



## Thankful for our Village Family



By Vanessa Renna

There is so much we can give to one another as a

village. Support, love, encouragement, friendship, time, patience, humor and laughter (see pg. 3), kindness and understanding are just a few. We happily share a great example of the simplicity and power of personal connections in our village community in the message of thanks below.

*"Want to send a big Thank You to Tom Middleton. He came to change a light-bulb that I could not reach and stayed to fix a door that didn't close properly. Just asked for his advice on the door and he ended up going to Home Depot to get screws and now the door closes easily. My wife and I feel like we now have a support group like a family just a phone call away. Thanks Tom"*

*~Joe Cancilla*

As we celebrate Thanksgiving, we take this opportunity to give our heartfelt thanks for our village community and its positive impact on lives of our members and volunteers. Expressing gratitude for what we have and for what others do for us is a both a joy and a privilege. In our village we are also grateful for what we can all do together to help each other live better lives. What an amazing gift for all of us. We thank everyone in our village

*Members, Volunteers and your Guests are Invited !*



## VILLAGE FAMILY THANKSGIVING

*Thursday, Nov. 15, 2 pm  
at Country Harvest restaurant*

Entree choices include: Traditional Roast Turkey & fixins',  
Chicken Marsala or Orange Roughy

**\$20** includes entrée, potato or rice, vegetable, soup or salad, coffee or tea, apple or pumpkin pie, and tax and tip. Plus select wines provided by the CVV Board.

**Sign up early - Space is limited**

To sign up, visit [www.conejovillage.org](http://www.conejovillage.org) or  
call (805) 372-1826. Full members needing  
transportation should request a ride by 11/8.



for offering their time and talents to welcome, support, and encourage one another in so many ways. We wish members, volunteers, our friends in the community and their families a very Happy Thanksgiving. We look forward to seeing you at our Thanksgiving dinner at Country Harvest! Please consider bringing Senior Concerns donations with you to Country Harvest to help Meals on Wheels participants (see pg. 3 for our giving campaign info).

**CVV offices will be  
closed on 11/22 &  
11/23 for the holiday!**  
**Happy Thanksgiving!**



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See Insert for  
Upcoming Events

# Expanding Our Horizons for Personal Growth



Meeting potential new members and volunteers and enjoying the energy at the TO Street Fair

Left: Karen, Penny, Thelma and Steve ready for their shift. Right: Vasu, Tom, Mary and Barbara talk with fair visitors.



Staying Alive! Practicing the essential life saving skills of CPR at Los Robles Hospital



Above: Danny, Maryann, Barbara, Dena, Barbara and Nancy and their CPR buddies.  
Below: Danny shows off his CPR skills.



Exploring the amazing artistry of Malibu tiles at the historic Adamson House overlooking the ocean



Above: Villagers learn about Adamson House history on a docent tour. Right: Susan, Nancy, Carr, Pam, Mary and Deborah enjoy the fantastic view.



Photos courtesy of Maryann Gitt

**SAVE THE DATE:**  
**Dec. 13 - Holiday Party**  
**for members & volunteers!**  
(details to come)





## Help Support Meals on Wheels - Holiday Gift Basket Drive

### Share the Love in this CVV holiday giving tradition!

Conejo Valley Village is happy to again support Senior Concerns' participation in Ladin Subaru's Share the Love Campaign.

Senior Concerns will hold a holiday gift basket drive at Ladin Subaru on December 12 to collect personal and household goods for these baskets. The gift baskets will be delivered by Senior Concerns to local seniors in their Meals on Wheels program in December. A great way to help share the holiday spirit with neighbors in need!



**HERE'S HOW TO HELP** - Senior Concerns requests the following **new unwrapped** items be donated:

Socks for men or women	2019 Calendars	Toothbrushes and toothpaste
Hand lotion	Kitchen towels	Large-print books
Stuffed animals	Pen and stationery	Scarves

Donated items can be brought to our CVV Thanksgiving Dinner on November 15 (see pg. 1) or for more information or to arrange for donation drop off or pickup by December 11, call Vanessa Renna at **(805) 630-4761**.

