



Village Santa Cruz County News



June 2019

YANA Comes to the City of Santa Cruz

Being alone and isolated is a reality for many older adults. The Santa Cruz Police Department 'You Are Not Alone' (YANA) program is a FREE service that allows older and/or disabled adults to have comfort and security in the knowledge that someone is checking in on them on a regular basis.

YANA Volunteers make regular contact with participants both by phone and with home visits.

YANA is an excellent resource for seniors who enjoy living independently, but do not have friends or family available to regularly check in on them.

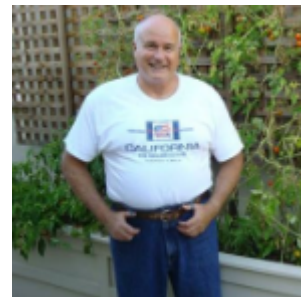
To qualify for the program you must be a resident of the City of Santa Cruz, be able to answer the phone, and provide at least one emergency contact.

For more information, contact the YANA program @ (831) 420-5916. YANA referrals can also be made via phone or email by friends or family members in the City of Santa Cruz that know someone who would benefit from this program.



VSCC member Pat, learns about YANA

Interview with VSCC Member Rick Glissman by Sandy Cohen



As rare as this is, Rick Glissman is a Santa Cruz native! He has one brother who lives on the east coast & parents living in Scotts Valley. He retired as a Marketing Account Manager for a large corporation. For fun he enjoys ballroom dancing, hosting a barbeque for friends (just did for Memorial Day), gardening (see the photo) and is presently learning Spanish, having never studied it before.

When asked why he joined Village Santa Cruz County about two years ago, he said, "to make friends" and is looking forward to getting more involved as time permits & expanding his "friend network." He stated he would love to see our organization grow. So would we, Rick, and we're working on that.

Preparing for Our Care

Over the course of two sessions and following the Prepare for Your Care step-by-step program, VSCC members learned strategies on how to have a stronger voice in our medical decisions. We got tips on how to talk with loved ones and doctors about our wishes and our goals, if there comes a time we can no longer speak for ourselves. In addition, through lively discussions, we learned from each other. Below are a couple of subjects that were shared.

Dementia Reimagined

Terry Gross interviews Tia Powell, bioethicist and author of the book *Dementia Reimagined: Building a Life of Joy and Dignity from Beginning to End*. While caring for her mother, who had dementia Tia Powell began imagining a different way to approach the disease. Her new book looks at long-term care options and end-of-life decisions.

<https://www.npr.org/programs/fresh-air/> Fresh Air interview, May 21, A New Approach to Dementia. 'Dementia Reimagined' Asks: Can There Be Happiness For Those With Memory Loss?

The California Hospital and Family Caregiver Law (our state's CARE ACT) helps family caregivers when their loved ones go into the hospital and as they transition home. The law requires hospitals to: Provide patients the opportunity to designate a family caregiver when admitted, keep that caregiver informed of their loved one's discharge plans, provide education and instruction, when appropriate, of aftercare tasks—such as medication management, injections, wound care, and transfers—that the family caregiver will perform at home. Learn more about The CARE (Caregiver Advise, Record, Enable) Act: <https://www.aarp.org/politics-society/advocacy/caregiving-advocacy/info-2014/aarp-creates-model-state-bill.html>

Human Race 2019 Thank You to all our donors & participants!



Human Race walkers 2019: Mary, Pat, Dede, Dale, Melody, and Gibbs get ready to to walk.

We raised about \$2,000 which is what it takes to run VSCC for one month. Our formula for sustainability is to cover 65 - 75% of our costs through membership dues. The rest is raised through fundraising efforts like the Human Race and coming up...

Many Treasures to be Found @ VSCC Yard Sale



Join in our second annual fundraiser yard sale!
When: Sat. June 1, 9am-3pm
Where: 125 Sylvar St., 95060

Updated Member Directory

Members can download a copy by logging onto website and going into the STAY CONNECTED menu. If you'd like us to send you a copy via email or USPS let us know. Remember, the directory only contains the information each individual member chose and some members choose not to be listed. The member directory is updated semi-annually.

Coming up...for members

Wed, June 5, Magazine Article Reading Group, 5:00-6:30pm @ A member's house in Westside Santa Cruz area. Don't have time for an entire book? Join us as we share interesting information in a group setting. Go to <https://longreads.com/best-of-2018/> and choose an article or find an article from your favorite magazine. RSVP

Thurs, June 6, Strategic Planning Team meeting, 12:30 - 2:00pm. The monthly business and planning meeting of VSCC leadership. All members welcome. RSVP for more information.

