

# Village Santa Cruz County News

AGING. BETTER.



[www.villagesantacruz.org](http://www.villagesantacruz.org)



October 2021



DID YOU KNOW?

by Dody Anderson

## More on Medicare and ER Visits

Last month, I wrote about the difference in cost one might encounter after visiting an ER without being admitted. As I explained, all the doctor's and tests may not be covered if you are not admitted to the hospital. It doesn't matter if you spend the night in the ER, admittance must be actually prescribed by a doctor.

I would suggest you call your health coverage and ask them point blank what your coverage is and how much will you be responsible.

Also be sure your coverage is for both hospitals since you could be on your way to Monterey when an emergency occurs. If you are not "covered" what options can they suggest. Trust me, a medical emergency is bad enough without worrying if you are covered.

We recently received our bill from Watsonville Community Hospital for almost \$63,000. I already knew going to the WCH was covered and that our visit would cost us \$90.00 (we have a Medicare Advantage program through Palo Alto Medical Foundation).

What I wasn't sure of was whether the 10 hrs we were in the ER and then not admitted was covered. Save yourself and your loved ones freedom from worry by finding out ahead of time your coverage.

## Diversity, Equity, & Inclusion: LGBT Inclusive Villages

Pasadena Village and Village Movement CA share a presentation on LGBT Inclusive Villages presented by Sherrill Wayland of SAGE, a long-established organization that provides advocacy and services for LGBT older adults. Watch the workshop on YouTube at <https://youtu.be/5HVFefwRSP1>

Avenidas Village Presents:

## The Growing Challenges of Aging in Place with Chuck Sieloff

Individual circumstances vary greatly, but the need for Longevity Planning is nearly universal. Hedge your bets against changes. Consider unconventional alternatives. Plan for different scenarios. Is your plan robust enough to handle those different scenarios that could come about?'

Watch the YouTube Video at <https://youtu.be/mSeSQbvtFsI>



## Button Hook/ Zipper Pull

Stiff hands and fingers can turn the simple act of getting dressed into a painful ordeal. If you could use a little assistance, check out a button hook & zipper pull tool! Slide the hook through your button hold, secure it over the button, the pull to slide the button through the hole. The other end also has a useful hook you can use to pull zippers closed.

# Coming UP in October



## *October Birthdays:*

ALICE, MARY LOU, DODY,  
DEE & AVIVA



**We're still zooming some of our events. Members will receive Zoom information in weekly eBlasts. Look for your eBlast on Saturday.**

**If you are not yet a Village member but would like to join one of our events, to meet some Village members, please contact [info@villagesantacruz.org](mailto:info@villagesantacruz.org)**

**Tues, October 5, Guided Meditation, 4:30 – 4:45 PM, on Zoom.** Led by Dee. 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.

**Tues, October 5, Pickleball, 4:30 PM @ Sergeant Derby Park.** All Village members welcome; must bring your own paddle.

**Wed, October 6, Aptos Circle Meet-up @ Sanderlings Restaurant, 1:30 PM.** All who are fully vaccinated are welcome to join us.

**Wed, October 6, SLV Circle Meet-up, 4 - 5 PM on Zoom.**

**Friday** (note change from usual day), **October 8, Village Governing Board monthly business meeting, 12:30 – 2:15 PM.** All Village members welcome to attend. Contact [info@villagesantacruz.org](mailto:info@villagesantacruz.org) to receive the agenda.

**Monday, October 11, Stories of Our Lives - Topic: A Movie that influenced your life, in Robin's backyard @ 1:00 PM.** This is Westside Circle's monthly meeting where we get to know each other better as we talk about some aspect of our lives. All fully vaccinated Westside Circle members welcome.

**Tues, October 12, Mid-County Circle Luncheon @ TBA, 12:30 PM.** All fully vaccinated Mid-County Circle members are welcome. Please contact Dukh Niwaran if you plan to attend; she will make a reservation.

**Tues, October 12, Pickleball, 4:30 – 5:50 PM @ Sergeant Derby Park.** All Village members welcome; must bring your own paddle.

**Wed, October 13, SLV Circle Meet-up, 4 - 5 PM on Zoom.**

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## Coming UP in October...continued

**Thurs, October 14, Westside Circle meet-up, 11:30 AM -12:30 PM @ Shrine Coffee.** All members are welcome to attend. Shrine Coffee is located on Westcliff Dr., connected to St. Joseph's Church. We'll meet on the outdoor patio.

**Tues, October 19, Guided Meditation, 4:30 - 4:45 PM, on Zoom.** Led by Dee. 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.

**Tues, October 19, Pickleball, 4:30 PM @ Sergeant Derby Park.** All Village members welcome; must bring your own paddle.

**Wed, October 20, SLV Circle Meet-up, 4 - 5 PM on Zoom.**

**Thurs, October 21, All Member Meeting: Planning 2022, 3:30 - 5:00 PM on zoom.** Come share your ideas on what are the most important aspects of our Village, any new ideas, and how best to move forward in 2022. The time will consist of small break-out rooms to discuss ideas and back to large group to share.

