



## The Village News

*Living Life to the Fullest*

August 2018

**Mark Your Calendars!**

San Clemente Village and the Dorothy Visser  
Senior Center Invite You to Attend

### Fall Risk Reduction: A Pathway to Wellness

Debra J. Rose, PhD, Professor CSUF and  
Director, Center for Successful Aging

**Learn about common risk factors for falls.**

**Develop strategies to increase personal safety in your home.**

Saturday, August 18th

2:00 pm ~ 4:00 pm

Dorothy Visser Senior Center, 117 Avenida Victoria

RSVP to SC Village at (949) 441-1348  
by August 14th



This program is open to the public and spaces will fill quickly.  
Call SC Village at 949.44.1348 to register.

## In Touch

by Lois Stansel



When an older person falls, the result can be serious injury or even death. Causes of falls are numerous and well documented as are ways to prevent falls. For me, there is a direct relationship between “falling” and “being in a big hurry”. I used to hurry everywhere, but not anymore because I learned that the few seconds or minutes saved by hurrying are not worth the possible aftermath.

I was hurrying to empty a wastebasket into the garage trash barrel. I stumbled, fell forward and hit my forehead on the hood of my car. Ouch. Only a bump...but several days later, two black eyes appeared and remained as a topic of conversation for two weeks. But that wasn't enough of a lesson for me.

Driving to a lab appointment at my Doctor's office, I was in a big hurry to be on time. After parking, I threw open the car door and while quickly exiting, I rolled my ankle and fell to the asphalt. A crowd gathered and several people tried (unsuccessfully) to help me stand up. My Doctor appeared, took one look and called for an ambulance. An X-ray at the ER showed a trimalleolus fracture (of all three ankle bones). An orthopedic surgeon repaired the damage to my ankle with a plate, screws and a rod. After three days in the hospital, I was transferred to an assisted living community where I spent 28 days. Finally, I was sent home wearing a boot and able to hobble around. After two additional weeks of physical therapy, I was well and also much wiser. I learned the hard way that hurrying can lead to falling and injury. My new motto is **slow down, stay safe**. I'm registering for the **Fall Risk Reduction Seminar**... How About Joining Me?

## Welcome New Members

Rona Neiman - Social  
Jane Mertens - Full Service  
Larry Cohen - Social  
Dianne Testolin - Social

Everyone had a wonderful time getting to know one another at the New Members Luncheon.

Pictured L to R: Rona Neiman, Lois Stansel, Lou Golden, Jim Rice, Roger Ross, Ray Irwin, Chuck Zoltan, Cathy Talle, Melissa Jonich, Anna Mae McCarthy



# Volunteer Training on Elder Justice was Extremely Beneficial

Presented by Julie Shoen,  
Attorney, Educator, and Deputy Director of the National Center  
on Elder Abuse (NCEA). Julie currently is a Village Volunteer and serves on the Village Advisory Board.

## **NCEA** 12 Things That Anyone Can Do to Prevent Elder Abuse

National Center on Elder Abuse

**1** Learn the **signs of elder abuse and neglect**.



**2** **Call or visit an elderly loved one** and ask how he or she is doing.

**3** Provide a respite **break for a caregiver**.



**4** Ask your bank manager to train tellers on **how to detect elder financial abuse**.

**5** **Ask your doctor** to ask you and all other senior patients about possible family violence in their lives.



**6** **Contact your local Adult Protective Services or Long-Term Care Ombudsman** to learn how to support their work helping at-risk elders and adults with disabilities.

**7** Organize a **"Respect Your Elders" essay or poster contest** in your child's school.

**8** Ask your religious congregation's leader to **give a talk about elder abuse** at a service or to put a message about elder abuse in the bulletin.

**9** **Volunteer to be a friendly visitor** to a nursing home resident or to a homebound senior in your neighborhood.

**10** Send a letter to your local paper, radio or TV station suggesting that they cover **World Elder Abuse Awareness Day** (June 15) or **Grandparents Day** in September.



