

Village Santa Cruz County News



www.villagesantacruz.org

November 2021



by Dody Anderson

Last week, a young woman from Helping Hands, a program of the Volunteer Center, came to our home with a list from the CDC to "check for safety". Wow, it was an 14 x 8 list that covered every room in the house. It also covered the entrances to our home and to our backyard.

We thought we were already pretty safe and organized but heck, we have homework to do. She gave us a copy of the check off list and, I may be wrong but she did say there would be follow-up.

There were things on the list that I knew I needed, such as making my hallway wool rugs safer with rug anti-slip backings. Now I can say, I have ordered and installed the non-slip backing and have noticed that with the backing, the rugs feel thicker and move less.

So I have a list to work with and knowing they may check up on me, more incentive! Give them a call to feel even safer in your home.

Natural Deathcare

Mon, Nov 15, 2-3 PM on zoom

What is natural deathcare? Natural DeathCare Initiative Santa Cruz presenters will give an overview on the subjects:
-The National Natural DeathCare Movement -
Ethical/Spiritual Wills -Home Funerals -Green Burials - The importance of integrating an awareness of dying into our living. - Q&A to follow

Open to the Public.

To Register visit

www.villagesantacruz.org

or contact

info@villagesantacruz.org

Village Service Project: considering Santa Cruz community members living in long term care facilities.

With COVID still lingering, many of us are not quite ready for in-person visits to long term care facilities. But we wanted to do something to let the residents know that they are in our thoughts. We decided we'll make homemade paper craft trees. We partnered with I-You Venture of Family Service Agency to distribute them. The trees can be a non-denominational design or a traditional Christmas tree.

[see Coming Up section for more details](#)

Help for Bruising:



If you bruise easily, try to use a moisturizing cream that contains lactic acid. My doctor mentioned this helps with bruising. Learn More: thinning skin & easy bruising.

[more Handy Hints on page 5](#)

What Brings Us Joy?

We started off our Oct. 21 Village all-member meeting, breaking into groups to discuss what brings us joy. Heading into the holidays - a time that can be hard for many - we thought that it would be good to share with each other what can bring us joy.

[see page 5 for what brings us joy and the results of other topics discussed.](#)



We're still zooming some of our events. Members will receive Zoom information in weekly eBlasts. Look for your eBlast on Saturday.

If you are not yet a Village member but would like to join one of our events, to meet some Village members, please contact info@villagesantacruz.org

Tues, Nov 2, Guided Meditation, 4:30 - 4:45 PM, on Zoom. Led by Bruce. 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.

Tues, Nov 2, Pickleball, 4:00 PM @ Sergeant Derby Park. All fully vaccinated Village members welcome; must bring your own paddle.

Wed, Nov 3, Aptos Circle Meet-up @ Seascapes Resort (inside in the room behind the bar), 1:30 PM. All who are fully vaccinated are welcome to join us.

Wed, Nov 3, SLV Circle Meet-up, 4 - 5 PM on Zoom.

Thurs, Nov 4, Village Governing Board monthly business meeting, 12:30 - 2:15 PM. All Village members welcome to attend. Contact info@villagesantacruz.org to receive the agenda.

Tues, Nov 9, Mid-County Circle Lunch, 12-1:30 PM @ Michael's On Main. All vaccinated members welcome. Contact Dukh Niwaran if you plan to attend, so she can make a reservation.

Tues, Nov 9, Healthy Eating for You on Zoom @ 3:00 PM. This event is hosted by Village Movement California with Pat Soderberg, Registered Dietitian Nutritionist at myNurse.ai. The presentation will define what eating healthy really means to an individual. We will discuss obstacles to eating a healthier diet and include options, tools and resources to promote healthy eating habits. This event is not on our usual zoom link. Village Movement Registration link will be sent to VSCC members who sign up on our Village Santa Cruz County calendar.

Tues, Nov 9, Pickleball, 4:00 PM @ Sergeant Derby Park. All fully vaccinated Village members welcome; bring your own paddle.

Wed, Nov 10, Holiday Tree Craft Demo, on Zoom @ 1:00 PM. The Village is making Holiday Tree decorations to be distributed to people living in Long Term Care facilities. During this zoom session Dody will demonstrate how to make a tree, along with letting us know how to obtain materials from her. All members welcome.

