



Village Santa Cruz County News

AGING. BETTER.

August 2020

DID YOU KNOW?

#13 of 25 Ways to Age Better: Avoid Pollution

Pollution is rapidly becoming the biggest threat to our ability to age well, with more and more research linking particulate matter to...**CONTINUED ON PAGE 4...**

New Program: FallsTalk



Volunteer Center of Santa Cruz County will soon be launching FallsTalk, a fall prevention program. This six-week program allows participants to start thinking about what their personal falls risks are and how they can best prevent them. **LEARN MORE...CONTINUED ON PAGE 4...**

Remembering Congressman John Lewis, National Hero, Social Justice and Political Icon



There is so much to be said about this Social Justice and Political Icon. If you have not yet heard it, listen to President Obama's eulogy to John Lewis.

Mr. Lewis wrote an essay shortly before his death, to be published in the New York Times, upon the day of his funeral, Together, You Can Redeem the Soul of Our Nation.

"The vote is the most powerful nonviolent change agent you have in a democratic society. You must use it because it is not guaranteed. You can lose it" - John Lewis
MORE ON VOTING PAGE 3...



Esther Barbour



From Allison:

'My mom, Esther, passed away peacefully in her sleep early in the morning on July 4th. This was one of her favorite holidays. She enjoyed her Uncle Sam folk art collection and wearing red, white, and blue. So it was somehow fitting and comforting that she would pass on that day.

'In June, her condition worsened, but we were still able to celebrate her 88th birthday with family (on the front porch, in masks), and it was a fun surprise to have her friends swing by in a socially distant birthday caravan...'



'Esther was not one for sappy sentiment. So, in honor of you, Esther, we have a section this month on Voting (page 3). **CONTINUE READING ON PAGE 3...**

Coming up...for members

Zoom Coffee/Tea Community Circle Schedules:

Aptos Community Circle: every other Wednesday, August 5th & 19th @ 2 - 3:00 PM

SLV Community Circle: every Wednesday, August 5th, 12th, 19th, & 26th @ 4 - 5:00 PM

Mid-County Community Circle: Tuesdays, August 11th & 25th @ 10:30 - 11:30 AM.

Westside Community Circle: Mondays, August 3rd, 17th, & 31st @ 1 - 2:00 PM

Thurs, Aug 6, Strategic Planning Team Monthly Meeting, 12:30 - 2:15 PM This is our monthly business meeting. All members welcome. Zoom Meeting ID and agenda will be emailed to registrants. RSVP.

Fri, Aug 7, Westside Circle Discussion Group: Racial & Economic Justice, 1 - 2:00 PM This week's discussion will center around issues raised regarding racial and economic justice, focusing on wealth disparities in the U.S. between Whites and most people-of-color groups. Along with voting, what else can we do? All Village members welcome.

Mon, Aug 10, Netflix Movie Discussion via Zoom: Movie TBD, 1 - 2:00 PM Watch the movie at home. Join us for coffee/tea and a lively discussion about the movie.

Wed, Aug 12, Follow Up to 7/29 Disaster Preparedness, 2 - 3:00 PM Open to participants of the 7/29 discussion.

Fri, Aug 14, Book Discussion Group: Choose Your Own, 2 - 3:00 PM Each participant will report on a book they have recently read.

Thurs, Aug 20, Village Circles Connect, 4 - 5:00 PM This all-member meeting is a chance for us to get to know members of other circles. Please watch beforehand, this short 8 minute TED Talk by Isabel Allende: [How to Live Passionately No Matter Your Age](#). We'll discuss emotions brought up by and questions raised for each of us, as we watched and considered this video.

Fri, Aug 21, Spanish Conversational Group - Grupo de conversacion en Espanol, 12:30 - 1:00 PM This Village group is gathering informally to practice speaking Spanish. All levels welcome.

Mon, Aug 24, Netflix Movie Discussion: Movie TBD, 1 - 2:00 PM Watch the movie at home. Join us for coffee/tea and a lively discussion of the movie.

