

## Looking Back and Zooming Forward

**By Karen Hansen**

It is safe to say what I miss the most during the Covid caution days is the face-to-face contacts with other Villagers, my family, and friends. The highlight of many Villagers' pre-covid lives was most often attending get-togethers at restaurants, parks, malls, etc. In early March, there were 24 Villagers who met at the Breakfast Cafe for brunch, fist bumping versus handshakes even back then, but never dreaming how normal life was about to be suspended. The Village's Event Committee proactively went into overdrive so that by April 1st, they were ready to offer a solution to the suspension of face-to-face gatherings, the now famous [Zoom events](#)! Looking back, the calendar for April shows an event offered for nearly every day of the month, and these have grown in number and in popularity to at least two events daily, for the month of September, and sometimes as many as 20 in attendance!

Reviewing attendance and topics at our online gatherings, classes, and meetings from May through August, the trend seems to be that the most popular Zoom events are where people have a chance to learn about new things, or are just able to chat with friends. Danny White's "Ted Talks" and sharing his extensive gardening expertise have high interest levels for our Villagers. "The Birthday Bash" honoring

our birthday celebrants of the month has been very popular, a great way to make this aging process a positive experience!

Other popular ongoing events are the conversational gatherings: 'Conversations', "What's on Your Mind?" and "Happy Hour!" All of them offer us an opportunity for some interaction and range from serious discussions to a litany of jokes. It's a heartwarming experience to get a chance to speak closely to those we haven't been able to hug or shake hands with. All of the Village gatherings have one thing in common; a desire to reach out and interact with someone we know, or want to know better! If you have not attended a Zoom Event before, I'd encourage you to just try one or two of the more popular gatherings!

To give you an idea of what has been happening on Zoom, there are two links you may want to check out [A Trip on Danny's Tour Bus](#)! The first is a chance to see one of Danny White's Road Trips. Yes, that is him in the picture standing in front of one of the majestic scenes in one of his webinars! He has even included places to stop if you are interested



in following his route. Another [video here](#) gives you a taste (pardon the pun) of what our Nutritionist, Patti Jaeger, a dietitian from Ventura County Area Agency on Aging, has shared with our Village via the Zoom Meeting. Whether you are cooking for one person or sharing with another, she has given us some great tips about what seniors need in their diets, and how to add it in a delectable way!

If none of the above really pique your interest, check the [Event Calendar](#)! You will find so many opportunities and choices you may not have even thought about before. There is a journaling group, a book club, exercise classes, cooking ideas, household ideas, mental fitness classes, and a time for jokes that are sure to make you laugh too! If technology is a challenge, simply call the CVV office at 805-372-1826 to see if we can help you join us for the fun and enrichment!

CVV Zoomer's have said: "I Love taking the virtual trips!"

"Bunnie has the best jokes! I love starting my week with a laugh!"

"I love having a chance to get to know each other better when we can chat in a small group!"

"The hosts do such a great job of getting everyone to talk!"

# Thankful For A Lot At Thanksgiving

By Billie Sontag

Things have vastly changed since we celebrated Thanksgiving at Country Harvest last year. While we can't be together for our traditional feast this month, we can celebrate the spirit of the holiday and share the things we appreciate. We're thankful for the CVV friends we've made...and of course thankful for our friends and families. Here is what some villagers expressed thanks for:

- **Dick H.** is grateful for his big loving family of 5 children and their spouses, 11 grandchildren and 10 great grandchildren and looks forward to lots of ZOOM calls and a few small gatherings throughout the holidays.
- **Charles V.** is delighted his daughter received a grant to attend nursing school and graduated second in her class. She is starting a new job this week and he is thrilled she will be happy doing something she loves.
- **Hazel K.** said, "Thank goodness we have telephones to call friends while we're cut off, so we can stay in touch."
- **Carr B.** is thankful for adventure. "New unexpected friendships and truly spectacular experiences have enriched my life."
- **Nancy H.** told me, "I am so thankful for my family, my poodle and human friends and my happy, safe home."
- **Deborah M.** said she is "grateful that after five years of suffering with severe back pain including three surgeries, she is feeling 100% now and very happy to participate in the activities she loves!"
- **Mark M.** is grateful for his wife and three sons. He feels fortunate to spend time with the people he meets while volunteering and appreciates their wisdom and experience... "they are completely themselves".

