



# *Tierrasanta Village of San Diego*

## **Village Vibes**

**“Living for Today: Planning for Tomorrow”**

**June 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.

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### **President's Message**

As much as we loved the way things were before the pandemic, after the stay-at-home orders are lifted, things will probably never be the same. This finally “sunk in” for me during a recent virtual Core Team Leader's Meeting. I asked Leaders to brainstorm ways to open the VMC and resume activities, and someone said, “That may be months away, even a year or more. Why don't we focus on what we can do now to keep members connected and supported?” So that is what the Board and Core Team Leaders are doing, finding ways to be there for you now, even when we are physically separated.

Village Leadership is embracing reinventing the Village after Covid-19 by focusing on three Phases. Phase I is learning to host and participate in Zoom coffee chats, Book Club meetings, and committee meetings. Part of Phase I is overcoming our fear of new technology, knowing that it keeps us connected when we cannot be together physically. Cassandra has instructions for how to participate in a Zoom meeting if you want to attend a lunch bunch or other virtual activity.

In Phase II we hope to have virtual General Monthly Meetings and perhaps break into smaller groups for discussion. Phase III will be when stay at home orders are lifted. We hope to have small group gatherings that allow for distancing, masks, and other safety measures.

Meeting through Zoom, seeing and connecting with our Village friends is almost as much fun as being together...but I still miss the hugs!

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**Blast from the Past: Water Gardens, El Cajon – 2018**

## **Board of Directors**

### ***President***

**Janice Trantham**

### ***Past President***

**Joyce Muinos**

### ***Vice President***

**Fran Zweibel**

### ***Co - Treasurers***

**Ann Lasdon**

**Rhoda Keegan**

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### ***Secretary***

**Carol Lee**

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

**Marilyn Bente**

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### ***Time Bank***

**Candy Walsh**

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

**Candy Walsh**

**Susan Deininger LCSW**

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### ***Operations Manager***

**Greg Zweibel**

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

**Cassandra Hanrahan**

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### **VIBES Staff**

#### **Editor / Photographer**

**Mike Rigdon**

#### **Proof Reader**

**Gloria Stevens**

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## ***Someone You Should Know*** by Carol Lee

Barbara Stecker Lester was born in Concord, New Hampshire in a hospital where her grandmother, a 1902 (Phi Beta Kappa) graduate of Vassar, was treasurer. Barbara's mother was an artist. Her father was an electrical engineer who worked for the British at the beginning of WWII. Because of his radar training he was brought into the U.S. Navy as an officer. The family lived in New York until Barbara was 13 when the U.S. Space Program was accelerating. Barbara's father considered a job at Cape Canaveral, but chose General Dynamics, Convair (it was referred to as both Convair and Astronautics to distinguish it from the GD downtown, which was not focused on the Space Program), and the family of five (Barbara and two younger brothers) moved to San Diego. Barbara was excited about seeing movie stars, but got to meet the original seven astronauts instead. (The signed photo was lost).

After graduating from Madison High School, Barbara earned a degree from Chapman University, majoring in math and minoring in art, followed by a teaching credential from SDSU. Her first assignment was to Hale Junior High, where she met John Lester and Tom Bente and, with Marilyn Bente, the four became close friends.

John and Barbara married in 1970 and soon began to look for an area in which to live. They were drawn to Tierrasanta, which was just models and dirt at the time. They were 19th in line the day the unbuilt homes went on sale and managed to get their first choice. All of the houses which were to become the early part of Tierrasanta were sold by the end of that day.

In those days, married teachers couldn't serve at the same school, so Barbara went on to Einstein Junior High School, where she taught for six years. She then taught at Standley Middle School until her retirement in 2002. While at Standley, she earned a master's degree in education and also became credentialed in computer education. She not only taught math and computers, but also helped write the district curriculum for the computer education program.

John and Barbara have taken three Viking River Cruises and one ocean cruise. On driving trips they have covered most of the East Coast, the Southwest, and places between San Diego and Missouri. They have also traveled to Hawaii, Alaska, Norway, New Zealand, and much of Europe. Due to John's love of history, they have been to Dachau and Auschwitz, as well as all the Holocaust museums in the U.S. Barbara favors the art museums!

