

the VILLAGER

Email: fcvillage94404@gmail.com

www.fostercityvillage.org

Cooking with Chef Marlene



Marlene Sorosky Gray is the James Beard award winning author of 8 cookbooks, which have sold over one million copies. For many years she was the Culinary Advisor for Safeway Stores, where she brought in HealthyAdvantage products and created recipes to help consumers eat healthy with more nutritious ingredients. For several years she owned a cooking school/cookware shop in Southern CA where she worked closely with Julia Child, Jacques Pépin and James Beard. Marlene's first love is teaching cooking and her goal is to help us eat healthier and have fun while doing it.

Marlene will show quick, fun and nutritious tricks for cooking that promises to get us in and out of the kitchen, with leftovers for another day's meals.

SESSION I classes are on August 20, September 3, and September 17, 2019, Noon-2PM.

Call the Village office at 650.378.8541 to register.

Village members: FREE. Non-members: \$30.

Limited to 20 participants. All classes are located at The VIBE on 670 Shell Blvd.

SAVE the DATE

Foster City Village Annual Benefit
It Takes a VILLAGE

*Celebrating the Community TEAMS
You Admire*

"It Takes a VILLAGE" Annual Benefit highlights local Community Teams such as volunteer groups, athletic teams, 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.

Sunday, October 6, 2019, Foster City Crowne Plaza, 1221 Chess Boulevard, Foster City; 5pm Reception, 6pm Dinner followed by auctions and the Program honoring our Community Teams, and Community and Village Volunteers of the Year.

To purchase tickets, please mail a check payable to:
"Foster City Village, Inc."

1000 East Hillsdale Blvd, Foster City CA 94404
Table of 10 attendees \$700, or \$75 per attendee.
Partnerships/Sponsorships available. For more information, call Mary Bates at 650.378.8541.

Happy Summer,
Mary Bates, Executive Director
marybates.fcv@gmail.com



Haddy Lau has lived in Foster City since emigrating from Hong Kong in 1996. Her husband passed away in 2014 and she continues to maintain relationships with many people -- family, friends, associates, & neighbors. Haddy is so happy in becoming a Foster City Village member, especially to enjoy the exercise classes whenever she is available and weather permitting.

Patricia "Trish" Miller moved to Foster City in 1970, during the Dust Bowl Years. Patricia retired in 2001 after almost 40 years teaching Special Needs students for the SMFCSD. Her passion still remains in helping children and serving as a strong advocate for them. She enjoys cooking, walking, reading and meditation. Patricia looks forward to joining the Art Collage class and participating in future activities.

Atreyi Mukherjee is a relatively new resident of Foster City since July 2018. She lives with her son, daughter-in-law and two little grandchildren. Atreyi is a former public school teacher in Pittsburg. She enjoys different forms of exercise and will participate in both the CoreFitness and Chair Yoga classes through Foster City Village.

Ralph Panelli has two sons and a daughter-in-law close by in Foster City and looks forward to participating in the Village's many social events. Ralph has already tried Bocce ball and Mexican Train, and looks forward to meeting others at IHOP.

Violet "Vi" Pharo was born in Winnebago, Illinois and attended Hononegah High school in Rockton, Illinois. She moved to California in 1967 with her family from Beloit, Wisconsin and worked in the banking industry holding positions from Teller to Personal Banker and Loan Specialist. They later moved to Foster City in 1977 with all three children who are now married. Her amazing, loving husband Terry passed away January 2017 after 55 wonderful years of marriage together. Vi enjoys cooking, baking, spending time with her five grandchildren and family.

Betty Steele joined us as a Full member. Betty attended and enjoyed "Celebrating Everyone's Birthday" party and plans to be increasingly active in other events. She has a daughter living in the Bay Area.

Ilene Turtletaub was born in Minot, North Dakota. She came to California in 1962 and worked at Lenkurt Electric where she met her husband, Warren on the Lenkurt bowling league. They married and moved into Foster City in 1963. She loves playing any kind of cards and volunteers for Meals on Wheels.



