



November 2020

AGING.
BETTER.

News from the Board of Directors!

Please welcome our newly appointed Executive Officers and Directors



Cheryl
McDowell,
President



Julie Schoen,
JD, Vice
President



Steve
Walrath, CPA,
Treasurer



Chase
Metcalf,
Secretary



Dr. Diane
Edwards,
Director



Carolyn
Novotny,
Director



We wish to thank Beth Hasenbein and Bob Spidell for their years of service to the San Clemente Village Board of Directors. SCV would not be where it is today without their support, knowledge, involvement and commitment to our great little organization. Thank you!



ANNOUNCING MEMBER AND “Active” VOLUNTEER APPRECIATION

To express our gratitude and appreciation, SCV will be distributing Gift Bags to all Full-Service and Social Members on November 21st. Mark your calendars and expect a call to notify you when your Gift Bag will be delivered!

“Active” Volunteers, SCV will mail your Gift on November 20th.

So watch for a surprise coming soon to your mailbox.

(Volunteers must be Active and completed the SCV COVID waiver & training)

Member Spotlight

Geneva Matlock



Hi Villagers,

I have known Geneva for over five years. Here's some information about this fantastic lady.

Geneva was born in Paducah, Kentucky in 1925. She was raised on a farm that was at one time a tobacco farm. They had pigs, cows, chickens. They grew raspberries and had multiple fruit trees, so Geneva know how to make great jams and jellies. She grew up with 3 siblings. Her mother was a widowed German immigrant and came to the US to start a new life with 2 children. She married Geneva's father and they welcomed 2 more children.

Geneva started college in 1942 and married in 1943. She continued college while her husband was drafted into the Navy during WWII. One of her jobs was working for the Board of Education in Paducah but quit after a few months because they would not pay her what they had been paying her male predecessor. After Melvin returned home, he went back to his job on the railroad but then they bought some property and opened a laundromat and Melvin resigned from the railroad. Their business was successful.

Geneva and Melvin went to medical school to become Anesthesiologists. At school there were 100 male students and only 4 female students, one of which was Geneva. They moved to Ogden, Utah and opened a private practice in 1963. They divorced and Geneva moved to CA in 1973. She worked at Hoag Newport Beach and had a successful private practice. She met Ed her second husband and continued her extensive travel of the world and also became well versed in sailing in Newport Beach.

She enjoys a good meal of roast beef and mashed potatoes. Geneva has all the James Michener books and loves reading and learning about other places in the world. She was playing Bridge several times a week before Covid-19 and misses it and her friends quite a bit. She also likes reading the paper every morning with her cup of coffee. Something that might surprise you about Geneva is that she played tennis until she was 85 years old. Geneva learned about San Clemente Village from one of her friends who had joined the Village and was happy with the service that they were providing.

Lovingly submitted by Sandi Shoden

Happy Birthday!

San Clemente Village will be delivering Birthday Bags to the following Members in November:



11/12 Bob Spidell
11/14 Tom Eidem
11/25 Peggy Mulkay
11/30 Kathy Tharp

Birthday Bag delivery will be
Saturday, Nov. 21st!

WELCOME NEW VOLUNTEERS!

Marlene Oliphant

Cheryl Hopper

SCV offered our first Volunteer Orientation via Zoom! Please let your friends know what a fun and rewarding experience it is to Volunteer with San Clemente Village.



Good Words for Good Deeds

Thank you so much for my birthday goodie bag! The cup cake was delicious and I love Panera Bread! This is such a neat thing for the village to do. You made my birthday special. Jan, I think you put the bag together and Ret you came all this way to deliver it. You both make the village the awesome organization it is!

Love Sue L.

San Clemente Village Guides Zoom Meeting

November 19th, 2020

1:30 AM-2:30 AM

Zoom meeting invitations will be e-mailed to all Guides Wed., Nov. 18th



**Community
Legal Aid SoCal**

Advocates for Justice in Orange and Los Angeles Counties

Receive assistance on a variety of legal issues
including but not limited to:

- Elder Abuse
- Landlord/Tenant Disputes
- Government Benefits
- Limited Conservatorships
- Consumer Issues
- Guardianships

HOTLINE: 800-834-5001



www.communitylegalsocal.org

Free Legal Aid for Seniors



This project is funded in part through a grant from the California Department of Aging, as allocated by the Orange County Board of Supervisors and administered by the Office on Aging.

