



Village Santa Cruz County News

AGING. BETTER.

May 2021



#22 of 25 Ways to Age Better: Avoid Blue Light in the Evening

Our electronic devices play havoc with our delicate circadian rhythms. Screens produce blue light, which helps us wake up in the morning, but at night suppresses production of melatonin, the vital sleep-inducing hormone. Control...**CONTINUED ON PAGE 4...**

Coming Up in May...

Movie Discussion:

Did you cast your ballot for Academy Award winners this year? How did you do? Join us Monday, May 3rd at 1:00 PM. If you picked the most winners you won our Village 2021 Academy Award prize!

Co-Op Living:

Realtor Terry Ballentyne Brezney - a member of Village Santa Cruz County's original planning team - will join our discussion group, answering any questions we may have on purchasing property in Santa Cruz County for multi-owner living. See "Coming Up" section for the full agenda.



We Meet Again!

The Village Westside Circle meets in person for the first time this year!

"I was enjoying the coffee get-togethers before the COVID shutdown, but since doing them on Zoom, I have gotten to know everyone much better.

Now I feel like I have really made some new friends at a deeper level.

I really look forward to the Zoom meetings! They are a welcome break from the shut at home feeling. It's a place of sharing and laughter. I'm so glad I have that connection to others who are local and can give me good advice on a variety of things. I'm so glad to have these people as friends! "

- Joyce



Learning to Let Go...of Stuff

Claire Raubach, 'The Home Weeder' once again offered us great advice on how to let go of stuff we no longer need. What makes Claire so special as a 'decluttering specialist'? Listening skills, empathy, humor, non-judgement, and gentleness.

Check out **The Home Weeder** to learn more.
(<https://www.thehomeweeder.com/>)



May Birthdays:

LYNN, BURTON, MARY K., &
SUE



Coming Up...For Members

all events via zoom unless otherwise indicated

Mon, May 3 @ 1:00 PM, Movie Discussion & Academy Award Contest Winner. Please watch Nomadland before for discussion. The winner of our Village 2021 Academy Award prize will be announced!

Tues, May 4 @ 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 meditating required. Led by Jacqueline Field.

Wed, May 5 @ 1:00 PM, Book Discussion: Four Hundred Souls (Parts 7 & 8). We will continue our discussion, sharing our thoughts on parts 7 & 8, pages 225 - 304.

Wed, May 5, Aptos Meet-Up @ 3:00 PM and SLV Meet-up @ 4:00 PM

Thurs, May 6 @ 11:30 AM, Westside Meet-Up at Shrine Coffee on thier outdoor patio.

Thurs, May 6 @ 12:30 PM, Strategic Planning Team Monthly Meeting. This is our monthly business meeting. All members welcome. Please RSVP for agenda.

Fri, May 7 @ 3:00 PM, Westside Circle Planning Meeting. Now that spring is here, many of us are vaccinated and things are opening up in people's schedules and comfort levels for in-person meetings are changing and varied. How are you feeling about in-person gatherings? Which part of our current schedule (Coffees & 1st Friday Discussion) do you want to keep? Are there any we should change the time of or let go of altogether?

Mon, May 10 @ 3:00 PM, Westside Meet-Up.

Tues, May 11 @ 2:00 PM, Mid-County Meet-Up @ the Whipps. This will be an in-person, outdoor gathering, in the Whipp's backyard. It will be Mid-County Circle's first in person get together sincè Covid 19. Bring a jacket, a sun hat and your own coffee, tea or water. Email or text Dukh Niwaran Kaur for the address or check the member directory. We will be outside and socially distanced. Bring your masks - to wear around caretaker Jonathan. Only fully vaccinated for Covid 19 members, who have had all their shots and completed the two-week waiting period afterwards, please.

Wed, May 12 @ 4:00 PM, Co-Op Living Discussion. Questions to discuss: What would the financial investment look like, given we all have differing financial circumstances? How to make it non-discriminatory based on income, yet still do-able? In addition, we will be joined by realtor Terry Ballentyne Brezney who will answer any questions we may have on purchasing property in Santa Cruz County for multi-owner living.

Thurs, May 13 @ 3:30 PM, End-of-Life Options: Annie-Kate McDuff's Story. Annie-Kate McDuff, Robin's mom, broke her hip at the age of 98. She made the decision to stop eating and drinking. Annie-Kate died peacefully on April 9, 2021. Robin will share this story - both her mom's and her own journey through this process.

Mon, May 17 @ 1:00 PM, Movie Discussion: "The Dig".

Tues, May 18 @ 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. Led by Dukh Niwaran.

Coming Up...For Members Continued...

Wed, May 19, Aptos Meet-Up @ 3:00 PM and SLV Meet-Up @ 4:00 PM

Thurs, May 20 @ 11:30 AM, Westside Meet-Up at Shrine Coffee on their outdoor patio.

