



Mike Rigdon
Treasurer / Vibes

Tierrasanta Village of San Diego **Village Vibes**

“Living for Today: Planning for Tomorrow”

February 2016



Don Stewart
Website / IT

Tierrasanta Village (TVSD) is an active, nonprofit organization for residents aged 50+.

TVSD promotes social connections and helps our members thrive and remain independent.

We plan many special events, print this newsletter, and create activities for different passions and interests.

Board of Directors News by Joyce Muinos

Cheers from Tampa! Jerry & I have been in Florida since Dec. 15th and we've enjoyed every moment! We've spent most of the time with his parents who are 86 years old and still doing well. They're both relatively healthy, he still drives and they're comfortable in their daily routine. They also enjoy two very attentive, loving sons, a daughter who dotes on them and three loving grand kids. Life is good!

This visit has really brought home how lucky I am to have a “**Village**” in my life! In their former life, both of my in-laws worked, they lived in the same neighborhood for over 40 years, they enjoyed an active social life with their circle of friends and neighbors. One by one, they have all gone. Now, they have only each other. They have a loving, caring relationship and still share a joke and laugh, but the “*joie de vivre*” is gone. Mami needs a girl friend to giggle with! Papi needs a “pick up” domino game! They need diversion! They need new jokes! They need laughs! They need friends to play with!

We often cite the healthy aspects of our village; exercise classes, mind games, etc. I have come to realize that isolation is the biggest threat to an otherwise healthy and active senior life! It would be so very easy to get up in the morning, sit around in my jammies and watch mindless TV. Not for me! Don't take away my girlfriends... please! Lock me up with my husband 24/7 and watch us both go mad! He's adorable, but, come on! He needs new stories to tell, new jokes to share, new recipes!!!

I guess my message this new year is: Let's get together! Meet for lunch, take in the Friday afternoon movie, learn to play one of the games, or start a new one! Meet up with an old friend, or make a new friend. If our Village is not meeting your expectations and there's something new you'd like to see us try, talk to us!! We're in this together and we want to enjoy every day...with you!

May 2016 be your best year!

Your new BFF, Joyce



Member / Guest Social 2016

TVSD holds regular meetings to inform possible members of the Village of what they will be part of as future members. A lively discussion and power point show gave a nice view of Village Life.



“Tierrasanta Talks” with Renowned Alaskan Wilderness Guide and Award-Winning Author Lynn Schooler



Great Power Point Show



Candy Walsh serves coffee & brownies

January Event

Similar in concept to the enormously popular TED Talks, “Tierrasanta Talks” is open to the public and features speakers of renown, interest, or inspiration. The launch event in February, 2015, featuring Pulitzer Prize winner **Steve Breen** drew out a crowd of about 100 people, who were mesmerized by Steve's talent and stories. Speakers have also included **Georgianne Irvine** from the San Diego Zoo, and KPBS Midday Edition host **Maureen Cavanaugh**.

Why not join us for the next installment in March? Watch for next issue of Village Vibes!



Susan MacBeth introduces Lynn Schooler



Lynn signing his book “Walking Home”



Why not Join Us???

Balance Class

Tuesdays 9 AM

Instructor: Mary Maine

She promises not to hurt you too much!



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organization
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Vibes Staff

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Circulation.....Mike Rigdon

**Articles need to be submitted
no later than the 15th of month
Earlier if possible!**

**Contact Mike at 858-300-6821
or E-mail
mikerigdon2000@yahoo.com**

Excerpt from Villa Monterey Monthly Newsletter.....

Who Are Those People and What Are They Doing in Our Clubhouse?

For several years, the Tierrasanta Village of San Diego (TVSD) has used the VMHOA Clubhouse as their "operations" center. The TVSD is an organization of "over 50s" who reside in Tierrasanta and wish to remain in their homes well into their "golden years"! Many of our residents are members.

