



# Tierrasanta Village of San Diego

## Village Vibes

“Living for Today: Planning for Tomorrow”

March 2020

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 and create activities for different passions and interests.

### February Social Event – Petco Park Tour



### President's Message

Spring is an important time of renewal. We all look forward to the beautiful Spring flowers and warmer, longer days. As the season changes, it is a good time to renew and refresh ourselves body, mind, and spirit.

Longer days are an invitation to renew our bodies through walks and a healthier lifestyle. Taking time to be in the moment, slowing down to watch a bird building her nest, or calling a Villager, can refresh our spirits.

Hearing about all the new ideas being implemented, acts of kindness, and continued commitment by Village volunteers, refreshes my spirits, while dealing with current health challenges. I am blessed and fortunate to have so many supportive and caring Villagers in my life, and I am grateful for the opportunity to serve you.

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

**Monthly General Meeting**  
March 2nd – 3 PM  
7th Day Adventist Church  
11260 Clairemont Mesa Blvd.

**Time Bank**  
Orientation and Training  
By appointment only  
Office at 858-569-9119

## Village Business

**Website Training**  
By appointment only  
Call the Office at 858-569-9119

**Balance & Strength Class**  
Tuesday and Thursday 9 AM  
Instructor: Lesley Norris

**Chair Yoga for Seniors**  
Monday, Wednesday and Friday  
9 AM VM Clubhouse

**AIS – Tai Chi Class**  
**Moved to Rec Center**

**Cover Art**  
Spring is Upon Us  
Enjoy!

### Someone You Should Know

by Carol Lee

Virginia (Ginny Lord) VanBenthuyzen was born in Long Beach, California in 1946. When she was one year old, her family moved to Montebello, CA, where she was raised. Ginny went to San Diego State University and earned a social science degree. While attending SDSU, she was a member of Kappa Alpha Theta Sorority, a teaching assistant in the city schools, and met Thom VanBenthuyzen. They married in 1969.

Ginny's first job, in 1969, was teaching 2nd grade at Rolando Park in the San Diego Unified School District. She later taught at Tierrasanta and Miramar Ranch Elementary. She moved up to middle school in 1986 and was on the very first staff at De Portola Middle School. She earned a Master's Degree in Literacy and taught 6-CORE and 8-Reading before becoming a peer coach for that school site. After 14 years at DePortola, she moved to the district office as a Program Specialist in Literacy. She went on to earn her Administrative Credential and became Literacy Administrator at Pacific Beach Middle School. A year later she went back to the district office as the District Program Manager for Literacy.

Ginny and Thom have two daughters. Cory and her husband, Reuben, live in San Diego and have two children, Kaya 16, and Curren 15. Mandy and her husband, Dave, live in Fullerton and have a 3-year-old, Nash, and a 9-month-old, Cade. Mandy has muscular dystrophy and rheumatoid arthritis and was both San Diego's and California's MDA's Goodwill Ambassador before becoming the National Youth Chairperson for the Muscular Dystrophy Association. The family did a lot of travelling and speaking engagements and were involved in both local and national Jerry Lewis MDA Telethons.

Ginny has one brother, Eddie, and they have remained very close. She loves being with her family, helping with the grandkids, going on family vacations, getting together on all the holidays, and other events as often as possible. She is in a book club and participates in Prayers and Squares, a quilting ministry at her church. She loves spending time with friends and still gets together yearly with her high school girlfriends.

Ginny heard about the Village from friends who were in the Village. She joined the membership team right away and served on the Board for a couple of years. In addition to being Membership Chair, she is Rueda Neighborhood Co-Captain and in charge of the monthly Bunko night.

Ginny's hope for TVSD is that more and more people volunteer and step up to leadership positions.

Ginny's mother collected inspirational quotes and sayings, something that Ginny continues to do till this day. When she was working with students, teachers, and administrators, her mantra was, "Relationships are important. It doesn't matter how much I know, as long as I show how much I care." She believes this is true in the Village and in all of our lives.

