

Village Santa Cruz County News



November 2022



www.villagesantacruz.org

Addressing the Unaffordability of Health and Long-Term Care for California's Middle-Income Older Adults.

The Missing or Forgotten Middle refers to older adults whose incomes are too high for Medicaid/MediCal and too low to purchase in-home care or cover assisted living costs. Our villages serve many of these people and funders and legislators are finally paying attention. West Health, The SCAN Foundation, and ITUP Discussed the Challenges Facing California's Middle-Income Older Adults.

[Watch the Recorded Webinar](#)

Villages Near and Far

To our members: You can download a PDF of the **Village to Village National** Gathering presentations, which includes links to power points and videos. Log into our website and go to the documents menu. You will find this document, **NVGG 2022 Presentations**, under 'Members' -> 'National & CA Villages info' Here you can also download the **Village Movement CA October newsletter**. Alternatively, you can request copies by emailing info@villagesantacruz.org

We learn...

Water Cremation Webinar Tues, Nov 1

Also known as aquamation, this is a much greener process than traditional cremation.

Public Invited

see Coming Up section for details and zoom link

Hospice of Santa Cruz County Presentation Thurs, Nov 17

11-noon via zoom

see Coming Up section for details

Village Members We lend a hand...



'Old people can still do good work'

Village member, Nancy emails her Village friends. She is currently working as a disaster relief manager for FEMA, in Florida.



Dody & Gail display the reindeer that Village members crafted for [I-You Venture](#)

see more on page 4



November Birthdays:

JOY, ANNALEAH, MARY H.,
DEDE, AND JANE



Coming UP in November

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

Tuesday, November 1, Water Cremation Webinar, 3:00 – 4:00 PM on zoom. Presentation by Pisces the first water-based cremation service in our area. In 2021 California authorized alkaline hydrolysis, commonly known as water cremation or aquamation. The practice uses 90% less energy than traditional cremation, produces zero emissions, and results in pristine white ashes.

Pisces, the first water-based cremation service in our area, is now open. Join them for a 45 minute webinar talking about the process of aquamation and how to plan for the future. 15 minute Q&A following presentation. **Open to the public. RSVP at our online calendar or by emailing**

info@villagesantacruz.org NOTE: Zoom link is different than to our member only events. Join Zoom Meeting <https://us02web.zoom.us/j/88089602444pwd=SXpxak5BVHlwenMzQXBBDExCdThOUT09> Meeting ID: 880 8960 2444, Passcode: 835667

One tap mobile +16699009128,,88089602444#,,,,*835667# US (San Jose)

Tuesday, November 1st, Mid County Meetup, 1:00 - 2:00 PM, @ Peet's Coffee, 819 Bay Ave. Capitola, they have both inside and outside options depending on the weather.

Wednesday, November 2nd, SLV Coffee Meet-Up, 10:30 – 11:30 AM, @ Mountain Art Center, 2341 Mill Str. Ben Lomond, Mountain Art Center

Wednesday, November 2nd, Aptos Circle Outing, 10:30 AM– 4:00 PM, Behind the scenes tour of Monterey Bay Aquarium. The meet up is open to Aptos Members only, and registration is full.

Thursday, November 3rd, Village Monthly Board Meeting, 12:30 PM - 2:15 PM, via Zoom

Thursday, November 3rd, Goal Accountability Group, 7:00 - 7:30 PM, via Zoom.

Monday, November 7th, Guided Meditation, 4:30 - 4:45 PM, via Zoom. This 15 minute guided meditation is on Zoom. All members welcome to attend.

Tuesday, November 8th, 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, November 10th, Westside Meet-up, 1:00 PM - 2:00 PM, @ Iveta Coffee, 2125 Delaware Ave. Santa Cruz

Coming Up... continued

Thursday, November 10th, Goal Accountability Group, 7:00 - 7:30 PM, via Zoom.

Monday, November 14th, Westside "Days of Our Lives" Discussion, 1:00 - 2:00 PM on zoom, Topic:
Winter Holidays: What and how do we celebrate?

Tuesday, November 15th, 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, November 16th, SLV Circle Members Walk, 10:30 - 11:30 AM, Location TBD

Wednesday November 16th, Aptos Luncheon, 1:00 PM - 2:30 PM, @ TBD

Thursday, November 17th, Hospice Presentation and Q & A, 11:00 AM - 12:00 PM, via Zoom. Some questions we have asked to be answered: What is the difference between a for-profit and a non-profit Hospice? (We have both operating in SC County.) What are the various services that Hospice of Santa Cruz County offers? Come with your questions. There will be a Q&A. Hospice **will send us the zoom link, closer to the event. We will post it in our weekly eblast to members.** During our presentation and discussion, we will review hospice services--facts vs. myths, discuss the value of not-for-profit hospices, and review local programs and community offerings. We plan to allow time for questions and open discussion with the group. The presentation will be led by Brad Beaulieu, Hospice Liaison, and Katie Koepke, RN, Clinical Liaison.

Thursday, November 17th, Movie/Theater Discussion Group, 3:00 PM - 4:00 PM, via Zoom.

Thursday, November 17th, Goal Accountability Group, 7:00 - 7:30 PM, via Zoom.

