

the VILLAGER

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www.fostercityvillage.org



THANKS TO ALL OF OUR
INCREDIBLE **VOLUNTEERS** WHO HELPED
US BUILD OUR DYNAMIC COMMUNITY.
WE COULD NOT DO IT WITHOUT YOU.
TOGETHER, WE ARE CHANGING THE
PERCEPTION OF AGING!

Our Foster City Village Volunteers are truly “the Heart of the Village.” As a non-profit organization, we rely on them to help us provide services to our members on a daily basis. Our volunteers give freely of their time, driving members to various appointments while also providing companionship and friendly conversation. In appreciation, we held our Annual Volunteer Brunch, which was hosted by Jon and Linda Grant. Our Volunteer Coordinator, Jeff Brown, sends out a monthly email filled with information. In addition, a volunteer is selected every month to receive a \$10 gas card. Each month, we collect the total hours of service from our volunteers. So far this year (11 months), our volunteers have donated 5,191 hours of service! These hours have a \$151,311 value determined by the Independent Sector. As we end this year and look forward to the New Year, we want to say a BIG THANK YOU to all of you who shared your time with our Village members.

Helen Ackerman
Ram Aggarwal
Sushma Aggarwal
Joan Biederman
Rich Biederman
Claire Biron
Jeff Brown
Phyllis Brown
Barbara Campitelli
Patricia Campos
Jeannie Ewan
Marvin Freedland
Betty Gee
Jackie Gentry
Sharon Gillott
Caryn Goldman

Reiko Golobic
Jon Grant
Linda Grant
Audrey Guerin
Gil Guerin
Vineeta Gulati
Tina Hildreth
Marlene Hopper
Richard Hopper
Wendy Iwata
Elaine Jacobs
Eleanor Jones
Connie Kobayashi
David Kramer
Bob Lahl
Bill Lang

Peter Lauber
Ana Maria Letran
Adriana Livianu
Jan Locker
Charlie Maguire
Jennifer Malament
Vineet Mathur
Robert Maxwell
Edd McKibben
Kathy McKibben
Linda Minkey
Gail Mintz
Martin Mintz
Shideh Namini
Gail O'Brien

Carol Ohm
David Owdom
Kurt Papenhouse
Patricia Player-Maxwell
Andrea Pond
Yvonne Ryzak
David Shelton
Supriya Singh
Mary Simas
Ilene Turteltaub
Gretchen Van Dine
Sophia Wambach
Betty Wexler
Shari Williams
Nancy Zorfaz

Warm wishes for a Healthy & Happy 2020,

Mary Bates, Executive Director

Welcome

New Members

A Warm Welcome to new members **Alvin Chin, Eleonore Debth, Laurie Hazen-McCarthy, Martha & David Magnuson, Diana & Steve Okamoto, Estella & Peter Wong.**
A special Thank You goes out to our Current Members who renew their memberships!



1/07 Eileen Shaine
1/10 Eleonore Debth
1/13 Jayne Zaban
1/14 Helen Ackerman
1/15 Leonida Abrams
1/17 Jeri Blatt
1/17 Phyllis Brown
1/20 Antoinette Roach
1/27 Ilene Turteltaub
1/30 Gloria D'Acquisto
1/30 Richard Hopper



2/01 Linda Grant
2/09 Estella Wong
2/15 Martin Mintz
2/20 Gretta Csatho
2/22 Edd McKibben
2/27 Bob Lahl



Cooking with Chef Marlene



Upcoming Cooking Classes in 2020:

January 7 and 21

February 4 and 18

March 3 and 17

April 21

May 5 and 19

June 2

Don't expect the ordinary when you attend Chef Marlene's healthy cooking classes. Her recipes are easy to duplicate, fresh, nutritious and include her special shortcuts and twists. In each session, you and your classmates will prepare dishes with an emphasis on cooking vegetables, fish and meat in modern and healthful ways. Once finished cooking, you will sit down with your friends to enjoy the fruits of your labor.

Expect to learn exciting techniques for preparing familiar dishes and discover new ingredients that will expand your culinary knowledge and delight your taste buds.

Marlene's philosophy is simple. Use as many fresh ingredients and as few pots and pans as possible (she hates doing dishes) and laugh at your mistakes. Cooking should be easy and fun; when you nourish your body, you nourish your soul.



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.

DON'T TRADE IT!

DON'T PARK IT!

DONATE IT!

A Very Special Thank You
to our first car donor

Supriya Singh

Board President & Membership Director



Do YOU have a vehicle that you no longer need, want or have time to sell?

Running or not, consider DONATING YOUR VEHICLE to Foster City Village.

No upfront costs, no hassle, and no DMV paperwork!

Your donation is a tax-deductible charitable contribution to continue your support for Foster City Village.

Please call the Village office at 650.378.8541 to find out how easy it is to donate!

Co-sponsored by Auction City, a premiere, full-service Auction House in Northern California.

We look at it as a WIN-WIN for EVERYONE!



A group of FC Village members joined 750 people to attend an all-day event at the San Mateo County Event Center, sponsored by Congresswoman Jackie Speier. The day was filled with information, good food and lively participants. It started with a welcome from Congresswoman Speier, Assemblyman Kevin Mullin and Supervisor Carole Groom. They spoke on current issues that affect not only Older Adults but also other San Mateo County residents. Additional speakers included Michael Krasny, host of KQED's "Forum"; Dr. Parimala Selvan, Sub Chief of Geriatrics at Kaiser Redwood City Medical Center; Chief Susan Manheimer, San Mateo Police Dept. The speakers were interesting and provided attendees helpful information with a touch of humor and wisdom to share as we become older adults.

