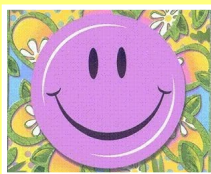




Boost Your Happiness With CVV Strategies

By Vanessa Renna

Research indicates that about 50% of our happiness is based on genetics, leaving about 50% that we can influence through our own thoughts and actions. There is also evidence of a link between happiness and healthy, positive behaviors. **Fortunately, we can use the positive power of our minds to improve our level of happiness and our Village provides an excellent foundation to rediscover or identify what makes us happy as we get older.**



We must challenge ourselves to adjust our thinking and take advantage of new opportunities. Conejo Valley Village is designed to help us explore different approaches and perspectives, and cultivate relationships with others in a similar place in life to help find more of what brings happiness. We believe two specific strategies to help increase happiness as we age are socializing with others and being open to learning new things.

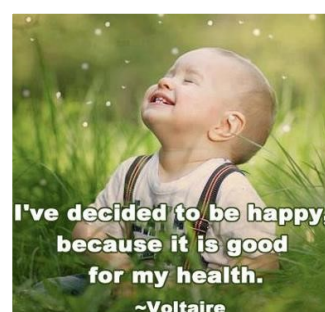
As a Village, we know how important being connected with other people is to our happiness and we focus on creating positive and meaningful experiences for members and volunteers. A big part of these

experiences is the sharing of life stories and successes, interests and passions, one's challenges, and goals and desires for how we want to live our lives on our terms.

Enjoying and sharing positive experiences with others is a critical component of our village philosophy. Whether we provide or receive services and host or attend

events, we strive to make every village interaction with members and volunteers welcoming and encouraging because we know that people are adapting to life challenges. Our Village provides the space and support for people to forge a path to increase their happiness.

And, when was the last time you did something for the first time? Our Village is a great avenue to do just that! We really never outgrow the childlike wonder of learning, seeing or experiencing something for the first time. **Look for chances to be amazed by something new you've**



always wanted to do or never thought you'd do. Learning gives us stories to share, chances to meet new friends and maybe find a new hobby or passion to explore further. Plus learning may keep our minds sharper and help us deal better with stress. If you have an interest in learning something new, share it with us and we will look for opportunities to explore it. We have introduced people to art and theater, birdwatching, strategy games, candy-making, 3D printing, nature walks and journaling among other activities. **The more we actively seek to infuse our lives with good and positive moments to enjoy, the greater the chance of increasing our happiness. Join us and let's go for it!**



The CVV office will be closed on Sept. 3rd for Labor Day

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Upcoming Events

Good Times & Happy Hours Out on the Town



Top Left: Emerald and Anne; Middle: Nick and Natalie; Right: Frans and Sheryl
Below left: Birthday Barbara: Below right: Eileen, Tricia, Marie, and Sam.



Our Village came together for our summer fundraiser at Country Harvest. More than 50 members, volunteers and their guests joined us to meet new people and catch up with old friends, plus a special birthday celebration with amazing strawberry shortcake for Barbara Balke. Thanks to everyone's participation we raised over \$230 for CVV.



Enjoying visiting with friends at Cisco's. Left: Richard and Chris, Middle: Nancy and Sandra; Right: Barbara and Bunny



Left: Marilyn, Sharon and Gigi, Middle: Karen and Mary, Right: Tony and David cooling off at PF Chang's patio.



Photos courtesy of
Maryann Gitt



Featured Sept Events: Charity Karaoke & CVV Recruiting

*Support CVV at the new
CHARITY KARAOKE fundraiser
competition - September 21!*



Support CVV'S
Charity Karaoke
Singer
**MARC
BACHRACH**



HOW to HELP?

