



Actively building a community that embraces connections, caring, and choices in how we live and thrive.

## **Update on Lamorinda Village: Annus Horribilis, Annus Mirabilis**

It was the best of times, it was the worst of times. We have suffered through the worst pandemic in over a century (and it still continues to ravage us, particularly people of our age) combined with the longest and worst fire season in our memory. However, for Lamorinda Village, it has been our best year. It was a year when we responded to these crises for our members and for our greater Lamorinda community.

### **February 2021 Issue**

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- Shopping/Pharmacy Delivery
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- Our Volunteers, Members and Donors

Beginning in March with Shelter-in-Place

- We provided grocery and pharmacy delivery to over 350 older adults ending with 1500+ shopping services for the year
- We added over 250 new volunteers from the community and doubled our dues paying membership to over 200.
- Started a Check-in program with our volunteers, making 2500 calls so far.
- Through a generous grant, provided free Emergency Go-Bags to reward our regular members and as a welcome gift to our new members.
- Introduced a discounted portable battery system for members who wanted back-up power for the black outs during fire season.
- Created new online programs for our members – 25 per month, including exercise and meditation classes, guest lectures, and discussion groups as well as social events, all held on Zoom.
- In January, we provided over 500 older area residents with their first dose of Pfizer COVID-19 vaccine.

None of this would have been possible without the generous support of our regular members and our many donors, as well as our tireless volunteers. Holding everything together has been our one paid employee, Kathryn Ishizu, LV's Operation Manager. She has been working seven days a week with a group of office volunteers to make this all happen. The LV Board wants to thank everyone for making this an Annus Mirabilis for Lamorinda Village.



**Larry Toy, President of Lamorinda Village**

## Lamorinda Village's Most Popular Service



LV's most popular program during the pandemic has been shopping and delivering groceries and restaurant food. We have made over 1500 shopping and delivery trips in the past nine months. Starting with Diablo Foods, we quickly expanded to other stores, including pharmacies and restaurants. Several restaurants donated meals to our members, which our volunteers delivered. We received many lovely responses for our services.

**Here is an example:**

*I just wanted to let you know how much I appreciate the support that you are providing the community during the COVID crisis. Your volunteers have been delivering groceries to my 74 year old mom for about 4 weeks and It has been such a God send. I live in Texas and was trying to figure out how she could stay isolated and still get the groceries she needed. The traditional grocery delivery times were near impossible to schedule and pick up, too. My mom is not very technically adept, so having someone to talk to about her list and even call her from the store for substitutions is awesome. Your volunteers are wonderful and very sweet to her. I so appreciate what you are doing for her. – Michele*



**And here's another one:**

*Today we experienced Lamorinda Village at its very best. Our shopper was an adorable young mother from Moraga with children ages 2 and 4. Her name is Liz. After placing my order with her for Traders Joe's, I began to have grave doubts about her safety out in the world because we now know that the virus isn't age discriminant. We chatted about that from a distance when she dropped off the bags and she assured me that she had to shop for herself as well. Sticking out of one of the bags was a bouquet of my favorite spring flowers---her gift--and she thanked me for letting her shop for me! Just writing this brings tears to my eyes but I wanted the two of you to know because you both work overtime to help Village members. Warmest wishes, Betty*



## Introducing New Board Members



Joining the LV Board in 2020 are Mike Kern and Sharon Iversen. Mike is the former long time Medical Director of the John Muir Hospitals. He has also been writing the regular LV COVID-19 updates that we have been receiving. Sharon is both a Registered Nurse and an Attorney, and is a past president of the Board of the Hospice of the East Bay. She has helped us develop our new End of Life information materials.



Mike and Sharon join our founding Board Members, President and Founder Ruth McCahan, Immediate Past President Jane Tiemann, Skip Bradish and VP-Development Don Jenkins, along with Secretary Joyce Hawkins, Treasurer Jack Sweitzer, Clarita Wooldridge, President Larry Toy, and Rick Shriner.



