



# Village Santa Cruz County News

March 2023



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



by Dody Anderson

## Fight inflammation with fiber

Eating more fiber can make you feel more satiated, which helps with weight maintenance and may help your body regulate inflammation. According to a new study from Australia, people who had the highest intake of fiber from foods such as whole grains, fruit, vegetables, nuts or beans had an almost 80% greater chance of living a long and healthy life. They were less likely to suffer from hypertension, diabetes, dementia, depression, and functional disability.

Sprinkle chia seeds on your cereal or add them to a smoothie; make sure whole grain is the first ingredient in your bread, and snack on almonds or fresh fruits and veggies.

## Considering sharing a living space?

**Sharing Housing 101** is an online mini course that lets you learn from sharing housing expert, Annamarie Pluhar, on your own schedule and from the comfort of your home. If you're interested in finding a housemate, but aren't sure how to do it right, this course can help you feel safe and secure as you start your shared housing journey. Sharing Housing 101 will teach you what you need to know to live better together! Cost: \$25 - \$100. Learn more here: [Shared Housing Course](#)



## How to Prevent Medicare Fraud

Download a copy of our Village Flyer

## Village Interest Groups 2023

Thanks to the input and facilitator volunteering, we have a nice line-up of Interest Groups, some new, some a continuation from last year.

In the next month or so look for the following on the calendar and remember Village members, you can join most of the Interest Groups at any time:

Solo Agers, Guided Meditation, Goal Accountability, Book Group, Field Trips, Movies at the Theater, Arts & Crafts, Walking, Current Events, Zoom TV/Movie Discussion Group.

**FORUMS:** In April we'll roll out FORUMS on the member-only side of our Village website.

Would you like a way to invite members across the Circles to a non-calendar event or ask if anyone has a tool you can borrow? These are the types of things a Forum will allow. In April we'll have a zoom presentation to show you how to use this tool.

## Get Ready for 2023!

Learn about becoming a member of **Village Santa Cruz County**

(831) 824-2404

1740 17th Ave., Santa Cruz, CA 95062



## *March Birthdays:*

NANCY AND KAREN



### Coming UP in March

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, March 1, *SLV Coffee Meet-Up*, 10:30 – 11:30 AM, @ Mountain Art Center, 2341 Mill Str. Ben Lomond**

**Wednesday, March 1, *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, March 2, *Westside Meet-up*, 1:00 PM - 2:00 PM @ IvetaCoffee, 2125 Delaware Ave.**

**Thursday, March 2, *Goal Accountability Group*, 7:00 - 7:30 PM, via email. The Goal Accountability Group offers a group check-in to keep you on track for a goal you have set for yourself, whether it is fitness or another type of goal.**

**Monday, March 6, *Guided Meditation*, 4:30 - 4:45 PM, via Zoom.**

**Thursday, March 9, *Village Monthly Board Meeting*, 12:30 PM - 2:15 PM, via Zoom**

**Thursday, March 9, *Goal Accountability Group*, 7:00 - 7:30 PM, via email.**

**Monday, March 13, "*Westside "Days of Our Lives" Discussion*, 1:00 - 2:00 PM on zoom. **Topic:** What is your vision of Santa Cruz for the future?**

**Tuesday, March 14, *Mid County Meetup*, 1:30 - 2:30 PM, @ Gayle's Bakery, 504 Bay Ave. Capitola**

**Wednesday, March 15, *SLV & Westside Circle Members Walk*, 10:30 – 11:30 AM, Location TBD**

**Wednesday, March 15, *Aptos Circle Luncheon*, 1:00 – 2:30 PM, @ TBD**

**Thursday, March 16, *Solo Agers Group*, 1:00 - 3:00 PM, @ TBD, We meet once monthly to discuss how various issues affect us, as well as to offer aid and support.**

**Thursday, March 16, *Movie/Theater Discussion Group*, 3:00 PM – 4:00 PM, via Zoom.**

**Thursday, March 16, *Goal Accountability Group*, 7:00 - 7:30 PM, via email.**

**Monday, March 20, *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](mailto:info@villagesantacruz.org) if you'd like to start a 2nd Memoir Group.

**Wednesday, March 22, *Arts, Crafts, and Photography Group*, 1:00 PM - 2:00 PM**, @ Downtown Santa Cruz Library, 224 Church Str. Santa Cruz. Open to All Village Members. You are warmly invited to join this monthly drop in group and enjoy doing some art together and visiting with VSCC folks. This group is for people who have "never done any art" and for people who are "art making enthusiasts". You are welcome to bring art that you are currently working on or join in the group theme of the month. March Theme: Collage ~ We will do a quick demonstration. We will have some basic art supplies available. Bring your own, if you please.

**Thursday, March 23, *Goal Accountability Group*, 7:00 - 7:30 PM**, via email.

**Friday, March 24, *Village Book Club*, 1:30 - 3:00 PM**, @ [Java Junction](#), corner of Murray and Seabright. You can find parking off of Seabright Ave. Book selection is "Curious Incident of the the Dog in the Night Time" by Mark Haddon, who won the 2014 Nobel Prize for literature. The book is available at the Santa Cruz Library, and can be found either new or used on Amazon.

**Tuesday, March 28, *Mid County Luncheon*, 12:20 PM – 1:30 PM**, \* *Note Time Change*\* @ [The Crepe Place](#), 1134 Soquel Ave.

