



Quarterly Newsletter, Vol.3
September 2021

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SLO Village
Connecting the Generations



A Picnic of Connection and Celebration

By: Corene Canaan, Office Manager

On a sunny July afternoon, SLO Village gathered at Meadow Park in SLO to celebrate friendship and community. We enjoyed catching up with one another after over a year of sheltering at home. There was a noticeable excitement in the buzz of conversation among the members, volunteers, and guests. Richard, a SLO Village volunteer said, “After a year of isolation, it is great to see friends again!”

Volunteers and members who had joined SLO Village during the pandemic, were able to meet one another and other Villagers for the first time! Each of the 36 attendees brought a sack lunch and SLO Village provided watermelon, cookies, and beverages.

After over a year of cancelled trips, postponed celebrations and keeping friends and family at a distance, many of us have felt lonely and isolated. However, the connection to SLO Village meant seeing and hearing from a volunteer regularly. Groceries were purchased, prescriptions were picked up, and pen pals started writing to each other. Gardening, home maintenance, computer and cell phone assistance continued, helping all of us feel less isolated.

The picnic provided an opportunity to celebrate our connections with one another, to see faces (and smiles) again and enjoy interesting conversations – the best remedy for our collective pandemic blues.

It was a great afternoon of enjoying the simple things in life: friendships, sunshine, summer watermelon, and being part of a caring community.

Stay tuned for our next event!

Wildfire Season is Here!

Please make sure that you are signed up for alerts at all three levels: city, [county](#), and [utility company](#). Before wildfire strikes, it is important that you prepare yourself and your home for the possibility of having to [evacuate](#). Here are three actions that should be completed and familiar to all members of your household *long in advance of a wildfire*.

1. Create a [Wildfire Action Plan](#) that includes evacuation planning for your home, family and pets.
2. Assemble an [Emergency Supply Kit](#) for each person in your household.
3. Fill-out a [Family Communication Plan](#) that includes important evacuation and contact information.

CAL FIRE is asking residents to ensure they are prepared for wildfires including maintaining a minimum of 100 feet of Defensible Space around every home. Here are some tips to help prepare your home and property:

- Clear all dead or dying vegetation 100 feet around all structures.
- Landscape with fire resistant/drought tolerant plants.
- Find alternative ways to dispose of landscape debris like chipping or hauling it to a biomass energy facility.

For additional information on preparing for and preventing wildfires visit readyforwildfire.org

When did you last change your smoke detector battery?

Most fatal fires occur at night. Every home needs working smoke alarms to provide an early warning. Install smoke alarms in all sleeping rooms, hallways that lead to sleeping areas and each additional level of your home. Smoke alarms should be mounted on the ceiling 4” from the wall; wall mounts should be 4-12” from the ceiling. Do not install near draft areas (windows, vents). Call your local fire department if you are unsure about placement.

Prepare and practice an escape plan! Crawl low under smoke. Plan where to meet outside. Once you're out, Stay out! *Did you know that almost every day a smoke alarm saves somebody's life?*

If you are a SLO Village member, call the office (805-242-6440) to make a service request to have your smoke alarm battery changed, dead

vegetation cleared, advice on drought tolerant plants for your yard, or help with an Action Plan or Emergency Supply Kit.

If you rely on medical equipment powered by electricity, be sure to enroll in the Medical Baseline Program. This program offers rate discounts, additional PSPS notifications and other benefits. It is NOT based on income; it is for residential customers who depend on power for certain medical needs. [Learn more in a short video](#) or [click here](#) for more information.

Some examples of **qualifying medical devices** include:

- Motorized wheelchair/scooter
- IPPB or CPAP machines
- Respirator (all types)
- Hemodialysis machine
- Iron lung

Some examples of **qualifying medical conditions** include:

- Paraplegic, hemiplegic or quadriplegic condition
- Multiple sclerosis with additional heating and/or cooling needs
- Scleroderma with additional heating needs
- Asthma and/or sleep apnea
- Life-threatening illness or compromised immune system, and additional heating and/or cooling are needed to sustain life or prevent medical deterioration



CAL FIRE
San Luis Obispo Headquarters
Monday . Friday 8:00AM-5:00PM
(805) 543-4244

FOR EMERGENCIES DIAL 9-1-1

BOARD MEMBER SPOTLIGHT

Linda Beck – President



The Village Movement first appeared on my radar when I took a course in Gerontology. I loved the idea of a collaborative, peer-led organization that recognizes what older adults can do for themselves and others and provides practical support to keep them doing it. It was great to find a Village right here in San Luis Obispo, and I was excited to join the Board in 2017.