Thurs, Aug 27, Village Write, 1 - 2:30 PM 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, Aug 28, Mid-County Circle Discussion: Disaster Preparedness, 1 - 2:00 PM Using materials designed by the Volunteer Center's Get Ready/Listos Program, we go over basic disaster preparedness. Sign up by August 24th to make sure the materials are delivered to you in time.

Mon, Aug 31, Westside Coffee/Tea, 1 - 2:00 PM Will include updates to our ongoing Disaster Preparedness Discussion.

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Esther Barbour continued...As you know, she had congestive heart failure and had been in hospice at home since January of this year. Hospice of Santa Cruz County was wonderful!... The nurses and aides came to her and made sure she was comfortable.

Through March, mom was able to enjoy life, going to movies and coffees with her Village Santa Cruz friends, hanging out with the grandkids, eating whatever the heck she wanted!

Then stupid Covid caused us to completely shelter in place, and social and medical visits switched to Zoom. But she was still engaged and happy, and just taking one day at time, like all of us now.

From Mary Howe:

'I remember the first time Esther and Allison came to our Westside Coffee. Esther, pointed her thumb towards Allison and said, in her deadpan voice, something to the effect, 'She's making me come because I just stopped driving and she wants me to get out more.'

By the time that Coffee Hour was over, Esther was a solid part of our Circle.

She wasn't a huge talker but when Esther spoke, people listened. She was, as she called herself, a political junkie, and I knew I could get the latest on any national issue or figure, from Esther. I missed her input to our recent discussions on Voting.

Esther helped start and lead our painting group; turns out she was quite an artist. A few times, she cajoled her son, an art teacher in the Bay Area, to come down and give our group a lesson.

Esther's mother was from Puerto Rico and her father from the Philippines. She talked a bit about the racism she felt at times during her life. But when she recounted incidences of racism her children encountered growing up, her eyes hardened and her voice took on a tone that made me know I wouldn't want to be on the wrong side of this woman.

In this last year (before COVID stopped in-person meetings) when Esther was more home-bound due to her health, she welcomed a small group of us for lunch & scrabble at her house. I discovered another Esther talent; she's quite a good scrabble player.



I miss Esther, as I know many of our group does. Because of our demographic, the passing of members is bound to happen. Knowing that doesn't make the missing and sadness any less. We love you, Esther!

But Esther was not one for sappy sentiment. So, in honor of Esther and John Lewis (an ordinary citizen and an icon but both equally passionate about Voting and true Democracy) we have a section this month on Voting (Page 4 & 5).'

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...lung cancer, heart disease, dementia, hypertension, and diabetes. It is vital that we are vociferous in lobbying for cleaner air and that we play our part in reducing our own carbon footprints. But we can lessen the damage of living in heavily polluted cities. Avoid congested roads, switch to an anti-inflammatory diet (shown to mitigate the effects of pollution in some people), invest in a good quality air purifier and rotate it around your house, and fill your house with pollution-fighting greenery.

For Sale @ Good Price

Three Wheeled

Scooter: This 3-wheeled scooter is a few years old, but has a new \$200 battery.



Chair Exercise System: This chair comes with instructional DVDs. You sit in the chair and pull on bands with your hands or feet.

Please email allisoncg600@gmail.com if you are interested and want to know more.

2020 Census - Complete your questionnaire today!

It's quick and easy! The 2020 Census questionnaire will take about 10 minutes to complete. It's safe, secure, and confidential. Your information and privacy are protected. Your response helps to direct billions of dollars in federal funds to local communities for schools, roads, and other public services. Results from the 2020 Census will be used to determine the number of seats each state has in Congress and your political representation at all levels of government. To complete the 2020 Census online, please click [here](#).

FallsTalk Continued from page 1:

Some may not fear a fall at all but live in an environment or lifestyle full of risks while others may be completely afraid of falling. Discussing this allows participants to think about steps they can take in their home or health to prevent falls.

