



## San Clemente Village News

### *Living Life to the Fullest*

### September 2019

#### **Peter Pan or Ostrich, which one are YOU?**



Carolyn Novotny, CEO, Access 2 Senior Living & SCV Advisory Board Member  
Hopefully, the answer to that question is neither! However, we're all human and sometimes dealing with important issues isn't always our first choice. Avoidance only gets you so far, and then one day you realize you may have waited too long. Be smart about your future, take the time to create a plan that works for you. Staying in your home for as long as possible is probably a big one on your list.

So, here is how to get started: 1. Schedule a home evaluation by a CAPS (Certified Age in Place Specialist) Certified Contractor\* who can give you a list of items to consider. This list along with the approximate costs involved, is a starting plan in making your home a safe place to age. The longer you wait, the more your health situation could change and you may lose some of your options.

2. Having a retirement plan in place is another big item on the list. A good Financial Planner and Estate Attorney can guide you step by step. They will help you create a Trust to make sure the important people in your life know your wishes. This plan will also protect you from potential scammers.

3. If you're a Veteran or need Government assistance, start the planning process now. Don't wait until you need the money to see if you qualify for benefits.

Thriving takes planning. Be proactive. Do it now. \*The Certified Aging-in-Place Specialist (CAPS) designation was developed by the National Association of Home Builders (NAHB) Remodelers™ Council, in collaboration with the AARP, NAHB Research Center and NAHB Seniors Housing Council.

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#### **Celebration of Life – SCV Member, Lynne Geyser**



Please join the Village in remembering our late member Lynne Geyser. Lynne passed away on July 18<sup>th</sup> at the age of 81, while still practicing law. When the Village launched in October of 2016 she joined as member number 28. Lynne was very active in our dining events and often suggested new restaurants. She attended many of our educational offerings and was an active participant.

Lynne had an irreverent sense of humor and will be greatly missed.

A celebration of life will be held on Sunday, September 8<sup>th</sup> at 11:00 AM at the San Clemente Casino. Bright colored attire is requested. See you there.

#### **Photographer and Videographer Needed by San Clemente Village**

Please contact Jan Montague at [janm@scvillage.org](mailto:janm@scvillage.org) if you can volunteer your photography and/or videography skills. We are revamping the SCV website and marketing materials.

# SCVILLAGE

SAN CLEMENTE

## EDUCATIONAL EVENT

### Cannabis-Get the Facts-What You Need to Know

Dr. Dung Trinh, MD, Guest Speaker



This educational program will help you better understand the possible benefits derived from CBD (Cannabidiol) and provide a historical perspective on Cannabis. Bring your questions and get reliable answers!

**Dr. Trinh** is a member of the Physicians CBD Council. He is a member of the American Health Council and Chief Medical Officer and staff at the Irvine Clinical Research facility. Dr. Trinh is also President and Founder of TongueOut Medical Services and serves on the Board of Directors of Alzheimer's Orange County. He was a speaker for the SCVillage Brain Health Series.

**DATE & TIME:** Tues., Oct. 1, 2019 6:00-7:30 PM

**PLACE:** SC Community Center, Fireside Room  
100 Calle Seville, San Clemente.

- Doors open at 5:45PM Refreshments will be provided.
- No Cost. This program is open to SCV Members, Volunteers, Guests and the Community.
- [RSVP to the SC Office at 949.441.1348 by 9/24/19](mailto:RSVP@scvillage.com)



SAN CLEMENTE VILLAGE



### Save These Dates!

Outlets Shopping Extravaganza Fundraiser for SCV – Saturday, Oct. 5<sup>th</sup>

SCV Member and Volunteer Appreciation – Saturday, Nov. 16<sup>th</sup>

SCV Ruby's Diner Fundraiser – Friday, Dec. 6<sup>th</sup>

### 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 September, 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 September:

Loraine Eisenbeisz 9/1, Linda Howard 9/1, Eileen Kawas 9/5, Pallie Stenzel 9/14,

Mary Lou Smith 9/16, Cathy Talle 9/19, Kathy Oshima 9/20,

Claudette McGovern 9/23, Rona Neiman 9/25, Joe Varholick 9/26,

Dottie Miller 9/27, Lois Stansel 9/27, Robert Crittendon 9/30

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

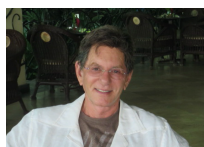
#### Here's where we are going in September. Join the fun!

Dine Around: Mongkut Thai 6-7:30 PM

Lunch Bunch: Board & Brew 12-1:30 PM

### SCVillage is honored to welcome Mark Kosins, MD to our Advisory Board.

Dr. Kosins holds the following Board Certifications and Memberships: Diplomate American



Board of Psychiatry and Neurology, Professor of Psychiatry and Family Medicine (Western University of the Pacific), Diplomate American Academy of Pain Management, Member of the American Society of Addiction Medicine. In addition, Dr. Kosins has been an Instructor for

Medical Students and Psychiatric Residents at Univ. of Calif. Irvine Medical School and was an Assistant Professor of Psychiatry and Human Behavior UCI Medical School.

