



## Aging Well: Exploring What We Want our Lives to Be

By Dinah Frishling

Celebration of the good and the important in our lives is something Conejo Valley Village did in style for its First Anniversary. A delightful party was held in May at the lovely home of Barbara Kellams. See page 2 for more about the event and photos! We were thankful that so many of you could attend to enjoy the day and each other. *Fortunately*, participating with others is also one of the healthiest activities available to us, that is being with old friends, meeting new people and doing things we enjoy. It's good for our brains, our bodies, and our souls. Research continually shows social engagement is associated with preserving memory and thinking abilities.

Who would not agree with being the best at every age? [As they say, consider the alternatives.] **As with all good things, this comes with some concerted effort on the part of each of us, meaning we need to act to make it happen.**



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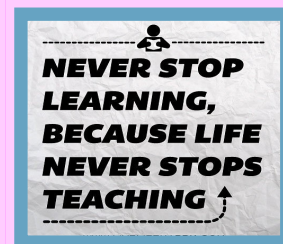
Some of the "action" is on the physical level, keep moving, work your body then work your brain, eating right, take a walk; mental aspects include reducing stress by thinking compassionately about yourself and others, reverse negative thinking, meditate, be spiritual, relax, take a class and socialize in small and larger groups.

**Our focus is on ways of aging well.** This includes some of the practical aspects of daily living like getting to your physical therapy, the gym, the doctor or some training on your newest electronic gadget, or decluttering that ignored extra bedroom. Events may include hikes, mall walks, walking the dog, going to the theater, movies, group potlucks, restaurant meals, playing board games, or journaling. We are open to a variety of events and services that make life a little better. For many of you, *making a difference* is its own reward and volunteering to assist others in the Village is that difference.

The May Newsletter related the successes of CVV's first year with lots of impressive statistics including almost 90 full and social members, 65 people (many are also members) volunteered and donated their time (around 7,000 hours) towards making our Village successful.

**Everyone, take on a new challenge this month.** It could be something intellectual (attend a lecture or class of interest), creative (plant a cactus, hang your 3 favorite photos), physical (take the first steps toward that daily walk around the block, or social (talk to one person or friend a day), and surely you can come up with even better ideas.

If you would like company, check out the Conejo Valley Village June Events Calendar in the newsletter **or** the list of services available and have other members or volunteers join you in these activities. Please call or email with suggestions for how the Village could contribute to making your life better. Thank you for being part of CVV and sharing the belief that each of us is the integral component of making our lives the best they can be.



See Insert for  
Upcoming Events

# CVV First Anniversary Spring Fiesta!



Left to right: Hazel, Dinah, Deborah and Bill; Michaela, Susan, Colette enjoying the ambiance indoor and out.



Top left to right: Alan, Richard, Marty, Rosa Lee. Below left to right: Sharon relaxing poolside; Mark, Barbara and Richard awaiting tacos; winners of raffle prize books donated by Karen Gorbach.

Left to right: Jeni, Penny and Barbara catching up; Karen and Maryann enjoying tacos; hostess Barbara and Lois kidding around.



Photos courtesy of Maryann Gitt

A delightful anniversary party was held in May at the lovely home of member Barbara Kellams. The ambiance was relaxing and friendly as well as festive and buoyant. There was an abundance of interesting conversations, fun and laughter, food, and drink, and most importantly the many fabulous people of the Conejo Valley Village community. A wonderful Sunday afternoon on so many levels. Thanks Barbara for hosting!

## In Memoriam: Sally Zlatich

We are saddened by the passing of CVV member and friend Sally Zlatich. Sally was one of the earliest members of our Village. She quickly made new friends and was happy to have the support of volunteer drivers so she could get out to appointments and join us at many Village events. Sally will be remembered for her



adventurous spirit and positive outlook. We were fortunate to have Sally as part of our Conejo Valley Village family.



## Senior of the Year Awards



Council on Aging Presents:

### SENIOR OF THE YEAR AWARDS

**Thursday June 7, 2018 5:30 pm**

**Goebel Adult Community Center**

We are pleased to nominate Nancy Healey for 2018 Senior of the Year and encourage you to attend this year's Senior of the Year Awards ceremony to celebrate all the deserving nominees serving our community:

**Bob Caccavo** - Volunteer in Policing  
**Margaret Fieweger** - Community Conscience  
**Nancy Healey** - Conejo Valley Village  
**Sharon Leir** - Conejo Senior Volunteer Program  
**Irene Seda** - Stagecoach Museum

\$6 tickets can be purchased at the Goebel Adult Center. Proceeds support the Conejo Senior Volunteer Program. Following the ceremony, join us for an After Party at Mimi's Café at 7 pm to celebrate Nancy Healey's volunteer service.

