



Staying Alert & Adapting to Covid Changes

By Chris Jones

CVV has been following recent developments related to the Covid pandemic and what they mean for Villagers. Here are some of the latest updates.

Given the increasing number of Covid cases, hospitalizations, ICU bed counts, and unfortunate deaths, the County of Ventura has issued a new directive for people to wear face coverings in all indoor public settings, regardless of vaccination status. <https://www.venturacountyrecovers.org/>.

In the latest [FDA update](#), the FDA has approved Pfizer's Covid-19 vaccine, which will be marketed as Comirnaty, for people age 16 and over. (Emergency use authorization still applies for kids 12-16). There are indications that Moderna and J&J will follow suit pursuing FDA approvals.

There is also a recommendation unfolding for considering a Covid booster shot for all people 6-8 months after their last vaccination. There are some helpful FAQs at [this Yale Medicine link](#). For new developments, and if you have any questions we'd urge



you to call your primary care physician.

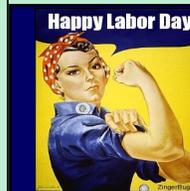
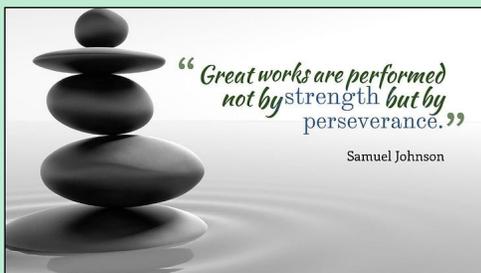
So what does all this mean for me and other Conejo Valley Villagers?! The Events Team has planned several face-to-face gatherings for September; none of them in closed restaurant spaces. At the August 24 *Meet and Greet* at Topper's Pizza, for example, everyone entered the restaurant wearing a mask. Since the outdoor patio was reserved by the Events Team, Villagers walked outside and most were comfortable removing their masks.

Looking ahead, a couple of quick points: both volunteers and members in cars together should be masked and again, despite vaccination status. Not our rule but easy enough to adhere to. Another consideration for people weary of the Delta strain: If you're uncomfortable being around unmasked people at outdoor gatherings... no judgment, it's ok not to attend. There are still plenty of Zoom gatherings

to meet new people and socialize with friends!

And finally, might CVV face-to-face gatherings be suspended?! The CVV Statistics Team (thanks to Judy S. and Crystal E., led by Danny W.) have their fingers on the pulse of the Covid metrics. While we can't predict the future, the CVV Events Team has reserved space for holiday gatherings in both November and December. The plan is to responsibly proceed until we're directed otherwise. Adapting to changes as they occur is key. People who are 'high risk' or have a comorbidity can choose whether it's responsible for them to attend, or sit the next one out until Delta and cases, hospitalizations etc. settle down. If you have any questions or concerns, please feel free to reach out to a Call Manager at (805) 372-1826.

We encourage everyone to stay safe and continue to participate in the Village at your comfort level. We look forward to seeing you at an upcoming in person or Zoom gathering. And in closing, let's look at the bright side... there is plenty of toilet paper in stock!



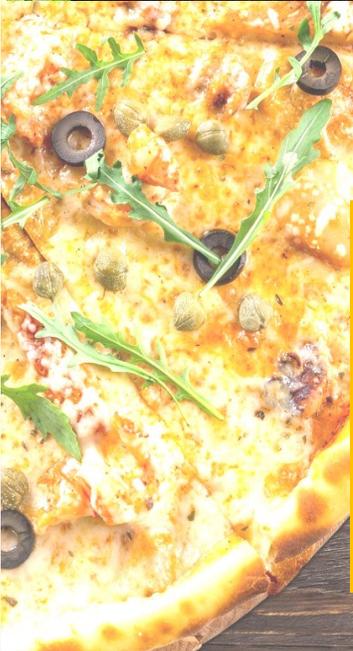
CVV will be closed on Sept. 6th for Labor Day

See Insert for Upcoming Events

Meet & Greet: Pizza Al Fresco



Gather people together for pizza and you're bound to have lots of smiles and a great time. CVV's recent Meet & Greet on the patio at our favorite pizza spot, Toppers, did just that. Above from left: **Delores' guest, Delores and Pat.** Below from left: **Geri and Penny; Deborah, Michaella, Mary Alice and Nancy.** We love the opportunity to meet new people!



Photos courtesy of Billie Sontag

CVV in ACTION: see Evacuation Checklist Insert!
HELPING YOU GET PREPARED FOR EMERGENCY EVACUATIONS

Please take some time to review the Evacuation Checklist insert created by your Emergency Response Team. It outlines both **essential items** you will need to have ready and **specific actions** to take in the event you must evacuate your home. The checklist is a guide and beginning step to help you think about your **Emergency Go Bag** – what things do you have already and what things do you need to purchase. The Emergency Response Team will periodically provide information about emergency preparedness and is here to help you assemble your personal Emergency Go Bag. Please feel free to reach out to us at emergencyresponseteam@conejovalleyvillage.org.



