



All of us are now required by our County government to have a carbon monoxide alarm/detector installed in our home. Some alarms/detectors are combined fire and carbon Most of these alarms/detectors are now good for 10 years and have a lithium battery. So when it is no longer working, you will need to recycle and purchase a new one. Once you've removed all batteries and recyclable casings, you can safely discard the carbon monoxide detector with your normal trash.

One of our members shared there are three different beeping signals from the carbon monoxide detector and each one is specific. Who knew!

3 beeps = smoke in the home

4 beeps = Exit home; there is a Carbon Monoxide leak

5 beeps = battery needs changing

If the alarm/detector is going off and you don't know what to do, and you live in a city, call the non-emergency number for the Fire Dept. and they will come and check it out. If you live in an unincorporated area, call 911 if you can't find the phone number to the closest fire station. This happened to me and the 911 people were very understanding and directed my call without criticism.

If the price of these alarms are a hardship, contact the Volunteer Center 831-427-5070 and see if you are eligible for their Helping Hands program.

Thank you, Dody, for sharing this in information.

## Tips from the Aptos Coffee Chat Group

If you are going to be away from your home and want to feel secure, here are links to the County Sheriffs offices for vacation checks and safety inspections:

[Vacation Check Request Form](#)

[Home Security Inspection](#)

[Crime prevention brochure](#)

Their coverage is for the unincorporated areas.

## Isolation and Loneliness for our Seniors

The Loneliness & Isolation solutions work group (formed after the Senior Solutions Summit in 2017) has produced a fact sheet on this topic as it relates to seniors in our County.

To download this fact sheet, go to our website Village SC Documents <http://www.villagesantacruz.org/content.aspx?>

[page\\_id=86&club\\_id=676750](http://www.villagesantacruz.org/content.aspx?page_id=86&club_id=676750)

## PLUS Members Are Getting the Help They Need

Thanks to our Administrative Coordinator, Catherine, the ability to match service requests with volunteers has gotten a lot easier. Catherine completed set-up of our online system that makes administering our PLUS member service requests much more efficient and less time-intensive.

For PLUS members the routine is the same; call or email your request.

This month (July) there were 28 Volunteer Hours donated and logged in order to complete 19 service requests from our PLUS members. A HUGE Thank You to our wonderful volunteers! You are all incredible and very much appreciated.

If you are interested in becoming a volunteer for Village Santa Cruz, please contact us. [info@villagesantacruz.org](mailto:info@villagesantacruz.org) or (831) 824-2404.

The more volunteers we have, the more PLUS members we can help.

## Coming Up...for members

**Thurs, Aug 2, Strategic Planning Team monthly meeting, 12:30 – 2:30 pm.** All members are invited and welcome to attend and observe but you must request ahead of time, so you can get an agenda and a heads up on what to expect. Since this is a business meeting, there is not a lot of time for visitors to comment during the meeting but post-meeting comments are welcome. This is an opportunity for members to see our governance process in action and decide if they would like to join the Strategic Planning Team.

**Fri, Aug 3, Brainstorming Aging Issues, 12:15 – 1:15 pm @** Palo Alto Medical Clinic Westside, in the Zaballos Community Room. On the subject of aging, what issues do you need addressed? What questions keep you awake in the night? What is your most immediate concern, the one that you would like to see addressed NOW? Would you like to come to an ongoing group on this subject?

**Tues, Aug 7, Events Committee Meeting, 1:30 – 2:30 pm @** Coffeetopia, 1443 Capitola Rd. in Live Oak. Events Committee will meet to work on September Calendar. All members welcome. Come and share your ideas for upcoming events. This is a good place to come if you want help in starting a new Interest Group for members to share in a particular interest you have.

**Wed, August 8, Tech Help: Using Google Groups for Member to Member Communication, 11:00 am – 12:30pm @** Volunteer Center 1st floor Community Room, 1740 17th Ave., Live Oak. At this session **members of the Book Discussion Group** will learn how to use google forum. If you are on record belonging to this group, expect an email inviting you to use the forum immediately. If you are unfamiliar with a web forum, you are urged to attend this training and bring your smartphone, tablet or laptop that you use to access the internet. We need to keep the class size small so we can provide 1-1 assistance, so please RSVP to register .

**Fri, Aug 10, Book Discussion Meeting, *Just Mercy* by Brian Stevenson, 1-2:30 pm @** Bistro 112, cafe in the Tannery Arts complex, 1060 River St., Suite 112, Santa Cruz, CA 95060. Part memoir, part exhortation for much-needed reform to the American criminal justice system, *Just Mercy* is a heartrending and inspirational call to arms written by the activist lawyer who founded the Equal Justice Initiative, an Alabama-based organization responsible for freeing or reducing the sentences of scores of wrongfully convicted individuals. Stevenson's memoir weaves together personal stories from his years as a lawyer into a strong statement against racial and legal injustice, drawing a clear throughline from slavery and its legacy to today's still-prejudiced criminal justice system.

**Tues, Aug 14, Painting/Crafts, 1-2:30 pm @** member's home in westside. All levels welcome. We come together to enjoy the process and each other's company. Painting supplies available or bring your own. Or bring materials for that crafting project you are working on or want to begin.

**Tues, Aug 21, Mid-County Coffee Gathering, 1:30 – 2:30 pm @** Coffeetopia, 1443 Capitola Rd. in Live Oak. Come meet & greet other mid-county Village members. No agenda; just a chance for conversation.

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**...for Members** continued from page 2

**Thurs, Aug 23, Village Writes, 1-2:30 pm** @ member's home in Opal Cliffs area. This group allows participants a relaxed, safe, no-pressure space to write. We write short pieces based on prompts. Each person can decide whether or not to read from their writing. No critiques, just a thank you for sharing.

