



# Village Santa Cruz County News

AGING. BETTER.

October 2019



by Dody Anderson

I had never heard of kinesiology tape until a few members at the "Devices that help us age better" shared how helpful it is for muscle pain and soreness.

Since the meeting, I have gone on the internet and there is a wealth of info. Many sites provide the actual technique and placement for where the tape should be placed. The following is from just one of the websites I consulted. If you want to try the tape, you can buy it at CVS or any sports medicine store. Of course, there are lots of different sites including Amazon.



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## Interview with VSCC Member Bruce Berwald



by Sandy Cohen

Had fun talking with Bruce on the phone, learning more about him to share with the "Villagers".

Bruce was born in New Haven, Connecticut. he had 2 younger brothers, only one still living.

His career was relative to law - first as a trial attorney (legal services lawyer & ran a program first in Connecticut, then in Arizona). He was then an Administrative Judge for the last 25 years of his career, dealing with unemployment, disability, & some tax issues. In addition, Bruce was an Adjunct Professor at Santa Clara Law School for about 15 years, teaching employment law.

His hobbies are cards: Poker and Bridge. He confesses to a large range of interests, a lot having to do with volunteering.

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# Coming up...for members

**Thurs, Oct. 3, Strategic Planning Team Meeting, 12:30pm - 2:15pm** This is our monthly business meeting. All members welcome. Location and agenda will be emailed to registrants. RSVP.

**Fri, Oct. 4, Westside Circle Discussion Group: The Importance and Difficulty of Asking for Help, 12:15pm - 1:15pm @** Westside PAMF Community Room (enter by parking lot door into the reddish brown building) - 1301 Mission St., Santa Cruz, CA 95060. "In this country, no myth is more powerful than that of rugged individualism: the notion that success and independence are paired" - Ashton Applewhite. But wait a minute, didn't we join the Village so that we can be in community...let's talk about how we can reach out to help one another, and ask for help! Let's talk about the opportunity this gives us to get to know one another better...and how this vulnerability can be a strength. Hosted by Village Santa Cruz County Westside Discussion Circle, but all members welcome. RSVP.

**Tues, Oct. 8, Painting and Crafts, 1:00pm - 2:30pm @** A member's home in Westside Santa Cruz Area. Exact location will be emailed to registrants. Open to all levels. There is no instruction. We gather to paint or work on other craft projects for the joy of the process and the enjoyment of each other. RSVP.

**Fri, Oct. 11, Book Discussion Group: Educated, 1:00pm - 2:30pm @** A member's home in the Westside Santa Cruz Area. Exact Address will be emailed to registrants. RSVP. Tara Westover was born to survivalists in the mountains of Idaho. The family was so isolated from mainstream society that there was no one to ensure that the children received an education and no one to intervene when Tara's brothers became violent. As a way out, Tara began to educate herself, learning enough mathematics and grammar to be admitted to Brigham Young University. Her quest for knowledge would take her to Harvard and to Cambridge. Tara Westover gets to the heart of what an education offers: the perspective to see one's life through new eyes, and the will to change it.

**Thurs, Oct. 17, Day Trip to Point Lobos Reserve, 9:00am @** Point Lobos Reserve - It's entrance is on Highway 1, about 3 miles south of Carmel. 62 CA-1, Carmel, CA 93923. We will Santa Cruz at 8:00am to arrive at Point Lobos by 9:00am (to insure parking). We will be back in Santa Cruz by 3:00pm at the latest. Point Lobos State Natural Reserve is outstanding for sightseeing, photography, painting, nature study, and picnicking. In addition to the spectacular beauty, nearly every aspect of its resources is of scientific interest. The Reserve has often been called "the crown jewel of the State Park System". RSVP and let us know if you can be a carpool driver or if you need a ride.

