



# Senior Living



Image courtesy of VCCaregivers

Supporting Seniors, Strengthening Community—Since 1984.

## Happy 40th Anniversary to Caregivers: Volunteers Assisting the Elderly

by Carol Leish, MA

The mission of Ventura County Caregivers over the past 40 years has been: 'To promote the health, well-being, dignity and independence of frail, homebound elders through one-on-one relationships with trusted volunteers.'

"In the past decade, CAREGIVERS

has doubled our geographic footprint to serve the entire County – a testament to the boundless spirit of philanthropy and the resilience of community," said Tammy Glenn, MBA, Executive Director of CAREGIVERS. "This growth comes amid a sobering reality

**Continued on page 10**



Image by Freepik

## Happy 'New You' Year

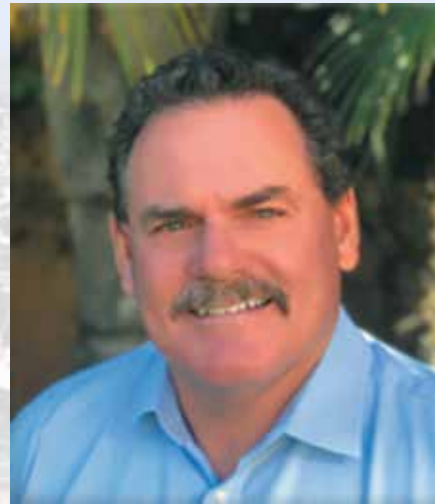
First and foremost, Happy and Healthy New Year to everyone!

It's that time of year when many of us make New Year resolutions that we quickly do not follow. We need to remember that setting resolutions is the easy part; following through is the challenging part. Instead of setting resolutions where you try a bunch of new

things, how about instead focusing on improving upon what you are already doing, with a renewed and refreshed attitude. Wouldn't that be better?

Many of us quickly realize that setting arbitrary resolutions simply because it's the start of a New Year doesn't necessarily lead to lasting

**Continued on page 10**



### Personalized Approach to Managing Wealth

- BUSINESS PLANNING
- CORPORATE RETIREMENT PLAN CONSULTING
- EDUCATION PLANNING
- ESTATE, CHARITABLE GIVING & TRUST PLANNING
- FINANCIAL PLANNING
- PORTFOLIO MANAGEMENT
- RETIREMENT PLANNING
- LIFE & LONG-TERM CARE INSURANCE
- MULTIGENERATIONAL WEALTH PRESERVATION

**Jeff Moorhouse**  
CA Insurance License OB47679  
Certified Financial Planner™  
Certified Plan Fiduciary Advisor  
Certified Exit Planning Advisor

**Ventura Harbor**  
1575 Spinnaker Dr. #201  
Ventura, CA 93001  
805.586.3636  
[moorhousefinancial.com](http://moorhousefinancial.com)

Securities offered through Raymond James Financial Services, Inc., member FINRA/SIPC. Investment advisory services are offered through Raymond James Financial Services Advisors, Inc. Moorhouse Financial Wealth Management Group is not a registered broker/dealer and is independent of Raymond James Financial Services.

**Anya Consiglio MD**  
You and your doctor  
Not you versus some insurance

**House Call Doctor** **805.380.3313**  
Thousand Oaks, Inc. Harbors, Ojai, Montecito

Shannon G.  
I Volunteer Because...

*I want to teach my daughters the importance of giving back to the community and helping others in need.*

FIND YOUR NEXT VOLUNTEER OPPORTUNITY AT [www.vccaregivers.org](http://www.vccaregivers.org)

Kirby Subaru is honored to treat each Volunteer Caregiver with a free car wash as a thank you for their service to seniors throughout Ventura County.



### Happy 'New You' Yezr Continued from page 9

change. Let's shift our mindsets towards a more personalized approach to setting meaningful goals. When your goals align with your lifestyle and priorities, they become both easier to maintain and more rewarding in the long-term.

A good rule of thumb is to start slowly with achievable goals. When big changes or results don't come quickly, it's easy to feel disappointed and give up. This is especially true for fitness goals—trying to make drastic changes too fast can lead to fatigue or injury. Instead, focus on small, manageable adaptations to your routine, like walking more or trying one new healthy recipe each week. These changes will feel more natural and sustainable. Avoid taking on too much at once. Instead, embrace goals that truly resonate with you so that you stay motivated and excited by your steady, consistent progress.

#### 5 Tips to Ensure You Meet Your Fitness Goals

- Focus on daily habits rather than end results. Big ambitious goals are accomplished through small changes to your regular routine.
- Write out your goals and place them somewhere you'll see them every day.
- Be realistic and start small. Don't start with a goal that is overwhelming or not within your reach.
- Find an accountability buddy or join a group. There's power in numbers. Surrounding yourself with people working towards similar goals will help keep you motivated and disciplined.
- Reward your progress. Stay motivated by celebrating small accomplishments with meaningful rewards along the way.

#### Healthy Habits for a Healthier You

Incorporating healthy habits into your daily routine is crucial for overall well-being. Get moving with physical activity you enjoy, making exercise a treat, not a chore. As the saying goes, the best exercise is the one you enjoy the most. Activities that align with your interests and lifestyle are much more likely to become consistent habits. Love music? Try a dance class. Enjoy the outdoors? Take a

walk, hike or ride a bike.

It's worth repeating – start slow and build up gradually. When you begin any new activity, start at a level that suits your abilities and then gradually increase the intensity in order to stay injury-free and energized.

I love to tell my students that variety is the spice of life! The best way to avoid a workout rut is to mix it up. Try different workout activities and exercises. Cross training not only keeps your routine exciting but also helps target different muscle groups and prevents overworking any one area. The key to total fitness is incorporating a balanced mix of stretching, strengthening, and aerobic exercises into your workouts.