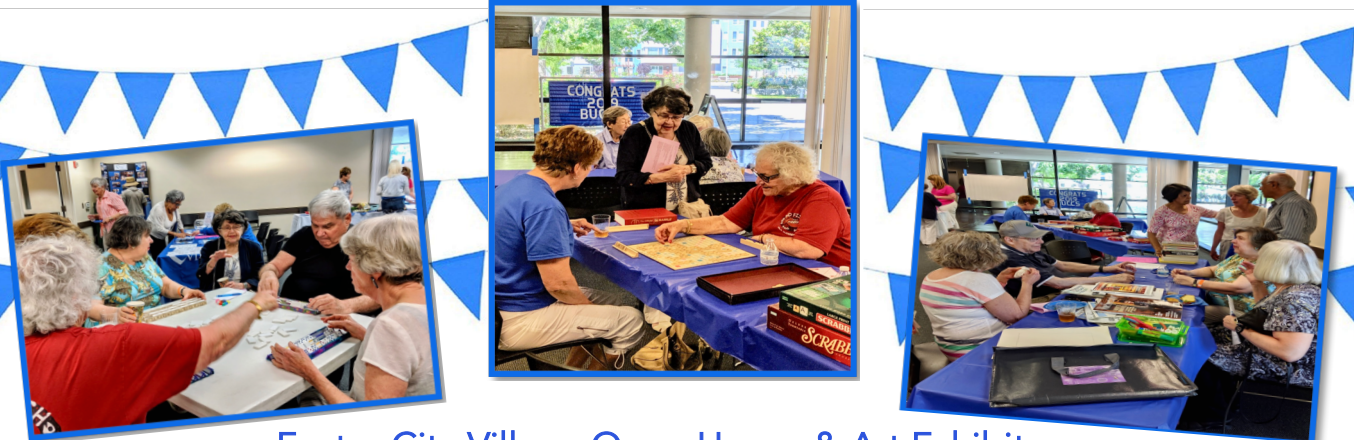
July

7/9	Rich Biederman
7/10	Laura Abrego
7/17	Jon Grant
7/19	Betty Gee
7/21	Andrea Pond
7/26	Carrie Cox
7/28	Marlene Hopper
7/29	Betty Wexler
7/31	Ina Pottorff

August

8/3	Emily Thomann
8/4	Haddy Lau
8/5	Phyllis Lam
8/13	Marie Davis
8/20	Patricia Miller
8/25	Marcia Cohn-Lyle
8/26	Hannalore Hempe
8/27	Murli Melwani



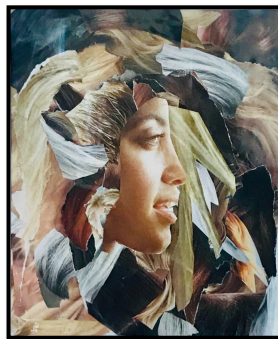


Foster City Village Open House & Art Exhibit

"Another resounding success" is how Marlene Hopper described the 2nd Foster City Village OPEN HOUSE held on Sunday, June 23, 2019. We had wonderful participation from our active members and volunteers. They came to meet with community members to share what our Village means to us. There is nothing like hearing it directly from our Villagers themselves. Everyone raved about the beautiful "Collage" art works created by our Foster City Village members displayed in the Recreation Center Art Gallery. Village Member Audrey Guerin teaches in her class how to "tear rather than cut" to make beautiful collages. Most participants had little art background or made collage in the past! Marlene Sorosky Gray, joined us for hands-on "Build Your Own Appetizers" with recipes to take home. Be on the lookout for Chef Marlene's Fall Cooking Demo & Lunch classes sponsored by Foster City Village and the Peninsula Health Care District at no cost to our members. As a Foster City Village member, the Collage Art class, the CoreFitness and Chair Yoga classes are also included at no extra charge. Below are examples of artwork created by our members in Collage Art class.



Helen Ackerman



Gil Guerin



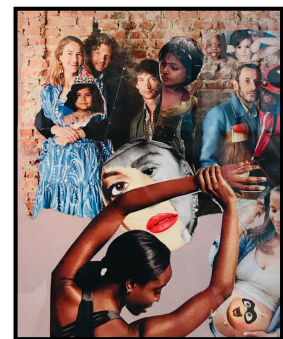
Marlene Hopper



Larisa Alexander



Collage Participants



Supriya Singh



Our May Lunch and Learn featured a presentation on "Senior Health and Nutrition" by Dr. Sharon Ou, a physician with Kaiser Permanente in Redwood City. Dr. Ou emphasized that eating fresh vegetables and less processed food is better than taking vitamins and supplements for everyone. Dr. Ou pointed out that our body needs 25 grams of fiber and fiber-rich foods such as beans, broccoli, fruits and nuts each day to provide iron and protein. Dr. Ou suggested a green smoothie drink with ground flaxseed for omega3+fiber. Everyone went home with information about dietary changes that they can incorporate into their everyday eating. Dr. Ou's final advise was "Eat a Rainbow" of fruits and vegetables to improve the immune system, slow aging and reduce risk for heart disease, cancer and other illnesses.

