



# Village Santa Cruz County News

February 2023



[www.villagesantacruz.org](http://www.villagesantacruz.org)



by Dody Anderson

## No need to dread tax time when there is help: Project SCOUT (Senior Citizen OUTreach)

Project SCOUT provides FREE tax assistance to seniors, individuals with a disability, low-income families and individuals in Santa Cruz County. Their services do include free electronic filing. The volunteers are fully trained by the IRS and FTB. Project SCOUT also assists with general tax questions.

This year Project SCOUT will be taking appointments over the phone or email. To make an appointment or inquiry, **call Project SCOUT at 831 724-2606** or email them at [projectscoutoffice@gmail.com](mailto:projectscoutoffice@gmail.com). The public is able to leave a detailed message on the answering machine.

Visit the [Project SCOUT website](#) for details on what to bring to your appointment and for other important information regarding tax help. It is advisable to call soon to make an appointment.

PROJECT SCOUT  
234 Santa Cruz Ave  
Aptos, CA 95003  
831-724-2606

Additional information about tax forms and other sources of information can be found on the [Santa Cruz County Public Libraries website](#)

**BLACK  
HISTORY  
MONTH  
2023**



### February 1 - March 1

Black History Month is an annual celebration of achievements by African Americans and a time for recognizing their central role in U.S. history. [Learn More](#)

### Santa Cruz Gives Campaign

Thank You, to all who helped us raise funds during this campaign.

We finished with

**\$3,485** from **44** donors



This gives us a nice pot of money, as we outreach to the Watsonville area. During the next couple of months we'll talk with community Latino leaders. In the spring we hope to begin presenting the village model and learning from Watsonville's older adults how a Watsonville Village Circle could be structured to benefit them.



**NAACP**  
Santa Cruz County

Connect with our local chapter [here](#).



## February Birthdays:

GAIL M., AND DUKH  
NIWARAN KAUR K WHIPP



### Coming UP in February

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](mailto:info@villagesantacruz.org)

**Wednesday, February 1, *SLV Coffee Meet-Up*, 10:30 – 11:30 AM, @ Mountain Art Center, 2341 Mill Str. Ben Lomond, [Mountain Art Center](#).**

**Wednesday, February 1, *Aptos Circle Meet Up*, 1:30 – 2:30 PM, @ Aptos Methodist Church, 221 Thunderbird Drive, Aptos.** This is a public gathering, open to all fully-vaccinated folks.

**Thursday, February 2, *Westside Meet-up*, 1:00 PM - 2:00 PM @ IvetaCoffee, 2125 Delaware Ave.**

**Thursday, February 2, *Movie: LIVING*, 4:00 PM @ the Del Mar Theater.** After the movie, we'll cross the street to Melmo Kava for a discussion of the movie. Meet in the Del Mar lobby at 3:50 pm. *LIVING*, starring Bill Nighy is the story of an ordinary man, reduced by years of oppressive office routine to a shadow existence, who, at the eleventh hour, makes a supreme effort to turn his dull life into something wonderful. [Trailer](#)

**Thursday, February 2, *Goal Accountability Group*, 7:00 - 7:30 PM, via email.** The Goal Accountability Group offers a group check-in to keep you on track for a goal you have set for yourself, whether it is fitness or another type of goal.

**Monday, February 6, *DEI workshop summary*. 1 - 2 PM** on zoom, Allison Garcia and Mary Howe attended the Diversity, Equity, and Inclusion workshop series, offered by Village Movement California. We'd like to present you with a summary of the highlights. Why is diversity, in all its forms, important to the future relevance and sustainability of CA villages? How can this work support our Village outreach efforts? How do we best approach communities in Santa Cruz County that are different than our current Village demographics? We'll also discuss a once-a-month workshop series coming up, offered by Village Movement CA to continue this work. These will be led by four California Villages who have been successful in bringing diversity to their village membership. This series will be open to all village members who'd like to attend. **Please see further details on page 6.**

**Monday, February 6, *Guided Meditation*, 4:30 - 4:45 PM, via Zoom.**

**Wednesday, February 8, *Movie: 80 for Brady*, 2:00 PM @ Capitola CineLux, 1475 41st Ave.** Four best friends live life to the fullest when they embark on a wild trip to see their hero, Tom Brady, play in the 2017 Super Bowl. Starring Lily Tomlin, Jane Fonda, Rita Moreno and Sally Fields. [Trailer](#)