Thurs, Nov 11, Westside Circle meet-up, 11:30 AM -12:30 PM @ Shrine Coffee. We welcome fully vaccinated participants to our in-person get-together. Shrine Coffee is located on Westcliff Dr., connected to St. Joseph's Church. We'll meet on the outdoor patio. Members pay for their own charges.

Continued on next page...

Coming UP in November...continued

Sat, Nov 13, La Selva Beach Craft Fair, from 10 AM - 4 PM, FREE. Don't miss the La Selva Beach Library Opening and Holiday Craft Fair. The craft fair will take place outside on the new lawn and will feature 26 vendors of fine arts and crafts. The Friends of the Library will host their popular Used Book Sale inside the Clubhouse. Come and enjoy live music in the Courtyard and great eats from local food trucks.

Field Trip for Village Members! contact info@villagesantacruz.org if you'd like to attend with other Village members. We'll decide when to meet within the 10-4 time frame.

Mon, Nov15, Natural DeathCare Presentation, 2:00 - 3:00 PM, on Zoom. What is Natural DeathCare? See Natural DeathCare Initial Santa Cruz website <https://naturaldeathcareinitiative.org/> Topics to be covered briefly in the first 45-50 minutes include: an overview of the Natural DeathCare Movement, Holly Blue Hawkins will talk about ethical/ spiritual wills, Home funerals, Green Burials, The importance of integrating an awareness of dying into our living, Q&A to follow. NOTE - This public event is not on our usual zoom link.

Tues, Nov 16, Guided Meditation, 4:30 - 4:45 PM, on Zoom. Led by Dee. 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.

Tues, Nov 16, Pickleball, 4:00 PM @ Sergeant Derby Park. All fully vaccinated Village members welcome; bring your own paddle.

Wed, Nov 17, Aptos Circle Luncheon @ Pino Alto Restaurant (Sesnon House at Cabrillo College, 12:45 PM. This outing is for Aptos Circle members only. Must be fully vaccinated to participate. An email with details will be sent out to all members of Aptos Circle. Members pay for their own charges.

Wed, Nov 17, SLV Circle Walk @ Quail Ranch, 10:30 AM.

Thurs, Nov 18, Holiday Tree Paper Craft, 1:00 PM, in person @ the Capitola Library. Village member, Dody, a retired librarian, will provide the materials and lead us in constructing these paper craft trees, to be distributed to residents living in long term care facilities. Volunteers from the I-You Venture program of Family Service Agency will deliver the trees. Open to all fully vaccinated members.

Monday, November 22, Stories of Our Lives - Topic: A crossroads in your life, 1:00 PM, on Zoom. This is Westside Circle's monthly meeting where we get to know each other better as we talk about some aspect of our lives. All westside members welcome.

Tues, Nov 23, Pickleball, 4:00 PM @ Sergeant Derby Park. All fully vaccinated Village members welcome; bring your own paddle.

Tues, November 30, Guided Meditation, 4:30 - 4:45 PM, on Zoom. Led by Dukh Niwaran. 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.

Tues, November 30, Pickleball, 4:30 PM @ Sergeant Derby Park. All fully vaccinated Village members welcome; bring your own paddle.

RSVP to all events at: info@villagesantacruz.org
or register online at www.villagesantacruz.org
(members must log into website to register online for member-only events)



In Our Community



Pajaro Valley Arts: Mi Casa es Tu Casa, PÉRDIDA, HISTORIA Y CURACIÓN (History, Loss, Healing), Exhibit Dates: October 27 - December 12, 2021. Opening Reception: Sunday, November 7, 2021, 1:00PM - 3:00pm. Mi Casa es Tu Casa is PVA's annual exhibit inspired by Día de Los Muertos/Day of the Dead, a traditional holiday in Mexico that commemorates community members and family who have passed away. Altars/Ofrendas are built in homes, churches, schools, cemeteries, and museums that honor and remember the dead. PVA invites you into "our home". This year the exhibit is focusing on three themes. The 500- year commemoration of the Mexican Pandemic (1521-1600), family and community members who have passed during this past pandemic year, and La Cultura Cura/Healing. <https://pvarts.org/PajaroValleyArts>.