BIRTHDAYS CELEBRATION!

- | | | |
|------------|-----------|-----------|
| Colette S. | Penny S. | Mary O. |
| Beverly A. | Karen E. | Sandra D. |
| Cathy S. | Lynn N. | Chris S. |
| Carr B. | Sharon C. | Joan H. |

Join us for the **September 21st Birthday Bash** to celebrate our **September Birthday honorees!**



VCAAA Offers Great Senior Services & Support

By Loretta Allen

Do you enjoy eating at the Goebel Center? Did you enjoy CVV's dietician-led nutrition series over Zoom? Have you ever needed transportation that our CVV volunteers could not provide? Were you able to enjoy home delivered meals from local eateries or through Senior Concerns? If you did any of these, you enjoyed just a small number of the services that the **Ventura County Area Agency on Aging (VCAAA)** hosts for seniors in our county.

The **Ventura County Area Agency on Aging (VCAAA)**, an agency of the County of Ventura, is the principal agency in Ventura County which promotes the development and implementation of a comprehensive coordinated system of care that enables older individuals, children and adults with disabilities, and their caregivers to live in a community-based setting and to advocate for the needs of those 60 years of age and older in the county, providing leadership and promoting citizen involvement in the planning process as well as in the delivery of services.

VCAAA provides information on employment opportunities, health services, housing, in-home services, nutrition, senior centers, and transportation, as well as a

variety of other services focused on caregivers and educational programs geared toward Alzheimer's Disease and other Dementia-related issues.

VCAAA is funded by the Older Americans Act that requires that a local agency carry out a wide range of functions designed to develop or enhance coordinated community-based systems in, or serving, each community. These systems must:

- Serve as a focal point for addressing age-related issues
- Provide a range of options unrelated to income
- Require collaborative decision making among public and private organizations and older residents, and
- Offer special help or targeted resources for the most vulnerable older persons

CVV is a huge supporter of VCAAA and the services they offer to seniors in our community and we encourage you to learn more. The VCAAA website offers a wonderful summary of all the legislation they are involved in as well as specific services you might want to take advantage of. We encourage you to learn more by visiting [Ventura County Area Agency on Aging](http://www.vcaaa.org), or calling **(805) 477-7300** or **(800) 510-2020** (within Ventura County).

Discover Costco's Price Codes to Find Better Deals

By Billie Sontag

Did you know that the final two digits on Costco price tags and certain symbols contain a secret code?



They can tell you which products are about to run out, which ones have been marked down, and which ones the store is desperate to sell. They can save you money and tell you when to stock up on favorites. Here are some tips on how to read Costco's price tags that reveal hidden deals in plain sight.

- Most regularly priced items ending in **.99** are at their full retail price.
- Items with prices ending in **.89, .79, .69, .59, or .49** can indicate a special deal that Costco got from one of its manufacturers. It could be a trial run and may be priced lower than the eventual normal retail price will be.
- Prices ending in **.97** are local store deals only that won't be around long, usually a great discount. If it's something you're interested in, snap it up.

- Sales prices ending in **.88 or .00** indicate manager markdowns or clearance items. These are things that the manager is trying to get rid of and may include the last few units remaining of a product or sellable returns. While you could be getting an amazing deal on these items, inspect them carefully before purchasing as they may be damaged or missing parts.
- An asterisk, ***** signifies that the item won't be restocked. Sometimes that means Costco can't get the same product at the same purchase price again, a repackaging is coming, it's a seasonal item, or it didn't sell very well. **Get it while you can!**

SPECIAL PRICE

When Costco puts items on sale in their stores (other than things in their coupon book) their tags don't show their original retail price. So having these codes handy can be really helpful while you're shopping.

Sources: *Business Insider* and *Small Business.com*



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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.

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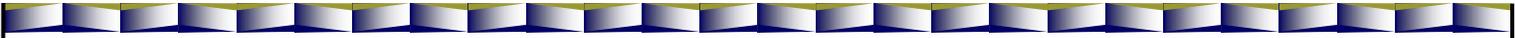


Neighbors Helping Neighbors Stay Independent, Active and Connected



Place Address Label Here

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



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!

Volunteers:

Thank you for choosing to share your valuable time, warm spirit and special talents as a CVV volunteer!

We appreciate you!



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 Zoom Meetings

Wed., Sept. 1st

Emergency Team: 2 pm

All Volunteer: 3 pm

Meet other volunteers, share ideas and questions to improve member services and volunteer experiences.

Sign up online or call
(805) 372-1826