



The mission of the Palos Verdes Peninsula Village, a non-profit organization, is to enhance the quality of life for older adults who choose to maintain independent living in the Palos Verdes Peninsula area. Dedicated members and volunteers who provide educational opportunities, organize social events, and coordinate services will assure the success of the PVP Village.

Summer Newsletter 2019

PVP Village Celebrates St. Patrick's Day with the Pennyroyal Players



Anne Destabelle and the Pennyroyal Players celebrated St. Patrick's Day with PVP Villagers and friends on March 15th at the Condo Club House of Fran and Sid

Wielen. Adorned in shades of green and fanciful top hats and bows, all joined in the Irish songs and shared beloved Irish toasts and sayings. Guests mingled and chatted at the end of the performance while enjoying tasty refreshments.

A favorite of the afternoon was the amazing horn playing of Fran Wielen.



Many thanks to Anne, a PVP Village member, and the Penny Royal Players who are renowned throughout the South Bay and beyond. They donate proceeds from their performances to needy causes and have donated over \$150,000.00 to charities over the years. The PVP Village was indeed fortunate to have enjoyed their talents.



Health and Wellness Series

May 30, 2019

Successful Aging: You can do it

PVP Villagers enjoyed the first of the new Health and Wellness series on May 30th with a presentation by Helen Dennis

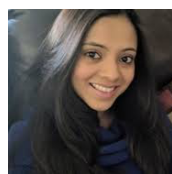
Four aspects of successful aging were discussed: slowing the aging process, use of creativity, embracing technology and the importance of community.

Additionally, a model developed by John Rowe and Robert Kahn, MD was introduced that captured what successful agers have in common.

All left with the prospect of a happy homework assignment.

Coming up August 7th

Maladies, Illnesses, and Diseases We Face as Older Adults and the New Treatments Approved and Available Today.



Presented by Dr. Samreen Fazalbhoy, PharmD, CSCM, Pacific Crest Homecare Solutions.

In addition to providing a presentation to PVP Villagers, Dr. Fazalbhoy, as a PVP Village Volunteer, offers consultations to PVP Village members regarding the medications they are taking: the interactions of different pills, dietary concerns and possible side effects, while stressing the importance of staying in contact with their doctors. Samreen has enjoyed the many really nice people she has met and the contacts she has made.

Message from our Executive Director, Marianne Propst



Dear Village Members,

I have always been interested in longevity and why some people live such robust lives well into their 90's and beyond. A Danish Twin Study established that only about 20% of how long the average person

lives is determined by genes. The Blue Zones project where some of the longest living populations were studied looked for common denominators to help determine the other 80%. There are many behaviors they found that contribute to longevity and one is being a member of the right "tribe".

What does this mean to us? Choosing to belong to a tribe or community that supports healthy behaviors can increase longevity. Research has shown that some behaviors including happiness (and even loneliness) are contagious. Social communities such as the PVP Village help favorably

shape positive behaviors such as being engaged socially and intellectually, supporting each other's needs, and creating enduring and caring friendships. You see that in every one of the PVP Village's activities and groups of members that care for one another.

Please remember that this is your Village. What it is now and what it will become is largely determined by each one of you – offering a ride or a helping hand, organizing and/or hosting an event in your home, providing refreshments, volunteering in the office, visiting a member in need, making phone calls, donating funds or filling another need you see.

Being involved and connected in our community is good for your health! I am just a phone call away if you want to get more involved. We are blessed every day that together we can make a difference in each other's lives.

Warmly,
Marianne
310-991-3324

What may now become a ladies lunch tradition, member Nancy Veits started off the March luncheon at the Red Onion with with a PVP Village blessing.

*"We are thankful
for food in a world where
many walk in hunger,
for faith in a world where
many walk in fear,
and for friends in a world
where many walk alone....
we offer our gratefulness."*



Nancy Veits

Message from our Board Chair, Carolynn Petru



Dear Village Community,

Preparations are well underway for our annual Upside of Aging event! This year, it will be held on Wednesday, September 4th from 1:30pm to 3:00pm at the Palos Verdes Golf Club.

This is PVP Village's "signature" event. From the start, we've been committed to advancing the conversation around aging in today's society and giving back to the broader community. The Upside of Aging checks both of these boxes and is also a major component of our annual fundraising efforts, thanks to our local business sponsors.

