



TIERRASANTA VILLAGE Of San Diego

"Living for Today; Planning for Tomorrow"



Nancy Pitts

Village Vibes January 2015



Making the most of life on our "Island in the Hills" Kathy Farrington

Tierrasanta Village (TVSD) is an active, nonprofit organization for Tierrasanta residents aged 50+. TVSD promotes social connections, provides a Time Bank for exchange of services, and helps older members continue to thrive and remain independent. A core of very enthusiastic volunteers oversees the Time Bank, plans special events, produces this newsletter and creates activities for different passions and interests. Come visit us at one of our monthly meetings.

Expectations

Expectations, it has been said
Can be good, or can be bad
Village expectations this past year
Reflect some doubt and a little fear
Prompted by staffing and funding change
And the new guy's management was strange
He spoke of core structure and other stuff
Was this for real or just management fluff?
Can Core Teams work with just volunteers?
With folks that are, well, along in years?
The proof is in the pudding they say
Our expectations move to another day
But my expectations are very easy to state
I expect everything to be just great!
(My optimism about the state of our ship
Is simply my confidence in Core Team leadership)

Allen Rachel
Executive Director

From The Director



Executive Director
Allen Rachel

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Well, by the time you are reading this, TVSD is well into the first couple of weeks of our re-structured organization. Our most apparent change is the recognition of our new “front” desk personnel. Over 27 dedicated volunteers, trained by Jane Quirin and Jo Carle and supervised by Fran Zweibel, manned the “front lines” to handle the myriad of duties attendant to this important task. As you have opportunity, help me express our appreciation for their helping us continue to meet member expectations of professional service.

You should know that your core team leaders, highlighted in this edition, contributed to a successful Core Team Workshop in mid-December. I was very impressed with each team leader’s approach to their respective tasks. Greg Zweibel and Don Stewart helped modify our web site to highlight our Core Team leaders and their respective job descriptions. I need your help in supporting each of our Core Team leaders during these next few months.

Linda Rees set the standard for Holiday Party planning and execution. Our members had the opportunity to expression our appreciation for outstanding service to Jo Carle, John Batchelder, and Kathy Guilfoyle as they relinquished their duties to our Core Team leaders. We are fortunate that these highly experienced TVSD members will still be a part of our TVSD family. The outgoing Executive Director, Angel Westerman, also attended this festive event. It was very heartwarming to see the many “we miss you” hugs extended to her by the members her time with us had touched. All of those mentioned above played a very substantial role in preparing our membership to meet the challenges of an all-volunteer organization and to sustain the vision Susan Deininger and Candy Walsh presented to TVSD over seven years ago.

You are asked to come join our team of active volunteers led by Jane Quirin. Her job is to find the specific area where you can share your work and life experiences and in so doing know that you and the members that you serve will be enriched in spirit. Please share your vision of TVSD with me and other Villagers. Am I too old to learn all of your names? Perhaps so, but I would like to try. You are part of a mini-TVSD neighborhood. Find out what that means and become an active member (no fees required) for 2015.

--**Allen Rachel**
Executive Director

New Interest Group Forming

Bob Muldrew has suggested the Village develop a hiking group in addition to our walking group. Mission Trails offers endless opportunities for hiking and Tierrasanta has at least 10 miles of trails. He is suggesting short, 1 mile hikes of about 1 hour and longer, 2 mile hikes for 2 hours. “In my dreams I’d like to see at least one half of our members get out in open space in the twelve months after we start.” The shorter hikes and slower pace can accommodate our retired folks who may not be in the best of health. Bob has agreed to take the lead in organizing this so contact him at 858-292-8405. Our ED says “no lame excuses for avoiding this needed activity”!

TVSD is sustained as an all-volunteer organization through the dedicated leadership of eight core teams.

Membership Team

Bev Sheehan and Ginny VanBenthuyzen

Responsible for recruiting and interviewing potential TVSD members, this team implements ways to gain new members and sustain their membership once they join. They work closely with the Volunteer team to help new members find where their talents, experience and interests allow maximum use of their volunteer hours.



Social/Fundraising Team
Catie Somers and Susan McBeth

Engages members by providing opportunities for Villagers to interact by organizing such activities as local, national and international travel; theater and musical venues; lectures, sporting events dinners and happy hours. They promote Oasis and Osher classes for enrichment.



Wellness

Tom Kuelbs and Mike Rigdon

Surveys the needs and interests of members for planning and establishing speakers, field trips and workshops with an emphasis on wellness of body, mind, spirit and social needs. They find resources and establish partnerships with organizations such as Elder Help, AIS, the Alzheimer's Association, universities and government agencies.



Exercise

Team leader needed

Establishes and maintains an exercise program that promotes health and wellness for members. Recruits qualified instructors/leaders/teachers in areas such as aerobics, strength, stretching and balance.

