

NOVEMBER – DECEMBER 2017

the VILLAGER

Foster City Village Newsletter
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UPCOMING Events



Welcome Mary Bates



Jan 8	Coffee Break at IHOP 561 Foster City Blvd 9:30am-11am
Jan 16	Game Day FC Recreation Center Bow Room, 1pm-3pm
Jan 19	Lunch and Learn FC Library, 12:30pm-2pm
Jan 24	Let's Talk Helen's home, 2pm-4pm
Jan 25	Mexican Train Phyllis Brown's home 1pm-4pm
Feb 12	Coffee Break at IHOP 561 Foster City Blvd 9:30am-11am
Feb 13	FCV Five Year Anniversary FC Community Center Wind Room, 1pm-3pm

Dear Foster City Village Members,

I am indeed grateful, and honored to be your new Foster City Village Executive Director. I have a life-long passion for serving the local community throughout my professional career and volunteer service roles. One of my goals is to take the next step by enhancing membership service offerings.

I look forward to meeting each of you in the coming new year at our events and programs, especially as Foster City Village celebrates its FIVE YEAR Anniversary serving our members with our wonderful volunteers.

Please join me at this event, which is scheduled on Tuesday, February 13, 2018. The Village is growing wiser as an organization as it grows older!

Happy Holidays,
Mary Bates





Thanksgiving Cooking Fun with Marlene Sorosky Gray

Technique, seasonality, preparation and presentation are a big deal. Eating well helps you stay and feel well.

Cornbread Stuffing Muffins



Brined Roast Turkey Breast

Apple Cranberry Crisp with Vanilla



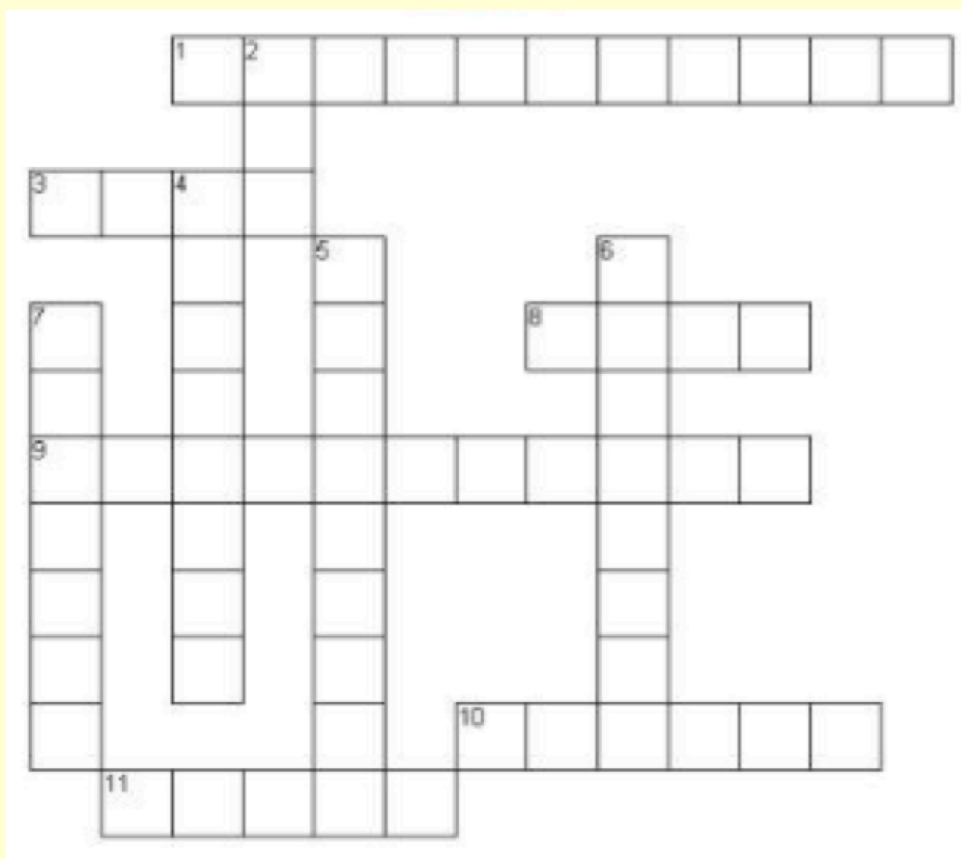
What is Guided Autobiography?