**11** Dedicate your **bikeathon/marathon/other event** to elder mistreatment awareness and prevention.

**12** **Join the Ageless Alliance**. Ageless Alliance connects people of all ages, nationwide, who stand united for the dignity of older adults and for the elimination of elder abuse. You can join (it's free) and get involved at **agelessalliance.org**.

**agelessalliance**  
united against elder abuse

Find local resources for Seniors, People with Disabilities, and Caregivers!  
Call the **ElderCare Locator** at **1-800-677-1116** or visit **www.eldercare.gov**.

For more information on elder abuse prevention, please visit **https://ncea.acl.gov**.

Find us on Facebook and Twitter!

Keck School of Medicine of **USC**

For more information: **https://ncea.acl.gov**

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**NCEA has many "on-line" materials available, here is a sampler:**

<http://eldermistreatment.usc.edu/wp-content/uploads/2016/10/12-Things-Anyone-Can-Do-to-Prevent-Elder-Abuse.pdf>

[http://eldermistreatment.usc.edu/wp-content/uploads/2016/10/NCEA-WhyCare\\_print.pdf](http://eldermistreatment.usc.edu/wp-content/uploads/2016/10/NCEA-WhyCare_print.pdf)

<http://eldermistreatment.usc.edu/wp-content/uploads/2016/10/Scammed-Now-what-%E2%80%A6Fact-Sheet-2015-1.pdf>

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## CALLING ALL MEMBERS AND VOLUNTEERS!

Support our **FUN** Fundraising Event for San Clemente Village by Purchasing a Ticket for the 4th Annual Shopping Extravaganza at the Outlets at SC  
Call the Village at 949.441.1348 and we'll help you register.

— 4<sup>th</sup> Annual —  
**SHOPPING  
EXTRAVAGANZA**



**\$40,000  
IN  
PRIZES!**

**You Shop.  
Everyone Wins.**

**Saturday, October 6, 10 AM**

[ShopOSC.com/Tickets](http://ShopOSC.com/Tickets)

**Outlets**  
*at San Clemente*  
A Beautiful Way to Save

— 4<sup>th</sup> Annual —  
**SHOPPING  
EXTRAVAGANZA**

Join us for a wonderful day of stylish fun, exclusive experiences and deep discounts at top brand name stores, all while raising money for our important cause.

-  **\$40,000 IN PRIZES**
-  **EXCLUSIVE DISCOUNTS**
-  **VIP WINE & COCKTAIL TASTINGS**
-  **CATERED LUNCH, ENTERTAINMENT & MORE**

 **\$35 Tickets On Sale Now:**  
**[ShopOSC.com/Tickets](http://ShopOSC.com/Tickets)**  
San Clemente Village

**SELECT OUR TICKET TYPE, AND WE WILL RECEIVE  
A \$25 DONATION PER TICKET SOLD!**



San Clemente Village is emailing or mailing, Step-by-Step Registration & Volunteer Instructions to all Members and Volunteers. For every ticket purchased, earmarked for “San Clemente Village”, we will receive \$25.00.

Last year we raised \$800 but this year our goal is \$3,000! So, buy those tickets.



## Meet Rona Neiman

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### Village Mahjong Teacher Extraordinaire!



Rona was born in Michigan and came to Orange County in 1965. She graduated from Cal-State Long Beach as a math major (getting ready for Mahjong). Career wise, Rona worked for IBM and McDonnell Douglas Aircraft. Among many other accomplishments, she survived the Northridge earthquake! She spent 35 years north of Los Angeles before moving south. After 33 years of marriage her husband died.

Rona decided to relocate to Indian Wells where she lived for 8 years. While in Indian Wells she learned Mahjong! She has been a player ever since. Rona does not consider herself a master, but she has been teaching many diverse groups how to play this interesting game. Rona says with a smile, “I enjoy playing and teaching – helping people learn the game, it is a lot of fun.”

Rona has two sisters and a brother in Orange County. She has two sons and a daughter and three grandchildren – all girls! She lives with a son and his family and enjoys the companionship of intergenerational living. “I love the beach, the weather, and the atmosphere of San Clemente and plan on staying here.”

