

Greetings from the Executive Director and the San Clemente Village Board of Directors

Isn't it comforting to know we are all part of a well-connected community? Over the past 6 weeks, San Clemente Village has demonstrated that we are a truly caring group. Here's a partial list of "community caring" in action:

We've watched out for one another during these difficult times; called and checked on each other to stay close; picked-up prescriptions during an emergency situation; delivered supplies when others were unavailable to help; distributed "Fun Bags" to all full-service Members; and, connected with one another in a fun and educational manner using ZOOM.

During the month of May, San Clemente Village will continue to abide by the Governor's directive by following appropriate safety precautions; encouraging everyone to "stay at home" and by practicing recommended social distancing guidelines.

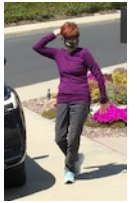
We will continue to provide an array of activities and programs through the Village Web site at www.scvillage.org and through Zoom, an internet-based group meeting program. Please review the May calendar and sign up today for such programs as *The Scammers Aren't Sleeping During COVID-What You Need to Know*, *Staying Safe Online*, *Virtual Art Class* and *Happy Hour*.

Although we are unable to provide our normal services and programs, let me remind you again that San Clemente Village is there for you. If you have questions, need supplies, are lonely--just call the Village at 949-441-1348 and we will find an answer. However, if you are feeling sick, are in pain, or need help managing throughout the day, then please call your primary care provider immediately. If it is an emergency, call 911!

Together we are stronger. We are the proud Members, Volunteers, Supporters and Friends of San Clemente Village.

Sincerely,
Jan Montague, Executive Director and the San Clemente Village Board of Directors

Volunteers picking up Fun Bags to deliver to Members---what a wide variety of face masks!



Thank you to Judy Bethe for making several face masks for our dedicated Volunteer's and Members' safety.

Let's Have Some Fun

My Self-Isolation Quarantine diary:

Day 1 – I Can Do This!! Got enough food and wine to last a month!

Day 2 – Opening my 8th bottle of Wine. I fear wine supplies might not last!

Day 3 – Strawberries: Some have 210 seeds, some have 235 seeds. Who Knew??

Day 4 – 8:00pm. Removed my Day Pajamas and put on my Night Pajamas.

Day 5 – Today, I tried to make Hand Sanitizer. It came out as Jello Shots!!

Day 6 – I get to take the Garbage out. I'm so excited, I can't decide what to wear.

Day 7 – Laughing way too much at my own jokes!!

Day 8 – Went to a new restaurant called "The Kitchen". You have to gather all the ingredients and make your own meal. I have no clue how this place is still in business.

Day 9 – I put liquor bottles in every room. Tonight, I'm getting all dressed up and going bar hopping.

Day 10 – Struck up a conversation with a spider today. Seems nice. He's a Web Designer.

Day 11 – Isolation is hard. I swear my fridge just said, "What the hell do you want now?"

Day 12 – I realized why dogs get so excited about something moving outside, going for walks or car rides. I think I just barked at a squirrel.

Day 13 – If you keep a glass of wine in each hand, you can't accidentally touch your face.

Day 14 – Watched the birds fight over a worm. The Cardinals lead the Blue Jays 3-1.

Day 15 – Anybody else feel like they've cooked dinner about 395 times?



Thank you! Renewing Members
Social: Carol Clift and Marge Sosa
Full: Geneva Matlock

ATTENTION MEMBERS AND VOLUNTEERS!

PHONE TEAM OFFICE HOURS:
10:00 AM – 3:00 PM.

Fun Fact:

Our Volunteers have contacted our
Full & Social Members close to 100
times since the Stay at Home
directive began!



Dorothy Visser Senior Center of San Clemente
117 Avenida Victoria * San Clemente, CA 92672 * (949) 498-3322



Hello from the Senior Center

I hope everyone is doing well and staying safe and healthy. **Remember we are here to help you.** If you need meals delivered during this health crisis, give us a call. We also have the grab n go program every-day M-F 11:30 – 1:00.

