



### *From Our Administrator*

**Labor Day is Monday, September 2nd.** A big thank you to all workers and especially our very own Dominican Oaks Employees as we celebrate Labor Day. We appreciate

them for their service, dedication and for all they do!

**Assisted Living: What's it all About?** There are often many questions and myths about Assisted Living. What is it? What does it include? Why do I need it? There are too many rules. They tell you what to do, and I often hear "I don't want to go 'down there'!" It's time to come to hear for yourself what it's all about. **Please join us for an open and frank discussion about Assisted Living on September 12<sup>th</sup> 10:30 AM in the Oaks Room.**

**FLU & Pneumonia Clinic** Flu season is just around the corner. Dominican Oaks will once again host a **Flu Vaccine Clinic on September 30<sup>th</sup> between 9:00 am and 12:00 noon for residents and the general public.** A memo will also be sent out as a reminder. Below are a few reminders that might be helpful as well:

**Wash your hands often** and use hand sanitizer.

**Advise the receptionist** of any illness or symptoms. Dominican Oaks is mandated to track this information according to State regulations. This information will be kept confidential.

**While ill stay in your apartment for at least 24 hours after symptoms have resolved.**  
**Drink lots of fluids** to stay hydrated.

**Call your Physician** if you have symptoms or don't feel quite right.

Have a wonderful September and don't forget to get out and enjoy the outdoors while the weather is still lovely as we head off into the fall season.

*Sincerely...Deborah*

**Sunday, September 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**

**Sit or Stroll on West Cliff Drive**  
**Small compatible doggies may go also**  
**Friday, September 6th at 9:45 AM**

**Classical Concert with Pianist Chetan Tierra**  
**Sunday, September 8th at 3 PM**

**Santa Cruz Follies**  
**Thursday, September 12th at 12:30 PM**  
**Sign up AND PAY at the Front Desk starting at 8 AM on September 1st.**  
**No sign up without payment.**

**Beading Class**  
**Saturday, September 14th at 1:45 PM**  
**Cathedral of Christ the Light Trip to Oakland**  
**Tuesday, September 17th at 12:00 PM**

**Leave for Alladin Nursery in Watsonville**  
**Wednesday, September 18th at 9:45 AM**

**Basque Restaurant Matxain Etxea**  
**in San Juan Baptista**  
**Friday, September 20th at 10:45 AM**

**Senior Connections at Temple Beth El**  
**ANYONE may attend**  
**Jewish Music Around the World**  
**Live Music & Speaker about Jewish Music in Israel & the Diaspora.**

**Monday, September 23rd at 1:15 PM**

**Watch or Play Bocce Ball**  
**with Lunch in the Redwoods**  
**Tuesday, September 24th at 9:30 AM**

**Burrito Breakfast at Seacliff Beach**  
**Friday September 27th at 8:30 AM**

**Updates**—There will be **NO shopping on Monday, Labor Day.** There will be shopping on **Tuesday, September 3rd at 1:30 PM.**

Administration is using the Oaks Room on **Tuesday, September 17th and Wednesday, September 18th.** All daytime Activities in Oaks Room are cancelled. Bingo continues!

## Poets and Poems

**Resident Lois Widom** had an intriguing idea to showcase some of the talents of our residents: **invite residents to read one/ some of their original poems and/or one of their favorite poems by an established poet.**

This is scheduled for **Wednesday, September 25th from 10:30 to 11:30 AM** (or a little past if the creative juices are flowing).

**SO....we need residents to volunteer to read a poem(s) which they composed or one by a favorite poet.**

We are aiming for something original or from an established poet a *little* less lengthy than *Beowulf* or *The Song of Hiawatha!*

Without YOUR participation this can't happen. Call Margie in Activities at 462-6257 at ext. 807 as soon as possible to discuss the possibilities but no later than September 18th.

Otherwise we will NOT be meeting in the Oaks Room...or 'the shores of Gitche Gumee' for that matter!

