



# Village Santa Cruz County News

March 2019



## Stop Paying Too Much for Your Prescriptions

Recently a Rx I use daily was on back order at my usual pharmacy. I needed to find another pharmacy but not one of the multiple pharmacies in the health plan had it.

A member of the pharmacy told me to go to **Goodrx.com** and see who might have it and then call to confirm. There were coupons that saved me \$80.00 and I ended up going to a grocery store's pharmacy very convenient for me. I did have to have my physician call the new pharmacy with a prescription but this wasn't a problem. This is how it works:

And yes, even if you have medicare and drug insurance, you can use them.

**GoodRx** is a powerful free mobile app and website that helps Americans save millions of dollars every month by finding them the lowest prescription prices at their local pharmacies.

Use their price comparison tool on your mobile app or at [goodrx.com](http://goodrx.com) to save up to 80% on virtually all FDA-approved drugs—brand-name and generic. You can think of us as an Expedia for prescription drugs.

We will not only show you the GoodRx discount coupon prices, but we will also let you know when a pharmacy has a lower cash or membership program price, or if there are any available manufacturer offers.

The new pharmacy was fine with the coupon and said they get them all the time.

*Did You Know* column by Dody Anderson

## Getting Your Affairs in Order

Lucille Des Jardins presented a great introduction to the necessary documents we need to have in place when we die and/or become incapacitated. She spoke to a capacity filled room at the Aptos Library on 2/27/2019 and graciously answered questions from the audience.

Lucille, also, explained the terminology often used in trusts and wills. She emphasized that because it is a legal language, you should ask for an explanation of any word or phrase in the document that you need explained.

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## Upcoming MAH Exhibit

**We're Still Here:  
Stories of Seniors  
& Social Isolation**

April 5 - September 22



VSCC members Frieda, Mary, & Kathleen at Museum of Art & History planning meeting

Social isolation is a growing health epidemic.

Loneliness can lead to dramatic decreases in physical health, mental well-being, and overall quality of life.

Together, artists, seniors, and senior advocates have created artwork that shares the personal stories, challenges, and triumphs of socially isolated seniors in our county.

Through this exhibition, seniors will inspire us all and each other to find new ways to build stronger social connections in our community.

## Coming Up...for members

**Fri, March 1, Westside Community Circle: New York Times Article Discussion, 12:15 – 1:15 pm** @ Westside PAMF in the Community Room, 1301 Mission St., 95060 (enter by parking lot door into the reddish-brown building). We will discuss *The Joy of Being a Woman in Her 70's*, an article that appeared in *The New York Times* on January 12, 2019. You can find the link in our February Newsletter or email [info@villagesantacruz.org](mailto:info@villagesantacruz.org) for a copy. RSVP

**Fri., March 8, Book Discussion Group: 'The River of Doubt: Theodore Roosevelt's Darkest Journey', 1-2:30 pm** @ Member's home in SC Westside.

At once an incredible adventure narrative and a penetrating biographical portrait, *The River of Doubt*, by Candice Millard, is the true story of Theodore Roosevelt's harrowing exploration of one of the most dangerous rivers on earth.

RSVP Venue capacity limited to 12. Registrants will be sent the address.

**Sun., March 10, Bruce Monro: Art Light Installation Throughout Montalvo Art Center's Gardens & Grounds, SOLD OUT:** We have a group going but at this point there are no more tickets avai



**Sat, March 16, Two Year Anniversary Party**

**1:30-3:30 pm**

**@ Resource Center for Non-Violence, 612 Ocean Street, Santa Cruz.**

Village Santa Cruz County is two years old! Join us to celebrate with good food, good conversation, and Included Will Be An Hour of Good Plain Fun! Prepare to laugh as Clifford and Dixie of the Fun Institute will lead us in social party games that promote imagination, good will, and buckets 'o fun. Making each other look good will be the motto. Having fun will be the goal.

Join members you know and members you might be meeting for the first time!

