



# Tierrasanta Village of San Diego

## Village Vibes

“Living for Today: Planning for Tomorrow”

February 2019

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.

### Social Event for January – Gem Museum – Carlsbad



To see all photos: <https://rigdon.smugmug.com/TVSD-Material/Gemological-Institute-of-America-Field-Trip/>

TVSD, 10601 Tierrasanta Blvd. #G-405, San Diego, CA 92124....Phone 858-569-9119...Email...tierrasantavlg@gmail.com  
We meet at the Villa Monterey Clubhouse, 5275 Rimpark Lane....On the Web: TierrasantaVillage.org



# Village Business

## Monthly General Meeting

February 4 – 3 PM  
7th Day Adventist Church  
11260 Clairemont Mesa Blvd.

## Time Bank

Orientation and Training  
By appointment only,  
Office at 858-569-9119

## Website Training

By appointment only, Call the  
Office at 858-569-9119

## Balance & Strength Class

Tuesday 9 AM  
Instructor: Lesley Norris  
Thursday 9 AM  
Instructor: Robert Tillung

## Chair Yoga for Seniors

Monday, Wednesday and Friday  
9 AM – VM Clubhouse

## Aging & Independent Services

### Tai Chi Class

Wednesday and Friday at 10 AM  
Open to the entire community.

## Cover Photo

US Flag  
Mt. Soledad  
Veterans Memorial

## Old Globe Theatre – Backstage Tour

*Have you ever been to a play and wondered what happens before the curtain goes up? Well, conjecture no more! Join the Social Committee for a one-and-a-half hour tour of behind the scenes at the Old Globe Theater. This will be fun and informative!*



**Date: Monday, February 18, 2019**

**Time: 10:30 AM**

**We will meet at McDonalds to carpool at 9:30 AM**

**Place: Old Globe Theater**

**1363 Old Globe Way, San Diego 92101**

**Cost: \$3 per person**

**(please have \$3 cash to pay the day of the event)**

*Lunch to follow at Casa Guadalajara at member's expense.*

*RSVP by February 13. Please register online or call the TVSD office.*

*This event is for members only. If you have questions, contact Sue Christian at 858-278-6534 or suechr2@yahoo.com.*

## Valentine's Day – February 14 – Noon Andiamo! Ristorante Italiano



In celebration of Valentine's Day  
a special event for  
Village spouses / partners / significant others  
or single ladies / men  
All Ladies will receive a Rose



## Special Menu choice of 3 Entrees

**Full Price Tax & Tip Included: \$30 per person**

**RSVP on Website or call Missy: 858-569-9119**

**to sign you up by February 4**

**We need Numbers ASAP**

**Bring CC or checks to the Restaurant on February 14**

## Getting Rid of Our Treasures (AKA – Downsizing)

One of the challenges we face as seniors is how to get rid of our treasures as we downsize and perhaps move into a smaller living environment. We are planning a program to be held at the Clubhouse on Tuesday, February 19 from 12:30 to 2:00.

This will be a combination of hearing from those who have already taken on this challenge, as well as resources in the community to help us along the way.

Possible topics include: Handling estate sales, making donations to worthwhile charities, help with moving to a senior or care facility, and tips for letting go of your possessions.

We have invited several speakers, but also want to hear from you about your thoughts and concerns and possible solutions. These ideas will be compiled and shared with all village members.

## **Board of Directors**

### ***President***

**Joyce Muinos**

### ***"Past President"***

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**Fran Zweibel**

### ***Vice President***

### ***Fund Development***

**Janice Trantham**

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**Mike Rigdon**

### ***Secretary***

**Marilyn Bente**

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**Greg Zweibel**

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### ***Front Desk Coordinator***

**Missy Rainier**

**858-569-9119**

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### **VIBES Staff**

**Editor / Photographer**

**Mike Rigdon**

**Proofing, Event & Calendar**  
**Gayle Rolan / Gloria Stevens**

TVSD is a 501c3 organization  
Federal Tax ID # 26-2975168



## **TVSD Care Committee**

Each month this website and the Vibes provide information gathered by the Care Committee to help members deal with health-related issues. There are two sources of information on this subject: external and internal. External sources include reputable articles on a subject related to healthcare, and internal sources are experiences that members have lived through dealing with healthcare issues. For example, my wife and I recently took a course on pain management that we felt was extremely useful and I wrote about it on this website. So, I am asking each member of TVSD that if they have experiences that could be useful for dissemination to other villagers in our community, please write them up and send them to me: Marc Narkus-Kramer mnarkus@verizon.net

