



Village Santa Cruz County News

AGING. BETTER.

October 2020

COVID and the Sedentary Life

Not surprisingly, reports suggest the pandemic is making Americans more sedentary than ever - and the effects may be long-lasting. In a recent study, people who said they've scaled back on exercise during the pandemic have also reported poorer mental health than those who maintained a workout...**CONTINUED ON PAGE 5...**

Check Out the Volunteer Center's Fall Prevention Programs

Village Members: Don't forget that we have access to **FallsTalk**, a fall prevention behavioral intervention program offered by the Volunteer Center. Our staff member Kyle has been to facilitate this program and is ready to take on more members! Please contact info@villagesantacruz.org or leave a message at (831) 824-2404 if you would like to sign-up or learn more about this program.

Disaster Preparation Makes a Difference

On August 16th, the CZU Lightening Complex Fire threatened members of Village Santa Cruz County. Mary Howe, Village Board Chair, was trained as a trained in a Disaster Preparedness Course offered by the Volunteer Center - **Get Ready/Esten Listos** - and had been helping Village Members to make plans to respond to an emergency previous to the fires. Thanks to this program Village members were ready and able to evacuate when required. During the CZU Fire, evacuation orders varied from 'be prepared to' through mandatory evacuations within the county...**Continued on Page 6...**

Finding Joy During Difficult Times

On 9/4 several Village members 'zoomed' together for a discussion on Finding Joy in Difficult Times. They talked about *savoring* what deeply touches you - your beautiful, loving relationships.

JOY is a big word folks thought. Most often we are feeling the pleasure of the moment...whether that is working in the garden, appreciating a good cuppa tea or the simple contacts with friends. Helping others during these times was high on the list.

Folks liked the idea of having a music playlist; one member had been listening to hers...dancing in the kitchen. And finally people spoke of choosing to be happy...how this is a learning experience.

Baking with Dede Mouth - watering results!



Coming up...for members

Zoom Coffee/Tea Community Circle Schedules:

Aptos Community Circle: every other Wednesday, Oct.7th & 21st @ 2 - 3:00 PM

SLV Community Circle: every Wednesday, Oct.7th, 14th, 21st, & 28th @ 4 - 5:00 PM

Mid-County Community Circle: Tuesdays, Oct.13th & 27th @ 2 - 3:00 PM

Westside Community Circle: Mondays, Oct. 12th & 26th @ 1 - 2:00 PM

Thurs, Oct.1 Strategic Planning Team Monthly Meeting, 12:30 - 2:15 PM This is our monthly business meeting. All members welcome. RSVP for agenda.

Fri, Oct. 2, Westside Circle First Friday Discussion, 1 - 2:00 PM

Update on changes in The Village: we are moving from our original two-tier membership to one tier. Find out what this looks like and how to access the help you need. **Discussion:** How satisfied are you with types and numbers of Zoom events? What changes would you like to see? Are you ready for some safe (outdoors, socially-distanced, small group) in-person gatherings? Topic suggestions for future First Friday discussions?

Mon, Oct. 5, Netflix Movie Discussion, 1 - 2:00 PM - Watch one, two, or all of the films below and join us for coffee/tea and a lively discussion. [The Barber of Birmingham](#) (27 Minutes): In this 2012 Oscar-nominated short film, Alabama barber and civil rights veteran James Armstrong experiences the fulfillment of an unimaginable dream: the election of the first African-American president. [A Conversation with My Black Son](#) (5 Minutes): For generations parents of black boys across the US have rehearsed, dreaded, and postponed 'The Conversation'. But when their boys become teenagers, parents must decide how to handle discussions about race. [Herman's House](#) (81 Minutes): Herman Wallace may be the longest-serving prisoner in solitary confinement in the US - he's spent more than 40 years in a 6 by 9 foot cell in Louisiana. Imprisoned in 1967 for a robbery he admits, he was subsequently sentenced to life for a killing he vehemently denies. Herman's House is a moving account of the remarkable expression his struggle found in an unusual project proposed by artist Jackie Sumell. Imagining Wallace's "dream home" began as a game and became an interrogation of justice and punishment in America. The film takes us inside the duo's unlikely 12-year friendship, revealing the transformative power of art.

