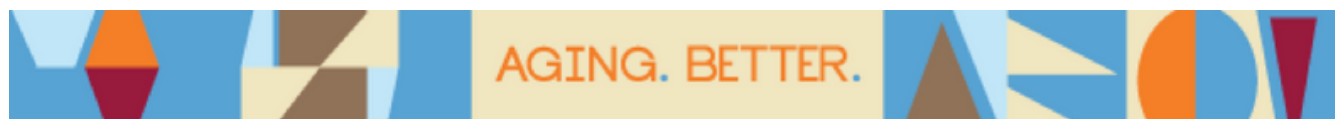


# Village Santa Cruz County News



[www.villagesantacruz.org](http://www.villagesantacruz.org)



June 2022



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

"I recently had cataract surgery scheduled at Stanford; they insist that you have someone willing to drop you off and pick you up. "No Uber's."

Just a few days before the surgery, my ride was diagnosed with Covid. I was in a bind and a Village member stepped up and gave me a lift, waited for me, and was there when they wheeled me to the car. So glad that I'm a member!"

- Melody

At the height of Covid, Village paused our outreach program to focus on member needs in the new reality.

We are tiptoeing into another reality which includes vaccinations, boosters, and better knowledge of the virus.

We welcome new members and celebrate our re-emergence into public space by offering two new payment schedules:

**A 3-month reduced fee 'check us out' membership.** This gives folks a chance to see if Village is a good fit for them.

**A Needs-Based Sliding Scale Membership Option** that will replace our Scholarship program. Read more about this.

Right click on link to Download [Become a Member](#)  
We hope you join us.



**"Did You Know?" and Opportunities for a Good Death" info on page 4**



## Village Santa Cruz County Our Place in the Community

As the Village moves through our 6th year we've learned a lot about 'our place' in the Santa Cruz County community.

Village Santa Cruz County emphasizes area-based peer-to-peer support. Our area Community Circles are the heart of this. Within Circles we build friendships we can call on when we need support.

We build our support network by showing up, joining in the fun times, asking for help when needed, and answering other's asks to the best of our ability.

Vetted, non-member volunteers are utilized when required, but often we find the help we need amongst each other. This interdependence helps our build confidence that we'll be OK as we age.

Presently, there is no other program in Santa Cruz County that combines social and service needs and interacts with seniors at the neighborhood level.



## June Birthdays:

ALLISON, CAROLINE,  
MONNA, JACQUELINE,  
DEAN, SANDY, CHERYL,  
AND MELAINE



## Coming UP in June

We're still zooming some of our events. Members will receive zoom information in weekly eBlasts.

If you are not yet a Village member but would like to join one of our events, to meet some Village members, please contact [info@villagesantacruz.org](mailto:info@villagesantacruz.org)

**Wednesday, June 1st, SLV Coffee Meet-Up, 10:30 – 11:30 AM.** Highlands Park (on Hwy 9 in Ben Lomond on the lawn out in front of the Event Venue/House

**Wednesday, June 1st, Aptos Circle Meet-up, 1:30 – 2:30 PM** @ Aptos Community United Methodist Church, 221 Thunderbird Dr., Aptos. This is a public gathering, open to all fully-vaccinated folks.

**Thursday, June 2nd, Westside Meetup, 1:00 - 2:00 PM** @11th Hour Coffee, 402 Ingalls Str.

**Friday, June 3rd, Goal Accountability Group, 12:30 - 1:30 PM – via Zoom.**

**Monday, June 6th, Guided Meditation, 4:30 - 4:45 PM** - via Zoom. This 15 minute guided meditation will be led by Dee. All members welcome to attend.

**Tuesday, June 7th, Pickleball, 4:00 – 5:00 PM** @ Derby Park, 508 Woodland Way, Santa Cruz. All fully vaccinated Village members welcome. Please bring your own paddle.

