



August 2020

AGING.  
BETTER.

**SCV wants to take the following Members to LUNCH for their Birthday!**

**We are delivering Birthday Gift Bags on Saturday, August 15<sup>th</sup>**

### March

Marjorie Sosa  
Sandi Shoden  
Della Frankel  
Iran Kayhaan

### April

Gordon Hasenbein  
Dale Larsen  
Audrey Borgens  
Melissa Joncich  
Debbie Rose

### May

Barry Mulkay  
Kay Childs  
Sherry Reams  
Lora Ward  
Alma Savage



### What's in the Birthday Bag?

\$15.00 Panera Gift Card  
Birthday Cupcake  
SCV Face Mask  
SCV Hand Sanitizer

### June

Ann Marr  
Jane Powell  
Mary Ann Johnson  
Ret Wixted

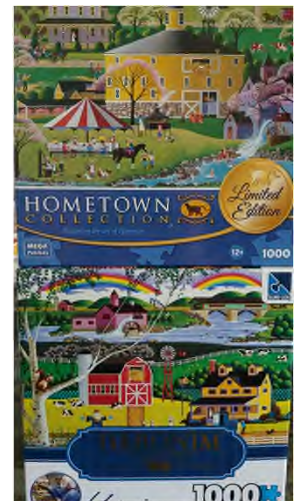
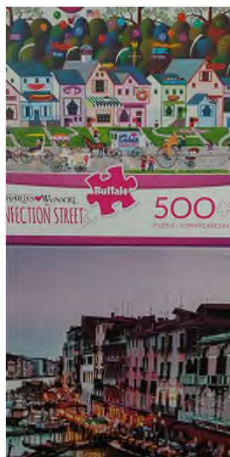
### July

Claudette Miller  
Bob Coff  
Cay Varholick  
Dorothy Bickner  
Maliha Zulficar

### August

Laura Vail  
Tom Gladd  
Antoinette  
Larry Cohen  
Dianne Testolin

We have plenty of PUZZLES – 300, 500, 1000 pieces! Call the Office and request a puzzle. Members, you can have the puzzle delivered to your home as a service request! Volunteers-you can pick up the puzzle at Melissa's house. Just call the Office. It's that's easy.  
Available to ALL Volunteers, Full and Social Members.





# AUGUST ACTIVITIES AND MEETINGS



## Let's Talk!

Join Jan, the SCV Executive Director, for some uplifting conversation at the SCV Coffee Talk.  
Thursday, August 27<sup>th</sup>  
10:30-11:30 AM.

Please register by Wednesday, August 26<sup>th</sup> by calling the office at 949-441-1348 or through the event calendar. Your Zoom invitation will be e-mailed on Wed., Aug. 26<sup>th</sup>.

## Birthday Gift Bag Delivery

**August 15<sup>th</sup>**

## BOARD OF DIRECTORS MEETING

**San Clemente Village  
Board of Directors Meeting.  
Friday, August 14<sup>th</sup>  
2:00 PM – 4:00 PM  
Your Zoom invitation will be e-mailed on Thursday, August 13<sup>th</sup>.**



Wednesday, August 19<sup>th</sup>  
4:30-5:30 PM.

Bring your own beverage and snacks.

We'll laugh, tell stories and spend time connecting with one another.

Please register by Tuesday, August 18<sup>th</sup> by calling the office at 949-441-1348 or through the event calendar. Your Zoom invitation will be e-mailed on Tuesday, Aug. 18<sup>th</sup>

## ATTENTION MEMBERS AND VOLUNTEERS!

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

Members--Please make sure to call-in your service request **one week** prior to your appointment.

## *Life Celebration*

### *Connie Martin*

One of our treasured San Clemente Village members, Connie Martin, passed away quietly Sunday, May 12. Connie joined the Village in August 2019 and had long time connections and friendships with former Village members, Norma Leszt, and Sandy Jensen.

Connie had an amazing outlook on life. She fought a brave fight for a good while, and never lost perspective or her enjoyment of life every day. SC Volunteers drove her to bi-weekly appointments to address her medical issues (unless she cancelled because her sister arrived to take her to those appointments and 'play' with her for a few days!), or a dine around. She always had a smile, a cheerful 'good morning', and a story to tell. She once confessed (with a smile) she went through her SCV 'goodie bag' in a few days, eating all the chocolate and drawing with the coloring book!

She treasured the drawings and messages her grandchildren left in chalk on her patio. She loved planning gifts for her family at different holidays and family events. She had a great collection of Christmas decorations and loved decorating her house with her family - a strong force in her life.

Connie will be missed by her friends and her San Clemente Village family. As Connie would say, she is on her way to her next adventure!

