



Village Santa Cruz County News

September 2022



by Dody Anderson

Eligible Californians age 70 and older can renew their noncommercial driver's license or identification cards online or by mail until Dec. 31, 2022, without a visit to a DMV, EVEN if their renewal notice states a visit to a DMV field office is required.

You might even get a letter from the DMV saying to come into the office for a vision test---you do not need to go in.

Californians age 70 and older applying for a Real ID for the first time will still need to visit a field office to complete the application.

Drivers and ID cardholders can shorten these in-person visits by starting the Real ID application online and uploading the required documents before visiting a field office.

CA for ALL ages & abilities Day of Action

September 20, 2022 | 8:30 am - 4:00 pm

Are You READY?

We are Re-envisioning Equity, Aging, Disability & You are part of it all.

Together with the IMPACT Stakeholder Committee, the CA Dept. of Aging (CDC) invites all of us to join the California Master Plan for Aging stakeholders to elevate Aging, Disability, and Equity in statewide cross-sector planning to achieve the Governor's vision of a California for ALL. You are invited to be part of the progress as we envision 21st century readiness for the Golden State. [Learn More: Register](#)

Eat right, Stay Smart Eating the right foods can make such a huge difference in our overall health, especially our brain health and cognitive functioning. A Harvard Nutritionist shares the No. 1 vitamin that keeps her brain "young and healthy"--- and foods she eats 'every day'. Learn more [here](#)



Field Trip to Big Basin State Park



We saw a lot of burn but also much rejuvenation.



Group Photo



September Birthdays:

FRIEDA AND RICK



Coming UP in September

We're still zooming some of our events. Members will receive zoom information in weekly eBlasts.

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

Thursday, September 1st, Westside Meetup, 1:00 - 2:00 PM, @ Iveta Cafe, 2125 Delaware Ave. Santa Cruz

Friday, September 2nd, Goal Accountability Group, via email.

Monday, September 5th, Guided Meditation, 4:30 - 4:45 PM, via Zoom. This 15 minute guided meditation is on Zoom. All members welcome to attend.

Tuesday, September 6th, Pickleball, 4:00 - 5:00 PM @ Derby Park, 508 Woodland way, Santa Cruz. All fully vaccinated Village members welcome. Please bring your own paddle.

Wednesday, September 7th, SLV Coffee Meet-Up, 10:30 - 11:30 AM, @ Highlands Park (on Hwy 9 in Ben Lomond) at the back of the grass to the left of the event venue.

Wednesday, September 7th, Aptos Circle Meet-up, 1:30 - 2:30 PM @ Aptos Community United Methodist Church, 221 Thunderbird Dr., Aptos. This is a public gathering, open to all fully-vaccinated folks.

Thursday, September 8th, Village Monthly Board Meeting, 12:30 PM - 2:15 PM, via Zoom

Friday, September 9th, Goal Accountability Group, via email.

Monday, September 12th, Westside "Days of Our Lives" Discussion, 1:00 - 2:00 PM, Topic: Our Moms

Tuesday, September 13th, Mid County Meetup, 1:00 - 2:00 PM, @The Buttery 702 Soquel Ave. Santa Cruz, The Buttery Bakery.

Tuesday, September 13th, Pickleball, 4:00 - 5:00 PM, @ Derby Park, 508 Woodland Way, Santa Cruz. All fully vaccinated Village members welcome. Please bring your own paddle.

Coming Up... continued

Wednesday, September 14th, Craft Project for Long Term Care Residents, 11:00 AM – 2:00 PM, @ Tom and Dody's home, La Selva Beach, The Aptos Circle has adopted long term care patients again for this Dec. holiday season. Last year we made paper X-mas trees and small cork reindeers. f you are willing to help craft these small gifts, come Sept. 14th (Wed) at 11:00 a.m. to Dody and Tom's home in La Selva Beach. We will craft and chat! Around one o'clock we will have a salad lunch. Dody will provide the greens and you are asked to bring one item to add (artichokes, avocado, tomatoes, etc.) We have all you need to craft but if you have extra corks, please bring them. Neither craft is difficult and we will bring such joy and laughter to others. We will do this again on Tuesday, Oct. 18th. Limited to 8 (size of table!) Please reserve your spot.

