

the VILLAGER

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www.fostercityvillage.org



Celebrating 10 Years!
February 14, 2023



FOSTER CITY VILLAGE CELEBRATES 10 YEARS of serving older adults in the 94404 Zip Code!

On February 14, 2023 more than 150 members, volunteers and guests gathered together in the Foster City Rec Center Lagoon Room, to enjoy a celebratory lunch catered by Foster City's own Bellini Bistro. Pam Frisella, Foster City Village's new president, welcomed all to the event, which included city council members, Jon Froomin, Stacy Jimenez, Art Kiesel and Patrick Sullivan, and honored guests from Gilead Sciences, Foster City Chamber of Commerce, Rotary Club of Foster City, Foster City Parks & Rec, Foster City City/District Manager, Lion's Club International, Bair Island Lion's Club, and CA State Senator Josh Becker's office.

Over ten memorable years, countless Foster City Village volunteers have served a total of 291 members, enabling them to live and age in our community with social connection, educational opportunities and activities to address health and wellness as they age. In 2022 alone, Foster City Village volunteers provided 4,704 service hours! In gratitude, original member, Leena Duggar, volunteer/original member Edd McKibben, member Bette Anderson, and volunteer/member Rich Biederman, gave heartfelt testimonials on how Foster City Village has joyfully touched their lives.

So many generous volunteers and organizations have contributed to fulfilling the mission of Foster City Village, and celebrating our 10th anniversary gave us opportunity to celebrate them!



The Elaine Pitt's Community Service Award went to Patricia Player Maxwell as the founder of Foster City Village. The Rotary Club of Foster City received the Foster City Village Community Service Award, and long-time member and volunteer, Jennifer Malament, received the first ever, Foster City Village Unsung Hero Award. Also honored were the 13 founding members and 19 builders of Foster City Village, most of whom were in attendance. Each received certificates of appreciation from both Foster City Village and CA State Senator, Josh Becker.

Continued

Anniversary Celebration continued...

Founding member and former Vice President, Marlene Hopper, along with former President, Supriya Singh, accepted a Lions Club International award for participating in their eKidspower program. Foster City Village members and volunteers were videotaped reading children's books, which went viral globally. We are grateful to be acknowledged and supported for the work we do in and outside of our community. We are also grateful to our anniversary sponsors and anniversary planning committee!



As we look forward to our next ten years, we remember the words of Margaret Mead, *"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has."*

Visit our website:

www.fostercityvillage.org

to view memorable videos, testimonials, more pictures and the official program from our 10th Anniversary Celebration!

Thank You Anniversary Sponsors



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♥ *Charlie & Martha Bronitsky*

♥ *Leena Dugger*

♥ *Sam & Lori Runco*

Thank You Anniversary Planning Committee

Helen Ackerman

Phyllis Brown

Pam Frisella

Linda Grant

Shirley Ham

Marlene Hopper

Maryanne Lewis

Pennie Lundberg

Samantha Marshall

Stephanie Masten

Diana Okamoto

Marsha Scott

Ilene Turteltaub

Carolyn Woods

Staff: Holly McKelvey & Currie Park

Dear Members and Volunteers,

I'd like to first introduce myself. I'm Pam Frisella, your new President of the Board of Directors. I've been a resident of Foster City for 46 years. Those early days I coached Little League (probably some of your kids), was an AYSO Board Member and recently spent 8 years on our City Council, two as your Mayor. Now I'm dedicating myself to "our" health, welfare and safety as we journey into our senior years. Hopefully adding a little FUN along the way. I'm still learning and adjusting to this new leadership role, and I am looking forward to meeting, hearing, and learning from many of you in the near future.



Our 10 year anniversary party on Valentines Day was a huge success as we celebrated the dedicated community members who have gotten us to where we are today and have set us up for success in our future. It was a beautiful luncheon and hope those in attendance had a great afternoon.

