

Special CVV Fourth Anniversary Celebration...Live!

By Karen Hansen

Oh, no! Bad news...Good news....Bad news, one of our Call Managers was left off of the article last month. Good News, it gives us another opportunity to write about our fabulous group of Call Managers! We are proud to highlight Corky Grimm.

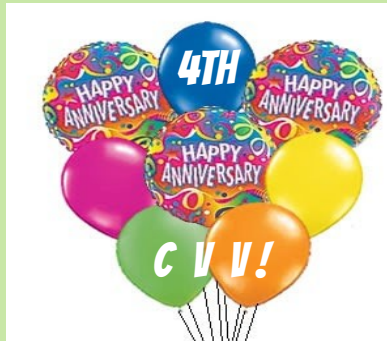
Corky G. is one of our original Call Manager Team members. Living in the Conejo Valley for 47 years, she has a great



understanding of the resources that are available for our members. She was a licensed Clinical Social Worker, for many years before retire-

ment, and after retiring, she was an ombudsman for area senior homes. Corky has been called upon in a variety of situations in the village. In addition to being a Call Manager who often picks up shifts for others, she records the data needed for the statistics we use for grants, etc. She does regular home visits via Zoom, runs errands for those "locked in." She is a great listener, our members love her regular check in calls. Corky says, "Assisting and interacting with members and volunteers enriches and invigorates my life." Grandboys, in Nashville and Newbury Park fill in the heart cracks so Corky can continue to encourage others to stay positive. Corky appreciates how the Call Managers are truly a TEAM, and they in turn appreciate how she can always be counted on to support them and be a model Team player.

By Valarie Fitch



Our Conejo Valley Village Fourth Anniversary was a sweet celebration, a triumph over challenging circumstances we never imagined would exist. The global pandemic that put us into shutdown forced the cancellation of our Third Anniversary party and prompted major changes to our village operations.

During the year that followed, we hunkered-down in our homes and CVV transitioned overnight from hosting face-to-face potlucks, happy hours, driving members to and from hosted gatherings, to all-virtual activities. CVV quickly made service changes to comply with pandemic and health regulations and created a full range of online Zoom activities to ensure our Village volunteers and members stayed connected and supported during this difficult time. Our Board members are

extremely proud of our members and volunteers who have demonstrated tremendous compassion, creativity and patience during this time.

Now, Covid-19 cases have decreased dramatically, a majority of people in our community have been vaccinated, and pandemic restrictions have largely been lifted allowing business and social activities to resume. Our Fourth Anniversary party was our first in-person group event in over a year and we all look forward to safely getting back to normal activities.

There are much brighter days ahead!

We plan to have many more activities when we begin to re-open in June as permitted under county and local Covid-19 guidance. As a reminder, to help us gauge when and how we can safely and fully reopen, please let a Call Manager know when you've been vaccinated.

CVV will be expanding some services to full members in May to include non-essential transportation requests, in-home visits (preferably back yard), etc. We encourage members to leverage non-CVV grocery delivery services as our volunteer pool is limited for this service.

Please note that when we re-open in June, the 14-month reduction in monthly dues (from \$50 to \$15) will end, so full membership dues will be raised back to the pre-pandemic level of \$50/month on July 1st.

Check out our Fourth Anniversary Celebration photos on page 2!



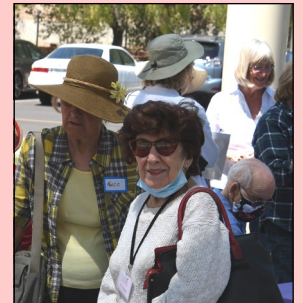
See Insert for
Upcoming Virtual
Events

Events & Updates



Happy **4**th!
Anniversary CVV!

"We're Back!" More than 50 Villagers were thrilled to finally get together in person for our Fourth Anniversary lunch on a beautiful sunny day at Conejo Creek Park. There was excitement in the air as everyone mingled with friends they had not seen for many months. Marv F. personally potted many colors of flowering plants as centerpieces which were raffled off. There was a new appreciation for our village sense of caring and sharing. Everyone is looking forward to re-opening with the confidence that comes from making it through some tough times together!



