



Jean Kerr
Care Committee

Tierrasanta Village of San Diego Village Vibes

"Living for Today: Planning for Tomorrow"

July / August 2016



Joan McGeachy
Care Committee

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.



June Social Outing

Fifteen Villagers enjoyed an hour at the Meditation Gardens in Encinitas. We were treated to a perfect weather day along the coast, followed by lunch at Pacific Coast Cafe in Cardiff. Mike and Clem brought their friends from Uruguay.



July Social Outing

The Fourth of July BBQ at Mike Sheehan's home is booked out! RSVPs need to be made as soon as events are on the Website or weekly E-Blasts. Sorry many missed the deadline. See you at the next Event!



Village Business

Monthly Meeting

Monday, August 1 – 6 to 7 pm

7th Day Adventist Church
11260 Clairemont Mesa Blvd.

Board of Directors Meeting

July 28 – 1 PM

To Be Announced

RSVP and Agenda items must be submitted a week before the meeting.

Meetings are open to all Village members. **858-569-8194**

Time Bank

Orientation & Training

Learn how to participate in the Time Bank and learn the online program. Bring your completed paperwork.

Tuesday, July 12

12:30 - 2:30 PM

RSVP Required to

JoAnne Kuelbs

858-292-1578

Website Training

2nd Monday only and upon request.

10:30 am or by appointment

RSVP required

Greg Zweibel **858-569-8194**

Balance Class

Tuesdays & Thursday 9 AM

Instructor: Mary Maine

Chair Yoga for Seniors

Monday, Wednesday and Friday
9AM

AIS Tai Chi Class

Wednesday and Friday at 10 AM

This class is open to the entire community. Do not contact the Village office.

VOLUNTEER FOR YOUR HEALTH!!

Have you ever thought that in addition to providing valuable services to individuals and your community, you are also living active lives through volunteering? So ... why volunteer?

- Enjoy longer life span
- Reduce risk of heart disease
- Learn new skills
- Experience less depression
- Increase your social network

Give Back / Make an Impact / Share Wisdom!

Your Village is in need of your talents and time. Please contact me if you are willing to share this with us! We appreciate you!

Fran Zweibel

Concerts schedule for this Summer

July 23, 6-9PM, The Wild Nights Band

August 23, 6-9PM Steve Ybarra + Band Tentative

September 17, 6-9PM UPS Sponsored Band

This Summer's Series will be held on the field at De Portola Middle School, due to the unavailability of the Rec. Center Field until sometime in early fall. Please Note: The City of San Diego did not inform CITP of the availability of the Rec. Ctr. until very late in our planning process which as resulted in increased costs and additional logistical challenges.

Thanks, Dick Rees



San Diego's Waterfront
Through the Eyes of a Child

TVSD's June Event was well attended by 36 folks who were entertained by Jim's story of Little Italy and the Waterfront.



Mike Rigdon introduces our featured speaker, Jim Bregante, a Docent at the Maritime Museum on San Diego Bay.



Candy & PK served Coffee & Brownies & Water



Board of Directors

President

Linda Rees

Vice President

Kathy Guilfoyle

Treasurer

Mike Rigdon

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Fran Zweibel

*Community Liaison
Fundraising*

Joyce Muinos

Co-Founders

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Susan Deininger

Operations Manager

Greg Zweibel

Front Desk Coordinator

Melissa Rainier

569-9119

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Vibes Staff

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**Contact Mike at 858-300-6821
or E-mail
mikerigdon2000@yahoo.com**

Village Games - Attention All Villagers!

Thursday afternoons from 12:30 – 2:30 is social time at the Clubhouse.

If you interested in meeting some of your fellow Village members for a casual afternoon of game playing or simply sitting and talking, then join us on Thursday afternoons at 12:30 pm at the Village Monterey Clubhouse. Some of us will play games such as Canasta, Scrabble, Rummikub, or maybe start a new game if you have one that you enjoy playing.

We hope you will consider joining us. We look forward to meeting and seeing you soon!

If you have any questions about this weekly event, please contact the Village Office for more information.

Emma Chevrie

Using Our Minds to Produce Healthy Aging

By Bruce Sachs, Ph.D.

Many experts have defined healthy aging but for this article healthy aging is the development and maintenance of our optimal mental, social and physical well-being. Thus, we have to develop certain habits that produce healthy aging and maintain them.

In this article, I want to focus on the mental side of healthy aging, how we can use our minds to direct us towards living a fulfilling, exciting life as we age. Of fundamental importance in creating the conditions for successful aging is our mental attitude. What is your mental attitude? Do you start the day with some degree of anticipation, of what you can look forward to, or do you start the day feeling defeated, wondering how you will get through the day. Having an attitude of expansion, of seeking new adventures, of trying new

things, leads to a higher degree of life satisfaction. Aiming to add activities to life that offer the potential for growth and stimulation helps with adding life to years. We must guard against an attitude that erects unnecessary barriers to pushing forward with life choices; we must also not allow ourselves to turn away from various pursuits that have afforded us stimulation and pleasure in the past.

