



# Village Santa Cruz County News

August 2022



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

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



by Dody Anderson

## Village Santa Cruz County and Our Connections to Other Villages

Sometimes I think, on the whole, Village members are not aware of the connections our Village has with other Village movements. Not only are we members of the national Village to Village Network. We are also part of the California-wide, Village Movement California. And more locally, we are BRAVO members. Bay Area Village Organizations. We pay member fees to all but BRAVO.

What do we get in return? Well, there are sessions where people discuss the different programs they are presenting. Ideas about how to increase membership or volunteer members are traded.

Always there is a suggestion we consider adapting for own Village. The back-room discussions that energizes and keep all the parts working into a successful Village. As members of Village Movement California, we recently learned from the Dept. Head of Aging, the actual model of the Village was written into the Calif. State "Master Plan on Aging". This is huge! We want government to acknowledge us as a viable means of successful aging. This was revealed at Village Movement California's 4th annual conference: Re-Engage. There were 40-50 members who attended via zoom.

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## Village Movement CA's 4th Annual Convening

To our members: We will share video recording of the key workshops and presentation. Look for them in the upcoming weekly eblast.

## BRAVO is Back!

The Bay Area Regional Village Organization (BRAVO), was established to promote the Village Movement throughout the San Francisco Bay Area (including Santa Cruz).

After a hiatus due to COVID, twenty-four BRAVO leaders came together on zoom to share with each other innovation programs and activities of their individual villages.

The meeting also included a presentation by the founder of Jintronix. They are launching a new online home exercise program, targeted to older adults. The presenter offered that BRAVO village members help to beta test this new product.

JinHome includes light exercises that promote balance, strength and coordination. The exercises are based on the latest clinical evidence for healthy aging and the prevention of falls. It works like Wi (do you recall that virtual sports game?) but each 'sport' targets certain muscles.

The individual player's progress is tracked so each person can see their progression and which areas they need to work on.

[Learn More](#)

**If you are a village member and would like Village Santa Cruz County to join this beta testing, contact [info@villagesantacruz.org](mailto:info@villagesantacruz.org)**

The next BRAVO meeting will be hybrid, in-person/virtual, on Nov. 9, from 10:30 am - 1:30 pm



## August Birthdays:

PHILLIP, MELODY, AND  
ROBIN



### Coming UP in August

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)

**Monday, August 1st, Field Trip to Big Basin State Park 10:30 AM - 2:00PM, Big Basin State Park, accesses from HWY 236**

**Monday, August 1st, Guided Meditation, 4:30 - 4:45 PM - via Zoom.** This 15 minute guided meditation is on Zoom. All members welcome to attend.

**Tuesday, August 2nd, Pickleball, 4:00 - 5:00 PM @ Derby Park, 508 Woodland way, Santa Cruz.** All fully vaccinated Village members welcome. Please bring your own paddle.

**Wednesday, August 3rd, SLV Coffee Meet-Up, 10:30 - 11:30 AM.** @ Highlands Park (on Hwy 9 in Ben Lomond) at the back of the grass to the left of the event venue.

**Wednesday August 3rd, 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, August 4th, Westside Meetup, 1:00 - 2:00 PM, @Iveta Coffee, 2125 Delaware Ave. SC**

**Friday, August 5th, Goal Accountability Group, via email.**

**Monday, August 8th, Westside "Days of Our Lives" Discussion, Topic:** What is it that gives you "The wind beneath your wings these days?" **1:00 - 2:00 PM via Zoom**

**Tuesday, August 9th, Mid County Meetup @ Peet's Coffee, 1:00 - 2:00 PM, 819 Bay Ave. Capitola,**

**Tuesday, August 9th, 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, August 11th, Village Monthly Board Meeting, 12:30 PM - 2:15 PM via Zoom**

**Friday, August 12th, Goal Accountability Group, via email**

**Monday, August 15th, Memoir Writing, 2:00 PM - 3:30 PM, at Bruce's home**

## Coming Up... continued

**Monday, August 15th, Guided Meditation, 4:30 - 4:45 PM - via Zoom.** This 15 minute guided meditation is on Zoom. All members welcome to attend.

