



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

VOICES OF THE VILLAGE May/June 2018

Greetings!

Older Americans Month 2018: Engage at Every Age

Across the country, older Americans are taking part in activities that promote wellness and social connection. They are sharing their wisdom and experience with future generations, and they are giving back to enrich their communities. They're working and volunteering, mentoring and learning, leading and engaging.



For 55 years, May has been observed as Older Americans Month (OAM) to recognize older Americans and their contributions to our communities. Led by the Administration for Community Living's (ACL) Administration on Aging (AoA), Older Americans Month offers an opportunity to hear from, support, and celebrate elders. This year's OAM theme, "Engage at Every Age," emphasizes the importance of being active and involved, no matter where or when you are in life. You are never too old (or too young) to participate in activities that can enrich your physical, mental, and emotional well-being.

It is becoming more apparent that remaining socially engaged can improve the quality of life for older adults. Lamorinda Village will use OAM 2018 to focus on how older adults in our area are engaging with friends and family and through various community activities. In this issue of Voices of the Village, we highlight the contributions of our volunteers as well as engagement within our community. We encourage you to learn more by attending one of our programs: [Men's](#) or [Women's](#) Coffee & Conversation Groups (guests are welcome for one meeting; join us and meet this vibrant community!), attend one of our upcoming [Travel Series Programs](#) (featured speaker Rick Whitacre in article in this newsletter), or visit us at the Moraga Community Faire on May 12.

Join ACL and AoA in celebrating by participating in the Selfie Challenge! They want to see how you're engaging. Simply take a selfie (or have someone take your photo) and tweet it with the

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hashtag [#OAM18](#) and tag Lamorinda Village at [@LamorindaVil](#). Lamorinda Village welcomes and thanks you for your participation and support.



Jane Tiemann, President, Board of Directors

(Pictured with her husband, Tom Rundall; photographer, [Lily Dong Photography](#))

Connect with us: Lamorinda Village [Website](#) or by phone (925) 283-3500
Follow Lamorinda Village on [Twitter](#) and [Facebook](#)

[Visit the Official OAM Website](#)

Follow ACL on [Twitter](#) and [Facebook](#)

Follow AoA on [Twitter](#) and [Facebook](#)

Contact your Area Agency on Aging: Visit <http://www.eldercare.gov> or call 1-800- 677-1116.

To the moon, stars, and beyond: A photographer's eye towards travel

By Rick Whitacre, Bay Area photographer



My passion is to create images that grab the viewer's eye and compel them to explore the photographs in more detail. In my photographs, the goal is to express the awe and inspiration felt when viewing a scene. I love travel and the outdoors, especially unspoiled wildernesses. My specialty is scenes from the national and state parks. Recently, my work has expanded to include night and star photography to help convey the expanse and magnitude of our natural world.

In 2009 while preparing for a trip to New Zealand, I became interested in photography. Reading everything I could find on photography, I began taking pictures whenever possible. I have taken several classes at West Valley Community College and participated in local workshops. I also joined the Los Gatos / Saratoga Camera Club and began competing in 2010.

I've been blessed with a few awards along the way, including a Second Place and People's Choice Award for my image, "[While the Valley Sleeps](#)" at the Yosemite Renaissance showing at the Yosemite Museum. Additionally, my image of the [Vietnam War Memorial in Washington, D.C.](#) was selected as the cover photo for Vietnam



**Take a selfie
with a senior in
your life!
Bea Heggie,
Village member,
Orinda resident
Tweet it to
[@LamorindaVil](#) and
use the hashtag
[#OAM18](#)**

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Veterans Memorial Fund annual calendar in 2018.

I will be presenting some of my work as part of the Lamorinda Village Travel Series on [Tuesday, May 22 at 1:00 PM](#) at the Lafayette-Orinda Presbyterian Church. In addition, I will cover some basics of photography, light, and composition as well as some tips for capturing images during your travels. I'll be sharing some of my favorite travel images and show you some of my eclipse and astrophotography images for fun.