We've been extremely fortunate to have board member Helen Dennis, a nationally syndicated columnist and recognized expert on aging and the new retirement, host the event from the very start. She has connected us with impressive guests who are experts in the field of aging. In addition, attendees have found the program's unique conversational format both entertaining and informative, and have appreciated connecting with our wonderful sponsors at the event. Each year, we ask ourselves, "How are we going to top last year?" To date, all of our distinguished guests have been men. We were set on finding a woman to be this year's guest and that remains the goal for next year. But sometimes inspiration strikes, and you just have to jump at the opportunity.

Following one of our planning meetings, Helen told me that she woke up at 3:00 am with a sudden thought – What about Marc Freedman? Mr. Freedman is the founder and CEO of Encore.org, which is dedicated to making life beyond 50 a time of social contribution and impact that leaves the world better than we found it. He also is currently on a national tour for his new book "How to Live Forever: The Enduring Power of Connecting the Generations", and recently was interviewed by Michael Eisner before a large crowd in Santa Monica. It seemed like a long shot, but we agreed – why not just see if he's interested?

The exciting result is Mr. Freedman will be our very special guest at this year's Upside of Aging!

I hope as many PVP Village members as possible can attend this year's program. Requests for rides are always high, so carpooling as much as possible is greatly appreciated. Complimentary valet parking will be available at the venue. Importantly, we need help following up with potential event sponsors. Please let Marianne know if you can spare a little time to call or visit a local business to help support our PVP Village. Many hands make light work!

Best Regards.
Carolynn



People give to a good cause like the Palos Verdes Peninsula Village because they believe in its strength and its promise. Please consider the advantage of a Qualified Charitable Distribution (QCD) to the PVP Village as you plan your charitable giving in 2019.

- A QCD is available to individuals with traditional IRA Accounts who are 70 ½ or older at the time of the gift.
- A QCD allows you to reduce the taxable amount of your Required Minimum Distribution (RMD) dollar for dollar while making a donation to your selected charity.
- Funds may be transferred directly from your financial institution to the PVP Village 501C3 Tax ID #47-1928681.

- Gifts can be any amount up to \$100,000 per person (\$200,000 for a couple with separate IRAs)
- A QCD donation satisfies the annual Required Minimum Distribution (RMD)
- A QCD allows you to make an additional tax-free gift, even when you have maximized your annual charitable deduction.

Best of Luck to Angelica Cohen, PVP Village Intern Extraordinaire



When I first started interning at the PVP Village, I had no idea what I was signing up for. Now, reflecting on my time with the PVP Village, I can sincerely say that I would not change the

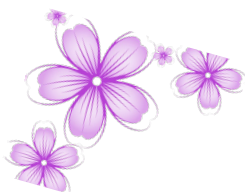
experience for anything in the world. Originally, I planned to become a counselor for junior high and high school students; however, after my experience with the PVP Village, I now want to assist adults as they experience the challenges of the aging process. The PVP Village has been a key factor in changing the way I see and engage with the older adult population. I even have started helping change others' perspectives as well including my colleagues in my Master's program.

An important life lesson I have learned from the PVP Village is the value of social engagement. For me as a full-time student, it is sometimes difficult to maintain social connections with friends and family. I have learned that it also is the same for older adults. However, the friendships I have developed with PVP Village members have been highly beneficial for all of us not only in enhancing our quality of life but also in creating caring, reciprocal relationships with one another.

Another life lesson the PVP Village has taught me is the importance of maintaining independence. Initially, it was a bit difficult for me to fully understand how much growing older can affect an individual's performance. However, the more I met and talked with members about tasks they no longer could accomplish (e.g. bend to pick up papers off the floor, move boxes of file folders, reach for things on a tall shelf, put tabs on a file folder, etc.), the more aware I became of how much change an older adult goes through and how much more dependent he or she becomes. This realization made the notion of supporting independent living for older adults even more relevant as my own parents are approaching the aging population.

Overall, I have learned and grown so much in the past year, and I could not have done it without the PVP Village's support. In conclusion, I just want to say **THANK YOU** to all of you who have supported me in my journey to grow as a social worker in the geriatric field. **THANK YOU** for opening up your homes and sharing your life experiences with me in hopes that I may learn from you. **THANK YOU** for being willing and accepting me into your neighborly community. Most of all, **THANK YOU** for helping me to the next phase of my schooling journey, helping me finalize and determine what I want to do with the rest of my adult life.

Angelica is pictured above with Barb and Dale Christison, PVP Village members.