### **Caregiving**

One of the ways some of us may stay in our homes is to obtain care giving services or if a spouse or other family member needs care giving, we may assume the role of care giver. For example, my wife is finding it difficult to walk, so there are some care giving responsibilities that I have assumed that I did not have before. This is not a major burden, but I have found that it can create some emotional issues and priority issues. I do most of the cooking and cleanup, and all the driving. So I wanted to find out about the emotional stress of care giving and share that information with our TVSD community. I found wonderful articles on care giving provided by the Family Care givers Alliance (<https://www.caregiver.org/caregiving>) and the Mayo Clinic (<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/caregiver-stress/art-20044784>) and will summarize them here with some sentences taken directly from these articles. But if you want please click on the links to read the article yourself. They are short and concise.

#### **The emotional toll of being a care giver**

- Most care givers tend to be female, but all caregivers face the same issues and the emotional toll on care givers can be significant: high levels of stress, frustration, anxiety, exhaustion, anger, depression, increased use of alcohol or other substances, reduced immune response, poor physical health and more chronic conditions.
- Most care givers are ill-prepared for their role and provide care with little or no support; yet more than one-third of care givers continue to provide intense care to others while suffering from poor health themselves. An influential factor in a care giver decision to place an impaired relative in a long-term care facility is the family care giver own physical health.

#### **The strategies for addressing this problem**

- Accept help.
- Focus on what you are able to provide.
- Set realistic goals.
- Get connected.
- Join a support group.
- Seek social support.
- Set and implement personal health goals.

The Mayo clinic article provides more detail on each of these strategies.

My personal challenge is to find a balance between taking care of my needs and those of my wife. If I completely ignore my needs, then I become angry and impatient and that does neither of us good. I need to be clear when I have reached my limits without expressing anger or frustration in a negative way. The problem of the care giver is as much a problem for the care giver as it is for the person receiving care. If the care giver doesn't remain healthy and emotionally solid, the one receiving the care suffers. I think this is true even if the care giver is paid and comes to you from an agency. I have also reached out to friends to discuss my situation and am in the process of finding a support group. If you have more to add to this subject please email me.

**Marc Narkus-Kramer**  
**Co-Chair- Care Committee**



## **A Message from Our President, Joyce Muinos**

On behalf of the TVSD Board of Directors, I would like to wish all of you a Happy, Healthy, Prosperous 2019! I'm hoping that together we can make this a stellar TVSD year! I, personally, want to start the year counting my blessings and at the top of my list is my wonderful group of TVSD friends! Most of you know that the end of 2018 was tough on me and my family, but I was able to return to Tierrasanta where I was showered with friendship, love and support. I realized that I have family here and it's every bit as important and precious as my family back home. It's my sincere hope that we all embrace this treasure that we have and continue to support and care for one another through 2019!

2018 certainly went out with a "bang"! Our Annual Appeal and Donor Drive was more than successful. We far exceeded our goal and that means, again, we won't have to touch our reserves. Congratulations and thanks to all who contributed.

We also celebrated our 10-year anniversary. Our planning committee headed by Trish Newbill did a phenomenal job.

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## **Village Members Make a Difference During Difficult Times**

For most of us, our lives go along in a routine, and then suddenly everything changes. That's what happened to Anne Hoffman when she lost her beloved husband, Bob.

Anne wants you to know how much she appreciates the love and sympathy that she and her family received from Villagers when her husband passed in August. "All the support my family received really goes a long way to ease our transition to life without our "man".

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## **Thanks and Appreciation to 2018 Annual Donor Drive Contributors**

With only eight weeks and a goal of \$14,000, the Annual Donor Drive raised \$19,100 to help cover 2019 expenses. Many thanks to the following who generously donated and helped to make the Drive a tremendous success.