Phytonutrients in Every Color

Red – Lycopene

Benefits: heart & lung health, urinary & prostate cancer, eye health.

Best sources: tomatoes, beets, watermelon, strawberries, raspberries, red bell pepper, cherries, red grapes, cherries, red onions.

Orange/Yellow – Beta carotene

Benefits: vision, heart disease, immune system.

Best sources: sweet potato, carrots, butternut squash, cantaloupe, sweet orange and yellow peppers, corn, yellow apples, lemons, papaya.

Green – Lutein and Indoles

Benefits: reduce risk of cataracts and macular degeneration

Best sources: kale, spinach, broccoli, brussels sprouts, asparagus, avocados, peas, green pepper, cucumber, zucchini, green beans, lettuce, honeydew melon

Purple/Blue – Anthocyanins

Benefits: cognitive function, reduce risk of stroke and heart disease, delays cellular aging

Best sources: purple cabbage, eggplant, blueberries, concord grapes, plums, prunes, blackberries, purple carrots, purple potatoes

White/Off White – Flavonoids and Allicin

Benefits: supports immune system, anti-tumor properties for cells and tissues

Best sources: garlic, cauliflower, onions, leeks, bananas, parsnips, mushrooms



Celebrating Everybody's Birthday!

- On May 23rd, 45+ members joined together to celebrate their birthdays. Marlene Hopper gave an overview on Foster City Village's membership. We opened with 38 members and now have 98 members. 46% of our total membership are over 80 years young with 45% between the ages of 70-79 years, 28% between 80-89 years, and 19% between 90-100 years. Membership dues and services are based on the needs of the community to stay in their own homes for as long as possible. Frequent service categories with the highest number of requests are the Beauty Salon, Medical Visits, and Social Events. We hope to continue growth with additional volunteers and new members. Without members, we won't need volunteers and without volunteers we won't have members!



Village Movement California - The Age of Leadership

Marlene Hopper had the privilege of attending the Village Movement California workshop, "The Age of Leadership" in Newport Beach, CA on May 31, 2019. There were over 40 Villages with 100+ attendees throughout California in attendance plus Villages from Alexandria, Boston, Washington, DC. and Villages Northwest.

The Village Movement California was formed to accelerate growth, deepen impact and ensure sustainability of the movement. The Age of Leadership focused on a path to sustainability and this next year will be full of opportunities to take the Villages from being the "best kept secret" to being the "go to" communities for healthy aging. Specifically, we will work to get Villages written into the State's Master Plan for Aging, lay the groundwork for a 2021 application to Medicare Advantage to cover village memberships, to develop the rationale for scaling the Village Movement and to prevent social isolation and loneliness.

The expression: "United We Stand, Divided We Fall" could not be more appropriate.



(left to right): Marlene Hopper, Foster City Village. Scott McMillan & Pat Brown, Sequoia & MidPeninsula Villages.



The City of Foster City is excited to host a new community event, Summer Days, coming August 23 to August 25, 2019 at Leo J. Ryan Park.

Summer Days is a great opportunity for families, neighbors, and friends to connect and to celebrate the City's birthday. Summer Days will have lots of fun and exciting activities happening throughout the weekend, with something for everyone to enjoy.

Bring a friend to this free event and say "Hi" to us at Foster City Village's booth on Saturday, August 24 and Sunday, August 25.



Do you like to knit?
Are you interested in joining a knitting club?
All Skill Levels Welcome

Starting Monday, July 29, 2019
2PM to 3PM

Please email Shushma at shushmaaggarwal@gmail.com
if you plan to attend (Space is limited)
Call the office at 650.378.8541, if you need a ride.

4 WAYS TO GIVE

We appreciate the many ways you give your time, energy and resources to promote the mission of Foster City Village!
Please explore the ways you can deepen your commitment.

Financial Contributions

We gladly accept contributions all year around. Consider making a recurring donation or using your donation to honor or remember a special individual or event. You can donate online at www.fostercityvillage.org or mail a check payable to Foster City Village at 1000 E. Hillsdale Blvd. Foster City, CA 94404.

Planned Giving

This may include bequests to Foster City Village in a will or living trust; naming Foster City Village as the beneficiary of a retirement plan or life insurance policy; or a tax-free charitable gift to Foster City Village.

Foster City Village Annual Benefit

Buy tickets or a table to our "It Takes a VILLAGE " Annual Benefit or become a sponsor. This is a great way to support and enjoy an evening of celebration.

