

**Informed Delivery®** is a free and optional service provided by the United States Postal Service (USPS) that allows



you to digitally preview your incoming letter sized mail and packages securely from your computer, smart phone, or tablet. You will need to confirm your address is eligible for this service, and set up an online USPS account at [informedelivery.USPS.com](https://informedelivery.USPS.com). Then, you can see what is coming to your mailbox soon whenever, wherever – even while traveling. It's also available for PO Boxes in eligible ZIP codes. This convenient tool can help you figure out if important mail or packages are missing.



For items with USPS tracking® you can view the delivery status and manage delivery, to have things delivered or redelivered at your convenience.

You can choose to receive a daily email or text which will show a black and white image of the front of up to 10 pieces of mail arriving soon, usually that very day. Any packages arriving via USPS will be listed at the bottom of the email or text. These images, plus remaining mail pieces above 10, will also be accessible on the Informed Delivery page of your USPS account "dashboard".

Your USPS account dashboard will also offer several other convenient services like scheduling package pickups, buying stamps, or putting a hold on your mail when traveling. For more information about Informed Delivery or to sign up visit [informedelivery.USPS.com](https://informedelivery.USPS.com).



## Upcoming Important Events You Won't Want to Miss



**CVV FINANCIAL Q&A  
SEMINAR #3  
(Zoom)**

**Thursday, May 16, 2 pm**

Get your financial questions answered. Listen in on our panel discussion led by CVV volunteer Ralph Gould. There is always something to learn about financial issues so you're better prepared for life's challenges.



**HOT TOPICS:  
DRUG PRICING -TRENDS  
AND NEXT MOVES  
(Zoom)**

**Thursday, May 23, 3 pm**

Join Carr and Bunnie for an important Encore presentation about what is happening with legislation and policy changes impacting drug pricing. Great information!



**CHEER, OR GET IN  
GEAR!  
(Westlake)  
Sunday, June 2nd**

Participant or Cheer Squad: There is room for everyone on the CVV Love Run team and all are welcome. **Last day to register is May 29** (CVV pays participant registration fee). To register or get info call (805) 372-1826 or email Coach Lois at [outreach@conejovalleyvillage.org](mailto:outreach@conejovalleyvillage.org).

**HOME SAFETY with THOUSAND  
OAKS POLICE SERGEANT DAMIAN  
ALVAREZ  
(Newbury Park Library)  
Wednesday, June 5, 1 pm**



Learn the best ways to protect yourself and your home, as well as crime trends in our community directly from Sergeant Alvarez, who leads outreach efforts as part of the TOPD Community Resource Unit.



P. O. Box 3162  
Westlake Village, CA 91359

Phone: (805) 372-1826  
Email: [cvv@conejovalleyvillage.org](mailto:cvv@conejovalleyvillage.org)  
Website: [www.conejovalleyvillage.org](http://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](mailto:volunteerhours@conejovalleyvillage.org). Thanks for all you do for CVV!

## More Info



### VOLUNTEER APPRECIATION BBQ!

**Thursday, June 27, 3 pm**  
**Oak Forest Clubhouse**



See June Events insert for details

### VOLUNTEERS!

#### LOOK FOR NEW SERVICE REQUEST OPPORTUNITIES!

Service requests are increasing so there are new opportunities every day.



Check out our website for different ways to help improve members' lives, or call **(805) 372-1826**. Sign up and help members thrive!

*We appreciate all that you do for CVV!*

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!