

# the VILLAGER

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## Updates to Board of Directors

With the start of 2019, we are fortunate to have dedicated Board of Directors who are moving to new roles. Ms. Supriya Singh recently completed a term as Board Vice President, and is currently serving as our new Board President. She will continue her roles as the "We Care" Program Chair and as Membership Director. Ms. Marlene Hopper, a long-time Board of Director and Membership & Outreach Director, is our new Board Vice President.

## Peninsula Health Care District 2019 Grant Award

We are pleased to announce that the Foster City Village was awarded the 'Promote Quality of Life' Grant on Monday, February 4, 2019. This grant will provide funding support for fitness classes, activities, and special events free of charge to our Foster City Village members!



**Patricia Player Maxwell** received a certificate of appreciation at the Peninsula Health Care District's Annual Community Partners Event on February 4. Patricia is the founder of Foster City Village, our volunteer-based grassroots non-profit organization chartered on February 14, 2013, dedicated to providing free and low-cost services to our members. In addition to her many other volunteer activities, Patricia is currently planning and fundraising for the Second Annual Health and Aging Education Day, which will present informative and educational talks on age-related topics, and exhibits from local service vendors. She also organized and coordinated the monthly Senior Meals Program, now in its sixth year, which is one of her greatest achievements.

## SAVE the DATE

Foster City Village Annual Benefit  
It Takes a VILLAGE  
*Celebrating the Community TEAMS  
You Admire*  
Sunday, October 6, 2019

"It Takes a VILLAGE" Annual Benefit highlights local Community Teams such as athletic teams, volunteer groups, companies, non-profits, youth groups, friends and families, that we have grown to admire. These Community Teams continue to provide vibrant local neighborhood connections and support in a myriad of ways.

Warm Regards,  
Mary Bates, Executive Director  
[marybates.fcv@gmail.com](mailto:marybates.fcv@gmail.com)



Events at Atria at Foster Square  
707 Thayer Lane, Foster City

### RIGHTSIZING THURSDAYS Thursday, March 14 at 11AM

Clear your clutter and focus on the future. Mani Mortezaei of Tailored Transitions will provide tips on starting your do-it-yourself project:

- Down size your belongings to your most treasured keepsakes.
- Pass on your chosen treasured items to your family in a way that you choose.
- Liquidate your unwanted belongings and turn them into cash for you.
- Donate/recycle your unwanted items that cannot be turned into cash.

Regardless of size and scope, each task begins with a "rightsizing" plan, and then the plan is tailored to meet each person's particular timeline, budget and personal situation.

Refreshments and community tours will be available.

RSVP by March 13 to the Village Office, 650-378-8541.

### FINDING HAPPINESS AND MEANING AS YOU AGE Thursday, March 21 at 6PM

It's natural to feel a loss of purpose as we age and experience mental and physical changes. But, pushing past that inertia to stay engaged and active can lead to lifelong improvements to mood and mental health.

6PM Appetizers 7PM Presentation

RSVP by March 20 the Village Office, 650-378-8541



### March

- 3/10 Ardyth Monroe  
3/13 Patricia Campos  
3/31 Jerry Lerman



### April

- 4/1 Jennifer Malament  
4/6 Gary Miller  
4/8 Lucia Riedemann  
4/11 Audrey Guerin  
4/15 Marlene Sorosky-Gray



**Ana Maria Letron** is a delightful, enthusiastic lady who came by our table at the "Senior Showcase" event and won our drawing for a Free membership. She is bilingual, and speaks both fluent Spanish and English. She has enjoyed the Village and participated in many of our events.

**Leonida "Eda" Abrams** heard all about the Village from Adriana Livianu, and signed on as a member right away. She plans to be both an active member and volunteer. Within her first few days of membership, she participated in both the IHOP Breakfast and the 6<sup>th</sup> Anniversary Party.



Kimika Soko Takechi & Larry Sokyō Tiscornia introduced the traditional Japanese art of Chanoyu (tea ceremony) at January's Lunch & Learn. They teach Chanoyu and give workshops in Wagashi (traditional Japanese sweet-making), and Kaiseki, the wonderful several course meals that can accompany tea ceremonies. The name Soko translates to "fragrance" and Sokyō to "bridge".

Chanoyu is inseparable from Zen meditation as it was greatly influenced by the Zen Buddhist Monk Sen no Rikyū. He put emphasis on the concept of "ichigo ichie", meaning "one time, one meeting".

