



Tierrasanta Village of San Diego

Village Vibes

“Living for Today: Planning for Tomorrow”

July 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.

President's Message

Since shutting down the VMC for face-to-face activities on March 13th, Villagers have moved from being isolated at home to actively connecting through technology. Some of us were reluctant at first, but after attending our first few Zoom meetings, it became easier and more comfortable. Hearing friends' words of encouragement, seeing their smiling faces, knowing they care and support us, means so much right now.

I want to acknowledge the Board members and Core Team Leaders that have hosted Coffee Chats, committee meetings, and socials such as Lunch Bunch and Book Club. They overcame their technology fears to help us all stay connected and feel supported. There are now so many Zoom events, hosts must complete Event Forms and put them on the monthly Activities Calendar.

If you have not yet gotten your “feet wet” with Zoom, check out the Activities Calendar on the website. Find an activity that sounds interesting, register, and get involved. Your computer may be old and in need of updating, or your internet connecting may be spotty. But if you have a smart phone and email, contact Greg Zweibel. He will talk you through how to get on a Zoom call. Zoom is fun, it is easy, it breaks down the sense of isolation, and it is the next best thing to a hug!



Blast from the Past: Lunch & Monet Exhibit, Balboa Park – 2016

Board of Directors

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Janice Trantham

Past President

Joyce Muinos

Vice President

Fran Zweibel

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Rhoda Keegan

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Candy Walsh

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Mike Rigdon

Proof Reader

Gloria Stevens

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Someone You Should Know

Hungary to Hollywood:

A Self-Portrait by Kathy Guilfoyle, Guest Author

Kathleen Guilfoyle, EdD has been a Village member since 2011. Known as Kathy; her favorite nickname that a few close friends use is Kat, and her name for some books is the persona Kati. She was born in Los Angeles and has lived in both West and North Hollywood with her mother from Missouri, her father from Hungary, and her younger sister. First born, she grew up listening to a “secret language” spoken by her relatives. “Our house was filled with paintings, music, books, artifacts, photographs and storytelling about Hungary. My mother learned to cook in the traditional way, and I learned the art of writing. I was witness to events and interviews, notes and writings of my father and grandmother.” She has finished the book that she and her father were working on -- a collection of family ancestry through poetry, prose and photos.

Her father (also a writer, screenwriter and public information officer) wrote down her early words and had her say them to guests and they became the start of verse. She wrote poetry in elementary school and that practice has continued her whole life. Poetry is her life's blood, the one solace in life, the one counselor of both reality and redemption. Her work has been published in *Wings*, *Eye Prayers*, *Pacific Review*, *Napa Review* and *Bury Me Sioux*. In high school she was Editor-in-Chief of the school newspaper and worked for a public relations firm in college.

Kathy met Patrick in college 50 years ago, and they honeymooned in San Diego where they later moved to take teaching jobs. She taught English, writing and journalism including the yearbook and literary-art magazine. She developed a computer writing lab model for the district. She had a Poetry Club, an underground network for students to express themselves in a literary-art magazine. Her summers were sometimes in Napa studying with current American poets which solidified her writing, or conducting district workshops in writing.

She went on the district office in curriculum for Language Arts and Social Science and became an administrator in the grants and communication office. She received a Doctorate in Educational Leadership from USC, focusing on restructuring the American high school. Her last two years she served at the County Office of Education in Language Arts providing staff development in collaboration with colleges for administrators and teachers in writing and assessment. She was lead developer, project facilitator or director, or contributor to nine educational books on writing, literature and standards for her district and county.

After retirement Kathy wrote a grant for TVSD and worked there for three years. She remembers the multicultural grant that brought speakers and artists to the Village members. She earned a certificate in Applied Gerontology from SDSU so that she could become an advocate for the aging population. She was Editor of Legacies Literary-Art Magazine for the Village which featured personal histories, stories about family and friends, and photographs and art of our Village journey. She taught journal writing for two years at the Village that evolved into memoir writing. She plans to start this class up again soon so that we can preserve more of our memories.

