

Free Registration For Kids Under 12

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Hi, just a reminder that you're receiving this email because you have expressed an interest in Valley Village. Don't forget to add info@valleyvillage.org to your address book so we'll be sure to land in your inbox!

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Oct. 22, 2014

THE village SPIRIT!



newsletter no. 90

Are You a Runner or a Walker?

Like us on Facebook

Dear Friends,

Running vs Walking

On your marks... get set... go! Are you a Runner or a Walker? Ever wonder which one is better? Let's compare:

Running:

Running makes you happier.*
Running helps you lose weight.
Running strengthens your knees (and your other joints and bones, too).
Running will keep you sharper, even as you age.
Running reduces your risk of cancer.



Village Run/Walk

We need walkers, runners and supporters! Please register! **All you have to do is click.**

Running adds years to your life.

Walking (briskly):

('Briskly' means that you walk at a speed where you can still talk but not sing, and you may be puffing slightly)*

Walking increases cardiovascular and pulmonary (heart and lung) fitness.

Walking reduces risk of heart disease and stroke.

Walking improves management of conditions such as hypertension (high blood pressure), high cholesterol, joint and muscular pain or stiffness, and diabetes.

Walking strengthens bones and improves balance.

Walking increases muscle strength and endurance.

Walking reduces body fat.

Running and briskly walking have just about the same health benefits. So when it comes to running or walking, one isn't better or worse than the other. They are both great exercises for your health. Exercising regularly boosts "afterburn," which is the number of calories you burn after exercise, improves bone, joint and muscle health, helps prevent cancer, it improves memory, language, thinking, judgment problems and most of all, you'll live longer.

Come run or walk with us at the **Village Run/Walk** and continue your path to a longer, healthier and happier life.

Sincerely,
Your friends at **Valley Village**

* <http://www.runnersworld.com/health/6-ways-running-improves-your-health?page=single>

* http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Walking_for_good_health

Airline Tickets Are Top Prize at Village Run/Walk

November 9 Fundraiser Will Be Awesome

The winner of the inaugural Village Run/Walk raffle on November 9 will be flying high with **Delta Air Lines** tickets. Valley Village clients with the Wahlbangers Drum Circle The vouchers for two tickets anywhere Delta flies in the United States, Canada, Mexico and the Caribbean are good until Oct. 15, 2015. The fastest man and fastest woman in the race will receive \$25 gift cards from **Fleet Feet Sports**. Race winners will also receive medals. Other prizes will be given.

Meanwhile, the schedule is filling up. **Wahlbangers Drum Circle** members have signed on, bringing a new beat to the morning. Also performing will be our popular **Juno Rada**. Meet members of the **Clippers Spirit Dance Team**, who will join us. Fitness coach **Heather Binns** will lead the warm-up at 8:30 am, with Assembly member **Adrin Nazarian** welcoming participants as the race kicks off at 9 am.

Sponsors and vendors will offer a range of giveaways. **Bobby Sherman's Volunteer EMTs** will manage our First Aid Station. We'll be movin' and groovin' on a Sunday morning down the Orange Line and at Woodley and Lake Balboa Parks. With cool

entertainment along with our 5K, Kiddie K and Family Festival, what could be better?

As two of the Valley's most deserving nonprofits join forces, the energy will be amazing. Spirits will be high as participants go all out to benefit adults with developmental disabilities at the nonprofit **Valley Village**, and at-risk children and youth served by **The Village Family Services**.

With a little over two weeks to go, our teams are feeling the anticipation. There's still time to register and field your own team. Who would you like to join you for a morning of fun and fundraising? Just visit VillageRunWalk.org. In fact, you can now sign up on race day itself, between 7 and 8:30 am. Cost online or on race day is \$30 per adult; \$15 for students and for persons with disabilities; and free for children under 12. We have teams of coworkers, organizations, school groups, multi-generational family groups, and more.

