



## Loving CVV's Volunteer "Army of Angels"!

By Billie Sontag

April is **Volunteer Appreciation Month**, and we at Conejo Valley Village want to wholeheartedly thank our volunteers for all they do every day. Volunteers are the epitome of our motto...Neighbors Helping Neighbors...and we would not be The Village without them.

From Dena Slonaker's perspective, The Village saved her life, which is why she calls the volunteers who help her, "My Army of Angels." Dena had always been an active and social person. She was a hand occupational therapist who enjoyed helping others. Then suddenly in 2016 she was diagnosed with an inflammation in



her spinal cord that changed her life. After months in the hospital and a rehab facility surrounded with other people, she found herself fatigued, physically challenged and stuck at home alone. She was unable to drive, get around on her own, work, or do many household things we take for granted. She says, "My world was shrinking, I felt isolated, and I couldn't find ME anymore."

One lucky day her partner, Marc, found a brochure about The Village describing the numerous benefits and services we provide. Everything that was there, she needed. And she especially needed to be around peo-



ple. They decided to give it a try because they thought it would help both of them.

At first, Dena was reluctant to ask for help. After all, she had always been the one to help others. But The Village taught her to ask. She soon began to enthusiastically use many services and participate in activities. She saw how friendly and positive all the volunteers were and how eager they were to help.

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**Join our 1st  
Anniversary  
Fiesta Party  
May 6th!  
See Insert**





See Insert for  
Upcoming Events

## Enjoying our Conejo Community - Join Us!



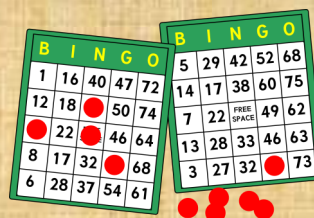
Villagers gather at one of our favorite spots, Topper's Pizza. Top left: Nancy and Andrea. Top right: Lori, Colette, Karen and Kary. Right: Sally and Billie. Below: Delores



Going green for St. Patrick's Day at Crown and Anchor. Top: Toni, Sharon, Nancy, Tony. Left: Sam and Joann. Right: Barbara and Richard.



Photos courtesy of Maryann Gitt



Maryann, Barbara, and Tony try their hand at bingo among the crowd at the Goebel center.

## Welcome New Members & Volunteers!

We are happy you have joined the Village! We look forward to serving you and seeing you at an upcoming event!



### New Members

Mary H.  
Colette S.  
Elissa C.  
Janice J.

Yvette J.  
Karin M.  
Trisha H.  
Marie H.

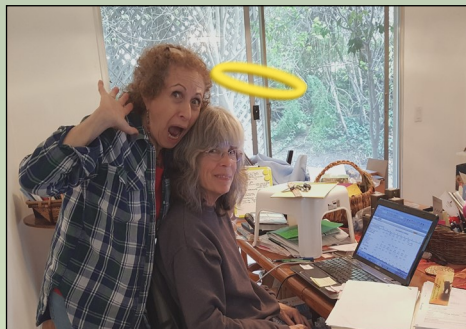
Ken M.  
Nancy B.  
Richard H.

### New Volunteers

Mary H.  
Pamela K.  
Mary O.  
Colette S.

## Village Volunteers: An Army of Angels

*Continued from page 1*



Danny White has been helping with her garden. Marti Smith organized her kitchen. Donna Salas helps enter data into a spreadsheet on her com-

puter. Thelma Williams took her to get a pedicure and they ended up doing it together. Sandra Cherry, Corky Grimm, Carr Brown, Colette Sosnick, Barbara Balke and Tom Middleton are just some of those who have driven her to appointments and activities. Dena is enjoying getting out to play games hosted by Penny Smith and Barbara Sontag. She appreciates the assistance of the Call Managers and the activities the Board Members and committees plan. She has made a lot of new

***"Village Volunteers are eager to help you improve the quality of your life. They do it for me!"***  
~Dena Slonaker



friends and feels she has her whole life back.

Dena is thankful for the opportunity to belong to this wonderful community where everyone cares for and about everyone else. She encourages members to reach out for help and looks forward to the day when she can begin to volunteer and again help others.



We thank Dena for recognizing the great work of CVV's "Army of Angels!"

## Water Aerobics - A Relaxing, Low-Impact Exercise Option

### Feeling Stiff, Sore, Arthritic? Try Water Aerobics

**By Loretta Allen** Try this low-impact workout that builds muscle strength and boosts your endurance. Exercising in water is great if you have arthritis or problems with your knees or back. You will put less pressure on those aching joints, and be able to spend more time working out. It can help your joints move better and hurt less.

Water aerobics is an excellent workout if you're new to exercising. Physicians suggest that water aerobics are just about perfect. Even though being in the pool seems very relaxing, it is still giving your heart and muscles a great workout. Water exercise can even put you in a better frame of mind. It's great if you don't like to sweat but really want a good workout. It is a great way to improve your heart health. It can lower your blood pressure and your "bad" LDL cholesterol while raising



your "good" HDL cholesterol. If you have diabetes, water

aerobics can help you shed extra pounds while you stay cool in the pool. Like other aerobic exercises, it will help keep your blood sugars under control. And it is easier on the feet than most other exercises.

It's always important to check in with your doctor before starting a new workout. There are many water-based exercise programs for people with disabilities as well. With year-round classes like "Warm Water", "Joint Mobility +", "Splash Dance" and "Aqua Zumba", water aerobics offer a fun variety of exercise options. Check with the Conejo Valley YMCA (805-523-6713) or your local fitness club to see what is offered.

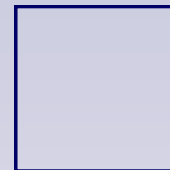




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The mission of Conejo Valley Village is to  
help seniors remain independent in their  
homes and stay active in our community.



## Neighbors Helping Neighbors Stay Independent, Active and Connected



Conejo Valley Village is a nonprofit tax-exempt organization under IRS Code Section 501(c)(3). Donations are tax-deductible.

### VILLAGE CONNECTIONS

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## Volunteer Spotlight

**Volunteers:** Please email your total Administrative volunteer hours estimated through the end of the month by the **25th** to [volunteerhours@conejovalleyvillage.org](mailto:volunteerhours@conejovalleyvillage.org). Thanks for all you do for CVV!



## CVV.... POWERED BY AMAZING VOLUNTEERS!

On behalf of our members, we extend our sincere appreciation to all of our volunteers who have generously donated more than 7,000 hours of service in our first year. Thank you for helping with rides, dog walking, computer and technical support, gardening, reading, decluttering, friendly calls, visiting, customer service, and organizing and leading great events. You are the reason for the Village's success. We are so grateful for you.

~ CVV Board of Directors

### Attention Volunteers -



It's time for volunteers to update their driver's license and insurance info. Please email or send a copy of your license and current insurance card to [volunteer@conejovalleyvillage.org](mailto:volunteer@conejovalleyvillage.org) or CVV, P.O. Box 3162, Westlake Village, CA 91359 by **May 31**.

**Thank you for volunteering -  
you drive and our members  
thrive!**