



# *Tierrasanta Village of San Diego*

## **Village Vibes**

**“Living for Today: Planning for Tomorrow”**

**August Digital Edition 2017**

Tierrasanta Village (TVSD) is an active, nonprofit organization for residents aged 50+.

TVSD promotes social connections and helps our members thrive and remain independent.

We plan many special events, print this newsletter, and create activities for different passions and interests.

### **TVSD Board Officer Changes Effective August 1, 2017**

**Oh, my! It's August!! by Joyce Muinos**

Our lovely President, Ms. Linda Rees' term expired and the TVSD Board of Directors has chosen a new President who assumed the position on August first. Yes, c'est Moi! You are no more surprised than I, but, we'll talk about that later! I want to recognize and thank Linda Rees for her service and dedication to the TVSD.

Linda joined the TVSD in 2011 and became a member of the Board of Directors almost immediately. She was soon asked to become Vice President and she accepted, serving under Yasmin Shah and Allen Rachel. In 2015, she graciously stepped into the President's role at a very difficult time for all of TVSD. Among other issues, we were just beginning our “all-volunteer Village” and none of us knew how that would work. We had, for many years, enjoyed the benefit of the Archstone Grant and the hard-working paid staff that it provided. We were spoiled!

Thanks to Linda, we soon had a fabulous group of Core Team Leaders and committee volunteers to back them. The Teams have been the secret to the TVSD success ever since! Linda's involvement and oversight gave the Core Teams what they needed to succeed.

Linda must have studied the “Care and Feeding of Volunteers” and realized that one of the most serious issues with volunteers is burn-out! Piling more and more responsibility

on even the most willing is a good way to guarantee failure or...lose them all together. So, Linda went to work on expanding the Board of Directors, adding depth and lightening the load! Janice Trantham was the first, followed by Ginny Van Benthuyssen, Marilyn Bente, Jeanette Vlassis and Patty Mudd. All are proving to be invaluable assets to our Team!

To an outsider, it may all seem like laughs and giggles, but, leading a group of volunteers, with varying backgrounds, unique individual goals, and a plethora of opinions is not a day in the park! Ms. Rees handled the job with kindness and gentleness! Remember her contribution to our beloved Village and, when you see her, thank her!



## Monthly Meeting

Our next monthly meeting

**Monday August 7**

**3 - 4:30 pm**

7th Day Adventist Church  
11260 Clairemont Mesa Blvd.

## Time Bank

**Orientation and Training**

**August 8– 12:30-2:30 PM**

**Time Dollar Ice Cream Social**

For all Villagers who have a  
Time Dollar to spend.

**Sunday, August 13th, 2017**

**7:00 - 8:30 p.m.**

**Home of PK and Candy Walsh**

Register online or call JoAnne Kuelbs

at 858-292-1578 by

**Friday, Aug. 11th.**

## Website Training

**2nd Monday only or on request.**

10:30 am or by appointment

RSVP required

Greg Zweibel **858-569-8194**

## Balance & Strength Class

**Tuesday & Thursday 9 AM**

Instructor: Mary Maine

## Chair Yoga for Seniors

Monday, Wednesday and Friday

**9 AM**

## Aging & Independent Services

### Tai Chi Class

**Wednesday and Friday at 10 AM**

Open to the entire community.

## Cover Photo

**US Flag  
flies high on Mast over the  
USS Midway  
12 stories over the water**

## To Prevent Falls, Try Tai Chi

New analysis finds this gentle martial art works better than other exercise to keep you steady on your feet.

Every second of every day in the U.S. an older adult falls, making that the leading cause of injury and death for people 65 and older, according to the Centers for Disease Control and Prevention.

An analysis published today in the Journal of the American Geriatrics Society suggests that practicing the ancient Chinese martial art of tai chi can slash that risk by half.

Researchers analyzed results from 10 studies involving more than 2,600 patients ranging in age from 56 to 98 years old. Participants took part in hour-long tai chi classes one to three times weekly for between 12 and 26 weeks.

Taken together, results of the studies showed that compared with those who didn't practice tai chi, those who did reduced their risk of falling by 43 percent—and halved their risk of suffering an injury due to a fall.

