

NEWSLETTER



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LET'S TALK ABOUT IT: GOOD NUTRITION CAN BE A CHALLENGE FOR SENIORS



Give your engine the right fuel

Cars run better with the right fuel in their tank. So do seniors. Eating the right foods fuel them with the protein, vitamins, minerals, fiber and water necessary for better health. However, getting the ideal octane to keep

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Contact Villages of San Mateo County at: 650-260-4569 or info@villagesofsmc.org

Sequoia Village and Mid Peninsula Village are two local villages under the umbrella 501(c)(3) nonprofit called Villages of San Mateo County

COFFEE CONNECTION

You are invited to attend a presentation on common disorders of the hand and tips for keeping an aging hand healthy. It is open to all SV and MPV members, volunteers, and guests. Light refreshments will be provided.



DATE: Monday, November 6, 2017

TIME: 10 AM – 11:30 AM

LOCATION: Health and Wellness Center, Dignity Health Sequoia Hospital, 749 Brewster Avenue, Redwood City, 94063

(*Note: This is a new meeting location. There is parking in the parking lot and metered parking on the street.)

RSVP: If you wish to attend, please contact the Villages office by November 1 at info@villagesofsmc.org or by calling 650-260-4569
****Please indicate if you do or do not need a ride.**
*****Please indicate if you are bringing a guest.**

Presenter: Lisa Sharek, MS, OTR, CHT, Masters in Occupational Therapy and Certified Hand Therapist. Lisa is blessed to be married to Paul, a pediatrician at Lucille Packard Children's Hospital, and to have two charming and athletic boys, 17 and 20 yrs old. She has worked as a hand therapist for the past 30 years. Lisa also is a volunteer member of the Board of Directors for VSMC and in her free time she provides various services to its members. Additionally, Lisa has been trained to coach "Matter of Balance" classes, teaching seniors how to keep active and improve their balance.



Topic: As we age our hand functions decrease for both men and women over the age of 65 years. These age related changes are often found in ones grip and pinch strength. Furthermore, deterioration of hand function in elderly adults is a combination of local structural changes, such as, joints, muscle, tendon, bone and more. Distant changes in neural control also factors in. Lisa will give us an overview of these changes and inform us on how to adapt so we can continue to live independently as we age.

MEET OUR NEW EXECUTIVE DIRECTOR

The Villages of San Mateo County is pleased to announce Linda Burroughs as our new Executive Director. Linda joined the Villages on June 12, 2017 and has hit the ground running.

Since her arrival, Linda has demonstrated the energy, commitment, compassion and expertise required for this vital position. We are proud to say Linda has embraced the challenges of our young organization with her zeal for service, coupled with a keen sense of observation and organization with a long range view. Her experience in the nonprofit sector both as a direct service provider and a fundraiser is clearly advantageous for the Villages as we position ourselves for the surge of growth ahead. Linda's corporate experience is reflected in her organizational and project management skills.



Finally, we would like to note that Linda is an active volunteer leader in her church where she works with the youth and with the senior ministry.

We are delighted to have Linda join the Villages, and we look forward to her thoughtful leadership. If you've not met Linda yet, you needn't worry. She is making the rounds at warp speed and is bound to seek you out.

DID YOU KNOW?

Recology San Mateo County's [Special Handling Collection Service](#) provides a free service to residents who are physically unable to set their carts curbside or roadside for collection. Customers that need the assistance, and who do not have someone else in the household who can set carts out for service, are asked to provide a letter of verification from a physician, a copy of their DMV driver's license with a handicap status, or a copy of the DMV handicap placard paperwork. Click this link to [Download](#) an application, or contact Recology at the number below and they will send one out to you.

Also, Recology San Mateo County offers Backyard Collection Service for any resident who does not wish to bring their carts out for service. Recology will make arrangements to service the carts from a mutually designated area for an additional fee, dependent upon the distance and elevation from the curb, and whether the driver needs to unlock any doors.

Please contact them at **(650) 595-3900** to learn more.

their engine humming may not be easy.

With age, people typically slow down and burn less calories. Their appetite also diminishes. Yet they still must take in the necessary nutrients to maintain good health. And how many nutrients is ideal? The Recommended Daily Allowance (RDA's) categories for seniors are listed at 64+ for men and 54+ for women. However, many experts feel that the nutritional needs of people in their 50's and 60's differ from those 70 and older. In addition, everyone seems to have an opinion...and a book.

It's easy to get confused (or give up). That's why seniors should work with a doctor or nutritionist they trust to develop a personal nutrition program for their specific situation. And they should not wait until they feel bad to do it.

There are numerous reasons why seniors may have difficulty maintaining a good nutritional regimen. Here is a list of some contributing factors to poor nutrition.

- Loss of appetite
- Depression
- Chewing issues & swallowing problems
- Illness & side effects of medications
- Decrease in the sense of taste & smell
- Less mobility
- Lack of knowledge
- Difficult to shop and/or cook
- Loneliness
- Limited income or frugal spending habits

Eating is one of the joys of life. It provides both social and personal benefits. Isn't it great to savor your favorite recipe (cooked to perfection) while in the company of family and friends? For seniors, the advantages of good nutritious meals go beyond taste and companionship. Here is a list of other overall benefits that can affect their daily lives.

