



Palos Verdes Peninsula Village

• Stay Settled • Stay Connected • Stay Engaged

We are a non-profit organization that preserves and enhances the comfort, security, dignity, social engagement and sense of community for older adults who want to continue independent living in the Palos Verdes Peninsula area. We accomplish this through educational outreach, social events and needed services provided by dedicated members and volunteers.

FALL NEWSLETTER 2020

A VILLAGE IS BUILT FROM THE GIFT OF GIVING

The Palos Verdes Peninsula Village is approaching its fifth anniversary, a very special milestone. Many of us were among its founders and have been with the PVP Village from its inception and truly savor its success. The question is, how do we maintain the positive results, the enthusiasm while fostering renewed commitment to and ownership of the PVP Village? We all are owners. Everyone has a skill that may be shared with others or one he/she would like to sharpen. We all want to have fun, meet other people, receive the benefits of a strong support structure including volunteer assistance when needed. Opportunities abound within our unique community. What would you like to own, to think of as "your baby"? Share your vision for the PVP Village; help plan activities; participate on committees.

Guided Autobiography

Have you ever considered writing your "life story"? Now is your chance. Led by Village members and volunteers Harriet Servis, Judy Bayer and Steve Jordan, Guided Autobiography is scheduled for a series of six classes, one per week, starting the first week in October. Each week, participants will write a two-page story on a particular theme. During the virtual class, writing tips and themes are presented by your leaders followed by break-out sessions during which members will read their narrative to their small group of classmates. Writing and sharing life stories with

others is an ideal way to explore and gain perspective on significant life events.

This is the same class previously offered, and what a great success it was. Writers praised the experience, even commenting that participating in the class had made a significant difference in their lives.



YOGA

Virtual Yoga with PVP Village Volunteer and fitness instructor, Cathy Hill. The class is every Tuesday at 9:00 for 30 minutes.

COVID-19 and Vaccine Development - On August 19th, PVP Village members, volunteers and guests joined in a presentation by Eric Daar, MD, Chief of the Division of HIV Medicine at Harbor-UCLA Medical Center who provided an update on COVID-19 and vaccine development. Harbor UCLA Medical Center is participating in the Phase III clinical trial and is now seeking volunteers to participate. For more information, go to WWW.helpstopcovid.la.

Message from our Executive Director, Marianne Propst



In our last issue, I focused on the amazing spirit and adaptability of our members and volunteers during this pandemic. Here is some real proof of this good news – In September we have 25 events scheduled! - many of which had not been imagined or

created before COVID: Ted Talks, Yoga, Bingo and Let's Take a Walk are new creations. The writing group and books clubs are thriving with more time to read and more time to write. Maybe time is on our side!

More good news is that we have also found more ways to reach out and support each other. Members and volunteers are making phone calls, setting up some in-person visits, picking up groceries for each other, creating lending libraries, and even some cookies and flower arrangements have been made and delivered by generous

volunteers. Thank you to the individuals who have played a role in helping us adapt and thrive as a Village. I hope we can continue to expand upon these and other ideas. Let me know if you would like to help!

And for the last bit of good news. As most of you know, our largest fundraiser, the Annual Upside of Aging, had to be postponed until next year due to COVID-19 (that was bad news). I was concerned because we did not have the sponsorship opportunities for our supporting businesses; therefore, we would not have that revenue to support our operations. However, despite the challenging economic times, many of last year's sponsors have agreed to support us this year despite not having the Upside event. We are so fortunate to have these businesses in our community supporting the mission of PVP Village.

Marianne

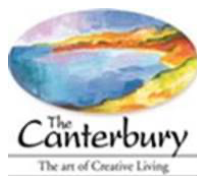
Thank you to our Generous Sponsors!!

Gold Sponsor \$2500

Belmont Village Rancho Palos Verdes



Silver Sponsors \$1000+



Friend Sponsor \$250

Malaga Bank

Message from our Board Chair, Fran Wielin



Greetings to all PVP Village members, friends and volunteers as we continue our individual and group activities from home. We are pleased to have so many willing and creative volunteers who have set up socially distanced activities such as walking, golfing, and the men's bring-your-own-

lunch, as well as those who are leading the increasing variety of Zoom meetings. Thank you to all.

