



LAMORINDA Village

neighborhood support for aging in our community...



From the Executive Director

As I sat down to write my first column for the Village newsletter, I thought of a phrase I've heard about launching new ventures: We are building the plane while we're flying it.

The road has been long for the development of Lamorinda Village: a little over three years in fact. And even so, in moving from development to operation we will still encounter a few speedbumps.

Yes, we are open for business, with the not-so-neon sign on the door of the Chapel building at Lafayette Orinda Presbyterian Church. Yes, we have just over 100 members! Yes, we have more than 50 volunteers! Yes, we have 55 preferred service providers and counting! This is a terrific start.

What we have now is the opportunity for all of us to share in bringing Lamorinda Village to life. That's where our members and volunteers come in. You are in on the ground floor, as they say. Lamorinda Village, like every other successful Village, exists only to give its members what they want. How do we do this?

Well, together we will create this thriving community with programs, services, resources, and events based on your input. Those survey takers at the launch event were there to gather information about your interests and preferences. We are already looking at some offerings in May to suit late morning and afternoon timings that meet your needs.

Thank you to all of you who were able to attend our opening celebration on April 6. It was truly a pleasure to see the community support, and more important, to feel it in each and every one of you. I heard many of you excitedly talking with the preferred service providers, whose participation fees helped us offset much of the costs for the event. Several of you came up to me and introduced yourselves. Lamorinda Village is fortunate to have the support of our three communities and beyond.

Whether you are a member, a volunteer, a preferred service provider, donor, a friend, or community partner of Lamorinda Village, you have become a part of us and we look forward to working with all of you.

Best wishes, Anne

Village News April-May 2015



Lamorinda Village goes live!

On Monday, April 6, Lamorinda Village capped off three years of planning with a joyful launch event at the Lafayette Orinda Presbyterian Church. The Village is now in active operation, with more than 100 members, 50+ volunteers to serve them, and a growing roster of screened local businesses to handle member needs that go beyond the volunteer range.

More than 250 people attended the launch celebration, where they checked out the services of some of our Preferred Service Providers, enjoyed refreshments and getting to know one another, and learned more about how the Village can support them in remaining safe and independent in their homes.

Village President Ruth McCahan and Executive Director Anne Ornelas accepted proclamations congratulating Lamorinda Village on its grand opening from Catharine Baker, Assemblymember, 16th Assembly District, and the local Chambers of Commerce.

Village volunteers circulated with a survey to determine the kinds of educational, cultural, and social programs our members would like to engage in, from health and wellness programs to book discussions and travel to local points of interest.

The Programs committee is hard at work organizing member events with our Strategic Partners Saint Mary's College and the three local libraries, while hosting monthly meet-and-greet events for members. They will be publicizing events and new interest groups through member mail and email, the newsletter, and the calendar on our website (www.lamorindavillage.org).

Why Join Lamorinda Village?

We often ask members and visitors why they are interested in the Village. Here are two of their answers:

From an attendee at our launch event: "I am really excited about the educational events you will be having. A lot of my friends have passed on and I just don't get out as much as I used to. This will give me a chance to build new friendships and keep active."

From a guest at a Village living room chat: "In this model the community becomes the source of "screening" [businesses that we might use] because we have confidence in each other."

Questions and Answers About Lamorinda Village

Q: Now that I've joined, what's next?

A: You can begin requesting services any time. Be sure to join our monthly Member Meet and Greet events to meet other members and volunteers. Our next event is on May 27 at 10:00am, held at the Lafayette Orinda Presbyterian Church in the Davies Room (enter through Fellowship Hall and turn right). You'll learn more about your fellow members and maybe plan new activities and get-togethers.

Q: How do I suggest a new program or event for members?

A: Our Program committee wants to hear from you. Please email us at info@lamorindavillage.org, or call us at 925-253-2300 to let us know of your idea. We will forward it on to the Program committee to help bring it to life where possible.

