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SOUTH WALNUT CREEK *living*

AUGUST 2025

MEET
FRANCESCA
VOGEL

*Lead with Heart
and Stay Grounded*

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JULIANA JASON PHOTOGRAPHY

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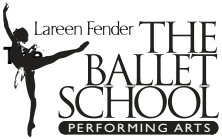
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kristinlanham.com

A housing change often signifies a dream turning into reality. My focus as your realtor is communication. I want to understand what is important to you so I can better explain the processes that go into making those dreams come true. Explaining the real estate processes and all details are imperative to me. Ensuring that you have a smooth experience is its own reward and doing an exceptional job is what motivates me. I have been a realtor since 2003 and a Parkmead resident since 1999. I know and love Walnut Creek.

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Photo by Shoott Photography

Dear Neighbors,

August brings a mix of summer fun, celebrations, and various national and international observances! Take a peak at the Calendar of Events on page 4 for the many events being hosted in our neighborhood. One of the things I love about Walnut Creek is that there is always something going on that can include you. Particularly, Summer Suppers are casual, no-pressure meals hosted by folks from the Saint Matthew's community and all are welcome. You can learn more about this awesome series on page 11.

And just like that... school is back in session. As my daughters continue to grow, I am starting to understand the meaning behind "it goes by fast". For some, this month means you're walking your son or daughter to kindergarten for the first time or you are waving your senior out the door as they drive to their "last first day of high school" or your Target app cart keeps adding up as you plan for all the things your college student is going to need for this first year without you. Wherever you land on this spectrum, I hope you feel honored that you've chosen Walnut Creek as your home for these moments.

The trusty internet describes a hometown as a powerful force in shaping an individual's identity, values, and worldview. The community's size, culture, and resources create a unique environment that influences how individuals interact with each other and the world around them. Whether you have lived in Walnut Creek your whole life or just for a blip, all of our lives have been enriched by this sweet town!

South Walnut Creek Living can only get better with your contributions, so if you have a rave review for a local business or want to share your latest traveling experience, we would love to feature it!

Callie

Callie Lattanzio
CONTENT COORDINATOR
clattanzio@bestversionmediacom





AUGUST Events

FRIDAY, AUGUST 1

Candle-Lit Sound Bath

📍 Raga Yoga

Step into serenity and join us for a Transformative Crystal Singing Bowl Sound Bath at Raga Yoga in Walnut Creek! Let the candle-lit atmosphere and soothing vibrations of crystal bowls wash over you, melting away stress and inviting deep relaxation. Whether you're seeking peace, rejuvenation, or a unique way to de-stress and unwind, *this sound bath is for everyone*. Reserve your spot, bring an open heart, and let the healing sounds guide you to a place of calm and balance.

Time: 7-8PM | **Cost:** \$45
bayareasoundbath.com

TUESDAY, AUGUST 5

Movie Under The Stars

📍 Civic Park

Walnut Creek's Arts + Rec and Police Departments present The Goonies! Bring blankets, low chairs, and money for the food and drink vendors (or feel free to bring your own)!

Time: 6-10PM (Movie starts at 8) | **Cost:** FREE
walnutcreekartsrec.org

TUESDAY, AUGUST 5

Unlocking Property Tax Benefits for Seniors

📍 Saint Matthew

Join us for an informative seminar exploring California's Proposition 19 and how it can benefit seniors looking to transfer or downsize their homes. Learn how to preserve your property tax base, understand eligibility

requirements, and discover practical steps for taking advantage of these valuable tax savings. Ideal for homeowners aged 55+, caregivers, and anyone planning for the future.

Time: 11:30-1PM | **Cost:** FREE
saintmatthew.org/events

THURSDAY, AUGUST 8

Summer Concert featuring Ragdolls

📍 Broadway Plaza Street

RagDolls is dedicated to recreating Aerosmith's iconic sound, energy and entertaining style. Come early and visit our vendors and partners! Limited seating provided; bringing your own chairs is encouraged. The Walnut Creek Downtown Association will be selling beverages at each concert, plus concertgoers can get food at a number of our surrounding eateries and restaurants!