Mon, May 24 @ 3:00 PM, Westside Meet-Up.

Tues, May 25 @ 1:30 PM, Mid-County Meet-Up.

Wed, May 26 @ 4:00 PM, SLV Meet-Up.

In the Community

Did you know that Senior Network Services offers a directory of county senior services? Download their **Senior Resource Directory** <https://www.seniornetworkservices.org/senior-resources-directory/>

And here is a link to all of the virtual activities currently offered by **The City of Santa Cruz** <https://www.cityofsantacruz.com/government/city-departments/parks-recreation/virtual-recreation>

The Volunteer Center continues to offer volunteer opportunities in support of the county-wide community vaccination effort. Would you like to volunteer? [Find Out More](https://scvolunteercenter.org/events-2/vaccine-clinic-volunteers/) <https://scvolunteercenter.org/events-2/vaccine-clinic-volunteers/>

Need some help? Check out Volunteer Center's help for seniors programs <https://scvolunteercenter.org/programs/>

Affordable Housing Month - May 2021: Affordable Housing Month in Santa Cruz County - hosted by Housing Santa Cruz County - consists of a series of public events (primarily via Zoom this year) to highlight affordable housing issues and the impact of the housing crisis on the people that live and work in our local communities. Go to **[Housing Santa Cruz County](https://www.housingsantacruzcounty.com/)** to learn more <https://www.housingsantacruzcounty.com/>

Engage California: Ensuring Equity in Aging

California for All Ages: Why a Master Plan for Aging?: 'Aging is changing and it's changing CA. CA's over-60 population is projected to diversify and grow faster than any other age group. By 2030, 10.8 million Californians will be an older adult, making up one-quarter of the state's population. The Master Plan for aging outlines five bold goals and twenty three strategies to build a CA for All Ages by 2030. This is not simply a plan for today's older adults. The Master Plan calls on all CA communities to build a CA for All Ages: for older Californians currently living through the many stages of the second half of life; for younger generations who can expect to live longer lives than their elders; for communities of all ages - family, friends, neighbors, coworkers, and caregivers - surrounding older adults. As Californians, we can create communities where people of all ages and abilities are engaged, valued, and afforded equitable opportunities to thrive as we age, how, and where we choose' (<https://mpa.aging.ca.gov/>)

Ensuring Equity in Aging: Alzheimer's Disease & Other Dementias: Culturally Responsive Services, Support, & Care, May 5 2021, 10-11:00 AM. The next Ensuring Equity in Aging webinar will focus on responsive services, supports, and care for older adults w/ Alzheimer's & other dementias. Our panelists will share resources and best practices for ensuring that patients and clients, as well as loved ones and caregivers, receive culturally responsive and sensitive support and care.

Continued from page 1...#22 of 25 Ways to Age Better

...your exposure by adding time-sensitive filters that block blue light from your laptop and phone; set an alarm to remind you to start pre-bed wind-down; and keep electronics out of the bedroom.

Village Movement California's 3rd Annual Statewide Convening: Reimagine June 15th & 16th

The COVID-19 pandemic has reinforced Village's value as lifelines to the vital connections, services, and expertise that support healthy aging. It also has changed how we do business. The "new normal" will require our collective ingenuity, passion, and hard work. Let's take some time to reimagine our Villages and our movement, and celebrate our resilience.

Village Santa Cruz County members interested in attending this event should contact info@villagesantacruz.org.

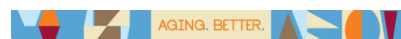


Handy Hint #4: Don't Stress Your Back

For those of us who have a fridge with a bottom freezer, bending over for any length of time, either trying to find something or re-organizing, can be difficult. Same goes for those of us who have a stacking washer/dryer. The front-loading washer has a very deep drum and requires a long reach. Try bringing over a folding chair to each to sit on while engaging with them. If you have a handy hint to share, send it to info@villagesantacruz.org

Caregiver Support Toolkit: Available to Village Members

Village movement CA, our statewide Villages organization, has put together a 14 page manual for caregivers. If you are a Village member and are interested in receiving a copy of this document, please let us know at: info@villagesantacruz.org



In Memoriam

Joaquin Aguilar, passed away
March 9, 2021.

Joaquin was a member of Village Santa Cruz County until he moved to La Posada. There were three aspects of Joaquin's life he felt very proud of and often discussed.

The first was his status as a Vet, having served in the Air Force in the Vietnam War.

The second was his 30 years of work as a Park Ranger for Monterey County. Joaquin loved the outdoors and was an enthusiastic participant in our Village nature walks.

But the part of his life that mattered the most to him was his role as a father, raising his two daughters. Having met one of his daughters, I could see that this love was reciprocal.
Rest in peace, Joaquin.