Volunteer Opportunities

The gift of time, talent and energy is always needed. You can volunteer directly with one of our programs, or become involved with one of our Committees. For more information, check out our volunteer opportunities at www.fostercityvillage.org.

QUAKEUP!

Get Ready!

Earthquakes happen suddenly, violently and without warning. Careful planning ahead should reflect your unique needs to reduce the dangers of serious injury or loss of life and to survive an extended power or water outage.

Before an Earthquake

1. Eliminate hazards in your home. Fasten shelves or secure heavy furniture that might topple over to walls, fix cracks in ceilings and walls, repair defective electrical wiring and leaky gas connections. Secure a water heater by strapping it to wall studs. Hang heavy items such as paintings, pictures and mirrors away from couches and beds.
2. Prepare a Disaster Kit at your bedside and with your wheelchair, if using one. This should be easily accessible.
 - Water and non-perishable food for at least 5-7 days
 - Flashlight or portable battery-operated lamp and extra batteries
 - A whistle to signal for help
 - Portable battery-operated radio and extra batteries
 - First aid kit and manual
 - Extra pair of eyeglasses and extra batteries for hearing aids
 - List of over-the-counter & prescription medications, allergies, medical supplies
 - Personal care and sanitation supplies
 - Copies of Advance Directives, Do-Not-Resuscitate (DNR), End-of-Life (EOL), Provider Orders for Life-Sustaining Treatment (POLST)
 - Contact information of your doctors, family members, and friends
 - Cash, medical insurance & ID card, and credit cards
 - Food and water for service animals or pets
3. Mobility aids and durable medical equipment (DME) should be kept near you at all times. Have extra walking aids in different rooms of the house.
4. Add security lights to each room. They plug into any outlet and will be illuminated when the electricity goes out.
5. Life support systems and oxygen tanks should be fastened to wall studs. Tanks of gas such as oxygen should be securely bolted to the wall. If tanks of gas are knocked over and the valves damaged, they can propel themselves around the room like missiles.
6. Determine at least two buddies who will check on you after any emergency or disaster. Tell them about your special needs and concern. Demonstrate any equipment you use. Give them a spare house key.

During an Earthquake

Keep in mind that some earthquakes are actually foreshocks to a larger earthquake that might occur. It is very important to stay indoors until the shaking is over.

1. The greatest danger is from falling objects. If it would be impossible or even difficult for you to get out from under a desk or table, don't get under it.
2. If you are on your feet, it is best to sit down in a chair or on the floor during an earthquake. You could get thrown to the floor if you are standing. If you are in bed, remain in bed. Be sure to protect your head with a pillow.
3. If you are in a wheelchair, stay in it. Turn away from windows. Move the chair into a doorway with your back towards the hinge. Set the brakes on the chair and, lean over or hold a pillow, book or even an empty wastebasket over your head and neck for protection.
4. If you cannot take cover, make sure that there is nothing that could fall on you. Move to a safe place away from windows and any furniture that might topple. Fallen debris could make it difficult for you to walk or to move a wheel chair, making evacuation impossible.
5. If you become trapped under debris, you should avoid inhaling dust by covering your mouth with a hand or towel, then try to make as much noise as possible. Never light a match.
6. When outdoors or in a moving vehicle, do not stop near or under buildings, trees, streetlights, utility wires and overpasses. Most earthquake-related casualties result from collapsing walls, flying glass, and falling objects.

After an Earthquake

In general, the rule is to evacuate if there is a threat of injury by remaining where you are. If there is no fire, gas leak, or chemical spill and no significant structural damage, then you do not need to evacuate.

1. Don't assume that it's over, as most earthquakes have aftershocks. Turning on a portable radio or television can inform you about what to do next.
2. If you are trapped, use your whistle, bell, or flashlight to attract attention. Pound on beams, windows, walls or pipes, or wave a sheet or jacket out the window.
3. Inspect all utilities for any damages. If you notice a gas leak or electrical wire damage, turn off the main source and contact your local utility company.
4. Never use the elevators if an evacuation is necessary. Be sure your loved ones know where to find you.

IMPORTANT: Older adults who are still getting a paper check for Social Security or other federal benefit payments in the mail are OUT OF COMPLIANCE with the law. Switch to electronic benefits payments either by direct deposit to a bank or credit union account, or to a debit card account. Mail services can be interrupted for days or weeks.

For more information, please visit Foster City Community Emergency Response Team (CERT) Program at www.fostercitycert.org or contact your local American Red Cross chapter at www.redcross.org.

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