Diane Roland  
Fran Pierce  
John & Barbara Lester  
Eva Turner  
Jim Inouye  
Rhoda Keegan  
Marianne Meth  
Becky Lunneberg  
Jean Kerr  
Donna Dobey  
Don Stewart  
Ellen & Roger Scott  
Marilyn & Dave Millikan  
Barb Kanneman  
Mike Sheehan  
Judy & Martin Sandman  
Trish & Ray Newbill  
Susan Linsley

Mick Tartaglia  
Janice Trantham  
Mike Rigdon  
Linda Juhasz  
Fran & Greg Zweibel  
Allan & Jane Rappoport  
Marilyn Bente  
Candy & PK Walsh  
Patricia Mudd  
Nancy Fahien  
Chris Christian  
Carol & Pete Burgert  
Joseph Green  
Bev Sheehan  
Joyce & Jerry Muinos  
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Ruth Cleveland  
Missy J. Rainier

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Claire Blum  
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Laurie Brown  
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Sue Christian  
Jeanette & Jim Vlassis  
Gale Rolan  
Anne Hoffman  
Ginny VanBenthuyssen  
Marilyn & Ken Licht  
Bradlyn & Art Mulvey  
Karen & Bob Muldrew  
Diane Levine  
Ann Lasdon  
Kathy Farrington

A total of 68 members representing 60% of our membership donated. We are so grateful to you for your generous support. We also want to acknowledge the Ambassadors that reminded members to give and collected stories of members' Village experiences.

SUN	MON	TUE	WED	THU	FRI	SAT
			<div> <b>SNAP</b>  Special Time &amp; Day  Valentine's Day  Luncheon - Andiamos!  12 - 2 PM  February 14 </div>		<b>1</b> 8:30 AM - Hikes with Bob - 9:00 AM - Chair Yoga 10:00 AM - Tai Chi	<b>2</b>
<b>3</b>	<b>4</b> 9:00 AM - Chair Yoga 10:15 AM - Billiards 12:30 PM - Monday Bridge 3:00 PM - <b>Members</b> <b>Monthly Meeting</b>	<b>5</b> 9:00 AM - Balance Class  Chinese New Year Year of the Pig	<b>6</b> 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 11:30 AM - Lunch Bunch Choice of Mandarin Celebrating Chinese New Year	<b>7</b> 9:00 AM - Balance Class 10:00 AM - Mah Jongg 10:15 AM - Billiards 12:30 PM - Games	<b>8</b> 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 12:30 PM - Classic Movies <b>"Portrait of Jennie"</b> Jennifer Jones Joseph Cotton	<b>9</b>
<b>10</b>	<b>11</b> 9:00 AM - Chair Yoga 10:15 AM - Billiards 12:30 PM - Monday Bridge	<b>12</b> 9:00 AM - Balance Class	<b>13</b> 9:00 AM - Chair Yoga 10:00 AM - Tai Chi	<b>14</b> Valentine's Day 9:00 AM - Balance Class 10:00 AM - Mah Jongg 10:15 AM - Billiards 12 - 2PM - Valentine's Day Luncheon at Andiamos! 12:30 PM - Games	<b>15</b> 8:30 AM - Hikes with Bob - 9:00 AM - Chair Yoga 10:00 AM - Tai Chi	<b>16</b>
<b>17</b>	<b>18</b> <b>Presidents' Day</b> 9:00 AM - Chair Yoga 9:30 - 2 PM - Old Globe Backstage Tour Lunch at Old Town Mexican 10:15 AM - Billiards 12:30 PM - Monday Bridge	<b>19</b> 9:00 AM - Balance Class 12:30 PM - <b>Getting Rid</b> of Our Treasures 6:00 PM - BUNKO	<b>20</b> 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 7:00 PM - Village Book Club <b>"Educated"</b> Tara Westover	<b>21</b> 9:00 AM - Balance Class 10:00 AM - Mah Jongg 10:15 AM - Billiards 11:30 AM - <b>ROMEO</b> Admiral Baker Club 12:30 PM - Games	<b>22</b> 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 12:30 PM - Classic Movies <b>"Crouching Tiger,  Hidden Dragon"</b> Chinese Cast - Many Oscars	<b>23</b>
<b>24</b>	<b>25</b> 9:00 AM - Chair Yoga 10:15 AM - Billiards 12:30 PM - Monday Bridge	<b>26</b> 9:00 AM - Balance Class 12:30 PM - Care Committee Meeting 6:00 PM - DVD Movie Party <b>"The Bookshop"</b> Emily Mortimer / Bill Nighy	<b>27</b> 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 12:30 PM - Knit & Nosh	<b>28</b> 9:00 AM - Balance Class 10:00 AM - Mah Jongg 10:15 AM - Billiards 12:30 PM - Games	<b>March 1</b> 8:30 AM - Hikes with Bob - 9:00 AM - Chair Yoga	



