



## March 2020



### From Our Administrator

**Daylight Savings** begins on Sunday, March 8<sup>th</sup>. Set your clocks ahead and get ready to enjoy more hours of sunlight! Each year at this time I like to send out a few reminders and ideas. Below are a few to consider.

**Organize and update important papers** - One of the very first things emergency responders ask is to see a person's **POLST (Physicians Order for Life Sustaining Treatment)**, **Power of Attorney for Healthcare** and a **medication list**. It is important to have this information available for them and on file in the Administration Office.

**Schedule a health checkup** - Schedule a visit with your physician to review your health, medications and discuss any concerns you may have.

**Enjoy the outdoors** - Get out for a walk and enjoy some fresh air!

**Exercise both your mind and body** - Take one of the many classes offered right here at Dominican Oaks. Classes currently include chi gong, chair yoga, meditation/mindfulness, balance and strength training and let's not forget those word games and crossword puzzles. Enjoy the outdoors and get out for a walk and enjoy some fresh air!

### What's New?

A fresh look in the Fireside Lounge/Library. Stop in and take a look.

New dietician to be introduced soon.

Wi-Fi complete in common areas (Lobby, Fireside Lounge/Library, Acorn and Oaks Rooms and the independent dining area.

**Got an idea?** Share your thoughts. Many great ideas and changes have been made from suggestions from our residents. Please stop by or drop a note in the suggestion box. Let us know what's on your mind. We love to hear from you!

*Sincerely, Deborah Routley*

### Sunday, March 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

**Senior Connections at Temple Beth El**  
**Research Astronomer Robert Kibrick**  
"Challenges to Democracy"

(insecure voting systems, gerrymandering, voter suppression, electoral college)

Monday, March 9th at 1:15 PM

Small donation at Temple welcome but not necessary

**Lunch at Britannia Arms in Capitola**

Thursday, March 12th at 10:45 AM

We'll have individual checks

**Osher Lifelong Learners at UCSC**  
**UCSC Associate Professor of Psychology**  
**Rebecca Covarrubias**

"Reframing Cultural Norms & Practices in U.S. Higher Education with low-income, first-generation students of color in mind"

Sunday, March 15th at 9:30 AM

**Sit or Stroll at Seacliff Beach**

Small compatible doggies may go also

Tuesday, March 17th at 9:45 AM

**Beading with Marcia**

Saturday, March 21st at 1:45 PM

\$8 payable at class

**Santa Cruz Public Library**  
**presents iPhone 101 class (again)**

Thursday, March 26th 10:30-12:00 PM

Remember: you must have an Apple iPhone not an Android

**Santa Cruz County Symphony**

Sunday, March 29th at 1:00 PM

Sign up on waiting list for a ticket

Please remember: if you are not ON the bus at least FIVE MINUTES before the stated departure time, your seat will be given to someone on the wait list. The driver uses the clock at the Front Desk.

**Healthy Mind/Healthy Body**  
**“Resilience”**

**How can we find ways to enhance our capacities to recover from tough times?**

All of us go through tough times in life—times of loss, pain, and struggle. **What helps us in facing these times is to remember we can learn skills that help us move through such adversity, enhancing our capacity for coping and recovery.**

Our **classes in March and April** will focus on such mindfulness-based strategies for building resilience. **Leslie Tremaine, Ph.D.** will lead the first session on **March 19th at 10:30 AM** in the **Oaks Room**.

**There will be no bridge or mah jong in the Oaks Room or Acorn Room on Tuesday, March 31st. This will allow us to enjoy a tremendous performance by the County Line Trio!**

**And no bridge in the Oaks Room on Friday, March 20th due to Dr. Eric Hohn’s presentation on “Managing Shoulder and Knee Pain” from 2:00 to 3:00 PM.**

**Do you play Mah Jong?**  
**(American or Chinese style)**

Do you know how to play Mah Jong either in the American or Chinese style?

Call resident **Frieda Rosenberg** at **(858) 453-8434** to discuss joining a group.

**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

***From the desk of...***  
***Alice Ponza and John Wasserburger***  
**Announcing the 2020**  
**Charity Fund Drive**

The Community Charity Fund Drive will start on March 9th. This year’s charity will be the **St. Francis Kitchen**. The kitchen is open to all who are in need of a good healthy lunch Monday through Friday. Up to two hundred folks are fed each day.

