



Village Santa Cruz County News

February 2019



Driver License Renewals

After age 70, people need to go into the DMV to renew their license, and will have to take a vision and written test. You can use a touch-screen, paper, or even have a one-on-one Q&A. Specify what you want when you make your appointment. No matter how old you are, you don't need to take a driving test unless you have a medical condition, have been referred by the police or your family, or have too many tickets.

The DMV wants you to keep driving, but wants you to be safe, so can issue licenses restricting freeways, limiting hours of operation, requiring larger mirrors, etc.

The new "Real ID" won't be needed until 2020 (and in fact is not needed if you have a passport).

It is important to call 90 days before your birthday when you need to renew your license. The application can be done online. There is also a "Senior ID", which is free, and good to have when signing legal papers. Ask for it when renewing your license.



Enjoying lunch at Jalisco's
after a visit to
Pajaro Valley Arts
to see their current exhibit:
Take Aways: Art To Go!

Modifying your Home to Age in Place: Where to Start?

The term universal design modification refers to home modifications that accommodate all life-style requirements, whether young, old or physically challenged. The objective of universal design is to include features that make your life easier and safer throughout the various stages of life. Important safety features & home modifications include:

Improved lighting: Brightening dark corners with fixtures, skylights or windows helps those with poor eyesight.

Shower and tub grab bars: Grab bars are essential for bathroom safety; however, adding rails throughout the home can also benefit adults with limited mobility.

Lever handles: Lever handles are much easier to open than round knobs.

Rocker light switches: Light switches that can be tapped or pressed make it simpler for someone with severe arthritis to turn on lights.

Non-slip surfaces: Better flooring surfaces in bathrooms, showers & kitchen keep everyone safe. Reading about these home modifications and knowing where to start and who to contact, are two different things.

Member and volunteer, Mischa, who has modified her own home, has generously offered to work with any member who's interested. She will survey your home with you and together you can come up with a plan for making your own home safe. email info@villagesantacruz.org

Coming Up...for members

Fri, Feb 1, Westside Circle Meeting & Discussion, 12:15 –1:15 pm @ PAMF Westside Clinic in community room (enter via parking lot door into the reddish brown building), 1301 Mission St., Santa Cruz, 95060. Discussion to include: Brainstorm & prioritize topics for future 1st Friday meetings. Report from Member Engagement Committee on suggested ways we can more stay connected outside of events. RSVP

Thurs, Feb 7, Strategic Planning Team meeting, 12:30 –2:00 pm @ Capitola City Hall 1st floor community room. Monthly planning meeting. All members welcome to attend. RSVP.

Fri, Feb 8, Book Discussion: Boys in the Boat by Daniel James Brown, 1:00 –2:30 pm @ Java Junction in Gateway Plaza, 580 River St, #A.

Boys on the Boat tells the story of the University of Washington's 1936 eight-oar crew and their epic quest for an Olympic gold medal, a team that transformed the sport and grabbed the attention of millions of Americans. The sons of loggers, shipyard workers, and farmers, the boys defeated elite rivals first from eastern and British universities and finally the German crew rowing for Adolf Hitler in the Olympic games in Berlin, 1936. RSVP

Thurs, Feb 14, Games over Lunch, 11:30 –2:00 pm @ Mary's home in SC westside. We had so much fun playing games at our end of year celebration, we decided to celebrate Valentine's Day with a friendly game of Poker. Not interested in Poker? Bring your favorite Board or Parlor Game. Lunch included. RSVP

Wed, Feb 20, Aptos Coffee & Jewelry Exchange, 1-3:00 pm @ Dede's Home in Aptos. This month's Aptos Coffee Gathering is moved to Dede's home and will include a jewelry exchange. Capacity limited to 12. RSVP

Thurs, Feb 21, Mid-County Lunch Bunch, 11:30 am –12:30 pm @ member's mobile home park community room in Live Oak. Bring your own lunch: Buy food at 11 AM at Amazon Juices, 1066 41st Ave., #105, Capitola <http://www.amazonjuices.us/#about> OR bring a bag lunch. Address & directions to mobile park given after you RSVP. Plenty of room. ADA accessible bathroom & site. Hosted by Mid County Village SCC Community Members, open to all members & their guests. RSVP

followed by and just down the block...

