

the VILLAGER

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www.fostercityvillage.org

Inaugural Benefit Role Models 2018

I am pleased to announce the Foster City Village Inaugural Benefit, ROLE MODELS 2018. Join us as we celebrate many of our Bay Area leading "ROLE MODELS", on Sunday, September 16, 2018 at the Foster City Crowne Plaza Hotel beginning at 2:00pm, featuring hors d'oeuvres, a unique show, and auction. Attire is "Dress to Impress".

You have the opportunity to honor your ROLE MODEL, such as a parent, coach, teacher, professional colleague, mentor, or friend. Your ROLE MODEL will be recognized at the Benefit by walking the "runway" wearing their choice of attire with a short narrative read by our Announcer about your ROLE MODEL.

For information about how to become an active part of our Inaugural Benefit, ROLE MODELS 2018, please call the Village office at 650.378.8541 or send an email to fcvillage94404@gmail.com. There are numerous opportunities to become involved by donating an auction item, becoming a ROLE MODEL Sponsor or event Benefit Sponsor, or by purchasing Benefit tickets and attending the Benefit.

We greatly appreciate your time and consideration, and hope to celebrate with you and your community family, friends, and colleagues at ROLE MODELS 2018!

Mary Bates, Executive Director

Art Collage 101



Ten budding Village artists gathered to explore the techniques of making collage. With the help of instructor Audrey Guerin and her husband Gil Guerin, they accomplished their first works. They quickly learned to see the wonderful forms and colors that are in magazines and assorted papers, which are to become their "paints" for future collages. The next session is Tuesday, July 17 at 1PM at the FC Recreation Center. Attendees planning to attend are requested to email Audrey at guerin.audrey@gmail.com.

*Please **WELCOME** Rosemarie and Ashley to the Foster City Village office working alongside Sophia as our Marketing Services*



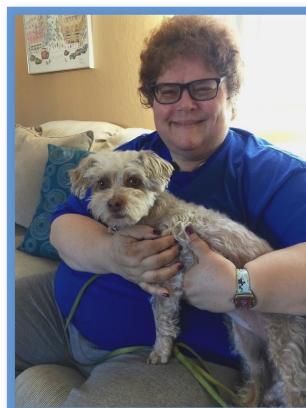
Rosemarie Taylor is a student at the College of San Mateo. Her major is English, pursuing a career as an editor in hopes of working for National Geographic. After community college, her goal is to attend the University of San Francisco to receive a BA in English and minor in Filipino Studies.



Ashley Perrilliat is a young woman who is currently a student at the College of San Mateo, where she is an Associated Student Government Senator, an Alpha Gamma Sigma Honor Society Vice President, and involved with the Guided Pathways Program, where she engages with professors, administrators, and other students. Her major is Communications with a minor in Business, with hopes of transferring to UCLA or USC. Ashley is very creative and active on social media platforms. Ashley is excited to bring new marketing ideas to the Foster City Village team.

Welcome Our New Member!

Ina Pottorff has had a long career in Sales. She was employed as a U.S. National Park Ranger, and her most interesting job was giving tours at the White House in Washington, D.C. She currently volunteers with the Alzheimer's Association, the Foster City Chamber of Commerce and hopes to volunteer more with the Foster City Village.



Happy Birthdays!

July

7/9 Richard Biederman

7/10 Laura Abrego

7/17 Jon Grant

7/19 Betty Gee

7/28 Marlene Hopper

7/29 Betty Wexler

7/31 Leonard Jacobs

7/31 Ina Pottorff

August

8/3 Emily Thomann

8/5 Phyllis Lam

8/13 Marie Davis

8/26 Hannalore Hempe

8/27 Murli Melwani

"NEW"

Village Office Hours

Mondays to Thursdays:

9am to 3pm drop-in,

3pm to 5pm

by appointment only.

Fridays: 9am to 3pm via

650.378.8541 (Virtual)

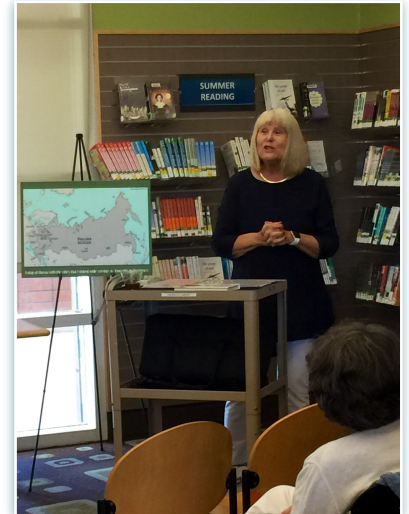
Closed Weekends



Lunch and Learn with Michelle Carter

The June Lunch and Learn featured Michelle Carter, author of *From Under the Russian Snow*. Her book is a memoir about her experiences in Russia in 1995 when the country was experiencing a time of freedom. Michelle was there for a year as the U.S. Information Agency Journalist-in-Residence. She worked with Russian newspaper editors to help them incorporate a freedom of the press that was new to their country. She shared stories about her life experiences with the Russian culture and day-to-day survival skills living in Moscow. Her description of a train ride with several "Babushka" (grandmother) was a fun story enjoyed by our members.

