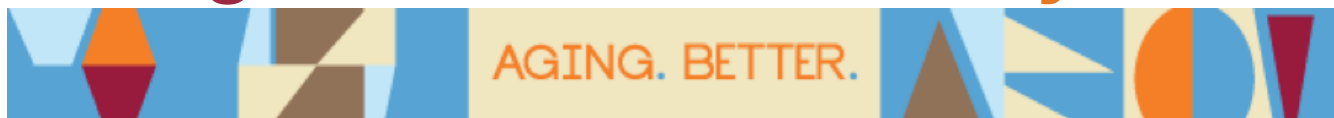




Village Santa Cruz County News



September 2019



by Dody Anderson

Both the Westside and Aptos groups met and shared what they use as gadgets and devices to make aging easier. The success of each group was we learned about devices and had fun doing it. Since both, members have asked that we share this information. So each month for a while, we will highlight two three of the devices shared. All of these can be purchased via the Functional Solutions catalog or Amazon.



Comfortable upright handles keep the wrist in a stress-free position and help to prevent injury. This Swedish Fork Knife features upright handles, which reduce the chance of wrist strain and injuries while performing kitchen tasks.

The special handles keep the arm and wrist in a neutral, relaxed position. This design increases leverage when cutting and promotes energy conservation so that wear on joints and muscles is minimized. Cutting injuries are lessened because fingers stay away from the knife blades. The stainless steel blades are dishwasher safe. The Fork Knife has a 4-1/2" (11cm) blade.

Cont. on page 4...

Interview with VSCC Member

by Sandy Cohen



Dede and Giblet

Sandy Cohen interviewed Dede; the following is in Dede's own words.

I was born in New Haven, Ct. where my father was a professor of German at Yale. I have one sibling, a younger sister who lives in Saratoga, Ca.

I graduated from Wellesley College and shortly thereafter married and eventually moved to Tucson, AZ (where my husband's large family lived). We were married for 18 years and I have 3 children, Amy, Joshua and Zachary. I have 5 grandchildren and 3 great grandchildren all of whom are scattered throughout the country in Oregon, Iowa, Arkansas and Louisiana.

I have a Master's degree in Social Work and in Tucson was Director of Pediatric Social Work at the University Hospital for 13 years.

Cont. on page 4...

Coming up...for members

Mon, Sep. 2, Labor Day Coffee Gathering (Westside), 1:00pm-2:00pm @ Esther's home in the Westside Santa Cruz area, exact address will be emailed to registrants. Join us for refreshments and great conversations! Take the opportunity to meet other Village Santa Cruz members in the area of Westside Santa Cruz. Coffee & iced tea will be provided by host. Bring your own snacks if desired. Please RSVP.

Wed, Sep 4, Magazine Article Discussion, 5:00pm-6:30pm @ a member's home in the Westside Santa Cruz area; exact location will be emailed to registrants. Don't have time to finish a whole book? Join in the Magazine Article Discussion Group! Each month we will have a new topic of discussion. This month we ask that you read an article of your choosing & come prepared to discuss an in-depth profile on a candidate (including someone running for a state house, Senate or Congress, as well as President).

Thurs, Sep. 5, Strategic Planning Team Monthly Meeting, 13:30pm-2:15pm This is our monthly business meeting. All members welcome. Location and agenda will be emailed to registrants. RSVP.

Fri, Sep. 6, Tutorial Hosted by Westside Circle: Navigating Member Side of VSCC Website, 12:00pm-1:30pm @ a member's home in the Westside Santa Cruz area; exact address will be emailed to registrants. Do you know how to log onto the website or how to get a new password if you forget yours? Do you know how to download the monthly newsletter, the member directory, or look up individual members in the directory? Do you know which members belong to the different Interest Groups, Committees, and Strategic Planning Team? Feel free to bring your devices and learn how to access the VSCC website and all it has to offer. A lunch will be provided. Please RSVP.

Thurs, Sep 12, Santa Cruz County Fair Trip, time TBD @ the Santa Cruz County Fairgrounds- 2601 East Lake Ave, Watsonville, 95076. Enjoy all the county fair has to offer with other Village members!

Fri, Sep 13, Book Discussion Group: The Warmth of Other Suns (pg's. 261-end), 1:00pm-2:30pm @ a member's home in the Westside Santa Cruz area; exact address will be emailed to registrants. Join is for our monthly book discussion group as we share our love of great literature. This month's book is The Warmth of Other Suns by Isabel Wilkerson, pg. 261-end.

Mon, Sep 23, Afternoon Movie and Discussion: Movie TBD, 2:30pm-4:30pm location TBD. Come see a flick with a good group of people!

Thurs, Sep 26, Village Write, 1:00pm-2:30pm, @ member's home in Opal cliffs neighborhood. 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. Space is limited to 8 participants so pre-registration is suggested.

RSVP for all Member Events by emailing 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

Mon, Sep. 2, 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 the Westside Santa Cruz area. Open to the public.

Tues, Sep. 10, Coffee Gathering (Mid-County), 1:30pm - 2:30pm @ Coffeetopia- 1443 Capitola Ave, Santa Cruz, Ca, 95062. Come meet & greet other mid-county Village members. No agenda; just a chance for conversation. Open to the public.

4 Wednesdays, Sep 11, 18, 25, and Oct 2, Kundalini Yoga for Every Body, 10:00am-11:15am @ a member's home in the Live-Oak area; exact location will be emailed to registrants. These classes are for Village Santa Cruz Members, Neighbors, Friends, Family, Active, Inactive, Athletic, Can't Get On Floor, Enabled...any Body! Adaptations can be made for anybody—preferably give instructor at least 2 hours notice. Classes will be held in the backyard. There is shade, sun, grass, patio, chairs, and an umbrella. \$5 fee for non-Village members.