Time: 7-8:30PM | **Cost:** FREE
broadwayplaza.com

SATURDAY, AUGUST 9

Family Art Day

📍 Leshner Center for the Arts

Join us for a day of art making with community arts, access & activities at Bedford Gallery, and live music on the Rudney Plaza! This event is for participants of all ages.

Time: 10-1PM | **Cost:** FREE
walnutcreekartsrec.org

SUNDAY, AUGUST 10

Bruch & Burn with ISI Elite

📍 Pinstripes

Join us for a 50-minute bodyweight and resistance band workout led by a certified

coach from ISI® Elite Training. This athletic-style class focuses on functional, full-body movements designed to build strength, boost endurance, and leave you feeling amazing. No experience necessary—just bring your mat and show up ready to move! Please arrive by 8:45 AM to check in. Enjoy a complimentary mimosa if you stay for our delicious discounted brunch buffet!

Time: 9-10AM | **Cost:** FREE
eventbrite.com

THURSDAY, AUGUST 14

Summer Concert featuring 3 Queens of Motown

📍 Broadway Plaza Street

Lea Sweet as Tina Turner, Stacy Carter as Diana Ross, Samantha Alexes as Aretha Franklin. Under the leadership of music director Nathan Owens the 3 Queens of Motown Tribute Show takes to the stage with a Las Vegas style, fantastic, high energy, show that pays honor to 3 Queens of the music business Tina, Diana, & Aretha.

Time: 7-8:30PM | **Cost:** FREE
broadwayplaza.com

THURSDAY, AUGUST 14

Summer Breeze Movie Series

📍 Pinstripes

We're bringing the big screen to the patio featuring How to Train Your Dragon! Bring your friends, grab a drink, and settle in for a summer evening filled with laughs, love, and a little nostalgia.

Time: 6-9PM | **Cost:** FREE
broadwayplaza.com

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HOLIDAYS AND OBSERVANCES

BY CALLIE LATTANZIO

- | | |
|------------------------------------|---|
| 1 National Mountain Climbing Day | 14 National Creamsicle Day |
| 2 International Beer Day | 15 National Relaxation Day |
| 3 National Watermelon Day | 16 National Roller Coaster Day |
| 4 U.S. Coast Guard Birthday | 17 Baby Boomers Recognition Day |
| 5 National Oyster Day | 18 National Couple's Day |
| 6 Day of Remembrance for Hiroshima | 19 Full Moon |
| 7 National Beach Party Day | 20 National Lemonade Day |
| 8 International Cat Day | 21 National Senior Citizen's Day |
| 9 National Hand Holding Day | 22 National Rainbow Baby Day |
| 10 National Garage Sale Day | 23 Hug Your Sweetheart Day |
| 11 Perseid Meteor Shower Peak | 24 National Waffle Day |
| 12 National Middle Child Day | 25 National Banana Split Day |
| 13 International Lefthanders Day | 26 Women's Equality Day |
| | 27 National Banana Day |
| | 28 National Be Thoughtful Day |
| | 29 International Cabernet Sauvignon Day |
| | 30 National Beach Day |
| | 31 International Bacon Day |

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I couldn't be more excited for my clients, who are moving from San Francisco with their two kids under five!

If you're thinking about selling and/or buying – or know someone who is looking for a REALTOR® – please don't hesitate to reach out. I'm here to help!

LOOKING FOR LOVE

BY CHELSEA BLACKBURN

Adopt a new best friend at Joybound People & Pets (formerly the Animal Rescue Foundation) in Walnut Creek! View available dogs and cats online or visit Joybound in-person: Monday-Sunday, 12-6 pm. Our team is excited to guide you in choosing a pet, share information about their history and behavior, and provide helpful resources.

Here are a few of our adorable animals looking for love:



SCOTT PILGRIM

Scott Pilgrim is a 5-month-old Staffordshire mix bursting with puppy charm and energy! This young adventurer is full of fun, curiosity, and goofy antics that will keep you smiling all day long. He's playful, affectionate, and always ready to make a new friend—whether it's human or canine. With his big heart and boundless enthusiasm, Scott Pilgrim is ready to be your sidekick in all of life's adventures. Come meet this lovable goofball and fall in love!