Most surprising: The results suggest that tai chi worked better than other approaches such as physical therapy, balance training, resistance exercises, stretching, or yoga.

"This analysis provides good evidence that tai chi is a very effective way to prevent falls," says Michael Wasserman, M.D., a geriatrician in Los Angeles and a board member on the Health in Aging Foundation, a nonprofit organization founded by the American Geriatrics Society to support research, advocacy, and education on issues related to healthcare for older adults. "That's a benefit that you may not get from other types of activities—even strength training."

## How Tai Chi Helps

Tai chi combines a series of slow, gentle movements with breathing and mental focus. It makes sense that people who practice tai chi may not only be less likely to fall, but also be less likely to hurt themselves if they do stumble, according to Wasserman.

"It improves balance and body awareness, which gives you more control," says Wasserman. "We all trip from time to time," he says, but tai chi practitioners may be more adept at recovering their footing and, if they fall, "better able to control the way they land to avoid serious injury."

Our sense of balance tends to decline with age, but it can be improved through training, says Wasserman.

Research also suggests doing tai chi has other health benefits, including lowering blood pressure and bad cholesterol levels and helping to relieve back pain.

## ICE CREAM SOCIAL INVITATION

DATE: Sunday, August 13th

TIME: 7:00 to 8:30 p.m.

LOCATION: Candy Walsh's patio

COST: One Time Bank Dollar per person

RSVP REQUIRED by August 11

All Villagers and their guests are welcome! You do NOT need to be a member of the Time Bank because every member is awarded Time Bank Dollars when they join or renew. For this special event, you can "borrow ahead" the 3 Time Bank Dollars you will receive for renewing your Village membership in September.

We are hoping you will bring your significant other plus potential members. This will be a lovely event with ice cream sundaes on a pretty, shaded garden patio.

The Time Bank Committee

(Candy, Carmela, Delise, JoAnne, and Joyce)

## Board of Directors

### *President*

Joyce Muinos

Linda Rees – “*Past President*”

### *Vice President - Administration*

Fran Zweibel

### *Vice President - Fund Development*

Janice Trantham

### *Treasurer*

Mike Rigdon

### *Secretary*

Patty Mudd

### *Members at Large:*

#### *Membership*

Ginny VanBenthuyzen

#### *Neighborhood Groups*

Jeanette Vlassis

#### *Volunteers*

Marilyn Bente –

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#### *Time Bank*

Candy Walsh

#### *Co-Founders*

Candy Walsh

Susan Deininger LCSW

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#### *Operations Manager*

Greg Zweibel

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#### *Front Desk Coordinator*

Missy Rainier – 569-9119

TVSD is a 501c3 organization  
Federal Tax ID # 26-2975168

### **Vibes Staff**

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## **TVSD INVITES TIERRASANTA RESIDENTS AGED 50+ TO CELEBRATE OUR COMMUNITY**

The Tierrasanta Village of San Diego (TVSD) is inviting Tierrasanta residents aged 50+ to participate in a webinar on September 25, 2017, to celebrate our community and the 15<sup>th</sup> anniversary of the Village Movement. The keynote speaker is **Dr. Atul Gawande**, author of the best-selling book, **Being Mortal**. His conversation will focus on “The Value of Community and Choice as we grow older” and will feature such topics as: aging; living life with purpose; and how we can transform the possibilities for the later chapters in everyone's lives. Moderator of this simulcast will be Robin Young, host of NPR's “Here and Now.”

Please join us for this celebration and learn how special it is to have a Village in our community!

There is **no cost** for attending, but we would like for you to RSVP due to limited seating. There will be a drawing, and refreshments will be served.

**Date and Time**  
**Monday, September 25, 2017**  
**from 12:30-4:00 p.m.**

**Place: Fellowship Hall,  
Tierrasanta Seventh-day Adventist Church  
11260 Clairemont Mesa Blvd.**

**For more information and to RSVP, please visit our  
website at [www.tierrasantavillage.org](http://www.tierrasantavillage.org) or call 858-569-9119.**

The **Time Bank Continental Breakfast** on June 17th was a well attended gathering of members with new offers and requests to share with others.

