

the VILLAGER

Email: fcvillage94404@gmail.com

www.fostercityvillage.org

Save ^{THE} Date

Sunday, October 17, 2021

Foster City Crowne Plaza Ballroom – 11am

“TOGETHER, It Takes a Village”

2021 Annual Benefit & Opportunity Drawing

HONORING

OUR COMMUNITY VOLUNTEERS

Gathering In-Person & Virtual Options

FUND the FUTURE Opportunity Drawing

June 1 through October 17, 2021

\$25 for TWO tickets

*(one for the cash prize drawings &
one for the gift prize drawings)*

CASH Prizes: \$2500, \$1500, \$500

10 Gift Prizes

worth \$300 to \$500 each such as:

*A 12 bottles case of premium wine, a weekend
getaway. restaurant coupon variety pack*

Contact the Village office at 650.378.8541 or
send an email to fcvillage94404@gmail.com
or our Board of Directors/Volunteers to
purchase tickets.



**City of Foster City
Honors Marlene Hopper**

The City of Foster City presented a Proclamation honoring Marlene Hopper for her outstanding contributions and efforts as the Meals on Wheels Coordinator for the Foster City Village.

Marlene's dedication in working with the Foster City Chamber on the “Chamber Cares” Initiative, and the efforts of the Foster City Village team, ensured daily deliveries of hot meals to older adults in Foster City. The program started May 1, 2019 with 12 clients and 160,000 meals delivered. In 2020, meal deliveries increased to 182,000 with 15,000 volunteer hours due to COVID shutdown.

Marlene has worn many hats with Foster City Village to maintain and enhance essential services for Village members and other older adults in the community. She will continue to be an active member in making a difference within the Foster City community and beyond.

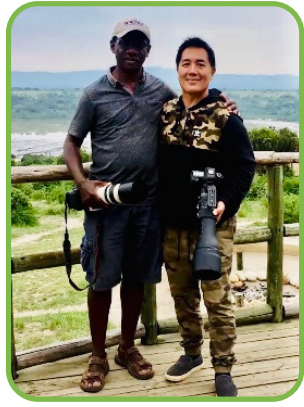




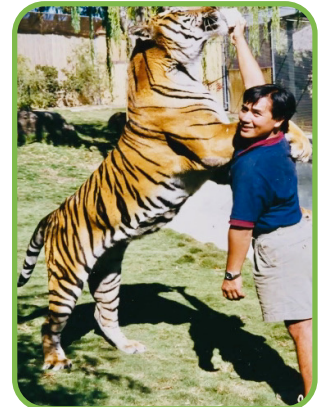
Holly is a native of the Bay Area and was raised in Walnut Creek. She received a BA in Communication from UC Santa Barbara and a Master's in Organizational Communication from Purdue University.

Holly and her husband have lived in Foster City since 1993 and have two dogs and three daughters, all currently in college (the daughters not the dogs). For 12 years BC (before children), Holly worked as a consultant with Accenture, specializing in recruiting and change management. As a volunteer, Holly initiated the Brewer Island Elementary School's Lifeskills Character Development program, which won the SM County Board of Education Kent Award for outstanding and innovative programs. She taught children and assisted in building a youth ministry for high schoolers at St. Luke in Foster City. Most recently Holly served as President of the Hillsdale High School Foundation, responsible for funding a unique and nationally recognized high school model. She focused on marketing and branding initiatives to increase donor participation.

Holly enjoys doing watersports with her family and travel. She is excited to join the Foster City Village team and support their continued success in building dynamic community for our Foster City residents.



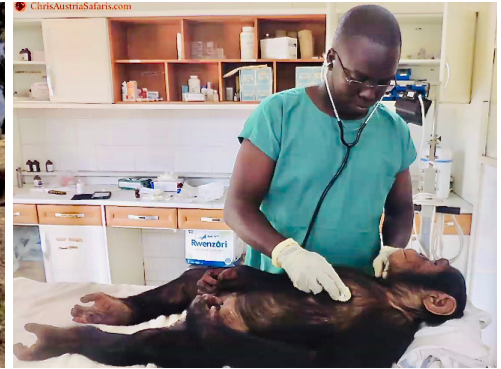
Chris Austria, CEO of Chris Austria Safaris Ltd and a professional photographer/videographer, presented a photographic journey at Lunch & Learn to show the beautiful wildlife and cultures of his home, Uganda, the Pearl of Africa. When Chris lived in the US, he worked with tigers, lions, and other animals for many years at Six Flags in Vallejo, CA. His rewarding career inspired him to focus his energies towards wildlife conservation, tourism, and protecting endangered species.



