



Village Santa Cruz County News



April 2020

Message from the Volunteer Center: 'the most important service we can provide to our community is to stay at home and practice social distancing... To cope with this new reality, we have put together a list of volunteer projects you can do at home.

<https://www.scvolunteernow.org/athomevolunteer>

Human Race

MARCH 25 - MAY 9 2020

This years Human Race is on! But it will take place solely as an online giving campaign. Village Santa Cruz County has proven an asset for these trying times, when community resiliency is so needed. Having built trustworthy relationships within our Community Cirlces, now when we need each other the most, we are there for each other- friends supporting friends. We are checking in on one another, making sure we all have the essentials. We have learned Distance Socializing through ZOOM. Looking forward, we want our entire community to age better in the years to come!

Please support Village Santa Cruz County

<https://www.humanracesc.org/organizations/village-santa-cruz-county>

Village Santa Cruz's Aptos Community Circle Makes Lunch for Habitat for Humanity's Build Crew



Last Group Event before COVID19



"Just as despair can come to one only from other human beings, hope, too, can be given to one only by other human beings" - Elie Weisel

From a Village Member: 'I'm doing well and learning to get into a routine of sorts. My intention is to use this as a gift of time almost like a retreat, meditating, being grateful, praying for the medical researchers, first responders, all the dedicated nurses, doctors, LVNs, the entire hospital employees who may be overlooked and everyone around our world. In addition, I'm walking, connecting and being in my garden, marveling at the miracles of Spirit and Mother Nature. I do have my moments, but I return focusing on the present moment.'

Coming up...for members

Please Note: Members will receive a weekly update with the Zoom information to join each meeting. In addition, all who RSVP will receive the Zoom information in their reminder emails.

ZOOM Coffee/Tea Meet-Ups This is a wonderful time to check on each other, exchange information, and find out what we are all doing to stay engaged. ZOOM meeting information will be sent out to registrants.

Coffee/Tea Community Circle Schedules:

Aptos Community Circle: every Wednesday, April 1st, 8th, 15th, 22nd, 29th @ 2:00PM - 3:00PM

SLV Community Circle: every Tuesday, March 31st and April 7th, 14th, 21st, 28th @ 1:00PM - 2:00PM

Mid-County Community Circle: Tuesdays, March 31st, April 14th, 21st, 28th @ 11:30AM - 12:30PM. Tues, April 7th meet @ 10:30AM - 11:30AM

Westside Community Circle: Mondays, March 30th, April 6th, & 20th @ 1:00PM - 2:00PM

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

Fri, Apr. 3, Westside Circle Discussion Group: Sharing Housing: Models & Degrees of Co-Op Living, 12:00pm - 1:00 pm @ Zoom Online. This month's Westside Circle Discussion topic is: Models and Degrees of Co-Op Living. Sharing Housing. We'll continue exploring different models if/when we no longer feel that living on our own is our best option. Last month we discussed renting a room in your home. This month we'll brainstorm types of co-op living. Examples: existing co-op housing to building something new to co-op sharing within a neighborhood or mobile park or condo complex. What ideas do you have? Zoom Meeting ID will be emailed to registrants.

Sat, Apr. 4, Cooking with ZOOM, 4PM. From your kitchen to Dukh Niwaran's kitchen via ZOOM. Dukh Niwaran makes a 1-pot meal. Recipe will be emailed to participants. Cook along with Dukh Niwaran on Zoom, or watch and make later. Recipe can be adapted to what you have on hand and for any dietary requirements and has ingredients you may already have on hand. Dukh Niwaran's email and ZOOM meeting information will be emailed to registrants. **Are you interested in hosting a Cooking with Zoom? Contact info@villagesantacruz.org.**

Tues, Apr. 7, Zoom Pickleball, 2:30PM - 3:30PM - We'll watch short Pickleball videos and discuss the game.

Coming up...for members

Thurs, Apr. 9, Village Write, 1:00PM - 2:30PM @ Zoom Online. 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.

Fri, Apr. 10, Book Discussion Group: "The Overstory, Pg. 253 - End", 1:00pm - 2:30pm @ Zoom Online. Join us for our monthly book discussion group as we share our great love of literature. This has been slated for our (cancelled) March discussion. The Distance Between Us is tentatively on our list for the next book (tentatively because of library closure).

Sat, Apr. 11, Cooking with ZOOM, 4PM - From your kitchen to Dede's. Dede will make her Mother-in-Law's fabulous brownies. Join and bake along with her. "Mama Gladdy's Brownie Recipe" will be emailed to participants. Dede's email and ZOOM meeting information will be emailed to event registrants.

Mon, Apr. 13, Netflix Movie Discussion via Zoom: Movie TBD, 1:00PM Watch the movie at home. Join us for coffee/tea and a lively discussion about the movie.

Fri, Apr. 17, Spanish Conversational Group - Grupo de conversacion en Espanol, 12:30pm - 1:30pm @ Zoom Online. 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, Apr. 23, Village Write, 1:00pm - 2:30pm @ Zoom Online. 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.

Mon, Apr. 27, Netflix Movie & Discussion via Zoom: Movie TBD, 1:00PM Watch the movie at home. Join us for coffee/tea and a lively discussion about the movie.

