



Happy New Year!

January 2020



From Our Administrator

Happy New Year!

It doesn't seem possible another year has slipped by. The New Year is a time for new beginnings, sharing new ideas, finding new adventures and reflecting on things we are thankful for. The New Year is also a good time to remind ourselves of some important ways to stay healthy so we can enjoy each day to the fullest.

Get your flu vaccine – it's not too late.

Stay hydrated – it's very easy to become dehydrated and dehydration can quickly become a serious situation. Some symptoms of mild dehydration include: headache, weakness, cramping in limbs, sleepiness, dark-colored urine in small amounts, dry mouth, and irritability. More serious dehydration can cause low blood pressure, muscle contractions, a rapid weak pulse, and lack of elasticity in the skin. It can be a challenge to stay hydrated when you might not be thirsty, so try to take in fluids often (water, juices, smoothies, etc.) and eat foods naturally high in water content (strawberries, Jell-O, popsicles, etc.).

Watch for UTI's (urinary tract infections) – they are very common in older adults and can become serious quickly. Watch for symptoms such as: nausea, vomiting, weakness, frequent urge or painful urination, and dark, cloudy, bloody or strong smelling urine.

Take a fitness or exercise class – such as balance, strength training, Tai Chi or Qi Gong.

Take a walk – even a short walk can be helpful.

Exercise your mind – puzzles or word games are great for brain health.

See your physician – for your check-ups.

Trust yourself – if something doesn't feel quite right, it is important to get checked out!

So let's stay healthy and have an exciting New Year. Have a new idea, question or concern? Let us know. We would love to hear from you.

Sincerely, Deborah Routley

Wednesday, January 1st

Come between 10:30 AM & 10:35 AM
to the Oaks Room.

Get your raffle ticket for your place in line to sign up for these Special Events

Beading Class with Marcia
Saturday, January 18th at 1:45 PM

Osher Lifelong Learners at UCSC

Sunday, January 19th at 9:30 AM
**"The Amah Mutsun Tribal Band:
Relearning Traditional Ecological
Knowledge to Steward Mother Earth"**

Sit or Stroll at Seacliff Beach
Weather permitting

Friday, January 24th at 9:45 AM

Senior Connections at Temple Beth El

Monday, January 27th at 1:15 PM
EVERYONE IS WELCOME to attend.

Happy (250th) Birthday, Ludwig!
**"An Afternoon of Beethoven
and his Influences"**

**UCSC's Chia-Lin Yang, SF Conservatory
of Music's Elbert Tsai and Students**
Small donation at Temple welcome

Chinese Village Restaurant
Friday, January 31st at 11:15 AM

At the suggestion of a resident for Chinese New Year we will be going to **Chinese Village** restaurant on **Friday, January 31st at 11:15 AM**. Several residents gave suggestions of menu selections and the staff at Chinese Village have come up with this package:

Beef Chow Fun Mixed Vegetables
Chicken with Snow Peas
Chicken Fried Rice
Sweet and Sour pork Walnut Shrimp
Tea and water
Other drinks (you pay separately)

Tax & Tip included. \$16 payable on the bus
for those signed up. Exact change helpful.

Healthy Mind/Healthy Body

"What Really Matters: Intentions for this New Year"

Facilitator Leslie Tremaine, Ph.D.

writes...As 2020 gets underway this class is offered to help us all move beyond the stereotypes and jokes about easily forgotten "resolutions."

Using mindfulness as a supportive tool we can develop intentions that can help us set a path for the year that reflects more what truly matters to us.

We will also share some of the ways we can support following through on these intentions, letting us harvest the well being this can bring. Join us on **Thursday, January 9th at 10:30 AM** in the Oaks Room.

Family Services Wellness Series

"The Meaning & Purpose of Our Lives"

Join in a conversation on **January 29th at 2:30 in the Oaks Room** with Barbara Best and Masako Gordon, Senior Outreach Peer Counselors from Family Services, about the meaning and purpose of our lives.