DONATE to CVV by 9/21 at
www.conejovalleyvillage.org

BUY TICKETS to the 9/21 show at the
Borderline: www.CharityKaraoke.org
See the CVV home page for details

**AGING.
BETTER.**

**CVV Member &
Volunteer
Recruiting
Event**

Friday, Sept. 28, 2:30—4:30 pm
Goebel Adult Center

**Revolutionizing what it
means to age in our society**

Tell your friends about this opportunity to learn how Conejo Valley Village helps local residents navigate the challenges and opportunities of aging. Hear from members and volunteers about their experience in the Village!

Sign up online at www.conejovalleyvillage.org or by calling a Call Manager at (805) 372-1826.

Meet Jenny Schipae - Member and Volunteer

By Billie Sontag

Jenny has always been open to trying new things and taking risks. She is a native Californian, who discovered a love for arts and crafts at a very young age, and who today is an amazing artist. She started taking oil painting lessons at age eight and now enjoys painting fun subjects like dogs and candy with bright, cheerful colors. She's been taking all day water color painting classes once a week for the past 12 years and she's taking a greeting card making class at Goebel. She has displayed some of her work in a Thousand Oaks art exhibit. She has discovered a new creative outlet this summer – gardening.

Jenny joined CVV primarily because she loves to volunteer in order to help people. She is one of our terrific Call Managers and drivers. She's an Ombudsman for Ventura County and shops for Shop Ahoy. She started volunteering when she was 30. Because she was interested in how people felt, she went to a local convalescent home that had never had volunteers and offered to visit with patients. Back then many of these residents were placed in wheel chairs to sit in the halls

***"Try it. You might
like it!"***

~Jenny Schipae



all day. She spent time talking with them, trying to make their days more enjoyable. She also volunteered at the Motion Picture Hospital.

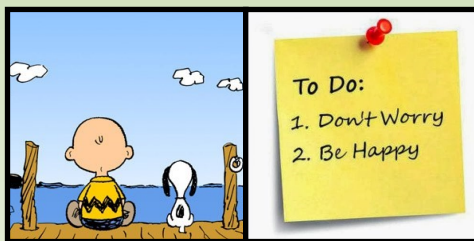
Jenny has a son, daughter and 5 grandchildren. She met her husband, Ron, online 20 years ago. She was writing regularly on a board about neuropathy, a subject matter they were both interested in, and he was following her. After a while he contacted her and they emailed for a few months. They discovered many common interests, especially black standard poodles. Then they talked on the phone for a while, until she took a risk and agreed to meet him for a week in Arizona. Afterwards, he went home to Wisconsin, packed up and moved to LA. A true Fairy Tale story.



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Website: www.conejovalleyvillage.org

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 volunteer hours estimated through the end of the month by the 25th to volunteerhours@conejovalleyvillage.org. Thanks for all you do for CVV!



Work at our CVV Booth TO STREET FAIR SUNDAY, OCTOBER 21

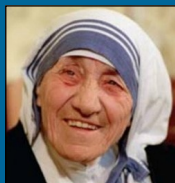
Great opportunity to share the CVV experience at one of our best community events! Sign up for 1-hour shifts (3 people per shift) from 9 am



to 4 pm. Call a Call Manager at (805) 372-1826 to pick a shift.

Volunteers: Champions of Positive Change

At our August volunteer meeting, Lois led a discussion with over 20 attendees about what it meant to them to volunteer with CVV. Volunteers shared how they value the close relationships they have developed with members. For many, what started as one ride, service or event has blossomed into caring, meaningful friendships. In addition to the tre-



I alone cannot change the world, but I can cast a stone across the waters to create many ripples.
~Mother Teresa



mendous emotional impact of our great volunteers, Lois shared some impressive statistics including that in our first year, volunteers provided 703 rides to 35 members covering more than 8,000 miles - truly amazing!

The group also brainstormed ideas for "team" activities that volunteers can do together to help members such as cooking, Christmas decorating, electronics and decluttering. If you'd like to suggest or join a "volunteer team", contact a Call Manager at (805) 372-1826.