***"We have choices in life. I've chosen to stay positive, work hard, have fun, and be kind."***



## **Board of Directors**

### ***President***

**Janice Trantham**

### ***Past President***

**Joyce Muinos**

### ***Vice President***

**Fran Zweibel**

### ***Treasurer***

**Ann Lasdon**

### ***Secretary***

**Carol Lee**

### ***Members at Large***

**Marilyn Bente**

---

### ***Time Bank***

**Candy Walsh**

---

### ***Co-Founders***

**Candy Walsh  
Susan Deininger LCSW**

---

### ***Operations Manager***

**Greg Zweibel**

---

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

**Cassandra Hanrahan  
858-569-9119**

---

### ***VIBES Staff***

### ***Editor / Photographer***

**Mike Rigdon**

### ***Proof Reader***

**Gloria Stevens**

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

## **Annual Meeting – Volunteer Recognition Event April 6, 2020**

Do you sometimes wonder about what is going on behind the scenes to keep the Village running? Mark your calendar and make plans to attend the TVSD Annual Meeting at the Seventh-day Adventist Church Fellowship Hall, 3:00-6:00 PM Monday, April 6, 2020. Besides financial information we'll hear about 2019 Board and Core Team accomplishments, and 2020 goals.

We are changing it up this year. Following the Annual Meeting, we'll recognize all our wonderful volunteers. Without volunteers, there would be no Village. So, this is our opportunity to give a "shout out" and thank you to members who help make our Village experience possible.

After the presentations, a light meal will be served, followed by a time to socialize and celebrate. Don't forget to register and be part of this important event.

---

## **Annual Donor Drive Correction**

The February VIBES listed our 2019 donors and inadvertently did not include Chris and Sue Christian. We want to acknowledge and thank them for their contribution. The total for the 2019 campaign was \$22,135. Many thanks to all the donors who helped make it a success fundraising campaign. We appreciate your continued support.

---

## **Care Committee Event March 10 -- 12:30-2:00 at VMC**

One of the goals of the CARE COMMITTEE is to assist members in finding health related resources in the community so these are available in the time of need. A program which focuses on in-home care has been scheduled for March 10, 12:30-2:00. Our Village has vetted two in home care providers: Sheila Korn from Love to Live and Carol Braun from Accredited Home Care. They will be at the Clubhouse to answer your questions about the types of services their company provides, as well as the health related services they do not. This would also be an opportunity for our members to share any experiences (positive and negative) with in-home care.



<http://www.tierrasantavillage.org>



---

## ***Please Join Us for Happy Hour***

**What:** Tierrasanta Village Informational Social for Prospective Members  
**When:** Tuesday, March 10, 2020 from 4:00-6:00 PM  
**Why:** The Membership Team is having an Informational Happy Hour for prospective new members. This will give attendees an opportunity to learn about our Village and hopefully join. Current members are encouraged to invite friends and neighbors. Members may attend the Social if they bring a prospective member.