Please feel free to contact me at p.frisella@comcast.net or 650-576-6775. I would love to hear YOUR ideas on what you want your future to look like as we navigate life in OUR beautiful Foster City and of course we cannot forget the lucky parts of San Mateo (94404) who are a big part of our community as well. It honestly does take A Village to ensure the quality of life we all deserve. I truly care about each and every member and volunteer who comprise our Foster City Village.

Wishing you well,

Pam

March

- 3/4 Vineeta Gulati
- 3/5 Mary Simas
- 3/6 Frank Grant
- 3/7 Janet Lundquist
- 3/7 Katherine Torre
- 3/11 Pam Frisella
- 3/13 Patricia Campos
- 3/20 Diana Okamoto
- 3/23 Patrick O'Malley
- 3/25 Steve Okamoto
- 3/28 Subha Aahlad
- 3/30 Martha Mayo Magnuson
- 3/31 Jerry Lerman



April

- 4/1 Jennifer Malament
- 4/6 Gary Miller
- 4/7 Enaam Gabor
- 4/7 Isabel O'Malley
- 4/11 Audrey Guerin
- 4/12 Melly Metcalf

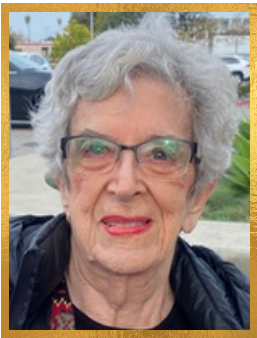
**Your birthday is the
Anniversary of your birth.
Happy Birth Anniversary!**

New Members

W · E · L · C · O · M · E

Melly Metcalf

Melly is a California native from southern CA. After graduating from UC Berkeley she decided to remain in northern CA. Melly has lived in Foster City since 1993, commuting to SF for over 30 years where she owned a financial planning and wealth management business. She recently sold her practice and retired, and has joined Foster City Village to meet more people in the illustrious 94404 zip code! Melly is passionate about lifelong learning, living a healthy lifestyle, loves hiking, the performing arts, and hopes to do more traveling!



Barbara Banks

Barbara has lived in Foster City for over 50 years, having raised both of her daughters here. She enjoys reading and playing bridge and is looking forward to making some new friends, both from volunteering and meeting other members for some fun activities. Her daughter, Julie, has just become a Foster City Village volunteer as well!

RON & RONNIE DICKSON

Ron and Ronnie met at 19, each on a beach vacation at Wildwood, New Jersey. Chubby Checker was introducing "the twist" in the Hurricane Bar, and they were there to see him. Ron and Ronnie were married two years later, spent the next five years in the army, and then came straight to California. They have lived in Foster City for 48 years and have two children and four grandchildren.



JEAN OSORIO

Jean moved to California from Canada in 1963 and has lived in Foster City over 30 years. Jean and her husband are retired, have two sons and two grandsons.

PEGGY
Cartwright

Julie Flouty



Marie Cohn

Richard Hull



Elaine
Woldt



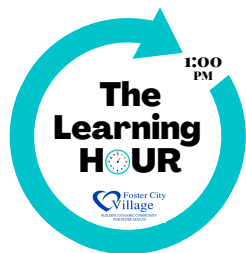
**We couldn't
make a
difference
without YOU!**

**Lock
Box**
FOR SAFETY



Please contact the office for more information (650-378-8541)

A Memorable Learning Hour



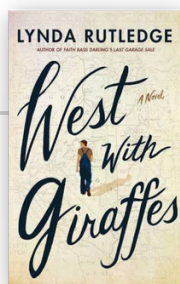
Each month Foster City Village presents The Learning Hour, an educational event held at the Foster City Library, and open to the public as well as our members and volunteers. Topics range from current San Francisco museum exhibits to gardening with succulents, to underwater adventures in Australia, to March's topic, Hidden Parks. Last February, Liz Dossa, a certified Guided Autobiography (GAB) Instructor, spoke on writing, editing, publishing and the experience of GAB.