It is our sad duty to inform you of the passing of a Palos Verdes Peninsula Villager, Douglas Gordon, on March 22, 2019. Doug was an active PVP Villager and enjoyed all of the men's outings. Our sympathy is extended to his wife, Dolly, and his family.

MEET MEMBER/ VOLUNTEER MARIA ASHLA



Maria is a founding member of the Palos Verdes Peninsula Village, and a wonderfully generous volunteer. She continues to use her many skills to move the PVP Village forward. She has earned Marianne's praise as the "Invaluable Club Express Chief Expert and Problem Solver". Maria appreciated Marianne's eagerness to utilize more of the Club Express functions and with her fun, can-do attitude, she was ready for the challenge. She has helped tremendously by researching how to clean up data and find ways to solve office problems through the use of the system. She takes the time to understand a question and cooperatively seek a solution. The new PVP Village Directory is a shining example of her expertise.

After arriving in the United States with her family from Bogota, Colombia when she was 17, she attended Immaculate College in Los Angeles. After graduation, she worked as a medical technologist at St. Vincent's Hospital where she met long-time friend and founding member of the PVP Village, Fran Wielin, who was an intern in the same department. Where did Maria learn her computer skills? At Children's Hospital where she was the administrative Director of their clinical lab for 24 years. In the early 80s, labs began to be computerized, and she had to learn computer skills as a necessary component of her

employment. Today, the PVP Village is the beneficiary of her considerable skills.

Maria was a member AAUW when PVP Village founder, Sherry May, joined. She and Sherry immediately connected, and in 2012, Sherry succeeded Maria as the Chair. With a few devoted participants, a group called Who Are We Anyway (WAWA) was formed with Sherry as the leader, and the concept of the Palos Verdes Peninsula Village was conceived. The vision, dedicated hard work, and ingenuity of these ladies, many of whom are current PVP Village members/volunteers, has led to the success of the PVP Village today.

Although her parents returned to Colombia, Maria and her sister remained in California having married Californians. Maria and her late husband, Mason, have two children, Steve and Mary Elizabeth. In 1994 after retiring, she moved to Palos Verdes to be near her sister, children and four grandchildren. Maria now is the great grandmother of two little ones.

Maria thoroughly enjoys the challenge of maintaining her technical skills, and has been inspired by Marianne's interest in improving what Club Express can do for the PVP Village. She believes the PVP Village has enlarged and

enriched her social connections and the friendships she has made. Activities such as the Salon are "such a gift", while listening to others' point of view has inspired significant learning.



Maria's philosophy reflects PVP Village ideals: Stay engaged and enjoy every moment you can.



*Welcome to our new Palos Verdes Peninsula
Village Members
Betty Lou Shaw, Nanci Schultz, Ellen
Orenstein, Barbara LaChance, Anne Herron,
and Marilyn Litvak*



Palos Verdes Peninsula Village

presents the 4th annual

UPSIDE OF AGING EVENT

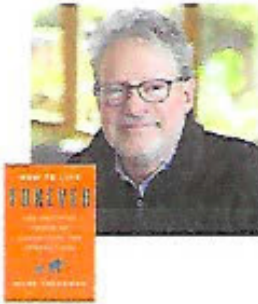
"How to Live Forever:

The Enduring Power of Connecting the Generations"

A conversation with author Marc Freedman and syndicated columnist Helen Dennis

Wednesday, September 4, 2019 1:30-3:00 pm

At the Palos Verdes Golf Club



Marc Freedman is one of the nation's leading experts on the longevity revolution. The Wall Street Journal named his newest book -- *How to Live Forever: The Enduring Power of Connecting the Generations* -- one of the year's best books on aging well. He is the award-winning President and CEO of Encore.org which has sparked a growing movement to tap the talent and experience of people past midlife as a human resource for solving our most vexing social problems.



Helen Dennis is a nationally recognized leader on issues of aging and the new retirement and is well known to the South Bay community for her weekly column on Successful Aging. Dennis has a readership of over 1.6 million as a syndicated journalist in 11 news organizations and was named one of Next Avenue's 2016 Influencers in Aging.

There will be vendors from the South Bay welcoming you and providing information.
Copies of Marc Freedman's book will be available for sale.



RSVP Required

Limited seating available
Phone 310-265-0644

Email: peninsulavillagepvp@gmail.com

Web: www.peninsulavillage.net

It is with your help and support that the PVP Village is able to fulfill its mission. Do you know a company or have a friend who might want to support the PVP Village as a sponsor of the Upside of Aging? Please let Marianne know as soon as possible and she will contact them.



