



Anderson Valley Village

Monthly Newsletter
April 2024

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 **60 members (48 memberships) and 50 trained volunteers** ready to lend our members a hand! We would love to have more members and volunteers for the New Year, reach out if you are interested. We rely solely on membership dues and some donations to operate and we really could not do it without your support – Thank you!

Welcome New Member:

Walter Hopkins

And New Volunteer:

Margaret Bishop

Happy Birthday to our wonderful members and volunteers:

Alice Bonner
Jeff Pugh
Lucinda Walker
Jeanne Collins
Marian Crosby
Vickie Brock
Kathy MacDonald
Gerry Fields
Jim Nord
Susan Newstead
Mark Apfel

Upcoming Village Events!

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

Please note: Our gatherings are open to Everyone, but we recommend staying current on your vaccinations. Thank you!

AV Village Weekly Walking Group

Every Tuesday

9 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.

Moving to the Groove

Every Tuesday

1 to 2 PM

Anderson Valley Senior Center

“Moving to the Groove”, a low impact, senior-friendly exercise class set to music. Whether you’re sitting or standing, tapping your toes or “sweating to the oldies”, let’s have some fun while keeping our bodies flexible and strong! Contact Margaret Pickens for more details - margway@saber.net

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

Climate Change Action Group

Thursday, April 18th

2:15 to 3:45

Sandra’s House

We are still reading Hannah Ritchie’s Not the End of the World. Please bring a topic or issue you were surprised either positively or negatively in the book. Contact Lauren for more details: laurenk@pacific.net

Chat with Victor Presley, Owner of Daily Blooms

Sunday, April 21st

3:30 to 4 PM

Anderson Valley Senior Center

Join us before our monthly gathering for a presentation by Victor Presley about gardening and growing flowers.

AV Village Monthly Gathering: Local Writers Showcase

Sunday, April 21st

4 to 5:30 PM

Anderson Valley Senior Center

Refreshments served

Come here your fellow community members share their work. Note: this is not an open mic event.

Consider carpooling. Village members, let us know as soon as possible if you would like a volunteer driver and we will try to find one or bring a friend that can give you a lift.

More info & to Please RSVP:

Anderson Valley Village: (707) 684-9829, andersonvalleyvillage@gmail.com

Our next Monthly Gathering on Sunday May 19th we will be revisiting preparing for the rest of our lives – a series of discussions about life and the end of life.

Social Isolation: The Problems with it and Solutions to it!



At our last Monthly Gathering on March 17 the Anderson Valley Village hosted Dr Leah Queen, who gave an intriguing and hopeful presentation on social isolation. Isolation and loneliness are now considered an epidemic in this country! In addition to the mental health impacts of this epidemic there are increased, often deadly, physical health impacts, including heart disease, stroke and dementia (see list below). Living in a rural area we have an extra challenge when it comes to connecting with each other, including being physically isolated and as we age throw in mobility and cognitive issues that can lead to not being able to drive (see list of “causes of social isolation” below).

I argue that being in a rural area, also gives us a unique opportunity to combat this epidemic because we have known each other (or of each other) for decades – making reaching out and establish or reestablish those connections easier. See list below for the way to combat social isolation. The main strength of the AV Village, thanks to the AV Senior Center, is that we are creating opportunities for social interactions – with our weekly activities, monthly gatherings and the important work of our volunteers supporting our members. We can help each other by reaching out and making those vital connections. Even just a small gesture can mean a lot!

Depression and Isolation can lead to an increase in the following causes of death in the Elderly:

- Heart Disease 29%
- Dementia 50%
- Stroke 32%

Causes of Social Isolation

- Social Media
- Rural living situations
- Distance – transportation issues
- Hearing and vision loss
- Loss of mobility
- Decrease in confidence both physical and Mental
- Computer Games and Television
- Loss of Energy – physical or mental
- Death of family and friends

- Meeting times/places- lack of hanging out
- \$\$\$ lack of or just getting by
- Knowing how to make new friends

Ways to Combat Social Isolation

- Volunteering- Stepping forward to take part
- Classes: yoga, Matter of Balance, Adult School
- Community Garden
- EMT and learning CPR
- Joining a walking group or Pickle Ball group
- Joining a book group
- Taking part in games: Cards, Mah Jong, Board Games
- Getting together for coffee/tea
- Creating a dinner group
- Just calling and chatting
- Asking for help
- Offering Help
- Weekly Zooms
- Hosting/help hosting Events
- Senior center Lunches
- Do Be-Do being- take an active role in being
- Phone 988- 24-hour crisis line: But doesn't have to be a deep crisis

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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