Thursday, September 15th, Movie/Theater Discussion Group, 3:00 PM – 4:00 PM, via Zoom.

Friday, September 16th, Goal Accountability Group, via email

Monday, September 19th, Memoir Writing, 1:30 PM – 3:00 PM, Because of the very personal nature of our writings, which we share, this group is currently closed to new members. Contact info@villagesantacruz.org if you'd like to start a 2nd Memoir Group.

Monday, September 19th, Guided Meditation, 4:30 – 4:45 PM, via Zoom. This 15 minute guided meditation is on Zoom. All members welcome to attend.

Tuesday, September 20th, Pickleball, 4:00 – 5:00 PM, @ Derby Park, 508 Woodland Way, Santa Cruz

Wednesday, September 21st, SLV Circle Members Walk, 10:30 – 11:30 AM, Location TBD

Wednesday, September 21st, Aptos Luncheon, 11:00 AM – 2:30 PM, Location TBD.

Thursday, September 22nd, Pool Party @ The Trout Farm Inn, 11:00 AM – 2:00 PM, The freshly renovated, heated saltwater pool, surrounded by white chaise lounges and colorful umbrellas, beckons from beneath a redwood canopy. They added a Malibu shelf to one end of the pool, which allows guests to enter the soft, clear water easily and adds extra seating in the pool, explains Shaw DeWitt. A second shallow-water soaking pool, shaded by a giant 25-foot umbrella, looks like the perfect place for small children to play. The entrance fee is \$10 per person during the week and \$15 during the weekend and holidays. Children 2 and under are free. Cabanas can be rented for \$25 an hour or \$50 an hour for a double cabana. The pool deck is open to the public from 11 a.m. to 7 p.m. daily. All this information and more is available at [The Trout Farm](#).

Thursday, September 22nd, Movie/Theater Group, 1:00 PM – 5:00 PM, @ TBD

Friday, September 23rd, Goal Accountability Group, via email

Tuesday, September 27th, Mid County Luncheon, 12:00 PM – 1:00 PM @ TBD

Coming Up... continued

Tuesday, September 27th, Pickleball, 4:00 – 5:00 PM, @ Derby Park 508 Woodland Way, Santa Cruz. All fully vaccinated Village members welcome. Please bring your own paddle.

Wednesday, September 28th, Games, 1:30 Pm - 3:00 PM @ Westside. Depending on the number and desires of the participants, we will play one or more of the following: Scrabble, Bananagrams, or Clue. This event is limited to 6 participants.

Friday, September 30th, Goal Accountability Group, via email.

Save the Dates: Upcoming Special Village Events

October 18th, Craft Project: 'cork reindeers' to be given to people living in Long Term Care Facilities.

This is a continuation of the project started in September. You do not need to attend both. All members welcome to attend both sessions or either one..



October 20th, Physical Therapist presentation and Q&A, 2:00 PM – 3:30 PM. via Zoom Have you been trying to determine just the right amount of exercise for you? You don't want to do too little and be a couch potato. But you don't want to do too much and hurt yourself. Find out how to achieve the best amount of exercise for you by attending the presentation "Aging Gracefully" , by physical therapist, Becca Marino. If you have questions for Becca, please send them to Dody Anderson.

November 17th, Hospice Presentation, via Zoom

Date and Time TBD, Village Santa Cruz County will host a zoom presentation on Water Cremation, offered by Pisces, We can all learn more about this newest option for a green burial.

RSVP for all Events

info@villagesantacruz.org or at our website calendar www.villagesantacruz.org
members must log into website to register online for member-only events

Village Santa Cruz County

www.villagesantacruz.org

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Aptos Circle members enjoy a lunch together at Shadowbrook

CDC loosens recommendations for some Covid-19 mitigation measures.

The US Centers for Disease Control and Prevention says the nation should move away from restrictive measures such as quarantines and social distancing and focus on reducing severe disease from Covid. The changes are an acknowledgment that SARS-CoV-2 might be with us for the long haul. They aim to help people live their lives around Covid-19 with minimal disruptions. They are also more risk-based, advising people who are at higher risk for severe illness to take more personal precautions than others.

What does the CDC say about Protecting Persons Most at Risk? Find out [here](#).

Water Cremation: What is it?

In 2021 California authorized alkaline hydrolysis, commonly known as water cremation or aquamation.