Age: 5 months old, Young
Breed: American Staffordshire Terrier
Size: Large, 30.80 pounds



RILEY

Riley is ready for some well-deserved pampering and love. She's shown that underneath all that mama instinct is a wonderfully sweet cat who will make a devoted companion to someone who gives her the same care she's given her babies.

Age: 1 year old, Adult
Breed: Domestic Short Hair
Size: Medium, 7.40 pounds



CROCKPOT

Crockpot is a distinguished older gentleman with a luxurious long black coat and a heart full of warmth. He's the kind of cat who prefers a cozy nap in a sunny window to wild antics—true to his name, he's all about the slow, comforting vibes. Crockpot is gentle, polite, and full of quiet affection. If you're looking for a calm companion with timeless charm, Crockpot is ready to simmer his way into your heart.

Age: 9 years old, Senior
Breed: Domestic Long Hair
Size: Large, 11.40 pounds



Do you have a pet that you would like to have featured in an upcoming issue?

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Ozone Therapy at Walnut Creek Naturopathic

COMPILED BY CALLIE LATTANZIO

Major Autohemotherapy, (MAH) therapy began in Germany in the 1950s and has been slowly growing in availability in The U.S. MAH utilizes ozone, which is found naturally in the body. Our white blood cells make ozone in response to viruses, bacteria and fungal pathogens. MAH therapy works by boosting your body's immune response, in addition to enhancing your health in a number of other ways:

1. Ozone improves circulation by enhancing the flow of your blood.
2. Ozone increases cellular oxygen uptake by stimulating the enzyme DPG (diphosphoglycerate). Increased oxygen enhances your body's ability to fight viral, bacterial and fungal infections.
3. Ozone is a powerful regulator of the immune system. It calms down the immune system in cases of auto-immune disease, and stimulates the immune system when it is under active (such as in cancer and chronic infections).
4. Ozone is a powerful mitochondrial stimulant. Decreased mitochondrial energy production is the underlying cause of all degenerative disease, and MAH can correct this.
5. Ozone can boost your body's antioxidant capabilities.

MAH is an extremely safe form of ozone therapy when provided by a qualified medical professional. MAH generally results in very minor, if any side effects, and the potential

for these side effects will be discussed before your first treatment. (Direct intravenous ozone, however, can be very dangerous and is not practiced in this office.) Ozone can be an effective treatment for a number of conditions, as well as provide continuing defense against the process of aging. Ozone has proven to be effective for:

- Oncology- This therapy can be exceptionally effective when combined with high-dose vitamin C IV therapy
- Chronic Infections (Herpes, Hepatitis, HIV, HPV, EBV, Candida, etc.)
- Acute Infections (Colds and Flu, Bladder Infections, Bronchitis, etc.)
- Allergies and Chemical Sensitivities
- Coronary Artery Disease and Cardiovascular Disease
- Diabetes
- Enhanced Athletic Performance
- Pain
- Macular Degeneration
- Neurological Disease
- Lyme Disease
- Claudication
- Chronic Fatigue
- Chemical Sensitivity
- Chronic Inflammatory Conditions
- Auto-Immune Disease
- Dementia
- Wound Care
- Asthma and COPD

The number of treatments that you will require depends on the condition you are trying to



treat and the results you want to achieve. Although everyone's treatment regimen will differ slightly, some conditions do require more frequent and more numerous treatments than others. This is something that can be discussed and determined with your doctor.

It is important to remember that although ozone is an extremely effective and crucial modality, it is only rarely effective by itself. To achieve significant healing results, it is important to combine this therapy with a complete naturopathic treatment plan.

