



Linda Rees  
President

# Tierrasanta Village of San Diego Village Vibes

“Living for Today: Planning for Tomorrow”

October 2015



Kathy Guilfoyle  
Vice President

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.

## Board of Directors News by Joyce Munios

### Hello, Villagers!

"Well, it's been a 'long, hot summer' and at least this BOD member is happy to see fall arrive"

The first and most exciting news is that persistence has paid off and Dr. Kathy Guilfoyle has accepted our invitation (and arm-twisting) to serve as TVSD Vice President. Yahoo! Most of you already know Kathy and her history with our Village. She's one smart cookie and I know first hand that Kathy is dedicated and fun to work with. What an asset to our Village,

Our membership renewals have been painless, and we thank all who made it so. The number of on-line renewals has our IT group doing the Happy Dance. They're so easy to please.

Sometimes, we all get so very busy with the day-to-day activities, that we forget important parts of the Village. Mike is attempting to remedy one of these by holding a Core Team Leaders Meeting. The BOD will follow by inviting the Teams to future BOD meetings to share ideas, plans, concerns, etc. Teams will alternate months and we hope that will close the information flow gap that we've all experienced. We're learning and we're trying. Feel free to send any other ideas to improve our Village to the BOD email: [tvsdboards@gmail.com](mailto:tvsdboards@gmail.com).

The TVSD still needs a Social Chairperson! I know that Catie left big shoes to fill, but, you can do it! This is one of the most fun and most rewarding jobs you can get. I'm surprised we don't charge for the privilege! Please consider responding to the call, you won't regret it! Hint: there are always plenty of "helpers" volunteering to pull off these events. We just need a chairperson.

There are a couple of other things going on, but we need a few surprises for the Annual meeting on October 5, at the Seventh Day Adventist Church, starting at 6:00PM.

See you on October 5<sup>th</sup>!

## From the Director

We did it again! Another month of jam packed activities. We had a huge amount of Villagers renewing their membership, thank you, thank you, thank you. We also have had one of our best months for new members, many thanks to the Membership Committee and those who have referred friends as new members. Without renewing members and new members support, the Village would struggle to survive.

Up next is our Annual Membership meeting with FOOD! This will happen in the large Fellowship Hall at Seventh Day Adventist on Monday October 5, 2015 and starting at 6:00pm. Reservations are a must as we need to plan how many dinners. We will officially introduce our new Vice President and have our yearly update on the current status of TVSD. However, most of the items that will be discussed are already posted on the web site thanks to the IT guys!

Most regular attendees to our weekly events have met our new front desk young lady, Kira Riley, if not, stop by in the morning and introduce yourself. She is anxious to meet all of the Villagers. If you need help with some of our event forms or need information, she is the one to see!

We have updated our membership roster for our new year so log on and make sure we have all your correct information. If not, let us know so we can make any corrections needed. Be sure to check the weekly email blasts for all the next week events. Be sure to break out your Halloween costumes, our Halloween pot luck is on the 30th. Someone told me I wouldn't need a mask, gurr!r!

Best to all,

Mike Sheehan,

Executive Director



## Executive Director

Mike Sheehan

## Board of Directors

President...Linda Rees

Vice President...Kathy Guilfoyle

Treasurer...Mike Rigdon

Secretary...Fran Zweibel

Community Liaison

Fundraising

Joyce Muinos

Co-Founders

Susan Deininger, LCSW

Candy Walsh

The Village is a 501c3 organization

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## Hey fabulous Villagers

“Tierrasanta Talks” features Maureen Cavanaugh

October 22 – 6:30 PM

By Susan McBeth



Tierrasanta-based *Adventures by the Book*, in support of Tierrasanta Village of San Diego (TVSD) is pleased to continue its exciting program, “Tierrasanta Talks,” featuring Maureen Cavanaugh, host of the enormously popular KPBS Midday Edition, on Thursday, October 22, at 6:30pm, the 7<sup>th</sup> Day Adventist Church.

**About the Event:** As a legendary San Diego radio host, Maureen Cavanaugh tells stories for a living, whether by interviewing guests for Midday Edition, or producing audio books, documentaries, voiceovers and audio histories for Great Narrations, a company she founded.