She is author of Overcoming the Dragon of MS: A Memoir in Poetry of Multiple Sclerosis: From Diagnosis to Recovery to Rebirth. As an author and artist working on several of her own memoirs, she is developing Artha Narratives, a project designed to inspire older adults where she will serve as Director. She hopes to change the way that people think about aging through the preservation of life legacies. Her memoir and manual of aging will be published this year. She focuses on daily practices of meditation, walking or Tai Chi, plant-based cooking and writing. She learns from the National Memoir Society. She hopes that TVSD will continue to grow and thrive through friendship, information, and wonderful programs. She lives by the words “Write what you know, write from the heart, and writing is made for sharing.”



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



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
USS Midway
Aircraft Carrier
Museum

Board of Director's Update

By Janice Trantham

While applying for a County grant, it was discovered that the TVSD's non-profit exempt status was suspended. Thanks to countless hours of research by our Treasurers, Ann Lasdon, and Co-Treasurer Rhoda Keegan, they discovered what happened and took corrective action.

We learned that it is quite common for non-profits to lose their exempt status. The State does not send notice when forms are due and volunteers often don't have experience with State requirements.

The good news is that we have re-applied for our non-profit exempt status, and will hopefully be reinstated to active in approximately four months. Meanwhile, if you give a donation to the Village, it will not be tax deductible.

When the Village is back to active status, it will be announced. Many thanks to Ann and Rhoda for a job well done and their perseverance to restore our non-profit exempt status.

Board of Directors Welcome Marc Narkus-Kramer

By Janice Trantham

The Board says farewell to Vice President, Fran Zweibel and Past President, Joyce Muinos as they step down from the Board of Directors. We thank and appreciate them for their years of services.

Marc Narkus-Kramer will be serving a two-year term as Vice President starting August 1st. The Board of Directors welcomes Marc and looks forward to working with him.

We are all familiar with Marc's work as Co-Chair of the Care Committee Core Team. His ideas, willingness to volunteer his time, and commitment to the Village were reasons Marc was recruited to fill the Vice-President's position

Marc has a 30-year business background, a B.A. and M.A. in Physics, and an M.A. in International Business Management. Additionally, Marc has experience serving on Boards of Directors. Marc comes to the Board with ideas for ways to better serve Village members. We welcome Marc to the Board of Directors and appreciate his willingness to step into this leadership position.

A Look at the Future!

Hi fellow Villagers: Although we are not yet ready to return to the Villa Monterey Clubhouse and the VMHOA is also not ready to open, I want to give you a "sneak peek" of what has taken place at the clubhouse during the time it was closed due to the pandemic.

The last I heard from a member of the HOA Board, they have painted the inside of the clubhouse, put in new carpeting (now a Berber type light brown; no more blue), and resurfaced the 4 round tabletops. At the time of this writing, the large table (where Cassandra sits) still needs to be resurfaced, some of the 16 cushioned chairs are being fixed, and they are waiting for new runners for the bathrooms and front door area.

We look forward to the new fresh look when we can return!

Greg Zweibel.....Operations Manager

Message from Missy

Dear Friends,

This is such a hard note to write because the Village has meant so much to me over the years, but it's time to say goodbye. Last month when my membership ended, I didn't renew it.

After my sweet grandchild was born, I decided to move to the Bay Area to be closer to my family. My daughter Taylor is becoming the principal of her school so I plan on spending 2 or 3 days a week watching Kai. I don't have a moving date yet. I'm here in SD getting my condo ready to rent. I'm hoping I'll find a place in the Bay Area around the end of August.

The good news is I'll be back here often since my son and sister live here. I'll probably be back for a few months in January when I plan on having my other knee replacement surgery.

Until then, I hope we'll run into each other as we all start venturing out. I treasure my time at the Village and am so glad I got to know all of you.

Wishing you all the best, Missy.....Missyk.rainier@gmail.com

Our book for July is *This Tender Land* written by William Kent Krueger.

We will have a zoom meeting 7/9/2020, starting at 4 pm.

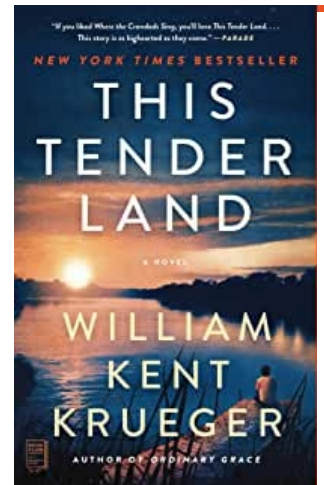
August 13 - News of the World written by Paulette Jiles.