This program is FREE for Lamorinda Village members. Call (925) 283-3500 to register. For all others, your \$5 donation is appreciated (donations accepted at the door or [online](#) when you register)



**Skip Bradish,
Board member
and Moraga
resident**

Tweet yours to
[@LamorindaVil](#) and
use the hashtag
[#OAM18](#)

Volunteers: Making a Difference

By Anne Ornelas, Executive Director

We are fortunate to have a variety of volunteers working with the Village. From handymen to daily check-ins to a declutter buddy program or drivers, volunteers give willingly of their time and expertise to help our seniors. We

often receive calls to the office to let us know how much they appreciate these free in-home services and supports included with full membership. Here are just a few of the testimonials we've received:

"Let me give credit to Dick Stanley for getting our window fixed in proper fashion. It was not easy. He had to order a part and get some help but he persisted and it's working fine now. Our thanks to

Lamorinda Village." ~**Joe F., Lafayette**

"I don't know what I would have done without the help of both Bob Panero and Dick Stanley these last few years helping me around the house with a variety of repairs. Not only were they good at fixing things, they were both so friendly and kind. I am reassured that I can trust the volunteers from Lamorinda Village to be in my home."

~**Nancy R., Orinda**

"Dad (95) really enjoys the companionship of George when he comes to read and visit every couple of weeks. It's made a world of difference for us with the other caregiver support we incorporate."

~**Sheila R., Orinda**

At Lamorinda Village, we carefully screen (background checks) and train our volunteers to make sure our members feel safe and secure with people who come into their homes. Our drivers also go through separate driver training through our partner, Mobility Matters.

We have had nothing but positive results

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and happy members thanks to all of the wonderful people who care and support the seniors in our community!

Our next Volunteer Training will be held on [Saturday, June 30](#) at 9:30 AM.



Dick Stanley

Volunteer since 2015

Dick is handy with a lot of things and is a quick responder to new requests. He also likes to bake bread!



Bob Panero

Volunteer since 2015

Bob has a contractor's background and seems to be our chief problem solver. He generally goes the extra mile for our members.



George Ehrenhaft

George has supported one member in particular and has been visiting him regularly. He has enjoyed making a difference in someone else's life.

RESOURCES: Supports and Services for Staying Independent

From the Administration on Community Living

If you haven't visited their website, the [Administration on Community Living](#) has a plethora of resources and links to valuable resources as you age. The Village concept is one way to help those who wish to stay living independently at home as long as possible. It is just one part of the aging journey. Here are several flyers you can download for yourself or for a friend/loved one who may need help to sort out this living independently thing!

[Be Well](#) - Although Americans are living longer these days, more are also developing chronic illnesses. Do illness and aging always go hand-in-hand? The answer is a surprising, but resounding, NO. It is never too late to get more active or revamp your diet. It is not a matter of training for a marathon or giving up entire food groups, either. Small things can lead to huge differences in the way you feel and the way your body works. Although you should always

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consult with your doctor before making changes, there are easy steps you can take toward overall wellness—regardless of your age.

[Give Back](#) - Civic engagement means working to make a difference in the lives of community members. It's often referred to as community service and volunteering. No matter what you call it, older Americans are doing it, and in higher numbers than ever before. Beyond helping and the people around you, being involved in your community benefits you. From preventing mental health issues by engaging in meaningful work to the physical benefits of being active and social, civic engagement is a win-win. It is never too late to give back!

[Reinvent Yourself](#) - Today, older Americans are living longer and more healthfully than ever before. What does this mean for our notions of life after a career? Many retirees are finding new inspiration in second careers, helping others, discovering new interests, and pursuing dreams. Reinventing yourself can be fun and rewarding. Even better: it is also good for your mental and physical well-being. Whether you are planning for retirement or simply looking to get involved in new activities, start by thinking about your skills, dreams, and passions.

[Resources: Supports and Services for Living Independently](#)

As we age, it's important to engage the services we need to stay well, involved, and independent in our communities. There are many federally supported resources available. This list can help you know where to start.



LUNCH 'N' LEARN PROGRAM

Nutrition for Optimal Health and Well-Being

Where: Atria Walnut Creek, 1400 Montego

When: Thursday, May 24 - 11:30 AM

FREE, but please RSVP to [Walnut Creek Village](#) or call (925)956-1990 on or before Monday, May 21.

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Attendees will: Hear nutrition specialist and author Pamela McDonald discuss why nutrition is important at any age; and how to eat for optimal health and well-being based on you the individual, not on a one-size-fits-all recommendation. Removing nutrition confusion while keeping the facts simple but delicious, Pamela will reveal the big impact that nutritional change can make in our overall health – even as we age.