## Coming Up... continued

**Thursday, February 9, Village Monthly Board Meeting, 12:30 PM - 2:15 PM**, via Zoom

**Thursday, February 9, Goal Accountability Group, 7:00 - 7:30 PM**, via email.

**Monday, February 13, Westside "Days of Our Lives" Discussion, 1:00 - 2:00 PM** on zoom. **Topic:** How did being your particular gender (female, male, or other) effect you growing up? How has this changed for you as society rules have changed?

**Tuesday, February 14, Mid County Meetup, 1:30 - 2:30 PM**, @ Gayle's Bakery, 504 Capitola Ave.  
\*please note time change\* Gayle's Bakery.

**Wednesday, February 15, SLV Circle Members Walk, 10:30 - 11:30 AM, Location TBD**

**Wednesday, February 15, Aptos Circle Luncheon, 1:00 - 2:30 PM**, @ Dody's, White elephant party. Bring a wrapped "gift" that you have received or something you are ready to part with and enjoy how others now vie for your castoff! Finger foods to be shared and enjoyed. Please let Dody know if you are coming. Open to all Village members.

**Thursday, February 16, Monterey Bay Sanctuary Exploration Center. 11:00 AM**, Sandy, Village member and docent at the sanctuary, will lead us on a tour of this Santa Cruz gem. Those who want, will enjoy lunch together after the tour, at Riva's on the Wharf. The Sanctuary tour is FREE. Members pay their own luncheon costs.

**Thursday, February 16, Movie/Theater Discussion Group, 3:00 PM - 4:00 PM**, via Zoom.

**Thursday, February 16, Goal Accountability Group, 7:00 - 7:30 PM**, via email.

**Friday, February 17, Book Discussion Group, 2:30 - 3:30 PM**, Location TBD, Book TBD

**Monday, February 20, Memoir Writing, 1:00 PM - 2:30 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](mailto:info@villagesantacruz.org) if you'd like to start a 2nd Memoir Group.

**Thursday, February 23, Goal Accountability Group, 7:00 - 7:30 PM**, via email.

**Tuesday, February 28, Mid County Luncheon, 12:30 PM - 1:30 PM**, @ Cafe El Palomar at the Yacht Harbor, Cafe El Palomar

### RSVP for all Events

[info@villagesantacruz.org](mailto:info@villagesantacruz.org) or at our website calendar [www.villagesantacruz.org](http://www.villagesantacruz.org)  
members must log into website to register online for member-only events

**Village Santa Cruz County**

[www.villagesantacruz.org](http://www.villagesantacruz.org)

[info@villagesantacruz.org](mailto:info@villagesantacruz.org)

## Inaugural DEI Training Institute and What's Next

by Charlotte Dickson  
executive director

Village Movement California(VMC)

As a movement, we are making progress in reflecting the strengths of California's diverse communities. The inaugural DEI Training Institute wrapped up on January 4 with members and leaders from nine villages.

They will host discussions in their villages on the things they learned about race and racism, identity, belonging, and brave spaces.

A new phase of learning begins next month when Village Movement California kicks off a four-session workshop series featuring four villages that are working to engage new communities of older adults. Village Santa Cruz County

### DEI Training:

#### Lessons Learned; Moving Forward

Mon, February 6, 1-2PM

### Food Safety During Power Outages: When to Save It and When to Throw It Out.

The USDA notes that your refrigerator will keep food safe for up to 4 hours during a power outage. Keep the door closed as much as possible. Discard refrigerated perishable food such as meat, poultry, fish, eggs, and leftovers after 4 hours without power.

[LEARN MORE at their website](#)

OR

[Food Safety During Power Outages safety chart.](#)

*[As we age...friends die and move away. It's such a pleasure to have some new friends to share life's ups and downs with. Village Santa Cruz is the perfect combination of activities and opportunities to grow my circle of affection.]*

### Get Ready for 2023!

Learn about becoming a member of  
**Village Santa Cruz County**

(831) 824-2404

1740 17th Ave., Santa Cruz, CA 95062

## What Is a Squatty Potty, How Can It Help, and Is It for You?

Since the introduction of the flush toilet more than 100 years ago, we've been going about our business in basically the same way: sit, go, flush.