This was Foster City Village's fifth year to participate as an Exhibitor. **Thank You** to Phyllis and Supriya for staffing our FC Village table and spreading the word about all the wonderful activities and services we provide to our members.

JAPAN TRAVELS with Charles Maguire

After graduating from USF, I worked for a company in San Francisco that supplied a variety of products to the US military in the Pacific during the Vietnam war. My first visit to Japan in 1974 was part of a 6-week tour of US Military bases in the Pacific region. Subsequent business trips to Japan over the years were related to the sale and financing of semiconductor manufacturing equipment. My last business trip to Japan was in 2005. Fourteen years later on my 30th visit, my wife Linda came with me to enjoy the Japanese people, culture and beauty that I first fell in love with back in 1974.



Rengeoin Buddhist Temple



Kinkaku-ji Temple



Nara Deer Sanctuary Park



Itsukushima Torii Gate



Hiroshima Genbaku Dome



Linda & Charles



Todaiji Temple



Glover Garden

Do You Hear What I Hear?

The holiday season is here! If you have difficulty hearing, you may not be looking forward to holiday gatherings and parties as much as you used to. This can bring up some anxiety for people who have hearing loss. Background noise and group situations require your constant attention, and this can be tiring and overwhelming. It may be enough for you to want to opt out of holiday festivities altogether. Don't let hearing loss put a damper on your holiday spirit!

There are a few simple things you can do to approach the holiday season with more joy and less fear.

Position Yourself in a Good Spot. If it is a seated meal, try to sit near the middle of the table, which gives you a better shot at hearing more conversation. If it is a cocktail party, find a quieter area of the room away from the music and high traffic areas like the buffet or bar area. If the party is in multiple rooms, head to the quieter room. You can invite some friends to come with you.

Speak Up. Let friends and family know you have hearing loss so they can accommodate your hearing needs. Most people are quite happy to speak up so you can hear them. Not only will they increase their volume, but focus their words and inflections in a way that aids your involvement in the conversation. Using visual cues like cupping or tapping your ear are also signs that you need someone to speak up or repeat themselves.

Converse With Those Next to You. If you would like to talk with someone, move closer to them, or ask that you continue the conversation when in a quieter spot. Sitting away from speakers or people playing music or areas with carpets or drapes can reduce echoes and make it easier to focus on your conversations.

Have Reasonable Expectations. You probably won't hear everything that everyone says, but that is alright. Don't be shy about taking a break for a few minutes to give your ears and brain a rest. Head to the restroom or find a quiet spot in another room or go outside for a few minutes.

Cold Weather's Effects on Hearing Aids. The most common effects of cold weather on hearing aids is reduced battery life. Most hearing aids use zinc air batteries, which are sensitive to the effects of temperature and humidity. The most common cause is condensation. When temperatures drop, the surface of your hearing aids will become cold. Then, when you go back indoors, water can condense and get inside your hearing aids. One of the best ways to protect your hearing aids is to use a hearing aid dehumidifier or drying case.

One of the oldest and simplest pieces of advice for hearing aid care is to open the battery compartment and remove the batteries when your device isn't in use. This both allows the hearing aid to dry inside and prevents your batteries from draining as quickly.





Holiday Party





SAVE the DATE

Foster City Village Annual Anniversary Party
Thursday, February 13, 2020
Noon ~ Community Center



1. The **first** way to health, said the CDC to me... **Wash hands to be healthy**. Keeping hands clean is one of the most important steps you can take to avoid getting sick and spreading germs to others. If soap and clean water are not available, use an alcohol-based product.
2. The **second** way to health, said the CDC to me... **Bundle up for warmth**. Cold temperatures can cause serious health problems, especially in older adults. Stay dry, and dress warmly in several layers of loose-fitting, tightly woven clothing.
3. The **third** way to health, said the CDC to me... **Manage stress**. Keep a check on over commitment. Get support from family and friends.
4. The **fourth** way to health, said the CDC to me... **Prepare dinner safely**. Keep you and your family safe from food-related illness. Wash surfaces often. Avoid cross contamination by keeping raw meat, poultry, seafood, and eggs (including their juices) away from ready-to-eat foods and eating surfaces.
5. The **fifth** way to health, said the CDC to me... **Practice fire safety**. Most residential fires occur during the winter months. Never leave fireplaces, stoves, or candles unattended. Install a smoke detector and carbon monoxide detector in your home.
6. The **sixth** way to health, said the CDC to me... **Be smoke-free**. Avoid smoking and breathing other people's smoke. Ask your health care provider for help.
7. The **seventh** way to health, said the CDC to me... **Don't drink and drive**, and don't let someone else drink and drive. Alcohol-related motor vehicle crashes kill someone every 31 minutes and non-fatally injure someone every two minutes. Wear a seat belt every time you ride or drive in a motor vehicle.
8. The **eighth** way to health, said the CDC to me... **Get annual exams and screenings**. Ask what tests you should get based on your age, lifestyle, and family health history.
9. The **ninth** way to health, said the CDC to me... **Get your vaccinations**. Vaccinations help prevent diseases and save lives. Ask what vaccinations you should get based on your age, lifestyle, travel plans, and medical history.
10. The **tenth** way to health, said the CDC to me... **Eat well and get moving**. With balance and moderation, you can enjoy the holidays the healthy way. Find fun ways to be active for at least 150 minutes per week with moderate aerobic activity, such as a brisk walk that makes your heart beat faster.

Source: Center for Disease Control & Prevention (CDC)

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