



Village Santa Cruz County News

October 2018



Column writer, Dody, is out of town. *Did You Know?* will return next month.

Social with Intention

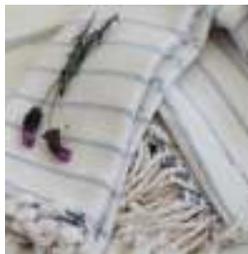
Village Santa Cruz County (VSCC) has two levels of participation: Basic membership, which includes educational, social, informal member-to-member support, and work party events. And PLUS membership which, in addition, includes help with everyday tasks through Volunteer matching by office staff.

Our social activities have a dual purpose. The member-requested social activities give us a venue and friends to continue doing what we love and to stay open to new experiences. But also, it is at these events that we build relationships and friendships which make it feel comfortable to ask for help when we need it and eager to help when asked. Here are two examples of how this works.

Basic member S recently had hand surgery on her dominant hand. She mentioned that this was coming up, at a VSCC event. Immediately, several members volunteered their help and two of these members took it upon themselves to coordinate the help. to PLUS for the period she needed help. each other on their own. (continued on pg.4)

Support Aging Better. Support Village Santa Cruz County
Treat yourself or buy Holiday Gifts

FUNDRAISER Open House
Benefitting
Village Santa Cruz County
@ The Active Towel
Sat October 13
4:00 - 6:30 PM



The Active Towel in the Blitzer Gallery, is a Show-room Boutique that has amazing and unique cotton and bamboo Turkish towels and robes, gorgeous Turkish Scarves and Capes, Stunning Jewelry, and more!

Wine & snacks will be available
18% of sales will be donated to
Village Santa Cruz County!!

Village Santa Cruz County (VSCC)

Moving Into Fall Full Steam Ahead



The days are getting shorter; the holiday season is creeping up. October is packed with Village Santa Cruz County events.

- Potluck Luncheon
- Presentation: Joy of Aging
- Discussion Group: Preparing for Aging in Place
- Presentation: Tools for Health
- Oct 13 Fundraiser
- Two Day Trips:
SF Museum of Modern Art
and
Mt. Umunhum
- Presentation: Introducing VSCC
- Book Discussion

The upcoming season can be frenetic with activities or quiet as a mouse, it can bring joyous connections or it can be a lonely reminder of all the people we have lost.

At our November 5th All-Member meeting we'll discuss what VSCC end of year activities, events, & general support members would like.

Coming Up...for members

Thurs, Oct 4, Strategic Planning Team monthly planning meeting, 12:30 – 2:00 pm @ Capitola City Hall 1st floor community room, 620 Capitola Ave, 95010. Monthly business meeting of the Strategic Planning team, the governance body of Village Santa Cruz County (VSCC). All members welcome to attend except during the first 15 minutes while a closed session is in order. RSVP

Fri, Oct 5, 2018, Westside Community Circle Meeting, 12:15 - 1:15 pm @ PAMF's westside clinic in the Zabollas Community Room (enter by parking lot door into the reddish-brown building), 1301 Mission St., *Preparing for Aging in Place*, will be the topic of discussion. We'll discuss three aspects: (a) What home modifications do I need to safely age in place? (b) Where do I find the resources to mitigate dangers in living in my home? (c) What about pressure from loved ones to move me into assisted living when I want to remain in my home? OR: What to do when I feel my parent(s) can no longer safely live in their home but they don't want to move?
All members welcome. Capacity of venue limited to 20. RSVP

Mon, Oct 8, Potluck & Speaker: *The Joy of Aging*, presented by Cathy Cress, 12 – 2:00 pm, @ Simpkins Swim Center in the 1st floor Live Oak Community Room, 979 17th Ave., 95062.

12:00 pm potluck begins: Enjoy a harvest meal with members you know and meet others who may be new or who live out of your area that you've yet to meet.

Vegetarian Chili, Coffee, & tea provided. In the true potluck spirit, bring whatever you'd like to share with others. We'll have cups, paper plates, napkins, & plastic utensils but encourage everyone to bring their own non-throw-away items to reduce waste.

12:45 pm *The Joy of Aging*: Presenter Cathy Cress, holds an MSW in Aging from U.C. Berkeley, and is a leading national expert in Aging Life and Geriatric Care Management, and a well-known authority in midlife siblings, baby boomers, and the aging family. She has written several books, including *Handbook of Geriatric Care Management*; *Care Managers: Working With the Aging Family*; and *Mom Loves You Best: Forgiving and Forging Sibling Relationships*.

Feel free to bring a guest who may be considering joining Village Santa Cruz County but would like to know more.

Wed, Oct 10, Member Orientation & Welcome, 11:00 am – 12:15 pm @ Volunteer Center in 1st floor community room, 1740 17th Ave, Live Oak, 95062.

11 to 11:30: distribution and review of member handbook, Village Santa Cruz website tour, logging onto website, and how to connect with your Village Santa Cruz community.

11:30-12:15: You are welcome to stay and continue chatting with staff & other members.

