



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

VOICES OF THE VILLAGE March/April 2018

Greetings,

Spring is around the corner and it's time for a change and peeling off those layers to embrace new beginnings. We think one of those beginnings might be to join Lamorinda Village! For many older people, acknowledging that they may need a little help to remain independent isn't always easy. However, knowing that they would have support from the volunteers through their local village can be reassuring in the event something goes off plan.

We've had several members who recently upgraded to full membership as they've experienced changes and want to be prepared for what's next. From suddenly needing occasional rides to having a friendly visitor check in on them to helping with grocery shopping or other errands, members are seeing their needs change. While we recognize that it's never easy to ask for help, having been independent for a long time, it's important to make sure you have resources in place, "just in case". One thing I've learned in the last few years is that older Lamorindans are generally good planners. However, planning doesn't end at retirement. Be prepared for what's next and join Lamorinda Village now!

We have a special promotion for new members - one month free when you join by March 31. Tell a friend today!

Spring Cleaning or Spring Clearing?

Contributed by Tammi Jo Borosky, Professional Organizer

5 Tips for 'Spring Cleaning'

Spring is a time for new growth and renewal in nature, as in life. It just feels like a good time to clean up, clear out and get a fresh start. Often, however, many of us just don't know how or where to start.

Cleaning and Clearing are two distinctly different objectives. Cleaning typically entails soapy water scrub-downs while Clearing requires a more mindful approach in terms of decision-making, with the goal being to streamline your living space and just make life a little easier.

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Congrats to Orinda (#4) and Moraga (#8) for making a Top Ten list of SAFEST places to live! [Read more](#) about how HomeSnacks came to these conclusions.

So, if you're ready for some 'Spring Clearing', here are a few ideas to help get the ball rolling:

1 - 'Maybe Someday' is Cluttering up Today -- Don't let fear of needing something someday run your life -- and clog your closets. "[The Minimalists](#) use the 20/20 rule: *If an item can be replaced for less than \$20 and in less than 20 minutes from your current location, then part ways.*" Try it! It's a quick way to eliminate clutter.

2 - Love it or Lose it - The bottom line: "Have nothing in your house that you do not know to be useful, or believe to be beautiful." -- William Morris. Combine the 20/20 rule and 'Love it or Lose it' to let go and surround yourself with things you actually enjoy and use.

3 - Catch and Release -- Always have a donation bag ready to toss things into. If you've caught some things in your net that are no longer useful or you no longer want, give yourself permission to release them. Drop your donation bag at a local beloved charity.

4 - Be a Gatekeeper -- Guess what? ALL of the things you see around your house -- you or someone you live with had to bring them in. Think twice before picking up a handout at a meeting or accepting a reminder card from your doctor's office. Is it something you can enter into your phone on the spot? Can you find the information online? Can you sort your mail over the recycle bin? Don't bring anything into your home that you don't want to cart out. It sounds minor, but lots of little things add up!

5 - "Home Sweet Home" -- Make sure there is a place for everything, so everything can easily find its place. Do your keys have a consistent place to land when you walk in the door -- a hook or a bowl where you drop them every time? Similarly, is there a spot for shoes and jackets? Mail? You'd be surprised how much easier life can be and how much time you can save by creating this simple routine.

Once your space is clear, there will be less to clean and more time to enjoy the things and people you love.



**These are Cedar
Rose Pine Cones**

Village member Cynthia Robey has hundreds in her yard ready for the taking! Great for making Mother's Day wreaths or as a table decoration. Maybe make it an opportunity to do something with your kids or grandkids. [Contact Cynthia](#) and help clear out her yard!

Are you on the technology watch?

Contributed by Jim Carlson, Board member & volunteer driver

One of the goals of the Village is to share information that can benefit all of us as we age. To this end, we have discovered two websites focused on the role that technology can play to help you age in your homes.



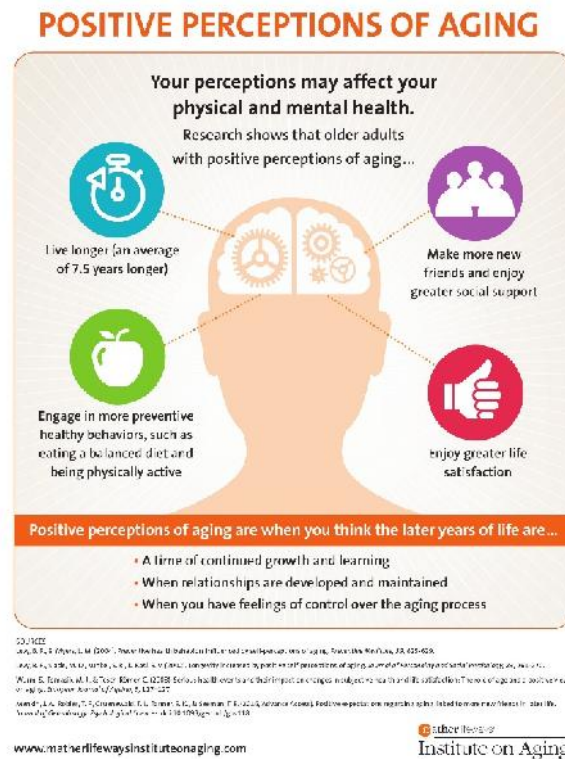
“Age in Place” is a newsletter that **provides market research with analysis and guidance** about technologies and services that enable boomers and seniors to remain longer in their home of choice. <https://www.ageinplacetech.com/>

