



SOUTH BAY VILLAGE

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(424) 271-2304

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WELCOME SPRING!

We made it through a rainy winter, and now it is time for spring flowers and sunny days. South Bay Village is growing with members, volunteers, and board members. Our first new Board Member is James Chas Shields, Attorney at Law, who has many specialties including Wills and Probate, Bankruptcy, Estate Planning and Elder Law. Chas will be a very rare asset in helping our members and volunteers with their legal issues. Our next new Board Member is Jeffrey Karns, M.D., who is with Skypark Preferred Family Care and Dr. LaGrelus in Torrance. Their area of expertise is Adult and Geriatric Medicine; a perfect match for South Bay Village. Our third new Board Member is Mark Davis, who has experience in business, and computer technology. Mark owned his own successful business for seven years, and he wrote the incredible database for South Bay Village, which matches up volunteers and members. All three of these individual Board Members will be incredible assets to South Bay Village.

A MESSAGE FROM THE EXECUTIVE DIRECTOR

This is our second South Bay Village Newsletter. We received many positive comments regarding our first Newsletter. Just to refresh your memory, South Bay Village is a 501(c)(3) Non-Profit Organization that helps seniors remain in their homes and active in their communities, with the help of dedicated volunteers. As mentioned before, we want to help as many seniors as possible. This can only be accomplished with the help of volunteers. As summer approaches, South Bay Village is very busy. At the same time, our volunteers go on vacation with their families just like all of us. SBV is signing up new members every week, so we always need more volunteers to help our seniors. In this letter, you will see that we have been very busy and it is only Spring. We are planning new events for our members and volunteers and starting new clubs for all of our South Bay folks.

Our office staff is dedicated to making sure that things are running smoothly for the benefit of both our members and our volunteers.

If any of you are interested in volunteering for South Bay Village, please do not hesitate to give us a call about the details. All volunteer assignments are around 2 hours or less, and our members receive 4 to 6 service requests per month. All volunteers are put through a background check, FBI Fingerprinting and bonding, which is paid for by SBV. As a volunteer, you can take as few or as many assignments per month as you wish, and you choose whichever ones you would like. It's the best volunteering assignment in town!

We love helping our members and we welcome you to enjoy our new newsletter.

Thank you for your support of South Bay Village.

Ghislaine (Ges) Davis

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BOARD OF DIRECTORS

- Ges Davis,
Executive Director
- Britt Huff
- Laurie Glover
- Lynn Anderson
- Chas Shields
- Jeff Karns, MD
- Mark Davis



Ges Davis, Executive Director

“A volunteer is like a rare gem. When placed in the right setting and cared for, they will shine and give pleasure to all who see them.”

- Anonymous



WE NEED YOUR SUPPORT!

Our modest dues do not cover all of our expenses, and we rely on contributions to continue to support this important program for South Bay Seniors. With your help and support, we can serve more seniors, offer more activities and events, and show our seniors they are still part of our community. We are currently serving 60 members with 60+ volunteers. We want to increase our reach to hundreds of seniors!

Please give as you are able. No gift is too small -- nor too large.

Click **Donate** on our website at www.SouthBayVillage.org. Call us at **(424) 271-2304** Or **send a check** to:

*South Bay Village
22939 Hawthorne Blvd,
Suite 106
Torrance, CA 90505*

Thank you so much to those who donated in the past!

*“The Volunteers are a gift given to me, which money cannot buy.”
- Doris Wenters, member*



NEW MEMBERS!

Donna Alexander
Irene & Norm Belisle
Lorraine Chamberlain
Mary Lou French
Gloria Gonzales
Heather Hidy
Shirley Krump
Chris Love
Ann Newcomer
Richard Skramstad
Don Whatley
Ann Zampas

NEW VOLUNTEERS!

Robin Brenner
Grayson Fong
Todd Mabey
Deborah Naumovski
Katrina Spivek

A SPECIAL THANK YOU TO THE LEO BASCAGLIA FOUNDATION

The Leo Buscaglia Foundation has generously donated \$3,000 to South Bay Village to help seniors remain in their own homes and active in the community with the help of volunteers.

