

# Village Santa Cruz County News

## January 2023

### Goodbye 2022 - Hello 2023



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



### Thank You To Our Generous Donors!



We received \$3155 from 40 donors, which gives us a solid financial foundation to outreach our Village to Watsonville. Our goal is to establish our first Latino-lead Village Group. Many thanks to all of you who contributed!

Philip leads us in a holiday sing-a-long, to close out the party.



Allison pulls Douglas into her interpretive dance routine.



### Closing Out 2022 With A Holiday Party



The beautiful weather allowed for a nice outdoor lunch.



Toni & Sandy watch the No Talent/Talent show.

**Village Santa Cruz County**  
**All-Member meeting**

**Thursday January 26 @ 1 PM**  
**on zoom**

see **Coming Up** section for details.



## *January Birthdays:*

JANET, THOMAS, AND DON



### Coming UP in January

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, January 2nd, Guided Meditation, 4:30 - 4:45 PM, via Zoom.** This 15 minute guided meditation is on Zoom. All members welcome to attend.

**Wednesday, January 4th, SLV Coffee Meet-Up, 10:30 – 11:30 AM, @ Mountain Art Center, 2341 Mill Str. Ben Lomond, Mountain Art Center**

**Wednesday, January 4th, Aptos Circle Meet Up, 1:30 – 2:30 PM, @ Aptos Methodist Church, 221 Thunderbird Drive, Aptos.** This is a public gathering, open to all fully-vaccinated folks.

**Thursday, January 5th, Westside Meet-up, 1:00 PM - 2:00 PM @ Iveta Coffee, 2125 Delaware Ave. Santa Cruz**

**Thursday, January 5th, Goal Accountability Group, 7:00 - 7:30 PM, via Zoom.**

**Monday, January 9th, Westside "Days of Our Lives" Discussion, 1:00 - 2:00 PM on zoom,** Topic: If you had siblings in your life what did that mean to you growing up? What does it mean to you now? Or were you an only child? How was that for you?

**Tuesday, January 10th, Mid County Meetup, 1:00 - 2:00 PM, Location TBD**

**Thursday, January 12th, Village Monthly Board Meeting, 12:30 PM - 2:15 PM, via Zoom**

**Thursday, January 12th, Goal Accountability Group, 7:00 - 7:30 PM, via Zoom.**

**Monday, January 16th, Memoir Writing, 1:30 PM – 3:00 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](mailto:info@villagesantacruz.org) if you'd like to start a 2nd Memoir Group.

**Wednesday, January 18th, SLV Circle Members Walk, 10:30 – 11:30 AM, Location TBD**

**Wednesday, January 18th, Aptos Circle Luncheon, 1:30 – 2:30 PM, Location TBD**

## Coming Up... continued

**Thursday, January 19th, [Movie/Theater Discussion Group](#), 3:00 PM – 4:00 PM, via Zoom.**

**Thursday, January 19th, [Goal Accountability Group](#), 7:00 - 7:30 PM, via Zoom.**

**Friday, January 20th, [Book Discussion Group](#), 2:30 - 3:30 PM, Location TBD, Book "On Earth, We're Briefly Gorgeous", by Ocean Vuong**

**Tuesday, January 24th, [Mid County Luncheon](#), 12:30 PM – 1:30 PM, @ [Star of Siam](#), 3005 Porter Str. Soquel, Star of Siam**

**Thursday, January 26th , [All Village Member Meeting](#), 1:00 - 2:30 PM, via Zoom.** The meeting will include: an end of the year report, small breakout groups as we brainstorm what each of us would like to see incorporated into the Village in 2023, and a chance to pitch your ideas for Interest Groups 2023.

**Thursday, January 26th , [Goal Accountability Group](#), 7:00 - 7:30 PM, via Zoom.**

## Special Events

**[Monterey Bay Aquarium to bring back community open house.](#)** The Monterey Bay Aquarium announced that it is bringing back the Community Open House event next year. Anyone who lives in Monterey County, Santa Cruz County, or San Benito County will get free admission to the aquarium **[January 21-29, 2023](#)**. In order to get in for free, you must show a photo ID and proof of residence.

**[Ashby Village Presents: \*Moving Forward Together: A Fireside Chat with Judith Heumann\*](#)**  
**[Sunday, January 29, 2023, 2:00-4:00pm PT on Zoom.](#)**

Judith Heumann is an internationally recognized leader in the Disability Rights Independent Living Movement.