Saturday, Nov. 13th, La Selva Beach Craft Fair, from 10 AM to 4 PM. Don't miss the La Selva Beach Library Opening and Holiday Craft Fair. The craft fair will take place outside on the new lawn and will feature 26 vendors of fine arts and crafts. The Friends of the Library will host their popular Used Book Sale inside the Clubhouse . Come and enjoy live music in the Courtyard and great eats from local food trucks. All are welcome and there is no charge for this event. Village Members: contact info@villagesantacruz.org if you'd like to attend with other Village members!

Wed, Nov 17, Volunteer Center's Civic Circle Townhall series continues with DONATE, 4 - 5:30 PM. Donations are critical to the nonprofit sector - Through contributing money, services or goods, you can support the welfare of others or support causes you care about. Donations don't have to be large to be impactful - even a few canned goods to a food pantry go a long way. Learn More at <https://scvolunteercenter.org/events-2/28675-2/>

It's that time of the year:

Medicare Open Enrollment Senior Network Services HICAP

(health insurance counseling & advocacy program) offers webinars to compare plans and let us know what will be new in 2022.

HICAP Forums_Medicare 2022

Healthy Eating for You

hosted by Village Movement CA

with Pat Soderberg, Registered Dietician Nutritionist

Tuesday, November 9

3:00 – 4:00 PM

The presentation will define what eating healthy really means as an individual. We will discuss obstacles to eating a healthier diet and include options, tools and resources to promote healthy eating habits.

Pat Soderberg, Registered Dietician Nutritionist, the presenter, has been a dietitian for 31 years, coach for 7 years and is passionate about staying healthy and to be outdoors as much as she physically can. Open to Village Santa Cruz County members; contact info@villagesantacruz.org for the registration link

Village Santa Cruz County: What Brings Us Joy?

During our Oct. 21 all-member meeting, we broke into groups to discuss what brings us joy. Here are some things that Village members said bring them joy:
Friends, Family, Community: phone calls, zoom, in person, grandkids, being part of a neighborhood, joking, laughing, connecting with others in groups or one-on-one.

Nature: sunshine & rain, ocean, waves & the sound of surf, Monarch butterflies, Animals: pets & wild

Exercise: walking, riding horses

Being useful in the community: working on a Social Good project.

Music: singing, listening, outdoor concerts, music lessons, playing with other musicians for the community, Kabbalah & chanting

Gardening: flowers, vegetables, herbs

Art: painting, photography, crafts, decorating for the holidays.

Writing & Reading: including reading out loud to someone.

Food & Cooking

Spiritual Practices

Learning Something New

What brings you joy?

Uses for Vinegar



There are so many household uses for vinegar. Here are a few:

- 1.) To remove bad cooking odors boil a cup of water in a pan on the stove and add 1 to 2 tablespoons of vinegar.
- 2.) To create a lovely home aromatherapy smell, add some cinnamon or orange or lemon peels to a pan of water and vinegar, let boil.
- 3.) To freshen a sink drain, pour 1/2 cup of baking soda down the drain and follow with 1 to 2 cups of vinegar. Let it bubble 5 minutes. Flush with plenty of water.
- 4.) To remove fish or onion odor on your hands, rinse them with apple cider vinegar.

Village All-Member Meeting Breakout Group Managing Stress

Managing Stress

After reporting back on what brings us joy, meeting participants went into breakout rooms, each group charged with brainstorming one of the six pillars of aging well: Be Social, Engage your Brain, Manage Stress, Ongoing Exercise, Restorative Sleep, and Eat Right.

The Managing Stress breakout group met for 20 minutes to brainstorm things they have found helpful in managing stress.

Managing Stress:

"Take 5"- sit still quietly; breathe
Meditate - there are various ways to do this

Puzzles & games

Listen to music

Find solutions to some problem that is the cause of some stress for you

Walk

Dance

Watch a silly TV show or movie

Go somewhere new

Turn off the news and information flow

Express gratitude

Stop -> take a breath -> observe

Laugh

Find what makes you feel awe

Join a memoir workshop

**To learn more about
Village Santa Cruz County
visit our webpage at
www.villagesantacruz.org
or contact
info@villagesantacruz.org**