A Village Santa Cruz staff person will be available during this time for Village related tech support and questions. Bring your portable device if there's something you'd like help with. We're looking to recruit a volunteer to help with tech support well. RSVP

Fri, Oct 12, 2018, Book Group Discussion: *I Am Malala*, 1:00 - 2:30 pm @ Bistro 112 at the Tannery, *I Am Malala*, by Malala Yousafzai: How One Girl Stood Up for Education and Changed the World, by Malala Yousafzai. This is easy to find either in our library, Bookshop Santa Cruz or online. If you buy it at Bookshop SC, be sure to say it's for a Village Santa Cruz County book group so we continue to build on a relationship with them. RSVP

Coming Up...continued on pg 3

Coming Up for Members (continued from page 2)

Tues, Oct 16, Mid-County Coffee Gathering, 2018, 1:30 - 2:30 PM, @ Coffeetopia in Live Oak, 1443 Capitola Rd., 95062 RSVP

Thurs, Oct 18, Day Trip to Mt. Umunhum, leaving via carpool at 10:00 am & back in Santa Cruz by 3:00 pm. Mount Umunhum, located within the 18,000 acre Sierra Azul Open Space Preserve in Santa Clara County, is one of the highest peaks in the Santa Cruz mountain range at 3,486 feet. From its spectacular summit, visitors can experience 360-degree views from the Pacific to the Sierra Nevada! This new Open Space destination also offers a rich nature experience that is accessible to visitors of all abilities.

Learn about Mount Umunhum's significance to the Native American community, and the opportunity to connect to the mountain in your own way at the summit Ceremonial Space. Watch as the mountain's incredible biodiversity recovers on the restored landscape. RSVP

Mon, Oct 22, Day Trip to San Francisco Museum of Modern Art, Featuring the Rene Magritte exhibit.

Some of us are traveling using public transportation, others of us will get there via carpool or hired van. Email info@villagescmhowe.org if you'd like more details. We have some choices to make concerning the trip. RSVP early so we can decide choices as a group.

Wed, Oct 24, Tools for Health, 10-11:30 am @ Carol's Apartment complex community room in east side of SC City. So "Tools for Health" is an alternative health care class lead by member Carol Colin, who has presented this class to other organizations. We will discuss vitamin supplements, nutrition and keeping your brain young (and how to look 10 years younger with one simple trick). Some breathing, stretching, positive affirmations will be included. We'll learn about hand reflexology and laughter yoga.

Carol will give a short introduction to Vibes-up - always good to learn something new.

We will end first with a sounding, which clears all the chakras or energy centers, and then a song or two.

Space is limited to 12 participants. RSVP

Mon, Oct 29, Afternoon Movie & Discussion, 1:00 – 4:00 pm, Movie TBA when we get closer to date and know what will be playing. RSVP

SPECIAL NOTE TO MEMBERS: We would like to increase our ability to offer carpools to our members going to events. In order to set this up in order to set this up through Village Santa Cruz County, we request that any members who may be willing to drive a carpool to an event they plan to attend (but no obligation for any specific event) we need carpool drivers to complete paperwork & background check. **Please consider.**

RSVP to all events
info@villagesantacruz.org (831) 428-5697
or register online @ our website calendar

All –Welcome Events...see page 4

Coming UP...all welcome!

Mon, Oct 1, Westside Coffee Gathering, 1-2:00 pm @ Westside Coffee Co., 849 Almar Ave. #H
We're moving back to our indoors venue for fall & winter. Our coffee gatherings have no agenda, no pressure. Stop by to say "hi" and chat with members of Village Santa Cruz County.

Sat, Oct 13, Santa Cruz County Village FUNDRAISER Open House 4-6:30 pm @ The Active Towel. Across from the Blitzer Art Gallery in the old Wrigley Building, 2801 Mission St. Wine and snacks will be available and 18% of sales will be donated to Village Santa Cruz!! Invite your friends to this fun event. Treat yourself or buy Holiday Gifts. Bluestone Imports, home of the Active Towel, offers a delightful array of Turkish & Italian products. [Download Event Flyer](#)

Wed, Oct 17, Aptos Coffee Gathering, 1-2:00 pm @ Ground Control Coffeehouse and Eatery, 10 Seascapes Village Dr., 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.

Wed, Oct 31, Presentation: Introducing Village Santa Cruz, 10 – 11:00 am @ Volunteer Center 1st floor community room, 1740 17th Ave, Live Oak. Come learn more about Village Santa Cruz. Following the presentation:

Wed, Oct 31, Volunteer Orientation, 11:30 – 12:30 pm @ Volunteer Center 1st floor community room, 1740 17th Ave., Live Oak. Our Volunteers 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! RSVP

RSVP to all events

info@villagesantacruz.org (831) 428-5697 or register online @ our website

Social with Intention...continued from page 1

There was no management by VSCC since the member would have (and could have) upped her membership to PLUS for the period she needed help. But we are quite open to (and encouraging of) members helping each other on their own.

Basic member M emailed last Thursday to say she needed help. Her partner had recently passed away, and during the 6-month illness, a mess had accumulated in her garage. Soon out-of-town relatives would descend on her household for the memorial service. She was both embarrassed about the mess and worried that it would confirm to her children their belief that she was not capable of living on her own. M asked, "Could anyone in VSCC come that weekend and help her clear up the clutter?" The request went out Friday and on Sunday, seven VSCC members showed up for an impromptu Work Party. Within 1.5 hrs. we had M's garage organized and cleaned. This is what social with intention looks like...This is Village Santa Cruz County.

from Village Santa Cruz to Village Santa Cruz County.

We are in the process of changing our name We want to be absolutely clear that Village Santa Cruz County is open to and welcomes seniors from all areas in our county. As we transition, you will see at times see Village Santa Cruz and increasingly Village Santa Cruz County (VSCC). Just know,

www.villagesantacruz.org

info@villagesantacruz.org

(831) 824-2404