Be sure to stay hydrated by monitoring and possibly increasing your daily water intake. Water is your body's best friend. Over 60 percent of our body is made of water. Drink before, during and after you exercise. Even on cool days, your body is sweating out more water than you realize so be sure to replenish on a regular basis!

As we kick off the New Year, I encourage all of you to find your happy place. Embrace a mindset of progress, not perfection. Choose joyful activities that fill you with joy and excitement. Here's to a happy, healthy, and fulfilling 'New You' Year!

For more health and fitness tips, along with fun and active dance/fitness classes available in person and online please be sure to check out my website [www.lesliesokolsdance.com](http://www.lesliesokolsdance.com).

#### About the Author

Leslie Sokol is the creator and founder of the adult dance and fitness program For the Young at Heart. She has been teaching adults and children for forty-five years. You can watch For the Young at Heart by visiting her YouTube Channel or on TVSB. She also teaches in retirement communities throughout Santa Barbara and Ventura Counties. For more information, please contact Leslie at [lesliesokolsdance.com](mailto:lesliesokolsdance.com), by calling 805-312-8089 or by visiting her website.

### Happy Anniversary to CAREGIVERS Continued from page 9

State and national funding for aging populations and individuals with disabilities is falling behind, even as the demand surges. Your generosity serves as a powerful reminder of the profound difference we can make together. Your generosity has been the essence of this mission, enabling us to serve every corner of Ventura County."

The national model of service was launched in 1984. Over the course of 20 years, starting in 1984, the Robert Wood Johnson Foundation invested in the idea of volunteer caregiving, starting right here in Ventura County, and extending the need to 1,000 organizations across the country.

"It was the start of something big," explained Glenn. "Not unlike the other 24 pilot projects, Ventura County CAREGIVERS worked with local congregations to serve as an administrative arm for the community, identifying older adults who needed the helping hands of volunteers. This model of service, with non-professional, non-medical volunteers, is able to provide a wide array of services to some of the most vulnerable members of our community. The local track record of success has been demonstrated over the last 40 years. It's the basis of being a good neighbor, with the backing and support of a trusted organization to ensure that nobody gets in over their head, and that everyone is safe in knowing that the office

team is keeping a watchful eye."

Some of the programs offered by CAREGIVERS are:

- 1) Building Bridges with Youth Volunteers, which has identified high school students who serve as volunteers over the past 22 years
- 2) Faith in Action, administrative support for congregations who want to supplement their efforts with volunteer caregiving one on one matches to combat social isolation.

Continuing to develop volunteer opportunities helps out those in need. Services provided by volunteers include: 1) Companionship; 2) Phone Friends; 3) Transportation Drivers; 4) Building Bridges Intergenerational; 5) Dementia Friendly Relief; 6) Honey-Do Crews; and 7) Shop & Drop. The most recent addition, Managing Assets for Security and Health (MASH) is an innovative project funded by Ventura County Behavioral Health to address low-income seniors who are at risk for losing their housing.

"By giving today, you're helping to continue this vital mission to help while showing the next generation the profound value of empathy and service," said Glenn. "Let's celebrate our 40 years of success by building a brighter future-for our senior, our volunteers, and the entire community. Together we can change lives-perhaps even our own. Thank you for walking the journey with us. Here's to another year of making a difference together."

For assistance or to become a volunteer, call 805-658-89530 or visit [www.vccaregivers.org](http://www.vccaregivers.org).



## Social Security Act Signed into Legislation

This unfair penalty has hurt millions of retirees across the United States, and its fix was long overdue," said Rep. Carbajal. "I'm proud to have been a part of the bipartisan coalition that rejected House Republican leadership's opposition to this commonsense bill and used our legislative tools to circumvent them to see this bill to the President's desk."

The Social Security Fairness Act repeals both the Windfall Elimination Provision (WEP) and Government Pension Offset (GPO), two provisions added to the Social Security Act in 1983 that unfairly reduce the earned Social Security benefits of many retired public servants like teachers, police officers, firefighters, emergency services personnel, other first responders, and federal, state, and local employees who worked in both covered and non-covered jobs during their careers.

After encountering opposition from House Republican leadership to move the legislation forward, Rep. Carbajal and 217 other members of Congress signed a discharge petition forcing the consideration of the bill. It was the first successful use of the procedure in nearly a decade.

President Joe Biden signed legislation co-sponsored by Congressman Salud Carbajal (CA-24) restoring full Social Security benefits for millions of retired school teachers, public employees, and first responders like firefighters and police officers.

The legislation will increase retirement benefits for more than 350,000 California families that previously saw their income curtailed by a 40 year-old legal provision.

"Dedicated public servants like our teachers, firefighters, and police officers spent decades paying into Social Security, only to have their benefits reduced because of their chosen careers.

### Leslie Sokol's

ADULT DANCE AND FITNESS PROGRAM  
FOR THE YOUNG AT HEART

- ♥ Learn to dance while you get in shape
- ♥ Improve strength, flexibility and balance
- ♥ Have fun at home
- ♥ No risk trial - first 7 days are FREE!

Sign up today!  
[www.lesliesokolsdance.com](http://www.lesliesokolsdance.com)



## Do you miss me?



And my comments? Life isn't slowing down, and neither am I!

At [AsSheldonSeesIt.com](http://AsSheldonSeesIt.com) I'll share my opinions, thoughts, news and babblings.

You can even enter the conversation at the blog.

Local topics to national ones. Maybe even a few words about Washington and our president.

[Sheldon Brown at AsSheldonSeesIt.com](http://SheldonBrownAtAsSheldonSeesIt.com)