Join Ashby Village to hear what people with lifelong disabilities have to teach us so we can all move forward together!

**Open to all Village members.**

Go to **[Community](#)** section on page 6 to learn more

## RSVP for all Events

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

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

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



## Getting the Most Out of Your Doctor Visit

Think about the last visit you had with your doctor. Did you get the information you needed? Did you feel heard? Were your questions answered? Did you leave with confidence that your needs were met? Most doctors are limited in the amount of time they can spend with patients and many of us leave these visits feeling rushed and sometimes confused.

The National Institute on Aging, part of the National Institutes of Health (NIH), has assembled a list of actions you can take to maximize your doctor visit:

- Decide what questions are most important to ask.
- Stay focused on why you are there.
- Be honest with your doctor.
- Share your point of view about the visit with your doctor.
- Remember, the doctor may not be able to answer all your questions.

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Go to [Talking with your doctor NIH](#) to download worksheets.

**The Missing Middle Update.** California's Missing Middle, includes older adults whose incomes range from \$25,000 to \$101,000 annually. The researchers recently published the list below to describe this population and its challenges.

California is estimated to have 1.6 million middle-income seniors aged 75 and above in 2033

- Between 2018 and 2033, the number of middle-income seniors aged 85 and above is expected to double.
- California will be more diverse in 2033, with nearly half the middle-income senior population (47 percent) being people of color.
- A majority of California's middle-income seniors will have mobility limitations and three or more chronic conditions.
- Without selling their homes, 89 percent of California's middle-income seniors will not be able to afford assisted living rent.

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**Village Santa Cruz is on FaceBook! Find us [here](#). Like our page and share your stories!**

## Thank you, Hospice of Santa Cruz County

In November, Brad from Hospice of SC County, gave an excellent presentation to Village.

Did you know that besides Hospice Care and Grief Support, Hospice of SC County also offers home-based Transitional and Palliative Care Services, which can take place at the same time as curative treatment?

Transitional Care provides emotional care and practical support to empower patients who live with serious illness.

Palliative Care is specialized medical care that focuses on providing patients with relief from the symptoms and stress of serious illness.

[Learn More](#)

## Village Movement CA's executive director, Charlotte Dixon shares her brush with an online financial scammer:

Recently, I was caught up in an attempted financial scam. It started with a call from a fraudulent tech support person who hacked into the anti-virus software I use and called me in response to questions I posed on the software's online chat feature.

It ended when he asked me to provide a routing number for a bank account and my inner "alarm bell" finally rang. I hung up. We had talked for 45 minutes, and I had allowed him to access my computer remotely. While remote access is a common practice for tech support personnel, this person was exploiting my need for help.

Go to page 5 to read the full story.

## Get Ready for 2023!

Learn about becoming a [member of Village Santa Cruz County](#)

(831) 824-2404

1740 17th Ave., Santa Cruz, CA 95062



...continued from page 4, ***Village Movement CA's executive director, Charlotte Dixon shares her brush with an online financial scammer.***

When I reflected on the call, I recalled that small questions and quiet feelings of discomfort had arisen. It wasn't until he offered the refund through my bank 2 account, not a credit card, that I realized "I'm being scammed!"

After I hung up, I called a trusted colleague for advice. I then called my bank and my credit card companies to stop all payments and changed all my important passwords. I contacted the software company to alert them to the situation. The adrenaline didn't subside for several hours. I realized that an educated, professional, younger elder (I am 64) who is fairly well versed in Medicare Fraud can easily succumb to a scam.

I learned two steps to prevent becoming a victim:

- Pay attention to uncomfortable feelings and questions and end a call as soon as they arise
- Never share bank account information I learned four steps to take immediately following suspected fraud:

I learned four steps to take immediately following suspected fraud:

- Call someone you trust to calm your nervous system and make an action plan
- Notify all your financial institutions
- Change all affected passwords
- Do not let yourself fall into shame

I'm angry about the attempted scam I experienced. I am even angrier about the proliferation of fraudulent schemes on older adults. I learned that we all must stay hyper-aware of our vulnerabilities and use our village infrastructure to build fraud prevention resiliency among our members and volunteers.

