



The Villager

A monthly publication of Clayton Valley Village

July/August 2015 Vol. 2 Issue 7-8

CVV Takes Its Message to Clayton Business and Community Leaders

Host a Coffee Hour in your Home?

CVV is looking for volunteers to host coffee hours in their homes. A time for guests to socialize and hear a brief presentation about CVV. Interested? Call Maria Xiaris at 925-381-3428 or Sonja Wilkin at 925-350-1330.

July 4th Parade Photos on Pages 6 & 8



At their June 25 meeting, Members of the Clayton Business and Community Association heard what CVV has to offer seniors and their families in the Clayton Area. CVV member Jim Whitfield presented a set of facts and vital statistics about the senior demographic in Clayton and how CVV plans to serve them. Whitfield drew upon research by the national Village-to-Village Network, the U.S. Census Bureau, and California state and local studies. The chart below shows the age categories for Clayton residents, 55 to 85+

To p. 2.

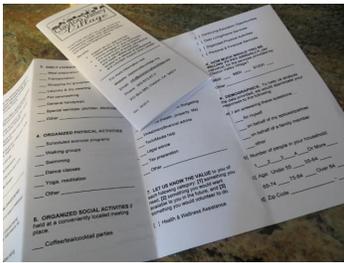
Clayton Demographics, Ages 55-85+

55-59 years	736
60-64 years	859
65-74 years	1,103
75-84 years	430
85 years and over	206
TOTAL	3,334, or 30% of Clayton's Population of 11,020

Source: U.S. Census Bureau and estimates from American Community Survey 2008-2012.

The Villager is sponsored by





TAKE OUR SURVEY!

Clayton Valley Village continues distributing a survey to determine what programs & services potential members in the Clayton-Concord area want from a village. What do you need now? What will you need down the road? What sort of dues are you comfortable paying?

To get a copy of the 5-minute survey mailed to you, email carrpool@pacbell.net or call 925-672-8717.

The Villager is a free, electronic publication of Clayton Valley Village. Editor, Gary Carr, (925) 672-8717, carrpool@pacbell.net.

Editor welcomes all submissions and reserves the right to include or edit all material. Other publications are welcome to reprint any material herein with proper attribution, unless otherwise specified.

Questions or Comments about CVV ?

Dee Jakel
Clayton Valley Village
rdjakel@sbcglobal.net

Clayton Valley Village is a 501c3 organization. Donations are tax-deductible. And welcome.
www.claytonvalleyvillage.org

From p. 1

Whitfield explained that the fastest-growing segment of the California population is the 65-74 age group, followed by those ages 75-84. (See chart, page 3.) Clayton follows this pattern.

Focusing on Clayton's adults over the age of 65, the 2010 census finds a total of 1,739, or 18% of the total population. Add this to the AARP survey that found 90% of seniors nationwide prefer to stay in their own homes as they age.

This is where Clayton Valley Village can, and WILL, play a vital role. The national Village-to-Village network, along with results from CVV's ongoing survey, tell us that to age safely in our own homes, the most common needs are transportation, handyman services, computer help, and educational and social events.

CVV is in the process of creating an infrastructure that can provide such services. In order to do so, the organization is gathering volunteers and professional service providers who can help. Also, CVV is working to raise the money necessary to open its virtual doors.

CVV will be funded through Grants, Business, Sponsorships, Donations, and Paid Memberships after it obtains its own 501c3 status. (Currently, CVV works under the aegis of the Diablo Valley Foundation for the Aging.)

Clayton Valley Village is also developing relationships with other community organizations to broaden the range of services to its members.

A national survey of Villages, conducted by the School of Social Welfare at the U. of California-Berkeley found that 80% of respondents said they were very or extremely satisfied with their Village. Clayton Valley Village aims for at least this level of satisfaction from its members.

Clayton Valley Village wants to help us all in combatting the downside of aging.