We are fortunate to be able to continue the work of PVP Village committees by Zoom, including

Communications, Finance, Fundraising, Membership, Nominating, Programs and Volunteers. The members of these committees are working and planning for the present and the future of the Village, and we thank them for their thoughtful contributions.

If you would like to be part of PVP Village as a volunteer we would be glad to hear from you. You can be an integral part of the Village by using your talents and experience. Call Marianne at 310-991-3324 if you have an idea of how you can contribute.

Fran

Welcome Monique Sugimoto , New PVP Village Board Member



With great delight, the PVP Village welcomes Monique Sugimoto as a member of its Board of Directors. The diverse experience, knowledge and commitment she brings to our organization will be an incredible asset.

Born in Illinois, Monique grew up mostly in El Paso, Texas and considers it her home with the desert her playground. She has a twin sister, definitely fraternal, because, as she says, "I'm the bookish one, and she is the more social one." She also has an older brother. Her mother is from Monaco, France and her father from upstate New York. Congratulations to Monique and her husband, Haru, who have recently celebrated their 30th wedding anniversary.

Monique studied at UT Austin. She completed her studies with a BA in cultural anthropology and French, and a secondary school teaching certificate in English and French. She taught school for a year in Austin followed by four years teaching ESL in Japan. After her teaching career and a ten-year involvement in research and software development in the area of natural language processing, she earned her MA at UCLA where she concentrated in archival studies. Since 2012, she has been the archivist and local history librarian with the Palos Verdes Library District.

Monique first learned about the Palos Verdes Peninsula Village through her work at the PVLD and at the initial information meeting of the PVP Village that was held at the library. "The response to that initial meeting was overwhelming and very

inspiring," she states, and she has been "following the progress ever since."

After the unexpected death of her mother, she became a distance caregiver for her father. Because she had attended the preliminary meetings of the Village, she was able to better understand her father's wishes and help him realize his desire to maintain his independence. For Monique, her father's desire to remain living independently in his own home during his last years embodies the core mission and values of the PVP Village.

"As a child," she said, "there is nothing more satisfying than making one's parents' wishes come true".

It will be one of Monique's goals as a PVP Village Board Member to reach out to and encourage children of older Peninsula residents to become involved in some way "to help fulfill the desire of their parents to age in place."

Along with enjoying gardening and researching her family history, Monique is the proud owner of an electric bike which she rides to work every day. Her four-mile daily rides to and from work are very enjoyable parts of her day. She gets to see "the resident PVE peacocks, the beautiful ocean, our open space - and everyday [she is] reminded of how blessed [she is]".

Monique has a wealth of ideas, hopes, and visions for the PVP Village, and she will be bringing a profusion of talent and spirit to our organization. We welcome Monique!

Welcome Dennis McLean, New PVP Village Board Member



Every organization needs a competent, dedicated accountant on its board of directors. How fortunate the Palos Verdes Peninsula Village is that Dennis McLean has joined its ranks as a new Board Member.

Born in Detroit, Michigan, Dennis attended Walsh College where he earned a Bachelor of Accounting in 1974 and studied for his Master of Taxation. He came to California from Michigan in 1996 and settled in Rancho Palos Verdes where for twenty years, until early 2016, he was the Finance & Technology Director of Rancho Palos Verdes. Dennis also is the founder and CEO of McLean & Associates, Certified Public Accountants. Since 2016 at the request of Board Member Ann Shaw, Dennis has been the retained independent public accountant and tax preparer for the PVP Village. And, a favorite volunteer position, Dennis has served as a part-time adjunct faculty professor at CSU Dominguez Hills, teaching advanced accounting and taxation.

Dennis is married to Laurie McLean, a licensed MFT who grew up in Rolling Hills Estates. Laurie continues her practice at a local hospital during COVID-19 and according to Dennis, she is his "Hero". Thank you, Laurie.

The McLeans have a son, Aaron, who also has pursued a career in taxation. Aaron and his wife, Marisa, have a son, Connor, almost a year old, with whom the family currently enjoys FaceTime moments, another adjustment to COVID-19 and

its shelter in place precautions.