**RSVP:** By Wed, March 4, to the Village office: **858-569-9119**  
(Monday-Friday 8:30-12:30)

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 9:00 AM - Chair Yoga 10:15 AM - Billiards 12:30 PM - Monday Bridge 3:00 PM - <b>Members</b> <b>Monthly Meeting</b>	3 8:00 AM - <b>CLUBHOUSE</b> <b>CLOSED TODAY</b> 9:00 AM - Balance Class - <b>CANCELLED TODAY</b>	4 9:00 AM - Chair Yoga 11:30 AM - <b>Lunch Bunch</b> Elijah's on Ruffin Road	5 9:00 AM - Balance Class 10:00 AM - Mah Jongg 10:15 AM - Billiards 12:30 PM - Games 7:00 PM - <b>Poker Night</b>	6 8:30 AM - Hikes with Bob 9:00 AM - Chair Yoga	7
8 Daylight Savings Time Begins	9 9:00 AM - Chair Yoga 10:15 AM - Billiards 10:30 AM - <b>COFFEE &amp; CONVERSATION</b> 12:30 PM - Monday Bridge	10 9:00 AM - Balance Class 12:30 PM - <b>In Home Care Presentation</b> 4:00 PM - Happy Hour <b>For Prospective Members</b>	11 9:00 AM - Chair Yoga 10:00 AM - <b>CPR/AED Certification Class</b>	12 9:00 AM - Balance Class 10:00 AM - Mah Jongg 10:15 AM - Billiards 12:30 PM - Games 4:00 PM - <b>Village Book Club</b>	13 9:00 AM - Chair Yoga 12:30 PM - <b>Classic Movies "AMELIA" - 2009</b> <i>Hilary Swank Richard Gere</i>	14
15	16 9:00 AM - Chair Yoga 10:15 AM - Billiards 12:30 PM - Monday Bridge	17 <b>St Patrick's Day</b> 9:00 AM - Balance Class 12:00 PM - <b>St. Patty's Day Potluck</b> No Lunch Bunch II 6:00 PM - BUNKO	18 9:00 AM - Chair Yoga 1:00 PM - <b>Core Team Meeting/Workshop</b>	19 <b>Vernal Equinox - Spring</b> 9:00 AM - Balance Class 10:00 AM - Mah Jongg 10:15 AM - Billiards 11:30 AM - <b>ROMEO The Butcher Shop</b> 12:30 PM - Games	20 8:30 AM - Hikes w/ Bob 9:00 AM - Chair Yoga	21 <b>S E E S N A P W</b>
22	23 9:00 AM - Chair Yoga 10:15 AM - Billiards 12:30 PM - Monday Bridge	24 9:00 AM - Balance Class 12:30 PM - <b>Care Committee Meeting</b>	25 9:00 AM - Chair Yoga 11:15 AM - Knit & Nosh	26 9:00 AM - Balance Class 10:00 AM - Mah Jongg 10:15 AM - Billiards 12:30 PM - Games 1:00 PM - <b>TVSD Board Meeting</b>	27 9:00 AM - Chair Yoga 12:30 PM - <b>Classic Movies "SILKWOOD" - 1983</b> <i>Meryl Streep Kurt Russell Cher</i>	28
29	30 9:00 AM - Chair Yoga 10:15 AM - Billiards 12:30 PM - Monday Bridge	31 9:00 AM - Balance Class 1:00 PM - <b>South African Safari Trip Lecture</b> 6:00 PM - DVD Movie Party <b>"Ford v Ferrari"</b> <i>Christian Bale Matt Damon</i>	4 / 1 / 2020 9:00 AM - Chair Yoga 11:30 AM - <b>Lunch Bunch</b>	4 / 2 / 2020	<div> <b>SNAP</b>  <b>Kahn's Cave</b>  <b>March 21</b>  5 PM - McDonalds  Carpool </div>	

# TVSD'S ANNUAL ST. PATRICK'S DAY POTLUCK



**WHEN:** TUESDAY, MARCH 17, 2020

**TIME:** 12:00 TO 2 PM

**WHERE:** VILLA MONTEREY CLUBHOUSE



**RSVP REQUIRED AS SPACE IS LIMITED. PLEASE REGISTER ONLINE.**

**SIGN-UP AT THE VMC FOR WHAT YOU ARE BRINGING TO THE POTLUCK.**

**QUESTIONS? CONTACT MARILYN MILLIKAN: [mmillikan01@icloud.com](mailto:mmillikan01@icloud.com)**

---

## TVSD's COMMUNITY OUTREACH / SERVICE UPDATE

*by Marilyn Bente*

The TVSD Community Outreach/Service Committee met recently and is ready to add more projects to our agenda of collecting canned goods and non-perishable food items for the Food Bank supported by the Seventh Day Adventist Church, and of donating used eye glasses to the Lions Club. We discussed three new projects to be initiated throughout 2020.

Coming up in late March or early April is outreaching to our Tierrasanta first responders (paramedics and firemen) and librarians to thank them for their service to our community. We are going to deliver homemade treats, and will be calling upon our members to help bake, package, and deliver homemade cookies, brownies, and muffins.

Then in May we want to send handcrafted greeting cards to our troops that are deployed overseas. The cards will be of the type "Thank You, You Are Missed, Holiday" to let the soldiers know that we appreciate their service. We hope to organize a time at the clubhouse to get together and create cards, and to call upon our crafters to donate cards made on their own.

Our third Outreach will be held in the summer and will be to assist at the Jacob and Kushman San Diego Food Bank by assembling food packages for their Senior Food Program, Moms and Children Program, Emergency Food Assistance Program, and Food 4 Kids Backpack Program.

The committee is looking forward to your volunteer help in getting these projects off the ground! We want to show how much TVSD supports and appreciates those whose service make our community a safe and enjoyable place to live.