Fri, Oct. 9, Ballot Initiative Study, 1:00 - 2:30 PM - We will discuss the pros and cons of the various initiatives. Each person who signs up will be assigned a particular ballot initiative - pro or con. The State and County Voter Handbooks will hopefully have arrived by then in your mailbox. Meanwhile, please watch for discussions in the media as we await the official info. Please sign up in advance.

On September 16th the Democratic Women's Club of Santa Cruz County hosted a Zoom event about the statewide propositions. John Laird presented summaries and analyses of these propositions and gave out some helpful links:

1. [Ballotpedia \(California\)](#)
2. [California Secretary of State Website](#)
3. [California Democratic Party Website](#)
4. [John Laird - Ballot Measures](#)

Coming Up...For Members...Continued

Thurs, Oct. 15, Dining In Together, 5:30 PM - We'll Zoom in to enjoy a meal together, as we social distance in our own homes. You can cook your own meal or sign-up to share a meal prepared and delivered to your house. Participants who share the meal will split the costs. Details to follow.

Mon, Oct. 19, Movie Discussion: Movie TBD, 1 - 2:00 PM - Watch the movie at home. Join us for coffee/tea and a lively discussion of the movie.

Thurs, Oct. 22, Author Discussion on Writing About Our Lives, 1 - 2:00 PM - Local author and Village member, Marlene Bumgarner, has a new book out, a memoir, *Back to the Land in Silicon Valley*. Marlene will discuss with us her process in writing about one's life - be it a memoir, small vignettes, or journaling. She will also talk about the process of finding a publisher for your writing.

Wed, Oct. 28, Shopping Online Safely, 11:00 AM - 12:00 PM - Zoom presentation by Douglas Allen, Santa Cruz County Asst. DA on how to stay safe while shopping online.

In the Community...

Drive-In Movies at the Santa Cruz Beach Boardwalk - Select Dates Through October - Flash-back entertainment in the comfort and safety of your own car! Cost is \$25.00 per vehicle and ticketing opens one hour before showtime. To learn more or to purchase your ticket online, please click [here](#).

Thurs, Oct 1 @ 7:30 PM, An Evening with Billy Collins - Enjoy an evening of wit and wisdom with Billy Collins, the former two-term Poet Laureate whose work has made him an international literary giant - and whose bestselling books and live presentations have cemented his place as the world's most beloved contemporary poet. Billy will discuss and read selections from *Whale Day* (Random House), an eagerly anticipated new collection that will be released September 29th. He'll also take live email questions. Admission to the presentation is FREE. Better still, you may also order autographed copies of *Whale Day* - quantities are limited. To register for this event, please click [here](#).

Wed, Oct 7 & Thurs, Oct 8 @ 9:00 AM - 12:30 PM, Living Your Best Life - Aging Well with Resilience - Join Lifespan on Wednesday and Thursday for two free, half-day webinars focused on important topics regarding today's aging population. This educational event will feature experts in the area of aging, presenting current information, and insights that will be of interest to seniors, family members with older relatives, aging and health care professionals, care providers, and anyone wanting to keep current on aging-related issues. For the full schedule and to register, please click [here](#).

Sat, Oct 17 @ 10:00 AM, Virtual Book Party: The Found Child - You're invited to a virtual book launch celebration! The third book in the Shelby McDougall Santa Cruz County based suspense series by local author, Nancy Wood, will be published October 1st by Paper Angel Press. It's called *The Found Child* and will be available in hardback, paperback, and your favorite digital format. Until October 19th, the digital editions of the first two books in the series, *Due Date* and *The Stork*, are on sale for 99¢. On October 17th, Paper Angel Press will be hosting a virtual book party for *The Found Child*. You'll be able to chat with Nancy, hear about the Shelby McDougall trilogy, and enjoy a reading. Please click [here](#) for more information about the book event and click [here](#) for details about the series.