In our next “Tierrasanta Talks,” Maureen Cavanaugh will share fascinating stories from her radio program, and will offer tips on how you, too, can create your own audio history to share with your family.

Maureen has worked at KPBS for over fifteen years as a producer, announcer, and currently as host of Midday Edition. She has received three “Golden Mike” awards from the Radio and TV News Association of Southern California, as well as a “Best of Show” and “Best Radio Newscast” awards from the San Diego Press Club, among others. She is also the founder of Great Narrations, which specializes in the creation of audiobooks, documentaries, voice-over performances, and life stories.

**About “Tierrasanta Talks:”** 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 launch event in February featuring Pulitzer Prize winner Steve Breen drew out a crowd of about 100 people, and the program has been growing strong since then.

Admission is \$10 per person, and is a fundraising opportunity for TVSD. Registration is available online at [www.adventuresbythebook.com](http://www.adventuresbythebook.com) or by calling (619) 300-2532. Tickets may be purchased at the door, while seats are available.

**Remember that 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!**



TVSD’s **Jim Inouye** was an Air Force Pilot flying this Jet during the Korean War Era

The Northrop F-89 Scorpion was an early American jet-powered fighter and was among the first United States Air Force (USAF) jet fighters with guided missiles, and the first combat aircraft armed with air-to-air nuclear weapons (the unguided Genie rocket).

Way to Go, Jim

## Notes on Health by Anne Hoffman

"How many folks do you know who say they don't want to drink anything before going to bed because they'll have to get up during the night! I asked my Doctor... Why do people need to urinate so much at night-time? Answer from my Cardiac Doctor: Gravity holds water in the lower part of your body when you are upright (legs swell). When you lie down and the lower body (legs, etc.) is level with the kidneys, it is then that the kidneys remove the water because it is easier. This then ties in with the last statement!

I knew you need your minimum water to help flush the toxins out of your body, but this was news to me. Correct time to drink water - very important - from a Cardiac Specialist. Drinking water at a certain time maximizes its effectiveness on the body: 2 glasses of water after waking up helps activate internal organs; 1 glass of water 30 minutes before a meal helps digestion; 1 glass of water before taking a bath helps lower blood pressure (who knew?); 1 glass of water before going to bed avoids stroke or heart attack (good to know!) I can also add to this: my Physician told me that water at bed time will also help prevent night time leg cramps. Your leg muscles are seeking hydration when they cramp and wake you up with a Charlie Horse (this I know for sure!).

A Cardiologist has stated that if each person, after reading this, sends it to 10 people by E-mail, probably one life could be saved! I have already shared this information. What about you? Do forward this message; it may save lives! – "Life is a one-time gift."

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### TVSD Benefits from Tierrasanta Lutheran Church Service Day

I read a quote by John Holmes that says: "There is no exercise better for the heart than reaching down and lifting people up."

Five of our Village Members have been lifted up! The Tierrasanta Lutheran Church offered to have volunteer members of their church come to the homes of five of our volunteer members to do clean up work around their properties. An email was sent to all the Front Desk Volunteers who have given so much of their time to our Village. Those who accepted this generous offer were Evelyn Benner, Nancy Fahien, Elaine Moser, Ginny Berlin and I.

This event took place on Sunday, September 13<sup>th</sup>. Oh my, did we get far more than we ever expected! The work was all exterior work of pulling weeds, trimming of bushes and trees as well as yard and patio cleanup. One volunteer even used his pickup truck to purchase two loads of bark to enhance the beauty of his cleanup work! Isn't it heartwarming to know of these acts of kindness that were extended so generously? We are so grateful!

If you know a member of the Tierrasanta Lutheran Church, please personally thank them for us.

by Jane Quirin

## Romeo Club

The Gun Range - San Diego  
7853 Balboa Ave  
MONDAY, October 19 - 10:30 am  
(Please note change of day.)  
Car pool: Meet at McDonalds  
at 10:10 am  
Gun rental free on Mondays.  
Pay 17 to 25 cents per round.  
Nominal fee for paper targets.  
\*\*\*The gun range is a new, state  
of the art facility. You are  
welcome to bring your own  
firearms.  
Lunch afterwards - Kabobge Grill,  
a Lebanese restaurant -  
9350 Clairemont Mesa Blvd.  
Please register on line or  
call Kira at the Clubhouse  
between 8:30-12:30, Mon. -  
Friday, 858 569-9119.  
Contact Dick Rees at 858 560-  
7908 with questions.  
Looking forward to seeing you  
there!

