

the VILLAGER

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www.fostercityvillage.org



Mary Bates &
Kym McNicholas

"It Takes a VILLAGE"



Marlene & Richard
Hopper

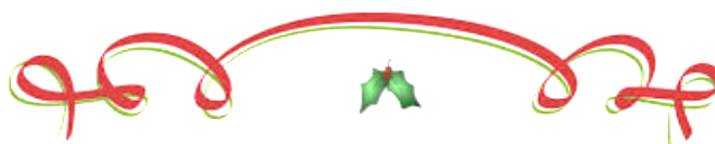
On Sunday, October 6, 2019, Foster City Village (FCV) held the 'It Takes a VILLAGE' Annual Benefit at the Foster City Crowne Plaza to raise awareness and funds to continue FCV programs for the upcoming 2020 year. We were delighted by the attendance, which was proof that we are surrounded by a genuinely supportive community.

The Benefit honored Congresswoman Jackie Speier with the FCV's Community Service Award, for her life-long community service, and Marlene and Richard Hopper with the 2019 Elaine Pitts Community Service Award for their outstanding contributions to the FCV.

A very special thank you goes out to the generosity of our Partners, The Law Offices of Mark C Watson, Gilead Sciences, Danford Foundation, City of Foster City, Crowne Plaza Foster City, The Guerin Family, Sequoia Healthcare District, and Peninsula Health Care District, Table Sponsors, attendees, and volunteers for coming together in support of *FCV'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.

With Gratitude,
Mary Bates, Executive Director





Welcome

A Warm Welcome to new members **Sandy Dennison, Lynne Kohn, and Louise Pierotti.**

A special **Thank You** goes out to our **Current Members** who renew their memberships!



Isabelle Burge



November

11/1 Shari Williams
 11/2 Carol Ohm
 11/10 Atreyi Mukherjee
 11/11 Jan Remmel
 11/16 Bob Maxwell
 11/17 Jeff Brown
 11/18 Violet Pharo
 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
 12/12 Paul Shum
 12/13 Carol Tompkins
 12/19 Chew Lee
 12/26 Gilbert Guerin
 12/28 Elizabeth Steele
 12/28 Doug Fong
 12/29 John Blatt

Cooking with Chef Marlene



Marlene demonstrated on Tuesday, October 1 how to make Burgers with a Twist from the leanest meat and then turning the mixture into marvelous mini meatloaves. Seats are still available for November 19: A Kaleidoscope of Harvest Sides, December 3: Pasta Perfected, and December 17: Season's Eatings.

To pre-register, call the Village office at 650.378.8541.

All classes are located at The VIBE, 670 Shell Blvd, Noon to 2PM.

Village Member/Volunteer: FREE

Non-Member Fee: \$10 per class. Payment (non-refundable) must be received at least 7 business days prior to class date to reserve your seat.

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.





September Lunch & Learn with J.E. Gentry

Jacquelyn Gentry is the author of three mystery novels - "First Thing - Kill the Lawyers" and her second mystery "Second in Her Class" in the Clara Quillen series, are both available on Amazon. Ms. Gentry's third mystery novel, "Third Man Theme" is due to be released in February 2020.

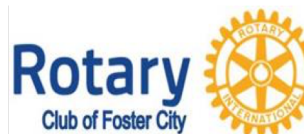
Ms. Gentry was a lawyer and law professor until she decided to devote herself full-time to writing. For those of us who enjoy reading about murder and mayhem, especially when done to a crooked lawyer, Ms. Gentry's first novel is an entertaining story and a good read.

Lots of suspense and much interest for those of us who live in the SF Bay Area, or just love SF. The author has captured the essence of intrigue that may exist among lawyers...Fun read!



Our wonderful fitness instructor, Melinda Rose, is introducing a new class, Mind Over Matter which provides mindfulness techniques that will guide you to feel emotionally stronger and physically energized along with light weights to increase mindful movements and vitality. This class is offered on Mondays & Wednesdays, 10:30AM-11:20AM beginning 01/06/2020. Core Fitness on Mondays & Wednesdays has a new time from 9:30AM-10:20AM. Melinda also offers Core Fitness on Tuesdays & Thursdays, 10AM-10:50AM, with Restorative Yoga following at 11AM-11:50AM beginning 01/07/20.