To help cultivate a positive mental attitude, we must find our own personal vision, our passion, and act on it. It has been said that real living isn't only thinking about what we want to do, it is doing it. An important component of a healthy mental attitude is being optimistic. Research indicates that those who have a positive perception of aging seem to live longer.

Besides paying attention to our attitude, how do we find purpose in our older years? Those who study aging suggest that we need purpose to move forward, something that pushes our limits. To find purpose we must first listen to our inner voice, to discover what one truly wants in one's life. Ask yourself, what is really important to me at this stage of my life, what am I doing to achieve this? Finding activities that are unique to each individual such as painting or volunteering are examples of ways we can increase life satisfaction and thereby create conditions for healthy aging. In conclusion, matching a positive mental attitude with meaningful life activities puts one on the road to healthy aging.

What is a Village?

A Village is a group of kind, caring, and supportive people. Tom and I had this and more at TVSD. The day before Tom's funeral we had so much to think about including the reception.

My daughters and I went to the Clubhouse to look at table arrangements and table cloths. Bev and Ginny Van came in and we told them of our dilemma. Ginny said, "I have table cloths and we can set this up. What a beautiful job they and the Village community did.

Because of all the Villagers did for us my family left knowing that I had a wonderful support group.

It took Tom awhile to get involved in the Village. I think it was a "guy thing." With a few gentle shoves he realized the value of the Village.

I'm sure he's looking down and sees that I'm not alone.

Your cards, flowers and phone calls have been so supportive.

God bless you all, JoAnne Kuelbs

Study Shows Tai Chi and Physical Therapy Were Equally Helpful for Knee Osteoarthritis

For patients with painful knee osteoarthritis, tai chi was as helpful as physical therapy in reducing pain and improving physical functioning, according to a new study partially funded by the National Center for Complementary and Integrative Health. The results of the study, conducted at Tufts Medical Center in Boston, were published in the journal *Annals of Internal Medicine*.

In this study, 204 patients age 40 or older who had knee pain and proven osteoarthritis of the knee were randomly assigned to standardized group tai chi training (two 1-hour sessions each week for 12 weeks) or standard one-on-one physical therapy (two 30-minute sessions per week for 6 weeks followed by 6 additional weeks of home-based exercises monitored by the research staff). Both groups were then encouraged to continue their tai chi practice or home exercises for a total of 52 weeks. Patients in the two groups had similar decreases in pain and improvements in physical functioning after 12 weeks, and the benefits of treatment were maintained for the full 52 weeks of the study. Patients in the tai chi group had more improvement in depression symptoms and quality of life than those in the physical therapy group.

Previous research has shown that tai chi—a traditional Chinese mind and body practice that combines meditation with deep breathing, relaxation, and gentle movements—can reduce pain and improve physical functioning in patients with knee osteoarthritis, but this is the first study in which tai chi was compared with a standard treatment that's known to be helpful. An important strength of the study was that the participants were typical of people with knee osteoarthritis; many were obese, and many were older. Nevertheless, they were able to participate in and benefit from both of the treatments that were evaluated.

The researchers concluded that standardized tai chi should be considered as an effective therapeutic option for knee osteoarthritis.

ROMEO CLUB – July 21 – 12:30

**Lunch at Tierrasanta Mexican Restaurant
followed by trip to
Mt. Soledad Veterans Memorial – La Jolla**

**Friends of the
Tierrasanta Library
Used Book Sale
Welcome Villagers**

Friday, July 1

11:30 a.m. to 5:00 p.m.

Saturday, July 2

9:30 a.m. to 3:00 p.m.

Monday, July 4

No sale due to 4th of July

Time Dollar Fair - Don't Miss The Fun

**Saturday, Nov. 5, 5:00 - 7:00 PM, Special Preview,
Location to be Determined**

**Sunday, Nov. 6, 5:00 – 7:00 PM, Time Dollar Fair
Villa Monterey Clubhouse**

Let's make this years' Time Dollar Fair the best one ever. Here's how you can get involved:

1. If you don't have a time bank account, please register to attend a Time Bank Orientation and Training scheduled monthly at the VMC. You'll learn how to get started earning and spending Time Bank Dollars.
2. If you are a crafter and make things, start making things you can trade at the Time Dollar Fair for Time Bank Dollars. Crafters must be members of the Time Bank in order to sell/trade crafts for Time Bank Dollars for their own account.
3. Start collecting new items given to you as a gift or purchased by you that are not used.

The Time Bank needs donations to sell for Time Bank Dollars. These are needed to "pay" Care Committee members who receive Time Bank Dollars for their hours of service when recipients are unable to earn Time Bank Dollars. People donating items do not receive Time Bank Dollars for their donations.