83 MILLION
Americans are **over age 65**

Only 10-15%
of us will have families who can care for us and/or the financial means to **afford appropriate care** when it is needed

The vast majority of us will be on our own and require some form of outside help to deal successfully with the difficult issues **in the aging process**

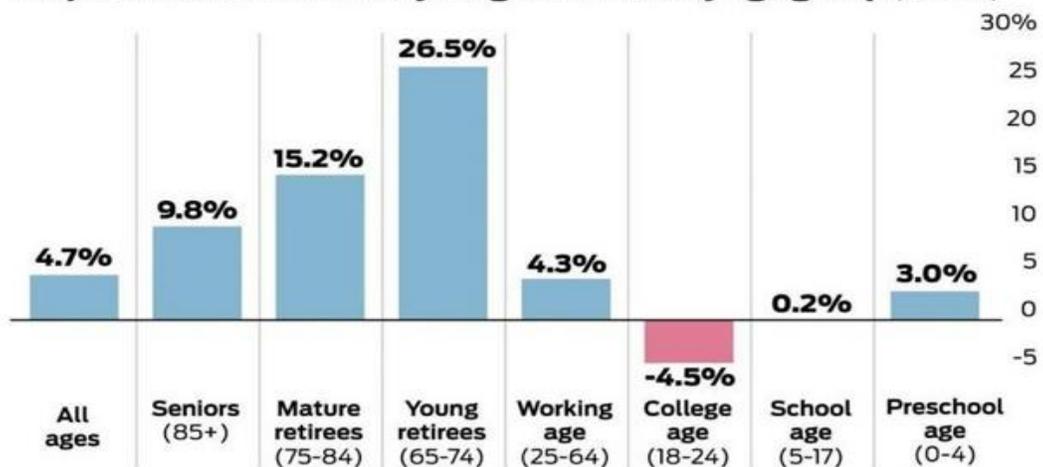
Social Isolation is a Killer

Studies of social isolation among seniors show

- Those without adequate social interaction were twice as likely to die prematurely.
- The increased mortality risk is comparable to that from smoking.
- Loneliness is about TWICE as dangerous as obesity.
- Being isolated may mean that no one else is aware of the first signs of illness, or worsening symptoms of a disease which can delay medical attention and lead to death.

We're getting older...

Projected California five-year growth rate by age group (2013-18)



Source: Governor's Budget Summary, 2014-15

John Blanchard / The Chronicle

Events Committee Announces Upcoming Activities

The Events Committee is working diligently and could use more volunteers to help continue our success.

4th of July Parade in Downtown Clayton ó We hope everyone had a great time! (See page 6.)

Later in July – Another Social Hour at another Clayton restaurant. 4:00 ó 6:00 pm. Place to be announced. This time, the venue will feature ice cream! Watch for bulletins!

Monday August 10, 12:30 pm. Clayton-Concord Sunrise Rotary Club Golf Tournament. CVV is sponsoring a hole, where we will provide snacks. So far, our volunteers are Rita Pardilla, Sue Manning, Carole Gardner, Betty Arnes, and Sonja Wilkin. They could use additional help. Contact Sonja at 925-672-2689.

Saturday, August 29, 1:00 – 5:00 pm. Family Picnic at Clayton Community Park. CVV will have Space #6, with 16 tables and a canopy for shade. Hot dogs, lemonade and iced tea. Bring a side dish or dessert to share. Entertainment by Benny T. Flyer. \$5 adults, \$3 for children under 10. Proceeds go to CVV for park rental and to further the cause.

August 22 and following Saturdays. CVV Booth at Clayton Farmers' Market. We'll take a break until after mid-August, then come back to spread the word about CVV to Saturday market-goers. Each Saturday has been very productive in getting names of more people interested in CVV. Volunteers ask passers-by to fill out survey forms and get on the newsletter email list. The tent that Jim and Marilyn purchased and set up has given us great exposure. Thanks to them and to all the volunteers who have given their time to this great project!

Sept. 18-29. Greek Festival at St. Demetrios. CVV will volunteer and have a booth.

Sunday, Sept. 27, 5:00 - 9:00 pm. 2nd Annual Supper and Silent Auction, La Veranda in Downtown Clayton. Goal is to top the success of last year's Sunday Supper. More details will follow on this very special fun evening!

Coming up in October. Community Meeting on CVV progress. Watch for date, time and place.

Thank you to our CVV Sponsors...õ for generous donations of cash and in-kind services.

