

# Sequoia Village

Welcome to the newsletter of Sequoia Village, which serves members in Belmont, San Carlos, Redwood City, and Redwood Shores.

Jan/Feb 2016 Vol. 2 #1



## Upcoming Events

- Jan 28, 2016 Information Session**  
**1:00–2:00 pm** Twin Pines Senior Center,  
20 Pines Lane, Belmont
- Feb 11, 2016 Information Session**  
**10:00–11:30 am** San Carlos Library  
610 Elm Ave  
San Carlos
- Feb 23, 2016 Information Session**  
**1:00–2:00 pm** Twin Pines Senior Center  
20 Twin Pines Lane  
Belmont
- Save the Date! Members Only Brunch**  
**Feb 27, 2016** Invitation to come
- Mar 23- May 4, Living Healthy Program**  
**Wednesdays** Free program! Space  
**1:00–2:30 pm** limited, sign up today!  
Sequoia Healthcare  
District, call 650-421-  
2155, ext. 202, for  
details.

## SHARE YOUR GIFTS

Become a part of the Sequoia Village family (and your community!) by giving of your time and talents to our growing membership. By volunteering you get to write your own job description....driving, doing minor home repairs, running errands, walking a dog, spending an hour or two with a lonely new friend who might want to talk about the latest book or a hot new restaurant in town....ALL THIS AND YOU NAME YOUR HOURS, DAYS AND DATES YOU COULD BE AVAILABLE. The dictionary describes volunteering as “entering into or offering oneself for any service of one’s own free will without compensation”. But there IS “compensation”... the joy of knowing your offering has made someone’s life easier, happier, and grateful that you made a difference. TLC works both ways. Contact the Volunteer Coordinator and get in on the blessing.

The mission of **Sequoia Village** is to enable its members to continue living in their homes and communities as they age by providing access to support services.

**DID YOU KNOW:** Recology, our local trash pickup company, will pick up used batteries that are sitting on top of your blue recycling bin in a clear plastic Ziploc bag. Also, your mailman will bring your mail to the front door if you request it from the city post office where you live. And there's more: Sequoia Village volunteers will fetch boxes and other heavy items from your attic/basement, and they'll return them when you're through going through them. Volunteers will also flip your mattresses as needed.

## BY THE NUMBERS

Sequoia Village now has 105 members and 75 active volunteers serving in various parts of the organization. By the way, 21 of those volunteers are members also!

In December our volunteers delivered 113 services to members. Overall, since July 1<sup>st</sup>, there have been over 600 services provided, of which 67% were transportation, and 15% were home repairs. Recently, we've added the Home Safety Evaluations, a service that we highly recommend.

**Who's at the other end?** ... Presently, we are in the process of interviewing for a part-time Administrator. Until the right person is found we are fortunate to have a number of warm, caring volunteers who perform the office duties and are dedicated to serving the needs of our members. They are Joan Bell, Jeannette Brown, Patrick Brown, Randi Kutnewsky, Irene Liana, Shirley Navarro, and Silvana Vincon. In future newsletters we'll highlight those office volunteers so you can get to know them better. In the meantime, they'll be there to help when you call.

### VOLUNTEERS NEEDED FOR AGING BRAIN STUDY

The Stanford School of Medicine is looking for participants with a diagnosis of Alzheimer's disease, Parkinson's disease, Lewy Body Dementia or Mild Cognitive impairment to participate in a broad, multidisciplinary research study of memory and aging. If interested in learning more about study participation, contact Christina Wyss-Coray, RN, BSN, PHN, at [adrcstanford@stanford.edu](mailto:adrcstanford@stanford.edu) or telephone (650) 721-2409.

### STOP! DON'T RUSH TO FLUSH

Protect the environment, prevent overdoses and errors, and keep drugs away from children.

Confidential drop-off containers are available at Police Departments in:

**Belmont** 595-7400

**San Carlos** 802-4277

**San Mateo County Sheriff's  
Office** 599-1664

## Sequoia Village Chairs and Committees

### Sequoia Village Chairs

Scott McMullin

Victoria Kline

### Outreach Chair

Victoria Kline

### Fundraising Chair

*Vacant*

### Newsletter Chairs

Nancy Grandfield

Nancy Winningham

### Vendor Chair

Lisa Sharek

### Volunteer/Service

### Committee Chairs

Irene Liana

Randi Kutnewsky

## NEEDED: ADMINISTRATIVE SERVICES MANAGER

Sequoia Village is bursting with many activities and new members, growing and changing all the time, and now requires the hiring of a half-time position (20 hours a week) M-F 9 a.m.-1 p.m.

**Qualifications:** excellent organizational and interpersonal skills, computer proficient, enjoy working with seniors, experience managing small groups, able to manage day-to-day operations of a small office.

**Responsibilities:** answer and return phone calls during office hours, manage volunteer staff, inform members of local vendor services, manage office and party supplies inventory, assist in marketing, fundraising and social events as needed, and other related duties as assigned.

The applicant will be provided training by Sequoia Village (in the operation of the “Club Express” program,) with guidelines for interacting with senior citizens, and training regarding all specific services offered by SV and our qualified vendors.

For more information, or to apply, call the office at Veterans Memorial in Redwood City, 260-4569.

## CONGRATULATIONS!

**Congratulations!** ... to Sequoia Village member Betty Torrez, pictured here with former Redwood City Mayor Jeffrey Gee. Nominated by the San Carlos chapter of the American Association of University Women (AAUW), Betty was the recipient of the “Unsung Hero and Continuous Service Award” for her many years of quiet but dedicated service to our community. She was honored at a luncheon on November 7, 2015, sponsored by the Interservice Club Coordinating Council in Redwood City. SV adds its thanks ~ we’re proud to have Betty in our midst!



Website: [www.sequoiavillage.org](http://www.sequoiavillage.org)

Find us on facebook and twitter!



## Sequoia Village Needs You!

If you are interested in participating in the Sequoia Village movement by joining one of our committees or offering to contribute your talents or skills, please contact us.

For more information, visit:

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

or email us at:

[infosequoiavillage@gmail.com](mailto:infosequoiavillage@gmail.com)

We are very grateful for the support received from our donors:



## Sequoia Village

P.O. Box 813

San Carlos, CA 94070

Resident

Address