For more information or questions, contact:
Delise Konigsbach, 858.277.0605,
delisek@hotmail.com, or Joyce Muinos,
858.278.5279, jmuinos@sbcglobal.net.

TVSD Activity Log & Time Bank Transactions

Name: _____

Month/Year: _____

Activity	Times This Month
Administration	()
<ul style="list-style-type: none"> • Board business • Front desk coverage • Committee meetings (core teams) • Technical support • Neighborhood captains • Volunteer recruitment 	
Caring For Others / Companionship (neighborly needs)	()
<ul style="list-style-type: none"> • Phone call • Home/friend visit • Sending notes • Light housework • Respite work • Bereavement • Preparing light meals 	
Driving/Transportation (member drives another member)	()
<ul style="list-style-type: none"> • Grocery store • Errands • Airport • Medical appointments 	
Home Care	()
<ul style="list-style-type: none"> • Home repair • Pet support • Handyman • Home safety 	
Leadership Development	()
<ul style="list-style-type: none"> • Continuing education • Professional development • Community advocacy • Conferences, networking, partnerships 	
Referrals (any outside service)	()
<ul style="list-style-type: none"> • Vetted list • Member referral list • Outside agencies 	
Other	()
Total Monthly Activities:	()

DVD Movie Party

Once a month at the home of Diane Levine
Tuesday, July 26, at 6 pm
"Joy"

Jennifer Lawrence, Robert De Niro
RSVP to Diane 858-292-0610
Space is limited to 10 members

Knit & Nosh

3rd Wednesday - July 27, 1 PM

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

Contact is Elaine Moser

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 or contact Emma Chevie to
get on the list for new groups

Village Book Club

Wednesday July 20 – 7 pm

"The Japanese Lovers"

by Author Allende

August 17 – 7 pm

"The Tiger's Wife" – Tea Obreht

Contact is Laurel Pfab

858-560-7826

Everyone is welcome

Cool Games

Thursdays 12:30-3:00

Rummikub, Scrabble, Checkers, Canasta, Dominos...Your choice.....

Contact is Emma Chevie

858-569-5013

Armchair Travelers

Tuesday – July 5 – 1 PM

at the Clubhouse

Honor D-Day Veterans with Film:

"Mother of Normandy"

Contact: Mike Rigdon

858-300-6821

Village Walkers Thurs. — 9 AM

Call the Village for information

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

First & Third Fridays

1 pm at the Clubhouse

July 1 – 1 PM

"The Agony & The Ecstasy"

Charleston Heston, Rex Harrison

Michelangelo fights artistic censorship by Pope Julius II to paint his masterpiece, the ceiling of the Sistine Chapel.
(5 Oscar Noms.)

July 15 – 1 PM

"Lost in Translation"

Bill Murray, Scarlett Johansson

Two separate Americans check into a Tokyo hotel on business. Unable to sleep, they cross paths in the luxury hotel bar. A chance encounter becomes a surprising friendship. Each discover a new belief in life's possibilities.

August 5 – 1 PM

"Copying Beethoven"

Ed Harris, Diane Kruger

A young Viennese music student is asked to transcribe scoring notes for the great Ludwig van Beethoven (Harris). She eagerly accepts. Despite his known volatile behavior of Maestro, Mentor & part Madman, she helps him realize the crowing achievement of a lifetime – his illustrious NINTH SYMPHONY.

August 19 – 1 PM

"The Age of Adaline"

Harrison Ford, Blake Lively

After 29-year-old Adaline recovers from a nearly lethal accident, she inexplicably stops growing older for 8 decades. Adaline keeps her secret to herself until she meets a man who changes her life. A tale of the timeless power of love.

Contact: Gloria Stevens

858-505-4188

The Lunch Bunch

First Wednesday of the month

July 6 – 11:30 AM

Buds Louisiana Restaurant

Contacts are Marilyn Bente

Romeo Club

July 21 - 12:30

See Details on Page 4

SNAP

(Singles Network of Active People)

All Village singles are welcome.

Saturday – July 16 – Time TBA

Please RSVP to Fran Pierce

858-279-8290

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

We'll try a new meeting place this time; meet at the community pond. If you decide not to hike, just sit and watch the birds & fish.

One hour/one mile (introductory), Community pond to Santo Road - & back: On Fri, 08 Jul 2016 (second Friday) at 9 AM, we gather on Playa Veracruz by the gate (down to the pond). (Go north on Santo Road past the Vons shopping center to turn right on Antigua Road. At the next right turn, go east on Playa Veracruz to just past the Playa Encino intersection. Stop/park.) The route is essentially flat. The utility road is 6-10 feet wide. The scenery/terrain is lush, next to a flowing stream.