American Association of University Women, Clayton Chapter - Clayton Community Library Foundation - Clayton Pioneer ó Clayton Valley-Concord Sunrise Rotary - Compumail Printing ó Diablo Valley Foundation on Aging - Anonymous 1, 2, & 3

Social Hour at The Pavilion a big success



Bernie Theobald, Linda Garden, Renee Arriaga, Glendoris Sargent, and Hamid from The Pavilion



Gloria Utley, Bernie Theobald and Betty Armes

Bocce Villagio winds up Season

“We were competitive!”



Above: Seated, Kathy Carr. Row 2, Ron Jakel, Dee Jakel, Sonja Wilkin, Joann Vanis. Back, Marilyn Wollenweber, Shirley Elsberry, Maria Xiaris.

Right Top, Kathy Carr. Right Bottom, Topo Gigio.



CVV Loves a Parade

Row 1: The gang. The wearable houses. Row 2: Here we come. The reviewing stand. Row 3: Jim gives out surveys. There we go.



President's Corner

What do we need to do before we can deliver services?

We are not only creating a caregiving network here in Clayton but also a virtual retirement community. Volunteers and potential members can pitch in to start walking or hiking groups, book clubs, educational programs, travel trips, and more! the list is limited only by our imaginations and interests. Today's hikers will eventually become tomorrow's seniors calling in for a ride to Safeway. People are sold on the concept. The big question we're hearing now is 'When can we start'?



There are several things that need to happen before we can begin. We are building a Volunteer Database. What CVV will offer depends on the talent and contributions of the participating volunteers. You can help here. Go to our website or contact one of us and let us know how you would like to volunteer. You will be added to our prospective volunteer database. Later you will be asked to complete an application and attend a brief introductory training session.

We are developing a Provider Database. This is the network of prescreened and discounted services that are already available now and are beyond what the volunteer base can deliver. We are collecting people's testimonials of local services from word of mouth, nextdoor.com (the Facebook for neighbors), and county agencies.

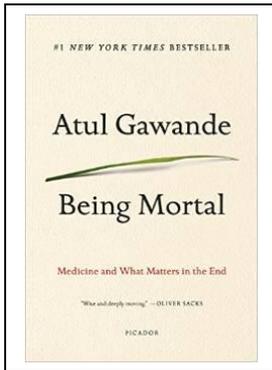
Other tasks need to be completed before CVV opens for membership. Foremost, we need to decide on the services we will offer. In light of what people tell us in their survey responses, we will develop a menu of services and programs that will help people remain active and independent for as long as possible. Some will be offered by volunteers, some by existing services.

We also need seed money to help us get started. We need sponsors to help with our major expenses, since membership fees typically cover only 50% of operating costs. Key operating costs include liability insurance, website maintenance, office equipment and software, background checks for volunteers, and possibly office rental if we are unable to secure donated space. Sponsorship is critical to start CVV.

Last but not least, we are building our Prospective Member Database. If you know of anyone who you think might benefit from our services, please introduce us. Or join us at our membership outreach events and help us get acquainted with others. So many of you have already helped get the word out. By doing so, you have helped us move closer to our opening. – *Maria Xiaris*

Send your good thoughts to Bill Manning

CVV members Sue and Bill Manning have been spending time down south in Laguna Woods visiting with grandkids and others family members. Bill had to be hospitalized the last week in June for testing and observation. Sue reported that the doctors are advising them to remain 1-2 months down in Orange County, with further tests to be done when they return to Clayton. Her neighbors are taking care of their house up here, taking in mail, etc. Please keep Sue and Bill in your thoughts and prayers. Their address is 946-F Avenida Carmel, Laguna Woods, CA 92637.



Book Discussion Group Forming

Many people in the Village movement are abuzz about the New York Times Bestseller, *Being Mortal* by Atul Gawande. Subtitled *Medicine and What Matters in the End*,+ Gawande's book is called a *must-read*+for anyone over 55 and their families. Anyone interested in reading and meeting to discuss *Being Mortal* should contact Maria Xiaris at 925-381-3428 or mxiaris@yahoo.com.



Two women wearing houses, Dee Jakel and Marilyn Wollenweber. It takes a village!

See You in September

Following in the footsteps of our European friends, *The Villager* is taking the month of August off. We'll see if we can finally plow through *War and Peace*. Or at least get through the stack of *New Yorkers* that have been piling up on the floor. Or take the visiting grandkids to Pier 39 (again!). As the song goes, we'll see you in September, or lose you to a summer's love. Behave yourselves out there.

