



Village Santa Cruz County News

AGING. BETTER.

June 2021

DID YOU KNOW?

#23 of 25 Ways to Age Better: Look After Your Eyes

The best ways to protect our eyes are to avoid smoking, keep active and eat healthily, including foods rich in macular pigments - anything bright yellow, orange or green is a rich source. Include plenty of vegetables such as corn on the cob, orange...**CONTINUED ON PG. 4...**

What? Can you say that again?

Sorry, I didn't hear you.

"Most people who have hearing loss have high frequency hearing loss due to aging, noise exposure or medications" says Dr. Cevette of Mayo Clinic. The high frequency sounds are the "sss, shhh and ffff" parts of words. So while patients with high frequency hearing loss can still hear, they may not be able to understand, especially if sound is bouncing around, or reverberating, as in a noisy restaurant.

2021 Virtual Gatherings of Villages

Re-IMAGINE: 3rd Annual Village Movement CA Convening

June 15th & 16th, 2021

Learn More Here: <https://villagemovementcalifornia.org/>

Village to Village National Network Gathering 'The Power of Community Connection'

October 5th - 7th, 2021

Learn More Here: <https://www.vtvnetwork.org/>

"Well, for me, the Village is about friendship, meeting like-minded fellow citizens and knowing there is a great resource available should I need to draw on it! And thanks for all you do!"

- Lynn

Preparing for Your Hearing Evaluation: Presentation and Q&A

Thurs, July 15, 10:30 AM via Zoom

Village Santa Cruz County will host Dr. Jeannine Ramacho-Talley, founder of Harmony Audiology. Her philosophy: 'Harmony Audiology was created to provide a medical, evidence-based, and compassionate approach to hearing. When done right, hearing aids will greatly improve your lifestyle - but they are not the only option. We take a holistic approach to each patient's hearing and have many diagnostic tools at our disposal'. *Open to the Public.*

Coming Up in June:

June 10th: Hakone Gardens Field Trip. Our 1st trip since COVID will be to beautiful Hakone Estate & Gardens, in Saratoga. Hakone Foundation has a new exhibition "Hakone Gardens and Executive Order 9066"

June 1st, 15th, 22nd & 29th: Pickleball is back! Village Members: If you've got a paddle, join us.

Please see 'Coming Section' for all June events



June Birthdays:

CAROLINE, MOONA, SANDY
& CHERYL



Coming Up...For Members

all events via zoom unless otherwise indicated

Tues, Jun 1 @ 4:30 PM, Guided Meditation. Lay down, sit in a chair, or on your mat. Breathe. Relax. Join us for a 15-minute guided meditation. No previous experience meditating required. This is for everybody. June 1st led by Bruce Berwald.

Tues, Jun 1 @ 4:30 PM, Pickleball at Derby Park. On the west side of Santa Cruz. Contact Mary H. if you'd like to join our pickleball group. Only requirement is that you bring your own paddle.

Wed, Jun 2 @ 3:00 PM, Aptos Circle Meet-Up. In the backyard of member's home.

Wed, Jun 2 @ 4:00 PM, SLV Circle Meet-Up.

Thurs, Jun 3 @ 12:30 PM, Strategic Planning Team Monthly Meeting. This is our monthly business meeting. All members welcome. Please RSVP for agenda.

Fri, Jun 4 @ 3:00 PM, First Friday Discussion: Unaffordable Housing in Santa Cruz. Don Lane will give us an update on the current state of affordable housing projects and will be on hand to answer questions. Our group discussion will revolve around these two questions: Are you willing to let Santa Cruz change so that there is much more affordable housing? If not, what are your big concerns?

Tues, Jun 8 @ 1:30 PM, Mid-County Circle Meet-Up at Michael's on Main. Join us outside on the deck from 1:30 - 2:30 PM at Michael's on Main. Please RSVP to Dukh Niwaran. Members pay for their own lunch, beverage or dessert.

Tues, Jun 8 @ 4:30 PM, Pickleball at Derby Park. On the west side of Santa Cruz. Contact Mary H. if you'd like to join our pickleball group. Only requirement is that you bring your own paddle.

Wed, Jun 9 @ 4:00 PM, Co-Op Living Discussion. Aviva will discuss her past experience in looking into Co-Housing. We'll also share things we've learned as we've researched 'creating a co-housing community'. One resource to check out: [Create Co-Housing](https://www.cohousing.org/create-cohousing/create-it/) (https://www.cohousing.org/create-cohousing/create-it/).