When asked what prompted his interest in the Palos Verdes Peninsula Village, Dennis responded, "I have always been a proponent of the mission of the PVP Village and the village concept ever since Carolyn Petru initially described it to me. I was intrigued by the mission to support seniors, including assisting with and enabling seniors to continue to live in their home. I have a desire to help fulfill the mission."

Dennis believes that some of the greatest challenges and opportunities for aging well on the Peninsula and supporting the Village Model include determining the most effective approach to serve members of the community such as raising awareness, especially among civic leaders, potentially increasing membership in the PVP Village, sustaining volunteers and fund raising during a pandemic and the establishment of a deeper financial reserve.

Dennis is an avid cyclist and hiker; he enjoys film, music and sports; he has started practicing Yoga; and he still finds the time to pursue his interest in following the political world we live in.

Dennis' philosophy for staying positive and involved during the current pandemic is "to do my part by wearing a mask, physically isolate, exercise alone and Zoom with clients, friends & family." Dennis also has experienced satisfaction from helping clients and friends with a myriad of financial assistance and "just listening during COVID-19."

The energy, skills, and collaborative involvement Dennis brings to his new Board position are truly welcome.

2020 Election



Elections are coming up on November 3rd. Ballots will be mailed to all registered voter beginning Oct. 5th. Your ballot must be postmarked by November 3rd and received by November 6th in order to be counted. There will be 12 California Propositions on the ballot that will be discussed at a Virtual meeting with the League of Women Voters on October 2nd at 10:00 A.M. PVP Village members, volunteers and guests are invited.

Here's what to look for:

In the 33rd Congressional District, Ted Lieu and James Bradley are running for Congress.

In the 66th District, Al Muratsuchi and Arthur Schaper are on the ballot for State Assembly.

Seven candidates are vying for three city council positions in RHE: Timothy Buresh, Bridget K. Carmen, Jeffrey Romanelli, Velveth Schmidt, Bruce Steckel, Debby Stegura, Frank Zerunyan. Five are running for two seats in PVE: Sanford Davidson, Dawn Murdock, Bill Sewell, Jim Roos, Gayne Brenneman. Three are pursuing two vacancies in RH: Jeff Pieper, Bea Dieringer, Arun Bhumitra.

Candidates for Palos Verdes Unified School District include Linda Reid, Joseph DiLeva, Jeff Frankel, Aura Imabarus.

The ballot for the Palos Verdes Library District Board includes Kingston Wong, Zoe Unno, Bob Nelson, and Ray Randall.

Help Our PVP Village Now and Save Federal Income Taxes

You Can Transfer Money from Your IRA to the PVP Village, Save Federal Income Taxes and Help out During the Pandemic!

by Dennis McLean, CPA, McLean & Association, CPAs and PVP Village Board Member

With the passage of the Tax Cuts and Jobs Act, effective January 1, 2018, many of us lost the tax savings benefit of charitable contributions on Schedule A of Federal tax returns. However, you may contribute to the PVP Village using a Qualified Charitable Distribution ("QCD") and reduce future taxable income and taxes even if you do not itemize deductions on Schedule A.

If you are 70½ or older, you may make a QCD from your Individual Retirement Account ("IRA") to a qualified exempt organization such as the PVP Village and gain tax savings. If you make a direct transfer of your IRA funds via a QCD to the PVP Village, it is not included in your gross income; therefore, not subject to income tax!

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

If you are interested, 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.

Required Minimum Distributions ("RMDs") were temporarily suspended during 2020 (**only**) by the CARES Act. However, if you are 72 years of age on January 1, 2021 and 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 2021. You may transfer your QCD to the PVP Village, satisfy as much as 100% of your RMD requirement, and not have to pay the tax on the RMD income used for the QCD.

Or, Consider Making a \$300 Donation to the Village and Get a Federal Income Tax Deduction in 2020

Yes! Individual taxpayers who expect to use the standard deduction (rather than itemize deductions on Schedule A) can claim an above-the-line deduction of up to \$300 for cash contributions to qualified charities like the Village on your Federal income tax return (in 2020 only as a result of the CARES).

CARES Act for Individual Taxpayers

Although many of us are hoping and waiting for another round of Congressional economic stimulus legislation that may include additional changes to Federal tax law, you can read an Overview of the CARES Act for Individual Taxpayers at the following website: <https://mcleancpas.com>

What Legacy Would you Like to Leave the World?