Fri, June 7, Remembering Joyce, Followed by Discussion: Helping Each other During Transitions, 12:15-1:15pm @ 1301 Mission St, Santa Cruz, CA 95060 (Westside PAMF in the Community Room; enter by parking lot door into the reddish-brown building). We'll start our gathering with a remembrance of Joyce Brodsky, who passed on May 11. Then we will continue last month's discussion on how we can 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

Mon, June 10, Painting & Crafts, 1:00-2:30pm @ a members house in Westside Santa Cruz Come join in the creativity as we express ourselves through different art mediums. Use our materials or bring your own project to work on in a group setting. No formal instruction. (Please don't use anything with a strong fragrance, thank you). RSVP

Wed, June 12, Day Trip to Point Lobos Reserve, 9:00am-3:00pm @ Point Lobos Reserve: Its entrance is on Highway 1 about 3 miles south of Carmel CA, 93923. Join us for a guided tour of this mesmerizing nature reserve! RSVP

Fri, June 14, Book Discussion Group (TransAtlantic by Colum McCann) 1:00-2:30pm @ a member's home in Westside Santa Cruz. Come join the discussion as we talk literature as a group. RSVP

Thur, June 20, Dining Out Group: Crepe Place, 5:30-7:00pm @ The Crepe Place Restaurant, 1134 Soquel Ave. Santa Cruz, CA, 95060. Enjoy a delicious meal and great conversation with us at this historic Santa Cruz staple. We'll eat on the outside patio if weather permits. Dining Group limited to 6 so if you'd like to join us sign up early. We're limiting this group so that making a reservation & having an intimate conversation is easier. So please only sign up if you truly plan to come. RSVP

Mon, June 24, Afternoon Movie and Discussion, 2:30-4:30pm (Theater location TBD). You don't have to attend a movie by yourself! Come with us to enjoy as a group and discuss it afterwards. RSVP

RSVP for all Member Events by emailing info@villagesantacruz.org, calling (831) 824-2404 or at our website's Event Calendar. Members must log into website to register online for member-only events.

Coming up...all welcome

Mon, June 3, Introducing Village Santa Cruz, 9:30-10:30am @ The Volunteer Center of Santa Cruz County, 1740 17th Ave. Santa Cruz, CA, 95062. Want to know more about who we are and what we do? Come and join us for a presentation by Village leaders to help explain what our mission is and what we offer to our members. RSVP

Mon, June 3, Coffee Gathering (Westside), 1:00-2:00pm @ Westside Coffee, 849 Almar Ave. #H, Santa Cruz, CA, 95060. Come join us for delicious coffee/tea and great conversation!

Tues, June 11, Lawyer Presentation- Getting Your Affairs in Order, 1:15-3:00pm @ Highlands Park Senior Center, 8500 HWY 9, Ben Lomond, CA, 95005. Local lawyer Lucille Des Jardins, a lawyer who specializes in elder law, will come speak about what we need to do to organize our legal and financial arrangements as we plan for the future. This one hour talk will be followed by a 45 minute coffee/tea gathering. Limited seating. RSVP

Tues, June 11, Coffee Gathering (Mid-County), 1:30-2:30pm @ Coffeetopia in Live-Oak, 1443 Capitola Rd. Capitola, CA, 95062. Come join us for delicious coffee/tea and great conversation!

Wed, June 19, Coffee Gathering (Aptos), 1:00-2:00pm @ Eric's Deli in Rancho Del Mar Shopping Center, 102 Rancho Del Mar, Aptos, CA, 95003. Come join us for delicious coffee/tea and great conversation!

In the Community

Santa Cruz Pride Parade: Turning the Tide, Sun. June 2

Parade begins 11:00 am @ Cathcart St. in downtown Santa Cruz
VSCC members are encouraged to join Volunteer Center in the march.
You can contact Tara, VC's seniors programs manager, @
helpinghands@scvolunteercenter.org to find out more.

Japanese Cultural Fair, Sat, June 8

11:00am-6:00pm @ Mission Plaza, 103 Emmett St., Santa Cruz
For three decades, the fair has provided an opportunity for members of
the Santa Cruz County community to increase their awareness and
understanding of Japanese culture, both traditional and contemporary.
The event is free and open to the public.



Plateau Jazz Band!

Friday, May 31, 5:30 - 8:30 pm @ Stockwell Cellar, 1100 Fair Ave, Sc 95060

Sunday, June 2, 6-8 pm @ Ella's at the Airport, 100 Aviation Way, Watsonville No cover -- Have dinner or enjoy a drink at the bar

Friday, June 14, 5:30 - 7:30 pm @ Bocci's Cellar, 140 Encinal St., for their monthly 2nd Friday swing dance party, \$5 cover.

Sunday, June 23, 10 am - 12:30 pm @ Live Oak Farmers' Market, 15th and East Cliff Drive

Website: www.villagesantacruz.org ~ Email: info@villagesantacruz.org

Office: (831) 824-2404 ~ Location: 1740 17th Ave., Santa Cruz, CA 95062