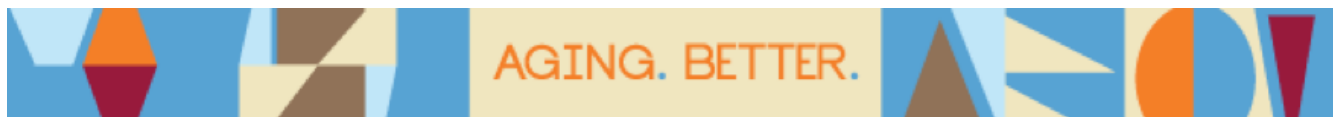


Village Santa Cruz County News



May 2022



www.villagesantacruz.org

info@villagesantacruz.org



Tired of all the spam calls on your cell-phone? AARP suggests that we update the contacts in our phones so when they call (or a business calls) their identity will be displayed. Next, go into Settings on your phone and turn on "silence unknown callers" for iPhones or "block numbers" on Android phones. Doing so will block numbers that you've never been in contact with and haven't saved in your contact list.



Please find Handy Hints on Page 4

Older Americans Month 2022



Age my way!

Every May, the Administration for Community Living (ACL) leads the nation's observance of Older Americans Month (OAM). In 2022, ACL will be focusing on aging in place – how older adults can plan to stay in their homes and live independently in their communities for as long as possible. The 2022 theme is Age My Way, an opportunity for all of us to explore the many ways older adults can remain in and be involved with their communities.

Celebrating Our Village



Village members gathered at Anna Jean Cummings Park for a picnic and sing-a-long. The event marked our first all member, in-person gathering, since the pandemic began, with folks from the different area Circles coming together.



See more Picnic Pictures on page 4



May Birthdays:

BURT AND MARY K.



Coming UP in May

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

Monday, May 2nd, Guided Meditation, 4:30 - 4:45 PM - via Zoom. This 15 minute guided meditation will be led by Dee. All members welcome to attend.

Tuesday, May 3rd, 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, May 4th, SLV Coffee Meet-Up, 10:30 - 11:30 AM. Bring your own beverage or treat and meet at the Mountain Art Center at 9341 Mill St. Ben Lomond

Wednesday, May 4th, 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, May 5th, Westside Meetup, 1:00 - 2:00 PM
@ Shrine Coffee, 544 W Cliff Dr., Santa Cruz.

Friday, May 6th, Goal Accountability Group, 12:30 - 1:30 PM – via Zoom.

Monday, May 9th, Westside Circle: Days of Our Lives, Our Stories 12:30 - 1:30 PM - via Zoom. This month's topic: Post Pandemic Transitions. How do you envision your life changing as you transition out of a pandemic world. Has it already started for you? Are you tiptoeing or madly rushing into post-pandemic life? What do you do or refrain from doing to keep yourself balanced when personal and/or world events feel overwhelming?

Tuesday, May 10th, Mid County Meetup, 1:00 - 2:00 PM @The Windmill Cafe,
21231 E. Cliff Dr. Santa Cruz

Tuesday, May 10th, Pickleball, 4:00 - 5:00 PM @ Derby Park 508 Woodland Way, Santa Cruz. All fully vaccinated Village members welcome. Please bring your own paddle.

Thursday, May 12th, Village Monthly Board Meeting, 12:30 PM - 2:15 PM @ Ron and Dukh Niwaran Whipp's home

Coming Up... continued

Friday, May 13th, Goal Accountability Group, 12:30 - 1:30 PM - via Zoom.

Monday, May 16th, Guided Meditation, 4:30 - 4:45 PM - via Zoom This 15 minute guided meditation, on Zoom. All members welcome to attend.

Tuesday, May 17th, 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, May 18th, SLV Circle Members Walk, 10:30 – 11:30 AM @ Fall Creek (Meet in the parking lot on Felton Empire Rd.

Wednesday, May 18th, Aptos Luncheon, 11:00 AM – 2:30PM, destination TBD.

Thursday, May 19th, Book Discussion: The Personal Librarian by Marie Benedict and Victoria Murray, 1:00 -2:00 PM. We'll be meeting in person, outdoors @ Shrine Coffeehouse.

Friday, May 20th, Goal Accountability Group, 12:30 - 1:30 PM – via Zoom.

Tuesday, May 24th, Mid County Luncheon, 12:00- 1:00 PM, @ Dharma's Restaurant, 5250 Capitola Rd. Capitola

Tuesday, May 24th, Games Group, 1:30 - 3:00 PM @ Dee's Home

Tuesday, May 24th, Pickleball, 4:00 – 5:00 PM @ Derby Park 508 Woodland Way Santa Cruz. All fully vaccinated Village members welcome. Please bring your own paddle.