The TVSD is a non-profit, 501© (3) organization dedicated to providing social connections, exercise programs, events, and fellowship to their members. Currently, the VMHOA clubhouse is a beehive from 9:00 a.m. until noon or 2:30 p.m. each day as members enjoy Tai Chi and Balance classes, Mah Jongg, Bridge, Billiards, Dance, Movies, Yoga, etc. There are pot-lucks, educational classes and lectures, holiday parties, a book club, a singles club, hiking group, walking group, lunch bunch and a variety of special interest events. Members have made short trips to the LA Garment District, Chinatown, traveled to Paris, and cruised together.

The Village is also a support group of sorts. You can get a ride to the grocery store or doctor's office and other services via the Time Bank. Someone will check on you if you're sick. You can be referred to health and wellness resources that you might need. When you belong to the TVSD, you are never alone!

If you are interested in finding out more about this dynamic, caring, and active organization, please stop by the VMHOA clubhouse Monday thru Friday from 8:30 a.m. until 12:00 noon. They'll take your contact information and a member of the Membership committee will get in touch with you.

TVSD is very appreciative to the VMHOA for their support.

Got Gas?

Have you ever wondered how to shut off the gas line into your house? One never knows when an earthquake or broken pipe will make shutting off your gas line the difference between an annoyance and a catastrophe. Here's what to do:

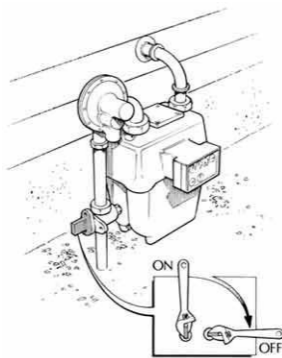
-Shut off the gas supply to your house only if you smell gas or hear a hissing noise. Contact SDG&E to turn the gas back on and relight your appliances.

-Locate your gas meter and valve. It will normally be just outside your garage.

-Have a wrench immediately available for turning off the gas supply. Make it a big one because the valve

will be hard to turn.

If you have any concerns, don't hesitate to call SDG&E to have a qualified technician inspect your meter, your pipes, and your shutoff valve. **DO NOT** shut the valve off just to test it. If you have any other questions regarding your utilities, call the utilities company.



TVSD Website News

Our Website is a great way to keep our members informed on happenings in the Village. If you have an event that you would like 'advertised' on our website, the IT Core Team is ready to help! Please submit a "condensed" blurb for the home page, complete with details (if needed) for follow up, and any brochures or flyers that may be related. Email your presentation material to the IT Core Team at tvsd92124@gmail.com.

Your Care Committee Is Here to Help

One of the purposes of our Village is to provide support to our members, allowing them to stay in their own homes. Your Care Committee is here to help when you or a neighbor / member needs it.

Do you know of a Villager who is not feeling well, facing a challenge, has suffered a loss? Or perhaps you have been under the weather and need some assistance. A bowl of chicken noodle soup would be a big help, along with possibly a visit or card to lift your spirits. Your Care Committee and Village friends are here to help.

As you may know, over the past year, the Village has organized itself into mini neighborhoods with the hope of helping neighbors become better acquainted. Each neighborhood has been assigned captains charged with checking in on each other and responding to needs of members in their neighborhood.

Here is the process that has been adopted to ensure that any member in need gets the attention needed. In order to ensure that every need is recorded and addressed, we ask that you call (on behalf of yourself or of another member), one of the Care Committee Co-Chairs: Jean Kerr 858-268-4448 or Joan McGeachy 858-652-1381. They will in turn notify the captain of your mini neighborhood who will then call the member to see what assistance is needed, assist with the need, get others to help, and report back to the Co-Chairs.

Early indications are that this process is working well in most cases. The Care Committee always welcomes suggestions as to how we can better serve our members.

How the TVSD Time Bank added to the merriment of my Christmas!

I love everything about Christmas except shopping. I particularly need help in choosing appropriate gifts and the thought of finding the selected objects in the busy department stores fills me with dread. I was perusing the Time Bank offers for a different quest when what to my wondering eyes did appear?? An offer to do your shopping! I made the call, the consultation resulted in a wonderful selection of gifts. The gifts were delivered to m: wrapping paper, card, and ribbon. How wonderful!Anonymous

TEACHER: How old is your father?

