

the VILLAGER

Foster City Village Newsletter – Spring 2017



Cinco de Mayo Fiesta

Oh what fun we had at the Cinco de Mayo Party on May 5th! 53 people attended including our wonderful volunteers from Turner Construction. Delicious Mexican food donated by Celia's restaurant was plentiful and no one went home hungry! Everyone got into the action with the life-size photo standups, bingo, and the piñata. Thanks to all the volunteers and planners who made our party a success. Ole!!



Save the Date!

June 3rd	cityFEST (formerly FC Arts&Wine)	Ticket booth 10am – 6pm
June 13th	Senior Day at San Mateo County Fair	11am – 3pm
June 16th	Lunch & Learn	FC Library 12:30pm
July 4th	Pancake Breakfast	To Be Announced
July 21st	Lunch & Learn	FC Library 12:30pm



Coffee Break at IHOP

9:30 AM – 561 Foster City Blvd.
June 12th, July 10th



The ABCs of DNA



On Friday, May 19, 2017, Shari Williams introduced her friend, Debbie Corazzelli, as our Lunch and Learn speaker. Debbie has BS degree from Ohio State and an MBA from UCLA. She is an Associate Director of Laboratory Services at a molecular diagnostics company called CareDx. Her career has spanned 19 years of diagnostic and medical devices marketing.

Debbie began with Watson & Crick's DNA discovery in 1953 and how it led to the completion of the Human Genome in 2003. 20,000 genes were identified and scientists are still working to discover what they all do.

With the remarkable advances in gene sequencing there have been advances toward new and improved tests. Cancer patients can now determine whether chemotherapy is best for their particular cancer, a blood test for transplant patients can be used to warn of an organ rejection and Natera, in Belmont, has a genome blood test that identifies birth defects in an unborn fetus.

We all got a fascinating glimpse into the exciting medical discoveries that are being explored right here in our neighborhood!

FC Senior Express Bus



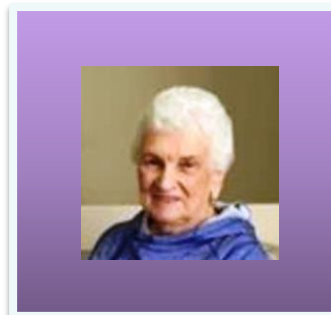
Our members who are Foster City residents can schedule two free rides per month on the Senior Express. Please call Dana at the Senior Wing desk between the hours of 9:00AM to 1:00PM (Mon-Fri) to reserve your ride. Phone number: [650-286-2585](tel:650-286-2585).



Library Services at Home!

If you can't get to Foster City library, the library can come to you! Did you know that you can have books, movies, magazines and audio books delivered right to your home from the Foster City Library? You can fill out a questionnaire to share with the library the types of subjects and materials you would enjoy. The library will then schedule a time to drop off the materials and will pickup the materials at a later date that works best for you and to drop off more. You can borrow them up to 4 weeks.

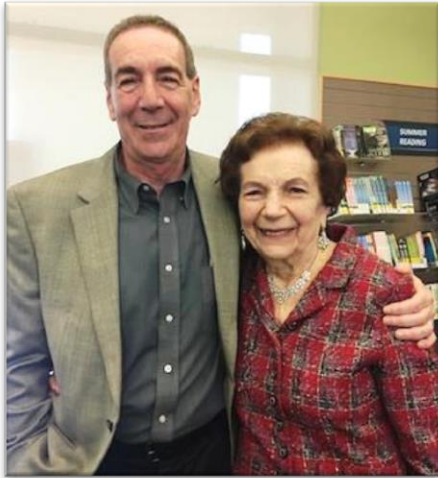
Call FC library today at 650-574-4842 and tell them you want to sign up!! What a great, free service!



FC Village SUNSHINE GAL Dorothy Scott

A warm WELCOME to DOROTHY SCOTT, our new Sunshine Chair for 2017 and a SPECIAL THANK YOU to our outgoing Sunshine Chair, Aldean Simi. Dorothy Scott joined the Village in May 5, 2016 and is a long time Foster City resident since 1985. She has graciously volunteered to be our "Sunshine Gal", who will send out birthday cards from the Village to our members. She regularly attends and volunteers at the Congregational Church of San Mateo. In her leisure time, Dorothy enjoys gardening, crocheting, and traveling.

March Lunch & Learn



Our speaker at the March Lunch and Learn was **Jeff Levine**, a retired **US Ambassador of Estonia**, originally nominated by Barack Obama in February of 2012. Jeff was with the Foreign Services Department since 1985, taking assignments in Hungary, Bulgaria, Brazil, Cyprus, Egypt, Malaysia and Peru. He received numerous Department of State awards, including the Secretary's Career Achievement Award, the Cross of Terra Mariana from the Government of Estonia and the Golden Laurel Medal from Bulgaria. He studied Spanish, Portuguese, Bulgarian and Hungarian, holds a Master's Degree in Resource Strategy from the National Defense University in Washington DC.

