



## Working Together: Ready for an Emergency



Julie, our host (and a therapist), made a sand tray depiction of our Emergency Preparedness Work Party. In the center, our Work Party plans ways to safeguard against outside dangers.

On February 10, six Village SC members met at Julie's home to help each other to be more prepared for an emergency. We talked about each of our situations and learned some tools to help us be more prepared. Julie gave us a list of tasks she hoped to get completed and we got to work.

(To find out more, including some of the things we learned, see page 5).

## Common Interests

Are you looking to find other people to join you in your specific interests?

At our Anniversary Party, members were invited to sign-up for various Interest Groups, in order to connect with other members with similar interests.

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## 2018 Woman of Valor Sandy Cohen



Ryan Coonerty presents Temple Beth El award to Sandy Cohen.

All of us who know Sandy, know how deserving she is of this award.

**REMINDER: Village SC fundraiser Yard Sale is coming up April 21**  
**We want your stuff! Contact Dody [tomanddody@comcast.net](mailto:tomanddody@comcast.net) for details**

## VOLUNTEERING OPPORTUNITES

Village Santa Cruz is getting ready to welcome it's tier two or PLUS members ; those who may need a little extra help. Our Volunteers can 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!  
Check out times and dates in Coming Up...All Welcome section.

## Coming Up...just for members

**Fri, March 9, Book Discussion, 1 - 2:30 pm,** A wrap-up of February's discussion of *No Is Not Enough* by Naomi Klein, followed by discussion of the first three essays in the book, *We Were Eight Years In Power: An American Tragedy*, by Ta-Nehisi Coates @ Abbott Square (by the MAH). Outside if the weather is nice, inside the eating area if raining.

**Mon, March 12, Dining Out Club, 5:30 – 7:00 pm** @Water St Grill, Each member pays for their own meal. <http://www.thewaterstreetgrill.com/> 503 Water St., Santa Cruz 95060.

**Wed, March 14, Member Orientation (11-11:30 am) & Monthly Mid-County Mixer (11:30 – 12:30),** @ Volunteer Center 1st floor community room, 1740 17<sup>th</sup> Ave. in Live Oak.

ReFraming Member Orientation: now Member Orientation and Monthly Mid-County Mixer. (see more on page 5).

**Thurs, March 22, Village Write, 1:00 PM until 2:30 pm** @ a member's home near Capitola (address will be emailed to registered members the day prior). 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. Space is limited to 8 participants. Registration is required.

**Wed, March 28, Movie/Discussion, afternoon @ the Del Mar/Nick,** time & movie tentative until we get closer to the date and see what's playing.

**Please RSVP to all events. You can do this in one of three ways:**

**Self-Register** at the website   **Email** [info@villagesantacruz.org](mailto:info@villagesantacruz.org)   **Call** the office [\(831\) 824-2404](tel:(831)824-2404)



**Be a Start for Your Community**  
**Human Race May 12, 2018**  
Fundraising begins March 28

### **Matter of Balance: Are You Interested?**

Matter of Balance: A national, evidenced-based program offered through Volunteer Center to Village Santa Cruz members.

This program emphasizes practical strategies to manage falls.

**WHO SHOULD ATTEND?** Anyone concerned about falls, anyone interested in improving balance, flexibility and strength, anyone who has fallen in the past, anyone who has restricted activities because of falling concerns.

**YOU WILL LEARN TO:** view falls as controllable, set goals for increasing activity, make changes to reduce fall risks at home, exercise to increase strength and balance.

Classes are held twice a week for 4 weeks for 2 hours each.

Program is free of charge.

Dates to be set according to member interest & availability.

## Coming Up...All Welcome

**Mon, March 5, Westside Coffee Gathering**, 1-2:00 pm @ Westside Coffee Company, [849 Almar Ave. # H](#) in the Almar Shopping Plaza.

**Fri, March 9, Presentation: *Introducing Village Santa Cruz***, 10-11:00 am @ Santa Cruz Police Department Community Room, [155 Center Street](#), Santa Cruz 95060

**Wed, March 14, Volunteer Orientation**, 12:30 – 1:30 pm @ Volunteer Center 1<sup>st</sup> floor Community Room, 1740 17<sup>th</sup> Ave. in Live Oak.

Today's orientation will be held immediately following our first monthly Mid-County Member Mixer - if you arrive early please come in and meet some of our members!

**Thurs, March 15, Presentation: Declutter Your Home Space**, 1:30 – 2:30 pm @ Volunteer Center 1<sup>st</sup> floor Community Room, 1740 17<sup>th</sup> Ave. in Live Oak.

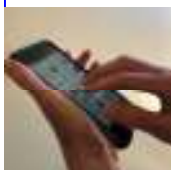
Claire Rubach aka *The Home Weeder* <http://>

[www.thehomeweeder.com/](http://www.thehomeweeder.com/) will give us some tips... just in time for our Village Santa Cruz April 21<sup>st</sup> yard sale! And if you've begun your decluttering and have a box or two of treasures you'd like to donate to our yard sale you can bring them to this presentation.



**Tuesday, March 20, RIDESHARING: Utilizing Rideshare APPS Webinar**, 1-2:00 pm @ Loudon Nelson Community Center, [301 Center Street, Santa Cruz](#). Join us in watching this

Tech Tuesday Webinar offered by Village to Village Network to help us learn about utilizing different ridesharing apps such as Lyft, Uber and GoGo Grandparent. This webinar will provide an overview of ridesharing and how to utilize each of these services. Learn all the tools available to help you so you can keep doing the things you want to do even when you no longer drive!



