



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

## VOICES OF THE VILLAGE January/February 2018

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Greetings,

Happy New Year! Last year is history and we now have an opportunity to create new attitudes, new behaviors, and more happiness in our lives in 2018. One of my Christmas gifts was a journal, 52 Lists for Happiness. Each week I am tasked to create a list from a specific question. As I write this message, I am working on the first list: What makes you happy right now? So far? A cup of joe from Philz coffee. The warmth of my wall heater on a chilly New Year's Day. The sparkle of the newest ornament in my Swarovski collection. I'll continue to add to it this week and hopefully be able to look back when I'm having a less happy day and remember what brought me happiness.

I am not much of a writer nor do I usually journal. But this seems like an easy way for me to jot down this week, at any time, something that makes me happy. It could be something at home, in my work at the Village, with my family and friends, or it could be seeing a grocery store checker treat someone with kindness.

I ask you the same question, what makes YOU happy right now? Think outside of your normal answers like grandkids, or family. Send me an email with what makes you happy, [Anne@LamorindaVillage.org](mailto:Anne@LamorindaVillage.org).

Sincerely,  
Anne Ornelas  
Executive Director

### Healthy Brain, Healthy Memory!

By Linda Sasser, Ph.D.

With the prevalence of Alzheimer's disease and dementia, many of us are concerned about maintaining memory and executive function. Research demonstrates that brain health and cognitive vitality are achieved through certain lifestyle choices, and that memory is a skill which can be improved through training. We all rely on our memory daily to accomplish tasks both personal and professional, so we need our memory to be reliable.

I love presenting my program, "Healthy Brain, Healthy Memory," because in it you will learn about indicators of normal cognitive aging and experience the limitations of attention. I will teach you my acronym "PAVE" and the associated strategies which you can apply immediately to better retain names,



information, and tasks. I will also share my other acronym, "Brain SENSE," which will enable you to easily remember the brain health lifestyle practices supported by findings from current research studies.

I know that some of you have already taken my course, *BE! Brain Enrichment*, through Lamorinda Village. For those unfamiliar, this curriculum is based on the research on brain health and cognitive intervention. Participants in this course learn about brain health and engage in fun, interactive activities to exercise cognitive processes involved in attention, working memory, long-term memory, reasoning and problem solving.

I encourage you to visit my website, [www.brainandmemoryhealth.com](http://www.brainandmemoryhealth.com), where you can read some of my blog posts on brain health and memory, and I look forward to meeting you when I come to speak!



Financial Fitness  
Workshops  
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### LUNCH 'N' LEARN PROGRAM *Healthy Brain, Healthy Memory*

Attendees will learn about lifestyle practices that help maintain and improve brain function as well as easy-to-use strategies for remembering names, information, and tasks.

**Presenter:** *Linda Sasser*, who earned her Ph.D. from the University of Colorado, brings more than three decades of experience as a speaker, workshop facilitator, and professor of educational and cognitive psychology. Her diverse background includes developing and delivering keynotes, training, and continuing education for associations, businesses, and professionals.

**Where:** Lafayette-Orinda Presbyterian Church, 49 Knox Drive, Lafayette (Oak Room)

**When:** Wednesday, January 24, 2018, at 12:00 PM

**RSVP:** Register by phone at (925) 283-3500. Please register on or before Monday, January 22 or until spaces are full.

Presented by the Diablo Valley Villages: Clayton Valley, Lamorinda, and Walnut Creek. Thank you to our event sponsor, Eldercare Services, for supporting this program.



### Women meet for Coffee & Conversation

By Jane Tieman, President, Board of Directors/Member, and Pearl Toy, Member/Volunteer

The Lamorinda Village Men's Coffee & Conversation Group has been very successful, and a Lamorinda Village Women's Group in parallel with the Men's Group will start in January 2018. Meetings will be on the 3rd Tuesday of each month.

Open to all Lamorinda Village members (guests by invitation)

Date: Tuesday, January 16, 2018

Time: 9:30 am to 10:20 am (50 minutes)

Place: Europa Hofbrau, 64 Moraga Way, Orinda

#### **Discussion Topic:**

What is the #1 item on your bucket list? This could be something you'd like to accomplish, somewhere you'd like to visit, some project you'd like to complete, or anything similar, in 2018 or beyond.