Jeff talked about his exciting experiences serving in various diplomatic positions, his ascension through the ranks of foreign services, what it takes to become an ambassador, and what the main functions and responsibilities are of being an ambassador.

Jeff retired after 30 years of service with the Department of State and best of all; *he is the son of our own Village member Evelyn Bender.*



DID YOU KNOW....?

...US centenarians are living even longer? Death rates for Americans age 100 and older fell steadily between 2008 and 2014. There are more than 72,000 Americans who have celebrated 100 birthdays or more.



April Lunch & Learn

Marlene Sorosky Gray has appeared numerous times on national television shows including **Good Morning America**. For many years, she owned a highly successful cooking school in Southern California where she worked with such luminaries as Julia Child, James Beard and Jacques Pepin.

Marlene brings vast experience to her work now with **Cooking with Class**. She offers group cooking classes in exhibition kitchens, homes and at organizational functions and also assists groups and individuals with special event planning and menu creation for large or small events at any location.

Marlene Sorosky Gray is a James Beard award-winning author of 8 cookbooks, which have sold in excess of one million copies. Her cookbooks and articles have been read by millions of enthusiastic fans. You can get her recipes by signing up for her blog on www.cookinawclass.com.

Testimonial written on doctor's prescription pad:

Mrs. Hopper,
Thank you very much for bringing Mrs. Camozzi. You (Foster City Village) make it easy to help us take care of this delightful lady.
Thank you,
Dr. Kelly



FC VILLAGE VENDOR FAIRE

FC Village held their annual Vendor Faire fundraiser on March 25th at the FC Rec Center. Those who attended were treated to a Health & Wellness massage, blood pressure checks, and an opportunity to discuss concerns with a registered nurse. Generous gift certificates, fruit basket, flower bouquets, potted plants and more were given to lucky winners of the raffle prize.



SHARE THE LOVE! Friends Help Friends Stay Healthy



Did you know that friendships and positive social networks could have a major impact on your health and well being? It's true. Good friends are good for your health. So, how many friends should you have? With friendship, quality is definitely better than quantity! There is a saying that you can have friends for a reason, a season, or a lifetime.

How can we nurture our friendships? The best way is to be a good friend yourself. Practice the art of "give-and-take." Sometimes you are the one giving support and sometimes you are receiving it. By letting others know you care about them and appreciate them, you make them feel valued.

Try these other ways to strengthen and nurture your friendships:

Be Positive. Non-stop complaining strains any relationship. Cultivate positive self talk.

Don't Compete. Focus on talents, blessings and celebrate good fortune. Self-criticism and insecurity are not attractive traits.

Respect Boundaries. Keep confidential information confidential just between the two of you. Be respectful and responsible.

Listen. Pay attention and allow them to share. Try not to give advice unless your friends ask for it. I'm listening and I care.

Accept Others. Give your friends time to grow, evolve and make their mistakes without judging or belittling what they say, think or do.

Develop Friendships. It is never too late to make new friends or reconnect with old friends. Collect a variety of acquaintances through calling, writing, or getting together.

CINCO DE MAYO



THANK YOU

Foster City Village extends **sincere appreciation** for the generous gifts received from the following individuals:

- **Jeff and Phyllis Brown** for their generous donation to have our very own Foster City Village disc on the Marquee at the corners of Hillsdale and Shell.
- **Nancy Gordon** who graciously donated so our members can have a Lock Box outside your front door that will be accessible to our Foster City Fire Department when you call 911. For more information, contact Jeff Brown at (650) 796-2697.



Remembering our dear member and philanthropist, **Elaine Pitts** who passed away on March 3, 2017, just three months short of 100 years! As one of the original founders of Foster City Village, she was the unofficial “parliamentarian”, a major donor, who served on the Board of Directors for four years supporting our cause. Elaine was honored by the City of Foster City by proclaiming an “Elaine Pitts Day”. She was elected to the Foster City Wall of Fame 2012 for her fund raising efforts and Elaine was honored with Rotary International’s “Avenues of Service” award as well as an outstanding supporter of the Rotary Club of Foster City Foundation. We are grateful for all her efforts, and she will be remembered with the greatest of appreciation and admiration.



**Foster City Village
Board of Directors**

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

*Phyllis Brown, Bill Chow, Marlene
Hopper, Bob Lahl, Jennifer
Malament, Patricia Player-
Maxwell*

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

***A special Thank You
to Shari Williams...
for her efforts and
creativity as our
former newsletter
editor-in-chief!***

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