These classes are FREE to Foster Village Members & Volunteers. A very special THANK YOU goes out to our funders for their support:





"It Takes a VILLAGE"





Photography credit: Lisa Johnson, Captured Memories Photography





Oral Health: The Mouth & Body Connection

Dr. Katharine Jones explained how the mouth is a window into the health of the body. It can show signs of nutritional deficiencies or general infection. The mouth is filled with countless bacteria, some linked to tooth decay and periodontal (gum) disease. Researchers have found that periodontitis (the advanced form of periodontal disease that can cause tooth loss) is linked with systemic diseases, such as diabetes, cardiovascular disease, bacterial pneumonia, HIV infections, osteoporosis, and rheumatoid arthritis.

Here are a few of the most common ailments linked to poor oral care.

Dry mouth: Can lead to gum disease and cavities as a result of decreased saliva production. Many older adults take several different medications, many of which can cause dry mouth.

Endocarditis: An infection of the endocardium, which is the inner lining of your heart chambers and heart valves. Endocarditis occurs when bacteria, fungi or other germs from your mouth, spread through your bloodstream and attach to damaged areas in your heart.

Gingivitis: An inflammation of the gums, usually caused by a bacterial infection. Periodontal disease occurs when plaque from your teeth recedes and begins to grow underneath the gum line. Gingivitis and periodontitis are major causes of tooth loss in adults.

Halitosis (bad breath): A bad taste in the mouth may be a warning sign of gum disease caused by the buildup of plaque on teeth. Bacteria causes the formation of toxins to form, which irritates the gums.

Kidney disease: A serious health problem that affects the heart, bones, and blood pressure. People with periodontal disease generally have weaker immune systems and are more likely to acquire infections.

Rheumatoid Arthritis: According to the National Rheumatoid Arthritis Society, the oral bacteria from gingivitis can increase the risk for developing rheumatoid arthritis, a painful and debilitating inflammatory disease.

Streptococcus mutans: A bacteria that can pass from person to person through the transfer of saliva, sharing utensils, blowing on food, and even kissing that sweet little bundle of joy on the mouth.

WHAT YOU CAN DO

- ⇒ Brush the teeth and gums for two minutes at least twice a day. Replace your toothbrush every two to three months.
- ⇒ Floss the teeth daily.
- ⇒ Clean your dentures every day. Dentures are magnets for bacteria.
- ⇒ Use toothpaste and mouthwash products that contain fluoride.
- ⇒ Eat a well-balanced diet for optimum nutrition.
- ⇒ Limit sugary foods and drinks which may reduce your risk of developing tooth decay and periodontal disease.
- ⇒ Avoid smoking cigarettes or chewing tobacco that can significantly increase your risk of oral and throat cancers.
- ⇒ Schedule regular dental checkups. Professional cleanings are the only way to remove tartar and plaque bacteria.



San Francisco's famed musical revue show Beach Blanket Babylon is closing its doors at the end of this year after a 45-year run. Known for its spectacular costumes and outrageously gigantic hats, Beach Blanket Babylon is San Francisco's hilarious political and pop culture revue.

Foster City Villagers were able to get tickets to see BEACH BLANKET BABYLON. Little did they know that the day of their tickets, was also the Italian Heritage Day Parade right down Columbus Avenue. The Blue Angels were in town flying overhead, and, it was Fleet Week! They had quite a full day and ended the evening with dinner at Jack's in San Mateo. What a wonderful adventure for our Villagers. Closing night is New Year's Eve at its longtime home, the Club Fugazi in North Beach.



GIVING BACK to Foster City Village

Giving Tuesday is a global day of giving that encourages people to turn their spending into donating at the beginning of the holiday season and inspiring 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 create focused programs and services for older adults in our community to promote independence, well-being, and safety, as well as to prevent hunger, improve overall health, and reducing isolation and loneliness.

Support Foster City Village with a gift this #GivingTuesday, **December 3, 2019**.

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. We appreciate your generosity and are grateful for your support of Foster City Village.

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