



# Village Santa Cruz News

September 2018



Last month when I wrote about calling your local fire dept or 911 when a fire alarm or carbon monoxide alarm went off, I did something that you might want to know about. I like to verify information by calling the number of a service, so I actually dialed 911.

But before they could answer, I decided I could find info another way. I didn't want to "bother" them. No sooner did I hang up, when a friend called. Then after hanging up from that call, I received a call from a number I did not recognize. So, of course, I did not pick up. They didn't leave a message.

What happened was...continued on page 5

### Name Change

**Village Santa Cruz to Village Santa Cruz County**

find out why, when and how  
see page 5

### SAVE the DATE!

**Sat October 13**

**4:00 - 6:30 PM**

We invite you to attend a

**Village Santa Cruz County  
Fundraiser @ The Active Towel**



The Active Towel in the Blitzer Gallery, is a Showroom Boutique that has amazing and unique cotton and bamboo Turkish towels and robes, gorgeous Turkish Scarves and Capes, Stunning Jewelry, and more!

Treat yourself or buy Holiday Gifts direct from Turkey for your friends and family.

Wine & snacks will be available

18% of sales will be donated to  
Village Santa Cruz!!

### Artwork of Carol Colin Carol J Colin



**September 7th  
6-9 PM  
Cornucopia Re-  
alty  
1001 Center St.  
Part of  
First Friday  
Santa Cruz**

This month's First Friday Event in downtown Santa Cruz will include the whimsical paintings of Carol, a disabled senior, and Village Santa Cruz's newest PLUS member.

Appetizers, wine, and other beverages.  
(I hear Cornucopia puts out a mean food plate)

### Matter of Balance Class Completed



The latest Matter of Balance class offered by Volunteer Center of Santa Cruz County, graduated eight now fall-prevention-confident participants. The class (teachers and participants) was a combination of Village Santa Cruz members and non-members.

To learn more about Matter of Balance  
see page 4

## Coming Up...for members

**Thurs, Sept 6, Strategic Planning Team monthly planning meeting, 12:30 – 2:00 pm @ Capitola City Hall 1st floor community room, 620 Capitola Ave, 95010.** Monthly business meeting of the Strategic Planning team, the governance body of Village Santa Cruz. All members welcome to attend except during the first 15 minutes while a closed session is in order. RSVP

**Fri, Sept 7, Santa Cruz City West Community Circle informational meeting, 12:15 – 1:15 pm @ PAMF westside clinic, in the Zaballos Community Room, 1301 Mission St., 95060.** Monthly meeting of Village Santa Cruz, Westside Circle. All Village Santa Cruz members welcome. This month we will discuss and try to find answers to the questions: Where do you go when you need help? What is available and to whom is it available? We will leave this meeting with a better understanding of our options.

The Senior Resource Directory for SC County 2018, the ‘yellowbook’ put out by Senior Network Services, will be available at no cost to the first 15 members to register. NOTE: due to room size, the capacity for this meeting is limited to 20. RSVP

**Wed, Sept 12, Member Orientation & Welcome, 11:00 am – 12:15 pm @ Volunteer Center in 1st floor community room, 1740 17th Ave, Live Oak.** Outreach Coordinator, Jessica is back!

The first 30 minutes (11 to 11:30) will cover: distribution and review of member handbook, Village Santa Cruz website tour, logging onto website, and how to connect with your Village Santa Cruz community.

Afterwards (11:30-12:15) you are welcome to stay and continue chatting with other members. A Village Santa Cruz staff person will be available during this time for Village related tech support and questions. Bring your portable device if there's something you'd like help with. We're looking to recruit a volunteer to help with tech support well. RSVP

**Fri, Sept 14, Book Discussion, 1 – 2:30 pm @ Bistro 112 at the Tannery, 1060 River St. #112, 95060**

***The Immortal Life of Henrietta Lacks** by Rebecca Skloot. From the very beginning there was something uncanny about the cancer cells on Henrietta Lacks’s cervix. Even before killing Lacks herself in 1951, they took on a life of their own. Removed during a biopsy and cultured without her permission, the HeLa cells (named from the first two letters of her first and last names) reproduced boisterously in a lab at Johns Hopkins — the first human cells ever to do so.*