## DVD Movie Party

Tuesday, February 26 – 6 PM

### "The Bookshop"

Emily Mortimer / Bill Nighy

See Page 7 for details

RSVP: Diane Levine 858-292-0610

## Knit & Nosh

Wednesday, February 20

12:30 PM until 2:30 PM at VMC

Virginia Inouye – 858-278-8847

## Village Book Club

3rd Wednesday – February 20

### "Educated"

Tara Westover

Contact: JoAnne - 858-292-1578

## Bridge Games

### Offsite

Want to get in on a bridge game?

Groups are pre-arranged but substitutes are needed.

Jean Kerr – 858-268-4448

## Cool Games

Thursdays 12:30-2:30

Come join us for games on Thursday afternoons.

Donna Dobey – 858-279-0964

## Mah Jongg

Thursdays -- VMC 10 to Noon

This is an RSVP game.

A new group can be formed for beginners.

Contact: Fran Zweibel

## Evening Bunko – 1/15

3rd Tuesday of Month

6:00 PM (offsite)

This is an RSVP game limited to 16 players.

Ginny VanBenthuyzen  
858-268-8348

## Billiards

Mondays & Thursdays 10:15 AM

Bob Muldrew - 292-8405

## SNAP

### Special Time & Date

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Valentine's Day at Andiamos!

February 14 – Noon to 2 PM

## Village Interest Groups

## Film Classics

Friday -- February 8 – 12:30 – 2:30 PM

### "PORTRAIT OF JENNIE" – Drama/Romance – 1948

Jennifer Jones – Joseph Cotton

Ethel Barrymore – David Wayne

Oscars – Best Special Effects;

Best Cinematography

In 1934 New York City, Eben Adams (Cotton) is a struggling artist trying to succeed as a professional oil painter. He meets Jennie (Jones), a mysterious, beautiful & very young girl quite accidentally at first. He encounters her again on several unexpected & intermittent occasions.

Strangely, each time she appears to be growing up more rapidly than is possible. He's puzzled by the fact that she seems to discuss experiencing events that (he discovers) really took place many years previously, as if they had just happened. He still is captivated & falls in love with her. He paints her portrait from memory, creating a famous work of art. His career soars with this portrait. Eventually he must face the truth about who Jennie really is. "Where I came from, nobody knows, & where I'm going everyone goes."

Friday -- February 22 – 12:30 – 2:30 PM

### "CROUCHING TIGER, HIDDEN DRAGON"

Historical Drama / Action – 2000

Director: Ang Lee; Chinese Actors Cast (Foreign Film/Captions) Won over 40 Awards, including 10 Academy Award Nominations: (Best Picture, Best Foreign Film, Art Direction, Music, Cinematography; 4 BAFTAS; 2 GOLDEN GLOBES

The film is set in 18th Century China where Li Mu Bai (Chow Yun Fat) is an accomplished swordsman & "warrior" – those specially trained in secret martial arts passed down through the ages, to protect society from crimes & injustice.

Yu Shu Lien (Michelle Yeoh) is a trained female "warrior." She & Li Mu Bai have worked together through the years & have special feelings for each other. When Li Mu Bai decides to retire, he returns his special sword (called "Green Destiny") to his teacher, master & benefactor who years before trained him in the secret martial arts & special sword skills. Then a known (female) criminal called "Jade Fox" steals the sword from the teacher (& kills him) in order to avail herself of its famous battle ability in mortal combat. Li Mu Bai & Yu Shu Lien swear to capture "Jade Fox" to avenge their master's death & retrieve the famous "Green Destiny."

