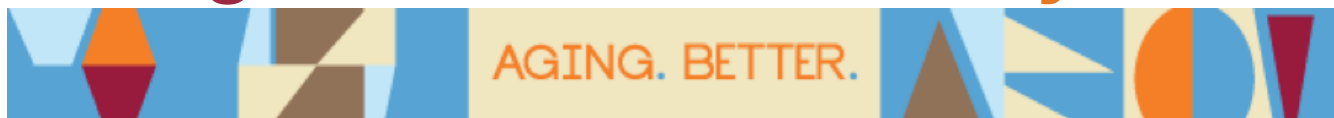




# Village Santa Cruz County News



June 2020

## #11 of 25 Ways to Age Better: Clear Out Your Medicine Cabinet

In particular, clear out unnecessary anticholinergics, often found in antidepressants, bladder drugs, medication for Parkinson's disease, and some antihistamines and travel sickness pills. This isn't something you should do without your doctor's guidance, but several studies have now linked ingesting high levels of anticholinergics with the onset of Alzheimer's, even if taken for as little as a year. Ask your doctor for alternative medication, particularly if you are taking several pills containing anticholinergics.

## ALL INVITED! Zoom Meet-Up Discussion: *Asian Americans I PBS*

We will watch the new PBS five-part series, Asian Americans, beforehand and then discuss. Please keep these questions in mind as you watch:

- (1) Name one new thing you learned
- (2) Is there a personal incident in your life related to this subject you'd like to share?
- (3) Going forward, how can we counter the racism against Asian's that has come up due to COVID-19?

For more information on this event, check out the "Coming Up..." Section!

## Our Pets



Showing our pets during a Zoom Meet-Up.



Village member Sandy finds a way to practice playing her recorder with a friend, while social distancing. Picture taken by Village member Allison Garcia for the SC Sentinel.



Cheryl donates one of several batches of face masks she's sewn for the Volunteer Center's mask making program. Thanks Cheryl!

Nancy (part time FEMA volunteer) reminds us that wearing a mask is about actions that move us from 'me' to 'we'.



# 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. In addition, Zoom information can be found in weekly eBlasts and under Member Documents.

**Zoom Coffee/Tea Community Circle Schedules:**

**Aptos Community Circle:** every other Wednesday, June 3rd, 17th @ 2:00PM - 3:00PM

**SLV Community Circle:** every Tuesday, June 2nd, 9th, 16th, & 23rd @ 1:00PM - 2:00PM

**Mid-County Community Circle:** Tuesdays, June 9th & 23rd @ 10:30AM - 11:30AM.

**Westside Community Circle:** Mondays, June 1st, 15th, & 29th @ 1:00PM - 2:00PM

**Thurs, June 4, 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, June 5, Westside Circle Discussion Group: Cabin Fever vs. Staying Safe - How R U Balancing the 2?, 12:00PM - 1:00PM @ Zoom Online.** How are you connecting with others outside of Zoom and are you looking for buddies to expand with? Quarantesting? Outside distance visiting? Walking with buddies? More phone calls? As we're learning about what's safe & what's not, and as we're all getting cabin fever, what are we doing to connect?

**Mon, June 8, 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.

**Thurs, June 11, Spanish Conversational Group - Grupo de conversacion en Espanol, 4:00PM - 5:00PM @ Zoom Online.** This week's group will focus on both the Recycling Game and the 3rd episode of Grand Hotel. Please play the Recycling Game (available in Spanish & English) ahead of the meeting. Please also watch episode 3 of Grand Hotel. This series from Spain is available on Netflix with English subtitles. Please note: When playing the Recycling Game, you're not supposed to click on the recycling destinations. You drag the object to be recycled (at the top) down into them. If you drag it to the wrong place it bounces back up to the top. If you drag it to the right place it stays there, and a bunch of stars fly up with musical notes.

# Coming up...for members

**Fri, June 12, Book Discussion Group, 1:00PM - 2:30PM @ Zoom Online.** This month's book discussion group will be a little different. Each participant will report on a book they have recently read. In addition to each of us sharing a book we're reading, local author Leslie Karst will introduce us to her Sally Solari (Santa Cruz-based) Culinary Mystery Series.

**PUBLIC EVENT: Thurs, June 18, Watch & Discuss: PBS Series: Asian Americans, 1:00PM - 2:00PM @ Zoom Online.** We will watch the PBS Series: Asian Americans, beforehand and discuss at this Zoom meeting. This is a five-hour series, broken up into three parts. Please watch as much as you would like before.