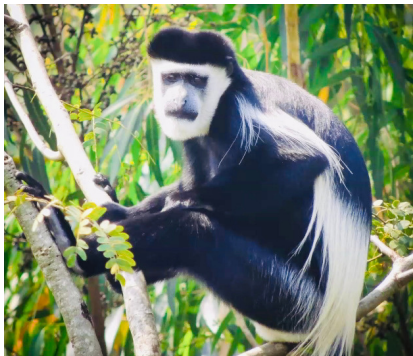
Karamojong-Turkana Dancers



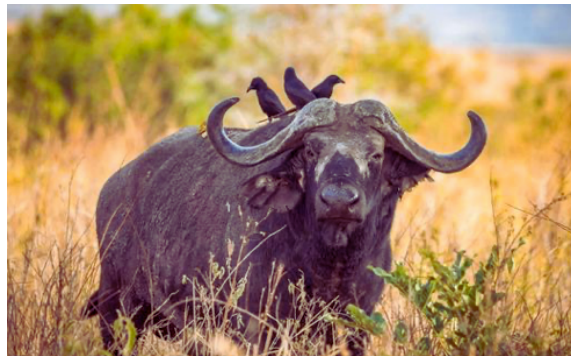
Gelada Monkeys - Simien Mtns, Ethiopia



Dr. Joshua Rukundo



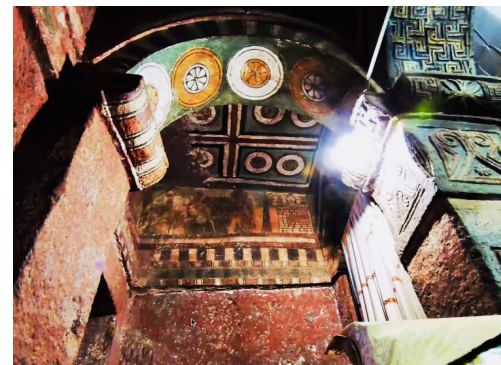
Colobus Monkey



Cape Buffalo weighs up to 1900 lbs.



Impala can leap 33 feet

Ankole Cow (Egypt origin)
The Cattle of Kings12th Century Rock Hewn
Monolithic Orthodox Church

Lailibela Church Interior

Photography by Chris Austria. Photos Courtesy of Chris Austria Photography

For travel information, visit <http://ChrisAustriaSafaris.com>.
To view his photos, visit <https://www.chrisaustriaphotography.com>.

Mother's Day Word Search

MOTHER
LAUGHTER
CELEBRATE
FLOWERS
MAY
KISSES

MAMA
BEAUTIFUL
LOVING
DAUGHTER
FOREVER
HAPPY

KINDNESS
SPECIAL
HEART
HUGS
LOVE
CHOCOLATE

PATIENT
MOM
SUNDAY
MEMORIES
SON
THANKFUL

A	V	G	E	O	N	M	K	I	N	D	N	E	S	S	K
R	E	T	H	G	U	A	L	L	L	A	T	R	C	C	F
G	L	J	W	I	K	M	L	S	G	U	H	U	H	U	F
M	O	M	R	I	N	A	B	C	R	G	H	L	O	V	E
G	F	P	S	F	E	K	G	N	T	H	I	U	C	L	V
F	A	S	U	C	H	O	M	A	Y	T	H	F	O	E	M
H	E	A	N	D	E	R	O	S	G	E	U	I	L	L	E
S	L	C	D	A	T	T	T	D	R	R	F	T	A	U	M
P	R	D	A	I	A	H	H	A	P	P	Y	U	T	F	O
E	E	E	Y	L	R	R	E	E	H	N	C	A	E	K	R
C	V	D	W	P	B	S	R	E	A	L	E	E	S	N	I
I	E	U	Y	O	E	W	E	O	G	R	P	B	L	A	E
A	R	S	U	S	L	O	V	I	N	G	T	O	X	H	S
L	O	E	O	R	E	F	S	C	N	V	O	W	W	T	S
R	F	N	E	N	C	L	A	T	N	E	I	T	A	P	T