“Tech Enhanced Life” is a website whose purpose is to **improve the quality of life of the aging and their families**. They have formed a community that helps identify, trial, review, and evaluate better solutions to overcoming the challenges that come with growing older. Their goal is to become a global community that can make a real impact on the quality of life of aging people around the world. <https://www.techenhancedlife.com>

Positive Perceptions of Aging

From Mather Lifeways

We all have our perceptions of aging. But did you know that viewing aging as positive can have a positive effect on your health and wellness? The infographic below is available at the Mather LifeWays website. Maybe this is the right time to start thinking differently about your aging journey.





LUNCH 'N' LEARN PROGRAM
How Your Home Impacts Your Health:
Peace and Tranquility in the Home

Where: Clayton Community Library - Hoyer Hall, 6125 Clayton Rd. Clayton
When: **Thursday, March 15** - 11:30 AM - 1:00 PM
RSVP online or call (925) 626-0411. Limited to 40 attendees, please register on or before Monday, March 19.

Vibrant health is influenced by more than regular exercise and good food. Your beliefs, surroundings, and your "stuff" affect your health too. Imagine having a healthy body and more personal energy to use any way you choose. Discover the design details in your home that drain you of your vitality, confidence, and joy. Learn the secret messages to vibrant health that are hidden in your home.



SPEAKER:

Nancy Dadami is an Explorer, Detective, and Teacher who inspires open-minded, optimistic and innovative individuals to uncover their soul essence so they can make a difference in the world.

Presented by the Diablo Valley Villages:

Clayton Valley, Lamorinda, and Walnut Creek

Spring Cleaning – Creating Your Living Plan

Contributed by Jennifer Wallis, Attorney, Law Office of Joan Grimes

Spring is coming! While you are cleaning out your closets and getting organized, it is also an important time to review your Living Plan. You might be wondering, "What is a Living Plan? Is a Living Plan different than my Estate Plan?" Excellent question! Your Estate Plan is your plan for distributing your assets after you are gone. However, your Living Plan is your strategy to handle your affairs in the event you experience a period of incapacity.

"How do I create a Living Plan?" Another great question! Each person's Living Plan will be different depending on your individual needs and assets. However, here are some important components of your Living Plan and good tips to get started:

1. Find a Buddy! Everyone needs a buddy. It can be your spouse, a child, or a close friend or neighbor. Your Buddy needs to be someone you trust. Your Buddy is the person who

will check in with you on a regular basis and will “have your back”. Most importantly, your Buddy is the person who will gently and kindly let you know if they start to notice you becoming fuzzy. If this happens, your Buddy will contact your family or trusted advisor to help start implementing your Living Plan.

2. Store Your Financial Documents and Estate Planning Documents in One Place. These documents should include your Revocable Living Trust, Power of Attorney, Health Care Directive, HIPAA Authorization, title to properties and bank accounts.
3. List Your Income and Expenses. Create a detailed list of monthly income and expenses for your family or Buddy. Store it with your other important documents.
4. Create an Incapacity Plan. If you become incapacitated, who will manage your financial affairs and medical care? If you do not have any family members who are able to assist you, consider a private fiduciary. Private fiduciaries are licensed and bonded professionals who specialize in assisting seniors as they age. They can help with managing your financial affairs (including paying bills) and can also manage your medical care.
5. Talk to Your Buddy. Tell your Buddy where your financial and estate planning documents are located. Also, tell your Buddy that their job is to watch out for you. If they notice a problem, your Buddy should contact a family member or your selected private fiduciary.

In conclusion, it is no longer adequate to just have a Will or Revocable Living Trust. We must have a Living Plan. Lamorinda Village members who wish to learn more may contact the office for referrals to our Preferred Service Providers, or to find out how the Village can be part of your "Buddy" system.

This article provides only general legal information and not specific legal advice. The information contained is not a substitute for a personal consultation with an attorney.

Lafayette Citizen of the Year!

Congratulations to Lafayette 2018 Citizen of the Year – Don Jenkins!
As many of you know, Don has been a strong supporter and advocate for Lamorinda Village. He has given many hours towards the development and launch of the Village, among his different volunteering efforts around Lafayette and with Rotary. He is an exceptional person, volunteer, fundraiser, and friend of Lamorinda Village.



A celebration in his honor will be held on Friday, April 13, 2018, at the Lafayette Park Hotel & Spa. Registration deadline is Friday, April 6, but we encourage you to register early as we expect the event to sell out!