Thursday, May 26th, Movie Group, in the afternoon, Movie TBD The movie will be determined when we are closer to the actual date and know which movies are showing. After the movie, we will meet for a short discussion.

Friday, May 27th, Goal Accountability Group, 12:30 - 1:30 PM – via Zoom.

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

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Hard to reach (and see) items in the back of the refrigerator?

To make it easier, add a lazy susan (turntable) on top of a shelf so they can rotate it to bring what they need to the front.



Round out sharp furniture corners to prevent injury.

Counters, coffee tables, or nightstands with sharp corners could be an injury waiting to happen. Soften those corners by adding stick-on corner guards or moldable putty that dries into rubber.

Moderate and middle-income Californians have few options for aging with self determination—even though they comprise the largest population of those 65+ in age. **Village Movement California is working with the statewide and local senior services networks, stakeholders and policymakers** to raise awareness of the village model and garner their support for funding, legislation, and programs to support it.
(read more about this in The Community section)

Village Movement California Annual Conference June 21 and 22

9:00am – 11:30 am Theme: “ReEngage”.
Together we will explore how villages can re-connect - post Covid as a widespread, life-threatening disease.



Good food and friends



Douglas warms up
his guitar for the
Beatles Sing-a-Long



While we warm up our mouths



And review the lyrics of songs we
used to know by heart



In Our Community

May 7, noon - 4 PM, The Santa Cruz Public Libraries, grand reopening of the remodeled Boulder Creek Branch Library. The celebration takes place at the library, 13390 W. Park Ave. in Boulder Creek.

LunaFest Hybrid Screening, offering two options: In Person (at Del Mar Theatre in Santa Cruz) on May 4 at 7:00 pm PDT, or Virtual starting on May 5 at 6:00 pm PDT - May 7 at 6:00 pm PDT. Friends of WomenCARE and Lunafest host Lunafest Film Festival May 4 at the Del Mar Theatre, 1124 Pacific Ave. No. 4415, Santa Cruz. Lunafest is a program of short films by women and about women that empower and inspire. This year's stories are told from a variety of perspectives that champion women and gender nonconforming individuals, highlighting their aspirations, accomplishments, resilience, strength, and connection. A virtual screening is also offered from May 5-7. Ticket Prices: \$20 In Person General Admission, \$20 Virtual Individual Admission, \$35 Virtual Household Admission.

<https://www.lunafest.org/screenings/hybrid-friends-womancare-santa-cruz-ca-050422>

Volunteers are needed to write Mother's Day cards to seniors in assisted and skilled nursing facilities. Residents have been especially lonely and isolated this past year and a card can help brighten their day. Cards can be homemade or purchased from a store. Activity items can also help and relieve some of the stress and isolation residents may be feeling. Some suggestions include crossword puzzles, word search books and adult coloring books.

Cards and other items can be dropped off at: Family Service Agency/I You Venture, 104 Walnut Ave. No. 208, Santa Cruz or the Santa Cruz Volunteer Center, 1740 17th Ave., Santa Cruz. Office hours are 10 a.m. to noon and 1-4 p.m. Monday to Thursday.

For information, call 831-459-8917, ext. 205, visit www.fsa-cc.org or email Cleveland.n@fsa-cc.org.

May 27 and May 28, 7:30 - 9 PM, Music in May makes in-person return. The 15th annual Music in May Chamber Music Festival will return this year to a live in-person festival with concerts at Samper Recital Hall on the campus of Cabrillo College in Aptos. Musicians performing include perennial festival favorite, cellist Jonah Kim with The San Francisco Ballet. For program and ticket information, visit www.musicinmay.org or call 831-429-9100.

Village Movement California's budget request to the California legislature.

The one-time request for an investment of \$3 million aims to fulfill Objective #90 of the Master Plan for Aging: "Promote and adapt the village model of volunteerism and services to reflect the strengths of California's diverse communities."

Village Movement California's budget request moves forward. On March 31, we learned that Representative Marc Levine of District #10 will be the request's champion in the Assembly. Having a champion is a requirement for budget requests advancing in the Assembly. Representative Levine's district is home to nine villages – the six Marin villages, Village Network of Petaluma, Sonoma Valley Village (one of our newest villages), and Anderson Valley Village. [Learn More](#)

Hospice of Santa Cruz County will host a virtual music meditation event for caregivers, Tues, May 3, 10-10:30 AM. Join board-certified music therapist Anya Ismail of Hospice of Santa Cruz County for a special half-hour virtual music meditation event. Ismail will weave together poetry, singing, spoken word and unique instruments like the shruti box to create a beautiful and calming experience. No prior experience with meditation necessary. To register or to check out all upcoming Hospice events, visit [Hospice Community Events](#)