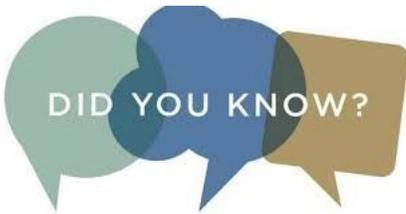




Village Santa Cruz County News



February 2021



DID YOU KNOW?

#19 of 25 Ways to Age Better: Add Turmeric

A natural anti-inflammatory, turmeric has been linked to a reduced risk of Alzheimer's, cancer and liver disease.

It is also antiseptic, antibacterial and packed with antioxidants. Research suggests that curcumin, turmeric's active ingredient...**CONTINUED ON PAGE 4...**



Hint #1: No shredder? Soak instead!

'I had a ton of papers to shred but no shredder and did not want to pay for shredding. I put all the papers in a container with water and stirred until it turned to pulp. I then poured out the water and put it into trash. The writing was illegible and I didn't have to pay for a shredder!'

If you have a handy hint to share, send it to info@villagesantacruz.org



Sunday, February 14th, 3:00 PM

Village Santa Cruz County is four years old and we want to celebrate! This Zoom party is a chance for Village members to meet and greet other Circle members (in small break-out rooms) as well as get an update on The Village - where we are and where we're headed in 2021.

"As we age...friends die and move away. It's such a pleasure to have some new friends to share life's ups and downs with. Village Santa Cruz is the perfect combination of activities and opportunities to grow my circle of affection."

- Melody

COVID Vaccine Information



Go to **County Health Webpage** to stay updated:

<https://www.santacruzhealth.org/HSAHome/HSA Divisions/PublicHealth/CommunicableDisease Control/CoronavirusHome/Vaccine.aspx>.

If your medical plan is with Kaiser, PAMF/Sutter, or Dignity Health this page has links to each of their latest vaccine information pages.



Looking for a way to spread the love this Valentines Day?

Join us on Zoom as we make cards to be distributed in long-term care facilities. Check out the 'Coming Up' section for more details.



February Birthdays:

BEILA
DUKH NIWARAN



Coming up...for members

Mon, Feb 1 @ 1:00 PM, Movie Discussion: One Night in Miami. Watch the film beforehand and join us for a lively discussion This movie is only available on Amazon Prime. To watch the trailer, please visit: <https://www.youtube.com/watch?v=ZprXMxKg--w>

Wed, Feb 3 @ 4:00 PM, Aptos Coffee/Tea Meet-Up.

Thurs, Feb 4 @ 12:30 PM, Strategic Planning Team Monthly Meeting. This is our monthly business meeting. All members welcome. Please RSVP for agenda.

Fri, Feb 5 @ 1:00 PM, Drop-In Conversational Spanish. Lead by Venessa, a native Spanish speaker and Volunteer Center's Stay Connected Program specialist. Open to all Village members at all levels of Spanish language comprehension.

Fri, Feb 5 @ 3:00 PM, Westside Circle First Friday Discussion: Topic TBD.

Mon, Feb 8 @ 3:00 PM, Westside Coffee/Tea Meet-Up. Theme for Feb. 8th to come.

Tues, Feb 9 @ 2:00 PM, Mid-County Coffee/Tea Meet-Up.

Wed, Feb 10 @ 1:00 PM, Valentine Card Making. Join us on Zoom as we make cards together to be distributed to residents in a long-term care facility. Dukk Niwaran has a ton of card making supplies to share (you pick up or we'll deliver) or you can use your own supplies.

Wed, Feb 10 @ 4:00 PM, SLV Coffee/Tea Meet-Up. Open to the public.

Fri, Feb 12 @ 1:00 PM, Drop-In Conversational Spanish. Lead by Venessa, a native Spanish speaker and Volunteer Center's Stay Connected Program specialist. Open to all Village members at all levels of Spanish language comprehension.

Sun, Feb 14 @ 3 - 4:30 PM, Village Birthday Party! Village Santa Cruz County is four years old and we want to celebrate! This Zoom party is a chance for Village members to meet and greet other Circle members (in small group break-out rooms) as well as get an update on The Village. Details to follow.

Mon, Feb 15 @ 1:00 PM, Movie Discussion: Movie TBD. Watch the film beforehand and join us for coffee/tea and a lively discussion.

Wed, Feb 17 @ 4:00 PM, Aptos Coffee/Tea Meet-Up.

Fri, Feb 19 @ 1:00 PM, Drop-In Conversational Spanish. Lead by Venessa, a native Spanish speaker and Volunteer Center's Stay Connected Program specialist. Open to all Village members at all levels of Spanish language comprehension.

Mon, Feb 22 @ 3:00 PM, Westside Coffee/Tea Meet-Up.

Tues, Feb 23 @ 2:00 PM, Mid-County Coffee/Tea Meet-Up.

Fri, Feb 26 @ 1:00 PM, Drop-In Conversational Spanish. Lead by Venessa, a native Spanish speaker and Volunteer Center's Stay Connected Program specialist. Open to all Village members at all levels of Spanish language comprehension.

In the Community...

