



Village Santa Cruz County News

AGING. BETTER.

November 2019



by Dody Anderson

When our group was talking about assistance devices, one member shared how she has used this solar light many times when the power goes out. And since PG&E may make this a way of life for us, this info comes at a good time. The lights are called Luci Original Solar Inflatable lanterns. They are produced by a company called MPOWERD Inc. The Original inflatable, solar light. With an adjustable strap, 65 lumens, and lasting up to 24 hours on a single charge, Luci Original is the long lasting, utility loving, gets-the-job-done kind of light. You are able to purchase these from Amazon or directly from their website: mpowerd.com. When I went to their website, I saw a similar lantern that also charged mobile devices! This was a great "share" and so timely.



Interview with VSCC Member

Columnist Sandy Cohen is on vacation this month. Interview column will return in December.



Point Lobos Trip reminding us how lucky we are to live where we do.

Highlighted VSCC Member Event for November LGBTIQ Presentation

Thurs, Nov. 21, 12:00pm - 1:30pm

We are very lucky to have Jane Schwickerath and Steven Matzie, two longtime activists in the LGBTIQ community, present for Village Santa Cruz County (VSCC). All VSCC members are invited and encouraged to come and learn about the unique challenges that come with aging for those who identify as LGBTIQ as well as learn and understand LGBTIQ terminology. The presentation will be followed by a discussion and meet & greet. For more information see "Coming up... for members"

Coming up...for members

Fri, Nov. 1, Westside Circle Discussion Group: Topic TBD, 12:15pm - 1:15pm @ Westside PAMF Community Room (enter by parking lot door into the reddish brown building) - 1301 Mission St., Santa Cruz, CA 95060. Join in our monthly group for Village Santa Cruz County Members. Each month a topic will be discussed amongst the group in a safe, accepting group setting. RSVP.

Thurs, Nov. 7, Strategic Planning Team Monthly Meeting, 12:30pm - 2:15pm This is our monthly business meeting. All members welcome. Location and agenda will be emailed to registrants. RSVP.

Fri, Nov. 8, Book Discussion Group: Lab Girl, 1:00pm - 2:30pm @ A member's home in Westside Santa Cruz. Exact address will be emailed to registrants. Acclaimed scientist **Hope Jahren** has built three laboratories in which she has studied trees, flowers, seeds, and soil. Her first book is a revelatory treatise on plant life - but it is also so much more. **Lab Girl** is a book about work, love, and the mountains that can be moved when those two things come together. - Penguin Random House

Tues, Nov. 12, Painting and Crafts, 1:00pm - 2:30pm @ A member's home in the Westside Santa Cruz Area. Exact location will be emailed to registrants. Open to all levels. There is no instruction. We gather to paint or work on other craft projects for the joy of the process and the enjoyment of each other. RSVP.

Fri, Nov. 15, Village Write, 1:00pm - 2:30pm @ A member's home in the Opal Cliffs neighborhood. Exact address will be emailed to registrants. This group allows members to write in a relaxed, no pressure space. We write short pieces based on prompts. Each person can decide whether or not to read from their writing. Space is limited so pre-registration is suggested.

Thurs, Nov. 21, LGBTIQ Presentation, 12:00pm - 1:30pm @ Community Room at the Santa Cruz Volunteer Center - 1740 17th Ave., Santa Cruz, CA 95062. We are lucky to have Jane Schwickerath and Steven Matzie, two longtime activists in the LGBTIQ community, present for Village Santa Cruz County (VSCC). We have several VSCC members who identify as part of the LGBTIQ community. All VSCC members are invited and encouraged to come and learn about the unique challenges that come with aging for those who identify as LGBTIQ. The presentation will be followed by a discussion and meet and greet. There will be an opportunity for VSCC members who identify as LGBTIQ to talk about their personal experiences, and share what they would like our VSCC community to know.

Fri, Nov. 22, Spanish Conversational Group, 12:30pm - 1:30pm @ Community Room at the Santa Cruz Volunteer Center - 1740 17th Ave., Santa Cruz, CA 95062. This Village group is gathering informally to practice speaking Spanish. Este grupo de Village Santa Cruz County se juntara para practicar Español. Todos los niveles son bienvenidos. All levels welcome.

Mon, Nov. 25, Afternoon Movie & Discussion, 2:30pm - 4:30pm @ Location TBD. Come see a flick with a good group of people! Movie TBD.

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, Nov. 4, Coffee Gathering (Westside), 1:00pm - 2:00pm @ Westside Coffee Co. in Almar Shopping Center - 849 Almar Ave. #H, Santa Cruz, CA 95060. Join us for coffee/tea and great conversations. No agenda, no pressure. Stop by to say "hi" and chat with members of Village Santa Cruz County who reside in westside Santa Cruz. All welcome!

Tues, Nov. 12, Coffee Gathering (Mid-County), 1:30pm - 2:30pm @ Coffeetopia - 1443 Capitola Rd., Santa Cruz, CA 95062. Join us for refreshments and great conversations! Take the opportunity to meet other Village Santa Cruz County members in the Soquel/Capitola/Live-Oak area. Open to the public.

Tues, Nov. 19, Coffee Gathering (SLV), 1:00pm - 2:00pm @ Mountain Roasting - 6263 Graham Hill Rd., Felton, CA 95018. Join us for refreshments and great conversations! Take the opportunity to meet with other Village Santa Cruz County members in the San Lorenzo Valley area. All welcome.