Tea meditation has many benefits for our well-being. Some of these benefits are:

- stress reduction
- drinking tea contributes to proper hydration and improves concentration
- feeling of inner peace
- cultivate a sense of gratitude and a deep reverence for life
- the ability to be and enjoy the present moment



*Ada Lax holds a photo of her late husband Chet Lax, who was inducted into the San Mateo High School Hall of Fame for his accomplishments in football and track and field and served in the Korean War.*

Ada was 12 years old when she made the move with her sister Dorris from Taylor, Texas, to San Mateo in 1947. She remembered her father coming home for lunch every day while he worked as a mechanic for a Burlingame auto shop. When the family grew to include Ada's brother Kevin and her sister Kandice, she said her mother began providing day care for not only her children, but also for other children in the neighborhood.

Ada remembered being one of six black students who graduated from San Mateo High School in 1954 and also recalled when the National Association for the Advancement of Colored People advocated for teachers, who were minorities to be hired at the school years later. In 1957, Ada married Chet Lax, who graduated from San Mateo High School in 1948 and was later inducted to the High School's Athletic Hall of Fame for his accomplishments in track and field and football.



**February Lunch & Learn  
with Christina Irving**

**TIPS for COMMUNICATING  
with Your Doctor**

When was the last time you left a doctor visit feeling satisfied that your concerns were heard and responded to? Successful communication with your doctor demands effective two-way communication. Here are a few tips to consider:

**Make a list of your concerns and prioritize them.** Do you have a new symptom you want to ask the doctor about? Do you want to get a flu shot? Be thorough and honest; the details are important. Keep the list to one page and consider giving the doctor a copy of your list. Start with your most important concerns first. This will help make the best use of the limited time you have for your appointment.

**Update the doctor.** Let your doctor know what has happened to your health since your last visit. Have you been treated in the emergency room or by a specialist? Recent changes in medications or their effects on you? Make sure your key concerns are known at the onset of the visit to prevent the doctor from jumping to conclusions or dismissing issues you believe are important.

**Bring information with you.** List all your prescription drugs, over-the-counter medicines, vitamins, and herbal remedies or supplements, including the dose, or put them all in a bag and bring them with you to your appointment. Also bring your insurance cards, names and phone numbers of your other doctors, and their medical records that are not in your doctor's office files.

**Make sure you can see and hear.** Let the doctor and staff know if you have a hard time hearing or seeing. Take some deep breaths and focus on what the doctor is saying. Do not hesitate to ask the doctor about words that are unfamiliar or his instructions are not clear to you. For instance, you might say: *"I want to make sure I understand. Could you explain that a little more?"* or *"I'm not familiar with that word. What does it mean?"*

**Do not minimize the symptoms or situation.** If being up all night is preventing you from getting any sleep, say so. Remarks like "It's just a little cough" or "My being up all night really isn't a problem," might lead your doctor to assumptions behind proposed treatments that may not seem viable for your condition.

**Consider bringing a family member, friend or caregiver.** Tell your companion what you need from your visit and if you would need some time alone with your doctor. Your companion can take notes during the visit, remind you what you planned to discuss with the doctor, and help you remember what the doctor said. Obtain brochures, fact sheets, written or recorded information about your health conditions or treatments.

**Call or email the doctor.** If you are uncertain about the doctor's instructions after you get home, call the office. A nurse or other staff member can check with the doctor and call you back. Ask whether the doctor or other health professional has an email address you can use to send your questions.

**Remember the doctor may not be able to answer all your questions.** Even the best doctor may not have answers to some of your questions. Your doctor may be able to help you find the information or refer you to a specialist. If a doctor regularly brushes off your questions or symptoms as simply a part of aging, think about looking for another doctor.





Foster City Village celebrated its 6<sup>th</sup> anniversary on February 12 with the party theme "A Blast from the Past". Many of our members wore clothes from their favorite decade, 20's through the 80's. We listened to fun music and learned some "decade trivia". Our "Retro" lunch featured Chicken á la King, potato chips and onion dip, Jello salad, marinated bean salad with Hostess cupcakes, Twinkies and Ding Dongs for dessert. Jon Grant called a mean game of BINGO and everyone went home with full stomachs and lots of smiles!



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Mary Bates

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