The practice uses 90% less energy than traditional cremation, produces zero emissions and results in pristine white ashes. Pisces, the first water-based cremation service in our area, is now open.

Aquamation uses one-tenth of the energy of flame cremation and has zero emissions. It's as gentle on people as it is on nature. You can learn more online at www.withpisces.com or by calling 310-861-4505. Village Santa Cruz will be hosting a zoom presentation by Pisces, see our events page for details.

After years of long working hours and commuting, I realized I had not only retired from my job, but also from my daily social group. I felt quite isolated. Village Santa Cruz County 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!

Within the Village I found a circle of folks who share the joy of making new friends, helping others learn ways to celebrate, or cope with, change and aging, and also appreciate that we all come with our own stories that continually re-energize all of us as we meet new members and form new friendships.

- Mary K.

Clean any tech screen for free.

When your computer, phone or television screen gets a bit dusty, try this:

Combine 1 part rubbing alcohol and 1 part distilled water in a spray bottle.

Spritz it on a coffee filter, then use it to wipe the screen. The alcohol dissolves dirt and debris while the soft yet porous filter absorbs it--sans scratching.



Younger Lagoon Tour

Lead by a wonderful docent, and three very knowledgeable UCSC researchers, we had a great time walking in the normally closed section of the reserve, and learning much concerning its natural fauna, birds, and geology.



Karen & Allison learn about restoration efforts at Younger Lagoon.



UCSC researcher & Karen examine a fish skeleton.

In Our Community

Walk to End Alzheimer's @ Seascapes Park & Resort, Sumner Ave Aptos, CA. **on Saturday, September 17th**, Route length TBD. There is an option to "Walk from Home." In person registration starts at 8:00 AM, ceremony is at 9:00 AM, and the walk begins at 9:30 AM. The health and safety of participants is of utmost concern to the promoters. They will continue to closely monitor CDC, state and local guidelines to ensure Walk events adhere to the latest recommendations. You can register [here](#), or contact Meggie Pina (831) 900-5903, santacruzwalk@alz.org for additional information.

Coastal Cleanup Day, Sept. 17. Save Our Shores will host its annual Coastal Cleanup Day from 9 a.m. to noon Sept. 17 at numerous locations in Santa Cruz County and statewide. Last year, the group coordinated 62 cleanup sites resulting in more than 4,800 pounds of debris being removed from the environment by nearly 1,800 volunteers. Save Our Shores is looking for site captains, sponsors and volunteers for this year's event. For information, visit www.saveourshores.org

Get to Know Your Neighbors: Block parties within the City of Santa Cruz will be held **Sept. 18-19**. The annual event encourages gathering and visiting with neighbors. Applications are due by Sept. 7. For an application and information, visit at <https://www.santacruzneighbors.com/> For questions, email amyradovan@comcast.net or call 831-423-0745.

Grey Bears Harvest festival, Sept. 24, 9:00 am – 3:30 pm @ Grey Bears Eat, 2710 Chanticleer Ave, Santa Cruz, CA 95065. Learn, move and shop at this year's Harvest Celebration outside at Grey Bears. Enjoy appetizers, delicious barbecue lunch (veggie options), music, free books, chair yoga, raffle and 50% Off Thrift Store Sale. [Grey Bears Harvest Festival](#)

Schedule of Events

9am – 50% Off sale opens, 9am – 3:30pm

10am – Free chair yoga class with Suzi,

11:30am – BBQ lunch,

12:00pm – Keynote Speaker,

12:30pm – Raffle

Educational Articles

Socially Responsible Investing is becoming increasingly important. How we invest our money has an impact on the world as it is, as well as future generations. Here's an article explaining how to be a socially responsible investor. [Socially Responsible Investing](#)

Change can be Good! Habits can be helpful, or they can imprison us. They can make our lives run more smoothly, or they can make us feel like we're living on a treadmill, where nothing ever changes. Read here to learn how making small changes in our daily routines can lead to significant breakthroughs and a new take on everyday events. Read more about getting out of the rut of old habits that are no longer serving you [here](#)

Big Changes Coming to Medicare Part D Inflation Reduction Act limits out-of-pocket drug costs, caps insulin copays, makes vaccines free Read AARP article [here](#)

www.villagesantacruz.org