Kid: He is 6 years.

Teacher: What? How is this possible?

Kid: He became a father only when I was born.

Logic!! Children Are Quick and Always Speak Their Minds

TEACHER: Maria, go to the map and find North America.

MARIA: Here it is.

TEACHER: Correct. Now class, who discovered America?

CLASS: Maria.

My Favorite Teacher Stories by Mike Rigdon

TEACHER: Glenn, how do you spell 'crocodile?'

GLENN: K-R-O-K-O-D-I-A-L'

TEACHER: No, that's wrong

GLENN: Maybe it is wrong, but you asked me how I spell it. (I Love this child)

TEACHER: Donald, what is the chemical formula for water?

DONALD: H I J K L M N O.

TEACHER: What are you talking about?

DONALD: Yesterday you said it's H to O

TEACHER: Clyde, your composition on 'My Dog' is exactly the same as your brother's.. Did you copy his?
CLYDE: No sir, It's the same dog. (I want to adopt this kid!!!)

My first Principal told me if I must drink at lunch time, drink whiskey so your students will know you are drunk and not stupid!

Programs From Your Care Committee

How to Choose an Assisted Care Facility

Do you have a loved one who may need the care of an assisted living facility or is this a concern you have about your future ability to stay in your own home? How can the consumer know which of these facilities are better, and those that are not so good?

On Feb 16, 2016, 12:30-2:00, there will be a presentation at the Clubhouse by CARR, a consumer advocacy group which is dedicated to improving residential care in assisted living facilities by educating consumers and increasing industry accountability. Chryis Selder is uniquely qualified to address these issues as co-founder of CARR, holding a MS degree in Gerontology from SDSU, and having served as an Ombudsman for San Diego County's Aging and Independent Services. The topic of her presentation is: Using Public Documentation: Informing Your Assisted Living Choices. She will provide members with the tools to explore the range of public documents to inform the consumer in making the best choice of care facilities.

So that we may set up the clubhouse to accommodate the number of members who will attend, please register on website or call Village office to reserve a spot for you.

Member to Member Forum

The Care Committee is in the process of planning a series of member- initiated discussions on topics of interest. We are currently looking for a date in March where the topic will be hearing aids: who wants them, who needs them, which are recommended, and cost considerations.

If you have a topic that you think may be of general interest to our members, please let the Care Committee know, and we will schedule the discussion.

DVD Movie Party

Once a month at the
home of Diane Levine

February 23, 6 PM

"Steve Jobs"

Michael Fassbender &
Kate Winslet

RSVP to Diane at 858-292-0610

Space is limited to 10 members

Knit and Nosh

3rd Wednesday

February 17, 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 Chevie to

get on the list for new groups

Village Book Club

Wednesday February 17 – 7 pm

See Description on Page 6

Contact is Laurel Pfab

at her House

858-560-7826

Everyone is welcome

Cool Games

Thursdays 1:00 PM

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

Contact is Emma Chevie

858-569-5013

Armchair Travelers

Tuesday – February 2 – 1 PM

at the Clubhouse

"Hawaii – Up Close - Personal"

Mike Rigdon 858-300-6821

or Register online

Village Interest Groups

Billiards

Mondays and Thursdays 10:15 am

Bob Muldrew - 858-292-8405

The pool table area is open for
play anytime weekdays

8:30 am – 2:30 pm

Film Classics

First & Third Fridays

1 pm at the Clubhouse

February 5 – 1 PM

The Kite Runner

Oscar Nomination & 2 Golden

Globe Nominations

Historical Drama / War

Story of love, friendship, war and

redemption. Two young boys in

pre-Soviet invasion Kabul,

Afghanistan are inseparable

friends until a fateful act tears

them apart. Years later Amir

returns to the hellish Taliban-run

city in search of his friend and right

the wrongs of the past.

