



The Village News

*Living Life to the
Fullest*

February 2019

2018 in Review

Sherry Reams, Board of Directors



It was a good year...it was a very good year. In 2018 the San Clemente Village celebrated our second anniversary with a party. Let's look back and remember the other fun – and learning – events we enjoyed. We had new experiences and opportunities to both enjoy and improve our lives. Many of us not only met new people but developed great friendships.

For some reason, events that included food seemed to be the most popular. In fact, the monthly Dine Around became so well-attended that we had to add additional nights toward the end of the year. It is a great opportunity to visit new restaurants for an enjoyable meal with interesting table-mates. The Lunch Bunch and Breakfast Club are also growing in attendance. We started with quarterly Potlucks this year and discovered the fun opportunities to try a variety of foods with convivial company. More social events include the Bridge group, going to the Movie Matinee and an occasional cooking class at Oliver's.

On the educational side, we learned how to better Live Smart (Brain Boosters), Stay Well at Home and protect your Brain Health. And just think about all the things you learned from Eric while Exploring Technology – it's not just kids who can be tech savvy!

Welcome New and Renewing Members!

Shirla Hardy – New Member

Iran Kayhaan, Sandy Jansen, Melissa Joncich, and Pam Walker-Renewed

Mark Your Calendars

- SCV Phone Office Hours Mon.-Fri. 9:00 AM – 5:00 PM. Closed Weekends.

Happy Birthday!



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. Check the Event Calendar to register on-line or call the SCV Event Line at 949.441.1348 to register. Here are the lucky Members for February.

Pam Walker 2/3 and Marie Valore 2/25

Let's enjoy a meal together at one San Clemente's dining spots. Remember to sign up through the SCV Event Calendar or by calling the SCV number at 949.441.1348.

Here's where we are going in February. Join the fun!

Dine Around. New Mandarin Garden - Thursday, Feb. 7th

Lunch Bunch. Hapa J's - Wednesday, Feb. 20th

Breakfast Club. Café Rae - Friday, Feb. 22nd

In Loving Memory of Jeanne Hays



Our dear friend and staunch SC Village supporter, Jeanne Hayes, has passed away peacefully. Jeanne's daughter, Lori, is generously directing donations in Jeanne's memory to San Clemente Village with gratitude for all the support Jeanne enjoyed from our Volunteers and fellow Members.

We were a busy group in 2018!

- 489 individuals attended San Clemente Village Social Events.
- 366 individuals attended SCV Educational programs.
- 757 Transportation Service requests were fulfilled.
- 322 In-Home Service requests were provided.
- SCV has 70 Members and 65 Volunteers.

What our Members are saying...

"We enjoy many activities put on by the Village but one we try to never miss is Eric's "Exploring Technology". Dale and Leo Larsen

"Joining the Village was the best decision I have made in a long time. Members and Volunteers are the salt of earth, bless them". Della Frankel



Sweetheart Celebration



Join the fun and celebrate with friends.

- Calling all Members and Volunteers to attend San Clemente Village's Sweetheart Celebration.
- Special music by the Heritage Quartet.
- Delicious snacks and fun for all during Sweetheart Bingo.
- Guests are welcome for a \$10.00 fee. All Guests must be registered and can pay \$10.00 at the door.

When: Sat. Feb. 16th 2:00 – 4:00 PM

Doors Open at 1:55 PM!

Where: Baha'i Center. 3316 Avenida Presidente

Easy Parking!

Register thru the Event Calendar at SCVillage.org
or call SCV at 949-441-1348



Are You Experiencing Falls or Concerned About Falling?

San Clemente Village welcomes members to participate in our exciting new program, an in-home-based fall risk reduction program called **“STAY WELL AT HOME” (SWAH).**



SWAH is designed to:

- Improve balance and strength
- Develop awareness and practice new fall protective behaviors
- Improve balance-related self-confidence
- Reduce the overall risk of falls



11-week program includes

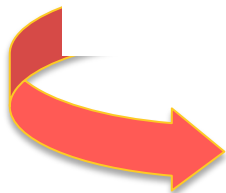
- 12 home visits
- 6 telephone visits



You will learn:

- Exercises designed to improve your balance and strength
- How to “fallproof” your home
- Protective strategies aimed at lowering your risk for falls.

Interested? Want more information?



Contact: Jan Montague, Executive Director

E-mail: janm@scvillage.org



Come One...Come All!

Bring Family and Friends to the FUN Bingo Bash!

Where: Goody's, 206 S. El Camino

When: It's San Clemente Village Night

Every Monday in April. Games Start at 7:00 PM

ALL PROCEEDS FROM THE GAMES WILL GO TOWARDS
SAN CLEMENTE VILLAGE'S MATCHING CHALLENGE GRANT

FUN FUN FUN FUN FUN

CHANCES TO WIN PRIZES

SOCIALIZE AND MEET NEW FRIENDS

GIVE IT A TRY—YOU WILL REALLY HAVE A FUN TIME

Medical Cannabis

Promoting Health Without Creating Potheads



Doc Talks...The Doctor Is In!
Join us for an informative class on
Medical Cannabis, brought to you by
MemorialCare Medical Group.

Thursday, February 28th, 2019
1:00 pm

Do Your Part to Slow the Spread of Flu

You play an important role in protecting yourself, your family, and friends from flu. Flu spreads easily from person to person. It spreads mainly through droplets that come from a sick person's nose and mouth when they cough, sneeze, or talk. These droplets can travel up to 6 feet and land in the noses and mouths of people nearby or be inhaled into the lungs. It also can spread when you touch surfaces or objects that have flu germs on them and then touch your nose or mouth. Plan to stay home if you're sick. By practicing healthy habits, you will be doing your part to help prevent the spread of flu.

