

Mark your calendars and plan to attend the Big Deal Meeting February 17, 2018 2:00 – 4:00 pm Ole Hansen Fireside Room, Community Center 100 Calle Seville, San Clemente

Our Program Theme is Live Safe at Home

Learn what you need to know to live safe at home. Special speakers will be addressing areas that will make a positive impact for us all to stay safe. We will address issues such as vision, fall reduction and emergency planning. In addition, we will have tables to visit with information and "take-aways" from the Braille Institute, Alzheimer's Family Services, CSUF Center for Successful Aging, RSVP Program and the OC Sheriff.

Every Member & Volunteer (who attends) will receive a Live Safe Resource Book containing information about what you need to know to live safe and well at Home. Snacks, beverages & raffles round out the day.

Call the SC Village number at 949-441-1348 to make your reservation(s). Program starts promptly at 2:00 pm. See you there!







Everyone had a fun afternoon at our first annual Member and Volunteer Appreciation Luncheon. We send a heart felt thank you to:

- The Volunteers who worked tirelessly to make this event successful.
- Tim Metcalf and the McBeth Foundation for sponsorship.
- F & M Bank for the bottled water! With all the laughter and conversations we needed H₂O!

In Touch

<u>"Be Prepared</u>." This familiar motto of Boy and Girl Scout organizations was selected by founder Lord Baden - Powell of England in the early 1920's. His intent was to remind young Scouts to plan ahead and be ready to serve their communities in a helping capacity. Does this motto apply to the mature generation? Absolutely. Thoughtful preparation improves the outcome of almost any situation in life.

<u>Be prepared</u> for medical appointments. Write out a list of personal health questions and concerns ahead of the visit. The ideal doctor/patient encounter is a candid two-way discussion



of your health, not a quiz conducted only by the physician. Be prepared with <u>your</u> list.

<u>Be prepared</u> for a health emergency. To plan ahead for a trip to the hospital Emergency Room seems odd, but an ER visit could be in anyone's future. Upon arrival, be ready to hear a myriad of questions about medications, insurance, previous illnesses, allergies and names and phone numbers of family. At such a stressful time, who can remember much of anything? In your purse or wallet, carry a card with current health and personal information. And may you never need to use it.

<u>Be prepared</u> by sharing vital information with those named to handle your affairs. They need to know where you keep important documents. Either write down this information, or plan a "walk through" of your house. Family members may be reluctant to bring up this topic, which is why it belongs on your <u>be prepared</u> list.

Warmest regards to all, Lois Stansel

Information You Can Use!

Do you need a vaccination? Check out: https://vaccinefinder.org

This site lists locations for flu shots, hours of operation, phone number, etc. Free or low co-pay.

Need a ride? Call the SC Village.

Meet the McMahons

Randy & Linda McMahon – Village Volunteers

First thing to say about the McMahons is, "Thank you for your service." Randy served in the Marine Corps for 26 years. Linda served in the US Navy for 25 years. In fact Randy and Linda were married at Camp Pendleton. Both eyed San Clemente early on to be a "forever home." Since retiring, service for others has been major part of their lives. Their "call to service", as Randy calls it, has included many ways of helping.

Randy serves in various ministerial capacities as a Deacon and in assisting veterans. He also volunteers with the Retired Senior Volunteer Program. Linda also has experience in pastoral care in various settings and was a bereavement professional. Both volunteer with the Family Assistance Ministries. Linda also volunteers with the American Legion, Post 423.

Randy had been a Village volunteer for almost a year, when his enthusiasm led to Linda submitting her application. Both Linda and Randy are enjoying being Village volunteers and



living full time in San Clemente. They share their house with three cats. We are so grateful to have Linda and Randy in the Village. Thank you for your service!

Welcome New Volunteers



All San Clemente volunteers are interviewed, pass a background check, and attend an Orientation Program.

Joining the ranks of the Village Volunteer Team are three new Volunteers, ready to provide Members with services. Please welcome (Left to Right) Geoffery Simmons, RN; Kathy Oshima, a retired elementary school Principal; and Flo Satchell, a retired Public Relations professional.

Tips for Dedicated Village Volunteers

Here are a couple of valuable tips to make volunteering more enjoyable.

• Please check you email daily and respond <u>Yes</u> or <u>No</u> to Service Requests.

Birthday Celebrations



San Clemente Village would like to take you out on the town for your birthday! Every member will receive a free meal and beverage, during their birthday month!

If your birthday is in February, call us right away and register for one of the Dining Events. You can choose either Dine Around or Lunch Bunch. Check the Event Calendar and call the SCV Event Line at 949-441-1348 to register.

Here is the lucky Member for February. Marie Valore - 2/25

Welcome New Members

Richard and Anna Mae McCarthy (Social) Cathie Talle (Full Service) Melissa Joncich (Social)

Social Events

Coming in March:

Don't Dress for Dinner at the Cabrillo Theatre

While his wife is away, Bernard will play! Picture a romantic evening with his mistress in his charming French farmhouse, a cordon bleu cook and his best friend as an alibi. Now picture Jacqueline arriving home unexpectedly, chaos and hilarity ensue as Bernard and Robert improvise at breakneck speed.

Day Trip to Bower's Museum – JFK Exhibit



American Visionary: John F. Kennedy's Life and Times celebrates the life, political career, and extraordinary vision of one of the country's most admired and most charismatic presidents.

General Information

San Clemente Village P.O. Box 5761 San Clemente, CA 92674 949-441-1348 info@scvillage.org

Board of Directors

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Jan Montague janm@scvillage.org

Vice-President

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Bob Coff bobc@scvillage.org

Diane Edwards dianee@scvillage.org

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Social Activities

Planned Events Educational Programs Recreational Activities Volunteer Opportunities

Programs & Services

Home maintenance Handyperson Gardening Electronics Transportation Friendly Visits Phone check-ins Computer Assistance Pet care

On-Going Activities Bridge Table Tennis Gentle Yoga Genealogy Interest Group Dine Around Breakfast Club Lunch Bunch Movie Matinee



Member & Volunteer Appreciation Luncheon Ret Wixted, Sandi Shoden, and Beth Hasenbein

Thank You - to the following supporters:

Jan Montague Diane Edwards Beth Hasenbein Jeanne Hays Marie Volare Ret Wixted Tim Metcalf & The McBeth Foundation

