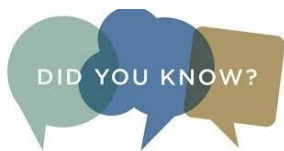




Village Santa Cruz County News

AGING. BETTER.

September 2020



#14 of 25 Ways to Age Better: Use Olive Oil

We think of olive oil as "liquid gold", such are its benefits, with improved heart health topping the list. A four-and-a-half year clinical..**CONTINUED ON PAGE 4...**

Fire

We've seen pictures and heard reports and personal stories. And yet it's still hard to comprehend the entire destruction. It happened so fast! The fires appear under control - THANK YOU FIREFIGHTERS! But so many in our community have lost so much; their lives have changed so completely, so quickly. Rebuilding people's lives will continue for a...**CONTINUED ON PAGE 4...**

COVID is Still Here

Community Foundation of Santa Cruz has a page where you can donate to either their Fire Response Fund or local responses to COVID-19. To donate, please visit the [Community Foundation](#) webpage.



Need Pet Supplies?

The owners of this business lost their Bonny Doone home in the fire and could use your support.

[Check out their website](#)

Together Through Hard Times

2020 has been hard. So many struggles. The coronavirus and with it social distancing, which is beginning to feel like it will go on forever; the fires which are teaching us how quickly things can change; the upcoming elections which feel like the results can make or break our country.

In September we've chosen events to remind us that even in bad times community can bring us feelings of joy & empowerment. Below are some of the upcoming events. Check out the *Coming Up for Members* sections for more details.

- **Finding Joy During Hard Times**
- **Baking Plum Tarts with Dede**
- **Preparing for Disasters:** Lessons learned and brainstorm what our Village group can offer to best help during the fire recovery.
- **Dining In:** With a home-cooked meal brought to you by Sara, and shared with other members via Zoom.
- **Theme-Focused Book Discussion:** Living with Uncertainty



The Flu Season is Near

Don't forget to get a flu shot. With COVID-19 still active in our community, this is more important than ever.

Coming up...for members

Zoom Coffee/Tea Community Circle Schedules:

Aptos Community Circle: every other Wednesday, Sep. 2nd & 16th @ 2 - 3:00 PM

SLV Community Circle: every Wednesday, Sep. 2nd, 19th, 16th, 23rd, & 30th @ 4 - 5:00 PM

Mid-County Community Circle: Tuesdays, Sep. 8th & 22nd @ 2 - 3:00 PM

Westside Community Circle: Mondays, Sep. 14th & 28th @ 1 - 2:00 PM

Thurs, Sep 3, 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 for agenda.

Fri, Sep 4, Westside Circle Discussion Group: Finding Joy During Difficult Times, 1 - 2:00 PM What brings you joy even while going through hard times? Share a good joke! And for those of us who get the AARP monthly magazine, you can read and share ideas from the June/July issue article, *Happiness in Hard Times*. Discussion hosted by the Westside Circle, but all members welcome!

Sat, Sep 5, Baking with Dede: Plum Tarts, 4 - 5:00 PM - Join Dede on Zoom as she teaches us how to make plum tarts

Mon, Sep 7, Netflix Movie Discussion: Betty White: First Lady of Television, 1 - 2:00 PM - 2018 Netflix documentary. Actress and television producer Betty White traces her decades-long career as a woman breaking new ground in entertainment. Watch the movie at home and join us for a lively discussion.

Wed, Sep 9, Disaster Preparedness, CZU Fire: Lessons Learned & How to Continue Supporting Those Effected, 4:30 - 5:30 PM - From 4:30 - 5:00 our SLV members will share with us what the fire and evacuation was like for them and what they think we can do as a group to help them/their neighbors during the Fire recovery. From 5 - 5:30, open discussion. Perhaps we can come up with something Village Santa Cruz County can do as a group to help in the recovery.

Thurs, Sep 10, Dining In, 5:30 - 6:30 PM - Sara, a talented cook will prepare for us a vegan, gluten-free meal. This will be distributed to all participants before we join on Zoom to dine together from our homes. Cost of meal (including preparation time) will be split amongst participants. RSVP by Tuesday Sep. 8.

Fri, Sep 11, Book Discussion Group: Living with Uncertainty, 1 - 2:00 PM September's meeting will focus on a theme, rather than a specific book. Members can choose to read a book or online article about the topic, or share a past book they have read that applies to the theme. Living with Uncertainty - During these tough times, one may not know what comes next.

Fri, Sep 18, 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, Sep 21, 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, Sep 24, Village Write, 1 - 2:30 PM - This group allows members a relaxed, no pressure space to write. We write short pieces based on prompts, and each person can decide whether or not to share.

In the Community...



Help Us Spread the Word: Volunteer Center's Get Ready/Listos Program

Many Village members have been participating in the Volunteer Center's Get Ready/Listos disaster preparedness program - let's help spread the word! While members who have participated in the meetings already have some of these materials, others may not. Please take a moment to read them over and share with family and friends.

- To access the **Disaster Ready Guide**, please click [here](#).
- To check out the **Five Steps to Prepare for a Disaster**, please click [here](#).

Both of the above resources are available in Spanish and provide clear instructions on how to pack a go bag.

You can also register for **7 Days of Text Messages** for the Volunteer Center's text class that will help you get prepared for an emergency. To enroll in this program, please click [here](#). This class is available in six languages.



Save the Date!

Wednesday October 7th & Thursday October 8th, Living Your Best Life: Aging Well with Resilience, 9:00 AM - 12:30 PM - Lifespan is proud to announce a two-day virtual event called *Living Your Best Life: Aging Well with Resilience*. We will be featuring an array of speakers addressing healthy aging while sheltering in place, staying safe in 2020, tips from health care experts including Cathy Cress, nationally renowned expert on care management, a workshop on advance directives, support for long-distance families, creative ways to stay engaged, and more including a seniors Zumba class! A complete calendar of topics and speakers will be announced soon.

Continued from page 1...#14 of 25 Ways to Age Better: Use Olive Oil

...trial involving 7,000 older adults at risk of heart disease found that those eating an olive oil rich Mediterranean diet had 30% fewer instances of heart attacks and strokes, as well as improved lipid and cholesterol levels, and lower blood pressure. Olive oil consumption has also been linked to a slowing of the progression of breast cancer, reduced bone mass loss and better blood glucose control. Use it to cook or dress multicolored vegetables.

Continued from page 1...Fire

...long while. It's easy to feel overwhelmed and helpless. But it's also hopeful and joyful to see how the community has stepped up to help one another.

Our thoughts and prayers continue for those who continue to be effected by the fires.

What can we do to continue this help?

Volunteer Center of Santa Cruz County is a good place to start. They have a webpage where you can find information, donate, volunteer, and learn what to do to prepare for the next disaster. Please visit [Volunteer Center Fire Info](#) for more.



Laughing Together

Knowing Kathleen (middle row, left side) to be a hat lover, we surprised her by showing up in our 'fancy hats'.

Build Your Support Network

Social distancing makes building our social connections challenging, and takes a bit more effort. Village Santa Cruz County, an organization built on connections we forge with one another, has found that it's possible even in these difficult times. We need each other, especially in hard times.

Through ongoing, small Zoom get-togethers our relationships deepen. Yes, we still long for face-to-face, but we've learned that even online, we can build a safe space to talk about both personal and larger social issues.

[Become a Member of Village Santa Cruz County](#)