**Tues, October 26, Mid-County Circle meet-up, 1:30 PM @ Shrine Coffee.** All fully vaccinated Mid-County Circle members are welcome to attend. Shrine Coffee is located on Westcliff Dr., connected to St. Joseph's Church.

**Tues, October 26, Pickleball, 4:30 - 5:50 PM @ Sergeant Derby Park.** All Village members welcome; must bring your own paddle.

**Wed, October 27, SLV Circle meet-up, time & place TBA.**

**Thurs, October 28, Westside Circle meet-up, 11:30 AM @ Shrine Coffee.** All members are welcome to attend. Shrine Coffee is located on Westcliff Dr., connected to St. Joseph's Church. We'll meet on the outdoor patio.

**RSVP to all events at: [info@villagesantacruz.org](mailto:info@villagesantacruz.org)  
or register online at our website calendar of events.  
[www.villagesantacruz.org](http://www.villagesantacruz.org)**

## Village to Village National Gathering: The Power of Community Connection Oct 5, 6 & 7

This year's conference will be virtual, due to (you guessed it) ongoing COVID. It is looking to be a very dynamic conference, with presentations by AARP, SAGE, and many others. Topics include:

- \* **How Community Supports the Six Pillars of Brain Health**
- \* **Community Organizing to Address Diversity, Equity & Inclusion**
  - \* **The perpetuation of ageism and aging anxiety**
  - \* **Building a Dementia Friendly Community**
- \* **Reimagining Villages in a Post-Pandemic World**



## In Our Community

**Sat, Oct 2, March for Reproductive Rights, 10 AM**, Starting @ the Santa Cruz Clock Tower. Please join Indivisible Santa Cruz County for a peaceful walk to protect our reproductive rights. We will meet at 10am at the Santa Cruz Clock Tower on Water and Pacific and walk to the Santa Cruz County Courthouse steps on Water and Ocean. Local speakers will discuss the impact that these recent Draconian laws will have on the reproductive rights of women in Texas and beyond. Masks are required!

10am Gather at the Clock Tower

10:15 Walk kick-off

11:00 Speaker Jennifer Hastings, MD, and others, and Music by Heather Houston

11:30 Program ends

### **Wed, Oct 6, Easing Anxiety in Times of Change, Virtual Lecture, 5:00 - 6:00 PM**

After months of facing dramatic changes with far reaching impacts, many of us are looking for new skills to improve our emotional health. In this interactive event, Cynthia Li, MD teaches us how to release prevailing anxieties and identify what really matters in our lives.

- How global events affect our mental, emotional and physical health
- How to identify and transform grief and other challenging emotions
- How to recognize the difference between toughness and resilience

Dr. Li is an internal medicine doctor and best-selling author, sought-after speaker and writer with features in The New York Times, Thrive Global, and Psychology. Register at

[https://meetsutter.zoom.us/webinar/register/WN\\_6tL5ux6ETzaUsGAUjmF6jA](https://meetsutter.zoom.us/webinar/register/WN_6tL5ux6ETzaUsGAUjmF6jA)

### **RAIL DEMONSTRATION ROLLS with ALL-ELECTRIC STREETCAR, Free rides available Oct. 16-17 in Watsonville and Oct. 21-24 in Santa Cruz.**

Coast Futura announced a free demonstration of a clean-energy, affordable, accessible streetcar on the Santa Cruz Branch Rail Line, presented by Roaring Camp Railroads, which will take place over two weekends in October.

The Coast Futura demonstration rail vehicle (TIG/m ViaTran Streetcars manufactured by California-based TIG/m, LLC) are wireless, battery-dominant hydrogen fuel cell hybrids, and recharged with clean energy sourced from Central Coast Community Energy.

Tickets will be free for the 45-minute demonstration ride on the Coast Futura. The demonstration will follow current COVID safety guidelines that require all passengers to wear a mask.

Rides Free but must be reserved. Tickets available starting Fri, Oct 1.

Learn More at <https://www.coastfutura.org>

**Oct 29, Stroke: Causes, Symptoms and Treatment, online FREE webinar, 11 AM -12 PM.** Join Sutter Health for a stroke webinar and learn how you can BE FAST to spot a stroke. To be discussed: stroke causes, treatment options, importance of a healthy lifestyle, stroke prevention and the impact of COVID-19 on stroke care. Learn More at <https://www.sutterhealth.org/classes-events/series/stroke-causes-symptoms-treatment-4562>

**Día de los Muertos Celebration, Sat, Oct 30 (all day).** Museum of Art and History (MAH) invites the community for a day of celebration of Dia do los Muertos (Day of the Dead) with traditional music, dance, and art at Evergreen Cemetery. Find Out More at <https://www.santacruzmah.org/events/diadelosmuertos-2021/2021/10/30>



## We Asked the Pharmacist

On Sept. 27, pharmacist, Dr. John Hanley, met with Village members – on zoom – to update us on COVID booster shots and to answer our questions about medications.

Dr. Hanley's kindness, community spirit, knowledge, and ability to speak to laypeople about complicated medical issues, came through during this most excellent discussion.