That Gerontology course was one of my first steps in a long-planned change of direction from practicing construction law to helping people navigate the challenges of aging, healthcare and caregiving. Joining the Long Term Care Ombudsman Services program in San Luis Obispo was another step along that path. I completed the training and have served as an ombudsman since 2013; I find it the most worthwhile thing I've ever done.

My husband, Pat, and I were late to the marriage game. We celebrated our fifth wedding anniversary last December with a hike up Gaviota Peak. (We'd tried to do the hike several times before, but turned back short of the top because I got whiney – it was too hot, or too wet, or too). He surprised me at the top with a beautiful ring he'd had made for me, an unexpected and romantic move. Would he have given me the ring if I hadn't made it all the way? I'll never know.

We live in Nipomo with our two dogs and two cats.

SLO VILLAGE ANNUAL REPORT 2020

2020 was a busy year for SLO Village!

When the COVID-19 pandemic hit, our members' needs grew exponentially. Older adults, especially those living alone, were at serious risk of both illness and isolation. SLO Village quickly rose to meet the new challenges. Our volunteers shopped for groceries, walked pets, mowed lawns, taught Zoom skills, and made check-in phone calls so no one felt abandoned.

And we went further to keep the SLO Village community connected. Our popular monthly coffees moved to weekly Zoom conversations and grew in popularity! It wasn't long before we added Zoom Happy Hours and movie discussion groups. We distributed "Fun Bags" with activities to enjoy at home and initiated safe, socially distanced porch visits.

Our membership has remained steady. Some members moved away, while new members joined because they were suddenly isolated and unsure about the safety of going to the grocery store. New volunteers stepped up to replace those who chose to stay home.

In 2020, our volunteers provided:

- 312 rides
- 31 technology assistance calls or visits
- 76 in-home service requests
- 55 grocery shopping trips and medication pick-ups
- 12 home maintenance projects
- 14 porch visits
- 400 check-in calls to SLO Village members

WE THANK ALL OUR DEDICATED VOLUNTEERS WHO HAVE CARRIED OUT THE TASKS THAT KEPT SLO VILLAGE MEMBERS ENGAGED AND SAFE THIS UNPRECEDENTED YEAR!

SLO VILLAGE HISTORY

SLO Village was founded in 2015 by a group of local active seniors who wanted their retirement to be one of engagement and purposeful activity. SLO Village was officially founded in August 2016 as a 501(c)(3) nonprofit.

Since then, SLO Village has grown to a community of over 100 members and volunteers. In January 2020 Kerry Sheets was hired as the half-time Executive Director. As the financial summary shows, SLO Village has kept its overhead expenses low. Nearly one-third of all SLO Village members pay reduced membership fees based on financial need.

STAFF and BOARD OF DIRECTORS

Kerry Sheets, Executive Director
 Linda Beck, President
 Dave Kuykendall, Vice President
 Ann Robinson, Treasurer
 Sally Kruger, Corresponding Secretary
 Tauria Linala, Recording Secretary
 Laine Amaral, Board Member
 Meredith Bates, Board Member

FINANCIALS

FUNDING SOURCES

Membership dues provide approximately half of SLO Village’s income. Donations, primarily from individuals, provide the rest of the revenue, along with a small amount of grant funding.

SLO Village Statement of Financial Position As of December 31, 2020

ASSETS

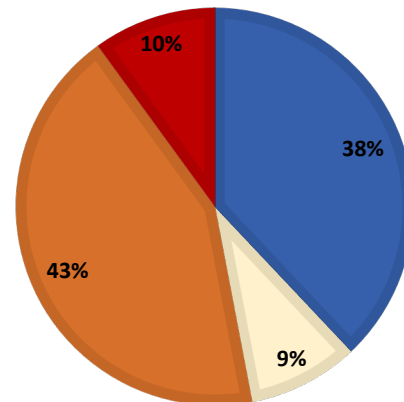
Current Assets	
Bank Accounts	
CHECKING	95,791.35
Total Bank Accounts	95,791.35
Total Current Assets	95,791.35
TOTAL ASSETS	95,791.35
LIABILITIES AND EQUITY	
Total Liabilities	
Equity	
Retained Earnings	72,314.96
Net Revenue	23,476.39
Total Equity	95,791.35
TOTAL LIABILITIES AND EQUITY	95,791.35

