

# Palos Verdes Peninsula Village

- stay settled
- stay connected
- stay engaged

## PALOS VERDES PENINSULA VILLAGE NEWSLETTER

SUMMER 2017

### BOARD OF DIRECTORS

FRAN WIELIN – CHAIR  
HELEN DENNIS  
BRITT VANDEN EYKEL-HUFF  
ANN SHAW  
SUSAN HAMILTON-WALLACE  
STEVE JORDAN  
LYNN SOLOMITA  
TERESA CHI-CHING SUN  
CAROLYNN PETRU  
COLLEEN COTTER,  
Executive Director



Dr. Ira Byok is flanked by Village Board Members Helen Dennis, Fran Wielin, Susan Wallace, Steve Jordan, Carolyn Petru and Dr. Teresa Sun with Executive Director Colleen Cotter adding reinforcement.

### VOLUNTEER EXTRAORDINAIRE



Who is this man? He is the Village's official photographer, the host and facilitator of our famous Salons, the host of the Men's Vodka Tasting party, winner of top honors in an Exhibit at the Walker Gallery, P.V. Art Center for "Gimel", his photograph of a spinning dreidel. And, Norm and Susan have traveled to 70 different countries. Norm is a self-professed curmudgeon who delights in lively give and take discussions, and who lives life with a positive, productive enthusiasm that belies his avowed bleak outlook. He's a pilot, and he loves the blues and is studying blues guitar.

If you haven't guessed already, look on page 4 for the answer.



## **A MESSAGE FROM BOARD CHAIR FRAN WIELIN**

Greetings to all members, volunteers, and friends of PVP Village. We have had an eventful few months and have lost a dear friend, Sherry May. We have gained new members and have had stimulating programs and started new interest groups. The Program Committee, headed by Steve Jordan, is planning social and educational activities for the summer and fall months. We hope you are participating in this aspect of PVP Village. The first edition of the "Village Postcard" was mailed to all members in May as a reminder. The Board members are working on many initiatives to plan for the future of PVP Village.

The Board of Directors continues to work on long range planning for financial sustainability as the membership dues cover about 66% of our expenses. The Fund Raising Committee, headed by Helen Dennis and Susan Wallace, will publish our Annual Report in July, in time for our First Annual Membership Meeting, Wednesday July 19th from 2:00 – 4:00 pm at the Peninsula Center Library.

The Board also is planning the next edition of last year's "The Upside of Aging" event on Tuesday October 17th at the Palos Verdes Golf Club. Dean Pinchas Cohen, USC Leonard Davis School of Gerontology, will be featured. More information will follow.

We are fortunate to have volunteers, both members and nonmembers, who work behind the scenes to keep the PVP Village running smoothly. They include Board members and many others. We are thankful to Judy Bayer, newsletter editor and Leanne Twidwell, website manager who keep us informed of Village activities. There are many more – some whom you have met for transportation needs. We are grateful for every one and especially our awesome Executive Director, Colleen Cotter, who keeps us all organized.

Sincerely, Fran Wielin, Chair Palos Verdes Peninsula Board of Directors

## **COMMITTEE CHAIRS**

**Membership – Colleen Cotter**

**Program – Steve Jordan & Lynn Solomita**

**Volunteer Support – Carolynn Petru & Colleen Cotter**

**Fund Raising/Financial Stability – Helen Dennis & Susan Wallace**

**Communications – Fran Wielln**

## COLLEEN'S CORNER



WOW! We are up to 100 members and 58 volunteers. Isn't that amazing? We are very busy in the office and Namele is a tremendous help. Having another person understand the running of the Village office and getting the lay of the land is truly a gift to me, the Board and the sustainability of our Village.

We are busy making the Palos Verdes Peninsula Village a community of concerned, caring folks. How does that happen? Staying in touch via phone or email, fielding service requests, visiting members who are in the hospital or rehab, and meeting with potential new members followed by interviews and training. Attending community and business meetings is important in maintaining our partnerships with Providence Little Company of Mary, The Canterbury, and Torrance Memorial Center while encouraging new ties with others.

All that we do is inspired by Sherry May's passion about changing the way we age and her vision of the PVP Village as a community sustained through the friendship and support of our members and volunteers.