It was exciting to see the energy of ideas floating around the room.

Candy's garage was very comfortable despite the heat as there was a portable air conditioner.

If you were unable to attend this meeting please mark your calendars for the next

**Time Bank Breakfast  
on September 9th.**

SUN		MON	TUE	WED	THU	FRI	SAT
30	31	9:00 AM - Chair Yoga 10:15 AM - Billiards 12:30 PM - Monday Bridge	1 9:00 AM - Balance Class - Cancelled 9:30 AM - COFFEE & CONVERSATION 10:00 AM - Grocery Shopping	2 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 11:30 AM - Lunch Bunch Bud's Louisiana Café 11:30 Marilyn Bente: 569-5919	3 9:00 AM - Balance Class - Cancelled 9:00 AM - Village Walkers 10:00 AM - Mah-Jongg 10:15 AM - Billiards 12:30 PM - Games	4 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 12:30 PM - Classic Movies "Speechless" Michael Keaton, Gina Davis Christopher Reeve	5
6	7	9:00 AM - Chair Yoga 10:15 AM - Billiards 3:00 PM - <b>MEMBERS MONTHLY MEETING</b>	8 9:00 AM - Balance Class - Cancelled 10:00 AM - Grocery Shopping 10:30 AM - Open IT Meeting 12:30 PM - Time Bank Orientation & Training	9 9:00 AM - Chair Yoga 10:00 AM - Tai Chi	10 9:00 AM - Balance Class 9:00 AM - Village Walkers 10:00 AM - Mah-Jongg 10:15 AM - Billiards 12:30 PM - Games	11 9:00 AM - One hour/one mile (Introductory) 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 11:00 AM - Stone Brewery Tour & Lunch	12
13 7:00 PM - Time Dollar Ice Cream Socials	14	9:00 AM - Chair Yoga 10:15 AM - Billiards	15 9:00 AM - Balance Class 10:00 AM - Grocery Shopping 6:00 PM - BUNKO	16 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 7:00 PM - Tierrasanta Village Book Club	17 9:00 AM - Balance Class 9:00 AM - Village Walkers 10:00 AM - Mah-Jongg 10:15 AM - Billiards 11:30 AM - Romeo Club 12:30 PM - Games	18 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 12:30 PM - Classic Movies "Resurrection" Ellen Burstyn (Oscar Nomination --Best Actress), Sam Shepherd	19 <b>S N A P</b>
20	21	9:00 AM - Chair Yoga 10:15 AM - Billiards	22 9:00 AM - Balance Class 10:00 AM - Grocery Shopping 12:30 PM - Care Committee Meeting	23 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 12:30 PM - Knit & Nosh	24 9:00 AM - Balance Class 9:00 AM - Village Walkers 10:00 AM - Mah-Jongg 10:15 AM - Billiards 12:30 PM - Games	25 9:00 AM - 1.5 hour/1.5 + mile (Tierrasanta Canyons) 9:00 AM - Chair Yoga 10:00 AM - Tai Chi	26
27	28	9:00 AM - Chair Yoga 10:15 AM - Billiards	29 9:00 AM - Balance Class 10:00 AM - Grocery Shopping 6:00 PM - DVD Movie Party THE ZOOKEEPER'S WIFE Jessica Chastain & Johan Heldenbergh	30 9:00 AM - Chair Yoga 10:00 AM - Tai Chi	31 9:00 AM - Balance Class 9:00 AM - Village Walkers 10:00 AM - Mah-Jongg 10:15 AM - Billiards 12:30 PM - Games	<div> <b>SNAP</b>  <b>August 19- 11:30</b>  <b>Spice House Rest.</b>            RSVP: Nancy Fahien            560-7431         </div>	



# ***Tierrasanta Village of San Diego Village Business Supporters***

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10% off your bill; dine in only;  
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Monday-Thursday

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## **Beautician**

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15% off for Villagers

4240 Kearny Mesa Rd #105

858-616-7377



Property Management-1 month FREE

+Reduced Rate - Buying or Selling?

Discounted fees for Villagers

Kim Klecan Owner/Realtor,

Tierrasanta resident, 25 yrs experience

619-261-9612

## **Primo Market**

proudly opens a new

Deli / Meat Market

& Hot Lunch Area

It's Great & Inexpensive!