This drama is choreographed as a kind of martial art, while any fighting is never just kicking & punching, but a way for the characters to express their unique situations & feelings. The images are like dance music or a ballet.

Gloria Stevens: 505-4188

## Lunch Bunch

February 6 – Noon

Choice of Mandarin

Celebration of Chinese New Year

## Romeo Club

February 21 – 11 AM from – McDonalds

Admiral Baker Club

## Hiking With Bob

Do not register on Website

email, phone. Just show up.

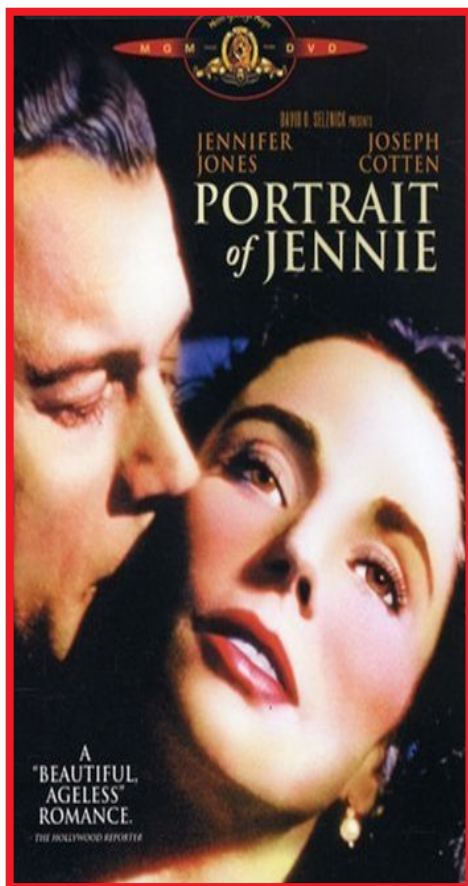
The recent second "conditioning" hike on **Fri, 18 Feb 2019 (third Friday)** was cancelled due to rain & resulting mud - which made rises & hills too difficult to climb. .... Rather than reschedule this second conditioning hike, it was decided due to an apparent wet winter - we have about seven inches of rain vs the usual annual ten inches that we normally get, to just go with the next big hike being the actual North Fortuna climb itself. .... Also note the **Fri, 01 Feb 2019** introductory event is a good time for anyone to participate in a "(palm) stump tour".

**One hour/one+ mile (Introductory), North Rueda Canyon** - walk north from Tierrasanta Blvd up-a-ways in the canyon, & then back to the starting point: On **Fri, 01 Feb 2019 (first Friday)** at 8:30 AM, we gather on Rueda Drive next to Tierrasanta Blvd. (Drive east on Tierrasanta Blvd, past the library & down the hill to Rueda Drive, turn left & park.) The route is relatively flat along the canyon floor. The trail starts as a six foot wide utility gravel road but eventually narrows to a three foot wide trail. This season the vegetation is very diverse & lush.

**2.5 hour/3+ mile (Mission Trails), Catalina entrance to North Fortuna Mountain Peak (& back):** On **Fri, 15 Feb 2019 (third Friday)**, we gather at 8:30 AM (at Catalina entrance). A walking stick is recommended on this hike. (Go east on Clairemont Mesa Blvd; make a left turn on Villa Vallarta. Go two blocks, and make a right turn on to Collegio Drive - up the hill to a "T". Turn left on to Alejo Street - which curves around to the right. At the third left, turn left on to Belardo Drive. Go one block, & turn right on to Camino Playa Catalina. The road eventually curves around to the left, a canyon appears off to the right - with no houses on that side. Keep climbing; park on the right near where the road ends.)

**Two hour/two+ mile (Tierrasanta Canyons), Tambor Connector-North Rueda Canyon Loop:** On **Fri, 01 Mar 2019 (first Friday)**, we gather at 8:30 AM. (Drive east on Tierrasanta Blvd past the library, down the hill to the last left turn, Colina Dorada Drive. Turn and go to Pendiente Court, turn left & go to the end of the cul de sac. Stop/park.)