By Carolyn Petru, PVP Village Board Secretary.

I asked myself this question while updating my living trust a few years ago. I considered the values, people and causes that are important to me. At the top of the list was helping older adults, creating livable communities and an abiding love for the Palos Verdes Peninsula.

At the time, I was already a PVP Village volunteer, so I knew firsthand how it's addressing an important need in our community and is truly improving people's quality of life. The mission of the PVP Village aligned perfectly with what is fundamentally important to me. That made

including it in my living trust an easy decision.

Because I was already updating my existing trust, it was as simple as hand writing in the organization's name and federal ID number, and designating the percentage share of my remaining assets I want the PVP Village to receive. Of course, if you have any questions about the process of modifying your will or trust, please consult your financial or legal advisor.

The best part about my legacy gift to the PVP Village is it will help ensure our caring community is still here to support and enrich the lives of future generations of Peninsula elders. It's a wonderful feeling!

Our Life in the Time of COVID-19 Steve Jordan and Margi Braun



Boy, oh, boy. Things certainly changed for all of us in March, didn't they? "Stay at home" became our mantra. No more volunteering at the Botanic Garden or the school garden. No more golf. No restaurants, bars, movie theaters or dinners with friends. No more "in-person" events with the Village. We ventured out only occasionally to stock the freezer and pantry. And, we got to know Governor Andrew Cuomo and Dr. Anthony Fauci up close and personal.

Things are a bit looser now. Living in Valmonte, there are plenty of traffic-free streets and fire trails to walk. Golf courses have reopened, the PVP Villagers take a walk along cliffs by the Interpretive Center, and the Men of a Certain Age guys get together for lunch outside on members' patios. We have mastered Zoom and sign into Village events to see and hear our

friends. But, still we have felt the need for an injection of new energy into our routine-bound household.

Enter mama cat Ellie and her six newly born kittens. They came to us at three weeks of age through the Peter Zippi Fund for Animals, a cat rescue organization in Hermosa Beach.

One of the perks of fostering is getting to name the little critters. We have four males and two females-Betty and Wilma, Milo and Otis, and Simon and Zeke. As I write this, they are all a bit over a pound, eating soft food and kibble, and learning to use the litter box.

Every time we go into the "animal quarters" (Margi's office), six bundles of fur and energy rush over to greet us. Take a seat on the floor, and they are in your lap. When they reach two pounds, at around 10-12 weeks of age, they will return to Peter Zippi to be readied for adoption. Margi and I will take a breather and then get ready for the next lot.

Keep Calm and Knit On Ellen Orenstein



Knit 1, Purl 2, YO, knit. . . After a few rows, muscle memory takes over and what at first seemed to require absolute counting and concentrating on my part develops a rhythm of its own. Focusing my attention on the yarn, watching the pattern develop as row by row the piece lengthens and what will eventually be a sweater, a scarf or a blanket, begins to take shape is really rather relaxing. I have almost no recollection of learning how to knit, but the fact that I hold the yarn in such a way that the only the movement of my left hand controls the yarn

as I wrap it around the needle to knit or purl the stitch, the "European" method, makes me feel that it must have been my Bubbe, my father's mother, who guided my young fingers to hold the yarn, to cast on stitches, to carefully slide the knitting needles through the yarn to create a simple scarf. These early knitting lessons, long dormant in memory, have risen to the forefront of my mind in recent months – since the invasion of the Coronavirus has given rise to social distancing and self-isolating.

Often now, dinner is a bowl or soup or something from the freezer which can be nuked in the microwave. Add some salad from a bag and, voila, sustenance enough – especially if you have some Talenti gelato, particularly coffee for dessert. Then, with music in the background, or some mindless TV that I don't really watch, a cup of tea on the table next to the sofa in my little den, I pick up my latest knitting project. So far, I have finished a soft poncho that is waiting for cooler weather, and the front and back of a sweater with weird sleeves I cannot figure out how to attach that will have to wait until knitting stores open again. I have finished the back and half of one front of a cardigan using yarn I bought from a local yarn shop that has been out of business for more than five years. I even have another project ready to follow the current cardigan. I do think I'm going to have plenty of time in the next several months during which I will feel much better if I can continue to keep my mind quiet and my fingers busy. There is only so much of the Great British Baking Show that I can watch at a time.

