



TIERRASANTA VILLAGE Of San Diego

"Living for Today; Planning for Tomorrow"



Anne Hoffman

Village Vibes

April 2015



Joan McGeachy

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

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.

Tierrasanta Talks with San Diego Zoo's Georgeanne Irvine

Tierrasanta Village of San Diego, in partnership with *Adventures by the Book*, is pleased to continue its exciting new program, "Tierrasanta Talks," featuring San Diego Zoo ambassador and children's author Georgeanne Irvine, on Thursday, April 16, at 6:30pm at the 7th Day Adventist Church.

Join Georgeanne in this centennial year of the Zoo (1915-2015), as she shares stories from her 36 colorful years at the Zoo, and get the inside scoop on the Zoo's planned Penguin Beach exhibit and their conservation efforts on behalf of critically-endangered African penguins.

Similar in concept to the enormously popular TED Talks, "Tierrasanta Talks" is open to the public and will feature speakers of renown, interest, or inspiration. The series is also a great opportunity to showcase TVSD to the community at large and provide an ongoing source of fundraising. The launch event in February featuring Pulitzer Prize winner Steve Breen drew a crowd of about 100 people, who were mesmerized by Steve's talent and stories, and raised approximately \$500 for TVSD.



Admission is \$10 for members and non-members, and is a fundraising opportunity for TVSD. In addition, a portion of event proceeds will be donated to the San Diego Zoo's new Penguin Beach fundraising efforts. Registration is available at the Clubhouse with cash or check, or you may pay online with a credit card at www.adventuresbythebook.com or by calling (619) 300-2532. Tickets may be purchased at the door, while seats are available

Georgeanne Irvine has served in many capacities during her 36 year tenure with the Zoo. Her duties have ranged from being a media spokesperson, to escorting celebrities around the Zoo and animals to television shows (such as Johnny Carson's *The Tonight Show*) to creating collateral that helps the Zoo raise millions of dollars each year for conservation and new exhibits. She has been chased around a hotel room by a clouded leopard, flown first class with a tree kangaroo to New York, accompanied an endangered Sumatran rhinoceros from Indonesia to San Diego, and bunked with a harbor seal (the harbor seal slept in the bathtub; Georgeanne slept in the bed). She also leads international wildlife-oriented tours for the San Diego Zoo.

--Susan McBeth

Executive Director

Mike Sheehan

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From The Director



Kudos to Jane Quirin for organizing all our volunteers, and staffing the front desk. She has a training session for each volunteer. This is a lot of work as we embark on our volunteer program. Once it gets going, it should operate beautifully. Many thanks, Jane, for heading up this vital operation for Village members. AND, she still needs more volunteers.

Catie Somers of the Social/Fundraising team planned our March St. Patrick's Day Party and what a party it was. Erin go Bragh !!! A week later Bev Sheehan hosted a Member-Guest Social to introduce prospective members to the Village life.

Remember that the Board of Directors meetings are on the 4th Thursday of each month. Last month, on March 26th, we met at the Hex building at the community park. It is my aim to have future meetings at the clubhouse. We will have to work around anything that might conflict. This month the meeting will be on Thursday, April 23 and will start at 3:00 pm. If you wish to have an item on the agenda, forward your request to any one of the board members and we will work to get it on the agenda. If we have too many items, we will place them on the agenda for the next month.

We have been trying to keep members updated on the demolition and construction of the pool at the Clubhouse. It has been postponed 3 times. It is now scheduled for the pool to be drained on Monday the 30th of March and the jack hammering should begin the following day. So this will most likely flow over into early April. Your patience is greatly appreciated as we struggle to notify the various people who have things scheduled.

**--Mike Sheehan
Executive Director**

Tierrasanta Village Spotlight at Osher Institute

The Osher Lifelong Learning Institute was a forum for *The Village Model: How Communities Foster Aging in Place* on February 26, 2015. Dr. Kathy Guilfoyle along with Yasmin Shah spoke to an audience of more than 60 students about the Village movement, TVSD mission and services, programs and leadership in the community.