Thurs, Feb 21, Member Orientation, 12:45 –1:45 pm @ Volunteer Center 1st floor community room, 1740 17th Ave., in Live Oak. Learn how to maximize your membership, including how to: log onto the website, join and/or start an Interest Group; add/subtract your information in the Member Directory, Register online for an event, input ideas for a future event. Member Handbook and Directory Available. RSVP

more events...continued on next page

Sat, Feb 23, Pajaro Valley Quilt Show & Lunch at Gizdich Pie Shop & Deli, 10:30 am – 1:30 pm. Enjoy a morning at the 2019 Pajaro Valley Quilt Show and then lunch at Gizdich Ranch Pie & Deli Shop. Gizdich has an outdoor picnic area (weather permitting) as well as indoor eating. After lunch we can stroll through the antique shop run by Anita Gizdich and learn about the history of Croatian settlement in the area.

RSVP We will carpool.

Mon, Feb 25, Movie & Discussion: TBA once movie selections for this date are posted in theaters.

Thurs, Feb 28, Village Writes, 1-2:30 pm @ Dale's home in Opal Cliffs area. 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

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(831) 824-2404

www.villagesantacruz.org

members must log into website to register online for member-only events

Coming Up....All Welcome

Coffee & Conversation Around the County...All Welcome

Wherever you live in Santa Cruz County, join VSCC members and non-members for coffee/tea and conversation. No agenda, no pressure; just a place to meet & greet your neighbors and find out more about Village Santa Cruz County.

Mon, Feb 4, Westside SCCity, 1-2:00 pm @ Westside Coffee Co., 849 Almar Ave #H (in the Almar plaza where Safeway is located).

Tues Feb 12, Felton, 1-2:00 @ Mountain Roasting Company, 6263 Graham Hill Rd, Felton, 95018

Tues, Feb 12, Mid-County 1-2:00 @ Coffeetopia, 1443 Capitola Rd, Live Oak, 95062

In place of the regular Aptos Coffee Gathering, this month Aptos members are meeting at one of their home's for a jewelry exchange over coffee/tea. March 20, Aptos Coffee will return to Eric's Deli in the Rancho Del Mar Plaza.

Thurs, Feb 21, Presentation: Introducing Village Santa Cruz County, 11:30 am –12:30 pm @ Volunteer Center 1st floor community room. Learn about Village Santa Cruz County and get your questions answered. RSVP

Wed, Feb 27, Presentation by Lawyer: Getting Your Affairs in Order, 10:30 –11:30 am @ Aptos Library. Local lawyer Lucille Des Jardins, a lawyer who specializes in elder law, will speak about about what we need to do to organize our legal and financial arrangements as we plan for the future. Open to the public. RSVP. Space is limited

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Coming Up in March

Village Santa Cruz County Two-Year Anniversary Celebration

Saturday, March 16, 1:30 – 3:30 pm @ Resource Center for Non-Violence in Community Room
*Friends *Food *Laughter

The Fun Institute leaders, Dixie and Clifford will lead us in some interactive fun to get to know each other better. Clifford Henderson and Dixie Cox, founders of the FUN INSTITUTE, have a combined total of over 48 years experience teaching improv, acting, and team-building skills.



<http://www.funinstitute.com/>

Bruce Munro Art Installation at Montalvo: *Stories in Light* Sunday, March 10, 6:20 pm entry, \$20 seniors, \$40 regular, purchase tickets online @ <https://www.munromontalvo.org/>
RSVP We will carpool. Presently we have one car going with one empty seat.
Montalvo Arts Center is proud to announce an astonishing new exhibition by artist Bruce Munro. Featuring 10 light-based works ranging in scale from immersive to intimate, Bruce Munro at Montalvo: Stories in Light will utilize multi-hued waves, clusters, cascades, flocks, and seas of

Coming Up in April

Museum of Art & History (MAH) exhibit: *We're Still Here: Stories of Seniors and Isolation*. This exhibit will run April 5 to September 22. The MAH is requesting artwork from county seniors that convey a sense of loneliness and/or isolation.

For more information, visit <https://c3.santacruzmah.org/exhibitions/>

Food for Thought and Discussion

Members send in articles from time to time that they find particularly thought provoking. We think that many of these articles would provide lively discussion. Below are two such articles. We hope to carve out time going forward to have these discussions between our members. Send us any great articles you come across that you'd like to discuss with other members.

The Joy of Being a Woman in Her 70s by Mary Pipher (Dr. Pipher is a clinical psychologist), Jan. 12, 2019, *The New York Times* editorial page

Many of us have learned that happiness is a skill and a choice.

<https://www.nytimes.com/2019/01/12/opinion/sunday/women-older-happiness.html>

Scientists are Working on a Pill for Loneliness, by Laura Entis, *The Guardian*, 1/26/18 (originally published for Medium. Modern life has led to greater isolation, which can fuel an array of disorders. If there are medications for social pains like depression and anxiety, why not loneliness?

<https://www.theguardian.com/us-news/2019/jan/26/pill-for-loneliness-psychology-science-medicine>



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