**Tuesday, August 16th, Pickleball, 4:00 PM – 5:00 PM** @ Derby Park, 508 Woodland Way, Santa Cruz. All fully vaccinated Village members welcome. Please bring your own paddle.

**Wednesday, August 17th, SLV Circle Members Walk, 10:30 – 11:30 AM** @ Location TBD

**Wednesday, August 17th, Aptos Luncheon, 11:00 AM – 2:30 PM,** location TBD.

**Thursday August 18th, Younger Lagoon Reserve Hiking Tour, 10:30 AM - 12:30 PM,** This 90 minute, behind the scenes hiking tour takes visitors into Younger Reserve adjacent to the Seymour Marine Discovery Center. Part of the University of California Natural Reserve System. Younger Lagoon Reserve contains diverse coastal habitats and is home to birds of prey, migrating sea birds, and other wildlife. Come and see what scientists are doing to track local mammals, restore native habitat, and learn about the workings of one of California's rare coastal lagoons. Participants must be physically able to walk up and down steep inclines. Water and weather protection is strongly recommended.

**Thursday, August 18th, Movie/Theater Discussion Group, 3:00 PM – 4:00 PM, on Zoom.**

**Friday, August 19th, Goal Accountability Group, via email**

**Tuesday, August 23rd, Mid County Luncheon, 12:00 PM - 1:00 PM,** @ Little Tampico, 2605 S. Main Str. Soquel

**Tuesday, August 23rd, Pickleball, 4:00 PM – 5:00 PM** @ Derby Park 508 Woodland Way, Santa Cruz. All fully vaccinated Village members welcome. Please bring your own paddle.

**Wednesday, August 24th, Games, 1:30 PM - 3:00 PM** @ Westside. Depending on the number and desires of the participants, we will play one or more of the following: Scrabble, Bananagrams, or Clue. This event is limited to 6 participants.

**Thursday, August 25th, Movie Group, 1:00 PM-2:00 PM,** @ Theater, Movie TBD,

**Friday, August 26th, Goal Accountability Group, via email.**

**Tuesday, August 30th, Pickleball, 4:00 PM – 5:00 PM** @ Derby Park 508 Woodland Way, Santa Cruz. All fully vaccinated Village members welcome. Please bring your own paddle.

### 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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**Join other Village members on a Younger Lagoon  
Reserve Hiking Tour Thursday, August 18**

10:30 AM until 12:30 PM.

*See Coming Up section for details.*



**10 Warning Signs of Alzheimer's**

Wed, Aug 10, 12 - 1 PM

Online

Hosted by NEXT Village SF

with Presenter, **Rebecca Steinberger**, a volunteer  
Community Educator for the Alzheimer's  
Association.

Join us to learn how to recognize common signs of the disease; the difference between normal changes of aging and changes that may indicate Alzheimer's disease; other possible causes of memory changes; how to approach someone about memory concerns; the importance of early detection and benefits of a diagnosis; possible tests and assessments for the diagnostic process, and Alzheimer's Association resources.

**Open to Village Santa Cruz County members**

If you are interested in attending, contact  
**info@villagesantacruz.org** and we will send you  
the registration link.

**Village to Village National Virtual Village  
Gathering 2022**

Tuesday, October 11

through

Thursday, October 13

**open to all Village members**

[Village to Village Virtual Gathering 2022](#)

**California For All Ages & Abilities:  
A Day of Action**

**September 20, 2022 | 8:30 am - 4:00 pm**

hosted by CA Department of Aging (CDA)

[Register Here](#)

**County Budget Cuts  
are affecting Senior Services**

What can we do to help? Click here to find out.

[How Can I Help](#)

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by Dody Anderson



There was a set program but when we were in small groups, our group started asking about how each group worked. I had the idea we were like a poor stepsister--because we have only 50 members.

But what I discovered is many of the villages are that size. Sure, there is Pasadena or NEXTSanFrancisco that has loads of members but most are our size. And the very things we did during the pandemic, they did too.