The couple heard about TVSD in its planning stage and joined early on. They built a geodesic-domed cabin in Idyllwild as a getaway, working 19 summers on it. Barbara serves as secretary and treasurer of the HOA there. They are very active in the San Diego Rose Society and exhibit roses at shows and the San Diego Fair—they have two-hundred rose bushes in their yard! They judged an international rose show in Scotland in 2016. Before Covid-19, Barbara enjoyed daily pool exercises at the YMCA. She also travels with Day Trippers from time to time. These activities have limited the amount of time they have to be involved in TVSD, but they are strong supporters of the Village and the great programs and friendships it provides.

Barbara plans to be more active in the Village and hopes to see us grow. She feels that the social benefits are extremely important for people in our senior years: a place to rely on for questions, resources, and people reaching out to those who may be alone.

Barbara says, "This was a poster in my classroom for many years and is even more appropriate since we started growing roses: 'We can complain because rose bushes have thorns, or rejoice because thorn bushes have roses.'"





**Annual Meeting**  
Postponed until Further Notice  
7th Day Adventist Church  
11260 Clairemont Mesa Blvd.

## Village Business

**Chair Yoga for Seniors**  
Postponed until Further Notice

**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**  
Dark until further notice  
Instructor: Lesley Norris

**Cover Photo**  
Iwo Jima Memorial  
Washington, DC

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### **Socializing at a Distance** *From the Social Committee*

We hope you all are surviving and trying to keep busy during this quarantine time. The Social Committee has a long list of ideas for exciting field trips, tours, and holiday gatherings. Of course, these are put on hold until we can physically all be back together again.

The Book Club friends are meeting on line to chat about their latest read. Call Marilyn Bente if you are interested in joining. Now that our library is closed, we have created a book share group that you can join. Contact Sue Christian or Marilyn Bente or watch for lists of books to be loaned out in your E blast.

Board members are arranging Zoom Chats. If you haven't been contacted to join one, I am sure you will be soon. They are very interesting and it is easy to download the app. If you need help with Zoom, contact Greg Zweibel or Janice Trantham. Cassandra is hoping to organize the sharing of jigsaw puzzles and DVD movies. Several Mah Jongg villagers are playing together on line via an app. Contact Marilyn Millikan if you want more information.

Daily E blasts are coming from Cassandra and Fran with exciting concerts, programs, and exercise links etc. that are just our speed. You can even take a peek at the San Diego Zoo animals as they entertain themselves without visitors.

Of course, Lunch Bunch, Romeo and SNAP have been put on hold, but it has been suggested to do Zoom chats with your favorite group of friends that way.

This is a very new way of socializing so be creative and get out there and "socialize distance"! If you have any new ideas for socializing, send them to Cassandra at the web site or to me at [suechr2@yahoo.com](mailto:suechr2@yahoo.com)

**Social Co-Chairwomen**  
**Sue Christian and Marilyn Millikan**



*Send Off Party for  
Ken & Sue Ross  
for Summer in Maine*

## HOW TVSD SAVED MY CALENDAR and MY SANITY

Last year I wrote an article for the VIBES entitled “How Active Are You in the Village?” In it I talked about all of the social, cultural, educational, and health-related activities that our Village offers, and about how, for the past 10 years, I've enjoyed special times with gracious and fun-loving Village members. I even shared a page from my weekly planner that showed the seven Village activities that I had participated in during a one-week time period.

And then on March 15, 2020 my calendar took a hit! My social life, as I've always known it, came to an abrupt halt with the government and medical authorities' recommendation that all seniors stay in place and “self-isolate” due to the corona virus pandemic. I began receiving e-mails, texts, and phone calls from friends and event organizers that book, film, and card club meetings were cancelled; luncheon dates were cancelled; I couldn't meet friends for dinner! TVSD was cancelling all events and activities until further notice. The assessments that I do for the Nation's Report Card Project were cancelled because the schools were closed. My upcoming dental appointment was cancelled. I had to cancel the flight that I had scheduled to celebrate my grandson's 8<sup>th</sup> birthday in Sacramento.