- Raises the energy level
- Quickens recovery
- Protects against illness
- Keeps medical costs down
- Helps the body deal with existing illness
- Keeps independence up

SHOPPING AT AmazonSmile

When you shop on *AmazonSmile*, Villages of San Mateo County can receive 0.5% of all eligible purchases. You just shop as usual, then VSMC and you both benefit!

Here is how it works:

- Go to smile.amazon.com (save in your bookmarks)
- It will ask you to write in your charity (Villages of San Mateo County)
- No special apps needed

Then, 0.5% all future purchases automatically go towards VSMC until you indicate otherwise. The key is to always visit *smile.amazon.com* first and then...just go shopping!



ADVOCATES CORNER

A new free service offered by VSMC

The Villages of San Mateo County has Volunteer Advocates who are available on your behalf. They will give guidance, give voice, and help you resolve problems.

Confusing and exasperating situations sometimes occur. It could be a government agency, a utility bill, an insurance issue, contractor, incorrect statements from a provider and more. Our VSMC volunteers are ready to offer guidance and referrals as an avenue to resolve these issues.

Call the VSMC office at 650-260-4569 to request an Advocate to serve you.

**VILLAGES OF SAN
MATEO COUNTY
CHAIRS AND
COMMITTEES**

VILLAGES OF SAN
MATEO COUNTY:
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NEWSLETTER

Margaret Cross

Wani Wynne

VENDOR

Lisa Sharek

VOLUNTEER SERVICE
COMMITTEE

Randi Kutnewsky

Irene Liana

MEMBER SPOTLIGHT

Ruth Anderson, a member of Mid Peninsula Village, retired as a Home Economics instructor from Sequoia High School in 1986. When she retired, she thought she would give painting a whirl. She says she started painting because she had always wanted to try it. She explored many different mediums, from oils to acrylics, and finally discovered the joys of watercolor, where, with just a little mixing of water and paint, as she puts it, “magic happens.”

Her designs are captivating. She showed me the book of her paintings that her children surprised her with for her 90th birthday. Flower studies, lighthouses, landscapes, glorious mountain and seascapes from her days in Oregon and here in California, all come to life right off the pages. She loves working with colors, and when she finds a subject that she wants to explore, she simply says, “Why don’t I try that?!”

Lest you think that painting is Ruth’s only interest, she is also an avid backyard birder. She has a book open to a page identifying the different hummingbirds in our area, and tells me that a red tail hawk makes a daily fly-by past her hilltop window. Indeed, as if on cue, the hawk and its mate soars by for us to admire. She adores fishing as well, saying, “I’d go anytime, anywhere, with anyone who wants to go!” In addition, she does needlecraft and is a member of a garden club. Currently, she is designing gift boxes for the club by putting the most charming paper orchids on the tops, and has hand-painted, delightful sayings for inside the lids.

One ongoing endeavor that keeps Ruth busy each year is her creation of bookmarks in watercolor, adding a personal



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SEQUOIA VILLAGE DONORS

Sequoia Village extends its sincere appreciation for the generous financial support and in-kind gifts received from the following individuals and organizations:

- *Charis Fund*
- *City of San Carlos*
- *Danford Foundation*
- *Dignity Health*
- *Howard & Martha Girdlestone Foundation*
- *Kiwanis Club of San Carlos*
- *Mid-Peninsula Vineyard Christian Church*
- *Peter & Paula Uccelli Foundation*
- *Redwood City Parks and Recreation*
- *Rotary Club of San Carlos*
- *Sequoia Healthcare District*
- *TouchPoint Foundation*
- *Trinity Presbyterian Church of San Carlos*
- *West Valley Federated Women's Club*

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message on the backs. These, along with the painted envelopes, become her holiday cards for friends and family.

Indeed, Ruth personifies the idea of learning something new every day, and of living life to the fullest. Her creed, "something to do, someone to love, and something to look forward to," is a philosophy for us all to embrace. She encourages us to live our lives in the best way possible.

~ written by Deb Flaherty

SAILING WITH FRANKLIN

On September 16, a lively group of 27 persons from VSMC set out from San Carlos for a beautiful day on the waters of San Francisco Bay.

After a very informative historical video giving us the history of this famous yacht belonging to former President Franklin D. Roosevelt, we boarded his "Floating White House," the *Potomac*. Now, it is a floating museum.

We made our way through the waters under the Bay Bridge and gazed at the far sides of Angel Island and Alcatraz. On our own or with an excellent narrative by very knowledgeable docents on the history of FDR and the *Potomac*, we spent two delightful hours looking not only at the scenery but into every nook and cranny along the route.

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VOLUNTEER RECOGNITION PARTY

On September 23, volunteers of VSMC enjoyed a party in recognition of their many services and contributions.

Individuals were identified and praised for their much appreciated efforts, apparently many wearing more than one hat! In addition, everyone met the new Executive

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Director, Linda Burroughs, as they enjoyed food, drink, each others' company, and great raffle prizes. Paul and Lisa Sharek were the grand prize winners for two tickets to sail on President FDR's yacht, the *Potomac*!



Paul and Lisa Sharek

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~ photos and article by Clare Gardella

We completed this lovely day with a tasty lunch at Scott's Seafood Restaurant in Jack London Square before boarding our bus for the journey back to San Carlos. A great time was had by all!



L to R: Melvina Lewis and Dan Odum



L to R: Captain Adam Lench and Duncan McNamara



Rosemary Allen



L to R: Frank Hildreth, Ruth Shavel and Nancy Batten