---

## YOUR VILLAGE NEEDS YOU!

**YOU** are critical to our village! **Volunteers are needed to keep TVSD vital and relevant.**

**YOUR** interest, skills, talent, and time can be put to good use through volunteering for your Village! Help make ours a better Village by stepping up to fill one of these needed positions:

- 1.) Membership Outreach: Keeping track of prospective members, calling them to see if they have any questions or would like information about attending events and activities, reporting back to membership committee.
- 2.) Social Core Team is looking for a co-chair and for someone to organize the holiday dinner party for December, 2020.
- 3.) The Neighborhood Groups are looking for captains and for hosts for the neighborhood get-togethers.

Some of the boundaries are going to be reconfigured and new captains may be needed.

Please consider volunteering for one of these positions. If you have any questions, please do not hesitate to contact Marilyn Bente, Volunteer Core Team Leader.

### DVD Movie Party

Tuesday, March 31 – 6 PM

#### "Ford v Ferrari"

Christian Bale --- Matt Damon

See Page 7 for details

RSVP: Diane Levine 858-292-0610

### Knit & Nosh

March 12 – 11:15

Virginia Inouye – 858-278-8847

### Village Book Club

2nd Thursday 3 / 12 – 4 PM

#### "The Great Believers"

Rebecca Makkai

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

### 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 – 3 / 17

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

Bob Muldrew - 292-8405

### SNAP – March 21

Khans Cave – Kearny Mesa

Carpool at 5:00 PM

### Poker Night

March 5 - 7:00 PM

## Village Interest Groups

### Film Classics

Friday – March 13 – 12:30 to 2:30

#### "AMELIA" – 2009

Hilary Swank Richard Gere

Two-time Academy Award Winner Hilary Swank delivers an unforgettable performance as Amelia Earhart, the legendary American aviatrix, who boldly flew into the annals of history. Richard Gere is her charismatic business partner and adoring husband, George Putman. Bound by ambition and love, their enduring marriage couldn't be broken by Amelia's determination to fly – nor her passionate affair with politician Federal Aviation Administrator, Gene Vidal.

"AMELIA" is a 2009 Canadian - American biographical film about the life of Amelia Earhart. Most of the story is told in flashbacks before ending with Earhart's mysterious disappearance in July 1937. Moving in vignettes from her youth when she was captivated by the sight of an aircraft flying overhead at a local air show, on the Kansas prairie where she grew up. As a young woman and pilot she was recruited by a publishing tycoon and eventual husband, George Putman (Richard Gere) to become the first woman to cross the Atlantic Ocean. Taking command of the flight results in a success and she is thrust into the limelight as the most famous woman pilot of her time. Putman helps Earhart write a book chronicling the flight much like his earlier triumph with Charles Lindbergh.

Earhart commences to set myriad aviation records, and in 1932 recreates her earlier transatlantic flight, this time becoming the first pilot to fly solo across the Atlantic. Earhart is annoyed by the seemingly endless agenda of celebrity appearances and endorsements, but Putman reminds his wife that these events fund her future air trips. Earhart's last flight was her biggest and most dangerous adventure, to fly around the world.

Friday – March 27 – 12:30 to 2:30

#### "SILKWOOD" – 1983

Meryl Streep Kurt Russell Cher

"Silkwood" is a true story directed by Mike Nichols, screenplay by Nora Ephron, inspired by the life of Karen Silkwood, a young labor union activist and nuclear whistleblower.

Karen Silkwood worked at the Kerr-McGee Cimarron Fuel Fabrication Site (near Crescent, Oklahoma). Employees made MOX fuel rods for nuclear reactors, and dealt with threat of exposure to radiation every day. She was a Union activist concerned that corporate safety violations and practices adversely affected the daily health of workers. Because the plant has fallen behind in work for a major contract (fabricating MOX fuel rods for a breeder reactor at the Hanford Site) employees were required to work longer hours and weekends of overtime. She believed managers were falsifying safety reports, cutting corners wherever possible, and risking the welfare of the personnel. Karen approached the Union with her concerns and became active lobbying for safeguards. She traveled to Washington DC to testify before the Atomic Energy Commission.