### Halloween Potluck Party

Friday – October 30  
11-30 AM  
Please bring a dish for 8  
RSVP by Oct. 28  
with Kira or on Website  
Info: Evelyn Benner  
858-268-4718

### Friends of the Tierrasanta Library

Used Book Sale? A lot of  
Villagers come to it.

Friday, Oct. 2 -  
11:30 a.m. to 5:00 p.m.  
Saturday, Oct. 3 -  
9:30 a.m. to 2:45 p.m.  
Monday, Oct. 5 -  
9:30 a.m. to 5:00 p.m.

Ellen Scott

**The Resource File** by *John Batchelder*

This article describes the San Diego County's Aging and Independent Services Continuing Care Treatment Initiative (ccti). As we all "painfully" know the cost of health care in America is huge and growing. The U.S. spends significantly more per capita on health care than any nation on earth. Quite frankly a substantial amount of this money is spend on the senior citizens - us.

Hospital re-admissions of seniors can be very costly. Until recently hospitals and health care providers had no financial incentive to prevent re-admissions. Some health care economist have suggested some hospitals balanced their budgets on the revenues from re-admissions. With the advent of the Affordable Care Act hospitals will be penalized if they don't work with their discharged patients to keep them healthy and out of the hospital. Re-admissions as a "profit source" will no longer be a possibility for hospitals.

Many large HMOs like Kaiser have developed their own programs to prevent unnecessary hospital re-admissions. Nationwide statistic point to a nearly 20% readmission rate within 90 days of discharge for Medicare patients-costing 17 billion annually. A recent study from a Dartmouth medical school research group studied hospital re-admissions of Medicare patients. Their reports indicated that far too often seniors are discharged from hospital or emergency rooms without understanding what they need to do to care for

themselves. All too often Medicare patients do not understand the nature of their illness or the medications they are prescribed on discharge. They don't set and/or keep follow up appointments.

The Dartmouth study pointed to large numbers of re-admissions who had not scheduled or keep a follow up appointment since their discharge. Patients and their families often have little knowledge of the available community resources.

San Diego County Aging and Independent Service was selected in 2012 to conduct a pilot a project to reduce Medicare hospital re-admissions. The County agency has worked Sharp, Scripps, Palomar and UCSD hospitals, to provide services to work with at risk Medicare seniors. Those seniors who are at high risk of being readmitted are phoned and/or visited by nurses, social workers and pharmacist to see that they understand and properly use their medications, schedule and appointments with their physicians. As of the most recent data available to meet this at risk group groups re-admission rate has fallen to 9.2% from a predicted rate of 18.6%.

This program appears to been a great success however funding for the program expires at the end of this fiscal year. Unfortunately given the political situation in Washington DC there is serious concern that the program will be terminated at that time in San Diego County.



**Debbie Chen Richardson will have a two-artist show**

**October 16 to 31  
from 10 AM to 4 PM  
at Gallery 23**

**Spanish Village – Balboa  
Park**

**Debbie will be at the exhibit  
in person most of the dates  
except Oct. 22,25 and 28**

**Southwest Artists Assn.  
1779 Village Place, Gallery 23  
San Diego, CA 92101**

**(619) 232-3522**



**Tune in for November Vibes to  
read about the San Salvador, the  
ship Cabrillo sailed into  
San Diego Bay in 1542**

# Village Interest Groups

## DVD Movie Party

Once a month at the home of  
Diane Levine

Tuesday, October 27, at 6 pm  
"5 Flights Up"

With Diane Keaton and  
Morgan Freeman

RSVP to Diane at 858-292-0610  
Space is limited to 10 members

## Knit and Nosh

4<sup>th</sup> Wednesday of the month  
Wednesday, Oct 21 – 1 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 but  
substitutes are needed from time  
to time. Call the Village or contact  
Emma Chevré to **get on the list for  
new groups to form.**

## Village Book Club

Wednesday, Oct 21 – 7 pm

*"The Watery Part of the World"*  
by Michael Parker (Nancy)

Wednesday Nov. 18 – 7 pm

*"Unlikely Pilgrimage of Harold Fry"*  
by Rachel Joyce (Lauri)

Contact is Laurel Pfab  
858-560-7826

Everyone is welcome

## Cool Games

Thursdays 12 noon

Rummikub, Scrabble, Checkers,  
Canasta, Dominos...Your choice.....