September - Recommendation from Jean Kerr:

The Big Rock Candy Mountain written by Wallace Stegner.

The Big Rock Candy Mountain is a 1943 semi-autobiographical novel by American writer Wallace Stegner. It follows the life of the Mason family (Bo and Elsa with their sons Chester and Bruce) during the early 20th century in the United States and Canada. The book is structured in ten sections.

Cheers, Jo Carle



Some Thoughts on our Past Weeks in Isolation

I hope they give us two weeks' notice before sending us back out into the real world. I think we'll all need the time to become ourselves again. And by "ourselves" I mean lose 10 pounds, cut our hair, and get used to not drinking at 9:00 a.m.

New monthly budget: Gas \$0, Entertainment \$0, Clothes \$0, Groceries \$2,799.

Breaking News: Wearing a mask inside your home is now highly recommended. Not so much to stop COVID 19, but to stop eating.

We low maintenance chicks are having our moment right now.

We don't have nails to fill and paint, roots to dye, eyelashes to re-mink, and are thrilled not to have to get dressed every day. I have been training for this moment my entire life!

When this quarantine is over, let's not tell some people.

I stepped on my scale this morning. It said: "Please practice social distancing. Only one person at a time on the scale."

Not to brag, but I haven't been late to anything in over 8 weeks.

It may take a village to raise a child, but I swear it's going to take a vineyard to home school one.

You know those car commercials where there's only 1 vehicle on the road? Doesn't seem so unrealistic these days.

They may open things up next month -- I'm staying in until July to see what happens to you all first.

People keep asking: "Is corona virus REALLY all that serious?" Listen y'all, the churches and casinos are closed.

When heaven and hell agree on the same thing, it's probably pretty serious.

Stay safe, stay well and sane!

Village Interest Groups

Coronavirus has shut down all Village Events until further notice!

TIERRASANTA VILLAGE OF SAN DIEGO-NEIGHBORHOOD GROUPS – REVISED JUNE 15, 2020

PORTOFINO/BARBADOS AREAS:

CAPTAINS:

Pat Berkebile (858-278-5497)
sdpattyb@sbcglobal.net
Jeanette Vlassis (858-279-2833)
jkvlassis@gmail.com

Berkebile, Pat
Christian, Sue and Chris
Higgins, Carol and Bob
Lasdon, Ann
Lester, Barbara and John
Lee, Carol
Lindsley, Susan and Bukowski, John
Lohne, Barbara
Millikan, Marilyn and Dave
Sandman, Judy and Martin
Vlassis, Jeanette
Walsh, Candy and PK

MONSERATE, BARBADOS NORTH, AND VILLA MONTEREY AREAS

CAPTAINS:

Virginia and Jim Inouye (858-278-8847)
jjvkinouye@san.rr.com
Bradlyn and Art Mulvey (858-565-1325)
abmulvey@icloud.com
Fran and Greg Zweibel (858-569-8194)
granfranny@att.net

Allison, Barbara
Bente, Marilyn
Brown, Laurie
Carle, Jo
Cleveland, Ruth
Daily, Judy
Ferguson, Mary
Green, Joe
Inouye, Virginia and Jim
Keegan, Rhoda
Kuelbs, Joanne
Levine, Diane
Muinos, Joyce and Jerry
Mulvey, Bradlyn and Art
Newbill, Trish
Zweibel, Fran and Greg

RUEDA AREA

CAPTAINS needed

Gilmour, Roy
Hoffman, Anne
Juhasz, Linda
Koningsbach, Delise
McGeachy, Joan
Meth, Marianne and Al
Muldrew, Karen and Bob
Parker, Ben and Jim
Schalin, Gunnar
Smith, Betty Borsky
Todd, Mary and John
Warfield, Tina
Weiner, Sheila

TIERRASANTA NORTE AREA

CAPTAIN:

Mike Rigdon (858-300-6821)
mikerigdon2000@yahoo.com

Blum, Claire (No Email)
Dwinnell, Joan
Guilfoyle, Kathy and Patrick
Kiley, Stephen
Licht, Ken and Marilyn
MacDonald, Karen
Modrejewski, Diane and Bob
Rigdon, Mike
Scott, Ellen and Roger
Sheehan, Bev and Mike

VIACHA AREA

CAPTAINS:

Carmela Cavero (858-694-0254)
carmelacavero@gmail.com
Eva Turner (858-569-9117)
jackandeva@earthlink.net