Although MAH is an extremely safe therapy, it is not safe to use in everyone. MAH is contraindicated for the following:

- Pregnancy and Lactation
- Hyperthyroid (if uncontrolled)
- G6PD Deficiency
- Active Bleeding or Acute Hemorrhagic Disease (ie. Hemophilia)
- Acute MI
- Allergy to Heparin

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MEET FRANCESCA VOGEL

*Lead with Heart
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BY CALLIE LATTANZIO

PHOTOS BY JULIANA JASON PHOTOGRAPHY
AND FRANCESCA



Francesca Vogel is a proud mom to two grown children—Taylor (34) and Colton (28)—and wife to Greg Vogel, CEO and Portfolio Manager at GKV Capital in Walnut Creek. Greg and Francesca both have deep roots in the East Bay and a shared love for this community. Together, they have built a life focused on service, family, and giving back. One of their favorite parts of their relationship is how naturally their lives align—they support each other's work and share a love for the outdoors, animals, and staying active.

Francesca has worked in senior care for over 30 years, and that passion started early. She graduated from Las Lomas High School and began working for a local physician in Walnut Creek while she was still in high school. That experience led her to become an LVN and Cardiovascular Technician, and eventually working at John Muir Medical Center in her early 20s.

After raising her children, Francesca moved into home health, hospice, and care management—helping to launch one of the first for-profit hospice agencies in Contra Costa County and starting a Walnut Creek-based company focused on care management and in-home care. In 2022, Francesca co-founded Hillendale Home Care with Jesse Walters, with the goal of providing more personalized, higher-quality care for older adults in the East Bay. Today, Hillendale is an award-winning agency and a trusted partner to families throughout the region.

A big part of Francesca's journey has been mentoring and empowering other women in healthcare. She has taken several women

under her wing—guiding, coaching, and helping them build fulfilling careers. Supporting other women professionals has been one of the most rewarding aspects of her work.

Animals have always been a huge part of Francesca's life. She has raised horses, competed in cutting competitions with her daughter, and volunteered for years with pet therapy programs. She has had three certified therapy dogs, and loves visiting local senior communities and hospitals with her dogs and miniature horses. Francesca currently has several beloved animals who are part of her family and her therapy work. Marilyn is a young therapy dog-in-training, and Piper is an older border collie and loyal running partner. She also has miniature horses

named Snuggles and Cinnabon who join her on visits to senior communities. Francesca's late dog, Roman, was one of the area's first hospice pet therapy volunteers and had an extraordinary gift for comforting people. Francesca shared, "I feel lucky every day to share the love of these animals with others."

cont. on page 10





In addition to her work in pet therapy and aging services, Francesca is a volunteer with Save Mount Diablo. Giving back to the community where she was raised and where she chose to raise her own family means a great deal to her.

Francesca's daughter, Taylor (34), lives in Santa Cruz and is an avid surfer. She's always adored older adults and now works as the Marketing Director at a senior living community in Santa Cruz. Francesca's son, Colton (28), lives in Tahoe City, California, where he manages a local marina. He enjoys the outdoors, especially water sports, and has a calm, grounded energy that makes him a natural at creating connection and handling responsibility.

When asked what Francesca admires about living in Walnut Creek, she answered, "There's a real sense of warmth and connection here. People look out for one another, and many of us have deep ties to this area. I love how grounded and welcoming the community is, and how easy it is to get outside and be surrounded by nature." We are honored to have Francesca as a neighbor and to learn more about her ties and successes in the community by being our August Resident Feature!

To learn more about the in-home senior care Francesca and Hillendale Home Care provide, please visit HillendaleHomeCare.com

Do You Have a Notable Neighbor?

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SUMMER SUPPERS

Courtesy of Saint Matthew Church



COMPILED BY **CALLIE LATTANZIO**

Looking for a simple way to connect this summer? Summer Suppers are casual, no-pressure meals hosted by folks from our Saint Matt's community, and you're invited. Whether you're a regular attendee or are just looking for connection, there's something meaningful about sharing a table. It's all about creating lasting memories and forging new friendships. Sign up on signupgenius.com or visit saintmatthew.org/summersuppers! Choose the date, time, and theme that works best for you! Some are family-friendly and others are an adults-only soirée.