Care Team

Jean Kerr

The heart of our mission and the "soul of our Village." Provides support and assistance to members so they may continue living in their homes. This team becomes familiar with members' physical, emotional and transportation needs; provides timely communication, home visits, bereavement support and assistance in identifying and accessing professional services as appropriate.



Volunteers

Jane Quirin and JoAnn Shartel

The lifeblood of our organization. TVSD is an all-volunteer organization that requires a wide range of skills to function properly. This team does the identification, orientation, training and scheduling of our volunteers to meet the needs of our various teams.



Administration

Fran Zweibel and Barb Kanneman

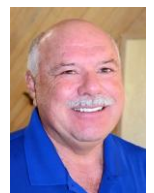
This is the most labor intensive of our teams, responsible for managing front desk duties, data entry, filing, producing the monthly calendar, keeping the website calendar and the opening and closing of our facility. They maintain the membership and resource directories.



IT/Web

Greg Zweibel and Don Stewart

Keeps our website up to date and trains our members on how to use it. They will train those members who have limited computer skills and need assistance with using email and text communication.



Help us help others.

Your participation on one or more of these teams will convince you that you are needed.

Getting to Know You

I doubt I'll be able to outsmart you this month, but you will learn about our country's internment of Japanese-Americans during World War 2. Our focus is on a couple for whom that was a reality.

Our female Villager is the 3rd of 4 children of a Japanese immigrant and a Japanese-American. She was raised in Oakland, CA. Her father is described as a preacher and a gardener and the family as "good Christians". The family was interned at Topaz in Utah on an Indian reservation. The schools there were staffed by Mormons and Quakers. She returned to school in Oakland after the internment and in high school earned extra money as a playground director. She eventually entered UC Berkeley and San Jose State with interest in zoology and oceanography.

Our male Villager is the 5th of 10 children of Japanese immigrant parents who arrived in this country in 1923. His father was a farm laborer in a small rural community. When the war came, the whole family was sent to Poston, AZ to an Indian reservation.

In spite of the separation between the races his father "still had his dreams" for his children. Education was seen as the route to their dreams and "there were a lot of good people who stood up for you". Internment lasted three years and the family returned to their community in CA where a neighbor kept their car for them. They had difficulty finding a home to rent but his father and brothers could find work because they had a car.

Father declared that none of the family members could marry or leave until the family had purchased their own farm. Teachers encouraged them in school and gave them extra jobs so they could earn money for the family. Our Villager was chosen to be the school janitor in the 7th grade and his sisters worked in people's homes. An older brother had been in the military service as an interpreter in the Far East and then had gone on to UC Berkeley on the GI Bill. Our Villager decided this was a good plan for him. He joined the Air Force and then went to the Colorado School of Mines on the GI Bill.

These Villagers met at church when he was working in San Jose after college. The marriage was done "the old fashioned" way as inter-marriage was not encouraged. His job with GE took them to upper New York state and Vermont where the winters gave them culture shock. However, already having learned to be adaptable, they learned the history, loved the covered bridges and the maple syrup. After three years they got back to the west coast when he took a job with Boeing

in Seattle, then finally moving to San Diego. Here they started their family of two children, both raised in Tierrasanta. Their son is a pianist and internet traffic coordinator who went to San Diego State and their daughter attended UCSD where she trained to be a school counselor and now lives in Silicon Valley.

Current interests include "taking it easy," building things and gardening for him; for her time is filled with knitting and crocheting—a star in the Knit and Nosh group—gardening, church and volunteering.

I bet you don't even need to see their picture, but it is somewhere in The Vibes.

--Gail Schreiber



January 2015

Time Dollar Bingo

Saturday, January 24

6:30 – 9 pm

All Village members are invited to attend a fun evening playing Bingo. Water and snacks will be provided.

Cash prizes!

Admission is 1 Time Dollar

Contact Candy Walsh or JoAnne Kuelbs

Bocce Ball Tournament

Saturday, January 17....noon – 4 pm

Support Tierrasanta schools. No experience necessary. If you're over 21 they'll teach you how to play. Sign up for the inaugural Bocce Tournament and Chili Cook-off at boccetournament@serrafoundation.org

Bring a crockpot of your famous chili at 11:30 am...no registration or entry fee for the cook-off.

Tierrasanta community Park

League of Women voters

January 14 at 1 pm

At the Library

Topic is Death with Dignity

Presenter will be Sylvia Hampton

DVD Movie Party

Once a month at the home of
Diane Levine.