My daily planner/calendar was a mess .... So much was crossed out! I felt as if my life was on hold, nothing planned and there was so much uncertainty about when I could begin to fill in those blank spots on my calendar. I decided, like many of you, that if I couldn't go out and about, that I would become productive at home. I began cleaning out long-neglected closets and drawers, organizing the kitchen, looking at expiration dates in the freezer and back of the refrigerator, and started to go through boxes in the garage labeled “to be sorted.”

And then ..... I got a call from Joan McGeachy of the Care Committee. Her Committee was calling members to check in and see if everyone was doing well. And then I started getting daily e-mail blasts from Fran and Cassandra. And next came a message from the national Village to Village organization inviting me to a Zoom meeting to learn about how villages were coping during this pandemic. I learned about asking non-members to volunteer to help seniors with grocery shopping and other errands. I shared this information with Janice, Fran, and Cassandra and now we have a cadre of volunteers to assist us. Then our Village Board of Directors met on-line through Zoom. And before I knew it, Zoom became a big part of my life! And it has become a major player in keeping our Village alive and active during this pandemic. Little by little, my calendar was filling up! So now my calendar is once again full and those boxes to be sorted in the garage? They can just wait!

Here's how TVSD has saved my calendar, and helped keep me productive and socially active during a recent week, May 11-17.

Monday:      2:00   Exercise on-line with my TVSD buddy, using Flextogether.com  
                  3:00   Coached by a member of the IT Team to set up my own Zoom account

Wednesday: 11:00 Practice setting up Zoom with Fran and Carol  
                  1:00   Core Team Leaders meeting on Zoom  
                  3:30   Deliver books to TVSD member

Thursday:    10:00 Mah Jongg on-line with three other TVSD members  
                  3:00   TVSD Book Club via Zoom

Friday:        1:00   Host Zoom “coffee chat”

While busy with virtual meetings and on-line activities, I still miss seeing all my friends and colleagues in person, giving and getting hugs, and laughing and chatting while physically close to friends and family.

The Village has been there for me, and is still there, even though virtually.

And it is there for YOU as well!

Marilyn Bente

# *Village Interest Groups*

**Coronavirus has shut down all Village Events until further notice!**

**Watch E-Blasts and Website for future Events**

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## **In This Time of Social Isolation, What Has Your Village Been Doing For You?**

In other words, how is TVSD carrying out its two-fold mission to keep us all connected with our community and to help us meet our basic needs? Your Board of Directors and Core Team Members have had to be creative in these times of social distancing and uncertainty. Our President, Janice Trantham, has proposed a three-phase plan to facilitate our Village's mission, and here is a list of the many activities that have already been instituted during Phase One while we are still in social isolation.

1. Fran and Cassandra began sending out daily e-mail blasts with a range of valuable topics, resources, and even some "funnies" for our entertainment.
2. Cassandra is working from home and has been available Monday through Friday, 9:00 am to 12:30 pm, to provide information and support.
3. Mike continues to publish the VIBES each month.
4. The Care Committee, Neighborhood Captains, and the Board of Directors have all been making phone calls to check on the welfare of our members, to discuss various issues, to gain insight into your needs, and to listen to your ideas and suggestions.
5. Through our neighborhood "Next-Door" site, Cassandra has a small cadre of volunteers who have been grocery shopping and running local errands for our members. If this becomes a need for you, please don't hesitate to contact Cassandra.
6. Our Village buddies have been checking in on each other and building supportive friendships. If you would like to have a buddy, please contact Marilyn Bente.
7. The TVSD Book Club has started to meet virtually through Zoom. It was fun to "see" each other again and to spend over an hour together discussing the book.
8. The Wednesday Lunch Bunch will be meeting virtually the first Wednesday in June at 11:30. We'll use Zoom and can sit and eat our lunches while chatting and getting caught up.
9. Some Villagers have been exercising together online using Flextogether.com. You can see your exercise buddy and it makes those cardio workouts so much more enjoyable!
10. Several members of the Thursday Maj Jongg group have been playing on line with each other. Not as fun as playing in person at the VMC, but it does keep up their skills and is a good way to keep busy and keep our minds sharp!
11. Board members have begun a series of "coffee chats" with members, again with Zoom. This has proven to be a good way to meet other Villagers in a small group venue.
12. The Board of Directors, Core Team Leaders, Community Outreach/Service Committee and some Core Teams have been meeting virtually on Zoom. Conducting Village business has been an on-going process. The corona virus has not stopped your leaders from keeping up with the daily needs of TVSD!
13. Your Board members have also been attending virtual meetings with the national Village to Village organization, and the state-wide Village California Movement. It is important that we continue to know how other villages are coping with the social distancing and to learn from each other.
14. With Cassandra's help, a lending library of sorts has started. Members are sharing books, jigsaw puzzles, and movie DVD's. Please contact Cassandra for more details.