So, we are more alike than different. This new knowledge was very affirming. I hope this explains the connections of our organizations. Please ask any SPT member if you need clarification. Thanks for reading.



**2022 Senior Resources Directory**

Senior Network Services' Resource Directory -  
'the Yellow Book' - is now available at their  
office, **1770 A Capitola Rd.**

**Village Santa Cruz County members can  
receive a free copy from your Circle  
leaders.**

Last year, we made Christmas a little brighter for those who are residents of long- term care by making reindeers and paper Christmas trees. We didn't have enough time last year to put out this unique request.



One item the residents all love are homemade scarves, gloves, and lap blankets. Above all else, this reassures residents they have not been forgotten by everyone. So, if you are feeling crafty, please consider making some of the above. We will be collecting them from your circles mid-November. If you know of any other knitters/crochet magicians, please share our request.

Questions? Dody 831 684-0624

## In Our Community

**Natural Bridges State Beach is offering its first-ever training for people who would like to volunteer to work in the bookstore.** It's a shorter training than what is required to be a docent and is perfect for people who may not want to hike out to the tidepools. The 2 hour training will cover the basics of running the cash register, interacting with visitors, and talking about the park. It is scheduled for **Saturday August 6 from 10-12 noon.**

If you are interested, contact **Natural Bridges directly at 831 423-4609.** I'm happy to talk with you if you have questions about volunteering in the bookstore

**Screening set for CZU fire documentary, "The CZU Fire In Their Own Words — Fighting Fires, Losing Homes, and Rebuilding Community",** a 90-minute film produced by Mountain Community Theater. Screening/fundraiser has been scheduled for **1 p.m. Aug. 7, at Park Hall, 9400 Mill St., Ben Lomond.** Admission is free, with a suggested donation of \$10. All donations will be divided between the local volunteer fire departments and the Fire Recovery Fund of the Community Foundation. Masks are highly recommended at all screenings.

**Laughter Yoga Online, every Wednesday 5:45-6:45 PM.** Come together and try this silly, fun practice and learn tools to bust through stress and play with problems. Laughter yoga is a practice where we connect with each other through breathing exercises and simulated laughter, and through the exercises the laughter becomes real and contagious. The body starts to release feel-good hormones which boost the immune system, balance brain chemicals and increase happy hormones.

Cost: \$5-\$10 drop in. (No one turned away for lack of funds. This is a community of people coming together to support each other with mental and emotional health. [Learn More & Register Here](#)

### **Village member looking for in-home care provider:**

Village member Willow urgently needs In-Home Supportive Services (IHSS) provider(s) on the westside of Santa Cruz (SC) near Highway 1. Provider must be registered, or will register, with SC County IHSS. SC County pay is \$17.75 per hour, paid by the State of CA. If we cannot find one person to work all hours (141 hours/month), we will look to hire more than one part-time provider.

Tasks include shopping, cooking, light housecleaning, laundry, etc. If you know anyone who might be interested in this job, please have them contact [info@villagesantacruz.org](mailto:info@villagesantacruz.org) if they already have a current IHSS Provider Number. If they do not have IHSS number, please have them call Public Authority at (831) 454-4036 to request an "IHSS Provider Registry Application". Thank you!

### **Hatha Yoga for Strength and Flexibility**

**with affirmations to align consciousness and movement. Three times to choose from:**

**Mon eve class at 5:15pm,** \$75 for the 2 month (8 class series). Drop-in at \$15.

**- Saturdays 10am -11:15am,** drop-in

**- Wednesdays 10:30am -11:30am,** drop-in

Where: Shawn's Backyard: 120 Van Ness Ave. west side Santa Cruz. Enter through driveway gate

Bring your yoga mat and strap if you use one. I have other accessories like blocks and blankets. RSVP is appreciated but not necessary . Shawn Schaefer Coulson, RYT 200

RSVP is appreciated but not necessary [shawnsch@comcast.net](mailto:shawnsch@comcast.net)

Venmo Shawn Schaefer Coulson@Shawn-Coulson or check or cash.

(testimonial: I have attended Shawn's yoga classes and she is wonderful. She will adjust moves for each individual's specific needs - from Mary Howe)