This foundation’s mission of building community spirit by helping people to help others inspires us to create more events for our seniors, as well as group clubs and activities, to bring more members together in community. We are very grateful for this wonderful donation.

For more information, go to www.leobuscalia.org.

“Only when we give joyfully, without hesitation or thought of gain, can we truly know what love means.”

- Leo F. Buscaglia



LEO BUSCAGLIA FOUNDATION®

EVENTS

Here are some events we are looking forward to in 2019. We will give exact dates when we know them.

May 4 - South Bay Junior Woman's Club Fashion Show

May 11 - 2019 Successful Aging Expo

May 16 - Free Senior Seminar

July 18 - Old Town Rock Around the Block

Summer - Ice Cream Social

August - TMMC Health Conference

August/September - Member/Volunteer Picnic

October 19 - South Bay Village Prom! SAVE THE DATE!

November - South Bay Village Volunteer Recognition Dinner



*Members and
Volunteers
enjoyed lunch at
Mimi's Café on
March 26th*

Mimi's Café Fundraiser Lunch



"You can live to be a hundred if you give up all the things that make you want to live to be a hundred." - Woody Allen

SOUTH BAY VILLAGE HAPPENINGS

See what we've been up to!

April 27: Torrance Women's Club Fashion Show

April 18: Torrance Area Chamber of Commerce State of the State Breakfast

March 26: Mimi's Café Fundraiser Lunch

March 12: Villages Presentation at Providence Little Company of Mary

March 7: SBV Spring Volunteer Meeting

February 22: Table at the TMMC Pulmonary Rehab Luncheon

February 20: Presentation at Torrance Memorial Social Workers Meeting

February 14: Torrance Chamber of Commerce Strategic Planning for City of Torrance

February 12: Table at the Dementia Event at the Torrance Library

February 1: Older Adult Module on Mental Health

January 16: Presentation at the Northrop Grumman Retirement Club

MEMBERS: WE NEED YOUR VOICE!

Dear Members,

South Bay Village wants to build out our member community, but we need to hear from you about your interests. Are you interested in any of the following? If so, call the office and let us know!

- Women's Group
- Book Club
- Movies
- Painting
- Knitting/Crochet
- Crafting—making cards, coloring, container gardening, etc.
- Exercise—walking, stretching, tai chi
- Attending speaker events on senior issues
- Anything we may have missed?



Call us today!

(424) 271-2304

WHAT OUR MEMBERS ARE SAYING ABOUT US

"Missy, Joan, Pam, Vince, John, Rosie, and a few whose names haven't fallen thru the cracks in my aging memory, have ... picked me up to go the barber, post office, bank, CVS, Ralphs or the liquor store so I can get my chance at the Mega Millions. ...I feel I've developed a friendship with each of the volunteers I've met. That's wonderful !!!!!!!"

- James Carney

"Tony is so very, very nice in locating things for me. Mike is a nice guy, and he did a great job on the bathroom repairs, so much so, that I feel secure and safe in my bathroom for the first time. Kay, Judy, and Pat are all very nice ladies."

- Rosa Rodriguez

"My knight in shining armor is Les. From one day to the next ... especially short notice, he is there for me. Vince is very wonderful and takes me long distances. Barbara and I are very bonded. Denise is very helpful with my appointments. Joan is very patient and helped me during eye doctor appointments and eye surgery procedure. Judy's gardening is a much better job than I ever would have done. I have wonderful experiences with the volunteers. I wish I could reciprocate in some small way. SBV is a little bit like a family."

- Helga Wagener

MEMBER SPOTLIGHT: ALICE HOYT

Alice Hoyt is a 97-year-old Southern California native who has been a South Bay Village member for over two years. As a child, Alice's father was superintendent of a very large estate, where Alice and her brother would climb the wooded Beverly Hills and swim in the private pool. During the Depression, Alice went to high school in Panama, where her father went to work on the Panama Canal. After going to college in the United States, she returned to the Panama Canal Zone during World War II to work in a hospital. After the war, she returned to California to stay.