On Thursday April 16th we will have commodities available starting at 10:00 am (canned goods, box items, etc.)

2 On Mondays going forward we are going to be getting fresh food in. We will have our "pantry" setup from 12:30 – 2:00. A big thank you to everyone for the donations of non-perishable items and checks to help us through these challenging times. If you know of a senior who needs help, please have them call us.

On behalf of our volunteers, staff and myself we are wishing you and your families a blessed holiday weekend and we hope to see you here at the center soon.

Take care,
Beth Apodaca, Director, Dorothy Visser Senior Center





San Clemente Village would like to wish the following Members a very Happy Birthday!

Barry Mulkay 5/5
Kay Childs 5/12
Sherry Reams 5/17
Lora Ward 5/24
Alma Savage 5/31

We are unable to celebrate birthdays due to the Stay at Home Directive, however, once life is back to the “new normal”-- we'll plan a big birthday party to celebrate.

KIND WORDS FOR KIND DEEDS

Dear Jan,
I loved all of the wonderful surprises in my Fun Bag. The Village has made this difficult period of time easier with these thoughtful, caring gestures. I haven't colored since my kids were very young. The jig saw puzzle will soon occupy my coffee table
Thank **you**, Virtual hugs,
Lois

I took Mom dinner tonight and the Fun Bags were there. Thank you. That was so nice of the Village to put these bags together and get them to the members. We both appreciate them and the Village and all the volunteers.
Take care and stay safe.
Carolyn

What a fabulous gift I received from San Clemente Village!! 🙌🙌. I am so impressed with this organization which goes beyond words. It shows how much you care about us Seniors. You are there to help us and how you show us much patience and kindness is truly appreciated.
I loved the Fun Bag you delivered as it put a happy smile 😊 on my face. Everything was well put together and I enjoyed it all!! Thank You 🙏 and also to the Volunteers who made this happen 😊
Claudette



Does Medicare Cover COVID-19?

Medicare is responsible for developing and enforcing the essential health and safety requirements that health care providers must meet, including taking additional steps in response to the Coronavirus.

- Medicare covers the lab tests for COVID-19. You pay no out-of-pocket costs.
- Medicare covers all medically necessary hospitalizations. This includes if you're diagnosed with COVID-19 and might otherwise have been discharged from the hospital after an inpatient stay, but instead you need to stay in the hospital under quarantine.

San Clemente Village is a client of F & M Bank and we received this important reminder about the increased potential for fraud.



Dear Valued F&M Bank Client:

The U.S. Treasury Department and Federal Trade Commission (FTC) are warning Americans about fraud surrounding Economic Stimulus Payments. Fraudsters may ask you to pay a fee to get your stimulus payment or convince you to give them your personal information in order to intercept your payment.

Farmers & Merchants Bank would like to remind clients to remain vigilant against fraudsters and to share the following FTC tips.

4 Tips for Avoiding a Stimulus Payment Scam

1. Only use irs.gov/coronavirus to submit information to the IRS – and never in response to a call, text, or email.
2. The IRS won't contact you by phone, email, text message, or social media with information about your stimulus payment, or to ask you for your Social Security number, bank account, or government benefits debit card account number. Anyone who does is a [scammer phishing for your information](#).
3. You don't have to pay to get your stimulus money.
4. The IRS won't tell you to deposit your stimulus check then send them money back because they paid you more than they owed you. That's a [fake check scam](#).

For more information, please visit:

<https://www.consumer.ftc.gov/blog/2020/04/coronavirus-stimulus-payment-scams-what-you-need-know>.

If you are ever unsure about the authenticity of a phone call, text message, or email you have received, a good rule of thumb is DO NOT RESPOND and, instead, seek out the customer service phone number online, on the back of your credit or debit card, or on a monthly statement to call directly.