**Sat, Oct. 19, Photo Exhibit, Film Screening, & Reception: "Adios Amor: The Search for Maria Moreno, Time TBD @** The Watsonville Public Library is currently displaying 18 pictures from the exhibition, "Pictures from the Field: The Carminata in the Summer of 1975", is an offshoot of "Democracy in the Fields", which debuted at the National Steinbeck Center in 2016. "Pictures from the Field" will be shown at the Watsonville Public Library's main branch, 275 Main St., until the end of October. A reception for the show will coincide with a film screening of "Adios Amor: The Search for Maria Moreno" on October 19th. In Adios Amor, the discovery of lost photographs sparks the search for a hero that history forgot - Maria Moreno, a migrant mother driven to speak out by her twelve children's hunger. Years before Cesar Chavez and Dolores Huerta launched the United Farm Workers, Maria picked up the only weapon she had - her voice - and became an outspoken leader in an era when women were relegated to the background. The first farm worker in America to be hired as a union organizer, Maria's story was silenced and her legacy buried - until now. Time TBD.

**Mon, Oct. 21, From There to Here: Sharing Stories of Our Personal and Our Ancestor's Migrations, 10:00am - 12:00pm @** Simpkins Center Meeting Room - 979 17th Ave., Santa Cruz, CA 95062. How did you come to live in Santa Cruz County? What about your ancestors? Where, when, and why did they set out on their migration? Where did they settle? And you? Come share your stories. Whether it's your single journey from there to here, or a winding and circuitous path over many generations, we want to hear your story. You are welcome to bring a few pictures or mementos. You are also welcome to bring a finger food item to share; from recipes that come from your family or ethnic/cultural background. We will provide coffee and tea. RSVP.

**Thurs, Oct. 24, Dining Out Group: Ming's Palace Restaurant, 6:00pm - 7:30pm @** Ming's Palace Restaurant - 4720 Soquel Dr., Soquel, CA 95073. Come enjoy a fabulous meal with a great group of people! RSVP. Limited to 6.

**Mon, Oct. 28, Afternoon Movie and Discussion: Movie TBD, 2:30pm - 4:30pm @** location TBD. Come see a flick with a good group of people! Movie TBD.

**RSVP for all Member Events by emailing [info@villagesantacruz.org](mailto:info@villagesantacruz.org), calling (831) 824-2404 or at our website's Event Calendar.**

**Members must log into website to register online for member-only events.**

# Coming up...all welcome

**Wed, Oct. 2, Kundalini Yoga for Every Body, 10:00am - 11:15am @** a member's home in Live Oak, near the Capitola Mall; exact location will be emailed to registrants. Taught by Dukh Niwaran Kaur Khalsa Whipp, an experienced Kundalini Research Institute certified Kundalini Yoga Teacher and a Village Santa Cruz County Founding Member. These classes are for VSCC Members, Neighbors, Friends, Family, Active, Inactive, Athletic, Can't Get on the Floor, Enabled...any Body! Adaptations can be made for anybody - preferably give instructor at least 2 hours notice. Classes will be held in the backyard. There is shade, sun, grass, patio, chairs, and an umbrella.

**Mon, Oct. 7, Coffee Gathering (Westside), 1:00pm - 2:00pm @** Westside Coffee- 849 Almar Ave. #H, Santa Cruz, Ca, 95060. No agenda, no pressure. Stop by to say "hi" and chat with members of Village Santa Cruz who reside in the Westside Santa Cruz area. Open to the public.

**Tues, Oct. 8, Coffee Gathering (Mid-County), 1:30pm - 2:30pm @** Coffeetopia- 1443 Capitola Ave, Santa Cruz, Ca, 95062. Come meet & greet other mid-county Village members. No agenda; just a chance for conversation. Open to the public.

**Tues, Oct. 15, Coffee Gathering (SLV), 1:00pm - 2:00pm @** Mountain Roasting- 6263 Graham Hill Rd, Felton, Ca, 95018. Come enjoy refreshments and great conversation with other SLV locals. No agenda, no pressure, stop by and say hi! Open to the public.