**Thursday, June 9th, Village Monthly Board Meeting, 12:30 PM - 2:15 PM**

**Friday, June 10th, Goal Accountability Group, 12:30 - 1:30 PM – via Zoom.**

**Monday, June 13th, Virtual Conversation "Opportunities for a Good Death," 1:00 - 2:00 PM** via Zoom. Conversation with Kathi, a Dominican Hospital nurse: Reframing the narrative around changes in health and subsequent interventions at the end of life, to 'opportunities for a good dying process'. What types of interventions, from the very simple like antibiotics to more complex, do we want for ourselves and our loved ones? And how do we approach the medical community with our wishes so that they are respected and adhered to?

**Tuesday, June 14th, Mid County Meetup, 1:00 - 2:00 PM,** @Peet's Coffee, 819 Bay Ave., Capitola

**Tuesday, June 14th, Pickleball, 4:00 – 5:00 PM** @ Derby Park 508 Woodland Way, Santa Cruz. All fully vaccinated Village members welcome. Please bring your own paddle.

## Coming Up... continued

**Wednesday, June 15th, [SLV Circle Members Walk](#), 10:30 – 11:30 AM** @Wilder Ranch on the bluff trail.

**Wednesday, June 15th, [Aptos Luncheon](#), 11:00 AM – 2:30PM**, location TBD.

**Friday, June 17th, [Goal Accountability Group](#), 12:30 - 1:30 PM** - via Zoom.

**Monday, June 20th, [Guided Meditation](#), 4:30 - 4:45 PM** - via Zoom. This 15 minute guided meditation is on Zoom. All members welcome to attend.

**Monday, June 20th, [Memoir Writing](#), 2:00 PM - 3:00 PM**, - Via Zoom.

**Tuesday, June 21st, [Pickleball](#), 4:00 – 5:00 PM** @ Derby Park 508 Woodland Way, Santa Cruz. All fully vaccinated Village members welcome. Please bring your own paddle.

**Thursday, June 23rd, [Book Discussion: Book TBD](#), 1 -2:00 PM**. We'll be meeting in person, outdoors @ Shrine Coffeehouse.

**Friday, June 24th, [Goal Accountability Group](#), 12:30 - 1:30 PM** – via Zoom.

**Tuesday, June 28th, [Mid County Luncheon](#), 12:00- 1:00 PM**, Location TBD

**Tuesday, June 28th, [Pickleball](#), 4:00 – 5:00 PM** @ Derby Park 508 Woodland Way Santa Cruz. All fully vaccinated Village members welcome. Please bring your own paddle.

**Thursday, June 30th, [Movie Group, in the afternoon](#)**, Movie TBD The movie will be determined when we are closer to the actual date and know which movies are showing. After the movie, we will meet for a short discussion.

### RSVP for all Events

info@villagesantacruz.org or at our website calendar [www.villagesantacruz.org](http://www.villagesantacruz.org)  
members must log into website to register online for member-only events

**Village Santa Cruz County**

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**7 Keys to a Good Death** by Charles Garfield, Greater Good Magazine.

Some years ago, I helped tend to a friend of mine who was dying of cancer. Near the end of his life, he had reached a place of equanimity around dying. But instead of honoring his wishes for a peaceful death, his doctors ordered aggressive chemotherapy treatment, which did nothing to halt his cancer. The treatments caused him immense suffering, rendering him unable to sleep, eat, or converse with family and friends as he was dying. Unfortunately, deaths like my friend's are not that rare. [Read Full Article](#)

**Key #6: Be protected from needless procedures that serve to only dehumanize and demean without much or any benefit.**

Emergency rooms, ICU's, and 911 are set up to preserve life and are not typically supportive of the conditions for a good death.

If a person is suffering tremendously, there may be cause to get emergency help; but for most situations, when you throw a person into the larger healthcare system, the prevention of death becomes the imperative, and that can serve to increase suffering for the dying person.

One has to be very persistent and clear to avoid procedures that are unwanted—to insist on palliative or hospice care, instead. It can help to have an advanced directive or a “physician-orders for life sustaining treatment” in writing and communicated to loved ones; but often a person also needs a vocal advocate—a family member, friend, or volunteer caregiver.