She interacted with Union officials who appeared more interested in the negative publicity she was generating than her welfare and that of her co-workers. One time the radiation alarm sounded at the plant. Silkwood had received 40 times the legal limit of radioactive contamination in her system. When she and other workers became contaminated by the radiation, plant officials tried to blame her for the incident. When she saw weld sample radiographies of fuel rods being retouched to hide shoddy work, and that records of inaccurate safety measures had been altered, she decided to investigate further herself.

Once she gathered sufficient documentation, she contacted a reporter from The New York Times and arranged a nighttime meeting. She left a Union meeting carrying the documentation of her findings on her way to meet the journalist. Karen never arrived at the meeting. Her body was found in her crashed car. No incriminating documents were ever found.

Gloria Stevens: 505-4188

### Lunch Bunch

Wednesday – March 4 at 11:30  
Elijah's, 7061 Clairemont Mesa Blvd

### Lunch Bunch II

St. Patty's Day Potluck

### Romeo Club

Thursday – March 19 – 11:30  
The Butcher Shop

### Hiking With Bob

Yes, we're going to attempt to climb **North Fortuna Mountain** again. In January, we stopped near the CA route 52 summit; we still had 400 feet to climb. .... A forecast of light showers seemed to have forestalled a lot of hiking activity on everyone's part; there were no other hikers around. If we needed assistance, there wouldn't be anyone else to turn to; it didn't seem smart to go on.

**Two hour/two+ mile (Tierrasanta Canyons), North Rueda canyon - Tambor Connector Loop: On Fri, 06 Mar 2020, (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.) .... This route gives us a chance to view the results of the palm cutting/helicopter evacuation area of a year ago - also called the palm-stump tour. .... And, this route is a potential short cut from (near) Tierrasanta Blvd (up & down) to the Rueda Drive area. .... Wearing long pants & bringing at least one stick is advisable.

**Three hour/three+ mile (Mission Trails), No. Fortuna peak & back: On Fri, 20 Mar 2020 (third Friday)**, we gather at 8:30 AM at the Catalina entrance. (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.) Wearing long pants is desirable. Bringing a hiking stick (or two) is recommended.

You can email or phone if you have any questions or comments. .... Do not register on website. Email or phone, (or just show up).

Bob Muldrew: 292-8405

bobmuldrew@yahoo.com



## CLASSIC MOVIES

### “AMELIA”

*Hilary Swank Richard Gere*  
Biographical Drama – 2009

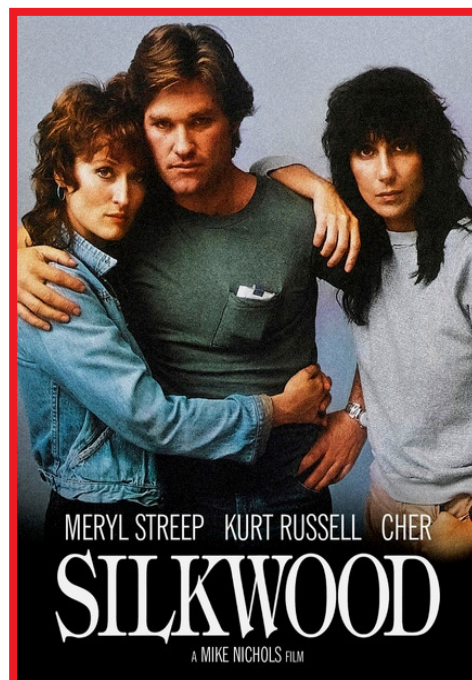
**Friday – March 13**  
**12:30 to 2:30**

### “SILKWOOD”

*Meryl Streep Kurt Russell Cher*  
Biographical Drama – 1983

**Friday – March 27**  
**12:30 to 2:30**

**See Page 6 for Details**



## DVD Movie Party

**Tuesday, March 31 – 6 PM**

### “Ford v Ferrari”

*Christian Bale --- Matt Damon*



Ford Motor Company is struggling with sales in 1963 because they can't seem to connect with the younger market. To boost their image, Lee Iacocca (Jon Bernthal) proposes a bold marketing strategy – to win one of the most prestigious car races in the world – 24 Hours of Le Mans.

He hires American automotive designer Shelby Carroll (Matt Damon) and fearless race car driver Ken Miles (Christian Bale). The two battle corporate interference, laws of physics & their own personal/family problems to build a revolutionary race car to compete against champion Ferrari team at the Le Mans race in 1966.

