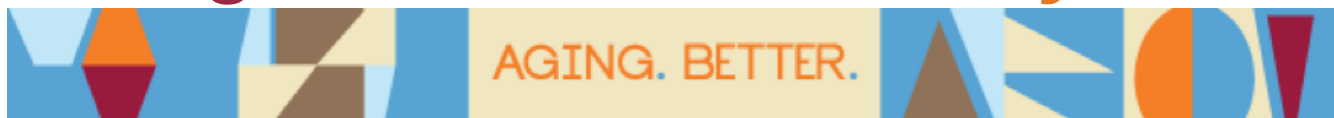




# Village Santa Cruz County News



January 2020  
Happy New Year!



by Dody Anderson

**For those on a tight budget; Get free shipping every time you shop Amazon!** If you are not an Amazon Prime member, you can get free shipping if you spend more than \$25.00, but it can sometimes be tough to reach without racking up your bill. The secret? Open CheapFiller.com in a separate browser window and type in the amount you need to reach that free-shipping minimum. So instead of adding a \$10.00 book to your cart when you're just \$2.46 short of \$25.00, your search will reveal items that cost \$2.46. Simply click Search to find the cheapest filler item or enter the remaining amount and click Search. Even better they have a category section so you can limit it to just groceries or pet supplies. -- money-saving advice from Expert Home Tips.

**Thinking of going to the movies:** Consider the Cinulux Theaters in Capitola (Tuesdays) and Scotts Valley (Thursdays): they have \$5.00 entrance ANY time of the day and for any age. So you can treat your grandchild or friend to a movie and the pop corn is only \$4.00! What a treat. Green Valley Theatre in Watsonville has a \$6.75 price on Tuesdays all day and for any age. Senior Day at Green Valley is Wednesday for \$5.00 but if you want to have a drink and popcorn too, then it is \$9.75.

## Members Helping Members: A Letter of Appreciation

*(The names have been changed at the request of members involved).*

'Hi Mary, Once again Ann has given me outstanding tech support. Monday night we talked for an additional 30 minutes after I sent you the first help update. We were setting up a day and time to meet at Verizon on 41st Ave. to look into their promotions and monthly plans. Today we met there from 11am to 12:30 where we looked at iPhone and iPad minis while we waited for our turn. She prepped me for questions to ask, features I wanted and for me to be clear about my budget. Then as I was talking with one of Verizon reps. she reminded the agent of the additional city/state tax that would be added which could be up to \$30-\$40 more! Very important, indeed. We talked about the plans available and were given a printout of the exact monthly fees for one specific plan. Although I didn't make a decision today, having Ann be there with her highly honed tech skills and with her unwavering support helped me overcome my fear of taking this major step without having to know every single detail and gain more confidence in taking the next steps on my own.

Continued on page 4...

# Coming up...for members

**Thurs, Jan. 2, 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, Jan. 3, Westside Circle Discussion Group: What if my present living situation no longer works for me?, 12:30 - 2:30 pm** @ Westside PAMF in the community room (enter by parking lot door into the reddish brown building) - 1301 Mission St., Santa Cruz, CA 95060. What if my present living situation no longer works for me? What are my options? What is out there? What can we create? How can Village Santa Cruz County help? All members welcome. RSVP.

**Tues, Jan. 6, Pickleball Group, 2:00pm - 3:00pm** @ Sergeant Darby Park - 508 Woodland Way, Santa Cruz, CA 95060. All levels welcome.

**Fri, Jan. 10, Book Discussion Group: The Water Dancer, 1:00pm - 2:30pm** @ A member's home in Westside Santa Cruz. Exact location will be emailed to registrants.

**Fri, Jan. 17, Spanish Conversational Group - Grupo de conversacion en Espanol, 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. Please RSVP.

**Thurs, Jan. 23, Village Write, 1:00pm - 2:00pm** @ A member's home in Eastside Santa Cruz. Exact location will be emailed out 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. Space is limited to 8 participants so pre-registration is suggested.

**Mon, Jan. 27, Afternoon Movie & Discussion, 2:30pm - 4:30pm** Come see a flick with a good group of people! Movie and location TBD.

**Tues, Jan. 28, Pickleball Group, 2:00pm - 3:00pm** @ Sergeant Darby Park - 508 Woodland Way, Santa Cruz, CA 95060.

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

**Mon, Jan. 6, Coffee Gathering (Westside), 1:00pm - 2:00pm @** Westside Coffee Co. in the 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. RSVP or just show up!