**Any Skippo or Canasta Players out there? Call Margie in Activities at 462-6257.**

## Library Volunteer

A volunteer is needed to look after the small bookcases on **B-2**: keep the books tidy, organized, marked appropriately, etc. **Call Activities at 462-6257 to help out.**

### Department Managers ~~ Call 462-6257

Activities .....Margie 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

## Concert with Chetan Tierra

**Chetan Tierra** is an American concert pianist, songwriter and composer. He has been seen on concert stages across the US, Europe, Asia and Africa in solo recital and with orchestra. He has earned top prizes, performing in the world's most prestigious piano competitions, including the Van Cliburn. His Carnegie Hall debut in 2006 was praised as "magnificent" by the NY Concert Review.

**We have a chance to hear him perform Mozart, Chopin, Debussy and Liszt on Sunday, September 8th leaving at 3:00 PM (probably) for a 4 PM performance at Peace United Church on High Street.**

**The suggested donation is \$20.00 cash on the bus. The performance is one-and-a-half hours, getting us out around 5:30 PM or so.**

**"Happy we who can bask in  
the warm September sun  
which illumines all creatures."  
Henry David Thoreau**



## Learning from Loss: The Path to Living Fully

For all of us aging involves experiencing inevitable losses, both as a part of our everyday experience as well as the significant losses known through death and separation from those we love.

**Part of the wisdom of aging is our ability to learn from these losses and even to use them to nourish our capacity to live more fully.**

**On Thursday September 5th at 10:30 AM in the Oaks Room** we will have our last session as we wrap up a series on how mindfulness can help us in learning from loss.

This time we will look at how we can find moments of taking in goodness and appreciation of life even amidst challenging times. We'll also share how we can enhance this resilience and grounding.

**Santa Cruz Follies**—The *Santa Cruz Follies* is an annual musical production full of wonderful, singing, dancing and comedy. The show is at the *Santa Cruz Civic Auditorium*. The *Follies* is sponsored by the Santa Cruz-based Senior Citizens Opportunities, featuring entertainment by performers all over the age of 50. The Santa Cruz Follies 2019 is “Fascinatin’ Rhythms—Broadway to Hollywood.”

We are going on **Thursday, September 12th** leaving at **12:30 PM**. Tickets are **\$22.00**. **Sign ups start on September 1st** when you bring your checks (made out to “Dominican Oaks”) or cash to the Front Desk. **NO SIGN UP accepted without payment.** The **DEADLINE** is **Thursday, September 5th** at noon. You don’t want to miss going!

### **Lunch at Basque Restaurant**

A resident asked if we could dine at a Basque Restaurant. And we are! **Friday, September 20th** we leave at **10:45 AM** for **Basque Matxain Etxea** in **San Juan Baptista**. They will do individual checks! Indoor and outdoor seating.

### **Oakland Cathedral Trip**

**Resident Lois Widom** suggested a trip to one of her favorite tour spots: The Cathedral of Christ the Light in Oakland. A donation of \$5 gets us a tour of The **Cathedral of Christ the Light** which is the cathedral of the Roman Catholic Diocese of Oakland. Dedicated in 2008, the Cathedral has been praised for its innovative, modern design and stripped-away iconography. The Cathedral’s most striking visual symbol is its use of light.

The tour may work for those of *any* faith tradition. **Our tour date is Tuesday, September 17th.** It will last 60 to 90 minutes and include a marvelous intro to the art, history, architecture and beauty of the Cathedral and grounds.

We would be leaving no later than 12 PM to make our tour time of 2 PM. Walkers are fine. There will be standing, sitting, moving and travel time so please gage your energy level for this trip.

### **Welcome New Residents!**

Lynette Cofer    Nadelyn “Lyn” Dremalas  
Dianne Edwards    Donna Escalante  
Alice Godfrey    Dan & Norma Kriege  
Edith “Edie” Rittue

### **Show us your Stuff!**

It’s been years since we’ve had a resident talent show. **If you would like to perform (sing, dance, play an instrument, recite, etc.) let Margie in Activities at 462-6257 by September 16th** and we’ll see what might develop. This would be an event **by residents for residents**. Ah, the smell of the greasepaint, the roar of the crowd is in the air!

### **Special Events Sign Ups**

**There will be no more phone reminders starting in September to show up for an outing.** Written reminders for the Symphony, theatre groups, etc. will continue as they involve money paid.