**Thursday, March 30, *Goal Accountability Group*, 7:00 - 7:30 PM**, via email.

## Upcoming Events! Save the Date!

**Thursday, April 27, noon - 2 PM, *Village 6-Year Anniversary Party!*** @ Anna Jean Cummings Park in Soquel, (Blue Ball Park.) February 1 is our actual launch date anniversary but we're waiting for nicer weather, so that we can celebrate outdoors. This is a time for all of our Village members to come together and celebrate. **Send in ideas of activities you'd enjoy at our party. Sign up to be on the planning committee.**

### 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

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## **BRAVE SPACES:**

**talking about diversity, inclusion, and belonging.**

Upcoming zoom sessions with village hosts:

**March 22 - San Francisco Village**

**April 26 - Ashby Village**

**May 24 - Westside Pacific Villages**

all Village members invited to participate.

Please contact [info@villagesantacruz](mailto:info@villagesantacruz) for the registration link.



## **California Villages Coming Together: Village Movement California 2023 Convening June 1 and 2**

Mark your calendars for our in-person convening to be held in the Bay Area June 1 and June 2. It's been four years since we met together in Newport Beach, and while our online convenings were excellent, there's nothing like being together!

**Is It a Ministroke?** The short lived symptoms can lead to serious complications and shouldn't be ignored. Know the Warning Signs of a TIA, from AARP [TIA symptoms](#)

**8 Habits That Are Good for the Brain** — and How to Make Them Stick, from AARP Learn [more](#)

## **Struggling with meeting your goals?**

Last year, a few of us joined together to work on reaching our goals. Some people wanted better health, others wanted to sleep more, or to meditate regularly. What we found is we were better at working on our goals when we knew we would have to account for our week. So the present goal accountability group has been meeting for over a year, once a week. Originally we did zoom. Unfortunately it is difficult to decide on a day and time that everyone can meet. So we decided about 4 months ago to email instead. The advantage of this is one can "check-in" whenever it is convenient for you. It has worked for some, while others miss the zoom.

If you are interested in using email, contact Dody @ [tomanddody@comcast.net](mailto:tomanddody@comcast.net). If you are interested in doing zoom, contact Dukh Niwaran: @ [dukhniwaran@gmail.com](mailto:dukhniwaran@gmail.com)

If you have any questions, please feel free to call Dody 831 684-0624



by Dody Anderson

### **Are those eggs ok to eat?**

Too many of us end up throwing out food that is still perfectly safe to eat. Eggs are often on the list of things people think go bad quickly. But eggs are safe to eat up to 5 weeks after their "sell" date. I checked with a friend who grew up on a chicken farm and she said this was absolutely true!



We have all been there: you open a can of tomato paste, only needing a tablespoon. So as to not waste the extra, squeeze the excess into a plastic bag and deposit it in your freezer. Then when you need some, break off what you need from your frozen stash and throw in (frozen) to your soup or what have you. It will defrost from the heat as you cook!



# In Our Community

**Grey Bears will be hosting a senior (age 70 and older) speed dating event.** The speed-dating event is scheduled for 4:30-6:30 p.m. March 24. The event will be held at Grey Bears, 2710 Chanticleer Ave., Santa Cruz. To register for speed dating, visit Grey Bears--[The Age of Love](#) or call 831-479-1055, by March 20.

**El último sueño de Frida y Diego** It's been three years since she passed. Now on the Day of the Dead in 1957, a lonely, ailing Diego Rivera makes a final wish: to see his wife Frida Kahlo once more. And the underworld heeds his call.

This opera is coming to San Francisco in June. A Village overnight field trip? Or watch livestream, Thursday, June 22, 2023, 7:30pm Pacific Time purchase tickets here: [In person](#) Livestream: [LiveStream](#)

## Articles and Videos

**To stay healthy in old age, research finds building muscles is key,** By Lola Butcher, Washington Post, February 20, 2023. Read about it [here](#)

**GOING GREEN: Environmental Engagement & Future Outlook Among Older Adults.** Based on a survey by Mather Institute of 658 people age 55 and better, the majority of older adults believe that preserving the environment is a top priority and engage in a wide variety of environmentally friendly practices. However, while older adults support protecting the environment, they are doubtful that current efforts will have a lasting impact. Report by Mather Institute

**Climate Forward: Someone to know:** The teenage private jet detective, By Manuela Andreoni, Senior Newsletter Writer, Climate, New York Times, February 14, 2023. Akash Shendure, a 17-year-old high school senior from Seattle, a couple of months ago, got a question stuck in his head: What is the climate impact of the wealthiest people flying in private jets? [New York Times: Climate Forward](#)

### **Want to Access the NY Times? Here's How:**

According to Santa Cruz Public Libraries, anyone can get a free library card at Santa Cruz County public libraries and then have online access to all NYTimes articles. Besides reading the paper itself at any branch, you can also get full access to the online version. (You must [first register for an account](#) or log in with an existing NYT account). Then, for remote access (from home or from your phone), use [this link](#) and follow [these instructions](#). Please contact your local SC Library branch if you have further questions or for additional assistance.

**The Food Expiration Dates You Should Actually Follow,** By J. Kenji López-Alt, NY Times, Food section, January 24, 2023. The first thing you should know? The dates, as we know them, have nothing to do with safety. Food Safety

**A Love for Frida Kahlo Brings Composer's First Opera to Life.** Award-winning composer Gabriela Lena Frank captures the unique story of Frida Kahlo and Diego Rivera in a new way: opera El último sueño de Frida y Diego. Article in [Next Avenue](#)

**Happily Aging Without Children,** At 80, she has no regrets and is grateful for the many connections she's made in her life. by Marcia-Drut-Davis, [Next Avenue](#)

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