Osher students had many questions and were interested in all aspects of the Village concept. Patrick Guilfoyle gave a testimonial about his hospital experience and how the Village Care Committee sprang into action to help him through the experience. Members Donna Dobey and Eva Turner came to support TVSD and gave insightful comments.

Osher Coordinator Gretchen Pattengill is interested in repeating the Village Model class and following up in her neighborhood of Kensington along with fellow Osher students who live in the area. We continue to encourage new Villages and are happy to share our model with communities in San Diego County.

--Dr. Kathy Guilfoyle

The Golden Girls are Back!

Last weekend a group of us went to see “Grand Marigold Hotel 2”. Sharing a bite to eat afterwards, our conversation was about the movie of course, but we also began discussing options for single seniors. While we wouldn’t choose to move to India, we wondered what it would be like to share housing like the Golden Girls.

It turns out that the idea isn’t farfetched. In 2010, 480,000 Baby Boom women lived with at least one unrelated person according to an AARP Analysis. Baby Boomers have always formed new ground. They don’t want to be isolated. They want to stay active. That number keeps growing, especially since the economy belly flopped.

At one time housing was often shared with several generations of one family. Now many of us live long distances from family and/or are essentially on our own. For those of us who are divorced, widowed, or never married, sharing can offer financial, physical, and emotional security. Housing costs are typically a third or more of living expenses for people 55 and older. The desire to share living spaces is often driven by economics.

The movement for cohousing – where residents have private living spaces but share common areas, such as the dining room, and tasks, such as cooking, started in Denmark and is rapidly catching on in the United States. Cohousing promotes being able to age in place. Practical considerations of close communities include health and safety, care in times of an accident or medical emergency, and saving money.

Whether people consider themselves housemates or roommates, and whether one person owns the house or the residents co own it, sharing space requires research and time to find the right combination of people. Careful background screening is a must. It pays to be extremely careful.

Articles about this movement have appeared in The New York times, U.S. News and the California Retired Teachers newsletter. Take a look at the website nationalsharedhousing.org

Move on over, “Golden Girls”, we too can have the camaraderie, laughter, and support of other women as we age within our community.

--Laurel Pfab

*Life may not be the party you hoped for but while we
are here we might as well dance.*

Thanks, Donna Dobey

Getting To Know You

Who is this? She was born in Nebraska, the second of six children but the family relocated to Ohio in 1945 when she was nine. Once in Ohio the family became a part of the General Conference Mennonite Church. She grew up on the family farm in Bluffton, Ohio, where she attended high school and then college at Bluffton College, run by the Mennonite church. There she majored in group social work.

After college she left home and moved to Toledo, Ohio. She was employed at the YWCA as the Program Director for Women and Girls and then became the Adult Program Director for the West Toledo YMCA. In Toledo she shared an apartment with two roommates, one of whom wanted to move to California. Thinking such a move would be fun, she joined her friend and moved here in 1963.

Once in San Diego she was hired by the County Probation Department where she met and married another probation officer in June 1965. In 1966 she had her first child, a boy. This was just the beginning of motherhood as she had a total of four boys in five years. She enjoyed life with the young boys in Pt Loma but once they were all in school she went back to work as a teacher’s aide. From there she had various jobs at the Veterans Administration and the Naval Ocean Systems Center. She retired in 2001.

She lost her husband in 1985. All her children and nine grandchildren were living in Poway so she decided to sell the house in Point Loma. She was aware of Portofino from housesitting and decided it would be a good place for her to live. Tierrasanta became home in 2002 and she joined the Village three years ago.

Interests have always run to outdoor activities. In 1986 she and another Villager started playing golf and have played on almost all the courses in the county, as well as military courses in other areas. Their golf is down to once a week now but she loves to hike the trails and canyons in the area. She has been a member of Wednesday Walkers for twelve years and has gone on many Sierra Club outings. Some of her time is spent babysitting grandchildren. Last clue: she is an avid canasta player.

