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AUGUST 2025 NEWSLETTER



While we are all hopefully enjoying the lazy days of summer, the National Village to Village Network's (VtVN) Data & Evaluation Committee is kicking off an exciting project: a survey of Villages around the country to expand their understanding of the rapidly evolving Village Movement. Their goal is to survey as many Villages as possible to learn what Villages look like and are doing at this moment in time. This project will lay the foundation for communicating about and advocating for the Village Movement, including future explorations into best practices and impact. The survey is in partnership with the Rutgers Hub for Aging Collaboration. WPV will of course be participating, and we will keep you posted on the findings.

And in related news, Westside Pacific Villages plans to conduct our own survey of our Clients, Friends and Volunteers so we can better understand our Members, how we are serving their needs and what we can do better. Stay tuned for more information later this fall!

-Diane Wade, Director, Programs and Community Development

August Calendar

Aug 1: Caregivers' Circle #2, 2-3:30pm

Aug 4: Scrabble Club, 2-3:30pm

Aug 5: Tea & Chat, 2-3:30pm

Aug 7: Happy Hour at The Yard House, 4-6pm* Open to non-Members

Aug 11: OPICA Savvy Caregiver Class, 10am-12pm, Zoom* Open to non-Members

Aug 14: On The Move, San Pedro Harbor Cruise, 9am-3pm

Aug 16: YFEST 9-1pm, Westchester YMCA*

Aug 18: Caregivers' Circle #1, 1-2:30pm

Aug 18: OPICA Savvy Caregiver Class, 10am-12pm, Zoom* Open to non-Members

Aug 19: Tea & Chat, 2-3:30pm

Aug 19: Intro to Meditation, 1-2pm

Aug 20: Potluck Lunch, 12-1:30pm

Aug 25: OPICA Savvy Caregiver Class 10am-12pm, Zoom* Open to non-Members

Aug 26: Movie Trek, time TBD

Aug 26: Woman's Discussion Group, 3-4pm TBC

Aug 28: Picnic in the Park, Burton Chase Park, 12-1:30pm. Open to non-Members

*Details below

These events are for Members (Clients, Friends and Volunteers) only, unless indicated "open to non-Members."

Details for Member-only events will be shared in the Member Connection emails, or by emailing RSVP@thewpv.org or contacting the office at (310) 695-7030. The calendar is available on our website [here](#).

No-Cost rides are available to all WPV Member events.

Aug 4: Estate Planning to Avoid Probate

Estate planning isn't just for the wealthy. It's for anyone who wants to keep their family out of court and conflict when a loved one passes. How can you make sure your family doesn't have to go through probate court and incur unforeseen legal fees? Estate Attorney Debbie Babb shares examples of what can go wrong and advice on how to avoid the legal, emotional, and financial consequences of probate court in this free webinar. Whether you already have a will or you've been putting it off for years, this webinar will help you:

- Understand what actually happens when someone passes away in California, and why a will isn't enough
- Learn the most common and costly estate planning mistakes
- Get clear, honest guidance without the overwhelm.

Register today for this useful Zoom webinar on **Monday, August 4th at 12pm.**

[Sign Up Here](#)



Free Webinar

Stories In Estate Planning

"We thought we weren't rich enough for an estate plan until we had to pay for probate"

 Monday, August 4  12 PM

Debbie Babb
Estate Planning Attorney

Aug 7: Happy Hour at the Yard House



We enjoyed this venue a few months ago, so we are going back to The Yard House for Happy Hour on Thursday, August 7th from 4-6pm. This event is open to all, so feel free to join us and invite a friend! Please RSVP to rsvp@thewpv.org or call the Office so we can get a head count. The address is 13455 Maxella Ave, Marina Del Rey.

Please note: If you are a Volunteer who will be driving someone home after the event, please limit your drinks to non-alcoholic beverages.

Support for the Journey: Savvy Caregivers

Caring for a loved one with memory loss can be overwhelming, but you don't have to do it alone. This August, Westside Pacific Villages is partnering with OPICA, whose mission is to improve the lives of adults challenged by memory loss, to offer the **Savvy Caregivers Program**. This free, three-part Zoom course is designed specifically for family caregivers and facilitated by Monica Moore, MSG, Community Health Program Manager at Mary S. Easton Center for Alzheimer's Disease Research and Care at UCLA.

