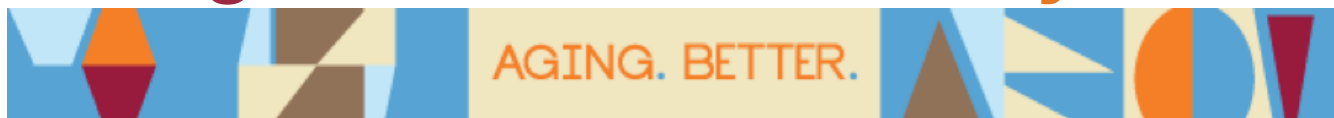




# Village Santa Cruz County News



July 2019



Our office will be closed July 3 - 7 for the 4th of July Holiday



## Why is it so hard to ask for help?

Recently, I arranged for my garden to be worked on as a project by other Village members. Now for me, this was daunting. It wasn't having people over, or coming up with the projects, or cooking for 8. No, it was just the simple act of asking for help. And because it has been almost impossible for me to say in all aspects of my life, that I need assistance, I stopped and wondered why. So I did some soul searching and reading about this difficulty. I found I'm not alone at all. In my readings, I found there were three aspects of why asking for help is so hard. A lot of it does go back to early learning: While you were growing up what kind of messages did you get about asking for help? Did your family place more value on "doing it yourself" or "letting others in?" When you did attempt to reach out in childhood, how did the people in your life respond? "Those few questions can shed a lot of light on whether you go through life overly self-reliant or feel comfortable turning to others for guidance, feedback, support, or comfort. If the messages you got, overtly or covertly, taught you that reaching out was unacceptable, futile, or would cause more pain, it makes sense that you would go it alone whenever possible. Through their own actions, family members modeled whether or not asking for help was acceptable. They also taught you the extent to which outsiders could be trusted resources. And most importantly, your past experiences with family, teachers, peers, and other significant people in your life served to either reinforce the notion that help was available, consistent, predictable and safe, or left you with the painful impression that your needs would go unheard and unanswered." 1

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## Preventing Scams Presentation by Assistant DA, Douglas Allen



**Wed, July 24, 11am-12pm @ Twin Lakes Church,  
2701 Cabrillo College Dr. Aptos, CA, 95003 (Rm 7104)**  
Public/free event

Tired of receiving annoying scam phone calls? Want to know how to recognize and prevent them? Come to our presentation by Santa Cruz County Assistant DA, Douglas Allen to gain more insight into this increasing issue. Scams come in many different forms, learn what to do when you encounter them!

**Registration for this event is required. Seating is limited and will be reserved for those who pre-registered.**

**To RSVP call: (831) 824-2404**

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

**or register at our website calendar of events:  
[villagesantacruz.org](http://villagesantacruz.org)**



Mischa shows her finished dried flower project to our Painting/Crafts Group.

What can you gain by asking for help?  
You gain the ability to move forward.  
You gain the opportunity to collaborate.  
You gain the opportunity to learn.

"Asking for help doesn't devalue you in any way. It can enable you to advance, connect you meaningfully with others, bolster your productivity and ability to do things with greater ease, and better prepare you for your next challenge."<sup>2</sup>

I would also say that reaching out in need, nurtures you in trusting others. Since the garden party, I feel connected to all those that came. I ,also, feel more trusting in asking others to help me.

1 Lisa Ferentz, LCSW-C  
2 Laurie Leinwand, MA, LPC

### Dody asks:

*"Has anyone made a tasty homemade Kombucha? If so, please save me from my experiments!"*



- If you have an answer to this question, please email [info@villagesantacruz.org](mailto:info@villagesantacruz.org). Thanks!



Karen, Willow, Kathleen, & Joy stop to enjoy the view during our Wilder Ranch Hike. This was in lieu of Point Lobos, which we cancelled when we realized that the Pebble Beach PGA tournament was happening that week (traffic jam!). We will try again for Point Lobos in the fall!

## Village Santa Cruz Hosts Local Lawyer Specializing in Elder Law



**Lawyer Talk: Getting your Affairs in Order**  
Lawyer Lucille Des Jardins, so generous with her time and knowledge, says yes to a second presentation about getting one's affairs in order. This time it was to a crowd of about 50 seniors at Highland Senior Center.

