

S U M M E R 2 0 1 6

# the VILLAGER

Foster City Village Newsletter – Volume 3

## cityFEST 2016

*(Foster City Arts & Wine Festival)*

Exposure... Exposure!!

We staffed a booth for two days at CityFEST for the Chamber of Commerce. We sold wine tickets and glasses. We answered questions about Foster City Village and explained the services we provide for our members. Working together for the Village is always a rewarding experience!



## Village Kickoff to Summer Party



*PLAY ball!*

*That was the theme for the Village Summer Kickoff Party on June 14th. Attendees wore their favorite baseball team colors (Did you see Ruth in her SF Giants Jersey . . . and Theresa with her original SF Giants Ball Cap from 1956?) After lunching on hot dogs, beans, Cracker Jacks and peanuts, everyone got lessons on how to pitch a baseball (fastball, 2 seam, 4 seam, and curveball) from Jeff Brown, our 20-year Little League/Pony Baseball coach. They clinched the afternoon playing a few games of BINGO with winners taking home healthy fruits and vegetables as their prizes. An enjoyable way to spend an afternoon!*



## Save the Date!

Sep 16th	Lunch & Learn	FC Library 12:30 pm
Sep 22 <sup>nd</sup>	Fall Party	Wind Room CC 11am to 1pm
Sep 24th	Garage Sale	Phyllis & Jeff Brown's Garage 9am to 6pm
Sep 29th	Mexican Train	Phyllis Brown's home. 1-3pm
Oct 21st	Lunch & Learn	FC Library 12:30 pm

## Coffee Break at IHOP

9:30 AM – 561 Foster City Blvd.  
September 12<sup>th</sup>, October 10<sup>th</sup>





### FC Village SUNSHINE GAL

**Aldean Simi** has been an active member of The Village since June, 2013. She has graciously volunteered to be our "Sunshine Gal", who will send out birthday cards from the VILLAGE to our membership. She grew up in San Francisco, and when WWII broke out, she left her job as a legal secretary in "The City" to work in the Army Medical Department in the Presidio. In addition, she volunteered as a Red Cross Nurse's Aide and USO Hostess. Aldean enjoys reading and is an ardent fan of the Golden State Warriors.

#### Foster City Village Volunteers



#### Congratulations!

In June & July, 2016, 32 VILLAGE Volunteers contributed a total of **607 Service Requests** on behalf of our VILLAGE members!

Helen Ackerman  
Joan Biederman  
Richard Biederman  
Jeff Brown  
Phyllis Brown  
Jeannie Ewan  
Sharon Gillott  
Jon Grant  
Gilbert Guerin  
Paulette Hammack  
Tina Hildreth  
Marlene Hopper  
Richard Hopper  
Wendy Iwata  
Elaine Jacobs  
William Lang

Peter Lauber  
Charmaine Leber  
Ryan LeDoux  
Adriana Livianu  
Jennifer Malament  
Bob Maxwell  
Patricia Maxwell  
Edd McKibben  
Kathy McKibben  
Ken Mentzer  
Carol Ohm  
Chris Pollard  
Cora Sharma  
Gretchen Van Dine  
James Wambach  
Sophia Wambach

### Village Appreciation Corner

Our oldest member, **Elaine Pitts** turned 99 years old. She is active in Foster City Village as a Board member, is head of the "Friends of Foster City Village" effort, is a major donor and continues to inspire all. The following is an "Ode" written by Elaine in appreciation of our Treasurer, **Richard Hopper**.