SPEAKER: Pam McDonald

Pamela McDonald is a nurse practitioner with advanced training in nutrition, exercise, and heart disease prevention as well as alternative and integrative medicine. She practices at Penscott Medical Corporation in Danville, and is author of The APO E Gene Diet.

[Coming in July:](#) Transportation Circles: What are they and how do you create one?

July 24, 2018 at 11:30 AM (location not yet confirmed)

Presented by the Diablo Valley Villages:

Clayton Valley, Lamorinda, and Walnut Creek

Lamorinda Village receives a grant from the Lafayette Community Foundation

By Anne Ornelas, Executive Director

Lamorinda Village is pleased to learn we have been awarded a grant for 2018 from the Lafayette Community Foundation. Since we opened in 2015, we seek to change the way in which services are delivered and how they are accessed by older adults. The Foundation has funded this program previously in 2015 and 2017.

We understand that not all senior Lamorindans have equal financial access to the services they may need. Lamorinda Village wants to ensure that it serves not only those who have the means but also those who are less comfortable, financially speaking. The supported member program is confidential and provides the same level



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Enhancing Life, Culture, Community

of services as a regular full member. Our thanks to the Lafayette Community Foundation for sharing this commitment to serving older Lamorindans to help them to live and thrive in our great community. Lamorinda Village, along with several other local community organizations, will receive this award on May 8 at a reception for honorees and donors.

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Staying Hydrated as Warm Weather Months Arrive

By Linda Fodrini-Johnson, Village contributor and advisor (pictured with Anne Ornelas)



We are all aware of the importance of water, but did you know it is an essential element of good senior care?

Dehydration is a common [health problem](#) in the senior community. Here is some helpful information to keep your senior loved ones hydrated, and warning signs that your loved one may be suffering from dehydration.

The Importance of Staying Hydrated

The importance of keeping our bodies hydrated is a well-known fact. Adequate hydration is necessary to keep the human body's systems running smoothly. Water carries nutrients to our cells, helps to flush out toxins, regulates our temperature, helps maintain our blood pressure, moves our waste, and keeps our tissues and skin moist.

What is Dehydration?

Dehydration is the condition that occurs when the body doesn't have enough water to carry out important body functions. Dehydration makes the human body more fragile, drains energy and causes fatigue.

Older adults are more at risk for dehydration due to side effects of medication, decreased thirst, and decreased kidney function due to the aging process. Dehydration in seniors, at its most severe, can lead to confusion, urinary tract infections, pneumonia, and even death. It is a common cause for hospitalization for seniors.

Keep Your Loved Ones Hydrated

A very important element of a senior's daily care is keeping hydrated. Contrary to the long-held belief that the human body needs 8 glasses of water per day, current medical wisdom says there is no fixed number — each body is different.

The overall goal is for seniors to have an adequate intake of fluids over the course of the day so that urine color is light, the output is consistent, and weight loss is avoided.

Tips for Increasing Hydration

- Caregivers can help prevent dehydration in older adults by encouraging seniors to increase their water intake throughout the day, and frequently offering sips of favorite beverages, both during and in between meals. These can include coffee, tea, juices, lemonade, milk, and soda. (Caffeinated beverages are no longer viewed as dehydrating.)
- If plain water is not appetizing, flavored or plain sparkling water can be a nice change of pace. It's easy to make a spritzer by adding a small amount of juice to sparkling water. Slices of cucumber, lemon, lime, or orange added to chilled water are refreshing ways to provide extra flavor and sweetness.

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- Fruits (especially watermelon), vegetables, and soups are also good sources of water. You can also increase hydration with water-based treats like popsicles and Jell-O, which are available in many flavors and easy portion sizes.
- Consistent access to fluids is important. Especially if mobility is an issue, make sure that a beverage is always in place at your senior's side, wherever they are seated. Using colorful straws can help facilitate easy drinking. Make it a habit to bring bottled water along whenever leaving the house.

Water for Lasting Health

Frequently drinking water is an affordable, easy way to preserving our health. Prevent dehydration in older adults with the above tips and remember to make sure your loved ones get enough fluids to stay in the best physical shape they can.