**We are so very lucky to have volunteers who support our Village!**

**THANK YOU TO EACH AND EVERY ONE OF YOU!**

Listed below are some of the service requests we have filled over the past few months:

**January:** 42 requests (38 for transportation and 2 for handyman help, and 2 for computer help)

**February:** 46 requests (45 for transportation and one member requesting ice bags being delivered to her after surgery)

**March:** 53 requests (50 for transportation and 4 for computer, cell phones and iPads)

**April:** 69 requests (64 for transportation, 3 for computer help, 1 referral and 1 handyman)

**May:** 73 requests (69 for transportation, 3 for computer, 1 for handyman)

We have many wonderful events coming up. We will mail over-sized post card notices six times a year, and we hope our notices will motivate you to attend some of the fun activities we have planned. Please visit our website at [www.peninsulavillage.net](http://www.peninsulavillage.net) to see the great photos of past gatherings and calendar of future events. If you do not have your log in password, please call me and I will reset it and help you navigate through the steps you take to log in OR we will send out a volunteer techy to help you!

### **Ralph's Community Contribution Program**

If you shop at Ralph's Market, for every dollar you spend on eligible purchases at the store, Ralph's will make charitable contributions to the Palos Verdes Peninsula Village. That's right! All you need is: 1) a Ralph's rewards card and 2) to register for the donation on Ralph's website. It's easy!

Go to [www.ralphs.com](http://www.ralphs.com) and follow the instructions. A reminder with more detailed instructions will be sent to you.



CHECK OUT YOUR PVP VILAGE ON FACEBOOK AT PALOS VERDES  
PENINSULA VILLAGE. BE SURE TO "LIKE" YOUR VILLAGE TOO!



Lisa Korn, Volunteer, and Marion Parsons,  
Member, on the way to the PV Library – photo  
from the Peninsula News



Daily Breeze – Successful Aging Expo

## ALERT

### RING PROGRAM

Rancho Palos Verdes has a program that subsidizes the purchase of Ring Video Doorbells at \$50 per household as part of their efforts to deter crime. This program is available to residents of RPV until July 31, 2017. Information on this program and a release waiver for the subsidy is available on the City's website. Get the waiver first before you make a purchase.

The Ring Video Doorbell allows the homeowner, using an app on his or her cellphone, to view who is at the door and to talk to the person without opening the door whether you are home or not. It also has a sensor that takes a picture of anyone who comes to your door to leave (or steal) a package. According to the Ring website, the price is \$179 for the device or \$249 for a more deluxe model.

AND THE ANSWER TO WHO IS  
OUR MYSTERY VOLUNTEER – – –

**NORM ZARESKY** – who has taken  
most of the photos that appear in  
this newsletter.  
Thank you, Norm.



We Appreciate your financial  
support. Thank you.

**Charter Members/Donors**

William and Barbara Ailor  
Maria Ashla  
Fred and Judy Bayer  
Muriel Blatt  
Ruth Bloland  
Dorothy Clapp  
Constance Davenport  
Helen Dennis  
Mary Kehrl  
Louise Loether  
Hilary and Ann Lord  
Bill and Sherry May  
Jim and Constance McBirney  
Richard Moe  
Jade Neeley  
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Ken and Harriet Servis  
Ann Shaw  
Mary and Bob Sheh  
Janet Smith  
John and Lynn Taber  
Susan Hamilton Wallace  
Mary Watson  
Sidney and Fran Wielin  
Norm and Susan Zareski

**Grants**

Providence Little Company of Mary  
Torrance and San Pedro  
Honorable Don Knabe Board of  
Supervisors  
Los Angeles County District 4

**Friends**

Bob and Jacki Bacharach  
Aimee Burke  
Mike and Colleen Cotter  
Dick and Betty Eddington  
Bruce and Eileen Edelson  
Ruth Gralow  
Ruth Hanzlik  
Britt Huff  
Steve Jordan/Margi Braun  
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Mary Lou Lieman  
Carolynn and Andy Petru  
Renee Soiffer  
Phil and Lynn Solomita  
Katherine Swank

**Charter Donors**

Roger and Carolyn Ayers  
Bonnie Cohen  
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Keith Shultz and Karen May  
Sandra Sanders

**Sponsors**

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Palos Verdes Family Vision Optometry  
Premier Bank of Palos Verdes  
Providence Little Company of Mary  
Optimal Aging  
Skypark Preferred Family Care  
South Bay Handy Tech – Beny  
Suzy Zimmerman – State Farm Insurance  
The Canterbury  
Torrance Memorial Medical Center

# WHAT'S BEEN HAPPENING IN THE VILLAGE

## VILLAGE SALON

How do I know if I am being politically correct?

Do I really care if I am politically correct?