### Interview with Dody Anderson by Sandy Cohen



It's been wonderful getting to know Dody while serving on the Strategic Planning Team together. Recently I attended a work party at their home (husband, Tom, also a member of VSCC). That also gave me more insight. Decided then I'd ask her to be this month's interviewee so we could ALL learn more about her. She relates that she was born in Long Beach, CA & moved to Carmel Valley in 1976 to be a resident of a Buddhist Temple named Sambosa. Unfortunately, burning candles caused a fire and it was no more. After moving on to Monterey she found she didn't like the daily fog so as she put it, "off to sunny Santa Cruz in 1981." She married Tom Dilbeck that year. She has 3 sisters & one brother & she & Tom enjoy being an aunt & uncle. Her career was as a librarian in public & academic libraries. She stated that she felt & (likely still feels) that if people could find information, they would see their options & make better decisions about their lives. Not surprisingly she also said, "I love that the library is one of the few places where everyone is welcome and services are free." Presently she sings in the LaSelva Beach Community Church choir & really loves it. Since retiring, she has a huge garden (I can attest to that) & is forever trying to keep it "under control." Also since retiring, she says "I'm learning to enjoy having time to just ponder." And finally, when asked what attracted her to VSCC she had multiple reasons. She had read BEING MORTAL & then attended an Elder Retreat in New Mexico. There she was called to envision what aging meant to her. "I want to feel vital no matter my age," she said. She thought she'd return & try to start something like a Village. The randomness of the universe being what it is, several months before her retirement she was surprised to learn that an Intro to Village SCC was going to be presented. She attended, met Mary & others and joined. She added, "so glad that I did. It has been inspiring for me and has helped me develop more fully as an individual." Amen to that, Dody!

# Coming up...for members

**Friday, July 5, Discussion Hosted by Westside Circle: Reflection On The Future Direction Of Our Circle & VSCC, 12:15pm - 1:15pm** @ Westside PAMF in the Community Room (enter by the parking lot door into the reddish-brown building), 1301 Mission St., Santa Cruz, CA, 95060. We'll discuss VSCC/ our circle: What's working for us, what isn't? Why? What do we wish we had that we don't or what we hope for five years from now? How to get there?

**Friday, July 12, Book Discussion Group: Bring Your Own Book, 1:00pm - 3:30pm** @ a member's house in the Westside Santa Cruz area (exact address will be emailed to registrants). Each person will offer a brief summary of a book they've read outside of the book group. Please be prepared to say what about the book kept/is keeping your interest.

**Sunday, July 14, Elkhorn Slough Private Tour, 11:00am - 12:30pm** @ Elkhorn Slough National Estuarine Research Reserve, 1700 Elkhorn Rd., Watsonville, CA, 95067. Enjoy a beautiful guided nature walk with us at Elkhorn Slough National Reserve! There will be two tour levels so you can choose the one that your comfortable with. One trail is paved, short, and flat, the other is gravel/grass, medium length, and flat. Please RSVP as soon as possible; we must have at least 10 people to get their free guided tour. We plan to carpool so let us know if you can drive or if you need a ride.

**Tuesday, July 16, Painting & Crafts, 1:00pm - 2:30pm** @ a member's house on the Westside (location to be emailed to registrants). No instruction; open to all levels. We have water colors, painting supplies, colored pencils, paper, & glue on hand or you can bring your own supplies for any type of craft project (as long as you aren't using something with a strong smell).

**Monday, July 22, Afternoon Movie & Discussion: Movie TBD, 2:30pm - 4:30pm** @ Let's see a movie together! Always a good time, the afternoon movie group enjoys going to local movie theaters as a group, then discussing the film after. Join in the fun!

**Thursday, July 25, Village Write, 1:00pm - 2:30pm** @ a member's home in the Capitola area (exact location will be emailed to registrants). This group allows members a relaxed, no-pressure space to write. We write short pieces based on prompts. Each person can decide whether or not to read from their writing.

**Wednesday, July 31, Magazine Article Reading Group, 5:00pm - 6:30pm** @ a member's house in the Westside Santa Cruz area (exact location to be emailed out upon registering). We are all going to be reading different profiles of one kind or another - it can be written by journalists or a memoir style of individuals or groups. You can participate even if you don't read one. Can find articles at <https://longreads.com/> or wherever you choose.

**RSVP for all Member Events by emailing [info@villagesantacruz.org](mailto:info@villagesantacruz.org), calling (831) 824-2404 or at our website's Event Calendar. Members must log into website to register online for member-only events.**



# Coming up...all welcome

**Monday, July 1, Coffee Gathering (Westside), 1:00pm - 2:00pm** @ Westside Coffee, 849 Almar Ave. #H, Santa Cruz, CA, 95060. No agenda, no pressure. Stop by to say "hi" and chat with members of Village Santa Cruz who reside in Westside Santa Cruz.

