



Village Santa Cruz County News

AGING. BETTER.

April 2021



#21 of 25 Ways to Age Better: Eat More Fiber

If you make just one dietary change to boost longevity, make it this one. An Australian study tracked the diets of 1,600 people over 10 years to discover the impacts of carbohydrate consumption on successful aging. The most successful agers...**CONTINUED ON PAGE 4...**



Coming Up in April: Organize & Declutter Your Life Open to the Public!

Spring is here and for many of us, that means it's time for a good Spring cleaning. Join us via Zoom on **Thursday April 8th** as Claire Raubach takes us through some simple steps to make this process easier. Check out Coming Up...For Members for all the details

Visit Claire's website to learn more about all she does:
www.thehomeweeder.com

March Highlight:

Compassion & Choices Presentation

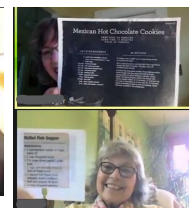
On Monday, March 29th we had a wonderful presentation from non-profit Compassion & Choices. Continue to pg. 4 to read our biggest takeaways

"After years of long working hours and communiting, I realized I had not only retired from my job, but also my daily social group. I felt quite isolated as I discovered that old adage seemed true: it's just plain hard to make new friends when you get older because everyone already has their longtime friends. Village Santa Cruz was so welcoming to me as I faced the challenge that came with my new stage of life...they have all been there, done that in one way or another!"

- Mary K.

March Highlight: Recipe Exchange

The Recipe Exchange was a big hit. Each participant explained how to make one simple recipe. All recipes were sent to our staff person, Kyle, who compiled a beautiful recipe booklet which she distributed to the participants.





April Birthdays:

ELLEN, WENDY, WILLOW,
JOYCE & JANYCE



Coming Up...For Members

Thurs, April 1 @ 12:30 PM, Strategic Planning Team Monthly Meeting. This is our monthly business meeting. All members welcome. Please RSVP for agenda.

Fri, April 2 @ 1:00 PM, Conversational Spanish. Lead by Vanessa, a native Spanish speaker and Volunteer Center's Stay Connected Program specialist. Open to all Village members at all levels of Spanish language comprehension.

Fri, April 2 @ 3:00 PM, Westside Circle First Friday Discussion: In-Home Fire Prevention. The main topic this week will be in-home fire safety, but we will also spend a little time discussing the question: 'Now that many of us have been vaccinated shall we begin offering some of our small group meetings in-person? Outside as a first step, as we gingerly step into this change AND so we are inclusive of those who have not yet been vaccinated?

Mon, April 5 @ 1:00 PM, Movie Discussion: The Trial of the Chicago 7. The story of 7 people on trial stemming from various charges surrounding the uprising at the 1968 Democratic National Convention in Chicago, Illinois. This movie is available for FREE on Netflix.

Tues, April 6 @ 4:30 PM, Guided Meditation. Lay down, sit in a chair or on your mat. Breathe. Relax. Join us for a 15-minute guided meditation. No previous experience required - this is for everybody. April 6th meeting led by Bruce Berwald.

Wed, April 7 @ 1:00 PM, Book Discussion: Four Hundred Souls (pp. 73 - 145). Four Hundred Souls: A Community History of African America, 1619 - 2019, edited by Ibram X. Kendi & Keisha Blain. This week we will cover parts III & IV, pages 73 - 145.

Wed, April 7 @ 4:00 PM, Aptos Coffee/Tea Meet-Up.

Thurs, April 8 @ 4:00 PM, Decluttering Presentation by the 'Home Weeder' Claire Raubach. Ready for some spring cleaning? Ready to let go of some things you've been holding onto but aren't sure why? Thinking of downsizing? With humor and compassion, Claire will take us through some steps on how to tackle 'home weeding'. **Open to the Public. Please contact info@villagesantacruz.org to register and receive the Zoom information for this event.**

Fri, April 9 @ 1:00 PM, Conversational Spanish. Lead by Vanessa, a native Spanish Speaker and the Volunteer Center's Stay Connected program specialist. Open to all Village members at all levels of Spanish language comprehension.

Mon, April 12 @ 3:00 PM, Westside Coffee: Stories of Our Lives. This week's theme: Our lives during our 40's.

Tues, April 13 @ 2:00 PM, Mid-County Coffee/Tea Meet-Up.

Wed, April 14 @ 4:00 PM, Co-Op Living Discussion. Questions to discuss: 1. What is your heart's desire? 2. When you consider moving into a communal living situation, what is your timeframe? 3. How would you feel (safe, welcomed, supported, challenged, etc.) living communally? 4. How many people? Space needed for personal and communal use? 5. Location: Where do you want to live.....**Continued on page 3.**

Coming Up...For Members Continued...

in town, rural, on a bus line, close to medical services, etc.? 6. Where might you be able to compromise and what are absolutes? 7. What would the financial investment look like, given we all have differing financial circumstances? How do we make it non-discriminatory based on income yet still do-able?

Fri, April 16 @ 1:00 PM, Drop-In Conversational Spanish. Lead by Vanessa, a native Spanish speaker and Volunteer Center's Stay Connected Program specialist. Open to all Village members at all levels of Spanish language comprehension.