Alice has always been very active in her church. She met her husband there, and has four children, seven grandchildren, and eleven great-grandchildren.

Alice has always been very musical. She played the piano, sang in choirs, led children's choirs, and belonged to The Women's Music Club of Long Beach, where she helped develop programs and raise music scholarships. She also loves her garden and animals, especially her cat Gypsy.

Alice has found meeting the volunteers of South Bay Village enjoyable, "as they cheerfully help me in so many ways and we learn about each other's lives."

VOLUNTEER SPOTLIGHT: VINCE ALTUNA

Vince Altuna is one of South Bay Village's most reliable volunteers. He never hesitates to take our Members to appointments and the grocery store. Vince is a retired postal carrier. After he started volunteering with SBV, he recognized some of our member's names and addresses from his routes. He joined the Village after his friend, and fellow volunteer, Dan Knudson asked him to come to one of Ges's meetings back in 2015. He said Ges was "oozing inspiration" for volunteering. He remembers telling her, "I think I want to do this, but only if you promise me you won't let me overdo it!" Vince loves volunteering with SBV because not only does it help the members get out and socialize, it does the same for him, as well!



HAPPY BIRTHDAY!

April

Members:

Lillian Jelonek
Ruth Pallis
Beverly Martinez
Patty Smith
Shirley Krumpke
Jo Ann Frisch
Mary Ann Reis
Mary Lou French

Volunteers:

Deborah Naumovski
Ges Davis
Elaine Porzucki
Nagavarapu Mohan
Kay Grundhaus
Pam Popovich
Marilyn Schueller

May

Members:

Barbara Burgess
Jean Torrance
Lois Bauer
Pari Sepehr
Richard Skramstad
Margaret McWilliams

Volunteers:

Lynn Anderson
Lynda Kraemer
Lynn Fadale
Gary George

June

Members:

Ginger Hohn
Alice Hoyt
Ann Zampas
Sofia Rizkin

Volunteers:

Barbara Crane
Tiara Moske
Robin Brenner
Jay Kelly
Justin Acuna
Monika Cardinale



CALL FOR VOLUNTEERS

South Bay Village is looking for devoted and caring residents 16 years old and up to be a part of our senior community. As a Volunteer, **you decide what you want to do and how often**, such as volunteer in the office, make phone calls, visit with a senior, help with home chores, drive to appointments, etc. 2019 is the year to PAY IT FORWARD and help our seniors in Torrance! Call us today! **(424) 271-2304**

WE NEED YOUR HELP IN BUILDING OUR COMMUNITY

We need your help to offer more to our volunteers. Would you be interested in organizing a walking group? Is event planning more your style? How about planning an event like a luncheon, a tea or an ice cream social? Do you know speakers we could invite to educate our members? We would love to have some help in organizing more events for our members. Give us a call today! **(424) 271-2304**

“Age is an issue of mind over matter. If you don’t mind, it doesn’t matter.” - Mark Twain



PALM DESERT GETAWAY BY OUR OWN ROSIE MAYFIELD

My name is Rosie Mayfield, an office manager and volunteer for South Bay Village, and the winner of the auction for a five-day stay at Embarc Palm Desert Resort. From the moment we pulled up to this desert oasis, we had already begun to experience peace and calmness.

We had our own private patio with a wood burning fireplace for those cold desert nights. The suite had a pull-out couch, a fully-equipped kitchen, and a spacious bedroom with a king-size bed and its own door leading onto the private patio.

We played tennis and paddle tennis, used the gym, swimming pool, and Jacuzzi, watched movies at the resort movie theater, and borrowed movies to watch on the DVD player provided in our villa. We rented bicycles to explore the resort and surrounding area, and perused a local shopping center, which included a grocery store.

