

City of  
**Thousand Oaks**  
 COUNCIL ON AGING  
**SENIOR BUZZ**

FALL 2017

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Music is a moral law. It gives soul to the universe, wings to the mind, flight to the imagination, and charm and gaiety to life and to everything.

**The Senior BUZZ is published quarterly by the Thousand Oaks Council on Aging to provide information to seniors about services available to seniors in the Conejo.**

**Editor: Harry Norkin (Retired Commissioner)**

***2017 Senior of the Year***

On June 8, 2017 the Thousand Oaks Council on Aging held their annual awards night dinner to announce which of eight nominees had been selected by the Council's committee for the honor. The nominees for this year's award were Mary Ann Best, Annie Gallagher, Patricia Grant, Irv Kerner, Larane and David Nesbitt, Michael Seelig and Skip Shaver.



They are pictured above with Mayor Claudia Bill-de la Peña. Irv Kerner was unable to attend.

The 180 guests were treated to a chicken dinner. During the dinner they were entertained by a close-up magician with card and other tricks as he roamed from table to table. There were interruptions by the Council on Aging as they drew "lucky" tickets for which the holders received door prizes.

At the completion of the dinner, Loretta Allen, chair of the Senior of the Year Selection Committee, took the microphone to introduce Mayor Claudia Bill-de la Peña who would introduce the nominee chosen as the 2017 Senior of the Year. Mayor Bill-de la Peña began the introduction by saying this longtime teacher in the CVUSD has spent the past 17 years as an advisor to the much respected Conejo Senior Volunteer Program. The mayor also pointed out her 23 years of work with the Conejo/Las Virgenes Future Foundation, a civic think tank devoted to the present and future well-being of the region. Mayor Bill-de la Peña concluded with, "The reach of this person's impact on the community goes beyond what can be measured or described. Mayor Bill-de la Peña introduced Patricia Grant to a standing ovation.

Pictured at left are Mayor Bill-de Peña and Patricia Grant holding a clock engraved for the occasion and a certificate of appreciation from the City of Thousand Oaks.



Prior to the Senior of the Year award ceremony, a surprise presentation was made to honor retiring Council member (16 years) Harry Norkin as Senior of the Decade. This honor was bestowed on him because of his volunteering "career" which spanned more than 20 plus years working as a volunteer for the Conejo Adult School, with the Conejo Free Clinic, as a Meals on Wheels driver and as a volunteer with the Thousand Oaks Police Department.



The top photo shows Mayor Bill-de la Peña presenting Norkin with a clock engraved for the occasion. In the bottom photo are Ed Jones, CRPD County Supervisor Linda Parks, George Lange, CRPD Chair, Jason Barnes, Field Rep for Congresswoman Brownley, Mayor Bill-de la Peña and Morgan Culbertson Field Rep for State Senator Henry

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### ***How Much Are Older Adults Worth?***

According to CNN Money, in 2016 the average net worth for the following ages were: \$9,000 for ages 25-34, \$52,000 for ages 35-44, \$100,000 for ages 45-54, \$180,000 for ages 55-64, and \$232,000+ for 65+.

Our cultural and structural disregard for older populations “is almost the last prejudice we’re allowed to have,” says Kathryn Lawler, the director of the Atlanta Regional Commission’s Area Agency on Aging. Which is deeply ironic: Not only is aging—if one is blessed with a long life and good health—one of the few truly universal experiences, it is something that is becoming more and more pervasive. By 2050, the global population of people aged 60 and older will rise to 2 billion, up from 900 million in 2015. For people born today, the likelihood that they will live to triple digits is strong: A child born in 2011 has a one-in-three chance of living to his/her 100th birthday.

In addition to improving lives for older Americans, there’s an economic benefit to communities and living arrangements that structure themselves in a way that allows older people to remain in place. The Atlanta Regional Commission (ARC), where Lawler works, performed an economic analysis of the impact of welcoming retirees in the 20-county area around the city. By adding an additional 1,000 new residents aged 65 or older, the ARC found that the region would see a \$7.8 billion increase in its GDP. Keeping aging people in communities—and attracting new people of traditional retirement age and above—is an economic force on par with tourism, says Mike Alexander, research and analytics manager for the ARC. On a national scale, an Oxford Economics report found that the “longevity economy” is one of the most vital in the U.S., with 106 million people over the age of 50 collectively responsible for \$7.6 trillion in annual economic activity, spending \$4.6 trillion on consumer goods and services, and in particular, the health care industry.