Take these actions to help slow the spread of flu:

Get vaccinated.

Stay home if you're sick.

- Keep your distance (6 feet or more) from others at home or if you have to leave (to visit the doctor's office).
- If you have a fever, stay home for at least 24 hours after your fever is gone without using medicine that lowers fever.

Cover your coughs and sneezes.

- Cover your nose and mouth with a tissue.
- Throw away used tissue when you're done.
- Use your sleeve or elbow if you don't have a tissue.
- Wash or sanitize your hands.

Wash your hands often.

- Wash with soap and water for at least 20 seconds (the time it takes to hum the "Happy Birthday" song twice).
- Use hand sanitizer with at least 60% alcohol if you don't have soap and water.
- Wash your hands before touching your eyes, nose, or mouth.

Clean frequently touched surfaces and objects.

- Use soap and water, a bleach and water solution, or products with a label that says "EPA-approved" to clean items, such as handrails and doorknobs.
- Always follow the directions on product labels.

www.cdc.gov/npi 1-800-CDC-INFO (232-4636) www.cdc.gov/info

TTY:888-232-6348

National Center for Emerging and Zoonotic Infectious Diseases
Division of Global Migration and Quarantine





2019 Matching Challenge Goal

Super Supporters-\$1000.00+

Geneva Matlock, Amy Wixted & Bryn
Christoffersen, SC Outlets
Extravaganza, F & M Bank

Platinum-\$500.00

Jan Montague, Dr. Diane Edwards,
Steve Walrath

Gold-\$100.00

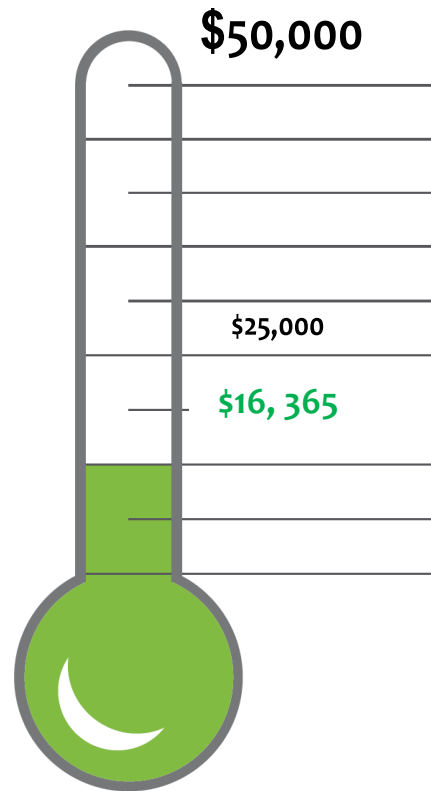
Lois Stansel, Melissa Joncich,
Jeanne Hays, Norma Leszt,
Debbie Rose, Ret Wixted
F & M Bank, Sue Lueders, Randy
McMahon, Anonymous, Dale & Leo
Larsen, Dorrie Brent, Beth Hasenbein

Silver-\$50.00

Jim Reiss, Lou Golden, Laura Vail,
Kathy Tharp, Debra Schmidt, Claudette
McGovern, Paula Kohl, Marie Valore,
Iris Summers

Bronze-\$25.00

Chuck Zoltan, Mary Kirk



**Donations received as of
January 24, 2019: \$16,365**

**Thank You for Your
Generous Support!**

____ Yes, I want to support San Clemente Village's Mission to help older residents thrive and live well in their homes by making a tax-deductible gift, to be matched—dollar-for-dollar by the McBeth Fou. For Example—Your \$50 donation will become \$100. Your \$100 donation will become \$200. Your \$300 donation will become \$600. Your \$500 donation will become \$1,000.

Name: _____ Email: _____

Address: _____ City: _____ State: _____ Zip: _____

Make check payable to: San Clemente Village or by Credit Card (Visa, MC, AMEX, Discover)

Amount: _____ In Memory: _____

Credit Card Number: _____ Exp. Date: _____ CCV: _____

Signature: _____ Date: _____

Please return this form with your check or credit card information to:

San Clemente Village

P.O. Box 5761

San Clemente, Ca 92674

OR, donate online at scvillage.org (\$500 Credit Card Limit)

General Information

San Clemente Village
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Board of Directors

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Executive Director

Jan Montague
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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
Dine Around
Lunch Bunch
Breakfast Club
Movie Matinee
Technology Class
Volunteer Opportunities

SC Village Advisory Board

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
Kathy Carchidi, Alzheimer's Orange County, Family Services Specialist



February 2019

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
					1	2
3	4	5	6 Movie Matinee TBD	7 Dine Around New Mandarin Garden 6-7PM NEW DATE	8	9
10	11	12	13	14 Valentine's Day	15	16 Sweetheart Celebration 2-4PM
17	18 President's Day	19 Bridge, 11:30-2:30 & Lunch @ Wedgewood SC Golf Course	20 Lunch Bunch Hapa J's 12-1:30 PM	21	22 Breakfast Club Café Rae 9-10:30 AM	23
24	25	26 Exploring Technology Understanding the Cloud	27	28		

Notes

Coming Attractions for 2019: Paint & Sip, Bingo at Goody's, New Health & Educational Classes, Stay Well at Home Fall Risk Reduction Program, Summer Fun and MORE!