Photos courtesy of Nick Fotheringham



**MAY
BIRTHDAYS!**



Join us for the **May 6th Birthday Bash** to celebrate
May Birthdays with our Village friends:

Pamela K.	Pat S.	David A.
Yvette J.	Joe C.	Linda S.
Elissa C.	Adrienne R.	Marc B.
Beth S.	Beverly F.	Iris S.
Dena S.	Marv F.	Karen H.

Remembering Lena Nalbandian



We extend our heartfelt condolences to Lena Nalbandian's family for their loss, and ours. Lena joined the Village in 2019 and will be missed. Her family has graciously donated her May dues to the Village.

*Thank
You*

Thank you to Sandra D. for her recent donation! As an all-volunteer organization with no paid positions, CVV relies on donations as well as dues to cover expenses.

Tech Tip: Free Phones to Help You Stay Connected

By Vanessa Renna

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, speaker-phone, programmable memory-dialing and various accessories - 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.

California residents with telephone service and a doctor who will approve the need are eligible to apply using this simple, 3-step process: 1) print and fill out the application form from their website, 2) have your doctor sign the application, 3) you mail or fax the form. Once approved, you call California Phones to discuss which phone is best for you.

For more information, call their Contact Center at **1 (800) 806-1191** or go to www.californiaphones.org.



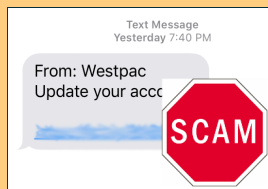
California Phones
Keeping you connected.

Cyber Scams - Join CVV's 5/21 Education Session

By Chris Jones

More than ever, scammers are calling phones and sending emails or texts pretending to be your Bank, Amazon, Apple, etc. Scammers are criminals who are trying to steal your hard-earned money and/or your identity, and older adults are one of their favorite targets.

CVV is helping to arm Villagers with up to date information about scams and how to protect yourself and others from malicious actors. We are pleased to offer an educational session on Cyber Scams presented by Debbie Deem, Coordinator, FAST (Financial Abuse Specialist Team) Ventura County, to protect us from scammers. The session will be held via Zoom on **Friday, May 21st** at 11 am. This will be a great opportunity to share and learn about the techniques scammers use to make you let down your guard. We need to be extra vigilant and be suspicious of unsolicited calls, emails or texts, especially anything having to do with financial accounts. Here are some things to watch out for:



When you receive a spam phone call:

- Do NOT press 1 to speak with customer support
- Do NOT call a phone number they gave you
- Do NOT give out your personal information

When you receive a spam email (or text):

- Do NOT click on links in an email or text...EVER!
- Do NOT reply to the email or text
- Do NOT call a phone number in an email or text
- Do NOT give out your personal information

If you think there may actually be a problem with one of your financial or other accounts, contact the company using a phone number or website you know is real, or the phone number on the back of your credit card. More at the [Federal Trade Commission website](http://www.federaltrade.com).

Criminals are constantly thinking of new scams. Sign up for our session on May 21st and get up to speed on what to watch out for so you can protect yourself!





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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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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!

GREAT VOLUNTEER OPPORTUNITIES!

coming
soon!

Watch for our New Volunteer Blog coming to the CVV website with details about volunteer project opportunities!

Use your life skills and special talents for short-term or project needs to support CVV and its members.

Our Village thrives when everyone has an opportunity to contribute and benefit!

CVV All Volunteer Zoom Meeting

**Wed, May 5th
3 pm**

Join us to share your volunteer questions, experiences, and ideas, meet fellow CVV volunteers and help us plan for the future!

Sign up online or call
(805) 372-1826

Enjoy a little exercise
and some fresh air
with your Village
friends...



Volunteer to Lead a CVV Walk or Stroll

As we begin to re-open, we need people to lead leisurely walks or strolls. Call (805) 372-1826 for more information.