Restricted Funds

Restricted for Marketing	9,500.00
SLO City grant for subsidies	500.00
Restricted to member subsidies	4,843.50
Total Restricted Funds	14,843.50
Unrestricted Funds	80,947.85

COST BREAKDOWN

■ Administration & Overhead ■ Advertising & Marketing
 ■ Programs & Services ■ Fundraising



UPCOMING EVENTS & ACTIVITIES

COFFEE & CONVERSATION

1st Wednesdays @ 10 A.M.

Virtual presentations via Zoom by various organizations from the Central Coast community. Our next presentation will be September 1 @ 10 a.m. on “Know How 2 Go” – Transportation Services in SLO County

3rd Wednesday @ 10 A.M

LIVE! Join SLO Village members and volunteers outside at a local coffee shop for riveting conversation, delicious hot drinks, and pastries.

MOVIE DISCUSSION

1st Thursday @ 10 a.m.

Come discuss the monthly movie from the comfort of your own living room. On September 2 at 10 a.m., we will be discussing “The Dig”. Based on a true story in the 1930s, Wealthy landowner, Edith Pretty, hires amateur archaeologist Basil Brown, to investigate mounds on her property in England. He and his team discover something that forever changes history. *Available on Netflix.*

BOOK CLUB

Our office manager is seeking all book lovers to participate in a monthly book club. This group will begin meeting *every 2nd Tuesday of each month at 10 a.m.* If you are interested or want to learn more, please contact our office by phone or email (office@slovillage.org, 805-242-6440).

Check out slovillage.org for our social activities calendar.



Mobility Options Workshop via Zoom

On **Wednesday, September 1 at 10 a.m.**, Savannah Gil, the Mobility Options Specialist for the Travel Training Office of SLOCOG, will tell us about all the services and resources offered by her office, including the newly designed and updated ***Know How to Go Guides***. She can help identify the best modes and services for you—be it public transit, shuttle, carpool/vanpool, medical transportation, and more!

If you would like a printed copy of the *Know How to Go Guide*, please email [**TravelTrainer@slocog.org**](mailto:TravelTrainer@slocog.org) or call (805) 776-8700.



Door-to-Door Transportation for Seniors

SLOCOG continues to fund Senior Go! Transportation for seniors, 65+, in San Luis Obispo County. Current hours of operation are 7:00 AM to 5:00 PM, Monday through Friday, and 10:00 AM to 3:00 PM on Saturdays. For more information about Senior Go! visit [**www.slo seniorgo.org**](http://www.slo seniorgo.org).

To book a ride, call (805) 473-3333!



Mark Your Calendar!

**A Practical, In-Person Training for
Volunteers and Members**

Tuesday, September 7, 1:30-3:00 pm

Located at: GALA Pride & Diversity Center

Have you ever been worried about the safety and mobility of an older adult?

Richard Kriet, physical therapist and long-time SLO Village Volunteer, will present a workshop on everything you need to know about:

- Safely transferring individuals with mobility challenges in and out of the car
- How you can protect yourself and the person you are helping
- The balance between being helpful and being annoying
- Basic principles of safety (high school physics revisited)
- Who needs more help? Who's at risk of falling? When should you be worried?
- Managing walkers and canes
- Getting up from and down to low surfaces

Participants will have opportunities to practice. There will be refreshments and time to meet other volunteers and members immediately after the training.

Please wear your masks! They are required at the Gala Pride & Diversity Center.

Parking is available on Palm Street, in the back parking lot or in the parking structure.

Questions? Please call or email Megan McGreen, 805-748-3372 or megan@slovillage.org.

Need transportation? Call the SLO Village Office, 805-242-6440, at least 72 hours in advance.



A Special Opportunity for Those 70½ Years Old and Older:

You can give any amount (up to a maximum of \$100,000) per year from your IRA directly to a qualified charity such as **SLO Village** without having to pay income taxes on the money. Gifts of any value \$100,000 or less are eligible for this benefit. This popular gift option is commonly called the IRA charitable rollover, but you may also see it referred to as a qualified charitable distribution, or QCD for short.