**Advice: If you sign up on the waiting list, assume you ARE probably going (ok, don’t bet the farm of course!) but show up at the appropriate time and day and see who doesn’t show up and claim their seat.**

**And remember: be on the bus at least five minutes before the departure time listed on the calendar. We use the clock at the Front Desk as our guide. If not on the bus at that time, one’s seat will be given to another resident.**

**Lastly, mark your personal calendar for what one signs up for. Just like what we do with a medical appointment...but much more fun to go out on a special outing!**

### **September Anniversaries**

02 Carl & Barbara Schaarschmidt  
10 Al & Barbara Stiles

***Meet Your New Neighbors...  
in their own words***

**Daune Mahy** writes: “she was born and raised in Sacramento, then moved to Princeton to attend Westminster Choir College where she earned a Bachelor and Masters in Music. She later earned a Doctorate in Music at Indiana University in Bloomington. She is moving from Ohio where she has been a Professor of (Classical) Singing at Oberlin College for 39 years. She was also the director of the Oberlin in Italy program in Arezzo, Tuscany. She is fluent in Italian and German. Besides classical music, Daune loves theatre, art, travel, gardening, and the outdoors. She also enjoys baking, fitness, and being in warm water. She has a son Rohan who lives in Santa Cruz, a grandson Alex and two great-grandchildren in Asheville, North Carolina.”

**Edith “Edie” Rittue** tells us: “I was born in Brownwood, Texas on 7/18/1930 and am the daughter of a Baptist minister. I moved to Fresno in 1940 and attended Fresno High School. I graduated and had one semester at Cabrillo College. I moved to Aptos in early 1960. I worked for UCSC at the student loan office and retired in 1986. I have two living sisters (Virginia and Glenae), one son Larry, and one daughter Karen. My husband died in 2013.”

**Donna Escalante** writes: “Donna is a life-long resident of Santa Cruz County. Raised in Watsonville she was married to Rudy Escalante Sr. for 60 years. He passed away in 2013. She has three children who all live locally (Judy, Rudy Jr., Bernie) and three grandchildren. She has a twin sister who lives locally and visits every Thursday. As a teenager she periodically worked at the Boardwalk. She loves bingo, knitting, puzzles and crossword books.”

**Team Dominican Oaks!**

The Annual “**Walk to End Alzheimer’s**” (which our very own resident Jack Farr started 25 years ago...WOW!) is taking place on **Saturday, September 21st at Seascape**.

We are taking the bus and hope for some very capable and energetic residents to do the one-mile trek.

**You can volunteer to Lisa Clarke (Community Relations at 464-4802) to discuss if this is an appropriate outing. We may leave as early at 8 AM or so and stay for several hours. More details upon request.**

Even if you don’t walk the walk you can certainly **donate funds for Team Dominican Oaks. Yeh team!**

**Checks should be made out to the “Alzheimer’s Association” and MAKE SURE to note on the bottom “TEAM DOMINICAN OAKS.” Give these to Lisa Clarke only.**

**September Birthdays**

- 03 Mary Ellen Celestino
- 07 Jack Ragen
- 08 Sr. Noreen Nolan
- 09 Evelyn Jones
- 10 Rowland ‘Reb’ Rebele
- 10 Mary Laut
- 11 Jim Williams
- 14 Beverly Vigliecca
- 16 Joan Osborne
- 18 Dorothy Stephenson
- 18 Peggy Kottmeier
- 20 Frances Burge
- 22 Kim Fudge
- 22 Barbara Young
- 27 Alice Godfrey
- 28 Carol Paarmann
- 29 Art Welcher
- 30 Jean Pacholski

**Art Groups**—Our fabulous art instructor will be here on only TWO Mondays in September: **Group #1 on September 9th & Group #2 on the 23rd. There is STILL room in Group #2.** True, you may never be Rembrandt. But you may still find satisfaction in trying something new. Each class stands by itself. It is NOT too late to join up. Think outside the box. **Call Margie in Activities at 462-6257 to test the waters. In time, you may surprise yourself.**