SUNDAY, 8/3 AND 8/10

A Little Taste of France Brunch with the Cerulllos at 12:30pm

Guests can bring Juice or Whipped Cream. The host will provide everything else. Adults only.

FRIDAY, 8/8

Salads with Ruann at 6pm

Please bring a salad of any kind. The host will provide beverages. Adults only.

SATURDAY, 8/9

Brunch Potluck with the Floods at 11am

Please bring any breakfast, brunch, or lunch item to share. The host will provide several brunch items. Families welcome!

FRIDAY, 8/15

Charcuterie Night with the Murphys and Comers at 6pm

Please bring charcuterie items for boards. Optional: Bring your own board if you'd like to learn how to make a beautiful charcuterie board, courtesy of Pastor Rustin! Adults only.

SATURDAY, 8/30

Etzel's Winery Farm-to-Table Dinner at 5pm

The host will provide a main dish (likely beef brisket or tri-tip) but can also accommodate "Grill-your-own" for those who prefer other proteins (such as chicken, fish, pork, or vegetarian options). Please bring a potluck side dish or dessert to share. Families welcome!

Summer Suppers are organized by Saint Matthew, a Lutheran Church that practices faith in a multi-denomination context. We exist to help people connect to and follow God. We seek to provide a safe place for **people of all walks of life** to experience true life-change through authentic, relational community with God and others. Regardless of your story, your doubts, or your struggles; you are welcome at Saint Matthew! We seek to equip and empower a courageous community of deeply formed lives, to foster well-being, reduce stigma, and impact our neighborhood through allyship.

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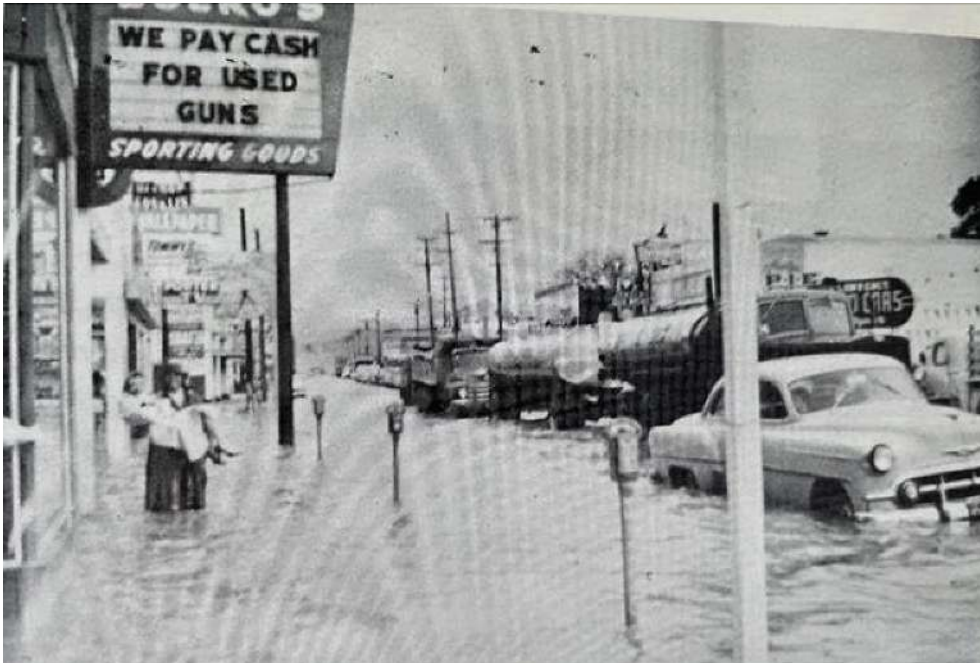
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Did You Know?

South Walnut Creek: Under the Sea?

BY JANAE LEE | PHOTO BY WC HISTORICAL SOCIETY



Did You Know that South Walnut Creek has been completely underwater, both in ancient and modern times?

Over 150 million years ago, compression (thought to be related to the San Andreas fault) pushed Mt. Diablo and surrounding areas out of the seafloor, which explains why residents sometimes find tide pool rocks and fossilized shells in their backyards.

