

MARCH – APRIL 2018

the VILLAGER

Foster City Village Newsletter
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The Foster City Community Wall of Fame

was created to recognize outstanding citizens' community contributions and dedication to the City of Foster City. Hats off to our 2018 inductees, Jeff Brown and Linda Grant who are recognized for their significant, long-term service contributions to Foster City. The Inductee Ceremony is scheduled at the Foster City Council Chambers on May 14 at 5:30pm.

Congratulations,

Mary Bates, Executive Director

JEFF BROWN and his wife Phyllis have been residents of Foster City since 1974. Jeff oversees the Foster City Village's Volunteer Services including training and management. 28 years ago, Jeff designed a special T-ball field that is safely used by players today. Jeff led the Foster City Bocce Ball League to five season championships. He is also a member of the Foster City Tennis Club and plays doubles garnering the highest age group ranking. As a Rotarian Volunteer, he has taken donated playgrounds in San Mateo County and transported them to Klamath, CA. and installed them for children in need. Jeff's latest joint project with Second Harvest Food Bank involved collaboration between Foster City Village, Rotary Club of Foster City, Foster City Parks and Recreation, and Peninsula Jewish Community Center Foster City to distribute groceries to needy seniors in Foster City. He has taken on the role of "Site Leader" to coordinate and organize the food distribution at the Foster City Recreation Center.

LINDA GRANT has been an active member of the community for over 23 years making a positive difference in the quality of life for its residents. She and her husband, Jon have written over 250 Rotary Foundation Matching Grants to provide water, warm blankets, toilets, blackboards, computers, medical equipment, and other programs for South Africa, Cambodia, and Honduras schools to name a few. Linda has served on the Rotary of Foster City Ambassadorial Scholarship Committee, having had 15 successful Ambassadorial Scholarship recipients in the past 21 years. For 14 years, Linda has organized The Interact Club, a high school aged student program of Rotary International, and Foster City Rotarian trips to Mazatlan Mexico to distribute wheelchairs, medical equipment, uniforms, and "adopted" orphanages. As an active Foster City Village Social Committee member, Linda has taken on the role of Second Harvest Food Bank Site Coordinator and Team Leader to distribute food for approximately 100 local older adults.



PHYLLIS LAM is 78 years young who has lived in Foster City for 40 years with her husband and raised two daughters. She worked for Wells Fargo as a teller for over 30 years. Phyllis enjoys going for walks to Starbucks, watching Chinese television, playing Mah Jong, and visiting her grandchildren in Hawaii.

LEONARD JACOBS is 95 years young with a wonderful smile and sense of humor. Leonard loves to share his exciting stories about his Navy days on board the USS King, a WWI destroyer stationed in the Aleutian Islands. He and his wife, Ida live in their Foster City home, which his mother bought in the early 1960's.

LYDIA MEYERS was born in the Philippines, came to San Francisco and raised two children by herself when her husband passed 50 years ago. Lydia is 86 years old with a lot of spunk, independence, and positivity. She spends a marvelous amount of time enjoying music, bingo, movies, and walking everywhere. She absolutely loves singing in the chorus.



May

5/08 Anita Wong
5/16 Eleanor Jones
5/25 Clarence Metcalfe
5/26 David Owdom
5/27 Harry Zaban
5/28 Leena Dugger

June

6/02 Evelyn Bender
6/02 Gary Malament
6/06 Louise Thomas
6/08 Annie D'Lima
6/09 Beverly Camozzi
6/09 Jim Wambach
6/12 Gail O'Brien
6/13 Glenda Carney
6/15 Aldean Simi
6/18 Gail Mintz
6/22 Patricia Maxwell
6/23 Ludmila Chernishev
6/24 Adriana Parkman
6/30 Barbara Campitelli
6/30 Moxi Posner

Monday Morning Breakfast Chat



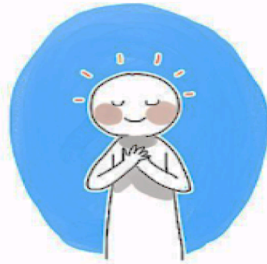
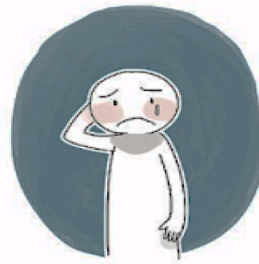
Members of the Foster City Village enjoyed lively conversations at our monthly breakfast together at IHOP and welcomed new members.



Look what Marlene Hopper found in a box of potatoes during Second Harvest Food Bank distribution. Our Potato Heart!

I'm at peace when I'm alone.

I don't like being alone.

**Solitude****Loneliness**

Solitude is when you are happy wanting to be alone or enjoying being alone. **Loneliness** is when you are unhappy to be alone. No two people experience loneliness the same way. Take some time to figure out why you are feeling lonely. It is not how many people you know or how often you see them. What matters is maintaining positive connections.

Identify the reasons why you feel lonely. Are there certain “triggers” that bring on feelings of loneliness and isolation? Do you feel worse when the weather is bad? Do you feel trapped in your house? Do you feel anxious when reaching out to others? When do you feel the loneliest?

Do social activities by yourself. It is not strange to get out and do things by yourself. Take a walk, bring a book, magazine, or journal with you if you go out to eat or have coffee on your own, so you will be occupied. It is not as if people will assume you are having no friends sitting by yourself. Bear in mind that people do go out on their own just to have “me” time.

Learn a new skill. Take time to indulge in a new interest, such as, learning a foreign language, playing an instrument, taking an educational class, and learning to cook a nice meal for others.

Get involved in activities. Look for activities that interest you. Join clubs or meet groups like book clubs, church groups, art exhibitions, gardening groups, collectors club, or volunteer within your community.

Connect with Foster City Village We Care Team.

