



# Village Santa Cruz County News

AGING. BETTER.

February 2020



## ***Smoke Alarms Save Lives!***

Do you know that if a fire starts in your home you may have LESS THAN 2 minutes to escape? Every day, 7 people die from home fires. Working smoke alarms increase the chance of survival by 50%. Red Cross volunteers will install FREE smoke alarms in your home on a day and time convenient for you! Call (831) 600-4914 to request an installation appointment.

## **Need Help with Tax Preparation?**

United Way has partnered with Project SCOUT to offer the Volunteer Income Tax Assistance (VITA) program in Santa Cruz County. IRS-trained volunteers offer FREE Tax Prep for families and individuals who earned less than \$56,000 in 2019! Find out more <https://www.unitedwaysc.org/freetaxprep>

Village ladies like to have fun. But things can get cutthroat when it comes to Scrabble! Is Mary sneaking a piece on the board as Cheryl, Pat & Esther look away?



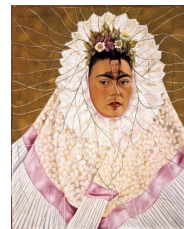
## **Insightful & From the Heart**



Miram Tutman and Annelise Schinzingler spoke to a full house, sharing insightful information on how to improve quality of life for caregivers and those they are caring for, even while dealing with serious health issues or end of life. Both women drew from personal experience and it was obvious their work is centered in their hearts. We learned a lot but time ran out. Check back in the months ahead for part II!

## **Coming in the Spring**

**De Young Museum Exhibit: Frida Kahlo, Appearances Can Be Deceiving  
Mon, Apr. 6**



Dukh Niwaran has arranged for 15 spots for Village members on Access Day. Please note that this event is free for those with physical limitations and their companions. For everyone else, there is an entry fee of \$5.00.

# Coming up...for members

**Tues, Feb. 4, Pickleball Group, 2:00pm - 3:00pm @** Sergeant Darby Park - 508 Woodland Way, Santa Cruz, CA 95060. All levels welcome.

**Thurs, Feb. 6, 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, Feb. 7, Presentation: Looking at Residential Care and Skilled Nursing Facilities, What You Need to Know, 12:15pm - 1:15 pm @** Westside PAMF in the community room (enter by parking lot door into the reddish brown building) - 1301 Mission St., Santa Cruz, CA 95060. Deanna Trinidad, Ombudsman coordinator for long term care facilities will discuss the Care Evaluation Guide (printouts available at this event) and potential issues to look out for when moving to a Residential Care Facility or Skilled Nursing Facility.

**Fri, Feb. 14, Book Discussion Group: "The Overstory", 1:00pm - 2:30pm @** A member's home in Westside Santa Cruz. Exact location will be emailed to registrants. Join us for our monthly book discussion group as we share our great love of literature.

**Fri, Feb. 21, 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.

**Sat, Feb. 22, Village Santa Cruz County 3 Year Birthday Party!, 1:00pm - 3:00pm @** Center for Spiritual Living in Live Oak - 1818 Felt St., Santa Cruz, CA 95062. We've been open for three years and we want to celebrate! All members encouraged to join the party. We will be having a potluck, ice breakers, and laughter yoga (no physical activity required!). If you wish, please bring finger food or drinks to share. In lieu of bringing something to share, we welcome help with party clean up! Please let the office know what kind of finger food you will bring (sweet, salty, etc.). Tea and coffee will be provided.

**Mon, Feb. 24, Afternoon Movie & Discussion, 2:30pm - 4:30pm** Come see a flick with a good group of people! Movie and location TBD.

**Tues, Feb. 25, Pickleball Group, 2:00pm - 3:00pm @** Sergeant Darby Park - 508 Woodland Way, Santa Cruz, CA 95060.

**Thurs, Feb. 27, Village Write, 1:00pm - 2:30pm @** 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.

**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, Feb. 3, 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, Feb. 11, Coffee Gathering (Mid-County), 1:30pm - 2:30pm @ Volunteer Center of Santa Cruz - 1740 17th Ave., 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, Feb. 18, Cannabis Presentation by Dr. Paul Hoffman, 2:30pm - 3:30pm @ Simpkins Swim Center - 979 17th Ave., Santa Cruz, CA 95062.** Join the Village Santa Cruz County community for a presentation by Dr. Paul Hoffman. The presentation will include: basic introduction, usage, pitfalls, and theory surrounding cannabis. Dr. Paul Hoffman M.D. - "Trained in both Western and Ayurvedic medicine".