Tues, Apr. 28, Zoom Pickleball, 2:30PM - 3:30PM - We'll watch short Pickleball videos and discuss the game.

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.

ONLINE AND FREE

Coursera Offers Free Online Learning. Partnering with colleges and universities to allow everyday people to audit college-level courses online. Find more information on Coursera here: <https://www.coursera.org>

Coursera offers popular classes, including Yale's "The Science of Well Being"

Oregon State is offering a free online **Intro to Master Gardening Class**. This class is 4 hours and is on-demand access anytime. Find more information on this class here: <https://workspace.oregonstate.edu/course/free-intro-to-oregon-master-gardener-program>

FREE Immunity Emergency Kit from Holden QiGong. The bundle includes FOUR video classes you can do without leaving your home. Each one will help you nourish and reinforce your "Wei Qi" or "Protective Qi". To receive a FREE Emergency Kit, please go here: <https://secure.holdenqigong.com/immunity-emergency-kit/>

Watch a YouTube video from Deepak Chopra on **Dealing with the Corona Virus: Practical Steps and Meditation** here: <https://www.youtube.com/watch?v=GR0x1AFkDlo&feature=youtu.be>

Free things you can do online like the opera, symphony, aquarium, Louvre, etc. here: https://www.travelzoo.com/blog/20-amazing-places-you-can-visit-without-leaving-home/?utm_source=newsflash_us&utm_medium=email&utm_campaign=2871840_html_deal%3a2871840&utm_content=2871840&ec=0&dlinkId=2871840

ONLINE with a Fee

Online Workshop: Decentering Whiteness 3 Part Live Interactive Webinar. This webinar takes place on three dates: Part 1 4/15/20, Part 2 4/22/20, & Part 3 4/29/20. Find more information on the webinar and to register here: <http://www.euroamerican.org/Services/Training/OnlineSeries/CourseDescript/WWPCDAR-120-online.asp>. Please note this workshop has a fee of \$95/person.

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

Village Santa Cruz Members Need Help?

We have volunteers for grocery shopping and other essential needs. We'll also try and help you with whatever else you need during this time.

Email: info@villagesantacruz.org

Call: 831-824-2404

We're working from home but we do check the office phone messages daily.

#9 of 25 Ways to Age Better: Keep Learning

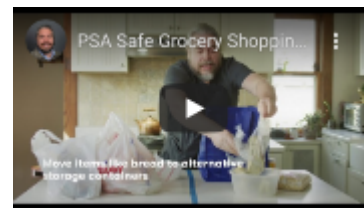
Old brains are just as equipped to build new neurons and synapses as young ones. But this process works best when we repeatedly force ourselves to learn new things. The brain loves novelty: crafts, games, even cooking from a new recipe, all trigger the creation of neurons, but the more complex and more difficult the new activity is, the greater the rewards. Choose something that also involves social interaction and a bit of movement, such as singing. Best of all, try learning complex new dance moves.

THANK YOU

Our wonderful member Gloria, has helped us with updating the Village Santa Cruz County homepage. Please check for ongoing updates and good information that may be useful during this time.

www.villagesantacruz.org

Grocery Shopping Safety Video:



Find more information and additional resources surrounding COVID-19 in Santa Cruz County here:

<http://www.cityofsantacruz.com/community/city-newsroom/response-to-covid-19>

Check out The Village website. It has been updated and contains useful information and links.

www.villagesantacruz.org



Bringing Us a Bit of Cheer

Mirko E Valerio, Violinist Little Band Covers "VIVA LA VIDA" (Coldplay) during quarantine in Italy. To watch the video, please click the video above or go to this web address:

<https://www.youtube.com/watch?v=WTPhHVWclow&feature=youtu.be>

WEBSITES: MAJOR SC COUNTY SENIOR SERVICE PROVIDERS

Here are the website links for some of Santa Cruz County's Major Senior Service Provider non-profits and the senior programs they run. Follow the links to find out the status of their services during the COVID-19 outbreak. (apologies for any we missed).

Seniors Council of Santa Cruz & San Benito Counties <https://www.seniorscouncil.org/>
Companion for Life, Project Scout, Senior Companion, and Foster Grandparent

Community Bridges <https://communitybridges.org/>
Meals on Wheels, Lift Line, and Elderday

Senior Network Services <http://www.seniornetworkservices.org/>
Information & Assistance (includes Senior Resources Directory), HICAP – health insurance counseling, Home Help & Respite care registry, Family Caregiver support, Money Management, and Care Management

Grey Bears <https://www.greybears.org/>
Healthy Food Home Delivery, Recycling, Composting

Volunteer Center <https://scvolunteercenter.org/>
RSVP, Transportation, Helping Hands, Senior Tech Help, File-of-Life

Health Projects Center <http://www.hpcn.org/>
Del Mar Caregiver Resource Center, Multipurpose Senior Services

Central Coast Family Services Agency of the Central Coast <https://fsa-cc.org/>
Senior Outreach, I-You Venture, Counseling, Ageless Art

Advocacy Inc. <https://www.advocacy-inc.org/>
Ombudsman for Long Term Care Facilities



Village Santa Cruz County
www.villagesantacruz.org
(831) 824 - 2404
info@villagesantacruz.org