*In “The Immortal Life of Henrietta Lacks,” Rebecca Skloot introduces us to the “real live woman,” the children who survived her, and the interplay of race, poverty, science and one of the most important medical discoveries of the last 100 years. Skloot narrates the science lucidly, tracks the racial politics of medicine thoughtfully and tells the Lacks family’s often painful history with grace. She also confronts the spookiness of the cells themselves, intrepidly crossing into the spiritual plane on which the family has come to understand their mother’s continued presence in the world. Science writing is often just about “the facts.” -Skloot’s book, her first, is far deeper, braver and more wonderful. from NY Times book review, 2010. RSVP*

**(more events and how to RSVP on page 3)**

**Coming Up for Members** (continued from page 2)

**Thurs, Sept 20, Mid-County Coffee Gathering, 1:30 – 2:30 pm @** Coffeetopia in Live Oak, 1443 Capitola Rd., 95062. Come meet & greet other mid-county Village members. No agenda; just a chance for conversation. PLEASE NOTE: this month we have moved our coffee gathering from Tuesday to Thursday due to the Grey Bears picnic on Tuesday, Sept 18. RSVP

**Mon, Sept 24, Afternoon Movie & Discussion, 1:00 – 4:00 pm, Movie TBA** when we get closer to date and know what will be playing. RSVP

**Thurs, Sept 27, Village Writes, 1:00 – 2:30 pm @** member's home in Opal Cliffs area. A relaxed, non-pressure opportunity to write. Participants suggest topics for short writings. Each person is given an opportunity (but not required) to read what they wrote. RSVP

**RSVP to all events**

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

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

**Mon, Sept 3, Westside Coffee Gathering, 12:30 – 1:30 pm @** Iveta Coffee, 2125 Delaware Ave, #F, 95060. NOTE the TIME CHANGE – because of the Labor Day holiday, Iveta will be closing at 2:00 pm. In order not to be rushed out, we are beginning a half hour early. Our coffee gatherings have no agenda, no pressure. Although, since it is Labor Day, we may want to learn about each other's life labors. Stop by to say "hi" and chat with members of Village Santa Cruz County.

**Wed, Sept 19, Aptos Coffee Gathering, 1-2:00 pm @** Ground Control Coffeehouse and Eatery, 10 Seascape Village Dr., Aptos, CA 95003. No agenda, no pressure. Stop by to say "hi" and chat with members of Village Santa Cruz who reside in the Aptos, Seascape and La Selva Beach areas.

**Thurs, Sept 27, Presentation: Introducing Village Santa Cruz, 10 – 11:00 am @** Volunteer Center 1st floor community room, 1740 17th Ave, Live Oak. Come learn more about Village Santa Cruz.

**Thurs, Sept 27, Volunteer Orientation, 11:30 – 12:30 pm @** Volunteer Center 1st floor community room, 1740 17th Ave., Live Oak. Our Volunteers help in many ways: Direct practical support to seniors which includes calls, visits, and driving; Service coordination: scheduling volunteers to help; Tech support: being available to our members to help them use their devices; Event support: help set up and clean up at our events; Organizational support.

If you want to BE THE HELP please join us for our Volunteer Orientation!

Today's Volunteer Orientation will be preceded by an Introducing Village Santa Cruz presentation, beginning at 11:00 am.

**SPECIAL NOTE TO MEMBERS:** We would like to increase our ability to offer carpools to our members going to events. In order to set this up in order to set this up through Village Santa Cruz County, we request that any members who may be willing to drive a carpool to an event they plan to attend (but no obligation for any specific event) we need carpool drivers to attend a Volunteer Orientation and complete paperwork & background check. **Please consider.**

## Around Town

### **Vista Center for the Blind and Visually Impaired Low Vision Expo 2018, Santa Cruz**

FREE Event!

Living with Vision Loss

Sat, September 8, 2018

9:30 am to 4:00 pm

Louden Nelson Community Center, 301 Center Street, Santa Cruz, CA 95060

For more information go to <http://www.vistacenter.org/>

### **Diversity Center's 60PLUS monthly luncheon includes a presentation: *Introducing Village Santa Cruz County***

**Sat, September 8**

**12:30 – 3:30 pm,**

Inner Light Center, 5630 Soquel Drive, Soquel, CA, 95073

### **Museum Of Art & History MAH**

Kickoff Retreat: Planning for 2019 MAH Exhibit:

Seniors Experiencing Loneliness in Santa Cruz County.