Contact is Emma Chevré

## Village Walkers

Thursdays — 9 am

Start at the VMC

Call the Village for information

## Armchair Travelers

Tuesday, Oct. 12 – 1 PM

National Cathedral  
in Washington, DC

Contact is Mike Rigdon 858-300-6821

## Billiards

Mondays and Thursdays 10:15 am

Contact is Bob Muldrew  
858-292-8405

The pool table area is open for  
play anytime weekdays  
8:30 am – 2:30 pm

## Film Classics

First and 3<sup>rd</sup> Fridays

1 pm at the Clubhouse

Oct 2 – 1 PM – Must Love Dogs

When pre-school teacher (Diane  
Lane) gets divorced, her sister  
posts her profile on a dating  
website, resulting in zany, comical  
responses. Encouraged, her 70  
year old widowed father tries  
online dating too. Love is just a  
mouse click away for young and  
old alike.

Oct 16 – 1 PM – Irrestible

Sophie (Susan Sarandon) is  
convinced that her husband is  
cheating at his office, but no one  
believes her and say she's  
paranoid. It turns into a mystery  
more shocking than her original  
worst fear! Surprise Ending!

Contact is Gloria Stevens  
858-505-4188

## SNAP

(Singles Network of Active People)

All Village singles are welcome.

Saturday, October 19

Please RSVP to Fran Pierce  
858-279-8290

## Romeo Club

Men's Lunch

Monday, October 19 - 10:30

Details on Page 2

Contact is Dick Rees 858-560-7908

## The Lunch Bunch

First Wednesday of the month

Stein's Pub by UPS Store

Oct. 7 – 11:30

Filippi's (Kearny Villa Road)

Nov. 4 – 11:30

Tierrasanta Mexican Restaurant  
Gateway Center

Contacts are Marilyn Bente  
and Trish Newbill

## Village Hiking

Second and fourth Fridays

See details on page 6

Contact is Bob Muldrew  
858-292-8405

## Mah Jongg

Thursdays -- VMC – 10 am to noon

This is an RSVP game...A new group  
can be formed for beginners.

Contact is Fran Zweibel  
858-569-8194

## Balance, Exercise & Dance

Get out of "BED"

And join us instead !

Have a fun filled 6 week class  
of Balance Exercise and Dance

Tuesday, October 6, 13, 20, 27,  
& November 3

1:15pm to 2:25 pm at

The Villa Monterey Clubhouse.

Instructors: Carole Tippit, dancer  
from NYC and Bev Sheehan,

Dancer from The

CYT Senior Follies!

Available to TVSD members only.

Dress comfortably, wear tennis  
shoes or comfortable shoes with  
nonskid soles.

Sign up on line or at the  
clubhouse soon  
space is limited !!!

# Village Business

## Annual Meeting

**Monday, October 5 – 6 pm**  
7th Day Adventist Church  
11260 Clairemont Mesa Blvd.

## Board of Directors Meeting

**Thursday, October 22 – 1 pm**  
**At the home of the Zweibel's**

Agenda items must be submitted a week before the meeting. Meetings are open to all Village members. 858-569-8194  
**RSVP as space is limited**

## Time Bank

The new Time Bank software is here. It is easier to use. You will like it and your existing password will work. Please join us  
**Monday, Oct. 12 – 12:30-1:30**  
**or**

**Monday, Sept. 26 – 1:30-2:30**  
RSVP required JoAnne Kuelbs  
858-292-1578

## Website Training

Second and fourth Mondays  
10:30 am or by appointment  
RSVP required  
Greg Zweibel 858-569-8194

## Chair Yoga for Seniors

Wednesday and Friday at 9 am

## AIS Tai Chi Class

Wednesday and Friday at 10 am

**This class is open  
to the entire community  
Do not contact the Village office.**

## Senior Maintenance

by Gail Schreiber

How long does it take you to get ready for bed at night? How long does it take you to get going in the mornings? No wonder the days seem shorter and shorter. Most of us have a growing list of body maintenance. The total count seems to grow with each doctor appointment, in spite of the fact I consider myself a healthy person.