Tuesday, January 27 at 6 pm

And So It Goes

With **Michael Douglas and Diane Keaton**

RSVP to Diane at 858-292-0610

Space is limited to 10 members

Knit and Nosh

4th Wednesday of the month

Wednesday, January 28

2:30 – 4 pm

We knit/crochet baby blankets,
scarves, and hats for breast cancer
survivors, and lap blankets for
Vets and residential care patients.

Contact is Elaine Moser

Bridge Games

At the VMC

Want to get in on a bridge game?

Call the Village.

Groups are pre-arranged with no
walk-ins or visitors. Substitutes
are needed from time to time.

Wednesday afternoons at 1 pm
everyone is welcome for “Casual
Bridge” at the Clubhouse

Village Book Club

Wednesday, January 21

7 pm

The Goldfinch

By Donna Tartt

Everyone is welcome

Cool Games

Rummikub, Scrabble, Checkers,

Your choice.....**Thursdays**

1:30 to 3:30 pm

Village Walkers

Thursdays -- 9 am

Start at the VMC

Village Interest Groups

Armchair Travelers

Monday, January 19

10 am

Tour Japan without flying there.

Contact is Mike Rigdon

CANASTA

2nd and 4th Thursdays

1:30 pm

Billiards

Mondays and Thursdays

10:15 am

New----Beginning Billiards

Thursdays

The pool table area is open for
play anytime weekdays

8 am – 4 pm

Mah Jongg

Thursdays at the VMC

10 am to noon

This is an RSVP game...A new
group can be formed for learners
and beginners. If you are
interested, please contact
The Village

SNAP

(Singles Network of Active People)

Third Saturday of the month

A getting-to-know-you-group.

All Village singles are welcome.

Saturday, January 17

5 pm

Contact is Barbara Kanneman

RSVP 858-569-8615

Film Classics

Fridays at 1 pm at the Clubhouse

Romeo Club

Men's Lunch

Third Thursday of the month

Thursday, January 15

12:30 pm

RSVP to the Village

The Lunch Bunch

First Wednesday of the month

Wednesday, January 7

11:30 am

Cucina Basilico

On Murphy Canyon Road near

Kinko's and FedEx

Village Hiking

New group forming

(See page 2)

Contact Bob Muldrew

858-292-8405

Preserved Lemons & Mint Tea Adventure

Tuesday, January 20

2:30 and 6 pm

Adventures By the Book and TVSD
present author Kitty Morse demon-
strating how to make Moroccan
preserved lemons while sharing
stories of life in Morocco. You will
sip tea, taste lemon crostini and
egg tagine, and takehome your
own preserved lemons.

\$35 pp

Susan McBeth 619-300-2532



Jim and Virginia Inouye
Our Getting to Know You
Persons of the Month

Village Business

Monthly Meeting

Monday, January 5

6 pm

7th Day Adventist Church
11260 Clairemont Mesa Blvd.

Time Bank Orientation and Training

Tuesday, January 13– 1 pm

RSVP required by January 12
JoAnne Kuelbs 858-292-1578

Time Bank Review

Tuesday, January 27 – 1 pm

RSVP required by January 26
JoAnne Kuelbs 858-292-1578

Event Scheduling

When scheduling an event for the website calendar please provide the following:

Name of event

Day and date of event

Time duration

Location

Contact person

Purpose of event/meeting

If reservations required

Deadline for reservations

--Barb Kanneman

Village Classes

Balance and Posture

Mondays at 9 am
Classes resume on
January 5

Chair Yoga for Seniors

Wednesday and Friday at 9 am

AIS Tai Chi Class

Wednesday and Friday at 10 am
Class is open to the community



Farewell to Villager Jean Mabie,
here with Mike Rigdon, on the
balcony of her new apartment at
The Vi.

Protect Yourself!

Tips from Elaine Moser

We are always parking in a lot somewhere so be sure to think about these precautions.

Park under or near bright lights and walk in well lit areas.

Don't leave anything visible, even groceries, on front or rear seats. Lock everything in the trunk, before your next stop, and always lock all the car doors.

Before you return to your car have your keys in hand so you don't have to stop to search for them. One alternative, ladies, is to carry keys put firmly into a pocket instead of your purse.

In Memoriam

Richard Richardson

8/26/1933 – 11/24/2014

We will miss Rich at our Village activities where he often accompanied his wife Debbie.

Rich was born in Minnesota. He served in the U.S. Army. He retired from United Airlines after 38 years of service.

He has left behind wife Debbie, three children, seven grandchildren and four great-grandchildren.



Please save the **offer page** (on the back of the calendar) from our **local businesses** in this month's Vibes. We will not print it every month but from time to time or when there is a change.

Welcome to new member
Gloria Stevens

Bob Muldrew is offering **Beginners Pool** starting Thursday, January 8. Open to all Village Ladies and Gents who would like to learn or refresh their game. There will be a short teaching session and then everyone will start shooting (pool)!