How does **"meaning"** and **"purpose"** change throughout the stages of our lives from young children to the present time as seniors?

In what ways can a deeper understanding about ourselves, particularly regarding the meaning and purpose of our lives, help us in the coming year?

Family Services has presented numerous times during the past year on pertinent topics related to our lives as elders and this session continues the series.

Your Feedback is Needed about Chair Yoga by January 15th to Activities

Activities has been approached by a couple of residents eager to have a **chair yoga class** at Dominican Oaks. These residents are presently attending the class at a community venue nearby. Activities has spoken with the **instructor (Suzi Mahler)** who is widely acclaimed for her chair yoga classes.

We have explored the possibility of her coming to Dominican Oaks **once a week for 45 to 60 minutes starting in February.**

One time that Suzi has available is **TUESDAY from 11:00 to 11:45/12 PM.**

Qi Gong on Tuesdays could be easily rescheduled to another weekday.

The other time slot in her packed schedule is **THURSDAY from 1:30 to 2:30 PM.**

The challenges: the time on Tuesday is not particularly good with lunch looming but not impossible probably. The time on Thursday means that Tai Chi (attended sporadically during the last few years but enjoyed by the few who do attend) would need to be cancelled.

In either time slot (Tuesday or Thursday) Suzi would charge \$5 for each session a resident attends. This is how she conducts her other community classes.

Department Managers ~~ Call 462-6257

ActivitiesMargie Paylow
Administrator.....Deborah Routley
Administrative Assistant.....Diane Smith
Assisted Living.....Stacy Smith-Paynter, RN
Community Relations
& Marketing.....Lisa Clarke
Dining Services.....Marnie Jacinto
Facilities & Housekeeping.....Eric Botkin
Finance & Hospitality.....Brenda Barber
Food Service.....Matt Mettalia

"It's our attitude towards life that determines life's attitude toward us. We get back what we put out." - Earl Nightingale

Please mark your calendars

**No Shopping on Martin Luther King Jr.
Day Monday, January 20th**

**We will shop on Tuesday, January 21st
at Nob Hill & CVS leaving at 1:30 PM**

Laughter Yoga ~Wednesday, January 15th at 2:30 in Oaks Room

Generously sponsored by a resident!

Instructor Carla Brown writes... Laughter Yoga is a practice of laughter exercises to elicit joy and happiness in the body and mind. Practiced in the group, the laughter becomes contagious and connects participants in positive and fun ways while releasing happy chemicals and oxygenating the body. Laughter promotes dopamine, serotonin and feel-good endorphins, clearing the mind & relaxing the body.

Some of the **benefits** can include feeling more energized, increased ease, resiliency, ability to laugh when stress comes up, better connection in relationships, lower blood pressure, and increased oxygen intake.

Laughter can also help to rewire the brain to feel better more often when stress arises. Can you imagine laughing when something hard happens? That is what we will do just for the fun of it!

This is not a traditional yoga class. Participants may stand or sit during the class. Being seated the whole time is fine. A willingness to laugh and connect with others in a playful way is very helpful. **Wear comfortable clothes and bring water."**

From the Desk of resident Lois Widom "The Osher Life Long Learning Institute at UCSC (OLLI) is a group of over 600 enthusiastic seniors who enjoy socializing and continuing to learn by attending monthly meetings with engaging speakers and participating in any of 50 interest groups and taking classes taught by emeritus faculty." **Resident Lois Widom (423-0184) would be happy to tell you more and how you can join.**

January's OSHER lecture at UCSC (see front page of newsletter) is "The Amah Mutsun Tribal Band" with **Rick Flores** who is the steward of the Amah Mutsun Relearning Program at the Arboretum. Rick has an M.A. degree in Environmental Studies and is currently working on his Ph.D. He has extensive knowledge of the history and current status of the Native Americans who lived in the Monterey Bay region. A major focus of his work is to understand the ecology of plants used by the people who were here before European settlement and to teach others how to use and maintain sustainable populations of these plants.