Wed, Feb 17 @ 10:30 AM, Living Your Best Life Webinar Series: Mental Health Challenges and Mindfulness Practices for Older Adults

Presented by Leslie Tremaine, PhD. Learn about mental health challenges in older adults especially during these difficult times, and gather tips and tools to help address them. This event is FREE and advanced registration is required. To learn more and to register, please visit:

https://zoom.us/webinar/register/WN_X9NIqVbORPqqwRKPP_v59g

New Fall Prevention Classes - Thursdays from 11:00 AM - 12:00 PM

Senior Programs and RSVP at the Volunteer Center of Santa Cruz County are partnering with Community Bridges Senior Center without Limits to bring you **Fall Prevention Workshop and Exercise Classes**.

Falls are the number one cause of injury in older adults! Join us in this Fall Prevention Workshop remote version combining both Fall Prevention Tips and Everyday Exercises in each one-hour class:

1. Learn useful Tips to help with Fall Prevention (15 Mins)
2. Do some simple Everyday Exercises specific to Fall Prevention (30 Mins)
3. And then finally, Q&A and Next Steps Segment (15 Mins)

Please wear comfy shoes, grab an armed dining chair or similar, and give yourself a bit of space to move

Zoom Link for Thursday Classes: <https://us02web.zoom.us/j/92906805068>

Senior Center Without Limits: <https://communitybridges.org/scwol/>

Aging Better Together

Village Santa Cruz County is moving into our 5th year. Yippee! When we began, we asked ourselves, 'How can The Village best fit into our county's many senior support services and fill in some missing pieces?' I think of The Village role within our county senior support network, as analogous to the old models of western vs eastern medicine. Each performs an important task in keeping us healthy and vibrant. In great part, county senior support services have functioned like the old western medicine model, focusing their limited resources on the acute problems our older adults face.

The Village operates more on the eastern model. We recognize that our physical and mental wellbeing is intertwined. We believe people are best served when they are proactive participants in their own wellbeing. To best 'fill in the gaps' of available services The Village focuses on building and strengthening enduring connections. Knowing we have a support network of caring individuals dedicated to helping one another, we feel confident facing life's challenges. We ask for help and we offer help, so our relationships don't feel lopsided. Instead of waiting until a crisis occurs, we check in with each other on a regular basis, through our zoom events, emails, and phone calls. Each time we show up may be a day that a member particularly needs to see a friendly face, hear a funny joke, ask for help, or have someone listen. To all of our members who have hung in there during this past year when we could only meet on Zoom – thank you. Look forward to seeing you all in person later this year.

In ending, I want to mention how impressed I am that so many of our members, in addition to supporting one another, volunteer out in the larger community. We are a good and active group of people! As one of our 2021 goals, The Village is exploring a community service we might take on together. Year five, here we come! - Mary Howe

Continued from page 1...#19 of 25 Ways to Age Better

...appears to counteract the low-grade, chronic inflammation that increases with age - it also may improve brain function.

Other studies have linked curcumin supplementation to reduced pain for arthritis sufferers, improved liver function and some relief from irritable bowel syndrome symptoms.

Start your day with our turmeric sunrise tonic: a cup of warm water, 1tbs apple cider vinegar, 1 tsp turmeric, 1/2 tsp black pepper (which seems to increase absorption rate of curcumin) and 1/2 tsp ginger pulp. Add honey to taste and stir well.

Brushing Scam:

Latest Scam & Why It's Bad For You (From the Better Business Bureau)

Free box loads of merchandise from Amazon or other companies, right on your doorstep! What could possibly be bad about getting the Santa treatment all year long? Plenty! Better Business Bureau (BBB) is warning consumers that there is a scary downside to this recent

scam. You are not the one who hit the jackpot. A scam company is the real winner.

This scam is called brushing, and it has been popping up all over the country. Suddenly, boxes of unordered (by the recipient) merchandise from Amazon begin arriving. There is no return address, or sometimes it just appears to come from Amazon or another retailer, and the receiver has no idea who ordered the items.

To find out why it's bad for you and what you can do if you are a victim of 'brushing' Go To This BBB Site:

<https://www.bbb.org/article/news-releases/20509-brushing-scam-indicates-a-serious-problem-for-victims>

When a Loved One Dies:

Responsibilities of the Beneficiary

Having recently experienced the sudden death of loved one for whom she was the beneficiary, Dede spoke from the heart about all of the tasks and paperwork one needs to attend to. Among the many things she covered, two stand out for me:

(1) Be gentle with yourself. Allow time to grieve. Do a bit of the beneficiary work each

day but give yourself time; finishing up all the paperwork, etc. involved can take a year or more (even with a living trust) and that's

OK.

(2) Have a lawyer draw up a living trust for yourself. You do not want your loved ones dealing with probate, which is a long and expensive process.

Thank you, Dede.

Understanding and Avoiding Financial Abuse

Join us on Tuesday, February, 2 at 2 p.m. PT for an AARP California Facebook (@AARPCalifornia) and YouTube LIVE conversation with California State Treasurer, Fiona Ma California Assemblyman, Adrin Nazarian and AARP California Senior Program Specialist, Strat Maloma.

AARP
California



Fiona Ma
California State Treasurer



Adrin Nazarian
California Assemblyman



Strat Maloma
AARP California

Tues, Feb 2 @ 2:00 PM

Join AARP CA, State Treasurer Fiona Ma and Assemblyman Adrin Nazarian, Chair of the Assembly Aging & Long Term Care Committee as they host experts in financial abuse of older adults on an interactive tele-town hall. This educational event will provide attendees with an opportunity to learn about red flags and strategies that will protect yourself and loved ones from financial fraud and abuse.