Last year, CVV members, volunteers and friends collected over 380 gift basket items that Vanessa delivered in her packed Subaru - let's do it again!



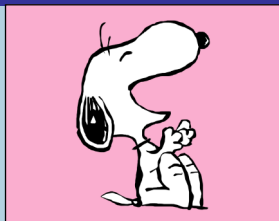
## The Healing Power of Laughter & Being Upbeat

By Billie Sontag

There's a good reason people say, "Laughter is the best medicine."

The positive health benefits of laughter are widely accepted, especially when it comes to the health of seniors. The more laughter seniors can bring into their lives, the better. Here are some ways laughter helps us:

- **Lowers Blood Pressure and Cholesterol:** Increases oxygenation of the blood and helps with circulation.
- **Reduces Stress, Anxiety and Depression:** Increases levels of dopamine and other stress-busting chemicals.
- **Helps Reduce Pain:** Increases our levels of endorphins, our natural pain killers.
- **Boosts the Immune System:** A Loma Linda University pathology professor found significant enhanced immune function in subjects who watched humorous videos.
- **Works Out the Diaphragm and Abdominal Muscles:** A good hearty laugh exercises these muscles (especially important for seniors with asthma or bronchitis), as well as back muscles, the legs, and respiratory system.
- **Helps Seniors Cope with Life Issues:** It can help us face new changes and challenges in our lives with a more upbeat attitude.



Here are some tips to help develop an upbeat sense of optimism and resilience:

- **Make a point of being grateful every day.** Celebrate blessings by keeping a journal or a list of things you appreciate, big and small.
- **Don't sweat the small stuff.** Embrace patience and let go of minor irritations. Go with the flow and limit freak-outs to actual emergencies.
- **Look for the silver lining.** The optimist tries to find the good and learn lessons from difficult situations, thus lessening the sting and bouncing back more quickly. What comes next could be a wonderful surprise!
- **Have faith you'll get past the bumps in the road.** When faced with a challenge, remember you've made it through some storms before and there's an excellent chance you'll do it again.
- **Pay attention to the language you use when you talk to yourself.** The optimist's positive self-talk and confidence help stack the deck for positive outcomes. An upbeat attitude makes coping with occasional setbacks easier.

Let's all laugh and be upbeat together as we share each other's company and friendship.

**LIFE IS BETTER WHEN YOU'RE LAUGHING.**



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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.



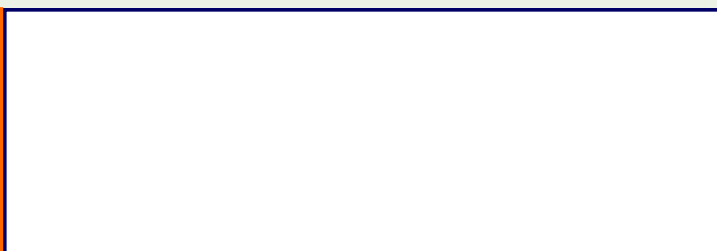
**Remember  
to Vote  
Tuesday,  
November 6**



### Neighbors Helping Neighbors Stay Independent, Active and Connected



**Don't forget  
to turn your  
clocks back  
one hour on  
Nov. 4!**



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!

Thank you to our fabulous volunteers who helped with the TO Street Fair and who have signed up for Barnes & Noble gift wrapping!



You are great ambassadors to share the benefits of our vibrant village with our larger community.

**Are you interested in  
volunteering but not sure  
where to start?**



We can pair you up with an experienced volunteer and show you what we do!

As our village grows, we have a variety of ways to contribute. Join our friendly team, learn something new, and help shape our village!

For more information, call a Call Manager at (805) 372-1826.