LV President, Larry Toy has been elected to the Board of the Village to Village Network, the national organization of over 300 villages across the country. He will be instrumental in guiding the development of new Villages to support seniors throughout the US and the world.

## Health and Well Being

Before the pandemic LV held regular chair yoga exercise classes taught by our volunteer yoga teacher, Barbara Papini. We have converted this to a weekly ZOOM class. We had also just started a Meditation class taught by volunteer Dr. Prasad Palakurthy. This too has become a weekly Zoom class.



We held a series of Zoom lectures arranged by Dr. Pearl Toy on issues dealing with the end of life. From preparing advanced directives to questions about hospice, experts gave us lectures and answered questions from members. This resulted in a detailed document, with links to talks, and essential materials available to all members, as well as guidance from our expert members to help with filling out or modifying advanced directives. We have been able to help members with hospice placement and help for members who have lost a spouse.

On the weekend of January 16-17<sup>th</sup>, 2021, we set up a pop-up clinic at Stanley School to give the first dose of the Pfizer COVID-19 vaccine to nearly 100 Lamorinda Village members and more than 400 other area older residents. We worked with Dr. Rebecca Parish of Comprehensive Wellness and a team of volunteer health professionals, and a large number of volunteers from Lamorinda Village, Lamorinda CERT, and Lafayette Senior Services. The clinic was organized in an amazing 5 days. Both volunteers and recipients expressed a palpable sense of relief and immense joy in participating in this uplifting event. Many volunteers mentioned it was the highlight of the year for them.



**Here is some feedback from the seniors:**

*I just had my vaccine shot this afternoon and this was the best organized event of any kind I've ever attended. My compliments to the organizers and to the many, many volunteers who made it run so smoothly. Amazing! And the initial registration was very straightforward to navigate and took little time.*



*Thanks to you and the others at Lamorinda Village who put this process together so quickly and efficiently. To top off an amazing afternoon, we were reunited there with some friends who we hadn't seen in awhile and to find that they were members of Lamorinda Village also. Congratulations on pulling off an amazing event in such a short period of time. We were quite impressed.*

*Thank you for the job you have done and to all the wonderful volunteers who helped us in this most difficult time. Everything worked like clockwork and made a stressful event of trying to get the shot an easy process.*

*We are so grateful to Lamorinda Village for participating in this wonderful effort to get older citizens vaccinated quickly and so efficiently! The staff and volunteers were all so helpful and pleasant. We are truly grateful. You and everyone who coordinated this and the doctors who donated their time are to be commended.*



## Combatting Social Isolation



Before COVID-19, LV held regular in person social events: lunches and dinners, men’s and women’s groups and other activities. Everything changed in March, 2020. We now hold twice weekly Zoom meetings coordinated by Andy Amstutz where our members discuss topics of the day and where we have guest lectures on a range of topics including COVID-19 disease, treatments and vaccines (from professors at UC San Francisco and UC Berkeley). We also have social events (member Virginia Swanberg is having a “quarantini” during one of our on-line happy hours), baking classes, and weekly meditation and chair yoga classes. Altogether we are offering 25 hours of ZOOM events a month in addition to 5 or more hours of LV committee meetings. Larry Toy has been writing a weekly column of on-line musical events sent to all members. We also started weekly check-in calls to our members, made by a dedicated group of volunteers. So far we have made over 2500 calls since early this summer.



## Emergency Preparations

In addition to dealing with the pandemic, we endured the worst fire season in history, from August through almost the end of the year. Thanks to a generous donation from the Good Family Foundation, we purchased, and our volunteers assembled and delivered, Go-Bags for our members, coordinated by our development consultant, Susan Hamilton. The bags were a welcoming present to our new introductory members and a reward to all of our continuing members. We also are working with CERT to provide back up transportation for our members most in need of help during an evacuation.



