



Village Santa Cruz County News

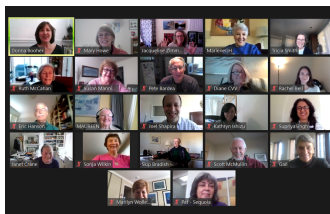
AGING. BETTER.

January 2021



#18 of 25 Ways to Age Better: Change How You Eat

Changing how you eat, rather than what you eat, can make a bigger impact on longevity than a radical dietary overhaul. Piles of vegetables, whole grains, pulses, and lean protein fill up our plates now...**CONTINUED ON PAGE 4...**



12-2-20: Village Santa Cruz joins in at the semi-annual meeting of the Bay Regional Area Villages Organization.

12-4-20: Village Santa Cruz County continues our White Elephant Holiday Tradition



Did you miss the presentation on **Shopping Online Safely** in October? Visit www.villagesantacruz.org to check out the slides provided by Assistant District Attorney Douglas Allen.

Vaccine Scams? Yes! With coronavirus vaccines rolling out, scammers are preying on Medicare recipients. Go to our homepage to get the full story on what to look for and what you should do/not do.

Kind Hearts and Unselfish Actions get us through COVID

Village Santa Cruz County is all about supporting each other through difficult times. COVID has been a difficult time all around and social distancing has made it a hard to extend some of the help we normally offer, while keeping safe. I would like to acknowledge two members who have been exemplary, continuing to find ways to safely offer others support during this hard year...**CONTINUED ON PAGE 4...**

Medicare Part B, Mental Health Benefit

David Resnikoff, local psychotherapist and licensed social worker, took us through the ins and outs of what mental health benefits are covered under Medicare.

He offered a vast array of information, from stats on older adults and depression, anxiety, & drug/alcohol abuse to how to locate area Medicare participating providers.

David showed great sensitivity to the stigma around mental health, particularly in older generations. He emphasized individual choice when discussing the value of medications and talk therapy (or purposeful talking as he called it). Please visit www.villagesantacruz.org to check out the slides provided in this presentation by David Resnikoff MSW, LCSW.



January Birthdays:

DON - WELCOME TO
MEDICARE!



Coming up...for members

Fri, Jan 1 @ 3:00 PM, Westside Circle First Friday Discussion: 2021 Celebration & Resolutions! Come with your New Year's party hat on as we bid good riddance to 2020! Join the discussion on what each of us will be doing to continue keeping our spirits up through these next few months of "isolation". What works for you?

Mon, Jan 4 @ 1:00 PM, Movie Discussion: Movie TBD. Watch the film beforehand and join us for a lively discussion.

Wed, Jan 6 @ 4:00 PM, Aptos Coffee/Tea Meet-Up.

Thurs, Jan 7 @ 12:30 PM, Strategic Planning Team Monthly Meeting. This is our monthly business meeting. All members welcome. Please RSVP for agenda.

Fri, Jan 8 @ 1:00, Book Discussion Group: Book TBD.

Mon, Jan 11 @ 3:00 PM, Westside Coffee/Tea Meet-Up. Theme for January 11th: 'When I grow up, I want to be...' As a child and/or teen, what did you imagine you'd be doing as an adult?

Tues, Jan 12 @ 2:00 PM, Mid-County Coffee/Tea Meet-Up.

Wed, Jan 13 @ 4:00 PM, SLV Coffee/Tea Meet-Up.

Fri, Jan 15 @ 1:00 PM, Drop-In Conversational Spanish. Lead by Venessa, a native Spanish speaker and Volunteer Center's Stay Connected Program specialist. Open to all Village members at all levels of Spanish language comprehension.

Mon, Jan 18 @ 1:00 PM, Movie Discussion: Movie TBD. Watch the film beforehand and join us for coffee/tea and a lively discussion.

Wed, Jan 20 @ 4:00 PM, Aptos Coffee/Tea Meet-Up.

Thurs, Jan 21 @ 4:00 PM, Presentation: When a Loved One Dies, Responsibilities of the Beneficiary. There are many things to attend to after the death of a loved one, even some you may not have thought of. Village member Dede C. will share her personal journey following the sudden death in May of her sister and her partner.

Fri, Jan 22 @ 1:00 PM, Drop-In Conversational Spanish. Lead by Venessa, a native Spanish speaker and Volunteer Center's Stay Connected Program specialist. Open to all Village members at all levels of Spanish language comprehension.

Mon, Jan 25 @ 3:00 PM, Westside Coffee/Tea Meet-Up.

Tues, Jan 26 @ 2:00 PM, Mid-County Coffee/Tea Meet-Up.

Fri, Jan 29 @ 1:00 PM, Drop-In Conversational Spanish. Lead by Venessa, a native Spanish speaker and Volunteer Center's Stay Connected Program specialist. Open to all Village members at all levels of Spanish language comprehension.

In the Community...

Village Member on the Air!