Burgert, Carol and Pete
Cavero, Carmela
Dobey, Donna
Farrington, Kathy
Kanneman, Barbara
Lunneberg, Becky
Rappoport, Jane and Allen
Rees, Linda and Dick
Ross, Susan and Ed (Snowbirds)
Sarafian, Ann
Trantham, Janice and Tartaglia, Mick
Turner, Eva

TAMBOR AREA

CAPTAINS:

Ginny VanBenthuyzen (858-268-8348)
gvanbenthuyzen@gmail.com
PattyMudd (858-278-3627)
pattymudd@yahoo.com

Brierton, Jocelyn
Chamberlin, Betsy
Grissom, Dorothy
Hitchcock, Arleen and Tom
Kerr, Jean
Laughlin, Jeanne
McIntyre, Mary Beth and Monty
Mudd, Patty
Markus-Kramer, Grazina and Marc
Sanford, Lucille
Stevens, Gloria (No Email)
VanBenthuyzen, Ginny and Thom

CONGRATULATIONS TO TVSD

As one of the well-managed members of Nonprofits Insurance Alliance of California (NIAC), for qualifying for a dividend check at our next insurance renewal in April, 2021 in the amount of \$187.95.

We are receiving this dividend because of our good safety record and our success as a nonprofit cooperative. Our thanks to ALL of you for your efforts to minimize our risks!

Fran Zweibel

THE VILLAGE MOVEMENT CALIFORNIA'S VIRTUAL CONFERENCE REPORT

from Marilyn Bente

This summer the Village Movement California is presenting a four-part series presented virtually instead of an all-day convening as it held last year in Orange County. I have signed up to attend all four of the webinars and have agreed to write a summary of each one of the presentations to keep our members informed. The series was kicked off with the theme of “Building and Strengthening Community” in this time of COVID-19. The keynote speaker was Dr. Patrick Arbore, Founder and Director of the Friendship Line. California's Department of Aging has recently contracted with the Friendship Line through its “Stay Home. Save Lives” campaign. He spoke about the mental health impacts of long-term Shelter in Place (SIP) orders and how vital social connection and the Village movement are at this time.

The first issue that Dr. Arbore addressed is how vital our social connections are and how social isolation is a risk factor not only to our mental and emotional health, but to our physical health as well. Being connected through community organizations, such as a Village, is a protective factor. Through the Village community we are receiving connections through phone calls and Zoom meetings and coffee chats, but are these enough? What we are missing is the human physical contact: the greetings with hugs and handshakes, the pat on the back, the touching on the shoulder, the kiss on the cheek. And this absence of human contact, this isolation, can lead to a sense of loss, causing emotional instability, sadness, anxiety, and fear. The coronavirus is likened to a disaster (fire, flood, hurricane, and tornado) that has put our families, neighbors, and community at risk. It is an invisible threat, just outside our door. It has eroded both our interpersonal relationships and our sense of community. Many seniors are overwhelmed by the feelings of not being in control, not knowing when this will end, the unpredictability, and the uncertainty of it all. They are asking: How much longer will I need to stay socially distanced? When can I get a hug?

He discussed the consequences of social isolation and its negative mental health impacts. He warned about feeling agitated, irritable, anxious, exhausted, and/or depressed. He expressed concerns to look for, such as changes in sleep or eating patterns, lack of exercise, and a general feeling of helplessness. These are also the signs of grief, the sadness felt when we lose someone near and dear to us. We are losing connections with our family and friends; we feel a sense of loss about not being able to eat at our favorite restaurant, about having had to cancel that long-awaited trip, or about not celebrating an important event or holiday in the traditional ways. We are grieving over the loss of our normal way of life and that is hard to handle! And this becomes a long-term stressor. So how do we cope?

He stated that social connectiveness and support are most critical. A doctor cannot write a prescription for friendship and love. He warned about not slipping into loneliness through our isolation. We need to reach out, support each other, and keep active. A telephone call with a friend or Village buddy reminds us that we are not alone facing this “disaster”. And when we do call a friend or Village colleague, whether representing the Care Committee or as a buddy, and they say they are doing OK, ask them what makes it OK for them. Say “Tell me more”. Don't just accept that they are doing OK. Engage them into more of a discussion and be an active listener. Another therapeutic way to combat the feelings of loneliness is by attending a Zoom coffee chat or neighborhood group virtual get-together. This helps us to open up and share the emotions that we are feeling.