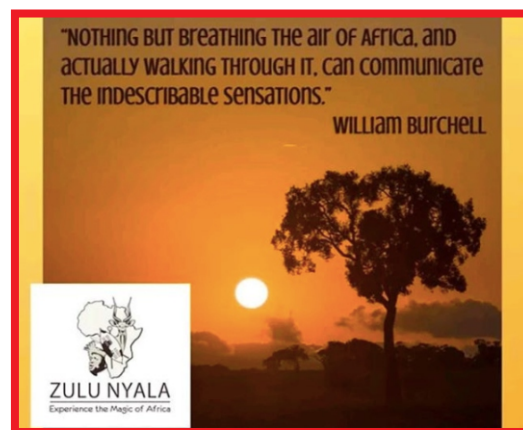
Tense, exciting movie that won rave reviews for acting & sound.

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

## South African Safari Trip Lecture

**Ken and Sue Ross** have recently returned from an amazing vacation in South Africa. Part of their trip included 6 days and 6 nights at the Zulu Nyala Game Reserve. They want to share their experience and beautiful photos. You, too, can embark on such an adventure.

They will explain how your trip could be a fundraiser for Tierrasanta Village of San Diego as well. Please join us on **March 31, 2020 from 1:00 to 2:00 PM** at the Villa Monterey Clubhouse. Hope to see you there!



# ***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

**Tierrasanta Mexican Restaurant**  
10% discount; dine in only  
with your membership card  
5950 Santo Road

**Gaetano's Italian Restaurant**  
Monday-Thursday  
10% off your bill dine in only  
with your membership card

**Sub-Marina #2**  
\$1 off any sandwich  
with your membership card  
10645-Z Tierrasanta Blvd

**Island Style Café**  
10% off your bill; dine in  
only with your membership  
card 5959-K Santo Road

**Tierrasanta UPS Store**  
10% off all products and services  
except UPS shipping and USPS  
with your membership card  
10601-G Tierrasanta Blvd.  
858-292-8633

**Long Island Mike's Pizza**  
20% off with membership card  
5250 Murphy Canyon Road  
858-569-7499

**Tierrasanta Ace Hardware**  
5% discount with TVSD Card  
10615-A Tierrasanta Blvd.  
858-573-9600

**Magic Mel Hair Creations**  
Van T. Truong – Aesthetician  
10% off with membership card  
10601 Tierrasanta Blvd. - Suite J

**San Terra Properties**  
Property Management-1 month FREE  
+Reduced Rate - Buying or Selling?  
Discount for Villagers 619-261-9612

**Elam's Hallmark**  
"Your Neighborhood Gift Store"  
10% discount with your TVSD  
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

**Klassic Dry Cleaners**  
and Formal Wear  
5% off dry cleaning  
5950-J Santo Road

**Dr. Paul V. Koepke, D.D.S.**  
Family & Cosmetic Dentistry  
4926 La Cuenta, Drive Ste. 100  
858-279-7680  
10% Senior Discount  
www.drpaulsmiles.com

**Support Our  
Local Businesses**



**SD COMPUTER SPECIALISTS**

**Gabriel Barrios**

1455 Santa Rita East  
Chula Vista, CA 91913  
619-207-0999  
sdcomputerspecialists@cox.net

10% discount  
with your membership card

**Friends of the Tierrasanta Library  
Used Book Sale**

**Friday March 6 from 11:30 AM – 5:00 PM**

**Saturday March 7 from 9:30 AM – 3:00 PM**

**Monday March 9 from 11:30 AM – 5:00 PM**

**GREAT SELECTIONS AT BARGAIN PRICES!**

## **TVSD BOOK CLUB INFORMATION**

At the last meeting of our Village Book Club, members discussed changing the date and time for our monthly discussions. We agreed to meet the second Thursday of each month, at 4:00 pm. Our next meeting will be Thursday, February 13, and we are still meeting at the home of Joanne Kuelbs. Here is a list of the books we will be reading for discussion during the next few months.