"Asian Americans is a five-hour film series that delivers a bold, fresh perspective on a history that matters today, more than ever. As America becomes more diverse, and more divided, while facing unimaginable challenges, how do we move forward together? Told through intimate and personal lives, the series will cast a new lens on U.S. history and the ongoing role that Asian Americans have played in shaping the nation's story". - PBS.org. To watch Asian Americans, please visit: <https://www.pbs.org/weta/asian-americans/watch/>  
***Don't forget to think about the discussion questions from page one as you watch!***

**Fri, June 19, 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.

**Mon, June 22, 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, June 23, Zoom Pickleball, 2:30PM - 3:30PM** - We'll watch short Pickleball videos and discuss the game.

**Thurs, June 25, 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.

**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.**

# In the Community...

## Aging Creatively with the American Society on Aging!

From the ASA: "ASA and Covia present creative aging sessions from AiA20 as webcasts. Creativity builds resiliency by encouraging exploration and adaption, allowing us to connect with ourselves and others in new ways. Isn't that exactly what we need right now? ASA has joined forces with Covia Communities to bring you a series of workshops selected from our 2020 annual conference. Join us to hear insider tips and examples of stretching your creative muscles in aging services work. Learn from experts who use arts and technology as they leverage community partnerships to explore creative conversations, wellness, equity, dementia and much more.

**There is no cost to participate, but all webcasts require pre-registration.** You will receive a confirmation email with access to the presentation once you have completed the registration. If you register and cannot attend, you will receive information to access the recorded version of the presentation". To learn more about the Creative Aging Series, please visit: <https://www.asaging.org/creative-aging>

### You can register now for the following presentations:

Mon, June 1, **Creative Aging Without Walls: Wellness at Your Doorstep**, 10:00 AM. To register, please visit: [https://esc.zoom.us/webinar/register/WN\\_F\\_bwunp9S22Q7vAnxT5QQQ](https://esc.zoom.us/webinar/register/WN_F_bwunp9S22Q7vAnxT5QQQ)

Tues, June 2, **Digital Destinations: A Creative Way of Driving Social Connectivity**, 10:00 AM. To register, please visit:

[https://esc.zoom.us/webinar/register/WN\\_9JztFXknT7OSfLQspkOniA](https://esc.zoom.us/webinar/register/WN_9JztFXknT7OSfLQspkOniA)

Thurs, June 4, **Your Library, Your Community Partner**, 10:00 AM. To register, please visit: [https://esc.zoom.us/webinar/register/WN\\_ikoXZI92QjK1Z1oXtv0lew](https://esc.zoom.us/webinar/register/WN_ikoXZI92QjK1Z1oXtv0lew)

Wed, June 10, **Intergenerational Filmmaking Program: Cool Legacy Work**, 12:00 PM. To register, please visit: [https://esc.zoom.us/webinar/register/WN\\_bTO0cFZcT56soTt8yj4NYw](https://esc.zoom.us/webinar/register/WN_bTO0cFZcT56soTt8yj4NYw)

Mon, June 15, **Enhancing Human Connections Through Therapeutic Clowning Techniques and Drama Therapy for Healthcare Professionals and Caregivers**, 12:00 PM. To register, please visit: [https://esc.zoom.us/webinar/register/WN\\_CXqrrLKsT2e9\\_LA-DG\\_KIQ](https://esc.zoom.us/webinar/register/WN_CXqrrLKsT2e9_LA-DG_KIQ)

Tues, June 23, **Memory Sunday, Memory Cafes, Music, and Beyond: Building a Dementia-Friendly Faith Community**, 1:00 PM. To register, please visit:

[https://esc.zoom.us/webinar/register/WN\\_fewEY0lwQagyL7P5JggHmg](https://esc.zoom.us/webinar/register/WN_fewEY0lwQagyL7P5JggHmg)

Thurs, June 25, **Art Wellness and Vital Involvement in Aging: Engaging Creativity**, 11:00 AM. To register, please visit:

[https://esc.zoom.us/webinar/register/WN\\_nRMaXM8gR6y\\_vkuqZ8ZpYQ](https://esc.zoom.us/webinar/register/WN_nRMaXM8gR6y_vkuqZ8ZpYQ)