#### **Honoring Don Jenkins - 2017 Volunteer of the Year**

By Anne Ornelas

We are so pleased to honor our volunteers each year at our Afternoon of Gratitude, held on December 13. For 2017, we had a special honoree who is also a board member in addition to a weekly driver/friendly visitor. He has supported the Village since the idea was sprouted several years ago and he continues to fundraise and spread the message about the Village concept to most anyone with whom he comes into contact. In the past year, we had a new member join, Margarit Getsinger, who needed weekly rides to the grocery store. Don Jenkins took on that assignment and the two have met almost every week for many, many months in 2017.



Don and Margarit (pictured at our Afternoon of Gratitude), like some of our other volunteer and member pairings, have developed a wonderful friendship through these weekly visits. It has enriched Margarit's life to know she has a reliable, friendly driver. Don remarked that this experience has given him a tremendous amount of joy to know he's helping someone with one simple weekly visit.

The Village needs volunteers for friendly visits, handyman help, phone check-ins, and drivers (must be over 25 and under 75 to apply). If you have availability on weekdays, this is when help is most needed. Questions? Please contact us at [Volunteer@LamorindaVillage.org](mailto:Volunteer@LamorindaVillage.org) or go to our website and [complete an application](#).

#### **Financial Fitness for Seniors**

By Peggy Cabaniss, Volunteer

Lamorinda Village is proud to present a series of workshops on financial topics that are important and relevant for seniors. Our speakers, all experienced investment advisors who advise clients daily, will address the following issues and answer questions at the end of the

workshop. These workshops are free! Please call to register if you do not have a computer.

Please join us on the following Tuesday mornings, from 11:00 AM – 12:00 PM, at the Oak Room at the Lafayette-Orinda Presbyterian Church (LOPC), 49 Knox Drive, Lafayette.

**Tuesday, January 9, 2018 – Estate Planning Issues for Seniors**

- What documents are essential for your estate plans?
- How much and when should you talk to your family about your plans?
- What happens at the death of the first spouse?
- What if you can no longer manage your affairs? Who can help you?

*Presented by Robert Jacques, MBA, CFP®, Senior Vice President and Partner, Destination Wealth Management, Walnut Creek*

**Tuesday, January 23, 2018 – Investment Strategies for Seniors**

- What kinds of investment strategies are appropriate for seniors?
- How do you balance between stocks (for growth and dividends) and bonds (for income).
- What kind of scams do seniors need to be wary of?
- How do you find professional help when you can no longer manage your own investments?

*Presented by Angie Hager, CFP®, CFA, Senior Vice President, Destination Wealth Management, Walnut Creek*

**Tuesday, February 6, 2018 – Tax Issues for Seniors**

- What are the tax issues in selling your current home?
- What does “cost basis” mean and how does it relate to my financial life?
- What might affect my taxes under the new tax laws for 2018?
- What are the current gift tax laws and estate tax laws?

*Presented by Lynn Ballou, CFP®, Regional Director, EP Wealth Advisors, Lafayette*

**NPR highlights the benefits and diversity of Villages**

By Kathleen Satz, Member/Volunteer

In December, National Public Radio featured the Village movement in a three-part series. Reporter Ina Jaffe first outlined the genesis of Beacon Hill Village in Boston 15 years ago and described the basic features of the model.

The series highlighted the diversity of Villages, featuring Englewood Village, which connects low-income older adults on the Chicago’s South Side. Nearly half the people in this African-American neighborhood live below the poverty line, and the Village has been crucial in helping them identify and access public services.

A different model works best in rural California. Community Connections, Plumas County's Village, works on a time bank model. Members get credits in their time bank accounts for helping one another, and when they need help themselves, they draw on those credits to "pay" for the service.

The number of active Villages is now at 230, with another 130 in development. And members, don't forget: If you have friends or family in another community, they can check whether a Village is near them. The [Village to Village Network website](#) has a map showing the location of Villages across the United States.

You can read a transcript or listen to the full NPR story [online](#).