Wed, Nov. 20, Coffee Gathering (Aptos), 2:00pm - 3:00pm @ Peet's Coffee in the Rancho Del Mar Shopping Center - 50 Rancho Del Mar, Aptos, CA 95003. Join us for refreshments and great conversations! Take the opportunity to meet with other Village Santa Cruz County members in the Aptos area. Open to the public.

Tuesdays, 9:00am SLV Walking Group

Please email info@villagesantacruz.org to get more information and to be added to the Walking Group list.



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

From the Aging Well project, their number four suggestion is: Exercise in Green Space

Trees produce phytoncides which help to lower blood pressure, reduce stress and boost immunity. The microbes in forest soil have been found to reduce depression and may contribute to the health of our micro-biome. A 15-minute walk is all it takes to reap the benefits, but researchers have found that a weekend in the woods improves immunity for up to a month, while a short afternoon run or walk somewhere green means better sleep at night.

Member Almost Scammed!

Recently one of our members shared how they almost fell for a scam. They had a message on their home phone from the Santa Cruz County Sheriff asking for the husband to call about the warrant recently issued for him. She called the number to see if it was the Sheriff's office and yes, it was, and they directed the call to a sheriff dealing with the outstanding warrants. The number wasn't really the Sheriff's but another.

It gets complicated but they demanded the husband stay on a cell phone the entire time. They needed us to go to the SC County Sheriff's Office on Chantclair and post bail. So the wife drove to get \$ from the ATM (it was a Sunday) while he was in the car waiting (and talking to the sheriff). When she told the officer she could only get \$600.00 from the ATM, he suggested getting Ebay, Walmart, Amazon cards. Both she and her husband had been at a recent Preventing Scams workshop and remembered that they had said, no one but a scammer would take a card for payment.

While the husband remained on the line, she drove to the Capitola police and asked for help. Two officers then went to the car and took the phone. They listened and then identified themselves as real law enforcement personnel. The scammers hung up. So.....they both feel stupid but they also remember the workshop presenter saying that these scammers are really, really good and that one shouldn't feel awful for falling (or almost falling) for a scam. We are sharing this so others will know about it. And the police repeated what the presenter told us: law enforcement will never call you. (They had said they had sent a certified letter to our home, but we had been gone for a few days) and they were following up. No, law enforcement (or anyone like them..the IRS, Social Security, Medicare and the like) will never call. Be careful.

Medicare Open Enrollment in November

Need help? Senior Network Services offers help through their Health Insurance Counseling and Advocacy Program, "HICAP". For more information on this service, head to: seniornetworkservices.org (Under "Our Services" tab, click "Health Insurance Counseling and Advocacy Program HICAP")

NEW VILLAGE GROUPS

Spanish Conversational Group:

The upcoming meeting for this group will take place Fri, Nov. 22, 12:30pm - 1:30pm at the Volunteer Center.

This Village group is gathering informally to practice speaking Spanish. Este grupo de Village Santa Cruz County se juntara para practicar Español. Todos los niveles son bienvenidos.
All levels welcome.

Pickleball Group:

Sergeant Darby Park - 508 Woodland Way, Santa Cruz, CA 95060 1st and 4th Tuesdays of the month, from 2:00pm - 3:00pm

Allison and Douglas have kindly offered to lead us in learning and playing this fun racket game. They have extra paddles.



In the Community...

Important Information

Because California's over-65 population is projected to grow to 8.6 million by 2030, Governor Gavin Newsom issued an executive order calling for the creation of a Master Plan for Aging to be developed by October 1, 2020. The Master Plan will serve as a blueprint that can be used to build communities that promote an age friendly California. As a indication of the high respect statewide for his work, Clay Kempf, executive director of Senior's Council of Santa Cruz & San Benito Counties, was selected as a member of the Advisory Committee in drawing up this plan. Congratulations, Clay and thank you for your tremendous work!

To learn more about the CA Master Plan for Aging, head to:

chhs.ca.gov/home/master-plan-for-aging/

Fraud Training Seminar, Dec. 10 @ The Public Safety Center - 171 Aptos Village Way, Suite T1. The Aptos Public Safety Center is the first multi-agency public safety center in the County, and includes a relocation of the Santa Cruz County Sheriff's Office substation formerly located in the Rancho Del Mar shopping center, as well as offices for the Santa Cruz County District Attorney, Santa Cruz County Probation Department and 2nd District County Supervisor. [you will need to check with them for more details & how to sign up].

Events

Home is Where the Art is Opening Reception: Friday November 1st, 4:00pm - 6:00pm - Santa Cruz Mountain Art Center - 9341 Mill St., Ben Lomand, 95005. No matter where you live, art creates warmth and beauty, comfort and joy, and a sense of home. Now you can share all of that with those you love in our annual holiday gift exhibit. This exhibit will be open from October 30th through December 22nd.

Saturday, November 9, Aging Young 2019: Annual Health & Wellness Event put on by Dignity Health, 9 a.m.-11:30 a.m. at the Cocoanut Grove, 400 Beach St., Santa Cruz. The health fair includes education, health screenings, and wellness resources. Enjoy plenty of complimentary, validated parking right across the street. Please register at:
mysantacruzdoctor.org/2019-aging-young-registration/

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

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