## DVD Movie Party

### DVD MOVIE PARTY

Tuesday, August 29, 6 pm

#### THE ZOOKEEPER'S WIFE

Jessica Chastain & Johan Heldenbergh

RSVP to Diane Levine 858-292-0610

Space is limited to 10 members

## Knit & Nosh

4th Wednesday – August 23

12:30 pm

We knit/crochet baby blankets, scarves, and hats for breast cancer survivors, and lap blankets for Vets and residential care patients.

Contact: Virginia Inouye

## Bridge Games

At the VMC

Want to get in on a bridge game?

Groups are pre-arranged but substitutes are needed from time to time. Call the Village Office to get on the list for new groups.

## Village Book Club

Wednesday August 16– 7 PM

### "Hillbilly Elegy"

by J. D. Vance

Wednesday Sept. 20 – 7 PM

### "Being Mortal"

by Atul Gawande

Contact: JoAnne Kuelbs

858-292-1578

## Cool Games

Thursdays 12:30-2:30

Come join us for games on Thurs. afternoons. Bring a non-messy snack and a beverage of your choice and maybe a new game you'd like to try or an old favorite. We do have some at the VMC. We are a lively bunch and willing to try new games.

Donna Dobey – 858-279-0964

## Lunch Bunch

Bud's Louisiana Café - 11:30

Marilyn Bente: 569-5919

## Village Interest Groups

### Billiards

Mondays & Thursdays 10:15 AM

Bob Muldrew - 858-292-8405

The pool table area is open for play anytime weekdays.

8:30 am – 2:30 pm

### Film Classics

Friday – August 4 – 12:30 - 2:30 PM

#### "Speechless"

Romantic Comedy 1994

Michael Keaton, Gina Davis

Christopher Reeve

It was a match made in heaven - almost! Two witty, intelligent insomniacs, Keven (Keaton) & Julia (Davis) meet over the last box of sleeping pills at an all-night convenience store & are immediately attracted. After more romance & passion they discover a lot in common – maybe too much. Discovering they're both political speechwriters – but for opposing senatorial candidates – they quickly move from "speechless" to "ruthless", dropping the pillow talk for serious verbal jabbing. The more they insult & stab each other's back, the more they realize true love doesn't always follow along party lines – proving opposites do attract – & then some.

Friday – August 18– 12:30 - 2:30 PM

#### "Resurrection"

Drama – 1980

Ellen Burstyn (Oscar Nomination -- Best Actress), Sam Shepherd

After a car accident that kills her husband, a woman also experiences "clinical" death. But she wakes up to find she has the amazing ability to heal people from their maladies. She attributes her powers to human love, rather than Divine Intervention, & goes to aid the residents of her childhood town. "No one she touches will ever be the same."

Gloria Stevens: 858-505-4188

## Romeo Club

Thursday, August 17- 11:30 to 2 PM

Andiamo's

with Marti Batchelder

"Guest Speaker on Afghanistan"

RSVP on Website ASAP

### SNAP

(Singles Network of Active People)

All Village singles are welcome.

Saturday – August 19 – 11:30 AM

Spice House Restaurant

RSVP: Nancy Fahien 560-7431

## Mah Jongg

Thursdays -- VMC – 10 AM to noon

This is an RSVP game...A new group can be formed for beginners.

Contact: Fran Zweibel 858-569-8194

## Village Hiking

**One hour/one mile (Introductory)**, Community Park to Promesa Plateau (& probably beyond into Mission Trails to Colina Dorado) - & back: On **Fri, 11 Aug 2017 (second Friday) at 9 AM**, we gather at the front steps of the community pool facility. (Go east on Claremont Mesa Blvd to turn left into Community Park.) The route is essentially flat; the utility road is 6-10 feet wide. There are eucs & some pines.

