



The Wonderment of Conejo Valley Village

By Irv Croshier

"It's a puzzlement" said the King in the 70's film, *The King and I*. Today I can say the same thing. We have the world that is a puzzlement, a country that is a puzzlement, even our community is a puzzlement. Many seem to have answers, but very few seem to want to hear them.

For many years I was in the positions to solve puzzles, fix puzzles, and face puzzles. Raising eight kids with limited resources was one of my early ones. And according to them, I did a fairly good job. Then there was my forty years as a teacher or administrator in seventeen different elementary schools. My superintendents sent me out to "fix the schools", I was often called a fireman. At any rate, I solved puzzles at schools with children's numbers of 200 to 700, staff to support them as well as the parents who were often the reason for the puzzle.

After 20 years, I realized that there was a lot I didn't know and went back to get a degree in psychology. I opened a Psychotherapy Clinic in Woodland Hills with a staff of eight. Then we were truly attempting to solve the puzzles of parenting, emotions, and marriages.

After my school retirement, I continued at the Clinic full time (46 years) until Alzheimer's hit my life



partner. It was a puzzlement I could do nothing about. I had to close the clinic to spend this valuable time with my wife. Never have I ever felt so inadequate. ALL of her friends deserted her because "I do not know how to be with someone with Alzheimer's". Neither had I. Suddenly she was alone. Someone in Ventura Council of Aging told me about CVV, which I doubted but called immediately. I contacted a Call Manager named Corky, who told me of its wonders and set us up for the services.

Hikes on the park trails, walks in the mall, potluck treats, movies, restaurants, wine tasting, plays, home visits, transportation to events, interacting with a special group gave me the happiest lady in the world. She felt loved, welcomed and cared for by her new friends. At a CVV Topper's pizza gathering when asked to introduce herself she responded "I'm Diana Croshier and I am an Alzheimer patient. I am so

grateful for your friendship because it has been such a joy in my life" ending with a beaming smile. Unfortunately, now the disease has taken its toll. Diana can no longer relate even to Zoom, but does look in. There are times I review her adventures with the Village and she flashes a huge smile.

At 94, I am slow to recognize things, but I have come to realize that I have benefitted even more than my best friend. Though I have been in numerous organizations in my life, none have shown the caring, the giving, the support which seems so natural with the Village. People in CVV are "you-ers" not "me-ers" and you have done more for my partner and myself than any person in our friendship circle. I do not have to fix anything; all the membership asks is that we just be ourselves. In short, The Conejo Valley Village is not a puzzlement, it is a WONDERMENT.

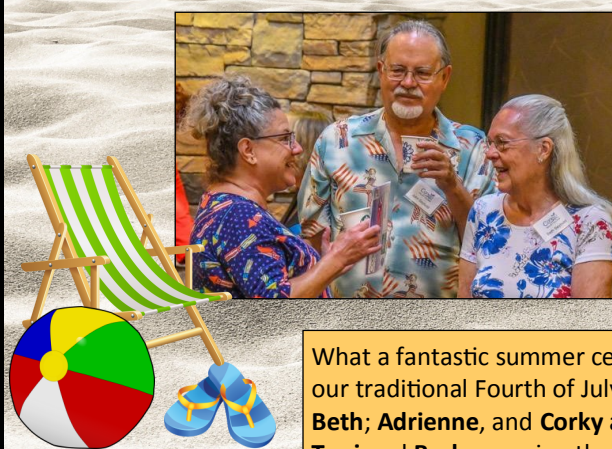
*Take Care of
someone else. Be there
for someone else. Bless
someone else. A happy
life is about giving
more than you take.*

-Mandy Hale

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See Insert for
Upcoming Events

Celebrating American Summer!



What a fantastic summer celebration with lots of happy folks! Thanks to the Events Team for organizing our traditional Fourth of July Potluck at the North Ranch Center. Above from left: **Mindy, John and Beth; Adrienne, and Corky and Irv.** Below from left: **Steve, Karen and Cathy; Nancy and Carmen, Bev, Toni and Barbara** enjoy the company and Mexican specialties at our Cisco's Meet & Greet.



Photos courtesy of Nick Fotheringham and Billie Sontag

DON'T MISS EVENTS - Join Us for the Fun!

August 18th - It's Movie Time! Join us for **RESPECT**, the inspirational Aretha Franklin story.



August 24th - TOPPERS Pizza MEET & GREET. Bring a friend to learn about CVV and enjoy great pizza!



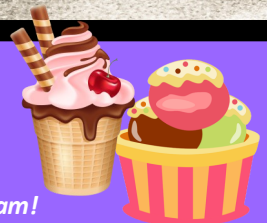
Share Your Travel Story!

Villagers love travel stories and new places to explore. If you have been on a recent trip (near or far) and want to share what you enjoyed about it, let us know and we can help write your story. Send any info and pictures to news-letter@conejovalleyvillage.org.



AUGUST BIRTHDAYS!

We all scream for ice cream!



**Emerald J.
Suzanne R.**

**Nancy I.
Bill N.**

**John P.
Barbara K.
Don D.**



**Angela J.
Mary Alice G.**

Join us for the **August 3rd Ice Cream Social/Birthday Bash** at The Little Calf Creamery to celebrate August Birthdays



Let's Talk About Passwords - How Strong Are Yours?

