



# Village Santa Cruz County News

## June 2023



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



by Dody Anderson

**Calling 911:** In the course of my job I often had to call for an ambulance. And no matter how many times I did call, adrenal was rushing through my body each time.

Here are some hints: when you call, you are speaking to the 911 call center. They have a set of questions to ask and do not want you to be "helpful" by volunteering any info.

Let them ask you the questions they need answered. They will, of course, ask for your address. I learned this the hard way when we opened in a new building.

No, they can't locate you by phone! So if you are visiting someone, KNOW the address before calling.

They also go through some medical history of the down person. I often had nothing I could contribute since I usually didn't know the person but if you know anything about the person, give them that info.

Go and open the door (if you are able to leave the person). They want someone at the door to direct. I was really disciplined by the EMT when they arrived and they were not directed to the down person. I usually found the experience quite intense and rather non-friendly.

They told me once when I called non-emergency to ask about the process, they have a protocol they must follow and while they are speaking to us, they are notifying the appropriate agency to send. I tried to remember it was more important the down person was helped, than the operator was helpful and chatty!

by Dody Anderson

**Save your small bubble wrap** and use it to put between delicate or glass dishware/cookware.



Village walk Buddies, Sandy and Joy

### Forums Up and Running

We added a FORUMs menu to the member side of our website. This is a place where members can send messages to members in the entire Village, not just your own Circle.

So far it's been used to ask for such things as handyman referrals, in-home care help, and advertising a music gig for a band that one of our members belongs to.

### Member Directory Update Last Chance!

The membership Directory will be updated this coming weekend. This is your last chance to edit your contact information, in order that other Village members can get in touch with you. Check out last weekend's eblast to find out how you can do this. OR contact [info@villagesantacruz.org](mailto:info@villagesantacruz.org)



## June Birthdays:

ALLISON, JACQUELINE,  
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)

**Thursday, June 1, Westside Circle Chat: Guests Welcome, 1:00 - 2:00 PM** @ Iveta Coffee, 2125 Delaware Ave., Santa Cruz. The public is welcome to attend up to 3 Circle Chats before joining the village as a member. **Iveta Coffee**

**Monday, June 5, Creative Expressions (previously Arts, Crafts, and Photography), 11:00 AM - 12:00 PM, @ Change in location!** Due to the weather, we are moving Creative Expressions to **The Farm**, 6790 Soquel Dr. Aptos, California 95003. If available, we will be seated at the long, covered table outside which has heat lamps. Or we may sit inside if needed. You are warmly invited to join this monthly drop in group for one hour of sharing your creative expressions while visiting with other, VILLAGE Santa Cruz members. Bring your own supplies and creative expression projects. Some example of projects are: photography, knitting, crocheting, drawing, coloring, sewing, scrapbooking, card making, embroidering painting, etc. or any other project you want. If needed, we have a few supplies available i.e. colored pencils, glue, and scissors. We will meet at different locations in Santa Cruz County on the first Monday of each month from 11 to 12. Masks are both welcome and optional.

**Monday, June 5, Guided Meditation, 4:30 PM - 4:45 PM**, via zoom. Led by Dee

**Wednesday, June 7, Aptos Circle Chat: Guests Welcome, 1:30 - 2:30 PM**, @ Aptos Methodist Church, 221 Thunderbird Drive, Aptos. The public is welcome to attend up to 3 Circle Chats before joining the village as a member. **Aptos Methodist Church**

**Thursday, June 8, Governing Board Meeting, 12:30 PM - 2:15 PM**, via Zoom. All Village members are invited to attend our monthly planning meeting. Email [info@villagesantacruz.org](mailto:info@villagesantacruz.org) if you plan to attend, so that we can send you the agenda.

**Monday, June 12, Westside "Days of Our Lives" Discussion, 1:00 - 2:00 PM**, via Zoom. **Topic: Loss and Grief**, Dealing with the losses of our friends, loved ones, or perhaps our own physical/mental declines, that come more frequently as we age.

**Tuesday, June 13, Mid County Circle Chat, 1:30 - 2:30 PM**. @ Java Junction by the Yacht Harbor. There is a charge for parking so carpool or park on the street.

**Wednesday, June 14, SLV Circle Chat: Guests Welcome, 10:30 - 11:30 AM**, @ The White Raven 6253 Hwy 9, Felton The public is welcome to attend up to 3 Circle Chats before joining the village as a member.

**Thursday, June 15, Solo Agers Group, 11:00 AM - 1:00 PM,** @ Gayle's Bakery, 504 Bay ave. Capitola. We meet once monthly to discuss how various issues affect us, as well as to offer aid and support.