Lovingly submitted by Jan Williams

### **Good Words for Good Deeds**

"Thank you to you and your team at the Village for all your help with my stepmother Lore Whittaker. Matt P. is a Saint! We are grateful for all you do."

Heartfelt Thank You-to everyone who donated to SCV in Memory of Marie Valore.



## SCV COVID 19 Safety Reminders for Volunteers & Members

Each time I provide a service as a Volunteer or receive a service as a Member, I attest that:

- I am not experiencing any symptom of illness such as cough, shortness of breath or difficulty breathing, fever, chills, repeated shaking with chills, muscle pain, headache, sore throat, or new loss of taste or smell. I will immediately cancel receiving or providing the service request, if I am experiencing any symptoms.
- I have not traveled internationally or traveled to a highly impacted area within the United States of America in the last 14 days. If I have traveled, I will NOT provide or receive services for 14 days AND I will attest that I am not exhibiting any COVID 19 symptoms.
- I do not believe I have been exposed to someone with a suspected and/or confirmed case of the Coronavirus/COVID-19. If I have been exposed, I will NOT provide or receive services for 14 days AND I will attest that I am not exhibiting any COVID 19 symptoms.
- I have not been diagnosed or tested positive with Coronavirus/Covid-19. If I have, I will notify the Office immediately and not provide or receive services until I test negative.
- I will follow all CDC recommended guidelines (physical distancing, wearing a face mask, washing hands and disinfecting surfaces) as much as possible to limit my exposure to the Coronavirus.
- I will take my temperature each morning prior to providing or receiving a service request. If my temperature is above 100.4, I will notify the Office to cancel my involvement with the service (as a Member or Volunteer).

If a Member or Volunteer tests positive for COVID 19:

- **All** services will pause while we conduct a review of potential SCV contacts.
- Impacted individuals will be notified immediately.
- If someone from SCV has been in contact with the Member or Volunteer (within the past 14 days), then testing is recommended.

Please contact Jan if you need additional safety supplies or you need a thermometer with a large display.

# ARE YOU AT HIGHER RISK FOR COVID-19?



## Who is at higher risk for COVID-19?

**Based on what we know now, people at higher risk of getting very sick from COVID-19 are:**

- People aged 65 years and older.
- People who live in a nursing home or long-term care facility like a skilled nursing facility.

**People of all ages with underlying medical conditions, especially if not well controlled, including:**

- People with chronic lung disease.
- People with moderate to severe asthma.
- People who have serious heart conditions.
- People who are immunocompromised: Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications.
- People with severe obesity (body mass index [BMI] of 40 or higher).
- People with diabetes.
- People with chronic kidney disease undergoing dialysis.
- People with liver disease.

## Here's what you can do to protect yourself:



**Stay home** if possible.



**Wash your hands often** with soap and water for at least 20 seconds.



**Avoid close contact** with others. Stay at least 6 feet apart.



**Clean and disinfect** "high-touch" surfaces often like phones, remotes, counters, bathrooms and doorknobs.



**Wear a face covering** when you are unable to stay 6 feet apart from others.



**Avoid all non-essential travel.**



**Call your health provider (doctor)** if you have concerns about COVID-19 and your underlying health conditions or if you are sick.



### FREE COVID-19 TESTING

If you think you or someone in your home has COVID-19 and would like to get tested, visit [ohealthinfo.com/covidtest](https://ohealthinfo.com/covidtest) to find where you can get tested.

### COVID-19 RESOURCES

For more information on help with unemployment, disability, and food, visit [together.ocgov.com](https://together.ocgov.com).

**Learn more at [www.ohealthinfo.com/novelcoronavirus](https://www.ohealthinfo.com/novelcoronavirus)**





# TESTING POSITIVE FOR COVID-19

## WHAT HAPPENS NEXT?

**If you or someone at home tests positive for COVID-19, take these steps:**

### Positive COVID-19 Test with Symptoms

If you or someone at home has a positive COVID-19 test result and **has symptoms** (i.e., fever, cough, shortness of breath or trouble breathing):

Unless you are given different instructions, stay home and avoid contact with others until it has been:

- at least 3 days (72 hours) after you have recovered, meaning you don't have a fever without the use of fever reducing medicine (e.g., Tylenol, Advil)
- at least 10 days after your first symptoms appeared
- **and** respiratory symptoms (e.g., cough, shortness of breath) are improving

### Positive COVID-19 Test with No Symptoms

If you have a positive COVID-19 test, but **have no symptoms**, stay home for 10 days from the date the test was taken.