Over three weekly sessions, **August 11, 18, and 25 from 10am-12pm**, caregivers will gain valuable tools to better understand Alzheimer's and related dementias, develop self-care strategies, and learn how to access community and family support. This program offers both education and empowerment, helping caregivers feel more confident, connected, and supported.

To register or learn more, please reach out to Natalie at natalie@thewpv.org or the contacts listed on the flyer below.

SAVVY CAREGIVER EXPRESS

FREE Virtual Workshops



Class Dates:

August:

11, 18, & 25th

10am-12

ZOOM

SAVVY CAREGIVER EXPRESS is a program that helps people caring for a family member or friend living dementia. Each class is 2 hours and meets once a week for **3** consecutive weeks.

Join our FREE classes to:

- Understand the course of the disease
- Learn how to manage difficult behaviors
- Connect with others going through the same things
- Find out about resources in your community

Space is limited, please register one week in advance of class date, by Aug. 7th.

For more information, please Contact: Stephanie at stephanie@opica.org

Or call 310-478-0226 ext. 111

(reference this class when registering or leaving a message)

This workshop is sponsored by OPICA Adult Day Care and Counseling Center and supported in part by grant number 90ADP10105 from the U.S. Administration for Community Living, DHHS, Washington, D.C. 202021



Member Testimonial: Rosemary B.

Rosemary was an early Client of WPV, joining in 2018 to get assistance with driving after coming down with macular degeneration. She can't say enough good things about the staff

and Volunteers at WPV! They came through for her in an emergency on short notice, and the drivers are very friendly, easy to talk to, and always more than willing to help.



Dying to Talk About It: A Note on Grief and Time



“Dying to Talk about It” is an occasional feature in our newsletter by Natalie Noel, a trained end-of-life doula and certified grief educator, as well as the Assistant Director of Programs and Special Projects at WPV. She welcomes your questions on the topic of loss and grief, and with your permission, will share them with our community.

One of the biggest myths about grief is that it has a timeline. After the loss of a loved one, you may hear comments like, “You should be over it by now.” But the truth is, grief doesn’t follow a schedule or end after a period of time. It ebbs and flows, shifts over time, and looks different for everyone. Whether it’s been weeks, months, or years since a loss, your grief is valid. It doesn’t mean forgetting - it means learning to live alongside the love and memories that remain. There’s no right way or right time to grieve - only your way, in your time.

This topic and others were explored in an interesting WPV Zoom talk last month with Barbara Kazdan, author of *Oh I’m a Widow: Working through Life after a Death*, where she discussed her experiences rebuilding her life after the sudden death of her husband of 40 years.

How have you integrated the loss of a loved one in your life? Do you celebrate their birthday each year? Do you have a place in your home to memorialize

them? I'm interested in hearing how you have found ways to deal with your own grief. If you're willing to share, email me at natalie@thewpv.org. Maybe your answer can help a fellow WPV community member!

Recap: Picnic in the Park

We had a good time picnicking in Burton Chase Park in Marina Del Rey on July 18th - the weather was gorgeous, the ice cream was free, and Marguerite and Carin's furry friends joined in the fun.

If you missed it, fear not! We're going to do one more before the summer ends. Bring your own brown bag lunch, and we'll provide drinks and cookies.

When: Thursday August 28th from 12-1:30pm

Where: Burton Chase Park, Marina Del Rey. Parking is free. Look for us under the covered picnic tables.

Please RSVP to rsvp@thewpv.org. This event is open to non-Members too!





Recap: On The Move - CA Science Center

On Thursday July 24, the WPV On The Move Group led by WPV Volunteer Tim Roberts took the Metro train and travelled to the California Science Center in Exposition Park to visit the current exhibits. We departed from the Culver City Station and rode the Metro E-Line for a short ride (8 stops) to the Jefferson/USC Station. We strolled through the famous Rose Garden on the way to the Exhibit Hall. Inside are numerous exhibit areas to discover. There was so much to see that we actually stayed longer than we had planned. Our favorite exhibits were "World of Life" and "Ecosystems." Midway in our Science Center visit, we took time for a leisurely lunch at the Food Court which offers a wide variety of lunch entrees as well as quick snack food. Some of our group took time to check out the elaborate Museum Gift Shop that has a wide range of gift opportunities. We returned to our starting point at the Culver City Station on the Metro, thoroughly exhilarated by the day's adventures.

Please plan to join the WPV On The Move Group for our monthly local trips. The next trip is to the **San Pedro Harbor Cruise** and the **Maritime Museum** on Thursday, August 14th. Please RSVP by emailing rsvp@thewpv.org or calling (310) 695-7030. ALL ABOARD!!



