



Anderson Valley Village

Monthly Newsletter
May 2023

Welcome to Anderson Valley Village. We are a locally inspired and managed non-profit organization. Our mission is to help older adults remain active, connected, and independent in the place they call home while enhancing the quality of life in our community. See what's new in the valley.

AV Village Update

We currently have **61 members (46 memberships) and 45 trained volunteers** ready to lend our members a hand!

Happy Birthday to our wonderful members and volunteers:

Judy Basehore

Susan Bridge-Mount

Francois Christen

Pippa Thomas

Anjes De Ryck

Rob Goodell

(don't see your name? send me your birthdate)

How the AV Village is working, written by the daughter of one of our members: My mom had a fairly abrupt decline in cognitive function in December 2021, to the point that she was no longer able to run errands, go grocery shopping, or go out to see friends. The AV Village was incredibly helpful in bridging the gap over the last year+ until we were able to find a stable care-taking situation. Philip Thomas brought groceries from Ukiah weekly for many months, Philip Kampfer provided occasional tech support, and Mary O'Brien and Jana Caffey came and visited with my mom, often multiple times per week. These practical services and social visits really made a difference. Anica was incredibly supportive throughout, including coordinating remote participation in a workshop and reaching out to the AV Village community when we were looking for a renter/caretaker to live in the tiny house we placed on my mom's property last fall. The Village is an amazing group of people and I deeply appreciate all of the staff and volunteers who give their time and energy to allow seniors like my mom to age in place.



Thank you to the Anderson Valley Historic Society for hosting these wonderful chats with our local characters at our local museum! Thank you, Bill Holcomb, for the stories - we laughed and cried. What a great idea and we hope there are more of these! We have such a special community - feel so lucky to be a part of it!

Upcoming Village Events!

See these events and more listed on our [Events Calendar](#)

Please Note: Our gatherings are open to everyone, but COVID Vaccinations are REQUIRED - please bring your vaccination card (one time) as proof. Masks optional. Thank you in advance for your understanding.

AV Village Weekly Walking Group

Every Tuesday

9:30 AM

Meet at the Community Park (near the AV Health Center). Please let Kathy Cox (707) 800-2300 know the night or morning before if you plan on attending.

Matter of Balance Exercises

Every Thursday

11:30 AM to noon

Anderson Valley Senior Center

Free - join us to practice the matter of balance exercises with friends. And enjoy the Senior Center lunch afterwards!

Contact: Elizabeth Wyant beadwyant1@att.net Or Donna Pierson-Pugh dpp1130@gmail.com

Community Sing

Sunday, May 28th

4 to 5:30 PM

Lauren's house

Come sing! Usually, the 2nd and 4th Sunday of the month but no community sing May 14th. Call Lauren for more info at 707 895-2606.

Android Phone Support Presentation

Wednesday, May 10th

11 AM to Noon

Anderson Valley Senior Center

Join AV Village Coordinator, Anica, for a presentation on using your Android smartphone and

tips to make it easier to use for seniors. Bring your phones and questions or better yet ask me beforehand so I can prepare. And we welcome people that are comfortable with Android phones to help support other participants – thank you!

AV Monthly Gathering: Creative Housing Arrangements in the Valley

Sunday, May 21st

4 to 5:30 PM

Anderson Valley Senior Center

Refreshments served and Door Prize

Join us for a look at the various housing situations in the valley with a panel of representatives from intentional living communities (like Cheesecake and Mendo Dragons) and nonprofit groups that work on housing solutions in the valley (the Elder Home and the Housing Association).

These groups will briefly share their experiences, with time for questions at the end.

Please RSVP with the coordinator – thank you!

Our next Monthly Gathering on Sunday June 18th 4 to 6 pm will be a volunteer appreciation party!

The Dementias:

I attended an interesting Zoom talk about the Dementias with Family Consultant, Tanya Brown, MSW, MA, MS, where she discussed:

- What Dementia is
- Symptomatic Effects
- The Different Types
- Causes
- Area of the Brain Affected by a Particular Dementia
- Other Conditions That Cause Dementia
- Conditions That Are Not Dementia
- Dementia Risk Factors, Diagnosis, Treatment, Medications
- Prevention, Care, Research, Symptoms, and Behaviors what Dementia is, the different types, and more.

I didn't realize there were so many different types of dementias, including Alzheimer's, vascular dementia, Lewy body dementia (LBD), Frontotemporal dementia, Huntington's disease, Parkinson's and mixed dementia, where a person has multiple types of dementia at the same time. She emphasized the importance of knowing the type of dementia that a person has been diagnosed with because they are treated differently, associated with different behaviors, etc. I have all her PowerPoint slides if you are interested in a copy let me know. I have included a slide about ways to reduce your dementia risk below.

And for caregivers caring for folks with dementia this book comes highly recommended: **“The 36-Hour Day: A Family Guide to Caring for People Who Have Alzheimer Disease, Other Dementias, and Memory Loss”** by Nancy L. Mace and Peter V. Rabins.

For more Virtual Educational Events hosted by local Caregiver Resource Centers:

<https://www.caregivercalifornia.org/event/>

New Information/Research

There is new research being presently conducted to prove that dementia risk can be reduced by 60% using what is called the S.H.I.E.L.D. Method.

S-Sleep: Must get 8 hours of sleep (naps count).

H-Handling Stress: Turns off genes that cause stress

Stress=Inflammation.

I-Interaction: Loneliness increases risk for Alzheimer's Disease and other dementias.

E-Exercise: Creates new nerve cells, particularly Hippocampus-responsible for short-term memory.

L-Learn New Things: Creates new synopsis. Try learning a new language or an instrument. Synopsis is the highway of brain; everything is connected.

D-Diet: Important for brain health. Good food= healthy gut.

From David's Kitchen:

David has shared some fun and easy recipes with us – see below for one. If you are interested in more let the coordinator know and I'll send you the whole lot!

Selections* from THE COLLEGE COOKBOOK© (or “Vulcan Stew”--simple recipes for students and other shut-ins)

TREADIE'S FEEL GOOD RESTORATIVE SOUP (spicy)

Ingredients 2 boned skinless chicken breasts; 2 hot Italian sausages (turkey); 2 handsfull edible pod peas; 32 oz chicken broth; 1 small bok choy; 1 bell pepper; peeled, thin-sliced ginger root; 1 portobello mushroom; 1 pkg. angel hair or gluten free pasta or (rice noodles); garlic toasted in oil, salt, and pepper to taste*.

Directions:

1. Cut chicken into cubes; slice sausage; chop all other ingredients.
 2. In large pot simmer broth and drop in sausage for 10 minutes.
 3. Add other ingredients one at a time and hold the simmer.
 4. Add pasta last—when done, soup is done.
- * Brown garlic in oil before adding. Add as much ginger as you can tolerate.

AARP Family Caregiving

Another great resource for information and tips about caring for family members and yourself!

<https://www.aarp.org/caregiving/>

Pilot Membership Assistance Program

With some generously donated money, AV Villages will begin a Membership Assistance program offering a reduced Membership fee to those who might not otherwise be able to join. If you or your family is interested, please contact. If you are interested in joining the Village at the reduced rate, please contact Anica Williams, 707-684-9829 or Philip Thomas, 707-895-3595.

Anderson Valley Village
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