**Tuesday, July 9, Coffee Gathering (Mid-County), 1:30pm - 2:30pm** @ Coffeetopia in Live-Oak, 1443 Capitola Rd., Santa Cruz, CA, 95062. Come meet & greet other mid-county Village members. No agenda; just a chance for good conversation.

**Tuesday, July 16, Coffee Gathering (SLV), 1:00pm - 2:00pm** @ Mountain Roasting Company, 6263 Graham Hill Rd., Felton, CA, 95018. Come join us for refreshments and good conversation, no pressure, no agenda! Come stop by and say hi!

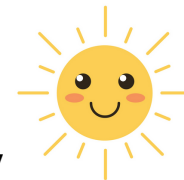
**Wednesday, July 17, Coffee Gathering (Aptos), 1:00pm - 2:00pm** @ Eric's Deli in the Rancho Del Mar Shopping Center, 102 Rancho Del Mar, Aptos, CA, 95003. No agenda, no pressure. Stop by to say "hi" and chat with members of Village Santa Cruz who reside in the Aptos, Seascapes and La Selva Beach areas.

**Wednesday, July 24, Preventing Scams Presentation, 11:00am - 12:00pm** @ Twin Lakes Church, Rm. 7104, 2701 Cabrillo College Dr., Aptos, CA, 95003. This will be a presentation by Santa Cruz County Assistant DA, Douglas Allen, about how to prevent/recognize scams in all their forms. Registration for this event is required, seating is limited and will be reserved for those who pre-registered.

RSVP [info@villagesantacruz.org](mailto:info@villagesantacruz.org) (831) 824-2404



## In the Community



### Senior Outreach of Family Service Agency

Senior Outreach offers trained peer counselors to assist you in talking openly and confidentially about aging issues, processing decisions, and making changes leading to a better, more independent quality of life. To qualify you must be 55 years old or older and be a resident of Santa Cruz County. There are no financial restrictions. Senior Outreach also offers support groups for both men and women and a training program for peer counselors. If you are interested in participating in this program by receiving the services of a peer counselor, becoming a peer counselor, or joining a support group, please call: Barbara Salata, Program Director, 831-459-9351, Ext. 206.

### The (new) Lion King Movie

On July 19 at 4:30pm at The Regal 9 Theater downtown Santa Cruz, The new Lion King movie will be shown in 3D! Sandy is going and has invited other members to join her. She put this out on our Going2 Google Group, with an offer of an extra ticket to any member who wants it. VSCC Members: If you are interested in joining Sandy (and she may still have the extra ticket) contact her directly (she's in the Member Directory) or email us at [info@villagesantacruz.org](mailto:info@villagesantacruz.org) & we will connect you. Going2\_invitingU Google Group: Learn about and join other members at non-VSCC events in our community. All members invited to join.

## Coming up in August...



**Village Santa Cruz County Mending Bee**  
in partnership with Santa Cruz County Public Libraries



**Thursday, Aug 22, 12:00pm - 2:00pm @ The Aptos Library,  
7695 Soquel Dr. Aptos, CA, 95003.**

This is a free, public event for seniors who have clothes that need mending. Can't wear your favorite blouse/shirt because of missing buttons? We love to hand sew and can help! Bring in items that need mending and we will stitch them up while you wait. Light refreshments will be provided.

### **You can participate one of three ways:**

- ~ Come with clean clothes to be mended.
- ~ Bring a senior with clothes to be mended & join in the social.
- ~ Volunteer to help with the mending.

Hope to see you there!

**Please RSVP (space is limited)** at our events calendar  
[villagesantacruz.org](http://villagesantacruz.org), call (831) 824-2404, or  
email [info@villagesantacruz.org](mailto:info@villagesantacruz.org).

## TALKING WITH YOUR DOCTOR

[ TIPS FOR SENIORS ]



You only have  
**18 seconds** -  
that's the average time a  
doctor waits before  
interrupting a patient.

As a patient, it is important you are able  
to **obtain, communicate,  
process, and understand**  
basic health information.



### **Be prepared for your visit:**

- ✓ Make a list of concerns in order of their importance to you.
- ✓ Write down all your medications, vitamins, and supplements.
- ✓ Note all health and life changes since your last visit.

Use these tips, and learn more about talking with your doctor at [www.nia.nih.gov/doc-patient-communication](http://www.nia.nih.gov/doc-patient-communication).



Website: [www.villagesantacruz.org](http://www.villagesantacruz.org) ~ Email: [info@villagesantacruz.org](mailto:info@villagesantacruz.org)  
Office: (831) 824-2404 ~ Location: 1740 17th Ave., Santa Cruz, CA 95062

AGING. BETTER.