February 19 – 1 PM

First Wives Club

Diane Keaton, Goldie Hawn,

Bette Midler

Three mid-life Manhattanites

(previous college friends) reunite

at the funeral of one of their

group, whose husband left her for

a "Younger" wife. All sharing in

similar plights, they conspire to get

back at their despicable exes

where it hurts

– in the wallet.

"Don't get mad. Get Everything!"

Contact is Gloria Stevens

858-505-4188

The Lunch Bunch

First Wednesday of the month

Feb. 3 – 11:30 – Choice of Mandarin

(for Chinese New Year)

Contacts are Marilyn Bente

and Trish Newbill

SNAP

(Singles Network of Active People)

All Village singles are welcome.

Saturday – February 20 - 12:30 PM

Please RSVP to Fran Pierce

858-279-8290

Romeo Club

Men's Lunch

Thursday, February 18 - 12:30

Hamburgers - Mike Rigdon

11533 Corte Playa Las Brisas

Contact Mike 858-300-6821

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

Village Hiking

Second and fourth Fridays

All hikes will start later - at 9 AM

One hour/one mile, East Shepherd
Canyon (ATM to community pond, &
back): On Fri, 12 Feb 2016 (second
Friday), at 9 AM we'll gather at the
ATM in the Vons shopping center.
This is a great starter-hike with level
terrain to the community park (&
back). It's also scenic &
guaranteed to view water.

Two hour/two + mile, South
Rueda/Roadrunner Canyons Loop:
On Fri, 26 Feb 2016 (fourth Friday),
at 9 AM we'll gather at the path to the
right of 10836 Baroque Lane. (Drive
past the Tierrasanta library & fire
station on La Cuenta; turn left on
Baroque Lane for over two blocks to
where the street starts to go down hill
& turn to the right.) The route is
relatively flat but has a moderate
climb near the end, where we climb
out of the canyon.
The trip is scenic & lush.

Village Walkers

Thursdays — 9 am

Start at the VMC

Call the Village for information

Village Business

Monthly Meeting

Monday, February 1 – 6 to 8 pm
7th Day Adventist Church
11260 Clairemont Mesa Blvd.

Board of Directors Meeting

February 25 – 1 PM

Location to be Determined

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

Tuesday, February 9

12:30-2:30

RSVP required to

JoAnne Kuelbs 858-292-1578

Website Training

Second and fourth Mondays
10:30 am or by appointment

RSVP required

Greg Zweibel 858-569-8194

Balance Class

Tuesdays 9 AM

Instructor: Mary Maine

Chair Yoga for Seniors

Monday, Wednesday and Friday
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.

Friends of the Tierrasanta Library Used Book Sale

Welcome Villagers

Friday, Feb. 5

11:30 a.m. to 5:00 p.m.

Saturday, Feb. 6

9:30 a.m. to 3:00 p.m.

Monday, Feb. 8

9:30 a.m. to 5:00 p.m.

This will be a larger sale
since none in January.

Ellen Scott

Did You Know?.....

The Care Committee has some
personal medical aids available
for your short-term use. If you
find yourself in need of any of
the following....

*Walker *Cane

*Elevated Toilet Seat

...please contact Joan McGeachy
at (858) 652-1381. Also, if you
have any items you'd like to
donate for Villagers to use,
please let Joan know.

Tierrasanta Village Book Group

Did you know that TVSD has a
book group that meets on the
third Wednesday of each month
at 7:00pm? Members of the
group suggest and offer a brief
review of possible books to be
read. The members of the group
then vote to select the books that
we will read over a period of
months. We try to keep a balance
of fiction and nonfiction books.
The person who suggested a
selected title usually is the
discussion leader for that book.
The discussions are well thought
out and lively.

Books to be read and discussed
during the next three months:

**February 17 – *The Blue Zones:
Lessons for Living Longer from
People Who've Lived the Longest***
by Dan Buettner.

There is no fountain of youth,
but there are keys to a happy old
age. The author spent five years
visiting areas of the world where
people tend to live longer,
healthier lives. I want to know
their secrets, a must read!

