



Palos Verdes Peninsula Village

• Stay Settled • Stay Connected • Stay Engaged

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.

Fall Newsletter 2019

PVP Village Sends a Huge Thank You to our Wonderful Volunteer Drivers



I absolutely love driving for the Village. It has been my pleasure to meet such warm interesting people. Our Village members have varied and unique life stories that I enjoy so much. Everyone is friendly, positive and kind and thankful for our help and support. But I would

like to thank them for the opportunity to help and share this time together.

Diana Grannis



School, career, sailboat, bicycle, sports car racing, retirement, volunteer driving for Marymount and other entities: What a life! "And that folks is the reason I willingly give back time and effort to support those who require it. Life has been darned good to me, and every trip gets me a Gold Star...and another friend!"

Peter Alper



I fondly tell people that I am driving 'my' ladies (or gentlemen) if I receive calls while in route with a member. I have learned a lot about the lives of each member I've driven. My favorite stories are hearing about their travels and family. I

have gone to school with a few of the member's children and it has been fun to catch up on their lives. I love the optimism, humor, and resilience they each exude. Thanks to the members of the PVP Village, the bar for my own life fulfillment has been raised. I am inspired to maintain good health, good humor, and to live a long, full life.

Caroline Judge



Being a driver for the PVP Village has been so rewarding! I enjoy the members whom I've helped. They always are so thankful and appreciative. We have nice conversations and fun. This has made my life happier and more worthwhile. And, thanks to

Pat and Marianne for all they do. Thanks to PVP Village for giving me the opportunity to be helpful. I love it!

Frankee Victor

Message from our Executive Director, Marianne Propst



In September, I was very fortunate to attend the Annual Village to Village Conference in Chicago. I met staff and board members from Villages all over the country, each serving a unique community with a distinct approach. Most are having both great

successes and dealing with common challenges. The message was loud and clear that the growing village movement can make a huge national impact on the challenges of our aging society. And, it was fun to exchange ideas and suggestions on how to improve what it is we do.

The keynote speaker at the conference was Marc Freedman, whom we were so fortunate to have in Palos Verdes at Upside of Aging. There was a distinct focus on the growing social isolation in this country and the detrimental effects on our health

and well-being. I was particularly proud of the PVP Village for the emphasis our membership has put on building social connections and a strong community within our membership and volunteers. In Chicago, I learned a couple of fun facts about the national Village movement. There are now 266 villages currently in operation in 45 states with 80 more in development. The average annual village revenue is \$115,000 and 80% have paid staff. The average annual dues are \$430 and membership dues make up an average of 44% of the total revenue.

If you have a friend or relative in another part of the US who would like more information about villages in California or nationally, there are two websites you can refer them to. For California Villages specifically there is Village Movement California at www.villagemovementcalifornia.org. The national organization is Village to Village Network at www.vtvnetwork.org. It is reassuring to know we have these organizations to support us as we work to grow our Village movement!

Welcome Lorimelle Beltran, PVP Village Intern



Lori grew up in Newark, Ca in the East Bay. Graduating cum laude with a BS in Health Sciences from Cal. State University, East Bay, she now is pursuing her MS in Social Work from Cal. State University, Dominguez Hills. Lori aspires to be a Licensed Clinical Social Worker in a hospital setting

with the long-term goal of earning a doctorate degree either in social work or clinical psychology.

Lori's passion for helping others and making a positive change in their lives has led her to the Palos Verdes Peninsula Village and the opportunity to work with an elder population from whom she is learning a great deal. As part of her volunteering, she makes phone calls, visits members, inquires about their needs and expectations, and researches prospective beneficial agencies. In addition, she joins in PVP Village events and often participates in Board Meetings while lending a hand wherever she is needed.

Lori particularly enjoys the smiles she receives from PVP Village members and the knowledge that when she leaves, she has helped in some way. It is an invaluable experience for her. She also cherishes the smiles PVP Villagers share with one other while appreciating the welcome she has received from everyone.

Lori currently volunteers as a Crisis Text Line counselor online. She believes that she should surround herself with people "whom I love and hold close to my heart". Other thoughts about taking care of herself include, "resting my body when I feel that it has been overworked, being able to give time for myself to pause, think, and reflect through both reading self-care books and bullet journaling". Add to this, time for hip-hop dancing, watching shows and movies and playing video games. Is there really enough time in the day for all of this?

From a young lady with exuberant energy and passionate commitment, her advice to PVP Villagers is, "Whatever life throws at you, you are not alone. At the end of the day, you are important, and you are loved."