A Change with Art Classes

At the suggestion of our marvelous art teacher, Marti Mariette we will be changing the way the (mostly) weekly Art classes are held.

No longer will there be a Class #1 and a Class #2. There will just be **ONE class on most Mondays of each month.** See the calendar for the dates. Marti does her classes at other senior communities in this manner.

If you are already a regular member of ANY of the Art classes, simply show up at 1:40 PM.

This is important: there is space for 15 residents. If you come past 1:40 PM there may not be room for you. Importantly one needs to be timely to hear the instructions of the teacher for the lesson that day. Wandering in late means a lot of repeating.

Our goal is to maximize attendance at our Art Classes to provide a creative outlet **for** residents which was requested originally **by** residents.

Now....if you haven't attended the Art classes and want to try....JUST SHOW UP...ON TIME. Marti gears every class to fit the needs of the abilities of the participants and gladly welcomes timely newcomers.

Meet Your New Neighbors in their own words...

Charles Ernest tells us "I was born in Medford OK on September 4, 1929. We moved to Fontana, CA when I was in third grade. We moved several times and finally settled in La Mesa, CA where I attended grammar and high school. I joined the US Navy at 17 years old and was assigned to Naval aviation and attended several schools for training in aviation electronics. My duty stations were Corpus Christi, TX; Memphis, TN; Moffett Field, Ca; Hutchinson KS; USS Jupiter (AVS-8); Hawaii, Japan, Korea, Okinawa; USS Princeton (CVS-37); Washington DC; Alaska and Viet Nam. After retiring from the Navy, I attended college and received an AA from De Anza, a BS from Notre Dame and a MS from USC. I went to work at GTE Sylvania and retired after 17 years and moved to Santa Cruz. I have three sons, three grandchildren, one great-granddaughter and two more on the way."

January Birthdays

01 Sheila Cayton
03 Patricia Henderson
03 Jack Farr
04 Frank Brau
08 Pat Edwards
10 Anne Martin
10 Joyce Kling
12 Fred Feliz
12 Iris Miller
14 Marilyn Aversa
17 Dorothy Sanders
17 Bill McDaniel
17 Al Stiles
20 Nancy Nogales
21 Tom Paarmann
22 Muriel Rosenthal
22 Mary Boer
25 Michael Spencer
27 Mary Margaret Hogan
28 Mary Spire
29 Rod Lowe

Happy Anniversary!

16 Bill & Betty McDaniel
17 Dan & Norma Kriege

Robert Michael Stone was born in April of 1929, in San Antonio, Texas, and moved to San Francisco as a young boy. Bob was raised in the Marina District of the city. His childhood girlfriend Myra from across the street would become his wife of nearly 70 years. Bob attended St. Ignatius High School and was active in ROTC. Bob received his formal education at the University of San Francisco and married his sweetheart Myra. It was during college that his first daughter Maile would be born.

Two years later during the Korean War Bob became a commissioned officer in the United States Army, and was deployed to Japan to command a large gun company. During the Japan assignment his first son Robert Michael II was born. After the war he was stationed at Angel Island, San Francisco where he and Myra would have their twin daughters Claudia and Cynthia. Some years later, Bob and Myra moved to Fremont, Ca. and began his career as an educator of English at Mission San Jose High School and then while continuing his education at USF obtained his Ed.D. in English literature. During his children's teen years Bob built a large cabin home from the ground up in Twain Harte, CA.

After 30 years of career work, he and Myra retired and moved to Nevada City CA. He became bored with retirement and was elected President of the Big Brothers Big Sisters charitable organization. He later transitioned to become president of the Nevada City Foundry, where he led the old historical foundry to great acclaim and regional historical and tourist interest.

Bob gave many years after his departure from the Nevada City Foundry to the California Board of Education as an active member and leader. He also gave several years of his life to support many active teachers in the furtherance of their education.

Bob lost his loving wife Myra on February 20, 2019, and is looking forward to many joyful years ahead in Santa Cruz, where he will be close to his children and many grandchildren.

Welcome New Residents!

Charles Ernest
Dr. Robert Stone