SAMPLE language for a request to an IRA administrator:

RE: Request for Charitable Distribution from IRA

Dear IRA Administrator:

Please accept this letter as my request to make a direct charitable distribution from my Individual Retirement Account # _____ as provided in Section 408(d)(8) of the Internal Revenue Code of 1986, as amended.

Please issue a check in the amount of \$ _____ payable to **SLO Village, P.O. Box 15038, San Luis Obispo, CA 93406**

SLO Village's Federal Tax Identification Number is 81-2165670.

In your transmittal to **SLO Village**, please include my name and address as the donor of record in connection with this distribution. Please copy me on your transmittal.

It is my intention that this distribution qualify for exclusion from my taxable income as a qualified charitable distribution during the 2021 tax year. Therefore, it is imperative that this distribution be delivered to **SLO Village** no later than December 31, 2021.

If you have any questions or need to contact me, I can be reached at _____.

Thank you for your assistance in this matter.

DON'T FORGET TO VOTE!

California Gubernatorial Recall Election September 14, 2021

Have you received your Voter Information Guide and election ballot yet? These are being mailed to all registered voters in California. Voting is a privilege of citizenship in the United States. Have you decided how you will vote? Whatever your thoughts are about this Recall, we encourage you to exercise your right to vote. Please complete the ballot and return it as soon as you can.

Return your vote-by-mail ballot by mail with prepaid postage as long as it's postmarked by September 14, 2021 or in-person to a secure ballot drop box, to a voting location or your county elections office by 8:00 p.m. on September 14, 2021.

If you are a SLO Village member and would like to submit your ballot at the Post Office, a designated ballot drop-off location, or your designated polling place and need transportation, please call our office to request a ride. Please call at least 48 hours in advance, 805-242-6440.



READ. THINK. VOTE.



How The Alliance For Pharmaceutical Access Advocacy Program Works

1



Contact one of APA's client advocates by phone to determine eligibility. APA client advocates will research patient assistance or discount programs to help reduce medication costs based on financial and medical needs.

2



APA client advocates will complete the application. The MD will provide a prescription and sign the paperwork. The application will be sent to the pharmaceutical company.

3



When the application is approved, the medication(s) will ship directly to the client's home or MD's office. Most enrollment is valid for one year.

506 E. Plaza Drive Suite 5, Santa Maria
Main Office: 805-614-2040
Referral Line: 805- 614-2073
Mixteco Interpreter Line: 805-936-0339
Monday-Friday 11:00 AM-5:00 PM
Advocates@APAMEDS.org



Health Safety Tips to Keep You out of the Hospital

by Sally Kruger, Board Member

The SLO Village Coffee Group recently devoted three of our weekly Zoom meetings to the important topic of health safety. Michelle Zulim-Clark, Health Education Specialist for the County of San Luis Obispo Public Health Department, presented the classes. Prior to the pandemic, these classes were taught in-person and usually ran for six weeks, including practice sessions on how – and how not – to fall.

In addition to her engaging and practical sessions, Michelle made available useful materials, such as the “Fall Prevention Participant Manual”, the booklet that accompanies the class she teaches at Cuesta College and “Safe Use of Medicines” from the National Institute on Aging. She also provided practical items that reinforced her teaching: pill boxes, squeeze balls (to increase hand strength and decrease stress), eyeglass cleaning cloths, and lighted keychains.

The Fall Prevention manual has simple assessment questions and physical tests that will help anyone assess their ability to balance and determine their risk for falls. After the risk assessment is complete, the next step is learning how to minimize that risk. The classes and materials provide suggestions for how to make your body stronger and improve your balance.

An important part of reducing your risk of falls is to eliminate trip hazards in your home. An entire session could have been spent on this topic alone! Both SLO Village and the SLO County Health Department offer home inspections to help you find fall hazards that you may not notice because they weren't a hazard before, but they are now! We learned that 60% of falls happen in and around our homes. We spend a lot of time there, so we need to take the time to make our homes as safe as possible. [Click Here to read the full article...](#)

For more information on classes or fall prevention, please contact:
Michelle Zulim-Clark, Health Education Specialist
zulimclark@co.slo.ca.us
805-781-1561

View our [calendar](#) online. Check us out on [Facebook](#). Visit our [website](#).



PO Box 15038 San Luis Obispo, CA 93406 Office@slovillage.org 805-242-6440