COVID boosters: Dr. Hanley showed a short PP slide show, *Booster Doses\_Pfizer COVID Vaccine*. The newsletter that was emailed to members includes a link to the slides. Although only the Pfizer booster is currently available, Dr. Hanley told those of us who received the Moderna or J&J shots originally, to be patient. He believes the boosters for these will be approved and available soon.

Medications: We asked many questions, which Dr. Hanley answered readily. Some examples are: Is it safe to use expired medications? Response: "Would you drink expired milk?" The pharmacist went on to explain some of the specific dangers with specific types of medications past their expiration date.

Dr. Hanley urged that, before starting a new medication or vitamin - prescribed or over the counter - you should check with your pharmacist for possible interactions with any other medicines you are taking.

He answered our questions on blood pressure meds, statins, and much more. The hour was filled with useful information.

Dr. Hanley recommended the Mayo Clinic website if we are looking for the latest and most accurate general medical information.

And while stressing that we talk with our doctor and pharmacist about medications, he also suggested that if we want to look a medicine up online, the best online source would be <https://www.drugs.com/>

Thank you so much Dr. Hanley and thank you, Dody for arranging this!  
Village members: contact [info@villagesantacruz.org](mailto:info@villagesantacruz.org) for a link to the video presentation or slide show.

## Aptos Circle enjoys food & community



### Senior Network Services HICAP Program Presents: MEDICARE Part D "Plan Finder Tool - How To"

Attend a webinar presented by HICAP to learn how to use Medicare.gov Part D plan-finder tool and compare plans for 2022. Download Flyer for Dates at

<http://www.seniornetworkservice.org/wp-content/uploads/2021/09/Oct-2022-Part-D-Planfinder-How-to.pdf>



Village Santa Cruz County  
Planning 2022  
all membership meeting  
Oct 21, 3:30 - 5 PM  
on Zoom

Send in your ideas on what topics you'd like us to cover during this meeting.

Join us and add your voice to any decisions on what we do in 2022!

### Article/Community Event Submission

Would you like an article, event or notice pertinent to older adults, to appear in the next Village Newsletter? Use this [FORM](#) to submit your material. Please submit by the 20th of the previous month for our monthly newsletter or by Thursday for the weekend eblast - the eblast is sent only to Village members.

## Considering Our Living Situation Options for Aging Better

Over the past few months, several Village Santa Cruz County members came together to discuss models of living together – our concerns and ideas of the ideal living situation as we age. Most of us are not yet ready to ‘make the move’ but found that talking about this has helped formulate in our own minds, what we want and may need in terms of our living situation. This section contains articles as food for thought when we consider our current and future homes.

Sorting Out ‘The Village Model’ vs a place like ‘The Villages’ in Florida: How did these almost opposites get named almost the same? I have always regretted that the first Village, Beacon Hill, choose to call this model a village – their idea being that ‘it takes a Village’ to support aging well within the larger community. Beacon Hill founders did not want to be separated off into a 60+ world, away from larger society.

Unfortunately, using the term ‘Village’ has meant a constant explanation that Village Santa Cruz County is not a brick-and-mortar place, but rather a support network. While recommending the thought-provoking article below, I find myself again needing to explain: please don't confuse The Villages in Florida with the Village Movement and its Model of Aging Better (Village Santa Cruz County). The Villages in Florida is exactly the kind of place Beacon Hill residents wanted to avoid, when they set up Beacon Hill Village, the first ‘village model of aging within one’s community’ and the start of the Village Movement. By Mary Howe

### **The Villages [in Florida] Is a Success Story, But Many of Us Want Something Different in a Place to Live as We Get Older, article from NextAvenue, by Paul Irving.**

‘It is understandable that so many people find developments like The Villages a logical next step for their lives. These places can seem safe choices in a youth-focused America that stigmatizes aging, regularly pushes older adults to the sidelines and sees getting older as defined by dependency and decline.

But many older adults recognize that ageism will not be defeated by a retreat to age-segregated corners, but only by engagement, collaboration and dialogue across age, race and class divides... We want to live in diverse, multi-generational communities, remain engaged and contribute to a better future for the generations ahead.’

Read the Article at <https://www.nextavenue.org/the-villages-lacks-diversity/>

## **Don’t Mind the Gap in Intergenerational Housing** **by Karrie Jacobs, New York Times,** **Published Sept. 2, 2021, Updated** **Sept. 8, 2021**

‘My husband and I used to visit my mother-in-law at a massive continuing-care retirement community on Long Island, intended to take its residents (minimum age, 62) all the way from “independent living” to hospice care.

I found the complex depressing. It is an exceptionally comfortable place, with plush apartments, a heated pool, a billiard room, Pilates classes and a resort-grade Sunday brunch omelet station. And all the residents appeared to be living in exile, far removed from whatever their lives had once been.’

Read the Full Article at <https://www.nytimes.com/2021/09/02/style/housing-elderly-intergenerational-living.html>

**To learn more about Village Santa Cruz County visit our webpage at [www.villagesantacruz.org](http://www.villagesantacruz.org) or contact [info@villagesantacruz.org](mailto:info@villagesantacruz.org)**