**Mon, Aug 27, Afternoon Movie & Discussion.** Movie, Theater, & exact time TBA as event gets nearer and theaters put out their list of movies for that day. Members of Movie/Theater group will then vote on which movie to attend.

**Tues, Aug 28, Dining Out, 5:30 pm** @ Laili Restaurant, 101 B Cooper street in downtown Santa Cruz City. Enjoy a meal & conversation with other Village SC members. Each participant pays for their own meal.

**RSVP to all events**

**[info@villagesantacruz.org](mailto:info@villagesantacruz.org) (831) 428-5697  
or register online @ our website calendar**

### **Coming UP...all welcome!**

**Mon, Aug 6, Westside Coffee Gathering, 1-2:00 pm** @ Iveta, 2125 Delaware Ave., Suite #F. No agenda, no pressure. Stop by to say "hi" and chat with members of Village Santa Cruz. Seating is outdoors so bring sunscreen & a hat-it can be hot, and a warm jacket in case it's foggy and cold.

**Wed, Aug 15, Aptos Coffee Gathering, 1-2:00 pm** @ Ground control Coffeehouse & Café, 10 Seascape Village Dr., Aptos. No agenda, no pressure. Stop by to say "hi" and chat with members of Village Santa Cruz.

**Fridays, Aug 17 & 24, Kundalini Yoga for Everybody and Every Body, 11:00 am – 12:15 pm.** @ the home of member in Live Oak. These are the last two in a summer series. Each is complete of itself – you can attend one or all.

What? Non-pretzel yoga for body, mind & soul. Using breath, stretching, exercises, relaxation and meditation. Taught by Dukh Niwaran Kaur Khalsa Whipp, an experienced and Kundalini Research Institute certified Kundalini Yoga teacher and a Village Santa Cruz founding member.

Class open to Village Santa members, neighbors, friends, family, your children, and grandkids. Active, inactive, athlete, can't get on/off the floor ---- all bodies! Modifications can be made for anybody with a two-hour advance notice. Please text or phone the instructor re adaptations at the phone number that will be emailed to registrants.

Cost? Free to Village Santa Cruz members. Non-members: \$4 for adults 18 & over, \$3 for youth 12-17, \$2 for anyone under 12. Everyone is welcome. If needed, classes could be bilingual (English/Spanish).

Classes will be outdoors. Bring a jacket, a mat if you have one (I have a few), a blanket, sheet, shawl or towel to cover yourself with for deep relaxation, a sun visor or hat, and sunscreen.

**[www.villagesantacruz.org](http://www.villagesantacruz.org) [info@villagesantacruz.org](mailto:info@villagesantacruz.org) (831) 824-2404**

## AROUND TOWN

### Cabrillo Festival of Contemporary Music 2018

July 29 – Aug 12

Each summer Cabrillo Festival brings together music lovers, community members, professional orchestra players and extraordinary composers for an inspired gathering that offers a musical experience like no other. For more information visit their website <http://cabrillomusic.org/>

#### **A few opportunities for our members:**

Dale & Mary are meeting Sunday, 7/29, 6:45 pm in front of the Civic Auditorium to see the free rehearsal that begins @ 7:00 pm. Want to join us? Email Mary @ [villagescmhowe@gmail.com](mailto:villagescmhowe@gmail.com) Anyone interested in complimentary ticket(s) to Cabrillo Festival "Community Night" concert on August 9 at 7 PM? We have three available. Contact our office at (831) 824-2404 First come, first served. Emails not accepted.

### NextStage Productions is hosting a "Love In" Music & Dance Party Fundraiser August 26, 2018

<https://www.nextstagesantacruz.org/love-in>

If you want to volunteer to help contact Kate Moran at [info@nextstagesantacruz.org](mailto:info@nextstagesantacruz.org) If you haven't heard of NextStage, this wonderful non-profit offers opportunities to engage, educate and enrich the lives of Active Adults 50+ and their communities through Creative Arts Experiences.

**Village Santa Cruz Members:** If you are interested in attending this event with other members, leave a message at [info@villagesantacruz.org](mailto:info@villagesantacruz.org) and we'll connect you to others who plan to attend.

### Vista Center for the Blind and Visually Impaired Low Vision EXPO 2018

Sat, Sept. 8, 9:30 am - 4:00 pm @ Louden Nelson Center

Find out more. Visit [http://www.vistacenter.org/low\\_vision\\_expo\\_Santa\\_Cruz\\_2018.html](http://www.vistacenter.org/low_vision_expo_Santa_Cruz_2018.html)

### Become an Ombudsman Volunteer

Over 60% of nursing home residents never receive a visitor. Who advocates for and protects these vulnerable and often voiceless residents? You can help safeguard and advocate for the rights of elderly and disabled residents in skilled nursing and assisted living facilities.

Become a Long-Term Care Ombudsman Volunteer!

Ombudsman Volunteers visit skilled nursing and assisted living facilities on a regular basis. Ombudsmen provide a visible presence, resident access, and assist and support residents with concerns and complaints to improve their quality of life and ensure appropriate care. Ombudsmen Volunteer presence in facilities can help reduce incidents of elder abuse. Bilingual a plus!

To become a volunteer, you must complete 36 hours of classroom training, and 15 hours of internship, as well as pass a background check, to be certified by the State of California.

For an application and more information,  
please call Advocacy, Inc. at (831)429-1913 or email [ombudsman@advocacy-inc.org](mailto:ombudsman@advocacy-inc.org)

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