Have you always wanted to write your memoir but not sure how to begin? *Guided Autobiography* can help you tell it! Elizabeth Dossa is a Certified Guided Autobiography instructor. *Guided Autobiography* provides a structure that enables you to begin to capture your life in writing. Lunch & Learn participants shared and listened to each others stories. No writing experience necessary! Check out www.guidedautobiography.com or you may sign up for a Guided Autobiography group at edossa@aol.com.



The Fifth Reflection

Ellen Kirschman is passionate about working with first responders and their families. The Fifth Reflection delivers blunt insights about the psychological strain of investigating Internet crimes against children, the complexities of being married to a cop, and the tension and frustration in the lives of cops. It is clear that police psychologist Ellen Kirschman knows her stuff. She belongs to the Mystery Writers of America (MWA), Public Safety Writers Association, and The Society for the Study of Police and Criminal Psychology.

**ACROSS**

1. We bring in the New Year with a _____.
3. A symbol of the old year is Father _____.
8. The New Year mythical figure wearing a diaper, a top hat and a sash is a _____.
9. We use _____ to make lots of noise on New Year's Eve.
10. We often see a _____ with floats and marching bands.
11. The _____ day of the new month starts the new year.

DOWN

2. December 31 is also known as New Year's _____.
4. At the stroke of _____, it is New Year's Day.
5. We watch _____ that display bright lights and loud sounds.
6. We record dates and months on this _____.
7. The month of the new year is _____.

FOSTER CITY VILLAGE "OUT & ABOUT"

Over 700 seniors attended the 30th Annual 'Seniors On the Move' event held yearly and sponsored by Congresswoman Jackie Speier in conjunction with California Assemblyman Kevin Mullin and San Mateo County Supervisor Carole Groom.

Featured Guest Speaker Frank Somerville, KTVU Anchor was informative, humorous and thought provoking. It was a wonderful, free event at the San Mateo County Event Center and we learned so much about what is available for seniors. Foster City Village had a display table along with 30+ other senior providers.

At a second event, the Daily Journal's Senior Showcase held at the Foster City Recreation Center, there were over 300 attendees from Foster City and neighboring cities.



Senior Showcase Gift Basket Winner

Puzzle Answer Key:

Across

1. Celebration
3. Time
8. Baby
9. Noisemakers
10. Parade
11. First

Down

2. Eve
4. Midnight
5. Fireworks
6. Calendar
7. January



COMING to FOSTER CITY! SECOND HARVEST FOOD BANK "BROWN BAG PROGRAM"

We look forward to teaming up with the Rotary Club of Foster City and the Foster City PJCC for the Second Harvest Food Bank's "Brown Bag Program" to provide free groceries twice a month to qualified low-income seniors.*

We will volunteer at the FC Recreation Center on the 1st and 3rd Friday every month, starting February 16. We will bag groceries delivered by Second Harvest and give them to eligible residents at the FC Recreation Center. Qualified residents are limited one bag per household. You may have a caregiver, friend, neighbor or a FCV Volunteer pick up your bag for you.

To sign up and verify your eligibility, call the Food Bank at 650.610.0800, extension 165. Leave your name and phone number and say you want to sign up for the "Brown Bag Program in Foster City" OR complete a postcard at the FC Recreation Center front desk.



- * Age 60+ or Disabled 55+.
Maximum Monthly Household Income:
- | | |
|----------|---------|
| 1 person | \$2,010 |
| 2 people | \$2,707 |
| 3 people | \$3,403 |





THE IMPORTANCE OF EXERCISE

Here are 7 reasons to get going...