**Thursday, June 15, Movie/TV Discussion Group, 3:00 PM – 4:00 PM,** via Zoom.

**Friday, June 16, Village Book Discussion, 1:00 - 2:00 PM,** @ Seabright Area, Book: *Devil in a Blue Dress*, by Walter Moseley, also *The Vanishing Half* by Britt Bennet. One may read either book or both books.

**Monday, June 19, Memoir Writing, 1:00 PM – 2:30 PM,** @ Seabright Area. Because of the very personal nature of our writings, which we share, this group is currently closed to new members.

**Wednesday, June 21, Village Walks, 10:30 – 12:00 PM.** @ TBD, If anyone wants to go to lunch afterwards, some of us might want to join you!

**Wednesday, June 21, Aptos Circle Luncheon, 1:00 – 2:30 PM,** @ TBD

**Thursday, June 22, Movie @ the Theater, afternoon.** We'll post details as we know what movies will be playing. After the movie you are welcome to join those of us who want to catch a bite to eat at a nearby restaurant.

**Tuesday, June 27, Mid County Luncheon, 12:30 PM – 1:30 PM,** @ Makai on the Municipal Wharf. All members are invited to but we need to know who is coming in order to make the reservation. Please email your RSVP by Saturday, June 25th.

**Wednesday, June 28, Current Events, 1:30 - 2:30 PM,** @ Java Junction Coffee House on Seabright Ave. Topic: TBD

### RSVP

[info@villagesantacruz.org](mailto:info@villagesantacruz.org) or sign up on the website events calendar  
[www.villagesantacruz.org](http://www.villagesantacruz.org)

## Upcoming Events

### Bocci Ball

Coming to Village. Thanks, Patti, for arranging this. More details to come soon.

### Pickleball Restart

We're ready to restart our Village pickleball group. Interested? Contact [info@villagesantacruz.org](mailto:info@villagesantacruz.org)

**(Village member) Leslie Karst Cooks for RBG in 'Justice is Served'—True Story!** How the Santa Cruz attorney-turned-author talked her way into cooking for the late Supreme Court Justice Ruth Bader Ginsburg. Read about Leslie's new book in the Good Times

All Village members are invited to talk with Leslie about her book at our  
**July 28th book discussion.**

## Happy Mother's Day!



Woman living in a long-term-care facility receives a Mother's Day gift of jewelry.

Thank you, Dody for leading this Village give-away project, in conjunction with I-You Venture.

*I've learned that life is rarely fair, which is why we need to take a beat or two to acknowledge our blessings. We need to pause to give thanks and give back. We need to do what we can to ease other people's pain and to be beacons of hope. We need to do what we can to make our collective world just a little bit better. Actually we don't need to do that, we get to do that.* Maria Shriver, Sunday Paper 5.28.23

Village Movement California's partner, California Health Advocates, has a new website [SMP](#) focused on Medicare Fraud Prevention.



Protect Yourself and Your Loved Ones from Medicare Fraud. California Senior Medicare Patrol assists in fraud prevention, and detection. We help you report fraud, errors, and abuse. If you've been scammed, call us and report it. 855-613-7080

**Arts and Crafts Returning in June!** Under a new name, Creative Expression, and a little different format, Arts & Crafts is back, Monday, June 5. Thank you Annaleah for your leadership to reviving this Interest Group.

Check it out on the website events calendar under

**Creative Expression.**

All Village Members Welcome!

**Caller ID Spoofing** (from AARP); Scammers often use caller ID spoofing to mask their true location, making it appear that they're calling from a legitimate or local number to raise the odds that you'll pick up.

In a 2019 AARP survey on robocalls, 59 percent of respondents said they are more likely to answer if caller ID shows a number with their area code.

(continued in the Articles, Videos and Listening section)

Want to learn more on how to avoid falling into Scammer traps?

Check out the summer presentation offered by Twin Lakes Church.

go to our In Our Community section



by Dody Anderson

**Do you have papers to shred?** Santa Cruz Records Management not only handles businesses with large amounts of materials to shred, it has a reasonably priced service for individual paper-shredding. The drive-through costs \$10 handling fee plus 30 cents per pound of material. [Find Out More](#)

## Celebrating Diversity Santa Cruz County

### Santa Cruz Pride Parade

**Sunday, June 4, 2023 at 11:00 AM**

**Japanese Cultural Fair, Saturday, June 10th**

**Santa Cruz Juneteenth, Saturday, June 17**

(visit our In Our Community section for more details about these festivities)

### Interested in becoming a Village member?

Download

[Village Membership](#)

or join us at one of our Circle Chats.



**Village Santa Cruz** is on

[Facebook!](#)

Please check us out to see what's new!