Cooking with Chef Marlene



Upcoming Virtual Cooking Class

May 19, 2021 3pm-4pm

RSVP to Sophia at svhutson.fcv@gmail.com by May 13



Potatoes with
Creamy
Artichoke Salsa



Pistachio
Cupcakes

Miniature Reubens



In tough times, communities find strength in people and people find strength in their communities. In the past year, we have seen this time and again in Foster City as friends, neighbors, and businesses found new ways to support each other.

The theme for Older Americans Month (OAM) 2021 is "Communities of Strength" along with a host of well-known holidays like Mother's Day and Memorial Day.

Older adults make their mark every day as volunteers, parents, grandparents, mentors, employees, employers, and advocates. They have built resilience and strength over their lives through their experiences, successes, and difficulties.

Strength is built and shown not only by bold acts, but also by small ones in day-to-day life, even virtually.

Connecting with others plays a vital role in our health and well-being, and in that of our communities. When people of different ages, backgrounds, abilities, and talents share experiences—through action, stories, or service—they help build strong communities.

Become a volunteer with Foster City Village and strengthen our community. Please contact the Village office at 650.378.8541 or send an email to fcvillage94404@gmail.com for information.

"Alone we can do so little;
together, we can do so much."
~Helen Keller

Beep! Beep! Foster City Celebrates 50th Anniversary

In celebration of the City's 50th Anniversary (April 27, 1971), a car parade with City vehicles and community groups drove through town to commemorate the milestone on May 2, 2021.



Phyllis & Jeff Brown
(above left)

Richard & Marlene Hopper
(above right)



Upcoming Foster City Village Speaker Series

MAY 25: "FOR YOUR HEALTH" 4-5PM FREE

Rising Out of the Pandemic

Luz Garcia, Sequoia Strong Program Coordinator
Jenny Bratton, Grants & Programs Manager
Sequoia Healthcare District

June 22: "Personal Emergency Preparedness"

Create Your Own Emergency Go-Bag!

Sandra Firpo, Emergency Services Specialist
Office of Emergency Services
San Mateo Consolidated Fire Department



Medicine-Related Falls and Fall Prevention in Older Adults



On April 16 Lunch & Learn, Richard Hull, RPh and Lyn Fitzsimons, PharmD, gave a presentation "Medicine-related Falls and Fall Prevention in Older Adults", as a community service project of the Peninsula Pharmacists Association. As pharmacists, they identified specific medicines that are known to contribute to falls in older adults, how to manage use of these medicines to lessen the risk of falls, and discussed what participants can do to prevent falls.

For many of us, taking medicine is a normal, often unavoidable, part of daily life. We need to be aware of the unwanted side effects that these medications can sometimes cause to make us more susceptible to falls.

The Centers for Disease Control (CDC) recommends older adults do the following four things to prevent falls:

1. Begin an exercise program to improve leg strength and balance.
2. Ask your doctor or pharmacist to review your medicines.
3. Get annual eye check-ups and update your glasses.
4. Make your home more safe.

The most common medications that can increase our risk of falling can be grouped into four main categories:

- Medications that affect the brain (depression, anxiety, sleep aids, Alzheimer's/other dementias)
- Medications that affect blood pressure
- Medications that lower blood sugar (diabetes)
- Anticholinergics (COPD, Parkinson's, urination, digestion)

The following components should be included as interventions for falls in older persons:

- a. **Physical Assessment** (blood tests, underlying illness, neurological conditions)
- b. **Vitamin D3** supplementation of at least 800 IU daily. Low vitamin D levels can contribute to fragile bones
- c. **Medication Reviews** (switch to safer alternatives, reduce to lowest effective dose - blood pressure, sleep aids, diabetes, anticholinergic medications, opiates)
- d. **Exercise Program** particularly gait and balance training
- e. **Vision and Podiatry Care** (eye health, foot problems and footwear)
- f. **Home Safety** - Adaptation or modification of the home environment including sidewalks, entrance areas, basements and stairways (throw rugs, grab bars/handrails, tub/shower mat, extension cords, and clutter)



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