



MAY 2019

VILLAGE SANTA CRUZ COUNTY NEWS

DID YOU KNOW:

That there are many home gadgets and small modification to make life easier as we age?

by Dody Anderson

We had a valuable exchange of information about this at the Village Westside Circle meeting on April 5. We discussed devices or things to consider for surgeries or difficulties around the house.

A few of us came with the exact handy dandy bottle opener and there was a variety of compression gloves we use to keep our hands from becoming too cold or for arthritic pain. Frieda shared a knife that we all wanted immediately.

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INTERVIEW WITH VSCC MEMBER SHIELA DEAN



By Sandy Cohen

If I had to guess how Shiela maintains her youthful enthusiasm, I'd guess by volunteering & being of service to others. She modestly insists it's not altruistic, but rather a win-win situation.

Shiela was born in Cincinnati, Ohio on May 23, 1938. She graduated from Ohio State with an undergraduate degree in Psychology and worked in Human Resources for the Dept of the Interior, US Govt. After her marriage, she became a stay-at-home Mom to two sons that she adores & vice-versa.

Her husband's employment required a move about every 10 yrs. but her move to Santa Cruz was from Billings, MT in April of 2010 after being divorced for about 10 years. She had been working as a medical transcriptionist & loved her work.

Shiela's sons were living in California & she'd visit & loved it. They convinced her to stop dealing with the cold weather in Billings & move to Santa Cruz. In fact, they moved her on April 5, 2010 to a lovely apartment with an ocean view where she's been ever since. Immediately she started volunteering in a 3rd grade class at Westlake & has been with the same teacher three mornings/week—grading papers, logging test scores, managing the math center & assisting with arts and crafts projects. She stated that by doing these things, the teacher is much less stressed & can focus on teaching plus it frees up the teacher's at-home time to spend with her own child.

On Wednesdays, she volunteers in the Village SCC office helping Mary with whatever needs doing.

When asked what attracted her to VSCC, she said that her sons are married (one has twins & the other has one child) with busy lives of their own. She never wants to be a burden. She attended the very 1st meeting at Garfield Park Church & was so impressed with the presentation (citing Gloria Williams' competency) that she joined as soon as we launched—now 2 years ago!

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Coming UP...for members

Fri, May 3, Discussion hosted by Eastside Circle: Helping During Crisis, 12:15-1:15 pm @ Westside PAMF in the Community Room; 1301 Mission St. Santa Cruz, CA 95060. Our discussion will center around the question: How can we be helpful to each other and to one another's families/loved ones when each of us faces a crisis or is ready to transition? RSVP

Wed, May 8, Prepare For Your Care Workshop, 12:30-2:00 pm @ The Volunteer Center of Santa Cruz County; 1740 17th Ave. Santa Cruz, CA 95062.

See page 4 article for more information, Prepare For Your Care, for more information. RSVP

Fri, May 10, Book Discussion Group: Angle of Repose by Wallace Stegner (2nd half), 1:00-2:30 pm @ member's home in Westside Santa Cruz.

Last month we discussed the first half of this book. This month we will finish up. RSVP

Tues, May 14, Painting and Crafts, 1:00-2:30 pm @ A member's home in West Side Santa Cruz. 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

Thurs, May 16, Lunch Bunch at Pino Alto Restaurant, 12:00-1:30 pm @ 6500 Soquel Dr. in Aptos, 95003. Pino Alto Restaurant is in the historic Sesnon house on the Cabrillo College campus. The meals are prepared by talented students and instructors in the Culinary Arts Department. RSVP

Tues, May 21, Day trip to Point Lobos, 9:00 am- 3:00 pm @ Point Lobos Beach; 62 CA-1, Carmel-By-The-Sea, Carmel, CA 93923. You can hike or stroll; spend the time mainly walking or sit and enjoy the view. There are currently four wheel chair accessible trails in the Reserve. Bring a bag lunch and maybe a little something to share with the group. RSVP

Thurs, May 23, Village Write, 1:00-2:30 pm @ A member's home near Capitola. 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 his or her writing. RSVP

Mon, May 27, Afternoon movie and discussion: Movie TBD, 2:30-4:30 pm @ Santa Cruz. Movie to be announced once movie listing for this day comes out.

Fri, May 31, Village Movement California: The Age of Leadership, 9:00 am-4:00 pm @ 3900 Pacific Coast Highway, Newport Beach, Orange County, California, US-92663.

RSVP

info@villagesantacruz.org

(831) 824-2404

Coming UP...all welcome!

Mon, May 6, Coffee Gathering Westside, 1:00-2:00 pm @ Westside Coffee; 849 Almar Ave #H, Santa Cruz, 95060. No agenda, no pressure. Stop by to say "hi" and chat with members of Village Santa Cruz who reside in Westside Santa Cruz.

Sat, May 11, Human Race: Walk for Change, 8:00 am-12:00 pm @ 2300 Delaware Avenue
Santa Cruz, CA 95060.

Donate to VSCC @ <https://www.humanracesc.org/organizations/village-santa-cruz-county>

Register to walk @ <https://www.humanracesc.org/info/register-for-race-day>

Tues, May 14, Coffee Gathering: Mid-County, 1:30-2:30 pm @ Coffeetopia in Live Oak

1443 Capitola Rd, Santa Cruz, CA 95062. Come meet & greet other Mid-county Village members. No agenda; just a chance for conversation.