And now for some good news: California Health Advocates is a new funder of our work to prevent and report Medicare Fraud. Village Movement California is channeling this funding to three rural villages-- Sonoma Valley, Kern Valley, and Redwood Coast--to build the capacity of communities and older adults to recognize, prevent, and report fraud.

## **An Upeat Start to the New Year**

For those of you who can get this NYTimes article,

**[The Joy Workout](#)**, includes a short, 8 minute video specifically designed to make people happy.

We know that some may not be able to access this article. If not, read below to see some other ideas from the article to boost your spirits.

**[The Joy Workout Video on Vimeo](#)**

The Joy Workout is just one way to lift your spirits through movement. Consider this video as an experiment and an invitation to find your own joy of movement. There are plenty of other science-backed ways to improve your mood with exercise:

- Move outdoors, in a park or anywhere that gives you a dose of nature.
- Move with other people, in a class or a training group, or casually, with friends or family.
- Move to music, either through traditional exercise like jogging or cycling, or anything that gets your body moving — like air guitar, drumming or singing karaoke.
- Make movement fun through play or competition, in any active game or sport.

## In Our Community

**Documentary: *The U.S. and the Holocaust*.** The Santa Cruz Public Libraries has announced a screening and discussion of the Ken Burns documentary "The U.S. and the Holocaust" **January 26, 7-8:30 p.m. at the Capitola Branch Library, 2005 Wharf Road, Capitola.** The event is in partnership with Temple Beth El, the Resource Center for Nonviolence, and Santa Cruz County United for Safe and Inclusive Communities to acknowledge International Holocaust Remembrance Day, on Jan. 27. Light refreshments will be provided. To register, visit **[Santa Cruz Library](#)**. Discussions will focus on lessons learned and how together we can eliminate hate and violence from society. Facilitated small group discussion followed by report-outs will provide a framework for attendees to glean lessons from different parts of the documentary and how those lessons can be applied to fight hate here and now.

**The Ashby Village Arts & Culture Series Presents: Moving Forward Together, A Fireside Chat with Judith Heumann, Sunday, January 29, 2023, 2:00-4:00pm PT on Zoom.** Judith Heumann is an internationally recognized leader in the Disability Rights Independent Living Movement. Using a wheelchair since age two, she was barred from attending New York City's public schools in the 1950s until she was nine. In 1977, Ms. Heumann led disabled activists and allies in San Francisco in the Section 504 Sit-in, which sparked a national movement that led to the passage of the Americans With Disabilities Act. Her work also helped overturn the long standing myth that we couldn't afford to accommodate a minority of people with disabilities. Join Ashby Village to hear what people with lifelong disabilities have to teach us so we can all move forward together! **Open to all Village Santa Cruz County members.** For additional information and to register, please contact [info@villagesantacruz.org](mailto:info@villagesantacruz.org)

**Santa Cruz Community Health's new Live Oak Clinic is now open and accepting patients at 1510 Capitola Road, Live Oak.** Previously known as the East Cliff Family Health Center, the clinic serves the primary care needs of all people and all ages, regardless of their ability to pay, through patient-centered care. The center, which opened Dec. 6, provides primary care and mental health care. Most health insurances are accepted including medical; there is a sliding scale for the uninsured. To schedule an appointment, call 831-427-3500. For information, visit [shealthcenters.org](http://shealthcenters.org).

**Common Roots Farm.** At Common Roots Farm, people with disabilities join with others to grow healthy food, beautiful flowers and create friendships that sustain everyone. To learn more **[watch their video](#)**

## Articles and Videos

**As Gen X and Boomers Age, They Confront Living Alone.** (from Charlotte Dickson, Village Movement California's executive director) Since I started with Village Movement California in 2018, I've witnessed several villages build a Solo Agers program to explore the desires and needs of older adults who don't have partners or children to lean on. Their members understand that they are each other's companions and caregivers. Family composition is a dimension of diversity we can listen for when we are learning about our prospective members and volunteers and designing programs with them. (From NY Times) More older Americans are living by themselves than ever before. That shift presents issues on housing, health care and personal finance. Full Article **[here](#)**

**What Does Your Gut Tell You About Your Health? Small but mighty microorganisms are key to gut health and overall well-being** by Rosie Wolf Williams, Next Avenue, December 23, 2022 **[Read Article](#)**

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