But South Walnut Creek has also been completely underwater in relatively modern times. In 1955, 1958 and 1962, Walnut Creek and San Ramon Creek overflowed, leaving the streets like a giant swimming pool. In 1958, the flood waters hit over 20 feet just south of Ygnacio Valley road!

While South Walnut Creek was not hit quite as hard, the drive from Lilac

Drive to the old Safeway (at the corner of Newell and South Main) was a memorable experience for a 2-year-old. Sixty-seven years later, I still recall the water sloshing over the running boards (and into the footwell) of our family's Chevy Biscayne sedan.

The picture shown here (sourced from Brad Rovnpera's "Walnut Creek, A Look Back") shows the impact on Main Street. In 1963, the Army Corps of Engineers added channels to the creeks, so you need have no fear of this happening in 2025!



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Shrimp Gnocchi with Lemon Cream Sauce

BY ROSE ALEXANDER

The rich and creamy sauce makes this dish feel extra luxurious, but it's quick and easy enough to throw together on a weeknight! Just make sure to budget time for peeling and deveining the shrimp or buy them pre-prepared.

INGREDIENTS

1 Tbsp butter
1 Tbsp olive oil
4 cloves garlic, minced
1/3 cup white wine
3/4 cups fish stock
1 1/2 cups heavy cream
1/2 tsp salt
1 700g bag packaged gnocchi
1 lb shrimp, peeled and deveined, tails removed
3 cups spinach
1 tsp lemon zest
2 tsp lemon pepper
Additional salt and pepper, to taste
Parmesan cheese, grated
Fresh parsley, chopped

DIRECTIONS

- 1 Heat the olive oil and butter in a large sauté pan over low heat until the butter melts. Add the garlic and cook for 30 seconds to a minute until fragrant.
- 2 Add the wine and simmer for 2-3 minutes, then add the stock, cream and salt. Increase the temperature and heat the mixture until just boiling.
- 3 Add the gnocchi, then cover and cook on medium-low for 4 minutes.
- 4 Remove the lid and add the shrimp. Cook, stirring frequently, for an additional 3 minutes until the shrimp are pink.
- 5 Turn off the heat and add the spinach, stirring until it wilts, then the lemon zest and lemon pepper. Check the seasoning and add black pepper and more salt if needed.
- 6 Serve garnished with Parmesan cheese and fresh parsley. Makes 4 servings.



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SAVORING SUMMER

Create a Family Memory Jar

SUBMITTED BY **ERIN ROELKE**

As August rolls in with its golden evenings and slower rhythms, there's a bittersweet feeling in the air. Summer is beginning to come to a close, and with it, the fleeting magic of backyard bonfires, beach trips, swimming pool days, and sticky popsicle fingers. Before the backpacks get packed and routines begin again, it's the perfect time to reflect and preserve the summertime joy in a simple, heartfelt way: a Family Memory Jar.

The idea is wonderfully easy and beautifully meaningful. Grab an empty jar—any jar will do—and place it somewhere everyone in the family can reach. Cut up strips of paper, leave out a few pens, and encourage each family member to think back and jot down their favorite summer memories. It could be a big moment, like a family road trip or a new friendship at camp, or something small but special—a funny quote from your toddler, the first tomato from the garden, or that one perfect night viewing the stars in the sky. These slips simply take little snapshots of the memories.

What makes the Family Memory Jar extra special is the ritual it creates. You can add memories all month long and then read them together on the last day of August, the first snowy night of winter, or even on New Year's Eve. It's a reminder of the warmth and laughter that filled your days and the small things that made a big impact.

Life moves fast, and kids grow even faster. A Family Memory Jar slows things down, if only for a moment. It gives everyone a chance to reflect, to be thankful, and to realize that even an "ordinary" summer can be full of extraordinary memories.

So before the sun sets on the season, gather your loved ones, find a jar, and start writing. You'll be glad you did—come winter, those little slips of paper will feel like sunshine in your hands.





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