What else can we do to combat the feelings of anxiety and depression? Dr. Arbore suggests practicing deep breathing for a few minutes every day. Also humming and/or chanting induce relaxation. Expressing gratitude is another technique. Ask yourself: What can I appreciate today? Keep a gratitude journal or write a thank you note to someone who has shown a kindness or reached out to you. Count your blessings. Keep engaged. Reach out to your social supports, such as the Village. And if the feelings of anxiety, depression, and/or fear become too overwhelming, please call the 24 hour Friendship Line at 1-800-971-0016 to discuss your feelings with a trained active listener who can offer advice and help ease your fears and sense of loneliness.



UPDATE FROM YOUR VOLUNTEER COORDINATOR

Position Filled: "Gratitude is a Key Component of Joy!"

I am happy to announce that one of our volunteer needs has been met during this past month. As you know from last month's volunteer update, we needed a Neighbor Captain for the Tierrasanta Norte area. Mike Rigdon has graciously volunteered to assist with planning and facilitating for the members in the Norte neighborhood. I want to express my gratitude to Mike for stepping up to give of his time and talent 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 a Neighborhood Captain in the Rueda area. If you live in this neighborhood, 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.

As we congratulate Marc Narcus-Kramer on his new position as Vice-President on our Board of Directors, we are now left with an opening for his position as co-chair on the Care Core Team. This is an important need as the Care Team lies at the heart of keeping us all informed about health issues and reaches out to assist our friends and neighbors in times of need. They are a most gracious, giving, and caring group of people to work with! And even if you feel you are not ready to step into the co-chair position, Bradlyn Mulvey and her team would welcome your assistance and any tasks you would feel comfortable taking on.

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

AMAZON SMILE

Do you realize that our Village has earned \$551.00 from members designating TVSD when they order on-line with Amazon?

That's right! Our treasurer Ann Lasdon announced at our last Board of Directors meeting that we had earned that amount from Amazon! All you need to do is log on to smile.amazon.com and designate TVSD and 0.5% of your purchases will go to our Village. There are no fees and nothing extra you need to do each time you log on from then on.

AmazonSmile is a simple way for you to support our organization every time you shop, at no extra cost to you. It is available at smile.amazon.com on your web browser and can be activated in the Amazon Shopping app for iOS and Android phones. You'll find the exact same low prices and the same vast selection and convenient shopping experience as Amazon.com with the added joy of knowing that you have benefitted TVSD. Please share this information with friends and family members who normally shop Amazon and ask them to switch to smile.amazon.com to help support and sustain our Village.

Submitted by Marilyn Bente

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

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10% off with membership card
10601 Tierrasanta Blvd. - Suite J



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858-268-0810

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Tierrasanta Village of San Diego: Staying Connected Article for Tierra Times

Though the Covid-19 quarantine restrictions have created challenges for us all, they have, at the same time, brought people together in new ways and displayed the goodness of many in our community.

The members of Tierrasanta Village want to first thank community volunteers who have stepped forward to grocery shop for people in need of that support. Their generosity and concern for others has been greatly appreciated.

TVSD members stay in touch in a variety of ways. Cassandra (pictured above), a Tierrasanta resident and front desk coordinator for TVSD, sends out daily and weekly E-blasts giving members information related to the virus as well as ideas on how to keep us entertained, moving and laughing. She manages a book, DVD and puzzle exchange for

members as well. There have been personal phone calls to members from our care team and through our buddy system. Zoom has proven to be a great way for us to have virtual coffee chats as well as team and administrative meetings. Our monthly newsletter, The Vibes, continues to go out to our members and offers another way to keep in touch.

Tierrasanta Village is part of a California and National Village Movement which is another avenue for people from across the state and the US to stay in touch and share ideas. Members have been invited to participate in coffee chats, updating them on current events and state and national updates, along with a variety of exercise classes.

TVSD members are active adults and look forward to the time when they all meet together again. If you are a Tierrasanta resident over the age of 50 and would like to join other Tierrasanta adults for activities, events and comradery, then check out their website at TierrasantaVillage.org and/or call our front desk coordinator, Cassandra, at (858) 569-9119 Monday-Friday 8:30-12:30.