Community Events and Resources

Saturday, May 2 is California Independent Bookstore Day. We



all know that reading is a great way to keep our brains active, and supporting local, independent bookstores is critical to our communities. Check out the independent bookstores in Orinda—they may be planning special celebrations for May 2.

And while you're thinking about reading, **don't forget our three local libraries.** You can find great reading material at the library bookstores, sponsored by the Friends of the Library. On the library websites you can sign up to receive information about events and speakers.

- ◇ The Lafayette Library and Learning Center calendar of events can be found at <http://www.lllcf.org/calendar/calendar.html>
- ◇ For Orinda Library events, go to <http://ccclib.org/locations/orinda.html>
- ◇ For Moraga Library events, go to <http://ccclib.org/locations/moraga.html>

Upcoming Programs for Village Members

Lamorinda Village plans to host a member get-together each month, so you can get to know each other and make plans for interest groups and events of interest to YOU. We held the first member Meet and Greet on April 22; the next one is May 27. Members will receive information directly on how to sign up for these events.

Saint Mary's Docent Tour

Lamorinda Village members are invited to a personal docent tour of the Saint Mary's College Museum of Art on Thursday, May 28. Look for an email message to members providing details on how to sign up for this program. Exhibits currently featured at the Museum include:

Visual Language: Mystery and Meaning Work by Thekla Hammond, Cheryl Calleri, and Christel Dillbohner. This exhibition serves as an invitation to explore the mystery and meaning of the visual image and to participate in a dialogue about visual language.

SMC Museum of Art's Andy Warhol Collection The Saint Mary's College Museum of Art is pleased to exhibit a recent gift of seven screenprints from the Andy Warhol Foundation for the Visual Arts. Also on display are Andy Warhol polaroid prints.

River Passages: New Works by Danae Mattes Bay Area Artist Danae Mattes creates abstract, mixed media wall and floor objects using clay, paper, and pigment, activated by water, which symbolically flows through all aspects of her life and art.

The Darker Side of William Keith: Late Paintings While in Munich in the late 1880's, Keith's landscape paintings began to evolve. He became influenced by the Munich school and the "mood landscapes," and his paintings became more somber and subjective.

May is Older Americans Month

Older adults are a vital part of our society, and since 1963 communities across the country have shown their gratitude by celebrating [Older Americans Month](#) each May. The theme of this year's celebration is "Get into the Act" to focus on how older adults are taking charge of their health, getting engaged in their communities, and making a positive impact on the lives of others. What could be a more perfect way to celebrate than to join and/or volunteer with Lamorinda Village?



You may want to read the [latest policy brief on healthy aging](#), a key focus area of the 2015 White House Conference on Aging. Share your thoughts in the comments section at the end of the brief. Your input will be used to help shape the outcomes of the 2015 White House Conference on Aging.

Tools You Can Use

The Orinda Police Department has published a "Do-It-Yourself Home Safety" information pamphlet, available on the City of Orinda website at the Police Department page at www.cityoforinda.org or you can pick up a copy at City Hall. The pamphlet provides advice on a variety of safety topics including: Home security, doors, windows, locks, lighting, alarms, neighborhood watch programs, identity theft, auto burglary prevention, personal safety for adults and children, fire safety, calling 9-1-1 and the methods police use to communicate with the community.

Did you know?

The median cost of nursing home care in the U.S. is now more than \$91,000, according to the annual "Cost of Care" report from Genworth Financial. One year in an assisted living facility runs \$43,200, and a year of visits from an agency home health aide is \$45,760. Genworth surveyed 15,000 nursing homes, assisted living facilities, and other providers across the country in January and February to develop these median cost figures.



Members and visitors arrive at the Lamorinda Village Launch Party, April 6, 1024

Copyright 2015 Lamorinda Village, Inc. Lamorinda Village is a nonprofit (501(c)(3)) self-governing, community-based membership organization with the goal of enabling members to remain safely and independently in their homes and communities as they age. Residents of Lafayette, Moraga, and Orinda, California, aged 55 and above, are eligible to apply for membership in the Village.