**Wed, Oct. 16, Coffee Gathering (Aptos), 2:00pm - 3:00pm @** Dody's home in La Selva Beach area. Address will be given to registrants. Join us for refreshments and great conversations! Take the opportunity to meet other Village Santa Cruz County members in the Aptos area. We will also be discussing using the Village Santa Cruz County website. Do you know how to log onto the website or how to get a new password if you forgot yours? Do you know how to download the monthly newsletter, the member directory, or look up individual members in the directory? Do you know which members belong to different Interest Groups, Committees, and the Strategic Planning Team? Feel free to bring your personal devices and learn how to access the VSCC website and all it has to offer. Open to the public.

**RSVP to all events at: [info@villagesantacruz.org](mailto:info@villagesantacruz.org), or call: (831) 824-2404  
or register online at our website calendar of events.**

## Did You know?... continued from page 1

"it seems impossible that a few strips of flexible tape could create such a dramatic difference in your pain levels and your performance. However, kinesiology tape does it - so how does it work? While the jury is still out on how it accomplishes its effects, there are several theories about how kinesiology tape works.

Kinesiology tape inhibits pain pathways. The input on the skin helps prevent pain signals to the brain. This, in turn, improves muscle tone and decreases spasms, enhancing your overall athletic performance.

It helps realign joint tissue. Kinesiology tape can help ease joints back into the correct position and realign your movement so that it is more efficient, more effective, and less likely to cause pain.

Kinesiology tape may delay muscle fatigue. This makes it easier for athletes at all performance levels to improve their overall performance, including performance following an injury".

### **From the Aging Well project, their number two suggestion is: Walk Faster.**

Walking is good, but pace matters. Brisk walking has been linked to better memory, better health, and a longer life. Increase your pace until you are slightly out of breath or sweaty, and aim for 30 minutes a day, ideally outdoors to get the additional benefits of Vitamin D and light. New research suggests that those walking first thing in the morning also make better decisions during the day, so consider swapping your morning commute for a robust walk!

### **Save the Date! Thurs, Nov 21**

#### **LGBTIQ Presentation for Village Santa Cruz County**

We are very lucky to have Jane Schwickerath and Steven Matzie, two longtime activists in the LGBTIQ community, present for VSCC. We have several VSCC members who identify as part of the LGBTIQ community. All VSCC members are invited and encouraged to come and learn about the unique challenges that come with aging for those who identify as LGBTIQ, as well as learn and understand LGBTIQ terminology. The presentation will be followed by a discussion and meet and greet. There will be an opportunity for Village members who identify as LGBTIQ to talk about their personal experiences and share what they would like all us VSCC members to know.

Interview with Bruce...continued from page 1  
'As an example, when he lived in Los Gatos, he ran the first parcel tax campaign and was on the local school board for eight years.

His current volunteer passion is at Gault School in the third grade and that's been for five years. Obviously that teacher knows a good thing when she sees one! He shared that at the end of the school year, he has t-shirts made with "Bruce's Buddies". Pretty sweet, no?

Also in the past he served for approximately five years on the non-profit board of an organization benefitting children with cancer.

He enjoys bocce, qigong, and yoga. He's lived in Santa Cruz for about 18 years, drawn to the Monterey Bay (not unlike many of us). He's got 3 grown offspring, 2 sons and one daughter, and no grandchildren which helps explain his affinity for Gault School as a volunteer. He has a partner Jan, also a member, and she has grandchildren, so he is not without children in his life. Can you imagine his fun loving nature as a "grand".

He just renewed his membership in the VSCC, making this his second year. He's been part of the writing group and the book club. Somehow or other he was convinced (more likely cajoled) into being a member of the Strategic Planning Team (SPT) recently, making him the second out of eight members. I'm guessing the other male is happy to have some company!

When asked why he joined VSCC, he said to give back and to expand his friend network. Looking forward to many more years getting to know Bruce as I do with you all.

### **NEW VILLAGE GROUP Spanish Conversational Group**

Meeting times, dates, & location TBD.