Thank you Jill Smith and Terry McGovern
for being early sponsors this year.

The Palos Verdes Peninsula Village Welcome Team

In an effort to connect new PVP Village members with current members and volunteers and to provide them with information about events and services, a PVP Village "Welcome Team" has been created. Team members will make a friendly phone call or arrange a visit in an effort to share their knowledge and foster a sense of belonging, the ultimate goal of the PVP Village,

Team members

Pat Sneller
Judy Purvis
Maria Ashla
Judy Bayer
Pat Brown
Ann Destabelle
Gail Ruder
Ken Servis
Kathy Swank
Nancy Veits

*Smile when you want
to, cry when you need
to, laugh whenever
possible.
Silence is golden, but
laughter is priceless.*

News of the World

A new, lively group discussion will take place on Saturday afternoons around current topics ranging from politics, economics, health, food, arts, or whatever interests each participant.



This activity will be open to all members and limited to ten participants in addition to Ken and Harriet Servis and Susan Wallace who will be facilitating the conversation and Marion and Peter White who will be our hosts.

Friday Salon - Communication - "The Most Important Thing in Communication is Hearing What Isn't Said." Or, "We Don't Listen to Understand; We Listen to Reply." What are your thoughts about active listening?



Men of a Certain Age enjoy lunch together each month at a special location, and they have their special Poker Night. Check out the Event Calendar.



Many thanks to Lynn Ige, a graphic artist who helped us with the formatting and layout of the new Palos Verdes Peninsula Village Brochure. The PVP Village is very grateful for her talented contribution.



PVP Villagers Marilou Lieman and Suzanne Weitz enjoy lunch and a book discussion by Elizabeth Letts,

daughter of PVP Villager, Ginger Letts, at the Omnilore Forum. The topic was Letts new book, "Finding Dorothy", an historical novel about the history of "The Wizard of Oz".

Calendar of Upcoming Events

JUNE

- 12 Volunteer Appreciation Party
- 19 Open House Peninsula Senior Center
- 20 "Why Should I Join the Village?"
- 20 Village Happy Hour
- 21 Village Salon
- 22 News of the Month
- 24 Seeing in a New Light #2
- 25 SMILE
- 26 Village Book Club
- 28 ProCon

JULY

- 8 Monday Readers
- 9 Men of a Certain Age Lunch
- 18 Village Happy Hour
- 19 Village Salon
- 20 News of the World
- 23 "Why Should I Join the Village?"
- 24 Village Readers
- 26 ProCon
- 26 Dining Around the World
- 30 Omnilore Lunch

AUGUST

- 7 Health and Wellness Talk
- 8 Musings with Marianne
- 12 Monday Readers
- 13 Men of a Certain Age Lunch
- 15 Happy Hour
- 16 Village Salon
- 17 News of the World
- 27 SMILE
- 28 Village Book Club

SEPTEMBER

- 4 4th Annual Upside of Aging
- 9 Monday Readers
- 10 Men of a Certain Age Lunch
- 12 Village Happy Hour
- 15 Dining Around the World
- 20 Village Salon
- 21 News of the World
- 25 Village Book Club
- 27 ProCon



Palos Verdes Peninsula Village

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Suite 302

Rolling Hills Estates, CA 90274

310-991-3324

www.PalosVerdesVillage.net

A Volunteer Appreciation Party

Wednesday June 12 2019
4-7 PM

A Volunteer Appreciation Party was held on Wednesday, June 12, 2019 from 4 - 7 p.m. at the lovely home of Rose and Bob Boethner. It truly was an "Appreciation" celebration for all that our Palos Verdes Peninsula Volunteers do to help our Membership, and without our wonderful volunteers, we wouldn't have a Village. Thank you James Brown and the San Pedro Brewing Company and all others who helped make the afternoon such a special occasion.

Some Village Demographics 2018

Members

Total	100
Household	26
Individual	48
Male	28
Female	72
Oldest	99
Average Age	82.4

Volunteers

Volunteer Drivers	55
Total Volunteers	64

BOARD OF DIRECTORS

Carolyn Petru, Chair

Helen Dennis, Vice Chair

Ann Shaw, Chief Financial Officer

Frances Wielin, Secretary

Britt Vanden Eykel-Huff

Susan Hamilton-Wallace

Steve Jordan

Lynn Solomita

Judy Bayer

Marianne Propst, Executive Director

Pat Sneller, Administrative Coordinator