RSVP

**Tues, March 19, 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

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

**Tues, March 19, Dining Out, 5:30 pm @** Takara Japanese Restaurant & Grill, 3775 Capitola Rd, @ 38th Ave., right in front of Sears. RSVP

**Mon, March 25, Afternoon Movie And Discussion, 1-4:30 pm.** Movie TBD

**Thurs, March 28, 2019, Village Write, 1-2:30 pm.** At 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. RSVP

**RSVP**

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

**Coming Up....All Welcome**

**Mon, March 4, Westside Coffee Gathering, 1-2:00 pm @** Westside Coffee, 849 Almar Ave #H, wesstde Safeway shopping plaza.

**Tues., March 12, Mid-County Coffee Gathering, 1:30-2:30 pm @** Coffeetopia in Live Oak 1443 Capitola Rd., Santa Cruz 95062

**Wed., March 20, Introducing Village Santa Cruz County, 11:30 AM-12:45 pm**

@ Community Foundation of Santa Cruz County, across from Rancho Del Mar Shopping Center, 7807 Soquel Dr., Aptos 95003. Come learn about VSCC; get your questions answered.

**followed by and across the street...**

**Wed., March 20, Aptos Coffee Gathering, 1-2:00 pm @** Eric's Deli in the Rancho Del Mar Shopping Center, 102 Rancho Del Mar, Aptos 95003

**Thursday, March 21, Coffee Gathering (SLV & Surrounding Areas), 1-2:00 pm @** Mountain Roasting Company, 263 Graham Hill Rd., Felton 95018

**Member Opportunities**

**Host a Work Party**

Spring is around the corner and for many of us that means spring cleaning and spring yard work. If this fills you with dread, DON'T WORRY! Help is at your fingertips. Host a VSCC Work Party and you can get a group of members to come to your home & help out with your task list.

**Upgrade Your Home for Aging in Place**

One of our members with extensive experience renovating her own home for her changing needs has graciously offered to help other members. Whether it's a small thing like getting rid of throw rugs to remodeling the bathroom, she can work with you to figure out what may need to be changed and to find the resources to make your home 'aging-in-place ready'.

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**Getting Your Affairs in Order** *continued from page 1*

The following is from the handout Attorney Des Jardins presented:

**Advance Health Care Directives:** Designate agent(s) to make health care decisions and direct end of life medical treatment. Benefits: You decide who will manage your health care decisions when you can not and you direct your end of life treatment.

**Durable Power of Attorney:** Designate agent(s) to manage finances. Benefits: You decide who will manage your finances when you are unable to manage. You may avoid conservatorship if you are incapacitated.

**Revocable Trust:** Transfer of property to revocable trust, designating yourself or other(s) as trustee. Benefits: You decide who will manage the property you hold in trust while you are living. You designate the beneficiaries of your trust and how the property is distributed on your death. You may avoid conservatorship if you are incapacitated. You avoid the expense of Probate on your death. You avoid an estate claim against your estate for repayment of benefits you received from Medi-Cal during your life.

**Will Benefits:** You designate who receives your property on your death. You designate executor of your estate.

**Beneficiary Designations on Retirement Accounts and Life Insurance Benefits:** You designate who receives work related retirement accounts and life insurance on your death. It is important to review and update beneficiary designations as things change (divorce, death, etc)

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**Thurs, March 14, Legally Speaking: Elder Law and Abuse with Anna Penrose, 6-7:00 pm @ Santa Cruz Downtown Public Library**

Local attorneys Anna M. Penrose-Levig of Penrose Chun & Gorman, LLP, Pamela Simmons of Simmons & Purdy, and Assistant District Attorney William Atkinson will provide information regarding how seniors in our community can protect themselves.

**March 9  
International  
Women's**



**Celebrate Womxn's History Month, Thurs, March 21, 10 am - 9 pm, Culture for Community @ San Francisco Museum of Modern Art (SFMOMA)**

During Womxn's History Month this March, join us in recognizing the contributions of womxn artists to our culture, community, and museum. (We use the more inclusive term "womxn" to acknowledge gender fluidity and the full range of female identity.)

As part of Culture for Community, an ongoing collaboration with our community, SFMOMA and more than a dozen Yerba Buena cultural organizations are offering free admission on March 21.



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