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### Heartfelt Thank You to Our New and Renewing Members

New: Connie Martin

Renewing: Cathie Talle and Della Frankel



# Casa Romantica Tour & Lunch



San Clemente Village invites all Members and Volunteers to enjoy a docent led tour of Casa Romantica. We'll learn the history, tour the gallery, explore the beautiful coastal grounds - with over 33 gardens and have lunch on the beautiful Terrace.

**Where:** Casa Romantica, 415 Avenida Granada, San Clemente, CA

**When:** Tuesday, September 24, 2019.

We will meet in the parking lot at 10:55 AM. A docent will welcome us into the Casa at 11:00.

Following the tour, a box lunch prepared by Sundried Tomato will be served on the Casa's Terrace.

**Cost:** Casa Romantica Tour and Lunch - \$14.00.

When you make your reservation through the SC Office, or on the Village calendar, please choose one of the following Lunch and Drink selections:

- Rare roast beef with brie
- Peppered mustard BLT
- Roasted chicken club with bacon & avocado
- Grilled veggie with portobello & brie
- Water **or** Iced Tea
- Lunch includes fresh fruit and a cookie.

Reserve your spot by calling the SCVillage Office at 949.441.1348.  
Please pay via credit card on the Village calendar or send a check to:  
San Clemente Village  
PO Box 5761, San Clemente, CA 92674.

Reservations and Lunch payment due by Monday, September 16, 2019.

## News from the Executive Director

Jan Montague has been invited to serve on the Board of Directors of our state-wide



professional organization, Village Movement California.

In this role, Jan will help to provide strategic guidance, build financial support, strengthen connections to and relationships with California Villages, the Village movement, and the entire spectrum of aging services in order to create a strong, sustainable organization. In addition, Board

Members will provide leadership in setting long term goals, establishing policies, and developing programs to strengthen impact, accelerate growth, and ensure sustainability of Villages and the Village movement in California.

## September 23<sup>rd</sup> is National Restless Leg Syndrome Day

Jan Montague, Executive Director, SCV

This is a condition I have dealt with my entire life. Please contact me at [janm@scvillage.org](mailto:janm@scvillage.org) if you would be interested in SCV sponsoring a Support Group.

Restless legs syndrome (RLS) is a condition that causes an uncontrollable urge to move your legs, usually because of an uncomfortable sensation. It typically happens in the evening or nighttime hours when you're sitting or lying down. Moving eases the unpleasant feeling temporarily.

Restless legs syndrome can begin at any age and generally worsens as you age. It can disrupt sleep, which interferes with daily activities. Simple self-care steps and lifestyle changes may help you. Medications also help many people with restless legs syndrome. For more information, please visit the Restless Leg Syndrome Foundation website at [www.rls.org](http://www.rls.org).



**RLS AFFECTS  
12 MILLION  
AMERICANS**



Help others become  
**RLS AWARE** on Sept. 23,  
RLS Awareness Day:

**R**efer your doctor to [www.rls.org/PhysicianEd](http://www.rls.org/PhysicianEd) to learn more about RLS.

**L**ike, share and comment on RLS Foundation messages that inspire you on Facebook, Instagram, YouTube and Twitter.

**S**upport others in your community by starting an RLS Support Group in your area.

#RLSAWARE



**A**dd this year's Awareness Day image as your profile picture on Facebook.

**W**atch a webinar with a friend or family member to better understand RLS.

**A**dd this RLS AWARE poster to your workplace, community center or library - visit [www.rls.org/poster](http://www.rls.org/poster).

**R**emember to "pay it forward" with a gift membership by going to [www.rls.org/pay-it-forward](http://www.rls.org/pay-it-forward).

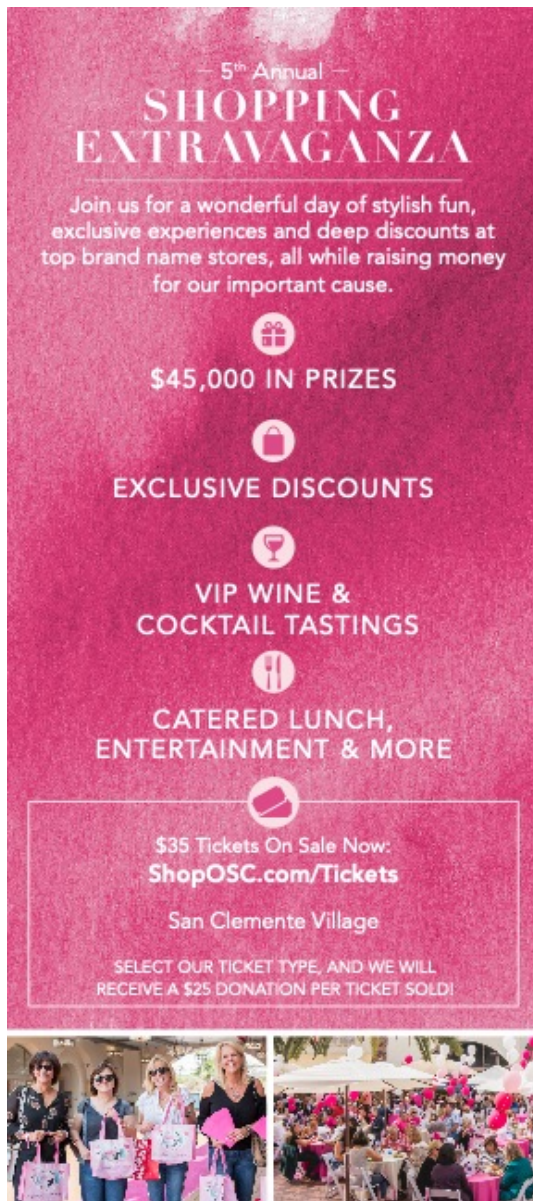
**E**njoy 15% off RLS swag during all of September at [www.rls.org/shop](http://www.rls.org/shop).