Rona is a member of American Association of University Women. She is also an artist - both watercolor and oil - and has been painting for 20 years. Best of all, Rona is the SCVillage newest member – Welcome aboard and we look forward to learning Mahjong!

### **Attention Mahjong Learners**

*Village Members who are interested in learning Mahjong, stay tuned. We have an excellent teacher and are looking for a location. We need space for at a minimum of 3 card tables. If you have an idea or better yet a connection to a room that would accommodate 4 or 5 card tables, call the Village Office at 949 441 1348.*

### Meet Bob Spidell, New SCV Board Member

Bob Spidell has lived in San Clemente since 1999. In the mid-1970s, Bob founded Spidell Publishing, Inc., which became the largest privately owned provider of tax information in California. The company publishes newsletters and books about new tax laws, and conducts tax seminars all over California.

Bob has a BA in Economics and an Honorary D.H.L. from California State University, Long Beach. He is a former President of the CSULB Alumni Association, the Mission San Juan Capistrano Docent Society and the California Society of Tax Consultants.

He is one of the original founding members of San Clemente Village!

## Birthday Celebrations!

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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 August, 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 are the lucky Members for August.

**Laura Vale 8/14**

**Tom Gladd 8/16**

**Donna Shepphard 8/17**

**Dorrie Brent 8/20**

**Larry Cohen 8/26**

## YUMMMM... It's Potluck Time Again

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A vertical poster for an 'End of Summer Potluck' event. The background is yellow with green palm fronds on the left and right sides. At the top center is the San Clemente Village logo, which features a stylized house with a red roof and a blue wave below it, with the text 'SAN CLEMENTE VILLAGE' around it. Below the logo, the text 'JOIN US FOR OUR' is in blue, followed by 'END OF SUMMER' in large white letters on a blue brushstroke background, and 'POTLUCK' in large white letters on another blue brushstroke background. Below this, the date and time are listed: 'Thursday, August 30, 2018' and '5:30 - 7:00 PM'. The location is 'San Clemente Historic Hotel' and '114 Del Mar, San Clemente'. At the bottom, there is a block of text: 'Open to Members, Volunteers, &amp; Guests. San Clementine Village will provide the entrée and beverages. Everyone is asked to bring an appetizer, salad, or dessert. Members and Volunteers may bring a guest, but they, too, are asked to bring a dish for sharing. Please RSVP to 949-441-1348 or register on the Event Calendar. Seating is limited.'

## Reminders

### Did I Register For That Event?

Do you sometimes ask yourself this question? We tend to lead busy lives and sometimes lose track of whether we formally register for the interesting events offered by the San Clemente Village. It is very important to register for a few reasons:

- Some of our venues have attendance limitations. If you show up without signing up, we may not be able to accommodate you.
- Occasionally we may have to change times, venues or even cancel the event completely. If we don't know that you are planning on attending, then we won't know to contact you with any changes.
- You can register online or call our volunteers at 949.441.1348. You will then receive an email verifying your registration.
- If your plans change, please contact us so that we will be able to plan participation.

If you have questions regarding any of our social or educational events, please give us a call so that we may answer them. We'd hate for you to miss out on topics that interest you.

***This Sounds Like Fun!***



**Fruit & Veggie Swap**  
Coldwell Banker Beachside  
501 N. El Camino Real, San Clemente in back parking lot  
**AUGUST 9, 2018 @ 3:00PM – 6:00PM**

Come join your neighbors for our **FIRST Fruit and Veggie SWAP**... hosted by  
**Coldwell Banker Beachside**

Do you have fruit and/or vegetables you grow?  
Do you have excess?  
Not growing fruits and/or vegetables?  
Bring a cutting or seeds instead.  
Example: succulent, plumeria

**NO CASH**

If you have question please call:  
**COLDWELL BANKER**  
BEACHSIDE, REALTORS®

Darlene Jamroz Debra Osborne  
DRE # 01085926 DRE# 01178927  
949-363-3825 949-257-8354  
Darlene@DarleneJamroz.com  
Debra@DebraOsborne.com