A few years ago, a Utah family decided to update that old- fashioned way. They invented the Squatty Potty, a stool that raises your knees above your hips to put you into a squat-like position when you...do your business.

**NOTE:** People who are on anticoagulant medications, those who are unsteady on their feet, or those who use a walker should talk to their physician first. To safely use a squatty potty, you have to be strong enough to sit on a stool and lean forward without fear of falling. Learn more [here](#).



Tired of tea and coffee stains in your cup? Take a small amount of water and baking soda and make a paste. Rub in on the stain and presto, the stain is gone!

## Village Activities for 2023

On January 26, members of Village Santa Cruz County met on zoom, to discuss what activities currently offered by Village that we each enjoy and to brainstorm we'd like to see in 2023.

A survey will go out in February to all members, with the list of these potential activities, as we decide what will be offered in 2023.



**Alert! Have you been tricked into signing up for Hospice?**

See the "**From Village Movement CA**" below to learn more.



Also in that section you can learn about **How to Read Without Using Your Eyes.**

## In Our Community

**Valentine's Day for Seniors: Remembering Seniors in Care Facilities.** Volunteers are needed to write Valentine's and Thinking of You cards to seniors in assisted and skilled nursing facilities. Many residents feel lonely and isolated and a card can help brighten their day. Most people like to receive mail, and this is a way to help put a smile on their face! Some suggestions to help with stress and loneliness include Crossword Puzzles, Word Search Books and Adult Coloring Books. Items for warmth and comfort include new slipper sox and lap blankets. Cards/Items can be dropped off at:  
FSA/I-You Venture, 104 Walnut Ave, #208, Santa Cruz, CA 95060

OR

Santa Cruz Volunteer Center, Attn: FSA/I-YouVenture, 1740 17th Ave, Santa Cruz, CA 95062  
(Office hours are M-TH, 10:00 am – Noon and 1:00-4:00 pm.)

**Thank you for remembering our Santa Cruz County seniors and helping to brighten their day!**

**UCSC MLK Convocation**, hosted by the Science and Justice Research Center **at UCSC: February 23, 2022** Ruha Benjamin: 38th annual Dr. Martin Luther King Jr. Memorial Convocation Learn more [here](#)

**AARP Safe Driver classes are open in Santa Cruz and Watsonville.** The classes are designed to help maturing drivers maintain safe driving skills and thus their licenses for a longer period of time. California insurance companies are required by law to give a discount for three years to seniors (age 55 and older) who complete this class. Regular classes are eight hours and normally divided into two days of four hours each. Refresher classes are four hours in length. Registration is recommended as drop-ins may find the class is full and thus turned away. The class fee is \$25 per person and \$20 per person for AARP members. The class is free for those with their Medicare supplement with AARP's United Health. For the current schedule or for information, call 831- 247-3097 from 10 a.m. to 4 p.m.

### Upcoming Events Save the Date!

**Thursday, April 27, noon - 2 PM, Village 6-Year Anniversary Party!** February 1 is our actual launch date anniversary but we're waiting for nicer weather, so that we can celebrate outdoors or at an indoor/outdoor combo venue. **Send in ideas of activities you'd enjoy at our party. Sign up to be on the planning committee.**



## From Village Movement California: our statewide coalition of villages

**Diversity, Equity, and Inclusion.** The inaugural DEI Training Institute wrapped up on January 4 with members and leaders from nine villages. They will host discussions in their villages on the things they learned about race and racism, identity, belonging, and brave spaces.

A new phase of learning begins next month when Village Movement California kicks off a four-session workshop series featuring four villages that are working to engage new communities of older adults. We'll learn about the decisions that led them to expand their outreach, what work prepared them to form authentic relationships, what's gone well and not so well, and what they've learned. Village Movement California will document this work and share with members. ALL members of California villages are invited.

**Alert! Have You Been Tricked into Signing Up for Hospice?** Have you suddenly lost access to your doctor? Are your specialists refusing to see you? Are you unable to get your prescriptions at the pharmacy?

If any of these are true, you may have been tricked into signing up for Hospice, a program that is medically unnecessary for you.