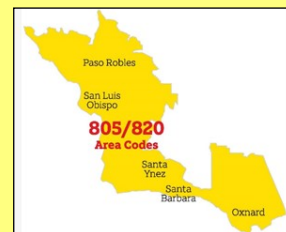
## New 820 Area Code

### Did You Know? New Phone Dialing Procedure as of June 2



A new 820 area code is being added to the Ventura/Santa Barbara county geographic area served by the 805 area code.

Beginning **June 2, 2018**, if you have an 805 area code, a new calling procedure is required for all calls. To complete calls from a *wireless* phone with an 805 or 820 area code, you must enter the area code and 7-digit phone number (you may also enter 1+ the area code and 7-digit phone number). To complete calls from a *landline* phone with an 805 or 820 area code, you must enter 1+ the area code and 7-digit phone number. For more information, visit the Verizon website at [vzw.com/805overlay](http://vzw.com/805overlay).



## Meet Corky Grimm - Member & Volunteer

**By Billie Sontag** Corky has led a very interesting life. She grew up in a small coastal town in Oregon, where her parents owned a newspaper. She loved working there and expected to go back after earning a journalism degree at the University of Oregon. Her plans changed when her parents sold the newspaper and moved away, so she went on to the University of Michigan and received a Masters in Social Work. After graduation she was offered jobs in Michigan but yearned to get back to the sun and sea on the west coast.

Her first job was with the Youth Authority in Camarillo. She met her husband, Dave, in San Diego while he was in the Navy. When he was discharged they moved to San Francisco and then to Thousand Oaks, where she worked at Camarillo State Hospital. When it closed she worked for the State of CA Community Care Licensing Agency, monitoring group homes for children. She met Nancy Healey, who convinced her to become an Ombudsman. She helps residents of four six-bed homes and one nursing home facility.

Corky and her husband belonged to Friendship Force of LA. They hosted people in their home from other states and countries. Then they were hosted by people when they took exciting trips to places like China, Mongolia,

*"Folks need to spread their wings, do what they can, and go for it!"*



*~Corky Grimm*



Peru, Columbia, Panama, Chile, and Morocco. She says this amazing way of traveling gave her an expanded view of people in the world. It was wonderful to experience being with people who didn't speak English and getting to know them. They were also car racing enthusiasts, restored old cars, and participated in the T-Bird Club. Corky also loved to play tennis.

Corky recently returned from a trip to Tennessee, where she frequently visits one of her two sons and his family. He's a musician who tours with a singer, so she loves taking care of her nine-month-old grandson. She went tandem skydiving with her other son on his 30<sup>th</sup> birthday. She says the feeling of flying was incredible and the free-fall before the parachute opened was the best part.

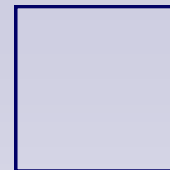
Corky helps CVV in so many ways. She's a Call Manager and fills a lot of transportation requests. She also enjoys social member activities and events and meeting new members and volunteers.



P. O. Box 3162  
Westlake Village, CA 91359

Phone: (805) 372-1826  
Email: [cvv@conejovalleyvillage.org](mailto:cvv@conejovalleyvillage.org)  
Website: [www.conejovalleyvillage.org](http://www.conejovalleyvillage.org)

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



Remember  
to Vote  
Tuesday,  
June 5



## 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 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!

Do you know someone who enjoys helping people and would be a great CVV volunteer?



Suggest they contact our Call Manager at (805) 372-1826 to learn more!

### CVV Volunteer Program Meeting & Brunch TUESDAY, JUNE 5

10:30 am - 12:30 pm

**NOTE LOCATION CHANGE:**  
3329 S Blue Ridge Court, WLV

#### TOPICS:

- Review of our first year
  - Updates for 2018 including Transportation & Care Team
- Sign-up online or call  
(805) 372-1826

Simple Things You Can do to Help Make Someone's Day Better:



Volunteering brings out the best in all of us - Thank you for being a CVV volunteer!