For more information on this important topic, please attend the following Educational Program:

“The Scammers Aren’t Sleeping During COVID-What You Need to Know”



Presented by Julie Schoen, JD Deputy Director of the National Center on Elder Abuse (NCEA) at the Keck School of Medicine at USC.

Date: Wednesday, May 13th

Time: 1:00-2:00 PM

Registration Deadline: May 11th.

Register through the SCV Event Calendar at scvillage.org or call 949.441.1348.

You will receive an invitation to join the ZOOM program.

SCV Zoom Program Information

Staying Safe Online

Presented by: Eric Likness - Owner, Lokwest Digital Life Coaching

You've worked hard to avoid the virus outside - don't let a virus in your electronics ruin your day! An update on the latest scams, what you need to do to stay safe, a password strategy review, and more!

Date: Thursday, May 7

Time: 10:00-11:00 AM

Registration Deadline: May 5th

Register through the [SCV Event Calendar](https://scvillage.org) at scvillage.org or call 949.441.1348.

You will receive an invitation to join the ZOOM program.



WANT TO **MAKE ART** WITH FRIENDS ONLINE?
COME TO **SCV'S VIRTUAL INTERACTIVE ART CLASS**
WHERE YOU CAN EXPLORE AND EXPRESS WHAT'S IN YOUR **HEART!**

Date: Thursday, MAY 28TH

When: 2:00–3:30 PM

IT'S A CREATIVE WAY TO RELAX AND **MAKE ART** AT HOME!

No prior art experience necessary!

Just an **OPEN MIND** and a willingness to have **FUN!**

Here's a list of recommended supplies you may have handy:



- Colored pencils
- Crayons
- Colored markers
- Oil pastels
- Eye shadows
- Lipsticks
- Watercolors
- Copy paper
- Cardboard
- Canvas paper
- Card stock
- Poster board
- Unlined journal
- Photo paper

Hosted by Christine Barone, owner of **Painting Your Heart Workshops!**

Register at scvillage.org or by calling the Office at 949.441.1348

You must register by Tuesday, May 26th

Once you have registered, you will receive an invitation to the ZOOM program.

! Restaurants Deliver: Home Meals for Seniors

Today, Governor Newsom announced a new program for local governments to provide restaurant delivery service to older Californians. More information is [available here](#) and sign-up details for older Californians will be available soon.

Older Californians who need someone to talk to can call the new statewide Friendship Line at [1-888-670-1360](tel:1-888-670-1360).



Information on the program — dubbed "Restaurants Deliver: Home Meals for Older Californians" — is available on the state's website at covid19.ca.gov.



ATTENTION:

Are you interested in participating in our Puzzle exchange? If so, please let us know. You can email Jan at janm@scvillage.Org or call 949.468.9201 to get your name on the list. The puzzle exchange will happen during the next **big fun bag** delivery!

Volunteers – please let Jan Montague know if you will be available to help deliver Fun Bags the weekend of May 16th.

Thank You to Christine Williams for providing a fabulous ZOOM program on this topic.

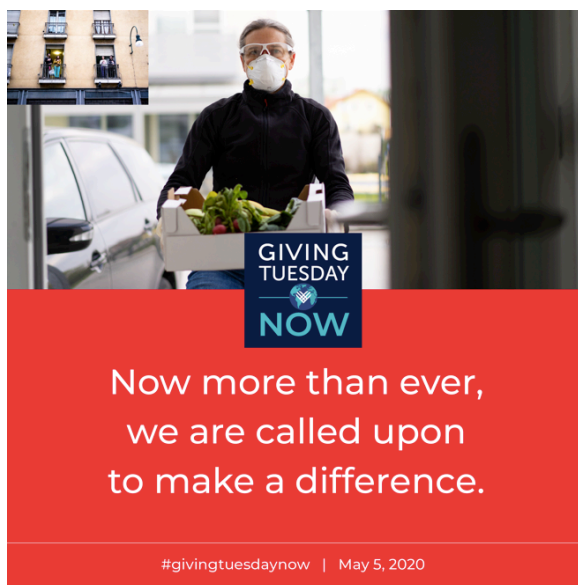
Summary Online Grocery Delivery Services