Who do I know is being extremely politically incorrect?

Such questions stimulated lively conversation led by Norm Zaresky on Friday night, May 26th at the lovely home of new members, Kathy and Bob Swank.



## MEN OF A CERTAIN AGE

by Steve Jordan

Being a guy approaching 70 + 9 + years could be used to describe me, and lots of other guys like me – old man, senior citizen, old timer, baby boomer, geezer, coot, and occasionally curmudgeon. You get the picture. I always liked the title of a sitcom from a few years ago and consider myself a "MAN OF A CERTAIN AGE", and so do the other 39 gentlemen who are members and/or volunteers with the Palos Verdes Peninsula Village.

Like the Village's other "interest groups", the idea came from a few people with a similar interest and the energy to make it happen. In our case the credit goes to Hal Lazar, Jim McBirney, Norm Zareski, and Steve Jordan. Enjoying each others' company

over beer and burgers, they wanted to enlarge this circle of friends to include all the other guys in the Village. The first event was a blind vodka tasting at Norm Zareski's home. This has been followed by monthly lunches at Hennessey's, the San Pedro Brewing Company, Ranch Market in Malaga Cove, and most recently Rock and Brews in Redondo Beach. May 23rd, Giovanna Dimas, a dietitian and head of food service at Providence Little Company Mary in San Pedro, sat down with us to discuss common sense nutrition. And on June 3rd Steve Cohen hosted a BBQ at his home before break for summer vacations.

## FIRST YEAR ANNIVERSARY OF THE PALOS VERDES PENINSULA VILLAGE



The Palos Verdes Peninsula Village celebrated its one-year anniversary on February 13, 2017 at the Peninsula Center Library. The webcast from the Beacon Hill Village featuring Atul Gwande had to be cancelled because of snow conditions in Boston. Our members, undaunted by the cancellation, arrived for the Village event and were delighted by a spontaneous presentation by Ira Byock, M.D., followed by a question and answer period. We also gave ourselves a pat on the back as Dr. Byock sang the praises of the Village Concept which for the PVPV had become a reality in just one year.

Dr. Byock is a leading palliative care physician, author, and public advocate for improving care through the end of life. He serves as Executive Director and Chief Medical Officer for the Institute for Human Caring of Providence Health and Services and has been involved in hospice and palliative care since 1978. He is the author of three well-recognized books, "Dying Well", (1997) which has become a standard in the field of hospice and palliative care, "The Four Things That Matter Most", (2004), his second book, that is used as a counseling tool by palliative care and hospice programs and his most recent book, "The Best Care Possible" (March 2012) that tackles the crisis that surrounds serious illness and dying in America.

Dr. Byock has been the recipient of numerous awards for academic achievement and community services

Particularly moving during the Q&A was a story told by Janet Baszile about her dear friend, Shirley Stark-Wallace whose husband had passed away and whose children lived at a distance. Her life became unbearably lonely and unfulfilled. She became quite ill and faced imminent death in a nursing home. Her friends rallied around her, a friendly village that surrounded her with love and compassion. She rallied, recovered, and became engaged in life once more. "Why, we even went to the theater together yesterday," her friend said. From the back of the room, a voice responded, "And, she is here with us right now!" It was such a poignant moment. The audience burst into applause, a smile on every face. And, that's what a Village is all about.





# FUN TIMES AT THE VILLAGE





## CALENDAR of UPCOMING EVENTS

**MEN OF A CERTAIN AGE**  
June 13th 12:00 – 2:00

**ADULT COLORING CLUB**  
June 15th

**VILLAGE SALON**  
June 23rd  
10:00 – 12:00

**VILLAGE BOOK CLUB**  
June 28th

**VILLAGE ANNUAL MEETING**  
July 19th 3:00 – 5:00

**ADULT COLORING CLUB**  
July 20th

**VILLAGE BOOK CLUB**  
July 26th

**VILLAGE SALON**  
July 28th

**ADULT COLORING CLUB**  
August 17th  
September 21st

**PENNYROYAL PLAYERS –  
TRIBUTE TO AMERICA**  
June 30, 3–5pm

Join Anne Destabelle and The Pennyroyal Players in a Tribute to America. Performance of American Patriotic Songs, and a singalong of songs we all know. Seaview Villas Clubhouse, 29830 Highridge Road, Rolling Hills Estates, corner of Crest Road. Seating is limited to 50 people

**ADVANCE CARE PLANNING  
FOR SMARTIES – a Repeat  
Performance**

September 12, 19, 26, October 3, 10  
Tuesdays, Peninsula Center Library

Ed Long and Ellen Gorbunof will walk Villagers through figuring out our wishes, values, and views and how to ask those questions about advanced care directives.