**Wed, March 21, Aptos Coffee Gathering, 1-2:00 pm** @ Ground Control Coffeehouse and Eatery, [10 Seascape Village Dr., Aptos, CA 95003](#).

**Thurs, March 22, Volunteer Orientation**, 11:30 am - 12:30 pm @ Volunteer Center of Santa Cruz County 1<sup>st</sup> floor community room, 1740 17<sup>th</sup> Ave. in Live Oak. Village At 1:00 pm we will have a *Introducing Village Santa Cruz* presentation.

**Thurs, March 22, Presentation: *Introducing Village Santa Cruz***, 1:00- 2:00 pm @ Volunteer Center 1<sup>st</sup> floor Community room, 1740 17<sup>th</sup> Ave. in Live Oak.

**Please RSVP to all events. You can do this in one of three ways:**

**Self-Register** @ website   **Email** [info@villagesantacruz.org](mailto:info@villagesantacruz.org)   **Call** the office [\(831\) 824-2404](tel:8318242404)

### Interest Groups (Continued from page 1)

From the Anniversary Party activity came these categories of interest: (1) **Theater/Film** (2) **Book Club** (3) **Day Trips** (4) **Writing Group** (5) **Gardening** (6) **Various Craft Activities** (7) **Dining Out** (8) **Picnics** (9) **Pilates / Yoga** (10) **Walking** (11) **Various Participatory Sports Activities** (12) **Spectator Sports**

**Interest groups connected.** Everyone who participated in the post-it activity at the Anniversary party or the online form that followed should have an email in your inbox for each activity you expressed interest in.

**Now what?** Each group has one another's email contact and can *chat* amongst the group in deciding on activities.

We will resend an updated list every month or two via email, and Jessica will have printed copies available upon request.

**Liability note** - You are welcome to plan gatherings with others on the list, but please note that only events listed on the Village Events Calendar are officially Village Santa Cruz events.

If you'd like to plan events that are promoted via the calendar it would be helpful to have a contact person for the group, and for any events you recommend to have a volunteer host and if possible proposed time, date & location. The events committee meets once a month, so planning ahead is important. The Events Committee can be reached at [info@villagesantacruz.org](mailto:info@villagesantacruz.org) and welcomes new members.

**How to join a group?** All Village SC members are invited to email [info@villagesantacruz.org](mailto:info@villagesantacruz.org) and ask to be included on any Interest Group list that you'd like.

**What does adding my name to a list involve?** Requesting your name be added to an interest group means that you opt-in to having your contact information shared with other members of that interest group. You will be contacted if the group decides on an activity. You can then choose whether or not to participate.

**What about other groups?** There were also individuals who suggested the following other activities: **Fencing, Tai Chi, Volunteering, Singing, Audio Production, Dancing, Ending solitary confinement/mass incarceration, racial, social & economic justice, playing cards, bridge, and poker.**



### National Village Gathering Oct 7-10, 2018

Registration for the Gathering opens March 7

All conference activities will be held at:

Hyatt Regency Mission Bay

[1441 Quivira](http://1441_Quivira) Rd San Diego, CA 92109

A special room block is also reserved at a rate of \$199 per night. Room reservations are currently open and can be made online. The room block tends to go fast.

If you are interested in sharing a room with another Village Santa Cruz member let us know.

[info@villagesantacruz.org](mailto:info@villagesantacruz.org).

### **ReFraming Member Orientation:**

Member Orientation and Monthly Mid-County Mixer: The first 30 minutes (11 to 11:30) will remain a brief orientation focused on distribution and review of member handbook, Village Santa Cruz website tour, logging onto website, and how to stay connected, but rest of the time (11:30-12:30) has been set aside for welcoming new Village Santa Cruz members, and getting to know one another.

This is an opportunity to welcome new members and also for those who find the monthly West side and Aptos coffee locations inconvenient to gather on a regular basis.

Our outreach coordinator, Jessica, will be available for Village related tech support and questions - so bring your portable device (or your passwords) if there's something you'd like help with.

Optional: Bring a sack lunch for yourself and/or a snack to share with the group. Village Santa Cruz will provide tea.

### **Working Together: Ready for an Emergency**

(continued from page 1)

Some of the things we learned at the Emergency Preparedness Work Party

- What a typical gas and water valve looks like and where to look for them.
- Newer alarms (both smoke and Carbon Dioxide) are made with an internal 10-year battery. There is nothing to replace. After 10 years you buy a new detector.
- There is such a thing as a refrigerator coil-cleaning brush. They are inexpensive and make cleaning refrigerator coils easy.
- Where to buy some cool emergency items/gadgets.
- There are materials available to help facilitate neighbors helping neighbors in an emergency (i.e. you too can organize your neighbors to be prepared in an emergency, as a neighborhood).

After a couple hours of sharing, learning, & work, we had a nice lunch together, prepared by Aviva. Thank you Julie & Avivia

If you would like to host an Emergency Preparedness Work Party for a group of Village members or get on the list for the next Work Party, contact [info@villagesantacruz.org](mailto:info@villagesantacruz.org)

**A great way for members to help each other.**

### **General Work Party**

**tentative date, Sat, April 14 in the morning**

Mary will host a Work Party at her home. She's making a list of tasks, which currently include: patching a blanket, filing, and planting one of her vegetable raised beds. What do you get for your efforts?

\*A chance to help another Village member

\*Good company - a morning of social interaction

\* A chance for you to host a future Work Party with your own list of tasks

\*\* A yummy lunch \*\*

Contact Mary [villagescmhowe@gmail.com](mailto:villagescmhowe@gmail.com)  
for more information or if you'd like to participate.