Her name and picture are somewhere in The Vibes if you haven’t guessed who this is yet.

--Gail Schreiber

I may not always be right but I am never wrong!



April 2015

Empowering Mind and Body

Continues Tuesdays through April 14

10 am

With Kim Chartrand, RN
Villa Monterey Clubhouse

Tierrasanta Talks

With San Diego Zoo's Georgeanne Irvine

Thursday, April 16

6:30 pm

The author of more than twenty children's books, Georgeanne is currently working on a new non-fiction children's book series that features dramatic and heartwarming stories about wild animal superstars. The first book will be *Hope for Amizero: The True Tale of an Orphaned Chimpanzee*, which includes a forward by Georgeanne's friend and colleague, world renowned chimpanzee expert Dr. Jane Goodall.

Your support of this program is integral to its success as an ongoing series in our community, so encourage your friends, family and neighbors to join us.

7th Day Adventist Church

Relay for Life

Saturday to Sunday

April 25-26

9 am to 9 am

Join TVSD team leaders Fran Zweibel and Marilyn Bente to walk, donate, bake, purchase luminary bags or just come to the tent and support the team during this **24 hour walk**, one lap at a time, to raise money for cancer research.

Villa Norte Park

League of Women Voters

Wednesday, April 15 at 1 pm at the Library
Child Abuse and Poverty

Catie's Corner—Social Connecting

The social committee has met and discussed great ideas for TVSD members. Social committee members Evelyn Benner and Marilyn Milliken want to try any of the following:

- Potlucks at least 4-6 times a year (need six people to help organize) suggested times: Valentine's Day, St. Patrick's Day, Mother's Day, July 4, Labor Day.
- Crazy Hat potluck
- Mystery visit to some place special
- Sunday Brunch at Admiral Baker Field
- Theater group
- Concert group
- Bocci Ball at the Park
- Pool Tournament

All we need is someone to spearhead one or more of the above activities. If interested call Catie Somers, Core Team Leader, and say "YES".

WEBSITES to VISIT - these websites were presented at the monthly meeting and are listed here for you to visit:

1. Theater and entertainment tickets for all of San Diego at half price visit this TERRIFIC site! GOLDSTAR.COM
2. Organizations which would benefit travel desires and educational growth would be the following. The websites are included for members to go to and see the offerings.

- Travel with Daytrippers: Affordable local and long distance travel at reasonable prices: DAYTRIPPERS

3. Educational lectures and travel opportunities at OASIS: OASIS SAN DIEGO MACY MISSION VALLEY

- SDSU OSHER - Susan McBeth is a lecturer at this site. There is also an OSHER at UCSD. OSHER

ART LECTURES by BRUCE HAGGERTY

Mr. Haggerty will return in June, with another rousing art lecture. Watch the VIBES and the Tierrasanta Times for more information on this very popular artist series.

Any ideas you may have for socializing please drop Catie an email or call.

--Catie Somers
Social Core Team Leader

'Not
A
Word
Was
Spoken'
Thanks,
Bev



DVD Movie Party

Once a month at the home of
Diane Levine.

Tuesday, April 28 at 6 pm

The Imitation Game

With **Benedict Cumberbatch and
Keira Knightley**

RSVP to Diane at 858-292-0610

Space is limited to 10 members

Knit and Nosh

4th Wednesday of the month

Wednesday, April 22

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?

Groups are pre-arranged.

Substitutes are needed from
time to time.

Monday Bridge contact is

Merry Freer

Village Book Club

Third Wednesday of the month

April 15

7 pm

The Boys in the Boat

By Daniel James Brown

Contact is Diane Roland

Everyone is welcome

Cool Games

Thursdays

1:30 to 3:30 pm

Rummikub, Scrabble, Checkers,

Your choice.....