**2nd ANNUAL VILLAGE  
CONVERSATION**

October 17th – Palos Verdes Golf Club

Upside of Aging – Pinchas Cohen M.D., Dean USC Davis School of Gerontology, Executive Director "Ethel Percy Andrus" Gerontology Center, William and Sylvia Kugel Dean's Chair in Gerontology and Helen Dennis, Village Board Member and renowned expert on aging.

## VILLAGE FRIENDS AND VOLUNTEERS



### Jill Smith and Ginger Letts

Long time friends and Rolling Hills residents, Jill Smith and Ginger Letts are members of the Palos Verdes Peninsula Village. Ginger read Atul Gawande's book, "Being Mortal," that referenced the Beacon Hill Village, the forerunner of the Village Movement. She thought it a great idea and talked it over with her friend, Jill, about it. Jill had grown up riding horses and was a member of the Caballeros, the "Hill Fillies", the Rolling Hills Historical Commission, and the Symphonians for which she played the piano in a music mobile. Now, she was looking for something

something out of the ordinary. She treasured her independence but was seeking a different challenge: the stimulation of an interest group, an enlightening conversation, educational opportunities. She had empathy for those whose situation required occasional assistance. She wanted to help others.

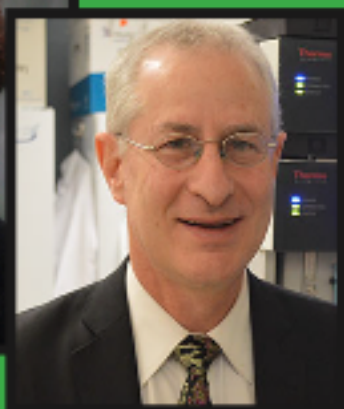
Ginger remembers bucolic days in her city when children played soccer in the street and walked to school. They rode their horses over the rolling hills and in horse shows, and Ginger ran the Pony Club and summer camp between tennis matches with her Marine League team and riding her horse. She worked in the library and was involved in researching the history of Rolling Hills, including giving a presentation at the Malaga Cover Library on her city's historical past. Her children, two boys and a girl, had grown into successful adults. Her daughter, Elizabeth Letts, wrote the New York Times bestseller, "The Million Dollar Champion", and more recently "The Perfect Horse". Now changing environs and circumstances created quieter, less dynamic times, especially among seniors.



Ginger saw the Village as an opportunity to accommodate to the changes not only through its offering of social and educational activities but also by providing opportunities to volunteer and to receive help from volunteers, especially transportation to various activities and appointments. Jill, as a Village volunteer



# Palos Verdes Peninsula Village Presents Our 2nd Annual Upside of Aging Event



**featuring  
Dr. Pinchas Cohen  
and  
Helen Dennis**

**Tuesday • October 17, 2017  
2:00-4:00 pm  
at the Palos Verdes Golf Club**

Dr. Cohen, a visionary leader in science and higher education, is the Dean of USC's Davis School of Gerontology, holds the William and Sylvia Kugel Dean's Chair in Gerontology and serves as the executive director of the Ethel Percy Andrus Gerontology Center. He has advanced the concept of personalized aging to ensure that extended lifespans are spent in good health

Helen Dennis, a nationally recognized leader on issues of aging, employment and retirement, is well known to the South Bay community for her weekly syndicated column, Successful Aging, with a readership of over 1.6 million. PBS recently named her one of the top 50 Influencers in Aging.

The PVP Village has been in operation for 17 months with 100 members and 58 volunteers and is changing the way we experience aging. Through its programs and services we are reducing social isolation and providing the needed support for Village members to remain in their own communities and homes as they get older.

**RSVP is Required**  
**call: 310-265-0644 or**  
**email: [pvpvillageoffice@gmail.com](mailto:pvpvillageoffice@gmail.com)**

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# The PVP Village Welcomes You To Our First Annual Meeting

July 19<sup>th</sup>

3:00 to 5:00

Peninsula Center Library

701 Silver Spur Road Rolling Hills Estates, CA 90274

Parking is a bit tough so you might need to park in the  
Promenade parking lot and walk over

## Agenda:

Village Information and Q & A

Home Share Program

Providence Little Co. Mary Optimal Aging Clinic

**All members and volunteers are  
welcome!**