Your Village is here for you! Please take advantage of all that is being offered and keep active, volunteer, and stay productive. Keep both your mind and body healthy!

Submitted by Marilyn Bente



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

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

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10% discount; dine in only  
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### **Gaetano's Italian Restaurant**

Monday-Thursday

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with your membership card

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with your membership card  
10645-Z Tierrasanta Blvd

### **Island Style Café**

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only with your membership  
card 5959-K Santo Road

### **Tierrasanta UPS Store**

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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

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5% discount with TVSD Card  
10615-A Tierrasanta Blvd.  
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**Friends of the Tierrasanta Library  
Used Book Sale**

**Dark until further notice**



## **UPDATE FROM YOUR VOLUNTEER COORDINATOR**

### **Positions Filled: “Gratitude is a Key Component of Joy!”**

I am happy to announce that two of our volunteer needs have been met during this past month. As you know from the e-mail blasts that have been going out daily from Fran and Cassandra, the Social Core Team Leader, Jocelyn Brierton, has resigned from that position and we announced a need for leadership there. Sue Christian and Marilyn Millikan, both members of the Social Committee, have stepped up to co-chair that Committee and are already busy planning events and activities for when we can all get together again in person.

Also, with the combining of the Villa Monterey and Monserrate/Barbados North neighborhood groups, there was a need for more neighborhood captains in that area. Art and Bradlyn Mulvey have graciously volunteered to assist as co-captains with planning and facilitating virtual meetings via Zoom for the time being, and then social gatherings in that area, again when we can all get together in person.

I want to express my gratitude to these four volunteers for stepping up and giving of their time and talents to see that our Village is sustained, even in this time of uncertainty and social isolation.

### **TVSD Needs YOU!**

There is still a need for Neighborhood Captains in both the Rueda and the Tierrasanta Norte areas. If you live in one of these areas, please consider helping out to keep your neighbors aware and active in our Village. Our two Core Team Captains, Carol Burgert and Carol Higgins, would love to hear from you and are more than willing to get you started on the path to planning the next activity for your TVSD neighbors. Won't you please call one of them to discuss both the responsibilities and the pleasures of being a Neighborhood Captain? Or they can put you in contact with a member who is currently a captain and they can frankly tell you what to expect.

### **Buddies**

During telephone conversations initiated by the Care Team and Board members, several of you have requested having a buddy. I am pleased to announce that all of those requests have been filled and even more members have volunteered to be buddies. I have a list of those members, so if you would like to have a buddy, please let me know so that we can get you matched.

### **Outside Volunteers**

Just a reminder that we have five non-TVSD neighbors who have volunteered to shop for groceries and run local errands for our members during this time of isolation. We have been receiving positive reports from Cassandra, and from those of you who have been using their shopping services. If you need any help with grocery shopping, please contact Cassandra to get started.

Submitted by Marilyn Bente



**Train Museum Tour and Lunch at Miguel's Cocina – 2016**





NANCEE E. LEWIS PHOTOS

Tierrasanta Village connects aging residents to one other. The goal is to help seniors stay longer in their homes by everyone pitching in to provide repairs or services they can in a barter-like system.