Check out our very own Village member Marlene Bumgarner's [interview](https://terryshepherd.com/marlene-bumgarner/) with Terry Shepherd, host of Authors on the Air, where she discusses her new book, Back to the Land in Silicon Valley. To listen, please visit: <https://terryshepherd.com/marlene-bumgarner/>

Del Mar Caregiver Resources

- **A Loving Approach to Dementia Care.** This 3-session class will explore the nature of care giving and offer an approach for overcoming caregiving obstacles and maintaining meaningful relationships with loved ones living with dementia. Class size is limited, to register call 800-624-8304. Class schedule: January 7th, 14th, & 21st 1:30 - 3:00 PM.
- **CareNav.** Del Mar. Caregiver Resource Center is excited to announce the launch of a new website. As more of us gather information and news through the internet, we launch this website with family caregivers in mind. Full of information about services, educational events, and resources, the website was designed to be accessible and easy to navigate. In designing the new website, we also took great pleasure dropping in stunning photographs of our beautiful central coast. New to the website is a client portal called CareNav. CareNav is a free, secure, and private online-tool designed to help families navigate the complexities of the caregiving journey, with useful caregiver-recommended resources and support. Whether you're just starting, facing an immediate caregiving challenge, or somewhere in between, you are not alone. Please visit our [website](https://delmar.cacrc.org/login) (<https://delmar.cacrc.org/login>) and while there, join us on CareNav. Starting a CareNav account will connect you to one of our Family Consultants.

Keeping Abreast of Local News is Getting Easier

Here are two of the newest online sources of local news. Check them out!

[Santa Cruz Local](https://santacruzlocal.org/) (<https://santacruzlocal.org/>) and [Lookout Santa Cruz](https://lookout.co/santacruz/) (<https://lookout.co/santacruz/>)

Stay Connected Program

The Volunteer Center's Stay Connected program is a remote connectivity program for local seniors designed to be an ongoing person-to-person engagement over the phone. This engagement is mainly through providing a friendly, social call and sharing community resources. Whether you're interested in availing this program or volunteering for it, you can learn more at [Stay Connected Program](https://scvolunteercenter.org/programs/stay-connected/) (<https://scvolunteercenter.org/programs/stay-connected/>) or by calling 831-427-5070 ext. 115

Highlands Park Senior Center

Connect with the SLV Senior Community through the new and improved Highlands Park [website](https://www.highlandsparkseniorcenter.org/) (<https://www.highlandsparkseniorcenter.org/>) and Newsletter.

Continued from page 1...#18 of 25 Ways to Age Better

...But we also aim to eat earlier, whenever possible, to allow digestion to kick in well before bedtime. This means less disturbed sleep and a longer overnight fast, too. Eating earlier has enabled us to eat more slowly - an essential but overlooked factor in the Mediterranean diet, allowing satiety hormones to kick in. And when we have eaten, we stop. Constant grazing and snacking means the digestive system is permanently working - and therefore also permanently producing insulin, potentially leading to insulin resistance, a precursor to diabetes.

Continued from page 1...Kind Hearts and Unselfish Actions get us through COVID



Alice, always a strong volunteer, would often meet one-on-one with members – before COVID - to help in any way she could. This year she has stretched herself, figuring out how to patiently provide this same help over the phone.

From a member who wishes to remain anonymous:

"Not often, but at times I have noticed as I am aging, I feel somewhat more vulnerable. The experience of updating both the POLST (Physician Orders Life Sustaining Treatment) and the Power of Attorney for Health Care Directive became one of "those times". As we age, we are learning that sometimes we must face our fears, (my dragons: the file of life forms, the emergency forms, the trusts, then end-of-life forms, etc.) and Just Do It Anyway. So.....once again I decided to 'go ask Alice'. Without a blink, she said, "sure, what day and time is good to discuss this?" A day later, patiently, Alice explained in detail each of the four sections of the POLST. Soon her experiences as a registered nurse shed the light of

Kind Hearts and Unselfish Actions continued...

reality on some of my preconceived non-factual ideas and surprisingly one form was nearly complete.

Page by page, she continued with the next form in the same selfless manner. Alice is able to be fully present by setting aside her own needs and wants. But, fortunately for me, not her dry sense of humor which was a delightful relief while moving through these forms".

Jacqueline volunteers as our newsletter editor and business meeting note-taker. But more, she has searched out ways to help her fellow Mid-County Circle folks over and over and in various ways, during these COVID times.

From Dukh Niwaran:

"Jacqueline has been absolutely fabulous and selfless in helping us out during COVID and for thinking of out of the box ways that she can help us without contact. She has done grocery shopping, picked up meals, watered the yard, put up and taken down Halloween and Christmas lights, she has loaned us assistive equipment for Ron. She has picked up books from Bookshop Santa Cruz, juice from Central Coast Juicer.

It is jhust an amazing amount of things that she has done for us on a regular basis and always thinking of more she can do. Particularly when Ron had fallen, and we needed extra help. She has been exemplary".

Jacqueline added:

"Staying connected to Village Circle members and dear friends through Zoom events and services blesses my life immeasurably in this time of sheltering at home with my doggie pal, Coco".