Thurs, Jun 10 @ 11:00 AM, Hakone Gardens Field Trip. Our first field trip since COVID will be to beautiful Hakone Estate & Gardens (21000 Big Basin Way, Saratoga, CA 95070) followed by an outdoor lunch at a nearby restaurant. Hakone Foundation is proud to present a new exhibition, "Hakone Gardens and Executive Order 9066", at the Cultural Exchange Center. The exhibit features an untold story of Hakone's long-time gardener James Sasaki, and his American-born family, imprisoned in Topaz, Utah Internment Camp during WWII. Cost: \$10 General, \$8 Seniors (65+). Please note that because paths and walkways are covered with either fine gravel or rock, the Gardens have limited access for wheelchairs. We will meet at the Hakone Gardens entrance at 11:00 AM.

Thurs, Jun 10 @ 11:30 AM, Westside Circle Meet-Up at Shrine Coffee. We'll meet at the outdoor patio of Shrine Coffee at 11:30 AM.

Coming Up...For Members Continued...

Fri, Jun 11 @ 1:00 PM, Spanish Conversation. Led by Vanessa Mendoza, our Spanish Conversation group will chat via Zoom - the 2nd & 4th Fridays of the month. Open to all members.

Mon, Jun 14 @ 3:00 PM, Westside Circle: Stories of Our Lives. This week's topic: Our 60's!

Tues, Jun 15 @ 4:30 PM, Guided Meditation. Lay down, sit in a chair or on your mat. Breathe. Relax. Join us for a 15-minute guided meditation. No previous experience meditating required - this is for everybody. June 15th led by Dee Edwards.

Tues, Jun 15 @ 4:30 PM, Pickleball at Derby Park. On the west side of Santa Cruz. Contact Mary H. if you'd like to join our pickleball group. Only requirement is that you bring your own paddle.

Wed, Jun 16, Aptos Circle Outing: Location & Time TBD.

Wed, Jun 16 @ 4:00 PM, SLV Circle Meet-Up.

Mon, Jun 21 @ 1:00 PM, Movie Discussion: Penguin Bloom. Based on the best-selling book of the same name, the film tells the story of Sam Bloom, a young mother whose world is turned upside down after a shocking, near fatal accident leaves her paralyzed. Sam's husband, her three young boys, and her mother are struggling to adjust to their new situation when an unlikely ally enters their world in the form of an injured magpie they name Penguin. This movie can be found on Netflix.

Tues, Jun 22 @ 1:30 PM, Mid-County Circle Meet-Up.

Tues, Jun 22 @ 4:30 PM, Pickleball at Derby Park. On the west side of Santa Cruz. Contact Mary H. if you'd like to join our pickleball group. Only requirement is that you bring your own paddle.

Wed, Jun 23 @ 1:00 PM, Book Discussion: *The Three Mothers: How the Mothers of Martin Luther King Jr., Malcolm X, and James Baldwin Shaped a Nation* by Anna Malaika Tubbs. 'A fascinating exploration into the lives of three women ignored by history...Eye-opening, engrossing' Brit Bennett, bestselling author of *The Vanishing Half*. In her groundbreaking debut, Anna Malaika Tubbs tells the incredible, moving story of three women who raised three world-changing men'.

Thurs, Jun 24 @ 11:30 AM, Westside Circle Meet-Up: Shrine Coffee.

Fri, Jun 25 @ 1:00 PM, Spanish Conversation. Led by Vanessa Mendoza, our Spanish Conversation group will chat via Zoom - the 2nd & 4th Fridays of the month. Open to all members.

Tues, Jun 29 @ 4:30 PM, Guided Meditation. Lay down, sit in a chair or on your mat. Breathe. Relax. Join us for a 15-minute guided meditation. No previous experience meditating required - this is for everybody. June 29th led by Dukh Niwaran.

Tues, Jun 29 @ 4:30 PM, Pickleball at Derby Park. On the west side of Santa Cruz. Contact Mary H. if you'd like to join our pickleball group. Only requirement is that you bring your own paddle.

In the Community...

Bookshop Santa Cruz and UCSC Humanities Institute Host Author Talk

When: *Tuesday, June 1st @ 6:00 PM*

What: Virtual Event. Legendary Chef and food activist Alice Waters will be in conversation with bestselling author Michael Pollan about her new book, *We Are What We Eat: A Slow Food Manifesto* - an impassioned plea for radical reconsideration of the way each and every one of us cooks and eats.