Help the PVP Village and It's Tax Free



You Can Transfer Money from Your IRA to the PVP Peninsula Village, Eliminate Your Required Minimum Distribution and Save Federal Income Taxes!

By Dennis McLean, CPA, McLean & Associates & Ann Shaw, Treasurer, PVP Peninsula Village

With the passage of the Tax Cuts and Jobs Act at the end of 2017 (effective January 1, 2018), many of us lost the tax savings benefit of charitable contributions on Schedule A of Federal tax returns! THAT IS THE BAD NEWS!

THE GOOD NEWS: You can give to the Palos Verdes Peninsula Village using a Qualified Charitable Distribution ("QCD"), and reduce your taxable income and taxes even if you don't itemize deductions on Schedule A.

Consider making a Qualified Charitable Distribution to the Village and Satisfy your Required Minimum Distribution from your IRA.

If you are 70½ or older, you can make a QCD from your Individual Retirement Account ("IRA") to a qualified exempt organization like the PVP Village and gain tax savings. If you make a QCD from your IRA to the PVP Village, it is not included in your gross income and is taken into account in satisfying your RMD for the year. You can transfer your QCD to the PVP Village, satisfy as much as 100% of your RMD requirement, and not have to pay the tax on that RMD income used for the QCD.

QCDs can only come out of traditional IRAs. They cannot come out of a SEP IRA or Simple IRA plans. Although it's possible to take a QCD out of a Roth IRA, there's generally no advantage in doing this because Roth IRA distributions are typically already tax-free.

You can contact Marianne Propst, Executive, Director at peninsulavillagepvp@gmail.com or (310) 991-3324 to coordinate a QCD with the Village. Contact your financial advisor or your tax advisor for advice regarding the tax and financial planning aspects of a QCD.

Welcome Terry McGovern our newest Board Member



Born in Chicago, Terry moved to California in 1982. He has lived in Rancho Palos Verdes since 1997 with his three children. Terry had a 35-year career in advertising sales with Verizon, AT&T and the Los Angeles Times. After his own experience seeking quality care for his parents, Terry recognized the need for trusted

care in the local community and founded A Peace of Mind Home Care Solutions in 2016. For several years, Terry has enjoyed being a volunteer driver for the Village. "I am very honored and excited to join the PVP Village Board of Directors and contribute to enhancing the lives of older adults in our community."

Your Palos Verdes Peninsula Village 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
Terry McGovern

Marianne Propst, Executive Director
Pat Sneller, Administrative Coordinator

Meet Kathy Swank, PVP Village Member and Exceptional Volunteer



Kathy is on the PVP Village Program Committee, and with her inspiration and creativity, the PVP Villagers now enjoy the Salon, Around the World Dining, SMILE, Monday Readers and the new Trivia Challenge – Sharp as a Tack. A new member recently

commented that she joined the PVP Village partly because of all of the fun activities offered by the PVP Village, especially SMILE. What a special tribute to Kathy.

And, what is Trivia Challenge: “Sharp as a Tack” all about? Experts say that as you age you remember things from the past better than you remember what happened yesterday. This is Kathy’s inspiration for a new, fun session to test the premise. Everyone will share a trivia question with different possible answers, and will see who is “sharp as a tack”. The first session was on Wednesday, October 30th from 4–6 PM at the home of our generous members Bob and Kathy Swank.

Kathy also is a wonderful PVP Village ambassador. At Information Sessions when she talks about the Village Concept and reflects on her personal involvement with the PVP Village, eyes light up and heads nod in understanding. This is a reflection of a unique quality Kathy brings to the conversation.

Learning of Kathy’s educational and career background provides an insight into the enthusiastic energy that she brings to the PVP Village. Can you believe that Kathy met her

husband, Bob, in the third grade in Lombard, Illinois, a western suburb of Chicago where they grew up. After their school years together, Kathy went on to Elmhurst College and graduated with a degree in Education. It wasn’t long before sunny California beckoned, and Kathy and Bob, now married, settled in. Kathy went on to Cal. State University, Dominguez Hills ultimately earning an advanced degree in Education Administration. After a career in teaching in various, extraordinary capacities, in Kathy’s words, “it was time to return to where my heart was, and I had the opportunity to open two new schools back in the east L.A. area where I remained until I retired.”

Kathy and Bob have two sons, Dave and Mark who live locally with their families, a big plus for the Swanks. Dave and Erin, with children Ryan and Allysa, live in Fountain Valley. Mark and Sarah live in Long Beach with children Hannah and Weston. It’s been quite an adventure for Kathy and Bob watching their family grow and face the challenges and joys of life.