We wish that you enjoy time with those you love, whether in person, online or by phone. We hope you have a lot to be thankful for and that you have a **very Happy Thanksgiving!**

## Information & Announcements

### Financial Self Defense 12/3 at 4PM

As part of **Senior Concerns** 'Path to Positive Aging series', they are hosting a virtual event called "**Financial Self Defense; Staying Smart About Common Scams**".



**Register** online [here](#) or download a **flyer** [here](#). Understand that scams are theft with a lie - they are a crime, learn what a transnational scam/crime is, and understand the steps to protect yourself and your family.

### Senior Concerns Bargain Boutique Sidewalk Sale 11/14, from 10:00-3:00

The holidays are almost upon us and now is a great time to get some outdoor shopping done! [Senior Concerns Boutique Store](#) has treasures like **brand name** apparel, accessories, home décor, artwork, and more! Their Sidewalk Sale will not disappoint! **The store is at 80 E. Hillcrest Drive** in T.O., 805-373-0504 for more information.

### Thanksgiving Treats



The Events committee, Care Team, and other volunteers will be delivering a small Thanksgiving treat on the Monday and Tuesday of Thanksgiving week, 11/23 & 24.

If you plan on being out of town, please let Barbara-B know; 818-991-8110 or [barbara.a.balke@gmail.com](mailto:barbara.a.balke@gmail.com)

### November Birthdays!



All Villagers are welcome to attend our **November 5th Birthday Bash at 2pm** to wish our November celebrants a very Happy Birthday!

Dee C.  
Irving C..  
David F.  
Karen M.

Barbara S.  
Vanessa R.  
Toni C.

Ralph G.  
Margie F.



## Different Symptoms—Flu or Covid?

By Loretta Allen

The flu and COVID-19 are both respiratory illnesses, but they're caused by different viruses. The flu is caused by influenza viruses, whereas COVID-19 is caused by a new coronavirus called SARS-CoV-2. Some flu and COVID-19 symptoms are similar, so it can be hard to tell the difference between the two without getting a test to confirm. Information on COVID-19 is still evolving as we learn more about the virus. For the latest information, visit [cdc.gov](https://www.cdc.gov).



According to the Centers for Disease Control, it's possible to have the flu and COVID-19 at the same time. While details are continuing to emerge on how common this is — you can at least protect yourself from the flu by getting the flu shot. This is one of the many reasons why

the CDC recommends that all people 6 months and older get a yearly flu vaccine.

The flu shot doesn't protect against COVID-19. However, the flu vaccine can help reduce your risk of flu illness, hospitalization, and death. If less people get the flu, care teams can focus their time and resources on providing COVID-19 patients with the care they need.

Please talk with your Healthcare Provider when you have symptoms and discuss the possibility of getting a flu shot if you have not already done so.

References: [CDC.gov](https://www.cdc.gov), [Kaiser Permanente](https://www.kaiserpermanente.org)



Wearing a mask is only effective if we wear it properly, a video at <https://kp.qumucloud.com/view/wYuqTtvAGBt>

With Flu season approaching, there's a great video... do's and don'ts in a [Cough Care Video](#)

## Remembering Mary K. and Chris R.

Mary K. was interviewed in 2019; you can read more about her fascinating background at [this link](#). Unfortunately Mary passed away recently and will be dearly missed.



We lost Chris R. this June. Chris's 'kids' wrote a remembrance about his life, career, passions, their parents love are at [this link](#). Chris will be missed by many.





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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  
Postage  
Here

**Remember  
to Vote  
Early!**



## **Neighbors Helping Neighbors Stay Independent, Active and Connected**



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Address Labels

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

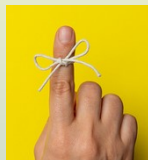
## **Volunteer Spotlight**

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

### ***Friendly Reminders***

Our [ConejoValleyVillage.org](http://ConejoValleyVillage.org) website has a 'Community Information' tab that includes many useful links to current information!

Village Call Managers will not be answering CVV phones, email, or voicemail on November 26th and 27th over Thanksgiving weekend.



Hardcopy newsletter recipients who have web access can also click the Newsletter's tab on our CVV website.

### **HEY, VOLUNTEERS!**

**We have an  
All Volunteer**

**Meeting 11/4 at 3PM**

We'll be meeting on the first Wednesday of each month! This is a good opportunity to meet other volunteers online, and visit with people while we're all mostly staying safer at home!



**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!**