*To Richard*

*Thanks*

*August, 2016*

*Richard is part of the Village  
Who knows what part today  
For he's always assuming a new job  
For him "NO" is not easy to say.*

*He took on the job of Treasurer  
A job preferred by none  
Which immediately told us  
He views challenges as fun.*

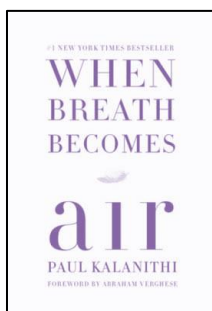
*His name appears as a driver  
Miscellaneous helper, too.  
And computers are not a hazard  
Whether antique or new.*

*But wait, there's more "gold" hidden  
Which we already shared  
His layout talent now at work  
On a project which we care.*

*How fortunate we are to have  
Such versatility  
Among our ranks who actively  
Shares talents liberally.*

*Here's an informal "THANK YOU"  
For only you to know  
We hope you will appreciate  
Our substitute for dough!*

**Love & Respect,  
Elaine**



## BOOKWORM CLUB



The Bookworm Club chose “When Breath Becomes Air” by Paul Kalanithi for their July reading. Paul Kalanithi’s memoir is a beautiful narration of his life’s quest to answer the question “...what, given that all organisms die, makes a virtuous and meaningful life.” At the age of 36 after many decades preparing to be a neurosurgeon, he was diagnosed with Stage IV cancer. He then faced a life that no longer was a ladder to his goals but instead a life that flattened out into a perpetual present. His memoir explored the doctor/patient relationship through which his experience as a doctor gave him a unique perspective. In addition, he and his wife contemplated having a child and all the consequences that decision would have. Their baby girl was 8 months old when he died. His last message in the book to his daughter was, “When you come to one of the many moments in life where you must give an account of yourself, provide a ledger of what you have been and done, and meant to the world, do not, I pray, discount that you filled a dying man’s days with a sated joy, a joy unknown to me in all my prior years, a joy that does not hunger for more and more but rests, satisfied.”

August’s Book Club choice was “Where’d You Go, Bernadette” by Maria Semple. The Bookworms had a lively discussion about this lovely book. Bernadette Fox is married to a Microsoft-guru husband, a mother to a brilliant, mature teenage daughter, and a once promising architect who’s won an award for her cutting edge designs. She is hilarious when describing her irritation with an assortment of annoyances, including Seattle’s weather, infuriating roads and persistently slow drivers, her neighbors and the mothers of her daughter’s classmates. She rarely leaves her home and enlists the assistance of a ‘virtual assistant’ from India at \$0.75 an hour to manage her household duties. Through a series of mishaps and a mental health intervention Bernadette goes missing. This book is a great upbeat novel and fun summer read.



# HAPPY BIRTHDAY



## AUGUST

8/01 Mahin Saedi  
8/11 Zahra Sabooni  
8/13 Marie Davis  
8/14 Henry Lum  
8/24 Ruth Schwarz  
8/26 Maralene Fogleman  
8/26 Hannalore Hempe

## SEPTEMBER

9/12 Raymond Kelley  
9/12 Theresa Brown  
9/17 Betty Stevenson  
9/24 Joan Biederman  
9/30 Kathy McKibben

## OCTOBER

10/1 Max Akiyama  
10/7 Myrna Martinson  
10/13 Juanita Westley  
10/16 Shirley Helget  
10/16 Jannette Greer  
10/19 Lila Olson  
10/21 Bette B Garcia



### June Lunch & Learn



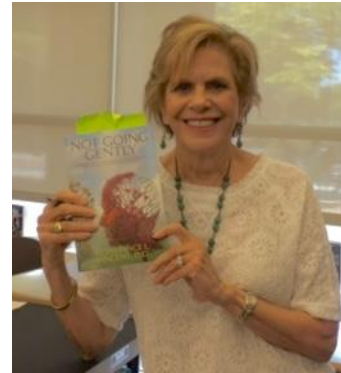
Our June Lunch and Learn speaker was Master Woody Chan, who presented "Introduction to Feng Shui Life". We learned that "Feng Shui is more than arranging furniture" - if done correctly, it can enhance wealth, health and relationships. He introduced us to the 2016 Flying Star Chart which describes areas in a home that are the best and worse corners to inhabit. He fielded energetic questions from the audience regarding the reasons and necessities of moving bedroom furniture around periodically.