## A G I N G I N P L A C E

# NATIONAL 'VILLAGE' CONCEPT SPREADING

BY BETH WOOD

**F**or people reaching retirement age, the future can seem daunting.

How can they maintain their independence for as long as possible?

For those who are single and don't have children, who will help them as they need it? For those with children, is relying on their offspring undesirable or impossible? Will aging-in-place — living in one's home for as long as one can — be a viable option?

Possible answers to these questions may lie in a 21st century idea that is spreading across the country. Sometimes called "the village movement" or "virtual villages," it is the concept

of building community among neighbors to provide social and practical support to each other.

Candy Walsh, 67, co-founded Tierrasanta Village of San Diego (TVSD), which officially began in 2008. The model was Boston's Beacon Hill, which was established in 2002 and is the first known such village in the United States. It was launched to create connections among people who want to live independently in their old years.

Walsh is a longtime resident of Tierrasanta. She lives there with P.K., her husband of 46 years, and they have a son who lives abroad.

"When I retired, I real-

ized that I hadn't kept the relationships I had during my son's childhood. Did I know my neighbors? Not so much. I needed to get to know who's who in the zoo. This village has helped us build a community within the community."

TVSD has 110 members and the group rents a neighborhood clubhouse five mornings a week for chair yoga, games and other activities. TVSD's annual fees are \$290 for single people and \$395 for a household.

The village's nine "core teams" handle administration, social activities and care, exercise and wellness. The latter, three-pronged core team makes sure vil-

lagers who are sick or frail get needed help.

Walsh founded and manages TVSD's Time-Bank, which has gained praise as a pioneering concept.

"The concept is members helping members," she said, "We have 60-plus members who participate. If you're planning on an event and you need a table and chairs, you can see who has offered them and borrow them. Then you work out a time credit with them. Typically, it works where one hour equals one credit. Right now, it's whatever you think is fair."

"We make sure that people offering to drive have driver's licenses and



Residents of Tierrasanta Village Marilyn Bente and Bradley Mulvey chat during the facility's Bunco recreational activity.

someone offering carpentry has the tools and skills to do it. It's basic common sense."

## Virtual and economic reality

Villages vary in terms of how "virtual" they are.

"We use snail-mail and email for our population," Walsh explained. "Some of our members are not comfortable with exploring our website. We offer training in technology to those who want it."

San Diego has at least six other villages, including in Serra Mesa, Rancho Bernardo, Santee and City Heights. All are shaped according to the population they serve. Tierrasanta is a Naturally Occurring Retirement Community (NORC), which means many residents are growing old together. In other areas, the

"Right now we are focusing on providing people resources," she said. "For instance, we try to connect someone who just got home from the hospital with someone who could do shopping for them."

"That happens when people know each other."

## Beyond San Diego: The Village Movement

The Village to Village Network is a national organization dedicated to helping local villages thrive. Established in 2010, the network estimates that 200 villages are operating in the United States, and 150 more are in development.

The state's villagers are also getting organized. Launching with two regional meetings last month, Village Movement California seeks to foster "a transformed experience of

aging population is more spread out.

Agnes Conradt, 80, and Evie Kosower, 84, founded City Heights' village, Elders Living In Their Element.

With about 95 members, the group meets in a neighborhood church or at people's homes and, at this time, doesn't charge membership fees. There is no TimeBank.

"We eventually want to set one up, but we can't handle that at the moment," said Kosower, who spent two years on the Mayor's Senior Affairs Advisory Board. "For example, if I like to garden, I could help someone with that, and someone could help me with my computer. But that's in the future."

aging across the state." It promises to help members by helping them to develop and promote villages' individual brands and providing tools that help villages make a greater impact.

"I was 55 when I started with the village," Walsh recalled. "My family said: 'This is for older folks.' But I said to them: 'I'm going to be one.'"

"If more people take the time to organize themselves now, they will find this one of the best things they've done," she said. "If you're planning to stay in your home and your community, and you connect with those of like mind, it will work."

Beth Wood is a San Diego freelance writer.



**Snap Party**  
**at Mike Rigdon's**  
**Hawaiian Garden**  
**2018**