**Wed, Feb. 19, 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, Feb. 25, 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. This month we will be discussing **Disaster Preparedness**. RSVP or just show up! Please note: the SLV Coffee has changed (only this month) to accomodate those who wish to attend Dr. Hoffman's cannabis presentation.

**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.**

## #7 of 25 Ways to Age Better: Read Books

Although reading is sedentary and solitary, frequent reading has been linked to longer, healthier life. A Yale study of 3,600 over 50's found that reading increased longevity by almost two years; readers of books outlived readers of newspapers and magazines. While those who read for more than 3.5 hours a week lived longest, the researchers said "30 minutes a day was still beneficial". Meanwhile, every expert seems to recommend reading as a means of getting to sleep.

## In the Community...

**Sun, Feb. 2, JazzA @ Mt. Roasting Co, 12:00pm - 2:00pm**  
@ Mountain Roasting Co. - 6263 Graham Hill Rd., Felton, CA 95018. Join Village members while we enjoy the mid-century jazz, pop, & swing music of JazzA, and hear Francis Garcia, one of JazzA vocalists. This is a public event.

**Fri, Feb. 7, Make a Valentine for a Senior or a Caregiver, 5:00pm - 9:00pm** @ Santa Cruz Museum of Art and History - 705 Front St., Santa Cruz, CA 95060. "This first Friday the MAH is hosting a FREE art making event for everyone: Make a Valentine for a Senior or a Caregiver. The MAH will be FREE admission during the event as well. This event is hosted by Safe at Home Senior Care.

**Mon, Feb. 10, 36th Annual MLK Memorial Convocation, 7:00pm** @ Santa Cruz Civic Auditorium - 307 Church St., Santa Cruz, CA 95060. "The annual convocation celebrates the life and dream of Dr. Martin Luther King Jr. by presenting speakers who discuss the civil rights issues of equality, freedom, justice, and opportunity.

**Sat, Feb. 22 & Sun, Feb. 23, PVQA Quilt Show, 10:00am - 5:00pm (Sat.) & 10:00am - 4:00pm (Sun)** @ Santa Cruz County Fairgrounds - 2601 E. Lake Ave., Watsonville, CA 95076. 2020 Quilt Show: "Quilts: History in the Making". Featured artist: Meri Henriques Vahl. This event includes: displays, live auction, flea market, bed turning, raffles, special exhibits, wearable art display, demonstrations, and more. Free parking and parking shuttle service. General admission for this event is \$10.00 (\$8.00 in advance). Tickets available at selected quilt shops.

## I Want to Age In Place But What if That Becomes Untenable?

Village Santa Cruz County is about helping each other remain living where we choose. But we're also about informing ourselves and supporting each other so that, whatever comes our way, we can face it as best as possible. On

Friday, March 7, Deanna Trinidad, Ombudsman Coordinator for Long Term Care facilities in Santa Cruz County, will talk with Village members about what to look for and what questions to ask, when considering residential care or a skilled nursing facility for yourself or a loved one. What is the difference between residential care and skilled nursing facilities? What does the state mandate for each? What are the costs and what does Medicare pay for? Where to go for post hospitalization recovery? Does the hospital have your best interest at heart & what if you don't like their recommendation?

See 'Coming UP...for members' for more info

## File-of-Life:

### What is It and How Can I Help?

File of Life is a national program whose main component is a card that enables medics to obtain a quick medical history when the patient is unable to offer one. By making file of Life materials available to hundreds of Santa Cruz County seniors each year, the File of Life Team is providing those individuals with a clear, concise way to be better prepared for emergencies. **Want to help assemble these packets?** Join Village members at our Mid-County Coffee Feb 11, to help put the packets together as we chat. See details in Coming Up...All Welcome section. **Want to help distribute them?** Volunteer Center is looking for volunteers who will help distribute File of Life packets to our vulnerable senior population in Santa Cruz County.