



Village Santa Cruz County News

April 2019

Human Race 2019



The Human Race Giving Campaign has BEGUN, and we are asking you to join us in making this the best campaign our community has ever seen! This year's theme is Race for Change. So let's change ageism to Aging Better!

Please take five minutes to give to Village Santa Cruz County
<https://www.humanracesc.org/organizations/village-santa-cruz-county>

Your donation of any amount will help.

While you're at our Human Race page, be sure to watch the YouTube Video that Kyle, our Cabrillo College Intern Volunteer made. She's awesome.

And Spread the word. Forward this email. Text a friend. Post on Facebook, Twitter and Instagram using the hashtag #humanracesc. And you can also just tell someone face-to-face.

Celebrating Ginny



April 20, 1-5:00 pm

Our dear friend and VSCC member, Ginny Loyola passed away on March 17.

Her family is hosting a celebration of her life. Ginny told her son that she wanted her friends and family to come together and do what she loved: tell stories, share good times and laugh a lot. I hope you can be with us for a casual open house.

Fun Fact about Ginny: On her 80th birthday, Ginny took a hot air balloon ride!

For more information and to RSVP contact info@villagesantacruz.org

VSCC 2-Year Anniversary Party



Good Friends



Clifford from the Fun Institute shows us how fun is done!



Good Conversation

Coming Up...for members

Fri, April 5, Home Gadgets & Small Modifications: How to make our lives easier as we age, 12:15 – 1:15 pm @ PAMF westside medical clinic in their community room, 1301 Mission St. (enter via the parking lot and the entrance into the reddish section of the building). What gadgets have you found that help you, as different tasks become challenging due to changes in abilities? Participants are invited to bring and share those small home gadgets (or catalogues and where they can be purchased) that make life easier to get tasks accomplished around the home. **RSVP**

Tues, April 9, Painting & Crafts, 1-2:30 pm @ member's home in SC Westside. 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. We have water colors / painting supplies, colored pencils, paper, & glue on hand or you can bring your own supplies for any type of craft project (as long as you aren't using something with a strong smell). RSVP Address will be sent to participants. **RSVP**

Fri, April 12, Book Discussion Group: *Angle of Repose* , 1-2:30 pm @ member's home in SC westside. *Angle of Repose* by Wallace Stegner is about a wheelchair-using historian, Lyman Ward, who has lost connection with his son and living family and decides to write about his frontier-era grandparents. It won the Pulitzer Prize for Fiction in 1972. The novel is directly based on the letters of Mary Hallock Foote, later published as *A Victorian Gentlewoman in the Far West*. **RSVP**

Mon, April 22, Afternoon Movie & Discussion, Movie TBA once movie listing for this day come out (and we hope for better choices than the movie we saw – and all disliked - last month!).

Tues, April 23, Land of Medicine Buddha excursion, 2-4:00 pm. **Please Note the time change due to LMB scheduling conflict.**

LMB is offering us use of their facility free of charge. We will have access to the grounds for walks/hiking. The dining hall will be open for us to gather & have snacks prepared by the staff, as will the meditation room, and the sauna. Walk/hike (hiking begins at rather steep uphill), guided Qi Gong. Individuals can request message—paid for & arranged beforehand by each member who'd like this). We do need give LMB an approximate number of attendees and what besides the above mentioned, we would like available.

Please **RSVP** if you are interested in attending and include what you'd like to do.

We will try & arrange carpooling so let us know if you're interested (as driver or rider).

Thurs, April 25, Village Writes, 1-2:30 pm @ member's home in Opal Cliff neighborhood. This group allows members a relaxed, no-pressure space to write. We write short pieces based on prompts. Each person can decide whether or not to read from their writing. **RSVP**

RSVP info@villagesantacruz.org (831) 824-2404 or register online

Coming Up....All Welcome

This is a chance to come meet & greet Village members and have a conversation about issues that are important to you & others living in your area.

Mon, April 1, Westside Coffee Gathering, 1-2:00 pm @ Westside Coffee Co. in the Almar Shopping Plaza, 849 Almar Ave. #H

Tues, April 9, Mid-County Coffee Gathering, 1:30 – 2:30 pm @ Coffeetopia in Live Oak, 1443 Capitola Rd, 95062.

Tues, April 16, SLV & Surrounding areas, 1-2:00 pm @ Mt. Roasting Company, 6263 Graham Hill Road.

Wed, April 17 Aptos, 1-2:00 pm @ Eric's Deli in Rancho Del Mar Plaza

RSVP or just show up!

RSVP

**info@villagesantacruz.org
(831) 824-2404**

In the Community

We're Still Here

Step into the shoes of local seniors and learn about the challenges and solutions to social isolation in Santa Cruz County.

**Opening Exhibit @ the MAH April 5,
First Friday Santa Cruz
Exhibit will run until Sept 22.**

OPEN SHOW Santa Cruz

April 24, 6-9:00 pm

New Location: DNA's Comedy Lab
155 South River Street, Santa Cruz CA 95060

Open Show organizes live social events where the public can experience compelling visual stories and interact directly with photographers, filmmakers and multimedia producers.

Five different presenters show a project based on narrative, topic or single visual style. We curate for diverse genres including reportage, art, commercial, historical and more. Both completed and works in progress are accepted. Collaborative projects are also welcome.

Cost: \$10 online, \$15 at door

Purchase tickets @ <http://www.openshow.org/en/santacruz/650>

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Santa Cruz Mountains Art Center

A Themed Exhibit: Object of my Desire

Exhibit Dates: April 3 – May 18, 2019

More information <http://www.mountainartcenter.org/>

Local Artists share what they love, in the way they love to portray it.

Fri, April 12, Plateau Jazz: Swing Dance Party

5:30 – 7:70 pm

@ Bocci's Cellar 140 Encinal St.,

\$5 cover. Non-dancers welcome too, dinner and drinks available.

Pacific Voices 25th Anniversary Spring Concerts!

Sat June 1, 7:30 pm and Sun June 2, 2:00 pm

@ Cabrillo College Samper Hall. www.pacificvoices.org

NEXT Stage Productions: *Listen to Your Mother*

May 11 @ Center Street Theater

Two Performances: 4:00 pm and 7:00 pm

<https://www.nextstagesantacruz.org/>

The Art of Dying Well

On March 27th Bookshop Santa Cruz and Hospice of Santa Cruz County sponsored a talk and book signing by Katy Butler whose new book is titled "*The Art of Dying Well.*"

Over 200 people attended. Katy stressed the importance of having agency in determining how we live the last years of our lives. Our flawed medical system often rewards physicians for ordering and prescribing life-prolonging treatments and many people believe that they have no choice but to accept the recommendations of these "experts."

Each of us must decide on the path which is right for us based on the quality of life we wish to have. Palliative care is finally coming into its own and may be a viable option for many. Katy described some very moving rituals which people have developed to honor the person who is dying.

She has a Facebook page called "slow death" which she invited people to join.

Hospice of Santa Cruz County has a number of programs which may be helpful as we deal with the challenges of aging and dying. <https://www.hospicesantacruz.org/>

contributed by Dede Carroll



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