Monday, November 21st, Memoir Writing, 1:00 PM - 2:30 PM, Because of the very personal nature of our writings, which we share, this group is currently closed to new members. Contact info@villagesantacruz.org if you'd like to start a 2nd Memoir Group.

Tuesday, November 22nd, Mid County Luncheon, 12:00 PM - 1:00 PM, @TBD

Tuesday, November 22nd, 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, November 24th, Goal Accountability Group, 7:00 - 7:30 PM, via Zoom.

Tuesday, November 29th, Pickleball, 4:00 - 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
members must log into website to register online for member-only events

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We play...



Philip & Willow enjoy a game at the Westside Circle Ping-Pong party

Village Holiday Party!

Date and Time TBD

details in upcoming eblasts

Village Santa Cruz is on FaceBook! Find us here. Like our page and share your stories!

How to spot fake text messages

Most of us are probably familiar with fraudulent email messages that aim to gather our personal information or load malware onto our computers. But have you noticed fake text messages on your cell phone?

AARP's Fraud Watch has a short and helpful article in their September Bulletin, Spot Fake Texts, page 34. It lists nine clues text scammers typically leave in their messages. • The text suggests a personal relationship that doesn't exist • As with emails, spelling mistakes and poor grammar • The sender uses emojis • The message has a website link not associated with the company 7 • The text is directed to multiple phone numbers and people • The sender uses ALL CAPITAL LETTERS • The sent time suggest the text was sent from a foreign country • You are asked to text personal information • The language creates unnecessary urgency

Not Another Second: LGBTQ older adults share their stories. Not Another Second – the first in a national series of cultural campaigns from Watermark Retirement Communities – tells the untold stories of 12 LGBTQ+ seniors and explores the years they lost due to societal constraints. The project acknowledges the sacrifices and contributions of these seniors, celebrates their beauty and bravery and empowers them to share their words of wisdom with younger generations. Visit the website



Medicare Savings Programs in California

Helpful information about Patient Advocacy and support navigating the healthcare system as we age. See Website

Tuesday is considered locals' day for parking on the Santa Cruz Wharf. Take your parking ticket with you when you dine and they will validate it for you. Free parking is always a plus.



Do you ever leave your doctor's office wondering if you've remembered all that was said? Ask your doctor if you can record the conversation on your phone, so you can play it back when you are home and more relaxed.



by Dody Anderson

Which foods help with bone loss?

You can snack on prunes. These gems are often touted for their high fiber content and terrific digestive benefits, but their rich stores of boron, potassium and antioxidants make them a boon for bone health. In fact, Penn State researchers found that a daily dose of prunes prevented loss of bone density in postmenopausal women, additional research found that eating five prunes a day enhanced new bone formation--a benefit that reduces the risk of brittle bones by 50%. Prunes make a great snack, but you can also chop them and add to salads, oatmeal or smoothies.

What foods are best to help us stay healthy as we age?

Not all foods are equal when it comes to nutrition and staying healthy as we age. There are many lists of superfoods, but you will always find things like blueberries, oily fish, avocado, and olive oil among them. Learn more here.

In Our Community

Dia De Muertos Watsonville 2022, Friday Oct 28, 4:00 – 9:00 PM @ the Watsonville Plaza. Everyone is invited to celebrate this beautiful tradition with altars, live music and dance, hands-on activities, and the screening of COCO [Find Out More.](#)

Death Café – Capitola, November 10 @ 10:30 am - 11:30 am, hosted by Hospice of Santa Cruz County. Grab a mug of your favorite tea and join us to discuss death in an effort to affirm what's important about life. A Death Café is a group directed discussion of death with no agenda, objectives or themes. It is not a grief support group or counseling session, just some folks getting together to drink tea and talk about death. The Death Café movement includes events all over the world. Learn more at deathcafe.com. Registration Required. You can register [here.](#)

Interfaith memorial service and candle lighting, Wed., Nov 16th 6:30 pm

Resurrection Catholic Community Church, 7600 Soquel Drive, Aptos

Honor your loved one in a special holiday memorial service. Gather for words of support, candle lighting, and a remembrance table. Join us in-person or online via livestream. Registration encouraged: [Hospice Santa Cruz Events](#)

Articles and Videos

I'm a Death Doula. These are 10 Lessons I've Learned About Living from the Dying, By Diane Button October 15, 2022, Voices Above the Noise
[10 lessons I've learned about living from the dying](#)

The New Golden Girls: The number of older adults sharing homes is growing, as is the number of companies that help roommates find one another
By Kerri Fivecoat-Campbell, October 10, 2022, NextAvenue [The New Golden Girls](#)

A Visit with Officer Clemmons from 'Mister Rogers' Neighborhood: Singer François Clemmons says he learned about unconditional love and trust from his friend, Fred Rogers (from Next Avenue) [Read Article](#)

Solving Social Problems While Bridging Generational Divides. These three innovators focus on the power of intergenerational connection to stem the mental health crisis affecting older and younger people alike. By Sarah McKinney Gibson, October 20, 2022, Next Avenue. [Solving Social Problems While Bridging the Generational Divide.](#)

At any age, a healthy diet can extend your life. It's never too late to start undoing the damage caused by a poor diet. By Anahad O'Connor, October 18, 2022 [Washington Post Article on a Healthy Diet](#)