**March:** The Great Believers by Rebecca Makkai  
**April:** The Woman Who Smashed Codes by Jason Fagone  
**May:** The Little Bee by Chris Cleave  
**June:** This Tender Land by Kent Krueger

All TVSD members are welcome to join us. We always have lively discussions, even though we

## **The Care Committee: Why Should You Care?**

Ever wonder if you should be driving, or if you need rehab or long-term care or whom you can contact from the Village if you need help, or if you have arthritis and it is hindering you? The Care Committee is there for you to help and to provide you information, so you can answer your health questions.

### **Care Committee Activities and Plans**

This short explanation of our purpose is taken directly from the TVSD website: “The Care Team represents the heart of our mission (TVSD) to provide support and assistance to members so that they can continue living in their home. This team becomes familiar with the member's physical, emotional and transportation needs that might require more than our day-to-day support systems would provide. Members on this team respond by timely communication, home visits, bereavement support and other activities as appropriate. All of these activities are done within the individual circumstances and preferences of the member being served. Another function is to help identify and assist the member in accessing professional services as might be required and requested. The Care Committee focuses on 2 major activities: assisting members who are having health issues, providing discussions and seminars associated with healthcare issues, and providing written information on our website about issues.”

### **Assisting Members Who are Having Health Issues**

Our goal is to make sure that any member who has a health issue, or who wants support, gets it from the Care Committee. On a monthly basis we assist generally one to three members. Our assistance involves contacting the person and making sure that they are not alone. We often cook meals for them and provide them with support to make decisions about what actions they need to take concerning their health issue. For example, we recently helped a member make decisions about where to have rehab and what to do after rehab was over. We do not make decisions, but we provide information and help the person think through decisions. As is clear from our charter, we cannot provide any medical support (such as bathing or giving medications) but we can help them define and find what medical help they need and how to get it.

### **Our Discussions, Seminars and Healthcare Information on our Website**

Nearly every month the Care Committee holds a presentation on healthcare issues or a member-to-member discussion of them. Some examples of member-to-member meetings are:

Villagers sharing what works and doesn't work with pain control and villagers sharing solutions to deal with arthritis. Some of the *presentations* were focused on what you need to do to have your wishes followed, regarding end of life and how to most efficiently deal with “getting rid of your unwanted treasures.” Each time we hold one of these forums. We document them and also provide information from additional research. We place these on the website and you can read about any article just by clicking on the abbreviated title to the right of the list. To get to these valuable information resources:

1. Log on to the TVSD website
2. Click on the Tab entitled resources
3. Then click on Health and Wellness
4. Then select the article or information source you want.....*continued on Page 10*

Other items on this list include transportation options, important healthcare services including contacts at TVSD. In addition there are articles that were not part of the member-to-member meeting or the presentations. *Pease go to this website page and explore the Content.*

## Other Services

We provide additional services. The first is medical equipment loans. We have a number of medical supplies in Joan McGeachy's garage. We have the following to lend: walker, cane, knee scooter, crutches, elevated toilet seat, beside commode. Call Joan (858) 737-4882) if you need something. If there is something you need and we don't have it, call Linda Diller from Senior Move Masters; she has a warehouse of free medical equipment. She will give you directions to the warehouse. Linda Diller: 800-545-4775.

We also inform the Village Community of Health Courses offered by San Diego County such as CPR training and pain management.

## Our Information Focus for 2020

The Care Committee sponsored an event that was entitled "Experiences with Caregiving." The announcement stated "Your Care Committee recently surveyed members on topics of greatest interest for health and wellness programs for the coming year. By far, the most requested topic for a member-to-member program was "Experiences with Caregiving." The event was held on January 14<sup>th</sup>, with over 20 people attending. Our major conclusion about this meeting is that this is a very complex subject, and that many members probably left more confused than when they came. Given the importance and complexity of these issues, the Care Committee decided to focus on this topic as our top information priority for 2020.

## TIMEBANK TOPICS

Recently a new member was added to the Timebank. In the near future we will have a gathering of timebank members. These gatherings are a great source for new additions to our offers and requests list. The wish of the Timebank committee is for the circle of giving and receiving to keep growing and growing!

New members welcome!

Timebank committee: **Carmela Cavero, Delise Konigsbach, Joanne Kuelbs**

## Friends from the TVSD

**Mike Rigdon & Jean Mabie in 2014  
while Cruising to Mexico  
First stop was Catalina Island,  
then Puerto Vallarta and Ensenada.**

