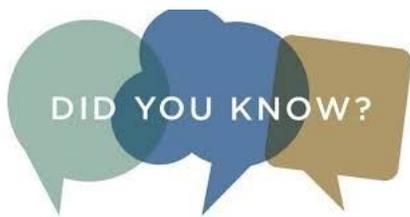




# Village Santa Cruz County News

AGING. BETTER.

November 2020



DID YOU KNOW?

## #16 of 25 Ways to Age Better: Cultivate Friendships

Loneliness is as big a mortality risk as diabetes. Research links social isolation to dementia, heart disease, stroke, depression and a 29% greater risk of dying. An eight-decade study found...**CONTINUED ON PAGE 4...**

### During the Holidays You Are Not Alone

Are you dreading the upcoming holidays? Are the holidays a painful reminder of loved ones gone? Or is it that COVID is keeping you from your usual gathering of friends and family?

**Village Members:** Sandy and Dede are working on a plan to make sure none of us are alone this Thanksgiving Day. This may involve a shared meal outdoors, an at home Zoom get-together, or ??? Please contact [info@villagesantacruz.org](mailto:info@villagesantacruz.org) if you are interested in participating.

### Murder Mystery Party Coming Your Way!

Check out the Coming Up...For Members section for more info.



### Writing Memoir: From Free Write to Manuscript



Village Santa Cruz County member Marlene Anne Bumgarner, author of *Back to the Land in Silicon Valley*, recently presented to our Writing Group, strategies on writing about our lives.

The presentation was very informative and I asked Marlene if she'd be willing to share her ideas and process in our newsletter, for those who missed the presentation. **CONTINUED ON PAGE 5...**

### 2020 Has Changed Many Things But Not This



Village Movement California has a new video out highlighting our California Villages and what we do.

Check Out Our Website: [villagesantacruz.org](http://villagesantacruz.org)

# Coming up...for members

**Mon, Nov. 2, Movie Discussion: Kedi, Cats of an Ancient City, 1 - 2:00 PM.** Watch the movie at home. Join us for coffee/tea and a lively discussion of the movie. Hundreds of thousands of cats have roamed the metropolis of Istanbul freely for thousands of years, wandering in and out of people's lives, impacting them in ways only an animal who lives between the worlds of the wild and the tamed can. Cats and their kittens bring joy and purpose to those they choose, giving people an opportunity to reflect on life and their place in it. In Istanbul, cats are the mirrors to ourselves. Watch on Kanopy (free with library card).

**Wed, Nov. 4, Aptos Coffee/Tea Meet-Up, 4 - 5:00 PM.**

**Thurs, Nov. 5, Strategic Planning Team Monthly Meeting, 12:30 - 2:15 PM** This is our monthly business meeting. All members welcome. RSVP for agenda.

**Fri, Nov. 6 Westside Circle First Friday Discussion, 1 - 2:00 PM.** We will discuss (celebrate or vent) the election results.

**Mon, Nov. 9, Westside Coffee/Tea Meet-Up, 3 - 4:00 PM. Please Note:** This Monday's Coffee/Tea Meet-Up is open to Westside Circle members only. The 2nd Monday meetings will include 'Stories of Our Lives'. Limiting the group in this way will allow for feelings of safety and a more open discussion of some of the more sensitive stories of our past - for anyone who wishes to tell such stories. 'Stories of Our Lives' will be short, themed vignettes, open to participants who want to share. Sharing is optional. Theme for this week: Formative Childhood Experiences. Each person has two minutes to tell a story of 'something formative in childhood.

**Tues, Nov. 10, Mid-County Coffee/Tea Meet-Up, 2 - 3:00 PM.**

**Wed, Nov. 11, SLV Coffee/Tea Meet-Up, 4 - 5:00 PM. Please Note:** This Coffee/Tea Meet-Up is a public event, open to ALL.

**Fri, Nov. 13, Book Discussion: Solitary by Albert Woodfox, 1 - 2:00 PM.** Solitary: Unbroken by Four Decades in Solitary Confinement. My Story of Transformation and Hope. Solitary is the unforgettable life story of a man who served more than four decades in solitary confinement—in a 6-foot by 9-foot cell, 23 hours a day, in notorious Angola prison in Louisiana—all for a crime he did not commit. That Albert Woodfox survived was, in itself, a feat of extraordinary endurance against the violence and deprivation he faced daily. That he was able to emerge whole from his odyssey within America's prison and judicial systems is a triumph of the human spirit, and makes his book a clarion call to reform the inhumanity of solitary confinement in the U.S. and around the world.

**Mon, Nov. 16, Movie Discussion, 1 - 2:00 PM.** Watch the movie at home. Join us for coffee/tea and a lively discussion of the movie.

**Wed, Nov. 18, Aptos Coffee/Tea Meet-Up, 4 - 5:00 PM.**

**Thurs, Nov. 19, Murder Mystery Party, 3:00 PM.** A murder mystery party is a themed event where attendees dress up to match an era or a genre. They will then work together to solve a fictitious murder which occurs during the party. This event is often compared to a live-action version of the game Clue! All Village members invited. Are you in? Email [info@villagesantacruz.org](mailto:info@villagesantacruz.org) for more information.