A special involvement for Kathy is the Pickard China Collectors Club for which she currently serves as president. Kathy’s mother hand-painted fine china for Pickard in Chicago when she came to this country in 1920.

Kathy and Bob reflect the core feelings of becoming PVP Villagers: “Through most of our adult lives, we were totally involved with our careers and raising our children. Travel dreams were evolving. However, with retirement, our lives and focus began to change significantly. Friends were lost, family responsibilities abated, and time provided an opportunity to develop new interests.”



Welcome to our new Palos Verdes Peninsula Village Members

Britt Huff, Pat Sneller, Kimiko (Kimi) Miwa, Peggy Costello, Ilse Getman, Kathy Roberts, Pat Zigrang, Stella Horton, and Terry McGovern

PVP Village celebrates the 4th Annual Upside of Aging with Marc Freedman and Helen Dennis



“How to Live Forever: The Enduring Power of Connecting the Generations” A Conversation with Marc Freedman and Helen Dennis.



On September 4, 2019, the Palos Verdes Peninsula Village welcomed close to 400 guests to the 4th Annual Upside of Aging event at the Palos Verdes Golf Club. Kudos to so many

who assured the success of the afternoon: Carolynn Petru for her gracious welcome and continued dedication to the PVP Village; Marianne Propst, the ultimate architect of the event who assured its success through her meticulous planning, and added to the enjoyment of all with her heart-felt remarks about the strengths and immeasurable possibilities of the PVP Village; Susan Wallace, the genteel hostess whose event planning and execution assured the afternoon's enjoyment; Paul Lasman, the dedicated volunteer for his graphic art work that sparked the advertising and to everyone else who helped plan, greet, sustain, photograph, record, publicize, and otherwise made the afternoon a lovely experience for the attendees and an outstanding triumph for the PVP Village.



Marc Freedman is a leading expert on the longevity revolution and the author of "How to Live Forever: The Enduring Power of Connecting the Generations".

Helen Dennis is a PVP Village Member and a nationally recognized speaker on issues of aging and the new retirement.

During the conversation, Dennis' questions elicited profound, often humorous responses from Freedman. He clarified that the essence of living forever is a legacy of love and caring, a connection of generations. Elders as mentors plant seeds for the trees that will grow and shade future generations. Passing on one's knowledge and wisdom is the key to living forever. Because life spans have increased, and life stages are not fixed, we need to shift the lens through which transformation is viewed, looking at both the child and the senior adult. Studies show that the presence of a caring adult is a critical factor in a child's life. Segregating seniors from younger populations should not be acceptable. Seniors need to find a way to continue multigenerational engagement from volunteering in classrooms or public gardens to working in libraries, to being there as a loving grandparent. A grandmother once had an evolutionary role in caring for the young. As Freedman said, "They are responsible for humanity," and "Every child needs at least one adult who is irrationally crazy about them."

Supporting the Village, the easy way!

Did you know that every time you shop at Ralphs or with Amazon, you could be earning money for the PVP Village? You just need to choose the Palos Verdes Peninsula Village as the non-profit you would like to support. **Ralph's** Community Contribution Program: Please call 1-800-443-4438 and register your Ralph's card for the Palos Verdes Peninsula Village! Or go to www.ralphs.com and click "Save" on the top left corner. Then click "Ralphs Community Contribution Program" for the directions. Please call the office for some volunteer assistance! We have just 6 people registered so far but hope all of our Ralph's shopping members will register!

Amazon If you shop on Amazon (or have a family member that does!), you can register with Amazon Smile, their program that gives a portion of sales back to a non-profit of your choice. Simply go to Smile.amazon.com to sign up and choose Palos Verdes Peninsula Village. Or call us to help you!

Thank You to our Generous Upside of Aging Sponsors

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SEIA – Signature Estate & Investment Advisors, LLC
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Bronze

Gentle Transitions

Friend

- FIRSTLIGHT HomeCare of South Bay
- Julie and Steve Paterson
- Carolynn and Andrew Petru
- Marianne and Bill Propst
- Susan Hamilton Wallace
- Advanced Portfolio Strategies – Insurance & Financial Services
- Portia P Cohen, Esq., UCLA Health Services
- Colleen and Michael Cotter
- Helen Dennis

Save the Date



Palos Verdes Peninsula Holiday Party with Entertainment From Anne Destabelle and the Pennyroyal Players

December 10, 2019
12:00 PM–2:00 PM
Mt. Olive Church
5975 Armaga Springs Rd.
Rancho Palos Verdes 90275

Fun Times at the PVP Village

PVP Village Salon

At the October Salon, we discussed happiness and its relationship to free will vs determinism. It was quite a discussion, and all seemed focused on personal happiness as the core of their being, from enjoying



nature, to the joy of seeing each new day, even to their delight in the PVP Village. Most exciting was celebrating with Sandy and George Winston their sixty years of marriage. Congratulations Sandy and George.