Michelle was the Managing Editor of the San Mateo Times and raised her children in Belmont. She lives in the San Francisco Bay Area with her husband, a retired airline captain and flying instructor.



cityFest 2018

On Saturday, June 2, smiling volunteers staffed the ticket/glass sales booth at the Foster City cityFEST. We all wore our blue Village tee shirts and sold tickets and glasses. Our booth was right next to the stage area on the grass, so our bonus was listening to good music. It was a fun day to be together and to show that Foster City Village is part of our community.



August 21, 2018 is National Senior Citizens Day. It was established 25 years ago, when President Ronald Reagan set aside the day in late August as a time to recognize the contributions older adults have made throughout their lives. The holiday has an even greater importance now given that the over-65 population is the fastest growing demographic in the country. On August 19, 1988, President Ronald Reagan signed Proclamation 5847 declaring August 21 as National Senior Citizens Day. This day was created as a day to support, honor and show appreciation to our seniors and to recognize their achievements and their valuable contributions to our communities.

Wondering what to do to celebrate this day? The following activities have tangible benefits as well as fostering intergenerational connection to help make their day special.

1. **Get Outside and Enjoy Nature**

Get some fresh air and sunshine. Visiting these lush Peninsula and South Bay gardens - San Mateo Central Park Japanese Garden, Filoli in Woodside, the Allied Arts Guild in Menlo Park, and Hakone in Saratoga will refreshingly slow things down and reinvigorate you—no green thumb required!

2. **Visit a Plant Nursery**

Have you ever considered how beneficial gardening is for your well being? Not only can you practice your planting skills, it's a great form of exercise, can reduce feelings of stress and can improve your overall strength and endurance.

3. **Spend Quality Time**

Everyone enjoys a good shared meal, so brunch, lunch or dinner at a favorite restaurant might be a nice treat. For those who may not be able to get out of the house, keep it simple as having coffee or afternoon tea at home, watching a movie, preparing a meal together, or playing a board game.

4. **Go to a Farmers Market**

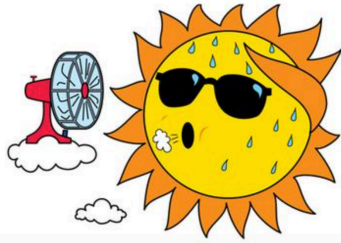
Simply strolling through and buying fresh produce, lovely flowers, and local products is a great activity!

5. **Enjoy a Picnic**

Sunshine, green grass and warm temperatures are quite inviting. Create a picnic meal and take it outdoors, whether it's in your patio or at the park. Go for a walk around the neighborhood or through the park! It can help boost your energy, maintain your independence and even combat symptoms of illnesses. Ask a friend to join so you can enjoy the warm weather together.

6. **Take a Scenic Drive**

Picturesque open spaces and sprawling parklands that can make for a leisurely and memorable excursion such as the lovely views of the Crystal Springs Reservoir near Hwy 92, Skyline Boulevard which runs along the spine of the Santa Cruz Mountains, between towering coastal redwoods, stops at one of the beaches or at one of the quaint seaside towns, including Half Moon Bay, San Gregorio, Pescadero and Davenport.



Hot Weather

Safety Tips

1. **Drink plenty of cool water** throughout the day. Avoid alcohol, coffee, tea and caffeine.
2. **Monitor medications:** Find out if medications increase your risk for heat stress. Be sure to ask a physician about all the medications being taken.
3. **Eat light, cold meals** or cooling snacks like chicken or pasta salad or popsicles.
4. **Place a cool washcloth** on the back of the neck or sit with feet in a pan of cool water.
5. **Keep the house cool** by keeping shades closed during the hottest part of the day. Open windows at night and use fans or cross-ventilation to circulate cooler air.
6. **Wear lightweight clothing** so it is easy to adjust to the temperature throughout the day. Wear hats and use umbrellas outside.
7. **Avoid direct sun.** Stay indoors during the hottest hours, 11 a.m. to 4 p.m. Go somewhere with air conditioning like a recreation or senior center, library, coffee shop, restaurant, shopping mall, or a friend's or relative's house.
8. **Take a cool shower,** bath, or washcloth wipe-down. Keep the water just below body temperature.
9. **Stay on the ground floor** or basement of the house since heat rises. Best to avoid the hotter, stuffy upper floors.
10. **CDC recommends** using electric fans only when the temperature is below 90 degrees Fahrenheit to circulate inside air. Above 90 degrees, use an air conditioner to cool down. Keep air conditioning on below 80 degrees F. If you do not have air conditioning, buy a room air conditioning unit (there are some under \$150).

Be alert: A person with cognitive impairment, whether from disease or injury, may not be able to communicate distress. In some cases, they may not even "feel" the heat or discomfort because of changes in the brain's abilities to process sensory information or regulate their body's responses to heat.

Sources:

Center for Disease Control & Prevention
National Institute on Aging

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Mary Bates

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