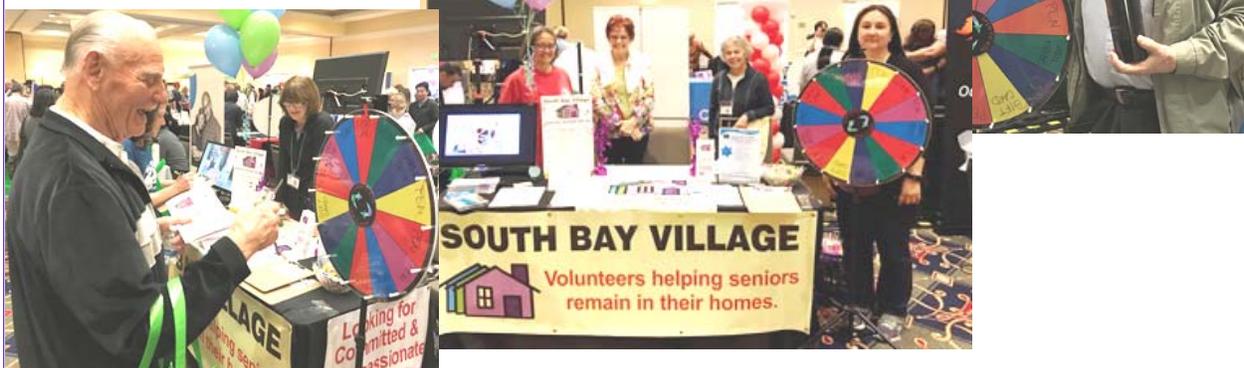


Being at the Embarc was a memorable and fun experience enjoyed by all.

HIGHLIGHTS FROM THE 2019 DAILY BREEZE SUCCESSFUL AGING EXPO



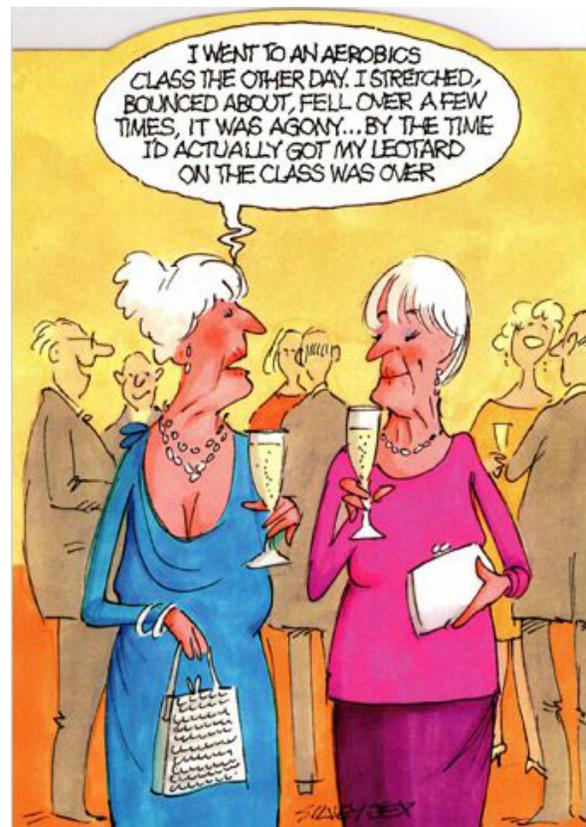
We were privileged to have a booth at the Torrance Daily Breeze Successful Aging Expo on Saturday, May 11, 2019. The expo had some great resources for seniors. Our booth was very busy throughout the day, partly because of our prize wheel where visitors could win small prizes, a new (toy) car, or a bottle of wine. Thank you to all those who joined us!



STAY CONNECTED

Loneliness is harmful to your health. If you feel lonely -- whether you live alone or with someone, have lots of friends or none -- you are more susceptible to dementia or depression. Seniors who report feeling left out and isolated have more trouble with everyday tasks like bathing and climbing stairs. They also die earlier than less-lonely folks do. Researchers found that lonely people have higher levels of stress hormones that cause inflammation, or swelling, linked to arthritis and diabetes. So stay or make friends. Do volunteer work or simply help someone in need. Just connect.

- *9 Scientific Secrets to Healthy Aging*,
WebMD



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HERE

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Fred Cataldo

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your card into the store and ask to connect it to South Bay
Village, NPO number DF922.