What’s more, the over-65s are sitting on a lifetime’s accumulation of wealth, even if much of it is either spread unevenly or locked up in their homes. What they do with their money can have a big impact on the wider economy.

Older adult wages may lag, but their spending is still roughly equal to that of younger households. In addition to wages, older adults spend retire-

ment savings and income from Social Security. In the U.S., households with heads 75 years and older spend about 13 percent more than those headed by individuals under the age of 25. Households headed by individuals 65 to 74 years spend about 3 percent less than the average household headed by individuals between 25 and 34 years of age.

An aging population creates some tension between the desire for governments to contain budgets including spending on pensions and health care—as well as the need to increase spending on infrastructure. Evidence of the benefits of increased spending can be seen in the potential economic returns of targeted infrastructure investment. according to economic research by Standard & Poor’s, this “multiplier effect” can run as high as 2.5 times over a three year period. In other words, for each additional dollar allocated for public-sector investment in a given year, about \$2.50 would be added to real GDP in the next three years.

Growing old isn’t what it used to be. Workers no longer collect their gold carriage clock at 65 and spend their final years running down their pension savings in modest obscurity.

The older generation refuses to shuffle quietly into retirement, but is playing an increasingly active and enthusiastic role in this Third Age Economy. People now continue to work beyond 65 – often in “higher status jobs”, according to the Intergenerational Foundation (IF).

Some have seized on recent pension freedoms to set up new businesses or become landlords. Others are using their good fortune to offer a leg-up to the hard-pressed younger generation, helping children or grandchildren through university and on to the property ladder, passing on a “living inheritance”. Some are finding that they have the means and opportunity to spend some cash on themselves and go cruising the world’s oceans, touring the country in an RV or what ever they decide is a matter of individual choice. But the economic power of those who were once considered “over the hill” can now be felt everywhere. New industries are springing up and existing ones expanding to meet demand from these wealthy and discerning older consumers.

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## Conejo Valley Village Update

Conejo Valley Village opened in April 2017 with over 50 members and 70 volunteers starting a new journey together in community support for local seniors. Conejo Valley Village is a non-profit volunteer grassroots organization committed to help seniors stay independent in their homes and active in their communities as long as possible. Our Village is modeled after the national village movement which began in Boston in 2002, and is the first village in Ventura County. Residents living in the initial service area of Thousand Oaks, Newbury Park, Westlake Village, and Oak Park are invited to join as members and/or volunteers. While we operate virtually via our website and phone, we welcome and support those who are not comfortable or familiar with technology.

Conejo Valley Village members receive services either from our local group of trained, background checked volunteers or by referral to paid service providers for jobs requiring specialized expertise. We provide our members with round-trip transportation to doctors' appointments, errands, or shopping; assistance with yard work, technology set up and minor home repairs; referrals to contractors for major home repairs; friendly check-ins, pet care assistance, and special requests as feasible. We also sponsor social activities such as monthly lunches, dinners, or potluck get-togethers, educational or entertainment outings, fitness opportunities, and other events of interest to members.

As a village, we believe that social activities help build a community of friendship and support, and create meaningful connections between people. Since our opening, members have enjoyed meals together at local eateries such as Country Harvest, Mimi's Café, and Little Calf Creamery & Cafe; many educational nature walks and hikes at our local parks and trails with expert guides; learning strategy games like Mexican Train, Rummikub and Bunco; delicious lunches and cooking demonstrations by a member who is a gourmet cook; movie outings, a breakfast and tour of the Goebel Adult Center, and touring the Titanic exhibit at the Reagan Library. We plan events and activities that reflect the needs and interests of our members and volunteers and we actively seek input and feedback about what people like to do. We believe there is something for everyone at Conejo Valley Village. And we are excited to see friendships developing between members and volunteers as we all learn, experience, share and have fun together in the Village.

Volunteers are an essential part of providing services and activities to members and help form the fabric of our village community. There are many exciting volunteer opportunities at Conejo Valley Village to help make a difference while meeting new people and developing friendships. Driving members to important appointments and errands, doing minor home repairs, teaching members a new skill, helping to plan or staff member and community events, providing administrative support for village operations, training, or marketing, or joining our board of directors – just some of the many ways that volunteers can participate in Conejo Valley Village. Transportation is currently one of our greatest volunteer needs. Join our Volunteer Driver team and provide reliable and friendly rides to help CVV members maintain their health, households, and social connections.

