

Community Service

Food Drive for Pets a Success

Submitted by Theresa Maloney



St. Perpetua School's third-grade Brownie Troop completed a successful pet food drive Jan. 29 for the Animal Rescue Foundation in Walnut Creek. It was a great experience for the girls, who met their goal of collecting at least 80 items of food through a drop-off bin at the school. They hand-delivered the 103.7 pounds of food to ARF, which will use the food to meet the special diet needs of pets at the facility and also will share the donation with the Salvation Army for distribution to families with pets in need throughout Contra Costa County. Pictured is the troop along with ARF People Connect Specialist Jan Fellerman.

Photo provided

Sharing Valentine's Day Love

Submitted by Beth Montgomery



Lamorinda Adult Respite Center participants show off their valentines.

Photo provided

On Valentine's Day the seniors of the Lamorinda Adult Respite Center (LARC) in Orinda exchanged Valentine's cards with Mrs. Valentine's second grade class from Del Rey Elementary School.

Valentine (yes, this is her real name) and Beth Montgomery, executive director of LARC, worked together to facilitate this special intergenerational exchange. "I wanted the children to expand their thinking beyond themselves - to thoughtfulness towards others in our town," said Valentine, "and LARC was the natural choice for the children's kind gestures."

The Lamorinda Adult Respite Center at Holy Shepherd Lutheran Church has been in service to the community for over 15 years. LARC is a non-profit, state licensed, social

Adult Day Program for those with Alzheimer's or other related dementias. The program offers respite for caregivers by providing exemplary care and stimulating activities for their loved ones. The center's paid staff and caring trained volunteers foster dignity and self-worth in the participants.

Montgomery pointed out that "LARC's ailing seniors are still a useful and vital part of our community. Our participants continue to do for others. At LARC we regularly lead them in community service activities - they make fleece blankets for injured American soldiers overseas, Easter baskets for homeless children, Halloween treat bags for foster children, etc. Our folk's memory impairments mean that they may not remember a lot of what they do while with us during

the day, but that doesn't matter - we know that 'in the moment,' when they are fully engaged in an activity, and know that other's will benefit, they feel useful and valued. It's that heart-felt value that they take away from here, a deep knowing that they had a fun and worthwhile day."

The Del Rey children hand-crafted beautiful valentine's cards - each one as special and unique as they themselves are. The LARC seniors also spent a whole morning making artful cards for the kids. "Our folk's were thrilled to receive Valentine's from the children," said Montgomery. "They were all smiles and love for the sweet hands that prepared cards just for them." When young and old interact and share their love, everyone benefits!

Jazz Festival Promises to be a Real Wing Ding

Submitted by Maurice Levich



Big Band of Rossmoor drummer and Acalanes High School student Jared Brinton.

Photo provided

"It is to be 'The Night of Nights' with cocktails, dinner, a show and then dance," said Generations in Jazz board member Maurice "Mo" Levich.

Five bands, including Dominant 7 (Stanley music students), Bob Athayde and Friends, the Big Band of Rossmoor, the Generations in Jazz College Reunion Band, and Juice (retro 1967), will join special guests Mic Gillette (Tower of Power) and Mary Fettig at the 15th Annual Generations in Jazz Festival, "It's A Wonderful World - Oh, Yeah," beginning at 6:30 p.m. March 8 at the Veterans

Memorial Building.

"By bringing our citizens, patrons, and members of Lafayette's many foundations together for the first time, we recognize those that made a cultural difference in Lafayette over many years," said Levich. "As the banner states in Bob Athayde's music room at Stanley Middle School, which was adopted by Generations in Jazz 15 years ago, this is the night 'we all play together.'"

Each band will participate in a silent auction for a private performance at homes, offices, schools or

churches. Generations in Jazz is a non-profit public benefit corporation dedicated to supporting community music activities. The Generations in Jazz Foundation projects include: Stanley Middle School Jazz After School; Lafayette Summer Music Workshop; The Big Band of Rossmoor; and underserved schools/Boy Scouts/used instruments. This first-ever Generations in Jazz fundraiser will benefit the multi-generational Big Band of Rossmoor. Tickets are available at the Lafayette Chamber of Commerce, (925) 284-7404. This event is expected to sell out.

NEIL'S SUCCESS STORY

living lean.

Neil Nathanson of Orinda tells his Living Lean story in his own words.

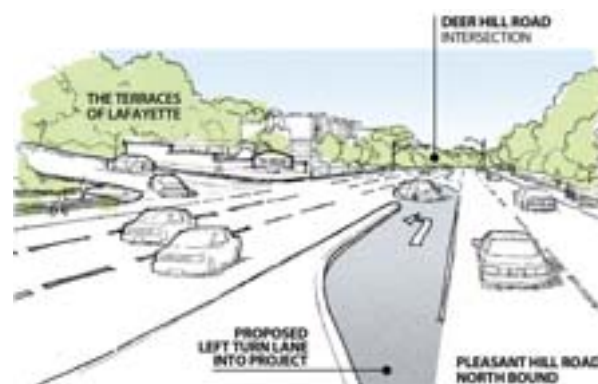
Initially I was hesitant to join a program that might change my current work-out and eating program. Sheena and her Living Lean program truly transformed my eating habits and my body! Her workouts were tailored to my goals, and she made me realize the need to eat with a better plan.

My physician was shocked that I lost 19 lbs in 2 1/2 months. I can't believe my transformation and how Living Lean's program really works. Living Lean has given me the knowledge to continue on my healthy journey.

Is your story next?
CALL FOR MORE INFORMATION

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How Can New Development Fix Old Traffic Problems?



During the planning of The Terraces apartment community, we learned a lot about traffic. For example:

In Lafayette, traffic congestion is a matter of public policy. The City of Lafayette's Gateway Constraint Policy artificially creates "capacity constraints at selected gateways"... and one of those gateways is the southbound direction on Pleasant Hill Road.

The developer of The Terraces has proposed to fund a southbound through-lane on Pleasant Hill Road, increasing the two lane road to three lanes, for the sole purpose of reducing delays and improving safety—especially during school hours.

The Terraces would also create a new left hand turn lane into the main project entrance to avoid adding traffic at the Deer Hill Road intersection.

Either way you look at it, these proposals offer less congestion.... More safety... With no public funding.

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