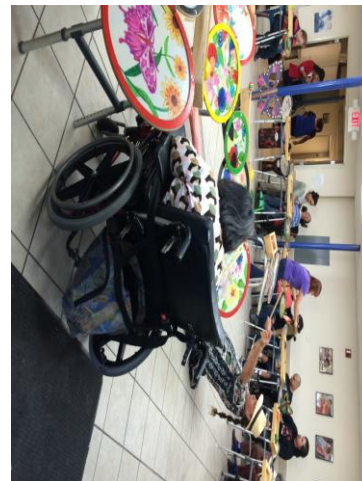
Race packets can now be picked up on Saturday, November 8, from 11 am to 5 pm at **Fleet Feet Encino** or **Santa Clarita Running**. Participants can also pick up their packets on Sunday, November 9, from 7 to 8:30 am, before the run.

The community is enthusiastically supporting the first Village Run/Walk. Many thanks to our generous sponsors, donors and vendors. Sponsors to date include **Kaiser Permanente Woodland Hills**, Finish Line Sponsor; **Los Angeles Daily News**, Starting Line Sponsor; **Gelb Group, A Family of Companies**; **Councilman Bob Blumenfeld**; Councilman Paul Krekorian; U-Frame-It; Promotionally Minded; Paul Davis and Alberta Bellisario Insurance Services; Vonte Products; and MMP Printing.

Our partners include the **Chatsworth Chiefs**; **Metro**; **Fleet Feet Encino**; and **Santa Clarita Running**.



Adam and Joey playing the drums



Wahlbangers playing music with Valley Village clients

Welcome New Legacy Group Members

Are You a Legacy Group Member, Too?

The Valley Village Foundation was established in 2002 to ensure the financial future of Valley Village. The Board of Directors of the Foundation formed the **Legacy Group** whose members have named Valley Village in their planned giving. These gifts build the endowment of the Foundation.



Legacy Group Members Kitty and June

We would like to welcome and graciously thank the following new members for their giving hearts and philanthropic commitment to people with intellectual and developmental disabilities and to Valley Village.

Denise and Steve Beilinson
Debra and David Donovan
Jean and Gregg Miraglia

To see the complete list of Legacy Group Members, [visit our website](#). If you would like to speak to us about advance planning or about becoming a Legacy Group Member, we would be **happy to connect you** to our Advanced Planning Chair, Dick Bartus.

The 2015-2017 Valley Village Board of Directors

Two New Board Members Elected

Our Board of Directors:

Leela Kapur, President
Steve Beilenson, Vice President
Judi Prejean, Treasurer
Kitty Cooper, Secretary
Cathy Casas
Margarita Clement
Diana Cunningham
Larry Diamond
Marla Kort
Anne Miller
Matthew Pondella
Carson Schreiber
Ron Smith



Valley Village 2015 Board of Directors with Lyn Shaw, District Director for Councilmember Bob Blumenfield

A special welcome to our two new board members, Diana Cunningham and Anne Miller, elected at our Annual Membership Meeting on September 30. Thank you to all of our Board Members for their spirited leadership and volunteer spirit. If you are interested in becoming a volunteer or Board Member, please **contact us**.

2014 Calendar

Weekdays	11:30 am - Noon The Fun Truck, gourmet Mexican food at Valley Village's Fred Chapa Campus
November 2	Daylight Saving Time ends. Turn clocks back one hour.

- November 9 **Village Run/Walk**
Sponsored by **Kaiser Permanente Woodland Hills** –
Registration is OPEN! Start your team now!
- November 11 Veterans Day. Day programs closed. Office open.
- November 27-28 Thanksgiving holidays. Office and day programs closed.

Like us on Facebook 

"Walking/Running while supporting a nonprofit is the best exercise."

- Alexis Blades


DONATE NOW



Becca and her housemates

Stay Connected.
Events & Photos are always on Facebook First!



 Forward to a Friend

ValleyVillage.org
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