I think the nighttime routine is longer than the morning routine. I have two nighttime medications, eye drops, and a scalp application, tooth brushing and flossing, not to mention the beauty routine. I know you may not believe I have a beauty routine. Oh well if you really want to know—face washing, special soap on forehead per the dermatologist, body scan for suspicious pre-cancer spots, application of medication if there are any, then moisturizing. Another thing is that some of these procedures are on odd schedules like the first 10 days of the month, or twice weekly. Thus, I have a calendar and pencil in the bathroom to keep track. Finally, I can settle in bed to read for a time, in hopes of going to sleep normally. If I can't beat the insomnia, another procedure starts.

Then comes the morning. I'm supposed to stretch as soon as I get up, but I usually wait till after breakfast. Before I go to the kitchen, I need to take my blood pressure pills and brush my teeth. Once in the kitchen, take vitamins, coffee and a bran muffin, then read the newspaper, and do the crossword puzzle to keep the brain working. Next is stretching, washing my face and moisturizing with sunscreen added, then off to exercise. I allow an hour to walk, swim laps, or do strengthening exercise

at the Y. After that, I shower, do the morning beauty routine—yes, there is one. All this before I do anything I consider work or fun.

Yikes! This is where a lot of my time goes. And, I do seem to feel very well, enjoy friends and still travel. So maybe it's paying off. However, I still have sit down strikes when I refuse to cooperate with myself and my doctors. Thank goodness that doesn't last more than a couple of days. I do live in fear that the doctor might suggest a new medication or procedure at my next checkup, though.

Where will I find the time?

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## Village Hiking

### Second and fourth Fridays One hour/one mile group

normally meets on the second Friday at 9 AM. North Shepherd trip: On **Friday, Oct 9, 2015** we gather near the ATM in the Von's shopping center. We'll walk down to the open space & up to Villarrica Way, & back. The route is very flat up until the very end where there's a hill up to the street. If desired, don't climb the hill; we'll be coming right back down. The route is very scenic.

**Two hour/two, & back + mile** group normally meets on the fourth Friday at 8:30 AM - one half hour earlier than the one hour/one mile folks. Powerline canyon - North Rueda loop: On **Friday, Oct 23, 2015** we gather under the power lines on Calle De Vida. (Drive east on Clairemont Mesa Blvd until the last right hand turn (on to Rueda Drive), go three blocks to Calle De Vida, turn left, drive about 200 feet, stop & park. .... Bringing a walking stick of some sort is highly advisable.

Contact is Bob Muldrew  
**858-292-8405**

# USS Midway CV 41

## Final tour of duty in San Diego Bay - June, 2004 to Present

Navy Pier has become a busy place for people of all walks of life in the heart of downtown San Diego's waterfront where the USS Midway is serving her final tour of duty – a true icon of the United States Navy from the latter half of the 20th century! Whether it was operations in a time of conflict or when the Midway was on one of her many humanitarian missions, she now serves as an Educational and Tourist destination for this great Naval Town. Over a million visitors a year marvel at her incredible 47 year history.