A new Village group is gathering informally to practice speaking Spanish. All levels welcome.

Estamos nuevo grupo de Village Santa Cruz County juntamos a practicar hablando Espanol.

If you would like more information on this group, please contact Dukh Niwaran Whipp at

**dukhniwaran@gmail.com**

# In the Community...

**Mon, Sep. 30, Health Fair for Seniors, 10:00am - 11:00am @ Kaiser Permanente Arena - 140 Front St., Santa Cruz, CA 95060.** The Warriors have launched a new program to help Santa Cruz County Senior Citizens 55 & Over live healthfully and thrive this summer. The Sea Dub Classics will host a variety of events to energize our fans with new activities to live well, with support from the Santa Cruz County Warriors staff and associates, Kaiser Permanente, and local community partners. Kaiser Permanente staff will perform a DermaScan and discuss sun safety and skin protection.

**Tues, Oct. 1, International Day of Older Persons** - On December 14, 1990, the United Nations General Assembly designated October 1st as the International Day of the Older Persons. "Almost 700 million people are now over the age of 60. By 2050, 2 billion people, over 20 percent of the world's population, will be 60 and over. With this in mind, enhanced attention to the particular needs and challenges faced by many older people is clearly required. Just as important, however, is the essential contribution the majority of older men and women can continue to make to the functioning of society if adequate guarantees are in place. Human rights lie at the core of all efforts in this regard"

**Sat, Oct. 4 & 19, Senior Tech Support Project, 12:00pm - 3:00pm @ Louden Nelson Senior Computing Center - 301 Center St., Santa Cruz, CA 95060.** As "digital natives", young people are the perfect candidates to help seniors enhance their technology skills. Seniors are invited to drop in for free workshops to gain the skills they desire to stay connected with family and friends online. Volunteers will be on hand to show seniors how to use social media and personal electronic devices, or answer any other technology questions. All workshops are led by local teens with an adult supervisor to answer any advanced questions.

## "Grief After Suicide, Finding Hope and Healing"

You are invited to attend this FREE community workshop.

**Wednesday, October 9, 2019 from 7:00 - 9:00pm at Twin Lakes Church in Aptos.**

Presenter Dr. John Jordan is the leading expert in the field of suicide bereavement. This interactive workshop is geared toward those who have lost loved ones, friends, and colleagues to suicide. It is also an unique opportunity for those folks who wish to support survivors of suicide loss to learn from the leading expert in the field how to help survivors in the dreadful wake of a tragic loss to suicide.

**Thurs, Oct. 10, Aegis of Aptos Presents: Dr. David Troxel: The Art of Dementia Care, 2:00pm - 3:00pm @ Aegis Living Aptos - 125 Heather Terrace, Aptos, CA 95003.** David Troxel has become nationally known for his Best Friends Approach to dementia care, and writing and teaching in the fields of Alzheimer's disease and long-term care. His areas of expertise include best care practices for people with dementia, caregiver support, staff training, and long-term care program development. Refreshments will be served. This event is FREE, but registration is required. To register, please call: (831) 684-2700.

**Sat, Oct. 19, Mayan Art and Hand Woven Textiles, 11:0am - 4:00pm @ Pacific Cultural Center Studio - 1307 Seabright Ave., Santa Cruz, CA, 95062.** For sale will be paintings by teachers and students of Creando Mi Futuro, unique clothing made from up-cycled Guatemalan fabrics, bags & jewelry, and textiles for your home. All proceeds from this event will go to Creando Mi Futuro, Art, Nutrition, Education Project, which serves families in San Pedro La Laguna. Help these students make a better life for themselves in their home country, instead of having to emigrate for more opportunities.

Website: [www.villagesantacruz.org](http://www.villagesantacruz.org) ~ Email: [info@villagesantacruz.org](mailto:info@villagesantacruz.org)  
Office: (831) 824-2404 ~ Location: 1740 17th Ave., Santa Cruz, CA 95062

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