

Senior Nutrition - Facts & Fallacies - A Twice Monthly Series

By Billie Sontag

We are very lucky to have a wonderful new ZOOM event, **Senior Nutrition – Facts & Fallacies**, which is hosted by **VCAA Registered Dietician, Patti Jaeger**. As Patti said in our last meeting, “I’m passionate about nutrition!” She is especially passionate about bringing nutrition information to seniors because she strongly believes **good eating habits can have a big effect on health and longevity**.

Patti told me our bodies are transportation. Just like a car: if you feed it bad gas, it just won’t run right. It’s important to take an active role and understand what needs to be on your menu each day and on your plate each meal. For example, you should have three to four good sources of protein and lots of vegetables every day. Even if you always had decent nutritional practices in the past, seniors **have different needs than we did when we were younger**. Patti says “it’s never too late to change things and do what’s best for your body”.

Patti’s classes cover many different topics and are standalone. Upcoming topics in October are ‘**My Plate – A Tool to Make Eating Healthy Easy and Bone Health, ‘Osteoporosis and the Nutrition Connection’**. Future topics can be things like Understanding New Food Labels, Healthy Meal Planning for One or Two, Cooking Once Eating Twice, Hydration – The Forgotten Nutrient, and How to Choose the Right Supplements. You can pick and choose which classes interest you...or attend all of them. Don’t worry if you missed the first couple. Just jump in to ask questions and join in the conversation. You won’t even need to take notes because handouts will be provided via email.

Patti has a wealth of information to share with us! As she says, “why not learn to do the best for your body while you can?” There’s always something new to learn, so let’s join Patti the second and forth Wednesdays of each month... 11:00 am to noon.

About Patti Jaeger



Patti has been a Ventura County Area Agency on Aging Registered Dietician for over 19 years. During this time, she has worked to keep the Senior Nutrition Program in compliance with all applicable laws and regulations of the California Department of Aging and the State and Federal Government’s criteria of nutrition programs for seniors 60+. These programs feed over 1,000 meals a day through both Congregate as well as Home Delivered Meal Programs. She has enjoyed directing and implementing the U.S. Department of Food and Agriculture’s Senior Farmer’s Market annual county program giving seniors an opportunity to enrich their daily meals with the addition of fresh produce from local farmers. Additionally, she has found a particularly enjoyable interest in public speaking to both small and very large groups on a wide variety of nutrition topics. She also provides individualized Nutrition Counseling to those looking for a tailored and unique plan.

From the Village Board of Directors

Your [Board of Directors](#) has been very busy during this COVID time. Below are just some of the activities that we are doing to keep our Village responsive to your needs:

- ♦ Participation in the Village Caucus to solicit ideas on what State legislation is needed to support Villages and have them proliferate, chaired by our own Tony Gitt. The Village Caucus is a public advocacy group for Villages like ours.
- ♦ We participate in the Village To Village network, including a national conference via ZOOM in October during which Villages across the country will discuss common issues.
- ♦ CVV provided financial support to Goebel to help them provide free lunch distribution to seniors.
- ♦ We provided financial support to Senior Concerns to help support their free grocery delivery services program.
- ♦ Distribution of [File of Life](#) packets to all members and volunteers.
- ♦ Monitoring our current (but limited) delivery of services to be certain that the highest priority needs of members can be met.

Valerie Fitch
Board Chair



Lois Barberio
Director/Secretary



Tony Gitt
Director/Treasurer

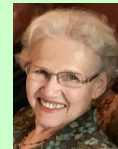


The Other CVV Board Directors

Lori Bliss



Barbara Balke



Danny White



Chris Jones



Updates & Announcements

VOTING INFORMATION



Do I have to request a Mail-in Ballot? No! Under [Executive Order N-64-20](#) everyone already registered in California will be mailed a ballot on or about October 5th for the upcoming elections. To confirm that you are registered to vote <https://voterstatus.sos.ca.gov/>

How do I know my vote-by-mail was counted? There is a tracking link at this [Voter tracking link](#)

May I drop off my ballot in person? Yes, locations at [this link](#).

Wait! I never received a ballot! Can I request a replacement? Yes, at [this link](#)!