In preparation for power outages, LV, under the leadership of Program and Services Chair Rick Shriner, contracted for battery back up systems at a discounted price for our members. About 25 members purchased the systems and weathered the multiday power outage that most of us suffered in October.

## Volunteers, New Members, and Donors



When LV decided to use our resources to help the greater Lamorinda community of older adults as the pandemic began, we didn't know how large the undertaking would be. Within less than a month, we had requests from 250 community members for help in shopping and food delivery. We made requests for new volunteers and that response was gratifying, with over 200 new volunteers. So many volunteers have pitched in, with three volunteers having over 100 shopping deliveries made.

Volunteering has become a family activity. Partnering with the National Charity League, we have teams of mothers and daughters doing shopping and other deliveries. Other service organization such as Boy Scouts and Boys' Team Charity have participated as well. Our members often get surprises from the volunteers including birthday greetings, poinsettias, miniature rosemary bush Christmas trees and holiday wreaths. Intergenerational friendships have developed.



Suzy Pak of Lafayette was chosen as Lamorinda Village’s Ed Stokes volunteer of the year. Suzy made 237 grocery shopping trips and deliveries in a nine month period, and ended the year by helping organize our pop-up vaccine clinic. Congratulations and thank you to Suzy and all of our volunteers.



We want to welcome over 100 new dues paying members to our ranks, which has doubled in number this past year. We also want to thank all of our generous donors, who provide 60% of our operating budget. Our support rests on our three legged stool, our members, our volunteers, and our donors. You collectively have made Lamorinda Village very special.

## Thank You Donors!

Because of GENEROUS donors like you, we were able to secure our first \$25,000 matching grant. Our 2020 Annual Appeal Campaign MATCHED THE GOAL and exceeded our expectation. **THANK YOU FOR ALL OF YOUR GIFTS! WE COULDN'T DO THIS WORK IN OUR COMMUNITY WITHOUT YOU!!!**

[PLEASE WATCH OUR VIDEO BY CLICKING HERE](#)

## Thank You Businesses/Organizations for supporting Lamorinda Village

[Lafayette Community Foundation](#)

[Diablo Foods](#)

[Orinda Community Foundation](#)

[Genuine Goodness](#)

[Pension Dynamics](#)

[Town Bakery and Cafe](#)

[Lafayette Square Financial Advisor](#)

[Pizza Antica](#)

[Bedell Frazier Investment Counseling](#)

[Locando Positano](#)

[Lamorinda Sunrise Rotary](#)

[Fourth Bore](#)

[Clear Organizing](#)

[Casa Orinda](#)

[Brightstar Care](#)

[La Finestra](#)

[Aegis Living Moraga](#)

[Lavash Mediterranean](#)

[Merrill Gardens](#)

## Lamorinda Village in the Spotlight

Before the COVID-19 crisis, Lamorinda Village was a well kept secret, known and appreciated by our members and supporters, but little known to the outside world. The crisis and our positive reaction to it has changed that in a major way. Our work has become newsworthy, from television to newspaper articles to participation in governmental forums. What we do is recognized as an important part of our community. Here are some links to local media where we have been featured this last year.

[Rolling Through the Stanley Mobile Clinic](#)

[Lamorinda Village Honors Lafayette Resident Suzy Pak](#)

[Local Café's Goodness Tree Brings Joy to Isolated Seniors this Holiday Season](#)

[Free Services for Orinda Seniors](#)

[Planning Ahead to Prepare for Emergency Evacuations Vital- Especially for Non-drivers](#)

[Volunteers Help Seniors Get Their Votes In!](#)

[Lamorinda Village Prepares for Fire Season with Help from the Community](#)

[Seniors Receive Essentials from Lamorinda Village, Volunteers](#)

[East Bay Grocer Partners with Volunteers to Deliver Groceries to Homebound Seniors During the Pandemic](#)



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