Have you suddenly lost access to your doctor? Are your specialists refusing to see you? Are you unable to get your prescriptions at the pharmacy? If any of these are true, you may have been tricked into signing up for Hospice, a program that is medically unnecessary for you. Download this flyer (in English and Spanish) [Hospice Fraud Flyer](#) to find out what to do.

**How to Read Without Using Your Eyes**, by Morgan Pershing, Assistive Technology Librarian  
Reading is one of life's greatest pleasures. But what if reading is more difficult for you than it used to be? According to the American Foundation for the Blind, more than thirteen percent of Americans over the age of sixty-five report vision loss that makes reading difficult.

If you find yourself magnifying the print on your Kindle, browsing the large-print section of your local public library, or looking into an Audible subscription, you should know about a free and accessible alternative. The Braille and Talking Book Library of Northern California (BTBL) and Braille Institute Library (Southern California) offer free talking (audio) books and playback equipment, as well as audio and braille magazines, telephonic newspapers, and braille books. Materials are delivered by U.S. mail or downloaded directly to a smartphone or tablet.

Who is eligible? Anyone who is blind, has low vision, or has a physical or reading disability that prevents them from reading conventional print. To start services, we offer a simple application on our websites to fill out and have signed by a certifying authority such as a doctor, social worker, activity director, occupational therapist, and others, including a librarian.

Interested in learning more? Residents of Northern California, contact the Braille and Talking Book Library of Northern California. Visit their [website](#)

## Articles and Videos

**Science Says Making New Friends Is Good for Your Health (And It's Never Too Late).** **Marisa G. Franco Show Us How**, by Stacey Lindsay January 28, 2023, Voices Above the Noise. Franco unpacks years of research around platonic connection, underscoring how we're going through what she calls "a friendship famine" today and why science says friendship is essential for good health. Plus, the best part: Franco tells [us] that it's never too late to make a new friend—and she shows how we can open ourselves to creating new bonds. [Read Article](#)

**6 Medications That Can Harm Your Hearing**, by Michelle Crouch, AARP, September 23, 2022. More than 600 drugs have been linked to hearing loss and tinnitus, including over-the-counter pain relievers. [6 medications that can harm your hearing](#)

Sometimes we all find it difficult to let go. Here is an article from one woman's perspective on dealing with her mother's passing. **Why Can't I Get Rid of My Mom's Clothes?** By Amy Ettinger, [Next Avenue](#)

**Caregiving In a Diverse America:** Beginning to Understand The Systemic Challenges Facing Family Caregivers. [caregiving in America](#)

**Nursing Home Reform:** Moving Forward Coalition, dedicated to producing lasting and equitable change for all nursing home residents in the United States. Their ambitious 7 goals are:

- Deliver comprehensive, person-centered, equitable care that ensures residents' health, quality of life, and safety; promotes autonomy; and manages risks.
- Ensure a well-prepared, empowered, and appropriately compensated workforce.
- Increase the transparency and accountability of finances, operations, and ownership.
- Create a more rational and robust financing system.
- Design a more effective and responsive system of quality assurance.
- Expand and enhance quality measurement and continuous quality improvement.
- Adopt health information technology in all nursing homes.

Learn More about this organization, [Moving Forward](#)

**5 simple ways to be a better friend**, according to Harvard experts who have studied relationships for decades, Hilary Brueck Jan 10, 2023, Insider. 'Scientists have discovered the secret to lifelong happiness. But you may not want to hear it. After 85 years, researchers conducting the world's longest scientific study of happiness have reached one simple conclusion about what makes for a meaningful life: good relationships with other people, forged by frequent, quality contact. The only problem is that they've also discovered that we're generally bad at making these kinds of connections. [Next Avenue](#)

from **Breaking the Cycle**, by Maria Shriver, January 28, 2023, Maria Shriver's Sunday Paper. I've always been struck by the cycle breakers who, despite their grief and despair, profess love. They remind us that love is a necessary ingredient to break a cycle. So before you slump into despair about the mass shootings going on around us, and before you give up when you hear everyone screaming and taking sides about gun violence and police violence, and before you become hopeless that nothing will ever change, pause for a moment. Allow yourself to sit quietly and think of those who have and are breaking cycles all around you.