Participants will be asked to keep a falls journal, with short entries each day of any fall or loss of balance details as well as fall prevention ideas. There will be short check in phone calls each week following the interview and one final wrap up interview.

Kyle, The Village staff member, has been trained to lead this program and is able to offer this FallsTalk to our Village members now! If you are interested in participating in the FallsTalk program or would like more information please contact info@villagesantacruz.org



Voter Suppression is Warping Democracy

From *The Atlantic* Online: [Voter Suppression is Warping Democracy](#) - A new study from *The Atlantic* and the Public Religion Research Institute shows that black and Hispanic citizens are more likely than whites to face barriers at the polls—and to fear the future erosion of their basic political rights. To read more, click the link above.

In the Community...

Cabrillo Music Festival 2020 presents: Celebrating Woman Suffrage + the Struggle for Voting Rights: A Panel Discussion Sun, Aug 9, 11 AM

As we approach the 100th anniversary of the passage of the 19th Amendment and stand at the threshold of a presidential election, "Celebrating Woman Suffrage + the Struggle for Voting Rights" is a panel discussion examining the complex history of enfranchisement in the United States and its relevance to the issues of equal rights today.

A dynamic group of speakers includes Gail Pellerin, Santa Cruz County Clerk/Registrar of Voters, as our moderator; with presentations by Judge Marla Anderson, Judge of the Superior Court of California, Monterey County; Bettina Aptheker, scholar-activist and Distinguished Professor Emerita of the Feminist Studies Department at University California Santa Cruz; and Professor Aida Hurtado, Chair of UCSB Department of Chicana and Chicano Studies. The event will be followed by a live Q&A, and precedes an evening concert featuring the orchestral world premiere of *The Battle for the Ballot* by composer Stacy Garrop, inspired by the centenary of the 19th amendment and pivotal figures in the Woman Suffrage movement.

This event is sponsored by: Cabrillo Festival of Contemporary Music, The Humanities Institute at UCSC, Baskin Foundation UC Presidential Chair for Feminist Studies, and Bookshop Santa Cruz Co-Sponsors: NAACP, Temple Beth El and Women Lawyers of Santa Cruz County

Senior Center Without Limits: Using Technology To Reduce Senior Isolation

A FREE program for all seniors - Senior Center Without Limits. This innovative virtual program is open to all people over age 60 in Santa Cruz County. Seniors, many of whom have been sheltering at home for months, now have online opportunities for activities to help them stay physically, socially, creatively, and cognitively engaged. In the first two weeks of the program, 190 seniors have participated in classes! Classes include: exercise, technology help, art, and more! Senior Center Without Limits is sponsored by Community Bridges, the City of Santa Cruz, and the City of Watsonville with financial support from private donors: Twin Lakes Church, the Ardea Foundation, and CDBG funding grant from the City of Santa Cruz.

For more information on the program, call or visit websites of Community Bridges, City of Santa Cruz Parks & Rec, and City of Watsonville Parks & Rec.

Voting 101:

Register to Vote: If you have not yet registered to vote you can do so here:

<https://registertovote.ca.gov>

Vote by Mail: On May 8, 2020 Governor Gavin Newsom issued Executive Order N-64-20, which, among other things, orders that a vote-by-mail ballot be mailed to each voter prior to November 3, 2020 in addition to offering in-person voting locations.

Voter Education and Outreach: Want to spread the word about voting? Visit [Voter Education and Outreach](#) to find out how you can join CA State Secretary Padilla and a wide range of employers, nonprofit organizations and educators around the state who are working to improve voter participation in California.

Snail Mail Moving Ever More Snail-Like: The US Postal Service is undergoing changes that will most likely result in slower mail service. Because of this USPS is recommending Voters get their ballots in the mail at least one week before elections.

Also, their recommendations on the length of time it may take to receive a requested ballot, means that for Californians, if you are not yet registered to vote & plan to mail in your ballot, please register at least two weeks before election time. (Remember - all registered California Voters will be receiving a ballot by mail).