**Sun, Sept 9 @ the MAH**

Everyone with a stake in this issue is invited to participate.

Learn more @ <https://c3.santacruzmah.org/>

### **Pie for the People / Pie for the NAACP**

**Sun, Sept 16, 1-3:00 pm**

**@ homeless garden Project Farm on Shaffer Road**

A pie potluck to benefit the Santa Cruz Branch of the NAACP

More information @ [www.pieforthepeople-santacruz.org](http://www.pieforthepeople-santacruz.org)

### **Grey Bears 45th Annual Harvest Picnic**

**Tues, Sept 18 11:30 – 1:30**

**@ Harvey West picnic area**

Enjoy a savory barbecue lunch (veggie options), canopy seating, live music, dancing, raffle, mingling and fun.

Ride a bike in or carpool with friends, parking at Portuguese Hall with van shuttle to/from picnic area and valet

bike parking. Harvey West Park, 326 Evergreen St, Santa Cruz 95060, [Click for a map here](#). See you there for a

rollicking good time!

Village Santa Cruz County Members: If you want to carpool with or meet other Village members at this event, email [info@villagesantacruz.org](mailto:info@villagesantacruz.org)

### **Matter of Balance** (continued from page 1)

Matter of Balance is an 8-week structured group intervention that emphasizes practical strategies to reduce fear of falling and increase activity levels. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance. Matter of Balance classes are offered both through the Santa Cruz Volunteer Center & Seniors Council

### ***Did You Know?*** Continued from page 1

What happened was the Emergency Services (911) was calling to verify there was nothing wrong, or did I need assistance. Sometime later, there was a sheriff at my door asking if I had called 911. Oh dear! When I explained what happened and was apologizing profusely, he said it was fine. But should you call 911, complete your call--even if you say that it was an error. The sheriff explained that they will go to a place of the call to confirm nothing was wrong. He said he would much rather have my situation than what often he encounters. Of course, I live in the unincorporated area, so the local police would come if you live within city limits.

### **Phone Scam – Oldie But Effective**

I just got this notice from my daughter who lives in Davis, CA: ‘I wanted to inform you that there is a kidnapping scam that is going around and targeting grandparents. They call grandparents and pretend their grandchildren have been kid napped. They even use the names of the grandchildren and have sounds of kids screaming for help. They demand money for their safe return. This happened today to a friend and a few other people from Davis. Just wanted to keep you aware.’

### **What’s in a Name?**

We are in the process of changing our name  
from **Village Santa Cruz** to **Village Santa Cruz County**.

Why the change? We want to be absolutely clear that Village Santa Cruz County is open to and welcomes seniors from all areas in our county.

As we transition, you will see Village Santa Cruz in some places and increasingly Village Santa Cruz County (Village SCC). Just know, this is the same organization.

### **Member events coming later this fall...**

#### **Mon, Oct 8, Potluck Luncheon with Speaker Cathy Cress, 12:00 noon – 2:00 pm.**

Cathy Cress, who holds an MSW in Aging from U.C. Berkeley, Cathy Cress is a leading national expert in Aging Life and Geriatric Care Management, and a well-known authority in midlife siblings, baby boomers, and the aging family. She has written several books, including Handbook of Geriatric Care Management; Care Managers: Working With The Aging Family; and Mom Loves You Best: Forgiving and Forging Sibling Relationships.

**Mon, Oct 22, Day Trip To San Francisco Museum Of Modern Art.** Two Options for getting there: some of us are using public transportation and others will go via carpool or rent a van.

**Interested?** Contact [info@villagesantacruz.org](mailto:info@villagesantacruz.org) as soon as possible so we can work on details.

**Wed, Oct 24, Tools for Health, 10-11:30 am,** This an alternative health care workshop lead by member Carol Colin. We will discuss vitamin supplements, nutrition and keeping your brain young. Some breathing, stretching, positive affirmations will be included. We'll learn about hand reflexology and laughter yoga.

**We are working on a day trip, weather permitting, to Mount Umunhum,** located within the 18,000 acre Sierra Azul Open Space Preserve in Santa Clara County. One of the highest peaks in the Santa Cruz mountain range at 3,486 feet, from its spectacular summit, visitors can experience 360-degree views from the Pacific to the Sierra Nevada! **Interested?** Contact [info@villagesantacruz.org](mailto:info@villagesantacruz.org)

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