By Vanessa Renna

When you log in to your online accounts, or are asked to change your password, companies often require a certain number of characters and that the password contain certain types of characters. Although this may make passwords more difficult to remember, consider that a very simple password will be even easier for a hacker to break into, putting your information at risk.

Hackers use computer programs that quickly run through different possible passwords until they find the right one. The above chart compiled by Hive Systems and featured in Kiplinger's Personal Finance and Newsweek magazines shows that a simple numeric password can be hacked within seconds. You can protect your accounts by using longer passwords with a combination of upper and lower case letters, numbers and symbols (such as !, @, #, \$, %, & or others). Many websites give you an indicator of the strength of the password as you create it to help secure your account.

HOW LONG DOES IT TAKE TO HACK PASSWORDS?

Number of Characters	Numbers Only	Lowercase Letters	Upper and Lowercase Letters	Numbers, Upper and Lowercase Letters	Numbers, Upper and Lowercase Letters & Symbols
8	Instantly	5 seconds	22 minutes	1 hour	8 hours
9	Instantly	2 minutes	19 hours	3 days	3 weeks
10	Instantly	58 minutes	1 month	7 months	5 years
11	2 seconds	1 day	5 years	41 years	400 years
12	25 seconds	3 weeks	300 years	2k years	34k years
13	4 minutes	1 year	16k years	100k years	2m years

One way to create a strong password is to think of a saying, quote or song lyric you like, and use the first letter of each word in combination with numbers and symbols you will remember. For example, "It Takes a Village to Age Better", with some upper case letters, numbers and symbols becomes "\$itavtAB1948". Plus, if you have a smart phone and text messaging, you may be able sign up for a second level of security that texts a code to your smart phone that you enter after your password. Next time you log in, think about how you could make your password stronger to protect your accounts.

Meet Volunteer & Member - Judy Sander

By Bunnie Roach

You may not have met Judy Sander, as she does important volunteer work for our Village in the privacy of her own home. Judy serves on the Statistic's Team, collecting data for analyzing growth, determining ways to improve, enhance and add to our senior programs, especially for those who have needs or live alone.

Judy grew up in Burbank in the 50's. She started working part time when she was only 13, saving money for her 1st car, a '53 powder blue Ford with a continental kit on the back. She attended Pierce College, and then Cal State Northridge, graduating with a degree in business and accounting. Her first job was as an Escrow Officer for 10 years. Judy says she is a detail-oriented person, who loves the rush of crazy deadlines and working with numbers.

She married young and raised 3 daughters. Today she has 7 grown grandchildren and 3 great grandchildren. In 1964 Judy and her family moved to Newbury Park, and she is still living in that same house. She enjoyed spending lots of time with her children's activities and family outdoor vacations—camping, boating and water skiing—when they were a young family.

When her children were older, she went back to work as a Finance and Accounting Manager. Her last 12 working years were spent at Joni and Friends International

Disability Ministry in Agoura Hills, a non-profit, again in accounting and finance, as well as outreach and human services for the disabled community.

Judy loved gardening, movies, travel, sports, and the great outdoors. She has skied all over the US and parts of Europe, and bicycled much of California, our Pacific Northwest and Europe.

As a retiree she has become a lover of art, and has developed a paper crafting hobby, stamping, and making cards. She has donated her cards and sends them to friends and family. When not crafting, she loves to stream movies and to read, particularly mysteries and documentaries. (Sometimes with popcorn!)

A friend enticed her to become a volunteer for CVV. Judy says she loves what our Village stands for. **"I have met the most loving, amazing, talented, big-hearted people through my volunteering tasks."**

Beyond our Conejo Village, Judy has 3 friends who belong to the Village Network, in Durango, CO, Sedona, AZ and Portland, OR. According to Judy, "Each network has a little different structure, but the same purpose, to love and serve our senior neighbors. "It's a small world after all."





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

Sign up for CVV's Summer Ice Cream Social

**Tuesday, August 3rd
2:30-4 pm**

See insert for details



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!

Attention Volunteers:



It's time for volunteers to update their driver's license and insurance info. Please email or send a copy of your license and current insurance card to volunteer@conejovalleyvillage.org or CVV, P.O. Box 3162, Westlake Village, CA 91359 by **September 30**.

Thank you for volunteering – remember we offer \$0.56/mile mileage reimbursement for drivers!

CVV Volunteer Program ZOOM Meeting

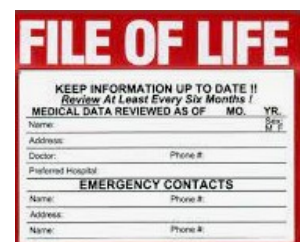
**Wed., September 1st,
3 pm**

Meet other volunteers, share ideas and questions to improve member services and volunteer experiences. Look for email updates this month.

**Sign up online or call
(805) 372-1826**

Members & Volunteers:

Is your File of Life Current?



Take a moment to update your File of Life so emergency responders know about your health. For more information, go to our [Community Info tab](#) or call a Call Manager at **(805) 372-1826**.