Signing Your Ballot: Make sure the **signature on your ballot envelope matches the one on your CA driver's license/state ID, or the one you provided when registering.** Your county elections office will compare them to protect your vote.

Source: Official Voter Information Guide, page 3.

Double check them and return your ballot early!

NEW! A CVV Zoom Passcode will be required to join online events.

Effective September 27, members joining CVV Zoom events may be prompted to enter a passcode (psst... it's **CVV2020**)

October Birthdays!



All Villagers are welcome to attend our **October 8th Birthday Bash at 2pm** to wish our October celebrants a very Happy Birthday!

Dennis C.
Billie S.
Frans N.
Linda S.
Chris J.

Anne N.
Dick H.
Deborah M.
Judy S.

Lori B.
Sheryl N.
Loretta A.
Mary H.

Flu, Pneumonia, and Shingles Immunizations

By Loretta Allen

While 2020 is well underway, it is not too late to consider immunizations that offer seniors valuable protections. It's a good idea to first check your Medicare plan to see what preventative vaccines are covered, then check with your doctor to see if he or she would recommend them for you.

Flu: It has been recognized for many years that people 65 years and older are at greater risk of serious complications from the flu including hospitalizations and even death compared with young, healthy adults because human immune defenses become weaker with age. People 65 years and older should get a flu shot and not a nasal spray vaccine. They can get **any** flu vaccine approved for use in that age group with **no preference** for any one vaccine over another. There are also vaccines designed for people age 65 and older.

Source/more info: [Flu Info](#)



Pneumonia: Adults 65 and older need two vaccines ([Pneumovax 23](#) and [Prevnar 13](#)) for better protection from bacterial infection in the blood (sepsis), meningitis and pneumonia which can be life-threatening for older adults.

Source/more info: [Pneumonia Vaccine Information](#)

Shingles: Shingles (Herpes Zoster) is a reactivation of the childhood Chicken Pox virus (Varicella). The virus lives dormant in the nerve endings until it reactivates, causing severe pain/rash with a persistent nerve pain after the rash recedes. Shingles nerve pain is prevented 90% with the new vaccine versus only 65% with the previous one.

Medicare Part D covers the shot but even if there is copay, it's well worth avoiding shingles! As with any vaccine, do check with your doctor.

Sources:/more info: [AARP](#): [WebMD](#)



Tech Tip: Free Phones to Help You Stay Connected

By Loretta Allen

FREE Specialized Phones Help You Communicate Better

If it is getting a bit harder for you or someone you know to use your home or mobile phone, you should know the State of California offers **free** phones to make it easier for you to stay connected. Over half a million Californians use these specialized phones from the California Public Utilities Commission's Deaf & Disabled Telecommunications Program which is funded by a small surcharge on California phone bills.

These specialized phones use advances in technology to support difficulties with hearing, speech, mobility, vision or memory. Their unique features including amplification, photo or bigger buttons, flashing lights or talking keypads, headsets and neck loops, visual



displays of spoken words, speakerphone, programmable memory -dialing and various accessories. These give you the extra support you may need to stay engaged in the conversation. Most phones are hearing-aid compatible and

there are no additional costs beyond your regular telephone service.

Qualified California residents with telephone service and a doctor who will approve the need are eligible to apply using a simple process: download and complete the application from Californiaphones.org, have your doctor sign it, and submit your request!



California Phones
Keeping you connected.



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.

Remember
to Vote
Early!



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.

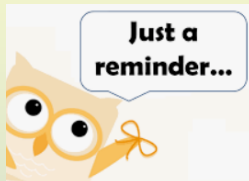
Volunteer Spotlight

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

New Community Information Tab

Our [Conejo Valley Village web-site](http://ConejoValleyVillage.org) has a 'Community Information'

tab that includes many useful links which include the Goebel Gazette, info about low-cost meals, food sources, local restaurants, Senior Concerns events, VCAAA, CLU students who are matched with seniors as Zoom phone buddies, and much more.



HEY, VOLUNTEERS!

We have an

All Volunteer

Meeting 10/1 at 3PM

Take advantage of a great opportunity to meet members and volunteers online, and visit with people while you're staying Safer at Home!

See the **Virtual Events** Insert!



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



They can contact our Call Manager at (805) 372-1826 to learn more!