



Welcome to the newsletter of Sequoia Village, which serves members in Belmont, San Carlos, Redwood City, and Redwood Shores.



March/April 2016 Vol. 2 #2

Upcoming Events

- Mar. 8, 2016
Thursday
10 – 11:30am

Information Session
San Carlos Adult Community Center temp. location: San Carlos Library, 610 Elm St.
- Mar. 21, 2016
Monday
12pm

Senior Health Talk ‘ Aging Gracefully’ Belmont Library – 1110 Alameda de las Pulgas
- Mar. 24, 2016
Tuesday
1-2:30pm

Information Session
Twin Pines Senior & Community Center
20 Twin Pines Lane, Belmont
- Mar. 25, 2016
Friday
9 – 1pm

Loving Life After 55 Expo
Veterans Memorial Adult Center in Redwood City
- April 12, 2016
Thursday
10 – 11:30pm

Information Session
San Carlos Adult Community Center: 601 Chestnut St., San Carlos
- April 28, 2016
Tuesday
1 – 2:30pm

Information Session
Twin Pines Senior & Community Center
20 Twin Pines Lane, Belmont

Meet your Editors

At teatime on any given Monday, two Nancys are seated at the dining room table, perusing paper, sorting articles, photos, and sharing lots of laughter. Their task is to compile, write and edit for the next copy of what you now hold in your hand.

The editors take their work seriously, knowing that their responsibility is to print news of interest, information that hopefully will impact the members lives for the better, stories about your friends and neighbors, or people who you wish were your friends or neighbors because they are doing fascinating, creative things.

The Nancys are having fun producing the newsletter, and they encourage Sequoia Village (SV) members and volunteers to join in their pleasure. How? By submitting personal stories, accounts of the joys of being a ‘Seasoned Citizen,’ information for the ‘Did You Know’ column, and more. Be sure to mark your calendar for the tenth of each month for the deadline to have your item published in the SV Newsletter. All entries can be sent in by email to info@sequoiavillage.org. It truly takes a team effort to fulfill the vision of what your Village is to you and other members, and we can’t do this without the dedication and commitment of the members at large.

Your faithful editors, Nancy Grandfield & Nancy Winningham

The mission of Sequoia Village is to enable its members to continue living in their homes and communities as they age by providing support services.

DID YOU KNOW ... AARP Volunteers are offering free 2015 tax preparation on Wednesdays through April 13th. Appointments are required ... call 650-489-6023 to make an appointment.

Kaiser Permanente members can receive fresh-made, nutritious and great-tasting home delivered meals from **Mom's Meals Independent at Home Program**. Visit www.MomsMealsNC.com or call 1-888-860-9424 for more information and/or orders.

Become Familiar with SV's Directory of Service Providers

Sequoia Village Associates and full-paying Members have access to a variety of services at their fingertips. For example, if your refrigerator is in need of professional service you can find a well-qualified and/or highly recommended appliance repair person on the Sequoia Village website. There are two categories of providers available: those who are vetted (screened for active license/insurance) and those who are not vetted but recommended by other SV members and/or the community. Some of the vendors are willing to provide a discount to our members, and they agree to not solicit business from members for other than the services requested. Be sure to let the vendors *you choose* to use know that you are a member of SV. Also, payment to the vendors is the sole responsibility of the members.

Currently, there are 18 categories of vendors and the list continues to grow. If you have a service need and can't find what you are looking for, call our Concierge for help. A few examples of the providers available are plumbers, electricians, painters, gardeners, appliance repairmen and window washers.

How to find a service provider:

1. Go to the Sequoia Village website, use the 'Find a Village Contractor' tab,
2. Look for the word 'category,' click on arrow, then choose 'vendor vetted by village' or 'vendor recommended by member,' then,
3. Go to 'service,' click on arrow, then choose the type of vendor you would like to find.

****IT IS IMPORTANT** that we hear from our members about your experience with our vetted and recommended providers. Please contact our Concierge to keep us informed.

Lisa Sharek, Vendor Chair



The Village Buzz ... "Never did I think that Sequoia Village would provide so much more than just transportation ..." *Barbara (Volunteer)*



Volunteers of all Ages is Sequoia Village's 'Pot of Gold'

Become a vital part of SV's TREASURE if:

...you want to make a difference in the life of a person in the community.

...you wish to provide seniors, who could not otherwise, accomplish their regular appointments, grocery store visits and connect socially with friends and events with a means to do so.

...you recognize the value of helping the senior population to continue to live in their own homes.

...you are ready to know about the many volunteer opportunities available within your community.

To Become Part of SV's Treasure, call the SV Office at 650-260-4569.

Living Healthy

The Sequoia Healthcare District's Living Healthy Program offers seven classes held once a week for 90 minutes covering a range of key health issues. The program, which is free to community members, provides strategies and motivation on the most recent information for making choices to improve health. While open to the entire community, the Sequoia Healthcare District has made a point of specifically inviting Sequoia Village members to this particular series. If members need transportation, please contact the Sequoia Village office at 650-260-4569 to make a standing request.

Date: Starts Wednesday, March 23, 2016, 1-2:30pm, for seven consecutive Wednesdays

Location: Sequoia Healthcare District, 525 Veterans Blvd, RWC

Contact: Jennifer Barrett at 650-421-2155, ext. 207 or email: jabot@sequoiahealthcaredistrict.com. Also, visit the website: <http://www.sequoiahealthcaredistrict.com/community-programs/sequoia-healthcare-districts-chronic-conditions-workshops/>

Note: Sequoia Healthcare District is a supporter of Sequoia Village.

Sequoia Village Chairs and Committees

Sequoia Village Chairs

Scott McMullin

Victoria Kline

Outreach Chair

Victoria Kline

Fundraising Chair

Vacant

Newsletter Chairs

Nancy Grandfield

Nancy Winningham

Vendor Chair

Lisa Sharek

Volunteer/Service

Committee Chairs

Irene Liana

Randi Kutnewsky

Save the Date!
Apr. 16, 2016 4 – 6pm

**Volunteer Appreciation
Reception
Watch for your
invitation with all the
details.**



Members become the voice of Sequoia Village by telling friends and neighbors about the many benefits they have received through membership, which include the feeling of safety, trust and peace of mind. Please contact us for more information

via email:

infosequoiavillage@gmail.com,

or visit:

www.sequoiavillage.org

We are very grateful for the preliminary support received from our donors:



Sequoia Village

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Resident

Address