Updated:

April 17, 2020

Availability may change week to week

| Online Service | Selection | Cost | Delivery Timing | Notes |
|----------------|-----------------------|--|--|---|
| Amazon.com | Groceries | Free w/Amazon Prime (\$14.99/mo or \$99/year) | N/A at this time | Amazon Fresh Groceries- limited qty of staples |
| BlueApron.com | Meal Kit | 9.99/per person (minimum 2 ppl and 2 meals) | Weekly with subscription | Consistent service |
| Costco.com | Groceries + Alcohol | Free w/membership and \$35 minimum | 2 weeks + | Delivery is provided by Instacart |
| InstaCart.com | Groceries | 5% service fee or \$9.99/Mo or \$99/yr | N/A at this time | Delivery service for many grocery stores: Costco, Ralphs, Albertsons, Trader Joes |
| Postmates.com | Groceries + Alcohol | Free 7 day trial: \$9.99/ month or \$99.99/ year | Delivery options vary by retail choice | Delivery service for many restaurants, fast food and grocery stores |
| Ralphs.com | Groceries + Alcohol | \$9.95 per delivery | 5-6 days | New curbside pick up available for 2-3 day service. TP and PT in store only |
| TritonAir.com | Groceries- no alcohol | Free - tips optional | 1-2 Days | Delivery service is supported by San Clemente Presbyterian Church: Phone calls used to confirm orders |



GIVING TUESDAY NOW

Now more than ever,
we are called upon
to make a difference.

#givingtuesdaynow | May 5, 2020

Giving Tuesday is Tuesday, May 5, 2020.

Please considering donating to San Clemente Village's Matching Funds Campaign.

I Love San Clemente Village Matching Challenge

Please donate **TODAY** to San Clemente Village.

We are well over halfway to our Goal of \$25,000. Remember every amount donated is matched "dollar-for-dollar" through a generous award from the McBeth Foundation.

Please mail your donation to SC Village, PO Box 5761, San Clemente, CA 92674.
Or, send in your donation via our web site:
www.scvillage.org.

We greatly appreciate your support.
Thanks to all who participated.

May 2020

| Sun. | Mon. | Tue. | Wed. | Thu. | Fri. | Sat. |
|--------------------|--------------------|------|--|--|--|---------------------------|
| | | | | | 1 May Day | 2 |
| 3 | 4 | 5 | 6 | 7 Staying Safe On-Line. Eric Likness, facilitator 10-11 AM | 8 | 9 |
| 10 Mother's Day | 11 | 12 | 13 Scammers Aren't Sleeping. Julie Schoen, facilitator. 1-2PM | 14 | 15 | 16 Armed Forces Day |
| 17 | 18 | 19 | 20 | 21 | 22 Happy Hour Jan Montague, facilitator. 4:30-5:30 PM | 23 |
| 24 | 25 Memorial Day | 26 | 27 | 28 Interactive Art Class. Christine Barone, facilitator 2-3:30 PM | 29 | 30 |
| 31 | | | | | | |

Notes

To register for programs or events, call the SCV Office at 949.441.1348
or on the Event Calendar at www.scvillage.org

General Information

San Clemente Village
P.O. Box 5761
San Clemente, CA 92674
949.441.1348
info@scvillage.org

Board of Directors

Acting President

Cheryl McDowell
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Treasurer

Steve Walrath
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Executive Director
Jan Montague
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Outreach/Marketing
Independent Contractor
Christine Barone
christineb@scvillage.org

Planned Events

Educational Programs
Living Well Initiatives
Social Activities

Programs and Services

Computer/Phone Assistance
Indoor & Outdoor Services
Transportation
Village Health Companion
Phone Check-Ins
Pet Assistance
Village Guide

On-Going Activities

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

SCV Advisory Board

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
Lissa Trevino, MPT, Ocean Physical Therapy