PVP Village is Thriving

Monday Readers - a Zoomed introduction to *Stillwater* by Mary Jo Hazard



Mary Jo Hazard, a PVP resident, joined the Monday Readers to participate in the introduction of her new novel, *Stillwater*, set in the idyllic town on the Hudson River in New York. She thanked the PVP Village for inviting her to this group and also to Eclectic Readers and a PVP Village Happy Hour. "I was so thrilled with the way the members participated, the depth of their questions, and the way they emotionally connected to the characters," she said. "It was an eye-opening experience for me—one I'll never forget. Please let the members know how much I appreciate their insights and the way they emotionally connected to the characters."

PVP Village Walking group meets at Pointe Vincente wearing masks and socially distancing

Two times a month on Mondays, the PVP Villagers get together for a walk along the beautiful coastline, to chat, and to enjoy a refreshing beverage in the shade-covered picnic area at the end. Even the friendly dogs have a wonderful time meeting and greeting folks and their canine buddies.



The Village Happy Hour via Zoom: Three Truths and a Lie. And the winner was Jill Smith!



On Fridays at 4:00, PVP Villagers gather for a virtual Happy Hour. Whether it be a birthday celebration or themed fun, all have a delightful time visiting and enjoying one

another. Thanks Jill for your planning and for being our hostess.

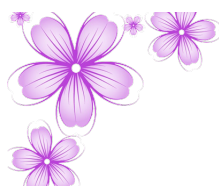
Beautiful thoughts from Nancy Veits

Not many would say that six months of enforced home detention was heaven. Yet, when we're asked about our most memorable experience, many of us would cite a solitary event: watching a meteor streak across the sky...a hawk dive for prey... experiencing a Haleakala sunrise ... holding a brand new baby ... seeing the green flash in an ocean sunset ... exploring a tidepool ... hiking beside a river ... gazing at the sides of an Arizona slot canyon. Quiet-time quilts are made of this fabric.

I don't think of myself as unsociable, but I meet the criteria—I seek solitude and spend that time in creative pursuits. The covid isolation has been this for me. I've painted, gardened, hiked, read, cooked, touched bases with old friends and enjoyed being off the proverbial merry-go-round. A relatively brief pause in the rat-race of my life--- a time to reboot, relax, contemplate, create, meditate and pursue those things I've only had time to dream about.

How about you? Has covid quiet time inspired you? Given you time to pursue a dreamed of avocation? I hope it's been a precious renewal time for you as it has for me.





We lost Bruce Hoffman, a PVP Village Volunteer, on July 10th following a tragic boating accident. Bruce was an active participant in PVP Village intentional caring group, and fortunately, his wife, Kaaren, will be continuing in his place. A native of Los Angeles and a Berkeley graduate, Bruce spent his career as a Public Defender and ultimately as the first L.A. County Alternate Public Defender. Participation in many organizations dedicated to the law and social issues occupied much of Bruce's spare time; however, perhaps the most rewarding experience for him was his leadership of the Junior YPF through St. Mary's Episcopal Church, the church of which he was a member for over 50 years.

PVP Village Current Virtual Monthly Events

Let's Take a Walk*

1st and 3rd Mondays, 9:30AM

Village Member Yoga

Tuesdays, 9AM

Village Writing Group

1st and 3rd Thursdays, 1PM

Monday Readers

2nd Monday 3:30PM

Men of a Certain Age Lunch*

2nd Tuesday, Noon

Village Golfers*

2nd and 4th Wednesdays 10AM

Eclectic Readers

2nd Thursday, 10:30AM

PVP Village Information Session

2nd Friday, 1PM

Village Happy Hour

2nd and 4th Friday, 4PM

SMILE – Seniors Meeting in Laughter and Enjoyment

3rd Tuesday, 3PM.

Ted Talks

1st Wednesday, 10AM

News of the Month

3rd Friday, 3PM

Wednesday Book Club

4th Wednesday, 2PM

Pro-Con

Last Friday, 10AM

*In-person event

New programs starting in September include Bingo and Salon and in October, Guided Autobiography



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