**Follow OC Health Care Agency's Guidance for Home Isolation of Patients with Suspected/Confirmed COVID-19: [www.ocalthinfo.com/homeisolation](http://www.ocalthinfo.com/homeisolation)**

**If you get a call from the health department, please take it seriously.**

All positive COVID-19 test results are reported to the OC Health Care Agency (your local health department) for contact tracing to reduce the spread of COVID-19. We contact the person who tested positive for COVID-19 to see who else might have been exposed.

#### What We Ask for:

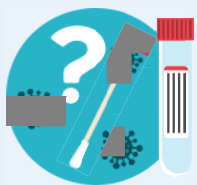
- Where you have been recently and who you have been in contact with
- The names and contact information of the those you have had close contact with so we can call them. We will protect your privacy and will NOT tell them who may have exposed them without your permission

#### What We DON'T Ask for:

- Social Security Number
- Immigration Status
- Credit card number

**If you or someone tests positive for COVID-19 and are not able to stay at home:**

Ask the OC Health Care Agency representative that contacted you for help with isolation.



### FREE COVID-19 TESTING

If you need another test or need to find information for someone at home or work, visit [ocalthinfo.com/covidtest](http://ocalthinfo.com/covidtest) to find where you can get tested.

### COVID-19 RESOURCES

For more information on help with getting food, losing a job, trouble paying rent, or getting medical care, visit [covid19info.ocalthinfo.com](http://covid19info.ocalthinfo.com).

**For more COVID-19 information, please visit [www.ocalthinfo.com/novelcoronavirus](http://www.ocalthinfo.com/novelcoronavirus) or call the OC Health Care Agency's Health Referral Line at (800) 564-8448.**





# COVID-19: QUARANTINE AT HOME

## WHAT YOU NEED TO KNOW



**Quarantine** is used to **keep someone who might have been exposed to COVID-19 away from others**. This helps prevent the spread of COVID-19 that can happen before a person knows they are sick or if they are infected with the virus without feeling symptoms.

**Isolation** is used to **keep someone who has COVID-19 or symptoms of COVID-19 away from others**, even in their own home.

### You should quarantine for 14 days after your last exposure to COVID-19, if you:

- had close contact (within 6 feet for 15 minutes or more) with someone who has COVID-19 or symptoms of COVID-19
- have been instructed by your health provider (doctor) or local health department that you may have been exposed and need to quarantine

### While you quarantine at home, you should:



**Stay home for at least 14 days** after your last close contact or exposure.



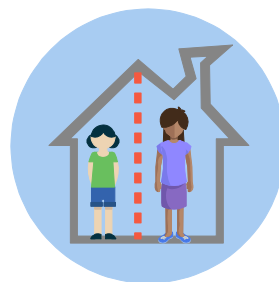
**Ask for help to get necessary items** (food, medicines, essentials).



**If you must go out, avoid close contact and keep at least 6 feet apart from others. Wear a cloth face covering** when out.



**Check your temperature twice a day**, and monitor yourself for COVID-19 symptoms (fever of 100.4°F or higher, cough, body aches, sore throat, chills, loss of taste or smell, etc.).



**Separate yourself from others if you develop symptoms**, and contact your healthcare provider (doctor) to see if you should get tested.



### FREE COVID-19 TESTING

If you think you or someone in your home has COVID-19 and would like to get tested, visit [ocaliforniahealthinfo.com/covidtest](https://www.ocaliforniahealthinfo.com/covidtest) to find where you can get tested.

### COVID-19 RESOURCES

For more information on help with getting food, resources related to job loss, trouble paying rent, or getting medical care, visit [together.ocalifornia.gov](https://together.ocalifornia.gov).

For more COVID-19 information, please visit [www.ocaliforniahealthinfo.com/novelcoronavirus](https://www.ocaliforniahealthinfo.com/novelcoronavirus) or call the OC Health Care Agency's Health Referral Line at (800) 564-8448.





## 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

### Acting 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)

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

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

Julie Schoen, JD  
[julie.schoen@med.usc.edu](mailto:julie.schoen@med.usc.edu)

Chase Metcalf  
[metcalfch@stifel.com](mailto:metcalfch@stifel.com)

## Executive Director

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

## SCV Services Offered While Staying Safe

- Computer/Phone Assistance
- Indoor & Outdoor Services
- Transportation
- Village Health Companion
- Phone Check-Ins
- Pet Assistance
- Supply Delivery
- Village Guide
- ZOOM Educational and Social Programs
- Living Well Initiatives: Stay Well at Home for Fall Risk Reduction & Emergency Preparedness
- Volunteer Opportunities
- Birthday Gift Bag Delivery
- Puzzle Exchange
- Front Porch and Patio Visits

## 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