## Volunteer Reminders!

- Please check you email frequently and respond quickly to service requests.
- If you are going on vacation or unavailable-please notify your Volunteer Coordinator:
  - Ret Wixted – [ret@scvillage.org](mailto:ret@scvillage.org)
  - Sandi Shoden – [sandis@scvillage.org](mailto:sandis@scvillage.org)
  - Peggy Mulkay – [peggym@scvillage.org](mailto:peggym@scvillage.org)
  - Sue Lueders – [suel@scvillage.org](mailto:suel@scvillage.org)
  - Or call the SCV Office at 949.441.1348



# 5<sup>th</sup> Annual Outlets of San Clemente Fund Raising Event for Non-Profit Organizations Saturday, October 5, 2019



## HOW TO ORDER TICKETS

1. Call the Village at 949.441.1348 and we will help you register.
2. Or, type, **ShopOSC.com/Tickets** into your search engine (Google, Safari).
3. Scroll down to **Choose Your Ticket Type**.
4. Scroll down and click on: **San Clemente Village**.
5. Move your cursor to the right until you see a box with an **O**.
6. Click on the arrow enter the number of tickets you wish to purchase.
7. Scroll down to **Order Now**.
8. Provide payment information and click **Pay Now**.
9. Your tickets will appear attached to an e-mail called **Eventbrite**.

**THANK YOU FOR SUPPORTING  
SAN CLEMENTE VILLAGE!**



## 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

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

### Vice President

Cheryl McDowell  
[cherylm@ins-solutions.com](mailto:cherylm@ins-solutions.com)

### Secretary

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

### Treasurer

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

### Directors

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

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

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

### Executive Director

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

### Outreach and Marketing Coordinator

Christine Barone  
[christineb@scvillage.org](mailto:christineb@scvillage.org)

## Planned Events

Educational Programs  
Living Well Initiatives  
Social Activities

## Programs & Services

Computer Assistance  
Indoor & Outdoor Services  
Transportation  
Village Guide Program  
Phone Check-Ins  
Pet Assistance  
Village Scribe

## On-Going Activities

Bridge & Lunch  
Dine Around  
Lunch Bunch  
Movie Matinee  
Exploring Technology  
Volunteer Opportunities

### SC Village Advisory Board

Julie Schoen, JD, Deputy Director, National Center on Elder Abuse  
Kevin Middleton, First VP, Branch Manager, F & M Bank San Clemente  
Jeff Hartmann, Attorney, Estate Planning, Wills & Trusts  
Kathy Carchidi, Alzheimer's Orange County, Family Services Specialist  
Debbie Rose, PhD, CSUF, Dept. Kinesiology & Center for Successful Aging  
Dr. Anmar Obaidi, ODental, San Clemente  
Carolyn Novotny, CEO, Access to Senior Services  
Mark Kosins, MD, Mark Kosins and Associates



**San Clemente  
Village**

# September 2019

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
1	2 Labor Day	3	4 <a href="#">Movie Matinee</a> <a href="#">TBD</a>	5	6	7
8	9	10	11	12 <a href="#">Dine Around</a> <a href="#">Mongkut Thai</a> 6:00 PM – 7:30 PM	13	14
15	16	17	18 <a href="#">Lunch Bunch</a> <a href="#">Board &amp; Brew</a> 12:00 PM-1:30 PM	19	20	21
22	23	24 <a href="#">Casa Romantica</a> <a href="#">Tour &amp; Lunch</a> 11:00-1:30	25 <a href="#">Dine Around</a> <a href="#">Mongkut Thai</a> 6:00 PM – 7:30 PM	26 <a href="#">Exp. Tech. 1:00-2:30 PM</a>	27	28
29	30	1 <a href="#">Cannabis Educational Program 6:00 - 7:30 PM</a>				

## Notes

To register for programs or events, call the SCV Office at 949.441.1348 or on the [Event Calendar at www.scvillage.org](http://www.scvillage.org)