Contact is Emma Chevie

Village Interest Groups

Village Walkers

Thursdays -- 9 am

Start at the VMC

Call the Village for information

Armchair Travelers

Monday, April 20

10 am

**Visit Brisbane, Australia, the
Great Barrier Reef, Truk, Rabaul,
Saipan and Iwo Jima**

Contact is Mike Rigdon

858-300-6821

CANASTA

2nd and 4th Thursdays

1:30 pm

Contact is Emma Chevie

Billiards

Mondays and Thursdays

10:15 am

Contact is Bob Muldrew

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

beginners.

Contact is Fran Zweibel

Film Classics

Fridays at 1 pm at the Clubhouse

Call the Village for information

SNAP

(Singles Network of Active People)

Third Saturday of the month

A getting-to-know-you-group.

All Village singles are welcome.

Saturday, April 18

1 pm – Lunch out!

Contact is Donna Dobey

RSVP 858-279-0964

Romeo Club

Men's Lunch

Third Thursday of the month

Thursday, April 16

12:30 pm

Contact is Dick Rees

858-560-7908

The Lunch Bunch

First Wednesday of the month

Wednesday, April 1

11:30 am

Gaetano's

Contacts are Marilyn Bente and

Trish Newbill

Village Hiking

Second and fourth Fridays

1 hour **Hike Friday, April 10**

9 am

2 hour hike **Friday, April 24**

8:30 am

Meet at the ATM in the Vons
parking lot.

Contact is Bob Muldrew

858-292-8405



Emma Chevie

**Our Getting To Know You
Person of the Month**

Monthly Meeting

Monday, April 6

6 pm

7th Day Adventist Church
11260 Clairemont Mesa Blvd.

Board of Directors Meeting

Fourth Thursday of the month

Thursday, April 23

3 pm

Any member wishing to put an item on the agenda must submit it to a Board member a week before the scheduled meeting.

Meetings are open to Village members.

Time Bank Review

Tuesday, April 14 at 2 pm

RSVP required

JoAnne Kuelbs 858-292-1578

Time Bank Orientation

Tuesday, April 28 at 1 pm

RSVP required

JoAnne Kuelbs 858-292-1578

Website Training

Second and fourth Mondays
10:30 am or by appointment

Village Classes

Balance and Posture

Mondays at 9 am

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

Notes From the Care Team

The members of the Care Committee continue to educate themselves about resources to assist with various issues brought up by members. At its last meeting we heard a presentation by Jewish Family Services not only about their Rides and Smiles transportation services but also their Fix-It program.

We updated ourselves on the UCSD Project as the engineering students move toward suggesting solutions to being able to keep in touch with members efficiently.

Community resources such as AIS (Aging and Independent Services), Ombudsman, Legal Assistance, Adult Protective Services were discussed.

AIS is a county office with three areas of emphasis to assist County seniors--safety, health and thriving. They have a long list of programs, among them the Long Term Care Ombudsman. On a recent visit, Care Committee members received information from the Ombudsman's office about reporting complaints against Long-term care facilities and reviewing information about assisted living and long-term care facilities to aid in family decisions regarding possible placements. They provided a number to call to register complaints: 1-844-538-8766. In addition, they provided information regarding two websites which one may access to determine if a facility has received such complaints. For further questions, you may contact the San Diego County Long Term Care Ombudsman Office at (619) 640-4661.

So, we have lots of information updated and are glad

to share it. Just let your neighborhood captains hear from you if we can help.

--Gail Schreiber

--Joan McGeachy

Thanks to the Knit and Noshers

In December Elaine Moser delivered sixteen baby blankets and eight lap robes to the Veterans Administration Hospital. Thanks go to the ladies who make these cuddly items. They include **Virginia Inouye, Lee Rachel, Dee Hiller, Diane Roland, Alice Hasserman, Becky Lunneberg, Mona Tate, Barb Kanneman, Debbie Richardson, Cathy Parks (long distance!) Marilyn Millikan and Elaine herself.**

And Elaine sends us the following:

By far, the largest number of people with AIDS are senior citizens: hearing aids, Band-aids, Rol-aids, walking aids medical aids, government aids and most of all, \$\$dollar aids to our kids!