OPEN SHOW

Wed, Oct 14 @ 7 - 8:00 PM, Open Show Santa Cruz - On October 14th, join us for the next free presentation of Open Show Santa Cruz, brought to your living room or wherever you may be! Three different photographers make artistic and poignant statements about the struggles, along with the eternal beauty and hope, found in Santa Cruz: Maria Isabel LeBlanc "De La Luz", Matthew Zachary "A Beginner's Eye", and Lucien Kubo "Hope for the Future". The photographers will share their images and take chat questions from the audience. Admission is free; advance registration is required. To register, please click [here](#).

Wed, Oct 21 @ 7 - 8:00 PM, Open Show Santa Cruz Fundraiser for CZU Fire Recovery: Photojournalism in the Fire Zone - Join us for this special presentation of Open Show Santa Cruz on Zoom, to raise funds to aid people affected by the CZU Complex Fire. Santa Cruz Sentinel photojournalist Shmuel Thaler faced hazardous smoke, flames, and terrain to document the CZU Complex Fire in the Santa Cruz Mountains. Suggested donation is \$10/Person. To register for this event, please click [here](#). The donations from the October 21st event will go to the Fire Response Fund. To learn more, please click [here](#).

Get Ready / Estén Listos

Are you Ready for a Natural Disaster or Emergency? The Volunteer Center of Santa Cruz County has joined the California For All Movement in partnership with Listos California to help our community prepare for emergencies and disasters.

With many of us still sheltering in place because of COVID, this is a great time to create or update our emergency/disaster preparedness plans. Fire season is here and winter storms just around the corner. We can all help build a more resilient Santa Cruz County by preparing now.

Village members can access this training through our organization, and many of us have. If you are a Village member who has not yet taken this training and are interested, contact info@villagesantacruz.org Volunteer Center also has 7-day text class! Get a simple text a day to help you get prepared. Text LISTOSCA to 72345, and get started today.

Staying Environmentally Conscientious During COVID and Recovery

Use reusables when possible. Some stores will let you bring your own bag if you bag items yourself. Or you can have checker put items back into basket with no bag.

Take simple steps at home to save energy - Switch off lights, turn off computer monitors, and unplug devices when not in use.

Saving energy saves you money - Running your dishwasher or doing laundry during off-peak hours can help you save big.

Conserve water - Drink tap water when possible, take shorter showers, and turn off water while washing your hands, shaving, or brushing your teeth; water your garden when it's cool to minimize evaporation.

Look at the packaging - Opt for products with less (and more sustainable) packaging when possible.

Ordering take-out? - Picking up from the restaurant directly supports the business by avoiding third-party fees.

Try out home-gardening - Check out [Tips for Novice Gardeners](#) from Orin Martin

Step into nature to improve your mental health - Studies show the positive effects of time spent outdoors, which can help us all cope with COVID-19. Be mindful to carry out all trash

Recognize the disproportionate impact of COVID-19 on low-income communities and communities of color - Check out Nature's article, ["How Environmental Racism is Fueling the Coronavirus Pandemic"](#)

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...According to Argye Hillis, M.D., director of the Cerebrovascular Division at John Hopkins Medicine, the powerful effect of exercise leads to something experts call "compression of morbidity". It essentially means you stay healthy longer in your late years, as compared with someone who spends the final five or ten years of life battling chronic illness.

You don't have to replace sitting with time at the gym. There's benefit to light activity during the day. For every 20 minutes of sitting, try to stand for 8 minutes & move around for 2 minutes.

Take baby steps. It doesn't have to be vigorous. Just stand up and move your muscles.