- 1. Live longer.** According to the World Health Organization (WHO), leading a sedentary lifestyle is one of 10 leading causes of death and disability. Even gentle, regular exercise such as walking, swimming or chair yoga can increase lifespan by three to five years. A healthy, strong body fights off infection and sickness more easily and quickly.
- 2. Prevent falls.** Improving muscle strength and bone density can be helpful in reducing the risk of falls, improve balance, and can reduce the risk of having a hip fracture by 40%.
- 3. Reduced risk of stroke or heart attack.** Regular cardiovascular exercise, such as brisk walking, stationary cycling, light housework or anything that raises the heart rate will increase blood flow to the heart and boost your overall health. For those who are resuming a routine or just starting to exercise, it is perfectly acceptable to do three 10-minute periods or less, of exercise daily.
- 4. Better bone density.** Better bone density will reduce the risk of osteoporosis, lower the risk of falling, and prevent broken bones. Strength training can dramatically reduce loss in bone mass, help restore bones, provide better balance and less fractures.
- 5. Reduced risk of developing dementia.** Being sedentary in later years can increase the risk of developing Alzheimer's and dementia, according to a recent article published in the Journal of Alzheimer's Disease. The study analyzed over five years found that those who did not exercise were more likely to develop neurocognitive disorders than those who did.
- 6. Prevent or delay disease.** Exercise is an effective remedy for many chronic conditions. Studies show that people with arthritis, heart disease, or diabetes benefit from regular activity. It can also help in management of high cholesterol; keeping cholesterol levels within a healthy range can help to reduce the risk of heart disease and stroke.
- 7. More confidence and independence.** Exercise is even more important for frail individuals whose physical abilities are limited by medical conditions since they are the most prone to falling and broken bones. With proper instruction and guidance, people or general frailty can learn activities and exercises that improve mobility and strength.



**Never begin a new exercise program
without first checking with your doctor!**



**Aging hasn't slowed
us
down and
it hasn't shut us up
either.**



1. Who gets the extra penny when we put in our two cents, but only get a penny for our thoughts?
2. Why do they put Braille on drive through bank machines?
3. Why do toasters have a setting that burns the toast?
4. Why do they not put deer crossing signs where it is safer for the deer to cross?
5. If the police arrest a mime, do they tell him he has the right to remain silent?
6. If you ate pasta and antipasta, would you still be hungry?
7. How is number 7 different from the rest of the numbers from 1-10?
8. Is it a bit unnerving that doctors call what they do, "Practice"?
9. Why is there an expiration date on sour cream?
10. Which word in the dictionary is spelled incorrectly?
11. What can you hold in your right hand but never in your left hand?
12. Can vegetarians eat animal crackers?
13. If a turtle doesn't have a shell, is he homeless or naked?
14. Is there another word for synonym?
15. What if there were no hypothetical questions?



VOLUNESIA is that moment when you forget you are volunteering to help change lives, because it is changing yours.

V is for the Very special people that you are

O is for the Overwhelming compassion you offer

L is for the Little things you do with every member

U is for Understanding with a listening ear

N is for the Need we have for your ability

T is for the Time and dedication you give of yourselves

E is for the Endless energy and efforts you produce

E is for the Emotional support you continually give

R is for the Responsibility you have taken

S is for the Smiles you bring to members!

*Thank
you* → ♥ ←



1. December comes from the Latin word “*decem*”, meaning “ten” because this was the tenth month in the Roman calendar.

2. In 1747, the first American Christmas tree was not a tree, but a wooden pyramid covered with evergreen boughs and decorated with apples.

3. “Jingle Bells” composed in 1857 was not for Christmas; it was meant to be a Thanksgiving song!

4. The month of January derived its name from Janus, a god with two faces that allowed him to see not only the past but into the future at the same time.

5. The original New Year’s ball in 1907 at Times Square was made of iron and wood and decorated with 100 light bulbs.

6. On Christmas day 1964, President Abraham Lincoln’s youngest son, Thomas, invited homeless children into the White House to join them for Christmas dinner.

7. Since New Year’s Eve 2008, the city of Mobile, Alabama, raises a 12-foot tall lighted mechanical Moon Pie to drop at midnight to welcome the New Year.

8. The bestselling Christmas single ever is Bing Crosby’s “White Christmas”, selling over 50 million copies worldwide since 1942.

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Mary Bates

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Jennifer Malament, Patricia Player-Maxwell,
Supriya Singh*

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

Foster City Villager

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