**Mon, Nov. 23, Westside Coffee/Tea Meet-Up, 3 - 4:00 PM.**

**Tues, Nov. 24, Mid-County Coffee/Tea Meet-Up, 2 - 3:00 PM.**

# In the Community...

## **Aging with Pride: IDEA**

Are you experiencing memory loss? Aging with Pride's new program, IDEA, may be able to help. IDEA stands for Innovations in Dementia Empowerment and Action. IDEA coaches provide nine virtual sessions designed to improve health and well-being. Either the person with memory loss or care partner must be LGBTQ to participate. You do not need a care partner to participate. This program is completely FREE and available in Washington, Oregon, and California. To learn more please: call us at 1-888-655-6646, email [ageIDEA@uw.edu](mailto:ageIDEA@uw.edu), or visit our website: <https://ageidea.org>.

## **Medicare Open Enrollment - Support from Senior Network Services**

Medicare Open Enrollment is now open through December 7th and this is the time for Medicare beneficiaries to compare plans and make sure they have the right health and prescription drug coverage for 2021. The Health Insurance Counseling and Advocacy Program, a program of Senior Network Services, will present the webinars. The sessions will show attendees how to compare and to hear what's new with Medicare for the next year. The webinars are FREE and pre-registration is required. To register for one of the webinars, please click here or visit: <http://www.seniornetworkservices.org/hicap-enrollment/>

### **Webinar Dates:**

Friday, Nov. 6, 10 - 11:30 AM

Monday, Nov. 9, 6:30 - 8:00 PM

Saturday, Nov. 14, 10 - 11:30 AM

Friday, Nov. 20, 10 - 11:30 AM

Mon, Nov. 23, 10 - 11:30 AM

### **Save the Date!**

#### **Wed, Nov. 18, Lifespan Presents: Well Being 2.0: The Webinar, 10:30 AM - 12:00 PM.**

Learn about the four domains which support quality of life. Understand how Lifespan is bringing Well-Being to our community's older adults during the COVID-19 pandemic. Discover ways to enhance and enrich those domains through activities designed to stay engaged and bring more joy into yours or your loved one's life! More details coming soon.

#### **Did you miss Lifespan's October 7th & 8th Webinar: Living Your Best Life: Aging Well**

**with Resilience?** Not to worry! Lifespan has provided recordings of both days. To watch, please click the following links: Wednesday October 7, 2020 (or visit:

<https://www.youtube.com/watch?v=Bvm0Pu4fxys&feature=youtu.be>) - Thursday October 8, 2020 (or visit: <https://www.youtube.com/watch?v=HOWlf6mKTdM&feature=youtu.be>)

## Continued from page 1...#16 of 25 Ways to Age Better

...found a clear correlation between having a large social network and living longer. More recent research shows the quality of friendships also helps keep us alive: ask yourself if your friends stimulate you and if they have a positive outlook. Helping and caring for others also strongly correlates with longevity.



### Expanding Our Horizons

For those of us Village members who love to write and are curious about people in other parts of the country...a new opportunity. Become a Pen Pal with another Villager from among 10 participating coast to coast Villages nationwide. Stay tuned for more info. In the meanwhile, please contact [info@villagesantacruz.org](mailto:info@villagesantacruz.org) if you're interested. Presently it's a work in progress.

### Interested in Writing About Your Life?

Are you are interested in keeping a journal, writing short stories of life experiences, or a memoir? Open to all Village members Writing Group is a no pressure, non-judgemental place to recall and write short vignettes from our life stories. Reading your piece is optional. Contact [info@villagesantacruz.org](mailto:info@villagesantacruz.org) for more information.

## Evolving in a Changing World

At Village Santa Cruz County we continue to support one another to age better. That is our core value and that will never change. But as we learn, we revise how we do this. So what is our newest change? We are dropping our two-tier program.

Previously members who needed extra help could move into the PLUS program, allowing them to access our vetted volunteers. What we've found is that we all need help some of the time. To better encourage all of us to reach out and ask for help when needed, the special benefits previously offered to PLUS, are now available to all members.

If you need help, we encourage you to first ask members within your Circle (the people you know best and who live closest to you). If you can't find the help you need within your Circle, email [info@villagesantacruz.org](mailto:info@villagesantacruz.org) and we will gladly send your request out to our list of vetted volunteers.

### Build Your Support Network

Social Distancing makes building our social connections challenging, and takes a bit more effort. Village Santa Cruz County, an organization built on connections we forge with one another, has found that it's possible even in these difficult times. We need each other, especially in hard times.

**[Become a Member](mailto:info@villagesantacruz.org)**  
**[villagesantacruz.org](http://villagesantacruz.org)**

## Continued from page 1...Writing Memoir: From Free Write to Manuscript

...from Marlene: 'Mary Howe asked me to share some of the elements of our Zoom memoir-writing workshop last week.

### Here, in a nutshell, is my presentation:

- Dedicate a journal just for memoir - lines for writing; blank pages for sketching and mind-mapping
- Start anywhere in your life - tell a story just like you would for a grandchild
- Free write first - don't censor yourself - then write for an hour
- The physical process of writing connects your hand directly with your creative brain
- Once you have a collection of stories, begin to organize them
- What is your theme? (Coming of age; Dealing with loss; Determination; Discrimination; Friendship)
- Develop a story arc - study fiction - write like a novelist
- Decide on structure - chronological or thematic; stream of consciousness
- NOW you can think about your audience, research details, start to muse a bit

### Five Elements of an Effective Memoir

- A focused theme. Identify an overarching theme, takeaway lesson, or message for your readers, and thread it through all the stories
- Conflict. ...We all like a bad guy
- A personal writing style. ... use supporting stories and details to bring your stories to life
- Use storytelling elements. ... First person, memory, musing, defining moments
- Tell the truth – memory is fallible – do your research, check with others who were there

For more ideas about writing memoir, visit my blog at  
<http://www.marlenebumgarner.com> after Nov 1.