What exactly is Guided Autobiography? We know that autobiographies can be life stories, life review, memories, or memoirs and more. In GAB the writing experience is "guided" using life themes that help writers recall memories and organize them in a deeply meaningful way. Liz explained the process to The Learning Hour participants and then led them through exercises that they shared with the group. Since its development in the 1970's by Dr. James E. Birren, founding dean of the Davis School of Gerontology at USC, the benefits of GAB have been studied and documented to include:

- + Increased self-acceptance
- + Increased energy and vigor
- + Decreased anxiety and tension
- + Increased positive view of others
- + A feeling of connectedness and friendship



For more information about GAB classes contact the Foster City Library (650) at 574-4842.



Review
by FCV
member,
Murli
Melwani

West With Giraffes, by Lynda Rutledge

The novel was inspired by a real event, but the narrative is fictional. In 1938, during the Great depression, two Giraffes sent from Africa to America survive a hurricane in the Atlantic. An old zoo hand who can communicate with animals and an 18-year-old transport the two giraffes from the East Coast to the San Diego Zoo.

The road trip is a great deal of fun. An assortment of interesting characters are met. The reader witnesses life in those hard times, the discrimination and prejudices, especially against women. The themes of the novel include, an unrequited romance, a bit of larceny and a droll sense of humor. During the 12-day journey an unspoken camaraderie develops between the two men and a female photographer for Life magazine. A few quotes give the reader a flavor and the tone of the book:

"I can only suppose that when you're riding with two 'towering creatures of God's pure Eden,' and you grasp the first rotten proof of your true self, you never quite forget it, no matter what you do later to make it right."

"... it always seemed wrong to think an animal's life isn't worth as much as a human's. Life is life... no matter who or what is living it, boy—a thing to respect," he said. "You don't get that, then you're just a waste of skin."

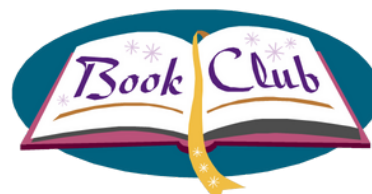
"Whenever I locked eyes with an animal, I felt something more soulful than I felt from the humans I knew..."

A thoroughly enjoyable read!

(14 copies available in the FC Library.)

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West With Giraffes was read by our Foster City Village Book Club, comprised of Foster City Village members and volunteers. Our Book Club is a wonderful way to expand your literary horizons with other reading enthusiasts! Call our office for details!



Nothing But **GOOD NEWS...!**

The Community Center building where you'll find our FCV office is not open on a regular schedule. However, **OUR OFFICE IS OPEN**, and we're working hard for our members and volunteers! Please stop by!

If you find the building doors locked during our business hours, call us at 650-378-8541 and we will welcome you in with open doors!



MONDAY - THURSDAY: 9AM - 1PM
FRIDAY VIRTUAL HOURS: 9AM - 1PM

On Saturday, March 4, 2023, at 10:00 a.m., our own long time member, **Harry Zaban**, will be inducted into the Foster City Sports Wall of Fame! The ceremony at Sea Cloud Park is open to the public. All are welcome! Congratulations to Harry in advance!



Coming Soon



Because of our amazing volunteers, Foster City Village offers many services to help our members age joyfully in their own homes and community. So we are especially excited to offer another service: a list of resources for when a member's needs go beyond what we can provide. Coming soon to our Foster City Village website will be information and links to services that members (and volunteers too!) may be in need of, but not sure where to look. Some of the service areas will include:

- ☐ Accounting, Tax, Notary Services
- ☐ Alterations/Tailors
- ☐ Food & Nutrition
- ☐ Health & Wellness
- ☐ Home Care Agencies
- ☐ Home Repair Services

- ☐ Home Safety Services
- ☐ Housing
- ☐ Pet Care Assistance
- ☐ Senior Fraud & Scams
- ☐ Tech Help
- ☐ Transportation Alternatives

**** If you would like to share a recommendation(s) in any areas of service, please let us know!**
Email the office: fcvillage94404@gmail.com or call: 650-378-8541. Thank you! **



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