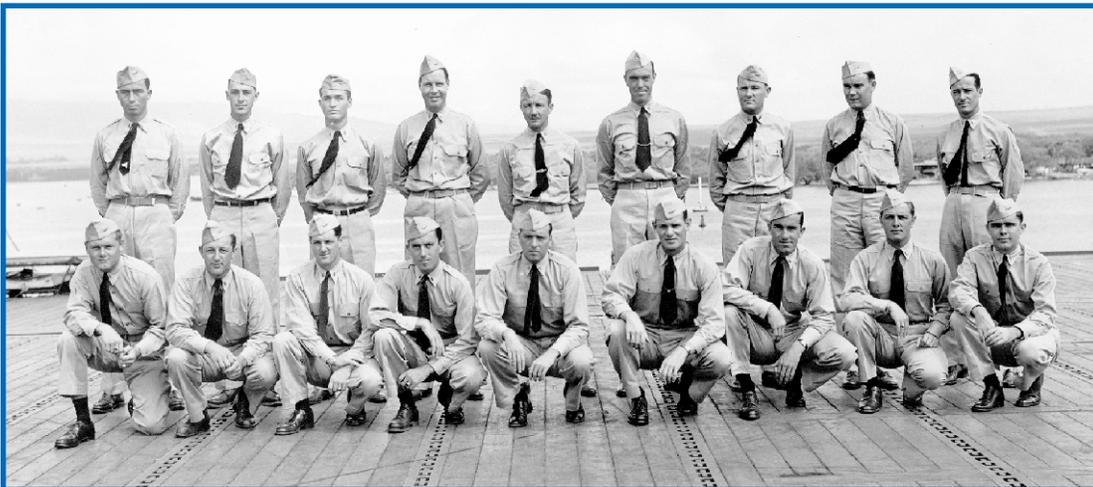
This year a new venue opened to rave reviews. The “Voices of Midway” theater gives a 15 minute multi-media story of the Battle of Midway in 1942. One of the heroes of that Battle (**Don Adams**) was a personal friend of mine, having served on his ship later in the 1960s. His story below.

*Mike Rigdon*

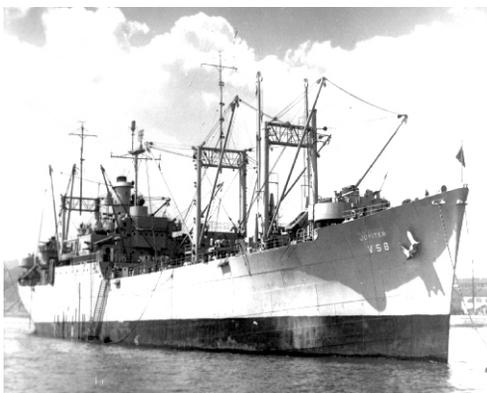


The Aircraft Carrier Memorial Obelisk and bronze statues on Harbor Drive.

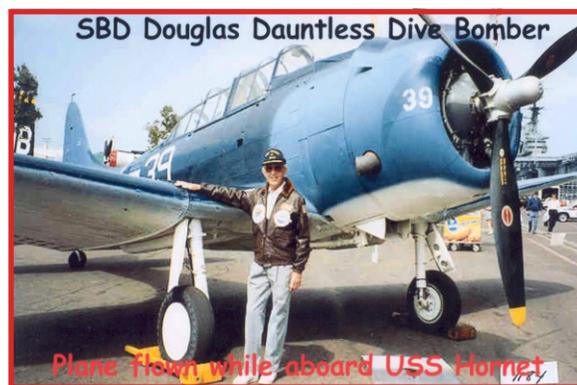
## BOMBING SQUADRON 8 - USS HORNET CV-8 AFTER BATTLE OF MIDWAY - PEARL HARBOR 1942



Back: Friesz, White, Christofferson, Lunch, Tucker, Vose, Bates, Auman, and Wood  
Front: Cason, Grant, Gee, **Don Adams**, Barrett, Nickerson, King, Carter, and Fisher



Don Adams served as the Executive Officer on the USS Jupiter in 1950s.  
Mike Rigdon served in 1960s.



Lt. Don Adams flew the Grumman SBD Dauntless Dive Bomber in the Battle of Midway and was highly Decorated by Admiral Nimitz



Cdr. Don at the 50th Anniversary of the Battle of Midway aboard the USS Constellation at NAS North Island



## Care and Support Options for Caregivers:

**An introduction to in-home,  
community, and residential care**

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**Whether you are a new caregiver, or are ready to consider additional help, this class is for you! Join the Alzheimer's Association and the Tierrasanta Village to learn the ins and outs of in-home care, community-based services, and residential care options, as well as how to pay for them.**

**This class is  
FREE and  
open to the  
public.**

**To RSVP:**

**[alz.org/sandiego](http://alz.org/sandiego)  
or 800.272.3900**

**WHEN:**

**Tuesday October 13, 2015  
6:30 - 8:00PM**

**WHERE:**

**Tierrasanta Seventh-day Adventist Church  
11260 Clairemont Mesa Blvd.  
San Diego, CA 92124**