Mon, Sep. 16, Preventing Scams: Presentation by DA Douglass Allen, 1:30pm-2:30pm @ Highland Senior Center, 8500 CA-9, Ben Lomand. Join us as we learn how to recognize a scam and prevent ourselves from becoming victims of scammers. Pre-registration highly recommended as seating is limited and handouts will be made for registrants.

Tues, Sep. 17, Coffee Gathering (SLV), 1:00pm - 2:00pm @ Mountain Roasting- 6263 Graham Hill Rd, Felton, Ca, 95018. Come enjoy refreshments and great conversation with other SLV locals. No agenda, no pressure, stop by and say hi! Open to the public.

Wed, Sep. 18, Coffee Gathering (Aptos), 2:00pm - 3:00pm @ Peet's Coffee in the Rancho Del Mar Shopping Center- 50 Rancho Del Mar, Aptos, Ca, 95003. Come enjoy refreshments and great conversation with other Aptos locals. No agenda, no pressure, stop by and say hi! Open to the public. **Note: change of venue to Peet's.**

**RSVP to all events at: info@villagesantacruz.org, or call: (831) 824-2404
or register online at our website calendar of events.**

Did You know?... continued from page 1



No more twisting and straining to open jars!

JarPop™ opens tight, vacuum-sealed jars with little effort. No twisting or turning is necessary—a gentle lift upwards “pops” the seal, releasing the vacuum pressure so the lid can be removed easily. Lids remain resealable after opening.

From the Aging Well project, their number two suggestion is: Enjoy coffee

Coffee is rich in antioxidants, polyphenols and phenylindane, a recently identified compound that researchers think may help fend off Alzheimer's and Parkinson's disease. Drinking coffee has also been linked to reduced risks for several cancers, heart disease and type 2 diabetes. Drink your coffee without sugar or processed syrups, and don't make it too milky: the antioxidant value appears to drop when milk is added.

Mending Bee: a Social & Productive Event!



Sewers and things to be sewn! Thank you to all the volunteers who made this possible. And a special thanks to Dody for coming up with the idea and organizing it. It was great fun. We all agreed that we should have a repeat Mending Bee in the future.

Interview with Dede...continued from page 1

After moving to Santa Cruz I worked for a residential treatment program for abused and neglected children before establishing a private practice as a psychotherapist in Los Gatos and Santa Cruz. I recently closed my Los Gatos office after 25 years but continue to see a few clients in Santa Cruz.

'I moved to Santa Cruz quite accidentally (literally). In 1985, 3 days after my youngest son graduated from high school, I left Tucson to move - permanently I hoped- to New York City.

I was there for a little over a month, went whitewater rafting on the Penobscot River in Maine and sustained a severe fracture of my ankle.

Following surgery I was on crutches for months and could not navigate the 4 flights to my Greenwich Village apartment so I came to Palo Alto where my parents cared for me as I recuperated. I answered an ad for a social work position in Santa Cruz, was hired and moved here in 1985.

Whitewater rafting has been a great activity for me – I've rafted about 25 rivers in North and South America but I'm no longer pursuing that hobby for obvious reasons.

I enjoy writing, especially poems, traveling abroad and walking with my dog. I rescue Australian Shepherds and my newest dog is Gibbs (aka Giblet), a mini Aussie whom I rescued last November. I learned about VSCC at the end of a seminar I took on "How to be an Old Woman in America" and was attracted to the idea of becoming part of a community of like-minded older people who wish to remain active and stay in their own homes.'

Ice Cream Social



Thank you, Sandy, for opening your home and hosting; and to Don for the delicious home-made ice-cream.

In the Community...



Sat, Sep. 7 & 21, Senior Tech Support, 12:00pm - 3:00pm @ The Loudon Nelson Community Center- 301 Center St, Santa Cruz, Ca, 95060. Volunteers will be on hand to show seniors how to use social media and personal electronic devices or answer any other technology questions. All workshops are led by local teens with an adult supervisor to answer any advanced questions. Questions? Call 831-722-6708 x313.

Fall Prevention Awareness Day is September 23.

Falls are the leading cause of fatal and non-fatal injuries for older Americans. Falls threaten older adults' safety and independence and generate enormous economic and personal costs. Many falls can be prevented through increased awareness and action related to fall risk factors, clinical assessment and intervention, practical lifestyle adjustments, and participation in evidence-based falls prevention programs in community settings.

Since 2007, the National Council on Aging's (NCOA) Falls Free® Initiative has led the annual Falls Prevention Awareness Day (FPAD) campaign to raise awareness about the impact of falls among older adults, share fall prevention strategies, and advocate for the expansion of evidence-based community falls prevention programs. Did you know that the Volunteer Center offers a FREE, evidence-based program, Matter of Balance, to help seniors prevent falls?

"Grief After Suicide, Finding Hope and Healing"

You are invited to attend this FREE community workshop.

Wednesday, October 9, 2019 from 7:00 - 9:00pm at Twin Lakes Church in Aptos.

Presenter Dr. John Jordan is the leading expert in the field of suicide bereavement. This interactive workshop is geared toward those who have lost loved ones, friends, and colleagues to suicide. It is also an unique opportunity for those folks who wish to support survivors of suicide loss to learn from the leading expert in the field how to help survivors in the dreadful wake of a tragic loss to suicide.

Santa Cruz Local: a local online news magazine.

Check out Santa Cruz Local <https://santacruzlocal.org/> a new, locally-owned online magazine and podcast on public policy in Santa Cruz County. Their stated mission: 'To produce fair and accurate local journalism that holds power to account'.

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