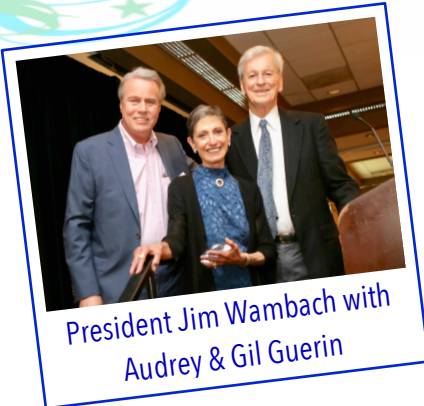


# the VILLAGER

Email: [fcvillage94404@gmail.com](mailto:fcvillage94404@gmail.com)

[www.fostercityvillage.org](http://www.fostercityvillage.org)

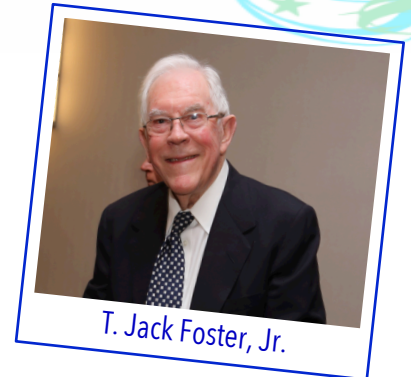
## Role Models '18



President Jim Wambach with  
Audrey & Gil Guerin



Mary Bates and Mark Watson



T. Jack Foster, Jr.

On September 16, 2018, Foster City Village held its Inaugural Benefit ROLE MODELS '18 at the Foster City Crowne Plaza to raise funds to continue Village programs for the upcoming year. We were delighted by the attendance of over 200 guests. It was further proof that we are indeed surrounded by a genuinely supportive community.

The event honored Role Models in the community. Ambassador Jeffrey D. Levine (ret.) presented T. Jack Foster, Jr. with the Village's Community Service Award, honored for the service that he and his family made in building Foster City. Foster City Village's Board President, Jim Wambach presented Audrey and Gil Guerin with the 2018 Elaine Pitts Community Service Award for their outstanding contributions to the Village.

Thanks to the generosity of our sponsors, attendees, supporters, and volunteers for coming together in support of Foster City Village's mission of **"Building Dynamic Community"**, serving individuals in our community to rise above the difficulties they face as they live independently in the Foster City community.



Photography credit: Lisa Johnson, Captured Memories Photography



The annual Volunteer Appreciation Brunch was held on Sunday, September 23 at the beautiful residence of Jon and Linda Grant. Linda offered an amazing selection of foods, champagne and mimosas from 11 a.m. to 1 p.m.

Our volunteers are the heart of Foster City Village, each and every day demonstrating the best of what it means to care about your neighbors and lend a helping hand. Volunteering is a wonderful way to give back to your community and make new friends. We are seeking people who drive and are interested in connecting with other members to provide rides to programs, doctor appointments and other trips nearby. If you would like to assist with our transportation needs or become a volunteer to help with other volunteer opportunities, please contact the Village office at [fcvillage94404@gmail.com](mailto:fcvillage94404@gmail.com) or 650.378.8541.

*Thank you, Linda and Jon who made this event special for our volunteers!*

### **FC Village Annual Garage Sale**



The annual Foster City Village garage sale was held on Saturday, September 8 with warm and sunny weather. Sales were a bit slow this year, but it gave members an opportunity to clean out their closets to donate many items for the garage sale. All 16 volunteers had fun helping out with pricing, set up, selling, and shopping!

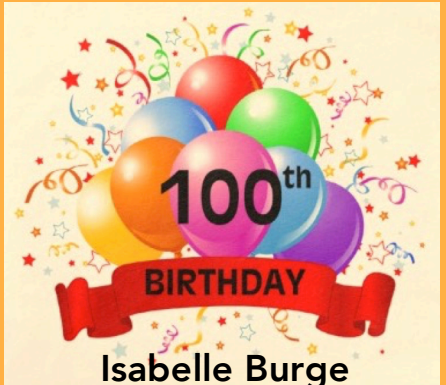


### **November**

- 11/1 Shari Williams
- 11/2 Carol Ohm
- 11/16 Bob Maxwell
- 11/17 Jeff Brown
- 11/24 Hartwell Wainwright
- 11/24 Sophia Wambach
- 11/25 Lydia Meyer
- 11/27 Larisa Alexander
- 11/29 Isabelle Burge
- 11/30 Eve Lerman