**1.5 hour/1.5 + mile** (Tierrasanta Canyons), Roadrunner Canyon to So. Rueda Canyon - and around & back: On **Fri, 25 Aug 2017 (fourth Friday) at 9 AM** we gather at Roadrunner Park on La Cuenta. (Go south of the Tierrasanta Library, past the fire station, past Farb Middle School to the park, on the right.) The route is down into the canyon & eventually back up. It's mostly level with one medium (75 foot) hill, at the end. The trail width is mostly three feet wide. The canyon can be very lush.

Bob Muldrew: 858-292-8405

# Physical Self-Defence: Know the 4A's

## 1. Attitude:

Your attitude determines the effectiveness of the other three A's. Develop a warrior spirit:

- Project confidence--don't look like a victim.
- Walk with purpose.
- Look around--not at the ground.
- Make eye contact.

## 2. Awareness:

- Awareness is important both day and night.
- Stay alert in busy shopping centers and other public facilities.
- Before leaving your car, or a shop--especially if the area is unfamiliar--look around for spots that offer protection.
- Keep your purse on you, or by your side, at all times.
- Always know where your valuables are located.

**Be particularly aware of:**

- Dark parking lots, especially when alone
- Your surroundings, as you walk down the street
- A car pulling beside you
- Strangers approaching from the front
- ATM machine surroundings
- Isolated areas: apartment laundry rooms, parking structures, offices after business hours

## 3. Assessment:

If you find yourself in an uncomfortable or potentially dangerous situation, ask yourself:

- Can I escape?
- Does the person have a weapon?
- Do I need to fight?

## 4. Action:

**Protection through deception:** Robbers and purse or wallet snatchers expect to "hit" and run away. Here are some tricks to keep you and your valuables safe:

- If you carry a purse or wallet, consider using a travel wallet worn under clothes. Alternatively, you can slip cash and credit cards into a waist pack or pocket.
- Consider carrying a dummy wallet to hand your assailant.
- Women: wear your jacket over your purse so that it is less exposed. And, carry your keys in a pocket, not in your purse.

**Adopt a survival mindset if confronted:**

- React quickly!

- Be loud--YELL! Use your voice as a weapon.
- Give 100% one way or the other: fight or flight!
- And, if it's a fight, remember: "It is not the size of the dog in the fight, but the size of the fight in the dog."

**If you are threatened with physical force, remember:**

- Use your voice to draw attention to what's happening. This, alone, might scare off your attacker or bring assistance from someone nearby.
- Your personal safety comes first--let go of your wallet or purse if it will avoid a physical confrontation.

**If you are attacked, your goal is to break away and escape:**

- When you act to free yourself, do it 100 percent
- Dodge. If someone starts to hit you, move aside and forward to avoid the blow.
- If someone grabs you from behind, don't struggle and pull to get away, even though it seems natural to do so. Use your feet, elbows, fingers, and base of your hand to strike out to disable your attacker and escape.
- Aim for vulnerable spots like the eyes, throat
- If you fall to the ground, use your voice to yell and legs to keep kicking your attacker.
- Objects like umbrellas and keys also make effective weapons when directed to vulnerable areas.

## Tips to Stay Safe:

**At home:**

- Don't open the door to a stranger. Look out a window or keyhole first, and, if unsure, speak through the door.
- Don't leave your garage door open, or doors unlocked, even in the day.
- Install a steel safety screen door if you want to get fresh air in your home.

**In your car:**

- Park and walk in well-lit areas
- Try to park directly under lights, close to shops, and never next to large vans.
- Always have your car or front-door key ready before you reach the door.

**Out and About:**

- Don't be too predictable--vary your routines
- Carry a working cell phone at all times.
- Trust your instincts. If you feel uncomfortable with a situation, person or place, leave immediately.

**Take a Class:**

- Consider taking a self-defense seminar. You may feel better prepared to handle a threat to your safety if you have received training in specific techniques.





## August Social Event Stone Brewery Lunch at Liberty Station

11:00 am -- Meet at McDonald's to carpool

When: Friday, Aug 11, 2017, 11:00 AM until 3:00 PM  
Where: Naval Training Center at Liberty Station  
Point Loma San Diego, CA  
RSVP online by August 4  
Contact: Marilyn Millikan (858) 560-6040



**July 3rd Party  
for 4th of July 2017.**  
40 Villagers enjoyed  
food & fun & tall tales.