**Saturday Night**  
**BINGO**  
**LIVE**

**Saturday, September 22<sup>nd</sup>, 2018**  
at the Dorothy Visser Senior Center  
Sponsored by MemorialCare Medical Group  
**\$100 Cash Prizes**  
**50/50 Opportunity Drawing • Silent Auction**  
**Fun for everyone (18+)! \$45 per person**  
Includes dinner, 4 cards for each game and 2 drink tickets for your choice of wine, beer, soda or water

**3:15 pm** Doors Open  
**4:00 pm** Bingo Begins  
**5:15 pm** Dinner  
**6:30 pm** Bingo Resumes

For more information and tickets call  
(949) 498-3322

117 Avenida Victoria • San Clemente  
All Proceeds Benefit the Dorothy Visser Senior Center Activities Program

**Aide Well**  
Senior Services

**If you need transportation to either of these events...  
Call SC Village at 949.441.1348!**

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## General Information

San Clemente Village  
P.O. Box 5761  
San Clemente, CA 92674 949-441-1348  
[info@scvillage.org](mailto:info@scvillage.org)

### Board of Directors

#### President

Jan Montague  
[janm@scvillage.org](mailto:janm@scvillage.org)

#### Vice-President

Ret Wixted  
[ret@scvillage.org](mailto:ret@scvillage.org)

#### Secretary

Beth Hasenbein  
[bethh@scvillage.org](mailto:bethh@scvillage.org)

#### Treasurer

Bob Coff [bobc@scvillage.org](mailto:bobc@scvillage.org)  
[bobc@scvillage.org](mailto:bobc@scvillage.org)

#### Directors

Diane Edwards  
[dianee@scvillage.org](mailto:dianee@scvillage.org)

Sherry Reams  
[sherryr@scvillage.org](mailto:sherryr@scvillage.org)

Steve Walrath  
[stevew@scvillage.org](mailto:stevew@scvillage.org)

Bob Spidell  
[bobs@scvillage.org](mailto:bobs@scvillage.org)

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## Planned Events

Educational Programs  
Living Well Initiatives  
Social Activities

## Programs & Services

Computer Assistance  
Indoor & Outdoor Services  
Transportation  
Ambassador Program  
Phone Check-Ins  
Pet Assistance

## On-Going Activities

Bridge & Lunch  
Ancestry Interest Group  
Dine Around  
Lunch Bunch  
Breakfast Club  
Movie Matinee  
Technology Class  
Volunteer Opportunities  
Big Deal Meetings

## SC Village Advisory Board

Cheryl McDowell, Non-Profit Insurance Expert, Ins. Solutions  
Julie Schoen, JD, Deputy Director, National Center on Elder Abuse  
Kevin Middleton, Branch Manager, F & M Bank San Clemente  
Jeff Hartmann, Attorney, Estate Planning, Wills & Trusts  
Debbie Rose, PhD, CSUF, Director, Center for Successful Aging  
Christine Barone, Marketing Professional & Art4Healing Facilitator

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## Thank you

Jim Rice-Donation

SC Village is a Founding Member of  
*Village Movement California*





# San Clemente Village Event Calendar - August, 2018

Register online at [www.scvillage.org](http://www.scvillage.org), Event Calendar, or call us at (949) 441-1348

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
	<i>Enjoy an active, connected, and independent lifestyle.</i>		Movie Matinee Won't You Be My Neighbor Regency Theatres 11:45am			
5	6	7	8	9	10	11
				Dine Around Village Mediterranean Rim 6pm		
12	13	14	15	16	17	18
			Lunch Bunch 12-1:30pm SK@BBQ Korean Barbecue			<b>Stay Well at Home SC Senior Center 2-4pm</b>
19	20	21	22	23	24	25
		Bridge & Lunch 11:30am Wedgwood at SC Muni		<i>Thrive and live well at home.</i>	Breakfast Club 9:00am TBD	
26	27	28	29	30	31	
		Exploring Technology <b>Clouds?</b> Everything You Always Wanted To Know F & M Bank 1:30-2:30pm		<b>End of Summer POTLUCK Calypso Cafe 5:30-7pm</b>		