Bob Muldrew: 292-8405



## CLASSIC MOVIES

**“Portrait of Jennie”**  
**Joseph Cotton / Jennifer Jones**  
 February 8, 2019  
 12:30 – 2:30 PM  
 VM Clubhouse

**See Page 6 for Review**

**“Crouching Tiger, Hidden Dragon”**  
 Directed by **Ang Lee**

February 22, 2019  
 12:30 – 2:30 PM  
 VM Clubhouse

**See Page 6 for Review**



**DVD MOVIE PARTY**  
 Tuesday, February 26 – 6 pm  
**“The Bookshop”**  
*Emily Mortimer / Bill Nighy*

Florence Green (Emily Mortimer), a free-spirited widow, puts grief behind her and risks everything to open up a bookshop -- the first such shop in the sleepy seaside town of Hardborough, England. But this mini social endeavor soon brings her fierce opposition from a local grand dame (Patricia Clarkson) but also the support and affection of a reclusive book-loving widower (Bill Nighy).

As Florence's obstacles increase and a bitter local power struggle emerges, she is forced to ask: Is there a place for a bookshop in a town that may not want one? A fine, sensitive film that opens up the magic of books and bookshops.

**RSVP: Diane Levine - 858-292-0610 – Space is limited to 10 members**



# ***Tierrasanta Village of San Diego Village Business Supporters***

## **Choice of Mandarin**

10% off your bill; dine in only;  
with your membership card  
10645-F Tierrasanta Blvd  
858-268-0979

## **Tierrasanta Mexican Restaurant**

10% off your bill; dine in only with  
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Road Suite E-F 858-277-3412

## **Gaetano's Italian Restaurant** Monday-Thursday

10% off your bill dine in only  
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10615-H Tierrasanta Blvd  
858-565-1665

## **Sub-Marina #2**

\$1 off any sandwich  
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card 10645-Z  
Tierrasanta Blvd  
858-560-5420

## **Island Style Café**

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858-541-7002

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10% Senior Discount Offered

## **Tierrasanta UPS Store**

10% off all products and services  
except UPS shipping and USPS  
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10601-G Tierrasanta Blvd.  
858-292-8633

## **Long Island Mike's Pizza**

20% off with membership card  
Cannot use with other coupons  
5250 Murphy Canyon Road  
858-569-7499  
[longislandmikespizza.com](http://longislandmikespizza.com)

## **Tierrasanta Ace Hardware**

Owners: Mike and Susan Scruggs  
5% off with your membership card.  
10615-A Tierrasanta Blvd.  
858-573-9600  
[TierrasantaAce.com](http://TierrasantaAce.com)

**These  
Local Businesses  
support  
our Village.**

**Be sure to  
support them.**

## **Elam's Hallmark**

"Your Neighborhood Gift Store"  
10% off any purchase except  
Christmas ornaments...with your  
membership card and Gold  
Crown Rewards card  
10621 Tierrasanta Blvd.  
858-268-0810

## **Computer Services** Computer Consulting

and Set-up  
\$5 off the hourly rate  
Art Larkin  
858-277-4131  
[pctraining@pacbell.net](mailto:pctraining@pacbell.net)

## **Klassic Dry Cleaners**

and Formal Wear  
5% off dry cleaning  
with your membership card  
5950-J Santo Road  
858-292-5049

## **Beautician**

Brittany Killen-Scruggs  
15% off for Villagers  
4240 Kearny Mesa Rd #105  
858-616-7377



Property Management-1 month FREE

+Reduced Rate - Buying or Selling?

Discounted fees for Villagers

Kim Klecan Owner/Realtor,  
Tierrasanta resident, 25 yrs experience  
619-261-9612

## **Magic Mel Hair Creations** Van T. Truong Aesthetician

10% off with membership card  
10601 Tierrasanta Blvd. - Suite J  
San Diego  
858-204-8204 (cell)



**After the  
Monthly Meeting  
Villagers  
Gathering at  
Tierrasanta  
Mexican  
Restaurant**