Tues, April 20 @ 4:30 PM, Guided Meditation. Lay down, sit on a chair or on your mat. Breathe. Relax. Join us for a 15-minute guided meditation. No previous experience required - this is for everybody. April 20th meeting led by Dukh Niwaran Kaur Whipp.

Wed, April 21 @ 4:00 PM, Aptos Coffee/Tea Meet-Up.

Mon, April 26 @ 3:00 PM, Westside Coffee/Tea Meet-Up.

Tues, April 27 @ 2:00 PM, Mid-County Coffee/Tea Meet-Up.

In the Community

April 9, 12 - 1:00 PM, Conversations Across the Diaspora. Brought to you by MOAD - Museum of African Diaspora in San Francisco - this new interactive series brings you eclectic conversations from across the African diaspora. Join author and host Sarah Ladipo Manyika for talks with some of the most exciting voices from Berlin to Harare, from Tamale to London and New York and everywhere in between. We'll introduce you to all sorts of folks - some you will know, others you may never have heard of, but never the usual suspects talking about the usual topics. We'll be speaking with everyone from actors to poets, scholars, athletes, entrepreneurs, architects, artists and many more. The special guest for April 9th is Henry Louis Gates, Jr. To find out more and to register, please visit: https://www.moadsf.org/event/conversations-across-the-diaspora-with-guest-henry-louis-gates-jr/?instance_id=15927

From Lookout Santa Cruz: ['Vaccine eligibility has expanded throughout California. So what do I do in Santa Cruz County?'](#)

Article Highlights:

- Starting April 1st: CA residents age 50+ are eligible for vaccine. Starting April 15th CA residents age 16+ will be eligible for vaccine.
- Starting April 1st (and depending on eligibility) CA residents should be able to book an appointment through [My Turn Scheduling Site](https://myturn.ca.gov/) (<https://myturn.ca.gov/>) **Please Note:** My Turn Scheduling Site "continues to show limited appointment availability and occasionally has technical issues. You will probably get an appointment sooner if you look for appointments through various available routes on your own once you become eligible...this might change as My Turn improves, and everyone should still sign up. National pharmacy chains are offering vaccine appointments...it might be worthwhile to call or visit your local pharmacy to ask about appointments, and whether they have a waitlist for people to receive leftover vaccines at the end of the day"
- Vaccine scanning sites search available websites and compile a list of appointments (Note: Only Vaccine Finder is run by the CDC. Other sites may be inaccurate or out of date).

Please read the entire article which contains a list of vaccination locations with contact information and which demographics are currently eligible to receive shots.

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...(those most free of disease after a decade) were the ones with the highest fiber intake - usually from fruit, wholegrain bread and oats. The researchers suggested two possible reasons for this: fiber slows the digestion of food, thus keeping insulin levels in check, which in turn reduces inflammation (a key trigger of aging); and some types of fiber ferment in the body, producing short-chain fatty acids, which also dampen inflammation. Fiber also helps reduce cholesterol levels, which in turn supports heart health, and lowers colorectal cancer risk by moving food through the gut quickly. The recommended daily intake of fiber is 30g. A daily cup of beans or pulses, plus quality whole grains such as brown rice, quinoa and granary bread will help boost your intake.

California Senior (virtual) Rally Day: Advancing the Master Plan for Aging



2021 VIRTUAL SENIOR RALLY DAY
CALIFORNIA • SENIOR • LEGISLATURE

Advancing the Master Plan For Aging!

MAY 4TH 9AM-2PM

Registration Link:
www.4csl.org/senior-rally-day

Keynote Speaker:
Kim McCoy Wade, Director, California Department of Aging

Master Plan Update:
Update on actions to date on Master Plan For Aging

Closing Remarks:
Assembly Member Adrin Nazarian, Chair of Aging & Long Term Care Committee

Advocacy Program:
Interact with legislators on the Master Plan for Aging Goals

Registration in the Virtual Advocacy Rooms is limited. Pre-registration is required

Premiere Sponsor


March 29th Compassion & Choices Presentation:

Compassion & Choices packed so much useful information into their one-hour presentation. Highlights of the presentation included:

- The End-of-Life Option Act as it is currently written, and SB380 which enhances and extends the current law.
- Barriers to accessing medical aid in dying
- Specifics of accessing medical aid in dying in Santa Cruz
- Beyond medical aid in dying. The various end of life options with an emphasis on planning ahead to assure that your end of life wishes are known and adhered to, no matter what they may be or what your physical/mental state is at the end of your life.
- Dementia Tools for end of life wishes.
- The difference between medical aid in dying and suicide.

Presentation attendees will receive materials from C&C and a link to the presentation (if The Village has your email address). The

Compassion & Choices website (<https://compassionandchoices.org/in-your-state/california/>) contains a trove of information, including an End-of-Life Decisions Guide and Toolkit. Check it out.

Read more about this issue here:
Lawmakers push to renew CA End of Life Law Indefinitely

(<https://www.ebar.com/index.php?ch=news&sc=latest+news&sc3=&id=303156&pf=1>).



Handy Hint #3: Stretch Your Food Budget

As you have leftovers, put them in a freezer safe container. After the container is full, it's time to make soup! Taking what else you have, thaw and put your leftovers in a slow cooker or large pan. Add herbs and spice to your taste, throw in whatever else you have that needs to be used and voila, you have soup! This trick can also be used to make a casserole - try putting it in layers to separate the leftovers and you have a leftover lasagna! Delicious & cheap!