### **December**

- 12/2 Margaret Chan
- 12/5 Adriana Livianu
- 12/8 Ada Lax
- 12/12 Mohini Melwani
- 12/13 Alan Wilson
- 12/19 Chew Lee
- 12/21 Marjorie Callahan
- 12/26 Gilbert Guerin
- 12/28 Doug Fong
- 12/29 John Blatt





# Role Models '18



Alexandra Morehouse



Andrea Pond



Alex Watson



Beverly Camozzi



Evelyn Bender



Jackie Speier



Jamuna Advani



Jeff Moneda



Jennifer Liu



Marie Davis



Pierre Morrison



Tim Hyer



## October Lunch & Learn with Pauline Tsui



### *Health Benefits of Learning Chinese Painting*

Pauline Tsui aspired to become an artist since the age of 3. At age 12, she studied Chinese brush painting under Master Cheung Shiu Shek - a lead artist of the Lingnan School and an expert in painting Peonies. Pauline has been a docent and an architectural guide for the San Francisco Asian Art Museum since 2003.

Pauline gave an educational talk about the history and development of brush painting. She also presented a 30-minute slideshow of artworks from the San Francisco Asian Art Museum and explained basic brush techniques to paint seasonal flowers and small animals.

Painting provides a fun hobby that promotes mental health benefits such as sharpening memory, building motor skills, fostering creativity, relieving stress, boosting self-esteem, nurturing emotional growth, and improving your overall quality of life.

In her spare time, Pauline teaches Chinese brush painting, illustrates and writes children's story books, and designs multi-cultural dolls and toys.













**November 27, 2018****#GIVINGTUESDAY™**  
**#GIVINGTHANKS****GIVING BACK to Foster City Village**

Giving Tuesday is a national day of giving that encourages people to turn their spending into donating at the beginning of the holiday season. This inspires people to collaborate in improving their local communities by giving back to the charities and causes they support.

As the older adult population continues to grow rapidly, your generous donation will help Foster City Village provide senior-focused programs and services for older adults in our community to promote independence, well-being, and safety, as well as to prevent hunger and improve overall health.

Support Foster City Village with a gift this #GivingTuesday, **November 27, 2018**. To donate by mail, please send your charitable contribution to: Foster City Village, 1000 E. Hillsdale Blvd, Suite 210, Foster City, CA 94404. Checks should be made payable to Foster City Village. We appreciate your generosity and are grateful for your support of Foster City Village.

**Another Way to Support Foster City Village****amazon**smile  
You Shop. Amazon Gives.

If you are already shopping on Amazon, it never hurts to start doing so from AmazonSmile so Foster City Village can reap some benefits.

Amazon operates AmazonSmile with the same products, prices, and shopping features as Amazon.com. The difference is that when you shop on AmazonSmile, the AmazonSmile Foundation will donate 0.5% of the purchase price of eligible products to Foster City Village.

Start your Amazon shopping at AmazonSmile ([smile.amazon.com](https://smile.amazon.com)). Shop as you normally would, at no extra cost to you, and you don't need to make a separate account. Every item available for purchase on [www.amazon.com](https://www.amazon.com) is also available on AmazonSmile ([smile.amazon.com](https://smile.amazon.com)) at the same price. Eligible products are marked "Eligible for AmazonSmile donation" on their product detail page.

## HOW GRATITUDE ENHANCES YOUR MIND, BODY & SPIRIT

Gratitude is derived from the Latin root *gratia*, meaning grace, graciousness, or gratefulness. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow. It is strongly and consistently associated with Greater Happiness.

Gratitude can provide many benefits including renewing our brain:

- 1) Gratitude **Increases Social Connections**
- 2) Gratitude **Strengthens Immune System** and **Enhances Physical Health**
- 3) Gratitude **Improves Psychological Health** and **Mental Strength**
- 4) Gratitude **"WIRES AND FIRES" the Brain's Neural Pathways**
- 5) Gratitude **Promotes Better Sleep**
- 6) Gratitude **Increases Empathy** and **Compassion**
- 7) Gratitude **Boosts Self-Esteem**
- 8) Gratitude **Builds Resilience**

Take time to reflect on what you are thankful for in your life and make being grateful a part of your daily routine.

What or who are you grateful for this year?

Has something happened this year that has given you a new perspective or makes you feel lucky or fortunate? Please share your story about a person, an organization, a place or thing.

You can email it to [fcvillage94404@gmail.com](mailto:fcvillage94404@gmail.com). Include "Thanks Giving" in the subject line or mail to the Village office at 1000 E. Hillsdale Blvd, Suite 210 Foster City CA 94404.

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*Mary Bates*

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*Jennifer Malament*

The **Role Models'18** event photographs are available for viewing and/or purchase at [www.lisajohnson.photo/village](http://www.lisajohnson.photo/village)