We care about your health and well-being. Please consider getting your flu shot and shingles vaccine. We can help with transportation!



**NEARLY
500,000**

people over 60
years of age get
shingles in the
US each year



**ALMOST
1 IN 3
ADULTS**

will get shingles in
their lifetime



**98% OF
ADULTS**

have had
chickenpox and are
at risk for shingles

**If you are 60 years of age or older, ask
your healthcare professional about the
shingles vaccine.**



National
Foundation for
Infectious
Diseases

www.nfid.org/shingles

ZOOM BINGO
Wednesday, Nov. 18th
11:00 AM-12:00 PM



We are thankful Zoom Bingo is back!

Join your San Clemente Village friends for **Zoom Bingo**. If you don't use a computer you can "call in" to hear the numbers.

We will play 3 games and the winners will be able to choose between the prizes. So, instead of eating left-overs you could win a restaurant gift card!

The games are scheduled for Wednesday, November 18th at 11am. To receive Bingo cards, you **must** register by Friday, November 13th. Call the office at 949-441-1348 and we will get you registered.

We hope to "see" you there! Sherry and Maria



As a reminder, SCV provides more services than transportation. Here are just a few services we can provide: change the battery in your smoke detector, re-pot plants, walk friendly dogs, pull weeds, replace lightbulbs, run errands, help organize your closet, or pick up "take out" from a neighborhood restaurant. Remember to wear a face mask, physical distance, wash hands or use hand sanitizer when giving or receiving services.

KEEP CALM and Avoid Coronavirus Scams

Here are **5 things** you can do to avoid a Coronavirus scam:



Ignore offers for vaccinations and home test kits.

Scammers are selling products to treat or prevent COVID-19 without proof that they work.



Hang up on robocalls.

Scammers use illegal sales call to get your money and your personal information.



Watch out for phishing emails and text messages.

Don't click on links in emails or texts you didn't expect.



Research before you donate.

Don't let anyone rush you into making a donation. Get tips on donating wisely at [ftc.gov/charity](https://www.ftc.gov/charity).



Stay in the know.

Go to [ftc.gov/coronavirus/scams](https://www.ftc.gov/coronavirus/scams) for the latest information on scams. Sign up to get FTC's alerts at [ftc.gov/subscribe](https://www.ftc.gov/subscribe).



Federal Trade Commission

If you see a scam, report it to
[ftc.gov/complaint](https://www.ftc.gov/complaint)

NOVEMBER ACTIVITIES AND MEETINGS



Coffee Hour



Let's Talk!

Join Jan, the SCV Executive Director, for some uplifting conversation at the SCV Coffee Hour.

**Thursday, November 12th
10:30-11:30 AM.**

Please register by Tues., Nov. 10th by calling the office at 949-441-1348 or through the event calendar.

Your Zoom invitation will be e-mailed on Wed., Nov. 11th.

We have plenty of PUZZLES – 300, 500, 1000 pieces! Call the Office and request a puzzle. It's that's easy. Available to ALL Volunteers, Full and Social Members.

BOARD OF DIRECTORS

MEETING

**San Clemente Village
Board of Directors Meeting.**

Friday, November 13th

2:00 PM – 4:00 PM

**Your Zoom invitation will be
e-mailed on Thursday, Nov. 12th.**

PLEASE JOIN THE FUN ZOOM



**Friday, November 20th
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 Wednesday, Nov. 18th by calling the office at 949-441-1348 or through the event calendar. Your Zoom invitation will be e-mailed on Thursday, Nov. 19th

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. Please consider limiting weekend transportation requests due to our shortage of drivers during the COVID situation.

General Information

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

Board of Directors

President

Cheryl McDowell
cherylm@scvillage.org

Vice President

Julie Schoen, JD
julie.schoen@med.usc.edu

Secretary

Chase Metcalf
chasem@scvillage.org

Treasurer

Steve Walrath
steview@scvillage.org

Diane Edwards
dianee@scvillage.org

Carolyn Novotny
FollowYourGlow@cox.net

Executive Director

Jan Montague
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
- 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

Mark Kosins, MD, Mark Kosins and Associates

Lissa Trevino, MPT, Ocean Physical Therapy