Foster City Village’s **We Care** pilot program is **on a limited basis** to provide in-home visits for some members offering one-on-one interaction and activities beyond transportation. Activities may include playing cards or board games, taking walks or telling stories – all of which will enrich the life experience for both the volunteer and the member. Many program members do not have family or friends nearby, or may simply need extra attention. Once all ‘pilot’ process have stabilized, and have adequate volunteers, the hope is to offer this program to more Foster City Village members.

More than 200 organizations in the Village-to-Village Network, including a growing number of Bay Area volunteer neighborhood groups, provide rides to medical appointments, grocery shopping, social connections, home repairs and practical help to residents who are at home alone. A great article to read in the *New York Times* published March 23, 2018 is “Single? No Kids? Don’t Fret: How to Plan Care in Your Later Years.”



(Sources: Psychology Today, Gerontological Society of America, AARP, NY Times)



Common Age-Related Eye and Vision Conditions

Dr. Reina Yuan Perez recently presented at our April Lunch and Learn that cataracts are the world's leading cause of blindness and among the most common conditions related to aging by age 65 with a 50 percent chance of developing a cataract by age 75. She also explained the treatment and rehabilitation of the visually blind and impaired patients with cataracts, macular degeneration and diabetic retinopathy.

Lutein and zeaxanthin are two very important eye nutrients that may reduce your risk for macular degeneration and cataracts. The best natural food sources of lutein and zeaxanthin are green leafy vegetables such as spinach, kale, broccoli or yellow vegetables such as summer squash, sweet corn, bell pepper and eggs.

Dr. Perez has extensive experience in not only providing primary eye exams and contact lens exams, but also is proficient in treating red eye emergencies, dry eye disease, and glaucoma. She is certified to treat glaucoma in the State of California. There are many different types of eye conditions that could affect your eyesight or have long-term consequences if not treated promptly.

Dr. Reina Yuan Perez recently purchased her own private practice in her hometown, Foster City and assumed ownership of Foster City Eye Care from Dr. Purewal, who established the practice in 1978.

SLIPS, TRIPS, and FALLS



A Preventable Problem

Centers for Disease Control (CDC) says that people age 65+ have a greater than 25% chance of falling. And if someone falls once, their chance of falling again *doubles*, meaning there is over 50% chance of a second fall. With more than 1 in 4 seniors falling each year, 95% of hip fractures are caused by falling sideways. Fear of falling, or "post fall syndrome" may result with increased dependence, decreased mobility, and social withdrawal.

Top age-related changes that increases fall risk:

- Vision problems. As eyesight declines, so does the ability to stay upright to clearly see what is in your path.
- Use of medicines, tranquilizers, sedatives, or antidepressants can affect balance and steadiness on your feet.
- Foot pain or poor footwear contribute to difficulties with walking and a declining desire to walk.
- Lower body weakness, muscle loss and stiffness, especially in the hips and ankles.
- Vitamin D deficiency.
- Home hazards or dangers such as broken or uneven steps, and throw rugs or clutter that can be tripped over.

Falls can be prevented with some simple ways to reduce fall risk:

- Treat or manage eye and vision problems.
- Do strength and balance exercises.
- Use walkers and canes correctly.
- Make your home safer by decluttering, improve lighting, and making home safety modifications.
- Talk to your doctor about Vitamin D supplements, review your medicines, and assess your risk for falling.

Source: CDC

“READING IS TO THE MIND WHAT EXERCISE IS TO THE BODY”

Do you need a recommendation for a good book to read? The **Book Worms** club of Foster City Village led by Audrey Guerin has been meeting for five years. They have read and discussed over 60 books and would gladly share their views. Reading is a great way to keep your mind active. Reading helps you exercise your cognitive skills, increase your vocabulary, relieve stress, and improve memory. Foster City Library will also deliver books to those who are unable to get to the library because of a non-driver status, short or long term ailment, visual impairment, or physical challenges.



MENU

Crostini With Pesto &
Tomatoes
Meatballs & Cavatappi
With Quick Tomato
Sauce With Basil
Shaved Fennel With
Croutons, Lemon & Mint
Classic Tiramisu



An enjoyable way to spend a Saturday afternoon watching MARLENE SOROSKY GRAY demonstrate to 21 of us some new methods, that we can use to make fresh meatballs, a quick tomato sauce, shaved fennel, and tiramisu from scratch. We also sampled crostini with pesto and tomatoes during the presentation. Nothing too elaborate or fancy here, just simple good Italian food. You do not need to have much in the way of cooking skills to throw an Italian lunch party at home! We laughed, learned and met new people. It was delicious and no dinner was required that night.



1. Who gets the extra penny when we put in our two cents, but only get a penny for our thoughts?
2. Is there another word for synonym?
3. Why do they put Braille on drive-through bank machines?
4. If a deaf person goes to court, do they call it a hearing?
5. Why is there an expiration date on sour cream?
6. If the police arrest a mime, do they tell him he has the right to remain silent?
7. If a turtle doesn't have a shell, is he homeless or is he naked?
8. Why don't they put deer crossing signs where it is safer for the deer to cross?
9. Isn't it a bit unnerving that doctors call what they do "practice"?
10. Why does Goofy stand upright and Pluto stand on all four feet?
11. Why do toasters have a setting that burns the toast?
12. What if there were no hypothetical questions?

EXECUTIVE DIRECTOR*Mary Bates***OFFICERS***Jim Wambach, President**Supriya Singh, Vice President**Richard Hopper, Treasurer**Bob Lahl, Secretary***BOARD OF DIRECTORS***Phyllis Brown, Marlene Hopper,**Jennifer Malament, Edd McKibben,**Patricia Player-Maxwell*

**Board Meetings are held the third
Monday of each month at 6pm**

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