Interest Group Spotlight: Potluck Lunch

We're pleased to report that after a hiatus, Diane Moreau has brought back the popular Potluck Lunches she used to host at her home several years ago. A group of WPVers enjoyed tasty food and good company at the July gathering. These events will be happening roughly every month. Members can show off their cooking skills or share goodies from their favorite take-out spots!



Free Community Events

Aug 16: YFEST - A Mind/Body Wellness Expo

This isn't your average health fair—it's a mind-body connection playground, packed with movement demos, hands-on art and wellness activities, brain-boosting experiences and more. From drum circles to sleep tips to body comp testing, it's all happening in one place. When: Saturday August 16th, 9am-1pm. Where: Westchester Y Annex Parking Lot, 8020 Alverstone Avenue, 90045. Free & open to all ages.



Y FEST
A MIND/BODY EXPO
SATURDAY, AUGUST 16TH | 9 AM-1 PM
WESTCHESTER YMCA ANNEX
8020 ALVERSTONE AVE., LOS ANGELES, CA 90045

JOIN US FOR A FREE COMMUNITY WELLNESS EVENT!

EVENT SCHEDULE:

- 9:30 AM-10:00 AM: Introduction to Meditation
- 10:00 AM-10:30 AM: Yoga Demonstration
- 10:00 AM-12:00 PM: Drum Circle
- 10:30 AM-11:00 AM: Mental Health Talk
- 11:00 AM-11:30 AM: Pilates Demonstration
- 11:30 AM-12:00 PM: "Reframing Consciousness" Talk
- 12:00 PM-12:45 PM: Dancing Through Parkinson's
- 12:30 PM-1:00 PM: Music Mends Minds

ACTIVITIES INCLUDE:

- Mobile Vaccine Clinic
- Blood Pressure & Glucose Monitoring
- YMCA Fitness Station
- Senior Fitness Station
- Pickleball & Tennis
- Latin Dance Demonstration

Register Today!



the Y THE CENTER FOR COMMUNITY WELL-BEING

Culver City Summer Sunset Music Series

Culver City is pleased to host its popular [Summer Sunset Music Series](#), now in its third year, on Thursday evenings beginning in Town Plaza at the Culver Steps. The free, family friendly series will run every Thursday evening until August 28 from 7 to 9 p.m. each evening. All nights begin at 6 p.m. with a pre-show presentation by The Culver City Arts Foundation. Seating is limited and available on a first come first served basis for view of the stage. Small picnic blankets and low back chairs are welcome in designated areas as capacity allows. The city encourages you to

explore the numerous restaurants in and around the Culver Steps! Alcoholic beverages and smoking are not permitted at the concerts.

- August 07– Latin Dance Party: **The Yari Moré Latin Band**
- August 14 – SWING!: **Jonathan Stout and his Campus Five, featuring Hilary Alexander**
- August 21 – A Night of Mariachi: **Mariachi Reyna de Los Angeles** and **Mariachi Alta California**
- August 28 – A Caribbean Dream: **Upstream**

You are encouraged to take Culver CityBus (Line 1 or Line 1C1 Circulator) or to take alternative transportation to the event. You can contact Culver CityBus at the [Culver CityBus website](#) or (310) 253-6500.

Learn More

Tips to Improve Endurance and Health

Aerobic physical activity, sometimes referred to as endurance or cardio, involves moving the body's large muscles for extended periods. Aerobic exercises require the lungs to move more air and the heart to pump more blood and deliver it to the working muscles, increasing your breathing and heart rate. Regular aerobic exercise, even light-intensity movement, can be beneficial to your health.

Here are a few examples of activities that can help build endurance:

- Yard work, like raking leaves or pushing a lawnmower
- Housework, such as mopping or vacuuming
- Climbing stairs or hills

If exercising with chronic conditions makes it hard to get the recommended amount of activity, talk with your doctor about what you can do. Learn more about 3 types of exercise to improve your health and physical ability in the article below.

Read Article

In Loving Memory

We are sad to report that we lost Mounir Eid this past month. We will miss his warm presence in our Community and will hold dear his memory.



www.TheWPV.org
8393 S. Sepulveda Blvd., Ste. 233
Los Angeles, CA 90045
PH: (310) 695-7030

Director, Programs & Community Development: Diane Wade
Director, Internal Operations: Elvy Crane
Newsletter Editor: Lois Angelo

#THEWPV



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