**March 16 – *Turn Right at Machu
Picchu: Rediscovering the Lost
City One Step at a Time***
by Mark Adams.

A wry, revealing romp through
the Andes when an unadven-
turous writer tries to recreate the
original expedition by Hiram
Bingham, who was proved to be a
fraud and plunderer. NPR had it
on its best nonfiction list for twenty
two weeks. Everyone I know who
has read this book has loved it!
April 20 – *Shadow of the Wind*
by Carlos Ruiz Zafon.

"Shadow of the Wind" takes
place in Barcelona after the
Spanish Civil War and centers
around a young boy who sets out
to protect a mysterious book with
his life. It is a story about mystery,
fantasy and love. This book was
selected by 2015 One Book, One
San Diego contest and has been
very well received. Those of us in
the TVSD book group who read
this book when it first came out
are enthusiastically waiting to
read it again for our group.

Consider joining our group for
an evening of great discussion
and camaraderie.

**Contact is Laurel Pfab
858-560-7826**

Old Town Model Railroad Depot



Located at 2415 San Diego Avenue, Suite 107, San Diego 92110. This is not to be confused with the model railroad museum in Balboa Park. At the Old Town Model RR, you step back into the 1950s and you will re-live some of the good old days. This model RR layout covers 2500 square feet and is a lot more than trains. It is really a re-enactment of life in the 1950 – full of buildings, signage, cars, a nighttime baseball game, and even a drive-in with car hops on roller skates. The scenes have sounds and voices that makes it all come alive. This is really a fun place to visit for everyone. Admission is free but donations are happily accepted to help cover the rent.

After our visit, we will go across the street to **Miguel's Cocina** for a delightful Mexican lunch.

Date: Monday, February 22, 2016

Time: 11:00 AM -- meet at McDonald's to car pool

RSVP online at www.tierrasantavillage.org
or call the Village Office between 8:30 AM and 12:30 PM
Monday - Friday.

RSVPs would be appreciated by February 17 so that lunch reservations can be made.

For questions, contact Jocelyn Brierton at 858-495-0121
or jocelynbrierton@hotmail.com.



Why are these people so happy? *Because They Joined* ***Tierrasanta Village of San Diego***



If you're a Tierrasanta resident over the age of 50, you can join too! Then, you'll enjoy many of the activities and services available in high-quality adult communities at a fraction of the cost.

Call (858) 569-9119

www.tierrasantavillage.org



Did You See the AD?

Tierra Times – Page 8

The AD will run for 4 months
thanks to donations by

Linda & Dick Rees
Mike & Bev Sheehan
Mike Rigdon
Don Stewart
Gayle Rolan

We hope it will be effective.

The Resource File *by John Batchelder*

I recently joined the Advisory Board of the San Diego Aging and Disability Resource Center (ADRC). The ADRC is place to go to get accurate, unbiased information on all aspects of life related to aging or living with a disabilities in San Diego County. The county ADRC was one of the first in the nation having been founded in 2004. The agency prides itself on providing a "no wrong door" service. If they don't have the answer to a question they'll tell who does. In addition to county agencies the ADRC works with over 30 vetted private nonprofits serving our age group. Individuals, families and professionals working with issues related to aging or disabilities - can go for information tailored to their situation. The ADRC provides information on broad range of programs and services, helps people understand the various long term care options available to them, helps people apply for programs and benefits, and serves as the access point for publicly-funded long term care. These services can be provided at the ADRC, via telephone, or through a home visit, whichever is more convenient to the individual seeking help. The staff of our ADRC can be reached by calling 800 - 510 - 2020.



Where can you find such a fabulous city scape at night? No where but San Diego!



TVSD's **Social Committee** organized a great outing to Balboa Park for lunch & the IMAX film **Jerusalem** in Jan.

Attending Group

Claire Blum	Jocelyn Brierton
Donna Dobey	Susan Linsley
Elaine Moser	Mike Rigdon
Bev Sheehan	Gloria Stevens
Nancy Fahien	Nancy Pitts
Jim & Beny Parker	
Judy & Marty Sandman	
Dave & Marilyn Millikan	
John & Mary Todd	