One recommendation is to track your steps, with a fitness tracker, your phone or a simple pedometer. A recommended target is 10,000 steps a day. But any improvement will be beneficial. If you only get 2,000 steps a day, try to aim for 4,000.

It's hard to self-motivate to exercise if you're dealing with insomnia, depression, or 'the blahs'. Don't give up on exercise too soon.

It may not happen instantaneously, but over time the energy invested will be well worth the effort since exercise can help with insomnia, as well as depression and anxiety—not to mention the benefits for your general health.

Remember: always check with your doctor before beginning a new exercise routine!

Qi Gong anyone?

Some of our members are doing Qi Gong exercises and have found short easy to follow routines on the web. Here's what they recommend:

Willow: Full 20-Minute Daily Routine with Judy Young. FREE - "[Eight Pieces of Silk Brocade](#)"

Barbara: FREE on YouTube - [Jeffery Chand Qi Gong](#)

Frieda and Mary: [Lee Holden Qi Gong](#) - Lee is local and had a practice in downtown Santa Cruz. During the pandemic he offers his classes online, including some FREE routines (check out his 'immunity emergency kit').



Don't Forget to Vote!

Election Day is Tuesday, November 3rd. All of California's registered voters will be mailed a ballot no later than 29 days prior to Election Day.

Did you know that you are not allowed to wear or carry any political items (aside from your voting materials) to the polls? Did you know that you can sign up to track your mail-in ballots?

For all voting information from Santa Cruz County go to

<https://www.votescount.us/>



A speech therapist herself, Frieda's simple birthday request to Village was that our movie group watch & discuss 'The King's Speech' on her birthday. The movie is about King George VI, a reluctant monarch, who overcame his shyness & severe stutter, to lead England through WWII.

Did you know that there is a documentary, **'The Real King's Speech'** with footage from the monarch's actual speeches interspersed with commentary from two men who also worked on their stutters with the same speech therapist as the king? Heartwarming. Check it out.

Continued from page 1...Disaster Preparation Makes a Difference

...Five Village members had to evacuate, while six or seven others living in proximity to the most hard-hit area of the county left voluntarily.

Residents in the SLV and Bonny Doon areas face a long road to recovery.

Recently the entire Village was invited to attend a Zoom meeting to debrief the events of the fire and to discuss lessons learned.

As part of your emergency preparations, make these lists:

- 1-Minute Notice: what to do/take if you only have 1 minute to evacuate (a go-bag should be packed and ready at all times but there might be last minute items to add, such as medications, etc.)
- 1-Hour Notice: list of what to do/take if you have an hour to pack
- 4-Hour Notice: what to do/take if you have four hours to evacuate
- List of things to do after you have evacuated and are in a safe place (who to contact, appointments to cancel, etc.) – while evacuated it's easy to lose track of things
- Think of the 6 P's: people, pets, prescriptions, phone, purse, personal
- Keep in touch with friends – it is very helpful emotionally to stay connected

Pets:

- "My cats and their needed items took up half my car space—I didn't have room for any non-practical items"
- If you know you may need to evacuate, secure your pets beforehand as they will probably get frightened in an evacuation and hide – don't count on them acting in their normal way (normally they will come if called or you know their hiding places)

Other Advice:

- Take pictures of rooms both for insurance and for your sentimental memories.
- "I took my pillows, knowing how important good sleep would be in this stressful time".
- "I grabbed my dirty laundry, knowing these were the clothes I wear every day."
- "During evacuation, I discovered how little one can exist on".

Have an evacuation plan and know where you are going - write/memorize directions, street names:

- In the confusion & panic, you may forget directions you normally know
- Know an alternate route you can take (safely) if the main roads are clogged
- When you are ordered to evacuate do it: I repeated to myself, "It's time to go, this is just a house, my life is much more important"—if your home is lost (burned) look to the future.

The experience made everyone aware of how important Emergency Preparedness is—take the training before another emergency arises, so you will be better prepared.