Protect Yourself

Tips from Elaine Moser

Do you own a cell phone? Well it's an item thieves want also! Conceal your phone – don't let it stick out of your pocket or purse.

Do not leave it on a table or counter in a restaurant, library or store.

Keep alert to the area if you are using the phone while walking and don't walk with both ears in headphones.

Use all the built-in security systems your phone has to help keep it safe with you.

Empowering Mind and Body

Are we empowered because we are granted it by others, or are we empowered because we choose it? As we age, we can feel marginalized by society, culture, and betrayed by our own bodies. We find our identity and importance in who we used to be and not who we are now. Instead of looking at ourselves as if we are a mere golf game (lowest number “wins”), it might be time to see that in aging, there is empowerment.

A number of TVSD members have chosen to see if there's any merit to that idea by taking the Empowering Mind and Body, Level 1, ten-week course. 30-36 men and women attend weekly and are learning about what promotes health and healing and how to take more responsibility for that, regardless of particular medical diagnoses.

Each participant engages in this interactive, sequential health education class and even have to do some homework. The homework is designed to raise awareness of the weekly topics and create strategies and tactics for applying the information to their own lives, in their own unique ways, helping set goals and increase motivation.

If you're interested in learning more, please come visit a class (before it ends on April 14th) or keep your eyes out for upcoming introductory classes to see if this is something you would like to experience.

--Kim Chartrand, RN

2015 Relay for Life

The Relay for Life will be here before you know it. It promises to be another year filled with camaraderie with your team and so many others in your community affected by Cancer.

Please join the Community that cares and acts! Relay for Life is a life-changing event that brings together communities across the U.S. – to **celebrate** the lives of those who have battled cancer, **remember** loved ones lost to the disease, and **fight back** against a disease that takes too much away from us.

If you haven't already signed up for this event on **April 25-26 from 9:00 am – 9:00 am (24 hours) at Villa Norte Park**, please contact Fran Zweibel or Marilyn Bente to volunteer to walk, donate, bake, purchase and dedicate luminary bags, or just come to our tent and give our wonderful TVSD Team support!

Thank you and we hope to see you soon!

--Fran & Marilyn

The “IT” Boys

--Greg, Don & Marty

The IT Guys say check out the Website! Lots of changes and we would like your feedback. And now you're only one click away from the most current Vibes!

Did You Know

There are now 189 Villages in this country and throughout the world. Proudly, we were one of the first.

Money Talks

According to our Treasurer, Mike Sheehan, financially the Village is in good shape, all things considered. As Mike reported at our March meeting, we have an operational account at the North Island Federal Credit Union which covers day to day expenses. This money comes from dues and donations and as of last month had a balance of \$43,888. We have a Vanguard Mutual Fund account generated from stock which has been donated to the Village. As a mutual fund, it is subject to market fluctuations but as of last month it was valued at \$55,342. Dividends are automatically re-invested.

On The Go

On The Go forms for riders and drivers have been updated and are available on the Village website.

The Jewish Family Services' address is 8804 Balboa Avenue, San Diego, CA 92123. Their phone number is 858-637-7320. The website for the On the Go program is jfsd.org/onthego

As a reminder, the Village will discount your dues by the \$20 amount it costs you to sign up with this JFS program.

If you're concerned about riding for the first time with these folks, **Anne Hoffman** suggests you have a friend go with you. She did this with a Villager who is now ready to use them without someone riding shotgun.



St. Patrick's Day Potluck 2015



The Romeos Visited Gillespie Field

Courtesy of John Kerr. He gave us a tour of his hangar, the experimental plane he built, and a private museum hangar that was truly awesome! *Photos: Mike Rigdon*