Seniors who join Conejo Valley Village can sign up for an individual membership or a household membership for up to 3 people which includes the following benefits:

- Background checked local volunteers who will provide services to members such as transportation and help with household tasks
- Connection to a variety of Village and community activities of interest to members
- Referrals to professional service providers who have been recommended by fellow villagers
- Referrals and recommendations to other community or senior services when needed

Those who do not need any services can sign up for a social membership that includes participation in social activities only. A limited number of subsidized memberships are also available to lower income residents who qualify.

Conejo Valley Village is proud to be our community's first 'neighbors helping neighbors' network to help seniors live at home and enjoy the community they love as they age. Those who want to help shape a caring organization that supports you and your neighbors and values volunteerism, community and friendship are encouraged to learn more by visiting our website [www.conejovillage.org](http://www.conejovillage.org) or by calling (805) 372-1826. Join us and see what adventures await you at Conejo Valley Village.

**We invite local residents interested in membership or volunteer opportunities to attend our next Member and Volunteer Recruiting meeting on Tuesday, October 17, 4-6 pm at the Goebel Adult Center. Please call (805) 372-1826 to register.**



## 2017/2018 COUNCIL ON AGING MEMBERS

**Dr. Karen Gorback, Chair**

**Loretta Allen, Vice Chair**

**Ron Hage • Nick Fotheringham**

**Terri Maria • Donna Mortimer**

**John Posta • Tony Gitt**

**Councilonaging@toaks.org | 805.381.7362**

**www.toaks.org/seniors**

**Editor**

**Harry Norkin**

**(Retired Commissioner)**

## IMPORTANT TELEPHONE NUMBERS

EMERGENCY Dial 9-1-1

Police (non emergency) 805-654-9511

Crime Prevention 805-494-8526

Neighborhood Watch 805-494-8267

Crime Stoppers (Anonymous) 805-494-8255

City of T. O. Graffiti hot line 805-449-2488

City of T. O. information 805-449-2290

Animal Control 818-991-0071

Goebel Senior Adult Center 805-381-2744

Bus Information (VCYC) 800-438-1112

Dial-A-Ride 805-375-5467

Thousand Oaks Bus 805-375-5473

Grant Brimhall Library 805-449-2660

### ***Why Do I Need a Living Will?***

Many people think a living will is not something they need unless they reach senior citizen age. However, this could not be further from the truth and you could end up seriously regretting not taking the time to make one out. Life is unpredictable and often uncontrollable which is enough reason for adults of any age to invest in a life will in order to protect themselves when bad fortune arises. Below are five reasons every adult should take the time to make out a living will no matter how old they are.

#### **1. Protects You When You No Longer Can Communicate**

The most advantageous part of having a living will is that it protects you in a future situation in which you no longer can communicate your wishes. If something was to happen the medical professionals in charge of treating you have a big say in what happens to you once you are in a state in which you cannot communicate what you want to be done.

#### **2. Prevents Major Arguments Between Family Members**

Having a living will prevents major arguments between family members when the decision is not up to the medical professionals in charge. The other people that have a say in what happens to you are your family members. If they disagree on what should be done with you it can cause relationship ending arguments between members of your family. This is the last thing you want happening during such a tough and difficult time. With a living will it will be your choice and no one else's. This will eliminate any argument or debate as to what should happen to you.

#### **3. Gives You Control Over Medical Treatments/Procedures**

A living will also gives you control over what medical treatments and procedures take place in a

situation where you are ill to the point of not being able to communicate. In this situation a living will orders doctors to fulfill your wishes in writing. This way you take the decision out of their hands.

#### **4. Reduce Potentially Unwanted Medical Bills for Your Family**

In the situation that you get into an coma or vegetative state, a living will decides exactly what is done with you. Many people would rather die than live an additional 20 years on life-support. The reason being is because if they are on life support it will rack up enormous medical bills in which their family will have to pay. If you do not specify this, then your family may be left paying insurmountable medical bills. If you do not want to see something like this happen then you need a living will that specifies exactly what you would like to happen in a given situation.

#### **5. Gives You Peace of Mind**

Last of all, making out a living will give you peace of mind. These are designed to give you the control to prevent more bad things from happening in tragic situations. Tragic situations are hard enough and you want to know that your family as well as yourself will be taken care of properly in such a situation. The last thing you want to do is be lazy and end up giving people outside of your family control over what happens to you under bad circumstances. Get your living will made today. It is so easy to put off but it is probably one of the best decisions you can make.

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