**Every Tues (except 3rd), Felton Walking Group, 10:00am @** Henry Cowell State Park - 6123 Hwy 9, Meet in the Rite Aid Parking Lot - 6123 Hwy 9, Felton, CA 95018. RSVP

**Tues, Jan. 14, 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.

**Wed, Jan. 15, Coffee Gathering (Aptos), 2:00pm - 3:00pm @** Peet's Coffee in Rancho Del Mar Shopping Center - 50 Rancho Del Mar, Aptos, CA 95003. Join us for refreshments and great conversations! Meet with other Village Santa Cruz County members in the Aptos area. Open to the public.

**Tues, Jan. 21, 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 other Village Santa Cruz County members in the San Lorenzo Valley area. RSVP or just show up!

**Thurs, Jan. 30, Presentation: Improving Quality of Life: What To Know When Looking for a Caregiver or When Caregiving, 12:30pm - 2:00pm @** United Way of Santa Cruz County - 4450 Capitola Rd. #106, Capitola, CA 95010. Are you interested in having two amazing professionals speak on how to improve the quality of life for older adults and caregivers? Miriam Tutman and Annelise Schinzinger are trailblazers in the field of quality care for those dealing with serious health issues or the challenges of end-of-life. They understand what older adults and caregivers face through their own personal experiences of caring for loved ones and it is this compassion that has inspired them to help others. Combining diverse skills and backgrounds, they hope to ease the process we may face through education and the sharing of information. For more information on the presentation, please visit the [villagesantacruz.org](http://villagesantacruz.org) calendar page. NOTE on Parking: there are a few disabled parking spots in the lot which we may use. Others need to park on the street, per United Way's lease agreement. Seating Limited. Must RSVP to reserve a spot.

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

## #6 of 25 Ways to Age Better:

### Build Muscle

Experts believe resistance training is as important for aging as aerobic exercise, eating vegetables, and sleeping well. After age 40, we lose muscle at the rate of 1% a year, increasing our risk of heart attacks, strokes and osteoporosis. Recent research found that older adults who did twice-weekly strength training lived longer and with less illness than those who did none. We like rowing and weight-training for efficiency; we also keep pairs of weights near the kettle and the TV and lift them if we have a few minutes to spare.

### Good to Know...

*How to Recognize a Robocall - Information from an article by Doug Shadel in AARP Magazine, April 10, 2019.*

#### Health Insurance Scam:

**What they'll say:** "Open enrollment has passed, but luckily that doesn't mean you'll be without coverage this year. New laws in place still allow you to get an affordable health insurance plan from an A-rated insurer at a price that you and your family can afford. Press 1 now to speak to an agent."

**The Goal:** Often this is a lead-generation operation (to get private information they can sell to others or use later). Some of these calls will legitimately connect you to a local insurance agent; others are pure scams.

**What to do and not to do:** Do not respond to inquiries like this over the phone. Instead, if you're looking for lower-cost health insurance, your best option is to contact the State Health Insurance Assistance Program in your state.

#### Jury Duty Scam:

**What they'll say:** "Hello, this is Officer Garrison from the police department. It is my duty to inform you that a warrant has been issued for your arrest as a result of your failure to show up for jury duty. Please call us immediately to avoid incarceration."

**The Goal:** To persuade you to pay a large "fine" to the crooks posing as police.

**What to do and not to do:** The legal system doesn't work this way. You would get a notice of jury duty in the mail. Police and court officials don't solicit payments by phone. If you are concerned, contact your county clerk's office about jury duty.

#### Social Security Scam:

**What they'll say:** "The purpose of this call is regarding an enforcement action executed by the U.S. Treasury against

## Letter cont. from page 4...

In addition, she gave me an 11 page document she downloaded from Consumer Reports, "Cell Phone & Service Buying Guide." She is truly amazing! Ann does all of this with respect and kindness and never once making me feel less than for not knowing more about the tech world. I am very grateful for her support. If you have any questions, please ask. Sincerely, Betsy'

## White Elephant 2019!



### Good to Know cont...

...your Social Security number. Ignoring this would be an intentional attempt to avoid initial appearances before the magistrate judge for a federal criminal offense. So before this matter goes to the federal claims courthouse or you get arrested, kindly call us back."

**The Goal:** To convince you that someone is using your Social Security card to commit crimes and that, to clear your name, you need to share private information.

**What to do and not to do:** The Social Security Administration won't ask for such information over the phone. If you're in doubt, look up the number for your SSA office and call it. Do not call the number in the phone message.

### January Featured Event:

**How to Improve the Quality of Your Life (or those you care about) Even While Dealing with Serious Health Issues or End of Life Presentation** by Miriam Tutman & Annelise Schinzing, trailblazers in the field of quality of care for those dealing with serious health issues or end-of-life challenges.

**Thurs, Jan. 30, 12:30-2:00pm**

**@ United Way of SC County**

For more information on this event check the Coming Up...All Welcome section