# In Our Community



## Pride Weekend Details

**Japanese Cultural Fair: showcasing traditional Japanese Culture in Santa Cruz, Saturday, June 10,** 103 EMMETT ST. SANTA CRUZ, CA 95060 (Mission Plaza in front of Holy Cross Church. The purpose of the Japanese Cultural Fair is to provide an opportunity for the community to increase its awareness and understanding of Japanese culture. We believe that through increased education and exposure to the culture of Japan, we can help to improve mutual understanding among neighbors of the Pacific Rim and enrich the community of Santa Cruz. <https://www.jcfsantacruz.org/>

**Santa Cruz Juneteenth, Saturday, June 17.** Juneteenth is a special day for anyone who believes in freedom and equality for all people. Join us for music, poetry, dance, delicious soul food, arts & crafts, basketball skills contest, and the annual sack race! <https://www.santacruzjuneteenth.com/>

**The "March Toward Love and Courage"** will make its way from the London Nelson Community Center to Santa Cruz City Hall, the site of the Black Lives Matter Mural. The event will run from **5:30-8:30 p.m. June 19.** The purpose of the event is to commemorate the three-year anniversary of George Floyd's death and address the current state of Black Lives Matter in Santa Cruz on Juneteenth weekend. The goal of the event is to foster empowerment and solidarity amongst community members in times of hate and fear spreading in the U.S. By leading conversations on Unity, Education and Community led Solutions toward issues of social and systemic inequality. For information, email [thairie.ritchie@yahoo.com](mailto:thairie.ritchie@yahoo.com)

**Twin Lakes Church Encore program presentations:** **Current Scams: How to Protect Yourself and Loved Ones**, June 28 @ 10AM and **What Matters: Wills, Trusts, and Leaving a Legacy**, July 26 @ 10AM. There is no charge for these events, and breakfast is included. However, people do need to RSVP so Twin lakes makes sure they have enough food! <https://www.tlc.org/encore/>

**World Elder Abuse Awareness Day Event, Thursday, June 1, 2-4 PM,** in person and online, hosted by CA Dept of Aging. Join keynote speaker Dr. Margot Kushel, Director of the University of California San Francisco's Center for Vulnerable Populations and the Benioff Homelessness and Housing Initiative. There will also be a discussion featuring Blanca Castro, California's State Long-Term Care Ombudsman, and Don Stump, President and CEO of Christian Church Homes. [Learn More](#)

## Articles, Videos, and Listening

**Caller ID Spoofing** (continued from page 4) If you do pick up your phone, the robotic voice on the other end might claim to represent a utility, a name-brand company or a government agency. Social Security and the Internal Revenue Service are perennially popular poses, as are phony Amazon calls. Other robocall fakes might offer you a free cruise, cheap health insurance or a low-interest loan. They might claim you've won a lottery, or tell you to press a particular key to learn more or get off a call list. Pitches for sketchy car warranties have become ubiquitous, accounting for nearly 1 in 5 spam calls, according to call-security firm RoboKiller. **Whatever the message, don't engage!**

**New Documentary Captures a Vulnerable, Jaded Mary Tyler Moore.** In 'Being Mary Tyler Moore,' a new film by director James Adolphus, the famously closed-off actress lets her guard down. By Sabrina Crews. May 25, 2023. [Next Avenue](#).

**Alpha-Gal: What You Need to Know About the Red Meat Allergy Caused by Ticks.** A bite from the little bugs could take beef and pork off the menu. By Rachel Nania, May 5. [AARP](#)

**How the American Dream convinces people loneliness is normal.** By TED ANTHONY AP National Writer, May 15, 2023, ABC News. American lore is full of tales of the lone cowboy, the rugged individualist who will do what needs to be done and ride off into the sunset. [Read Article](#)

**Hospice Nurse Julie McFadden Is on a Mission to Help Us Better Understand Death So We're Less Afraid,** By Stacey Lindsay May 27, 2023, Voices Above the Noise. Alleviating the fear around death and dying, with hospice nurse Julie. 'I help the dying person and their loved ones understand the process of dying so they can more peacefully live and die.' [Conversation with Nurse Julie](#) Learn more at the [Website of Nurse Julie](#)

**The U.S. Panel now recommends starting mammograms at age 40.** The new advice comes as breast cancer diagnoses rise among younger women and mortality rates among Black women remain persistently high. This could save up to 8,000 lives a year. Learn more [here](#).

**There are a number of options for the end of life.** We can choose palliative care or hospice. Faced with an incurable disease with no treatment options and diminishing quality of life, we can choose to die with certainty and passion, just as we've lived our lives. Learn more about end-of-life options [here](#)