**Village Movement California**  
**May-June Newsletter**

**Opportunities for a Good Death**  
**Monday, June 13 @ 1:00 PM via zoom**  
**All Village members invited**

We'll have a conversation with a Dominican Hospital nurse on the topic: Reframing the narrative around changes in health and subsequent interventions at the end of life, to 'opportunities for a good dying process'. What types of interventions, from the very simple like antibiotics to more complex, do we want for ourselves and our loved ones? And how do we approach the medical community with our wishes so that they are respected and adhered to?



by Dody Anderson

Last month I sent instructions on how to silence your phone when spam or an unknown # rang. Recently I tried to follow those instructions! Wow for android phones, it is a little more complicated then they shared. So here are the exact steps you should try: Go to settings--then applications--then call--then call rejection--then auto reject--then numbers--then unknown numbers.

I have an old Samsung and since I did this, I am not getting calls I would never answer. So if you are patient and set aside some time, hopefully this will work for you too.



**To nix toenail fungus**

Warm, moist environments, like closed-toe footwear, can breed toenail fungus. The fix? New Jersey podiatrist Dana Canuso, D.P.M., advises soaking feet in a mix of tea tree oil and apple cider vinegar. "Tea tree oil inhibits the growth of new fungus, while apple cider vinegar fights fungus that's already present" To do: Fill a large basin with 4 cups of warm water, 6 drops of tea tree oil and 1 cup of apple cider vinegar. Soak your feet for 15 minutes, rinse and pat dry. Done twice a day, Dr. Canuso says results can be seen in three to five days.

I bought my vinegar at the dollar store and my tea tree oil at Grocery Outlet---definitely less than other stores.

## In Our Community

### **Test to Treat sites allow individuals to get tested, be seen by a provider, and receive a prescription for antiviral pills.**

People who are insured can also contact their health care provider to see if they are eligible for treatment. If a person has symptoms, they should call or email their health care provider right away to ask about testing and if they qualify for COVID-19 treatments. If they don't have a health care provider or don't hear back from their provider, they can visit a Test to Treat location.

Treat location to get rapid testing and find out if they are eligible for treatments. For information, visit [www.santacruzhealth.org](http://www.santacruzhealth.org) or call 831-454-4242 from 8 a.m. to 5 p.m., Monday through Friday.

**Meals on Wheels and Senior Network Services are Looking for a New Home** (from Santa Cruz Sentinel, Sunday, May 29) 022 at 3:45 p.m. After inhabiting the Live Oak Senior Center for more than 40 years, Meals on Wheels, Senior Network Services and other elderly assistance programs are now looking to relocate their services after receiving an eviction notice from the building's owner, the Live Oak School District.

The organizations were served the notice in early May and were told they have six months to vacate the building, at 1777 Capitola Road. The district plans to remake the facility into teacher housing, said Community Bridges Program Director Lisa Berkowitz. Community Bridges provides administrative support and oversight for Meals on Wheels and a variety of other senior support services across the county. It distributes 180,000 meals to Santa Cruz County seniors each year, through home delivery and in-person dining facilities. [Read Full Article](#)

### **The Santa Cruz Public Library has many events open to seniors:**

**June 8, 12 noon, Elder Financial Abuse**, @ the downtown Library. This course aims to provide people with the tools to identify the signs of theft, or misuse of a person's assets or credit, and to protect the individual. [Learn More](#)

**June 13, 10:30 - noon, Identity Theft** @ the downtown library. Identity theft continues to be on the rise! Identity theft happens when someone steals your personal information to commit fraud. Learn how to protect yourself from identity theft. [Learn More](#) **Ongoing Events @ the Library**

- Knitting Circles
- In-Person Tech Help
- Bridge Club
- Veteran's Group

These are all held at different branch locations at different times. These events usually take place in the late morning or early afternoon. Please contact the Santa Cruz Public Library for further information.

[Santa Cruz Public Library](#)

### **Santa Cruz Juneteenth 2022, Jun 18, 12:00 PM – 4:00 PM @ London Nelson Community Center**

(indoors & outdoors), 301 Center St., 95060. Juneteenth is a special day for anyone who believes in freedom and equality for all people. Join us for amazing music, delicious soul food, craft booths, kid's activities, and a basketball skills contest. This year's theme is LIBERATION!