Buy Tickets Here: <https://www.bookshopsantacruz.com/alice-waters>

Santa Cruz Museum of Art & History: RedBall Project Santa Cruz

When: *Tuesday June 8th @ 12:00 PM to Sunday June 13th @ 6:00 PM*

What: In celebration of the Santa Cruz Museum of Art & History's 25th Anniversary, artist Kurt Perschke's inflatable mobile sculpture is popping up around Santa Cruz County. Perschke's RedBall Project is a sculptural installation travelling around the globe, adopting cities as its canvas. Through a mixture of vision and wit, the RedBall squeezes between buildings and is hoisted above bridges finding those mundane, overlooked places and filling them with possibility. From June 8th - 13th, 2021, the 15 foot red ball will explore our unique architectural landscape and history with daily installations popping up throughout Santa Cruz County.

Find Out More Here: <https://www.santacruzmah.org/exhibitions/redball>

Troilus & Cressida: 2021 Undiscovered Shakespeare Series

When: *In three episodes on June 9th, 16th, and 23rd @ 6:30 PM*

What: In partnership with The Humanities Institute at UCSC, Santa Cruz Shakespeare is pleased to present a virtual reading of *Troilus & Cressida*. This play will be read episodically on Zoom and feature lectures from scholars and conversations with the cast. Swinging wildly between bawdy comedy, epic history, and tragic romance, *Troilus and Cressida* plays out against the backdrop of the Trojan War. With its examinations of honor, fidelity, pretension, romance, and war, this is a play that Joyce Carol Oates described as an "implicit debate between what is essential in human life and what is only existential". *Troilus & Cressida* is presented free to the public.

Register Here: https://ucsc.zoom.us/webinar/register/WN_5QsZYZ8NTVK--1fhbBx1PA

The Plateau Jazz Band is Back!

When: *Saturday, June 26th @ 1 - 2:30 PM & 3 - 4:30 PM*

What: The Plateau Jazz Band is excited to announce our first post-pandemic performance! Join us for a fun afternoon with wine tasting at Nicholson Vineyards on Saturday, June 26th. You will need to reserve your table in advance. Plateau Jazz Band will play 1 - 2:00 PM and 3 - 4:30 PM. Included on the web page is a link to safety protocol, plus picnic policy and directions. Contact information is located at the bottom of the page. Please note that tasting fees are waived with the purchase of two bottles of wine.

Please select your 90-minute reservation here: <https://www.nicholsonvineyards.com/visit-us>

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...peppers, carrots and kale in your diet. Regular eye tests are a must: eyesight changes rapidly after the age of 40. Wear good-quality sunglasses on sunny days, even in winter, and take regular breaks if you spend a lot of your day looking at an electronic screen.



Kyle welcomes guests to Village event.

A Fond Farewell to Kyle

Our Village staff person, Kyle, is ending her employment with the Village as she embarks on a full time career at La Posada Senior Retirement Community.

Kyle joined the Village in the fall of 2018, as a volunteer. In early 2019 she became our Administrative Coordinator. Kyle is such a hard working and compassionate individual; she cares passionately about the welfare of both individuals and our society as a whole. When there is a need, Kyle always says yes, if she can. Thank you Kyle, for your tremendous contributions to the Village. Good luck in your future endeavors; I'm sure you'll do well. All of us at the Village will miss you.



Handy Hint #5: Find Your Way in the Dark

Luminous Light Switch: A dab of glow-in-the-dark paint means no more groping for the light switch in the dark. You can buy glow-in-the-dark paint at hardware stores and home centers.

Find a Flashlight: When the power goes out, you'll be groping in the dark for a flashlight - unless you wrap one with glow-in-the-dark tape. The tape glows for about eight hours after exposure to light.

A Good Strategy

Village member Robin shared that once she retired she set a goal for herself, a goal worth passing on. Every day Robin strives to do something to:

- Take care of herself (both physically and mentally)
- Connect with friends and family
- Work on something for the social or political good
- Work on something to maintain or improve her home

Dear Village Members,

I do not know where to start in my appreciation for the Village. When I joined as a volunteer in 2018, I was a student at Cabrillo College looking for a way to work with the community, especially seniors. I had no idea that that decision would lead to all of this.

I have gotten to work with members in a variety of ways, whether it be one on one volunteering, office support or working our events. Each of you have shown me great kindness and patience as I learned this role and what Villages do as a whole.

I hope that over the past few years I have been able to make a positive impact on the Village. I am so grateful for the relationships that have been built and for all that I have learned from each of you.

While I love and appreciate every member of the Village, I must give the biggest thank you to Mary Howe who has taught me so much, while being patient with every last question I had. Without her guidance all of this would be impossible.

I look forward to taking the knowledge I have gained with the Village out into the world so that I can continue advocating for seniors, my passion in life. I wish you all the very best and I look forward to seeing you all in the community. Please do not ever hesitate to reach out if I can be of service.

With love and gratitude, Kyle