News of the Month

Meeting the Third Friday of the Month 3:00 – 5:00 PM



For each News of the Month session, attendees present a news-worthy item for review by the group followed by a stimulating discussion.

And look what we have talked about:

Legalized human body composting

Older workers in Europe shown to be better employees

UN finds that Siri and Alexa are tools of male oppression.



It is our sad duty to inform you of the passing of two Palos Peninsula Village members – Janet Ford and Dale Christison. Janet was a member for the PVP Village for over three years along with her mother, Irene. Both liked to attend the musical events, most recently the St. Patrick's Day party. Irene still is a PVP Village member and has the support of her grandsons along with PVP Villagers.

Dale Christison was a retired teacher and coach and avid wood-worker. He was beloved by the many volunteers who had the pleasure of getting to know him and his wife Barb.

Safety Tips From **GAMBURD**

Suzi Fox, Vice President of Business development, Gamburd, Inc. has graciously shared some helpful tips for us to avoid falling as we maintain our wonderful lifestyle in our own homes. Check out the Gamburd website at Gamburd.com for the complete article.

Avoid the Risk of Falling –One in four people age 65 or older falls each year resulting in serious injury. We are more susceptible to falling as we age. Muscles are stiff; eyesight is fading, and memory is waning. Confusion and lack of confidence spurred on by emotional triggers or new surroundings may also play a role. What to do?

Medical Matters –

- Make a list for your next medical appointment of things you could do last year that seem to be a struggle now.
- When getting out pots and pans do you get dizzy or cannot reach the shelf with ease?

Movement Makes a Difference –

- Wear proper shoes: Non-slip shoes with a low heel and closed toe are best.

Exercise –

Remove Clutter and Hazardous Rugs – Especially Throw Rugs

Improve Lighting –

WHAT'S HAPPENING?

Guided Autobiography With Harriet Servis, Steve Jordan, and Judy Bayer

If you ever considered writing your "life story", this was your chance. Led by Village members and volunteers Harriet Servis, Judy Bayer and Steve Jordan, Guided Autobiography was scheduled for a series of six classes, one per week. Each week, participants wrote a two-page story on a particular theme, brought their narrative to class and read it to their small group of classmates. Writing and sharing life stories with others was an ideal way to explore and gain perspective of significant life events. At completion, participants had a five-chapter story to share.

"Let's Chat" with Helen Dennis

In response to a need for more social events, Helen Dennis, both a Board and a PVP Village member, has welcomed a small group of Villagers to her home to discuss topics of interest. The first meeting in October featured the subject: "Who or What Was Most Influential in Shaping My Life?" Sharing memories forged close ties among the PVP Villagers. Be sure to check out Helen's weekly column on Successful Aging in the Daily Breeze.

Trivia Challenge: "Sharp as a Tack" with Kathy Swank

Have you noticed that as you age you remember things from the past better than you remember what happened yesterday?! A new fun session to test that premise began in October. Everyone shared a trivia question with different possible answers to see who was "sharp as a tack". The first session was on Wednesday, October 30th from 4-6 PM at the home of our generous members, Bob and Kathy Swank.



Fall CALENDAR

- Nov 1 Board meeting
- Nov 6 Program Committee meeting
- Nov 6 New Member Reception
- Nov 7 Guided Autobiography #4 of 6
- Nov 9 Game Day
- Nov 11 Monday Readers
- Nov 12 Men of a Certain Age
- Nov 13 Village Golfers
- Nov 14 Guided Autobiography #5 of 6
- Nov 15 News of the Month
- Nov 15 Salon
- Nov 18 Movie Time
- Nov 19 Village Information Session
- Nov 20 Village Book Club
- Nov 21 Guided Autobiography #6 of 6
- Nov 22 Around the World Dining
- Dec 6 Board Meeting
- Dec 6 Men of a Certain Age Whiskey Tasting
- Dec 9 Monday Readers
- Dec 10 Village Holiday Party
- Dec 11 Village Golfers
- Dec 17 SMILE
- Dec 18 Holiday Flower Arranging
- Dec 20 News of the Month

Palos Verdes Peninsula Village

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