Two hour/two + mile, Shepherd Loop, counter clockwise (- community pond to the Catholic Church, etc.): on Fri, 22 Jul 2016 (fourth Friday) at 9 AM, we gather on Playa Veracruz by the gate (down to the pond). Go north on Santo Road past the Vons shopping center to turn right on Antigua Road. At the next right turn go east on Playa Veracruz to just past the Playa Encino intersection. Stop/park.) The route is up & down. It's largely 6-10 foot wide utility roads. You're mostly in canyons with nice vegetation. If hot, we'll try to complete closer to 10 AM

Contact: Bob Muldrew,

858-292-8405



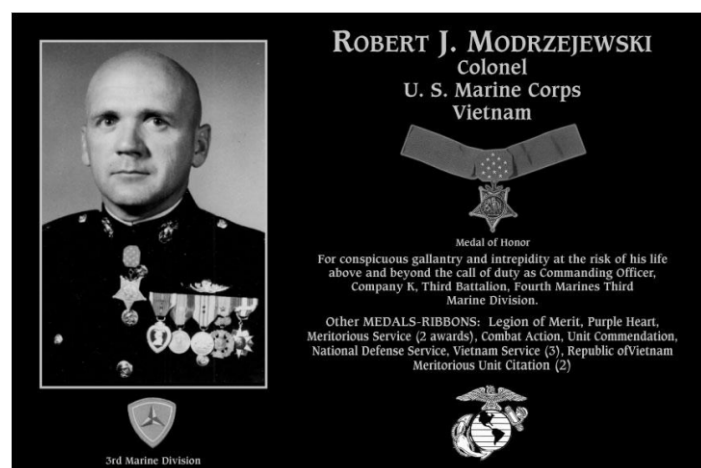
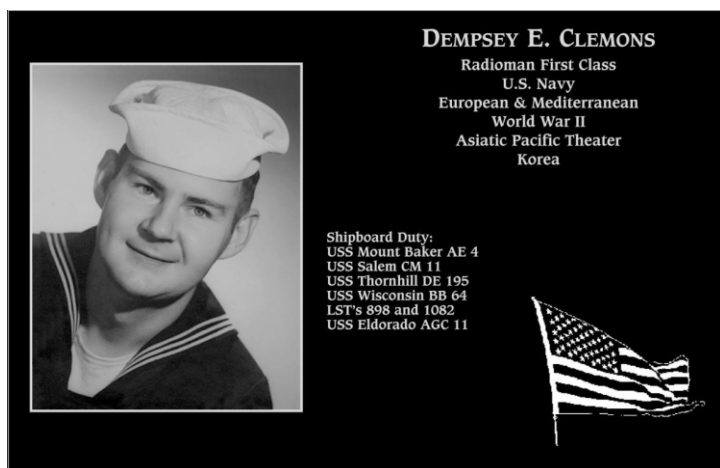
History of Mt. Soledad Veterans Memorial Cross - 1954

Mt. Soledad is an important part of San Diego's Military History. Mountain top transmitters on the site were part of the military's early-warning defense system. The Lindbergh's used the hill as a jump-off point for glider flights. It has long been used for navigational purposes, and it is the site of the Veterans War Memorial. The American Legion Post #275 of La Jolla founded the Mt. Soledad Memorial Association in 1952 while the Korean War was in progress. The MSMA purchased the land at the top of Mt. Soledad in 1999 and in 2000 constructed the Memorial Walls as a lasting tribute to war veterans.

A trip to the wall is planned for our November Social Outing, followed by lunch to be determined.



Three Village Members Plaques at Mt. Soledad Memorial



“Tierrasanta Talks” & Film Screening ***Antarctic Adventure***

featuring former penguin researcher & award-winning writer

Midge Raymond



About the Event:

San Diego in July: what you will probably most want is some killer AC and the ability to close your eyes and imagine that you are in Antarctica. Our next Tierrasanta Talks has been carefully planned with that in mind. Join former penguin researcher and award-winning author Midge Raymond as she discusses her new book, *My Last Continent*, followed by Q&A, book signing, and a film screening of the Academy Award winning *National Geographic* film, *March of the Penguins*.

Midge Raymond's novel, *My Last Continent*, follows Deb and Keller, who are ready to play tour guide to the passengers of a small expedition ship that ferries them to their research destination. But this year, Keller fails to appear on board and when Deb receives an emergency signal from another cruise liner that is in desperate troubles, Deb's role quickly changes from researcher to rescuer.

"Tierrasanta Talks" Adventures are offered in support of the Tierrasanta Village of San Diego, which receives a portion of all proceeds from the event.



July 11, 2016, 6:15pm

Cost: \$10

Venue:

Community Room, SDA Church
11260 Clairemont Mesa Blvd.
San Diego, CA 92124

Information/Reservations:

www.adventuresbythebook.com
(619) 300-2532