When you sign up for **Rides and Smiles** the Village will pay your \$20 entry fee as a charge against your membership dues.

Time Bank drivers should be JFS drivers (insurance and mileage paid.) **TVSD** drivers for JFS can elect to drive just Village members.

Time Bank Drawings went to **Anne Hoffman** who won a gift certificate to Extraordinary Desserts and a bottle of Merlot wine; **Diane Roland**, who won a gift certificate to Rubio's. **Ginny Van Benthuyzen** won a bottle of champagne.

Greg Zweibel won the Give and Get drawing in November.



Front Desk Volunteers

If you have ever admired a group of people who accept change and take on big challenges to facilitate that change, you will know how I feel about all the members who have stepped up to volunteer at the front desk! I recently said to them that they will be the face of the Village. We couldn't ask for better faces! They exude pleasantness and competency. Stepping into this very important aspect of running our Village, they exhibit such enthusiasm. They are all so caring and responsible

These volunteer members have spent a lot of hours learning the process of opening and closing the clubhouse. They spent even more hours helping me with brainstorming the small nuances they may encounter with telephone calls of all natures. There's so much for which one must be prepared! How does one present the Village to someone who just walks into the clubhouse? Who are the various members and agencies to whom we refer when requests come in for a driver, someone to prepare meals or make a visit to someone who is ailing or alone?

Not to be concerned, they are ready to take it all on! Might we stumble a little? Perhaps. But with this dedicated group, there will always be someone on whom they can rely.

Take a look at those who will be covering at different times. The January calendar is inserted in this issue of the Vibes. Those who are not on this month's calendar, who will work during five week months, are Joan McGeachy, Ann Sarafian and Elaine Moser. Substitutes are Patricia Mudd, Ginny VanBenthuyzen, Carol Burgert, Pete Burgert and Judy Sandman. Without all of them,...27 in all...question yourself as to how we could continue to run our programs and events.

Notice the little spots where we don't have coverage. Give me a call and let me know your availability. I will meet with you and explain the whole process!

--Jane Quirin
Volunteer Team Leader
858-737-4191

Greg Sez!

"It's critical to use the website for quick, accurate, current information."

Website training is continuing with Greg Zweibel and Don Stewart. They will teach you how to log on and then it is just a few clicks to use the calendar and make reservations (RSVPs.) Call them with your questions.

10 things Retirees Won't Tell You

Excerpts from the Wall Street Journal/UT

September 2014

1. 'We're Broke'....By 2030 nearly one in five Americans will be 62 and older. According to the Census Bureau roughly 15% of people over 65 (6.1 million) have incomes below the poverty line. Among 'pre-retirees' age 55 and older, 60 % have saved less than \$100,000 and 24% have saved less than \$1,000.
2. 'Retirement is more stressful than it looks.' Only 39% of retired people say retirement is less stressful than their lives during the five years before they retired (NPR survey.) No. 1 stressor is money. Many find it difficult to stop working...losing a sense of purpose in their lives.
3. 'We're alone too much'....About one in ten people over 65 report being severely lonely. Loneliness can lead to health problems. For those who report extreme loneliness there is a 14% greater risk of premature death.
4. 'We're in denial about our health problems'....Many retirees aren't getting the health care they need. The NPR study suggested that 13 % of retirees have trouble finding quality health care and being able to see the doctor of their choice.
5. 'Our health-care costs are huge'....Medicare doesn't cover everything...like hearing aids, eye exams and dental care. Add in various copayments and premiums and a couple who retire at 65 need an average of \$220,000 to cover future out-of-pocket medical expenses. And that doesn't count costs of long-term care. A semi-private room in a nursing home costs a median of \$77,000 a year.
6. 'We're after your job'....The percentage of workers 65 and older in the labor force rose from 11% in 1992 to 18% in 2012 and is projected to reach 23% by 2022. Not good for younger workers entering the labor force.
7. 'We still get frisky'....The group aged 55 and up saw an uptick in rates of some sexually transmitted diseases.
8. 'We're planning to move in with you'....About 43 million Americans are caring for someone 50 or older, usually a parent or relative. One in five of these older recipients lives with the caregiver.
9. 'Traveling the Globe? We wish!'....Only 31% of people travel more in retirement. 34% say they take fewer trips than when they were working. Finances and health issues limit globetrotting and spending time with grandchildren often competes for time and money.
10. 'We're scam magnets'....Elder financial abuse costs older people \$2.9 billion annually. Over 80, living alone and women were twice as likely to be victimized. And fraud is linked to increased rates of depression.

We had a visitor at the Clubhouse on Halloween



And what a Holiday party it was!



Photos by Mike Rigdon

Wishing everyone a happy, healthy 2015