Wed, May 15, Coffee Gathering: Aptos, 1:00-2:00 pm @ Eric's Deli in the Rancho Del Mar Shopping Center; 102 Rancho Del Mar, 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, Seascapes and La Selva Beach areas.

RSVP or just show up!

In The Community

NEXT Stage Productions: Listen to Your Mother

May 11 @ Center Street Theater

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

Caregiver University: Working With Mental Health Disorders

Thurs, May 23, 2-3:30 pm

@ Highland Park Senior Center, 8500 Highway 9, Ben Lomond, 95005

We're Still Here

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

@ the MAH (Museum of Art & History)

Exhibit will run April 5 until Sept 22

Pacific Voices of Santa Cruz

25th anniversary spring concerts

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

PREPARE FOR YOUR CARE

Prepare for Your Care is a program to help you make medical decisions for yourself and others. Founder and Director, Rebecca Sudore MD, Professor of Medicine, Geriatrics Division, University of California, San Francisco, began this program because of her passion about making medical information easier to understand and helping people make informed medical decisions.

This program is broken into 5 parts which focus on:

How to choose a medical decision maker.

Deciding what matters most in your life.

Choosing flexibility for your decision maker.

Telling others about your medical wishes.

Asking doctors the right questions.

On May 8, VSCC will host our first Prepare for Your Care workshop for our members.

Through a combination of short videos, a question guide, and discussion among participants, this workshop will help us be more prepared for transitions in life as we age.

HUMAN RACE 2019

Saturday, May 11th

Registration: 8-8:45 am

Walk/Run begins @ 9:00 am

Nonprofits, local businesses, school groups, churches, volunteers and over 2,000 walkers will come together for an exciting morning honoring our community's fundraising achievements.

By donating for the cause of your choice or registering as a race day participant, you can be part of the celebration.



**Support
Village Santa Cruz County
agency # 674
Donate Online**

VSCC

Yard Sale / Bake Sale

Join in our second annual fundraiser yard sale

Saturday, June 1st

9am - 3pm

125 Sylvar Santa Cruz

(across from Holy Cross Church)

Do you have items to donate? All items welcome except furniture. Items may be dropped off the day of the sale. Or contact us for pick-up. Baked goods to contribute? This was a surprising hot item last year. Volunteers needed to set-up (starting at 7:30), to work behind the tables, and to clean-up are needed.

For more information please contact us at info@villagesantacruz.org or call (831) 824-2404

All proceeds go to Village Santa Cruz County



VSCC member Melody Sharp has her art assemblage 'My Wonderful Husband' on display at the MAH.



Three generations work on the quilt project, part of the MAH exhibit, We're Still Here.

WORK PARTY: A FUN WAY OUR MEMBERS HELP EACH OTHER



Pat, Mary S., Kathleen, & Alice pitch in to make Dody's yard beautiful!



And Dody rewards us with a delicious lunch.

VSCC Day Trip to Point Lobos

May 21

Point Lobos State Natural Reserve has often been called "the crown jewel" of California's 280 state parks, with its beautiful vistas and magnificent animals.

From ocean vistas to majestic trees and the tiniest wildflower, it is the beauty and wealth of natural resources at Point Lobos that attracts people from all over the world.

DID YOU KNOW:

...continued from front section.

Who knew about the "tape" to use before exercises or certain activities?

And then there was the exchange about bathroom chairs, urinals to use with the Norell abduction brace (required wearing after surgery). If you have a ski-boot and a wedge then toileting is almost impossible unless you have the devices Mischa shared. And wow, you can even use these on long trips!!

Mischa who has had several surgeries shared how she had her tub-shower converted into a walk-shower in a single day. And she presented photos we all wanted to see.

I wish I could share that here. Her comment was that this conversion was the ONLY reason she was able to stay in her home. She had a handout that she was willing to share and that I asked for one. She is more than willing to be a resource for any of us with surgery in the future. Her knowledge is not just limited to "devices". Her handout includes businesses she called to help enlarge her bathroom door to admit a walker or wheelchair, the jewel of knowledge that if you purchase a shower bench/stool or a commode and they don't fit, you cannot exchange them!!!, and where you can rent medical care equipment.

Our Aptos group may do a similar event in the near future and I will make sure to invite Mischa and her knowledge.

But should you want to talk to her alone, she is very willing. Village Santa Cruz members can email info@villagesantacruz.org and we will send you Mischa's contact information.

Interview with Shiela...continued from front section.

When asked if VSCC has met her expectations she said absolutely, sharing how two members—Frieda & Kathleen—part of the same westside circle, assertively came to her assistance when she had hand surgery! She was/is so appreciative that they were so proactive about her care.

Her hobbies are: Walking, swimming & reading. She loves turtles, frogs & stuffed animals & she's surrounded by inanimate versions of them all plus paintings of trees. VSCC's loss is about to become Marina del Rey's gain in May when she moves to be close to her son's family & get to know the almost 4-yr old twins. She's been living near the other son & his family in Felton since landing in Santa Cruz.

She's already made contact with a Village down there & offered to volunteer. Shiela says moving here from Billings wasn't difficult. But moving from here to MDR is going to be tough because of the cohort she's part of. I predict she'll become as beloved there as she is here! But she will be missed.

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