Master Chan also talked about the Chinese Zodiac, which is based on your birth year and is influenced by the five elements: wood, fire, metal, water and earth. It was interesting to hear that we are very fortunate to live in the Bay Area as it offers green mountains (good health), clean water (wealth) and a curved coast (to trap money).

Master Woody Chan is dedicated to his study of Feng Shui and his presentation made a mysterious subject very interesting and intelligible. To learn more, visit his web site, [www.masterwoodychan.com](http://www.masterwoodychan.com). The story of his background makes interesting reading.



### July Lunch & Learn



Our July Lunch & Learn speaker was Constance L. Vincent, Ph.D. Her book *Not Going Gently* is a story about her experiences as a long-distance caregiver for her mother who was slowly declining with Alzheimer's disease. Recognizing her genetic potential, she studied all aspects of dementia, focusing on the latest scientific developments and strategies for the future.

Constance shared some interesting facts we may not know but should! 1) Did you know that Alzheimer's Disease begins to damage the brain 20 or more years before its first symptoms? 2) That an initial, presumed diagnosis may be due to other, reversible causes of dementia? 3) Females are at higher risk than males; 4) It is not a normal part of aging. 5) Cures do not exist – Yet!

She recommends these positive lifestyle factors:

1. Exercise is most important – a minimum 5 days a week for 30 minutes.
2. Brain exercise - brain can keep building up as long as we are alive. Learning something new is the best way to grow new neurons. Reading is passive - do something NEW.
3. Get 7-8 hours sleep each night - lateral position is best.
4. Meaningful social connections. Avoid loneliness.
5. Meditation reduces stress. Tai Chi & yoga are excellent.
6. Healthy Diet (i.e. Mediterranean Diet). Avoid processed foods.

## AGE IS JUST A NUMBER!!

Those of us who were glued to the 2016 Summer Olympics in Brazil found a pretty amazing diversity of ages of contestants ... The youngest and oldest gymnasts (19 and 41), the youngest and oldest swimmers (13 and 35), coaches in their 70's (74 and 76), and even the dressage entrants for Team USA were riding 10, 12 and 13 year old horses. There is a 13 year old table tennis player and a 61 year old equestrian. Jamaica's "winning and grinning" 29 year old runner was dubbed "the fastest man in the world."

*How wonderful to watch people of all ages performing amazing physical feats and the USA really cleaned up with gold medals..... **Kudo's, Team USA, see you in 4 years!***



*A Message from our Editor, Shari Williams*

## DISCOUNTS FOR OLDER ADULTS

**IHOP:** Seniors 55 and over can receive a 10% discount at select locations including Foster City and Belmont.

**MICHAEL's:** Seniors 55 and older qualify for a 10% price reduction every day!

**KOHL's:** Seniors 60 and over can receive a 15% discount on Wednesdays.

**OUTBACK:** Seniors receive a 15% discount on food only with an AARP membership. Bring your AARP card!

**GOODWILL:** Tuesdays are Senior Day! Customers age 55 and older enjoy 20% savings.

### Foster City Villager Newsletter Editorial Team:

*Shari Williams,  
Managing Editor*

*Sophia Hutson,  
Assistant Editor*

*Cheryl Massarelli,  
Creative/Artistic Layout  
Production Manager*

*Jennifer Malament,  
Editorial Assistant*

*Kathy McKibben,  
Contributing Writer/  
Proofreader*

### Foster City Village Board of Directors

*Jim Wambach, President  
Edd McKibben, Vice President  
Richard Hopper, Treasurer  
Kathy McKibben, Secretary*

*Phyllis Brown, Bill Chow,  
Jennifer Malament, Elaine  
Pitts, Patricia Player-Maxwell*

**Board Meetings are held the  
second Monday of each  
month at 6PM in The Bow  
Room at Foster City  
Recreation Center**

### Contributing Writers:

*Phyllis Brown  
Sophia Hutson  
Jennifer Malament  
Edd McKibben  
Kathy McKibben  
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**Foster City VILLAGER - Editors**

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