The kitchen also has a clothing boutique where those in need can find clothing necessities. The charity also sponsors the Jesus, Mary, and Joseph Home for mothers and children who are having problems. They can be provided shelter for one year.

On **March 9th** a letter requesting donations will be placed on the shelf by your door. This will be the only request to donate that you’ll receive. **The check should be made out to St. Francis Kitchen. The amount you donate can be claimed on your income taxes.** The tax ID number is EIN-94-2380883.

**Donation collection boxes will be in the main lobby of independent living and in Assisted Living. The drive will end on March 31st.**

**All are invited to attend a show by the County Line Trio in celebration on March 31st. The County Line Trio is being sponsored by Lynne McCall-Caldwell, Margaret Hartmann and John Wasserburger.**

The amount collected will be announced and presented to the manager and Board of Directors of St. Francis Kitchen.

**iPhone 101**

On **Thursday, March 26th from 10:30-12:00 PM** the Santa Cruz Public Library will return to review your basic features including home screen, notifications, settings, and voice assistant. **Remember you must have an Apple iPhone** (not an Android). Please **be IN your seat by 10:25 AM or your seat will go to the next person on the waiting list.** In April, the class will revolve around iPhone photo sharing and storing backups on the Cloud.

## ***At the Podium...***

### **"Between Paradise and Peril The Natural Disaster History of the Monterey Bay Region"**

On **Wednesday, March 4th at 2:00 PM Gary Griggs, Distinguished Professor of Earth and Planetary Sciences at UCSC**, will present on his *latest* book covering natural disasters in our region: earthquakes, floods, storms, coastal erosion, landslides, and tsunamis. A captivating informative speaker (he is presently in his 52nd year of teaching) Professor Griggs is always well-received at the Oaks. An ideal way to learn more about our area.

Books will be available for sale with details to follow on the fliers in the elevators.  
closer to the date.

### **"Morning Larks & Night Owls"**

**UCSC Professor Carrie Partch** received the top honor in her field for her findings resolving a longstanding question about how the timing of our biological clocks is regulated. A biochemist, she will share her findings with us on **Wednesday, March 25th at 2:00 PM** in the **Oaks Room**.

**So which one are YOU: a lark or an owl?**

### **"The History of Santa Cruz" with author **Deborah Muth****

**Deborah Muth's** life-long passion for history was sparked by a fourth-grade school field trip to Mission San José and she has been a self-proclaimed "history nerd" ever since. ***Santa Cruz Through Time*** is her second book. Deborah is a thirty-five-year resident of Santa Cruz County, and when not writing serves on the Scotts Valley Planning Commission and the Scotts Valley Historical Society Board. **Join us on Wednesday, March 18th at 2:00 PM in the Oaks Room.**

Books will be available for sale with details to follow on the fliers in the elevators

## ***Meet Your New Neighbor in their own words...***

**Jacob 'Jack' Michaelsen** tells us "I was born in Oak Park, IL in the late summer of 1930 just as the Depression began. The Oak Park house was finally foreclosed just after I had begun first grade. My family returned to Pekin where we had a large extended family and where my parents had met. We moved into a house that had one modern amenity: electricity. The economy gradually improved. The city installed sewer lines and paved the streets and piped fresh water to all the houses. Then came the war. I remember tramping down snow-covered streets calling out 'extra paper' on December 7th and soon after all the older boys in the neighborhood going off to the services. An uncle had moved his family to San Diego to work making airplanes and his parents followed.

My father had emigrated from Germany in 1923 just when his mother gave birth to a baby boy. At the end of the war my father learned that this baby was a prisoner of war in Stockton. Gas was no longer rationed so my family (without me as I was starting my sophomore year) headed out to Stockton. Once in California they drove on to San Diego and there they settled. There was no large extended family nearby. The culture in my new high school was less parochial than the old. I graduated in 1948 with a larger view of my prospects than Pekin afforded. The Navy offered a year's schooling in electronics. After passing that course I was assigned to a landing ship tank, the largest of the ships that landed on beaches to discharge tanks and soldiers. Soon enough we were off to the Far East and the Korean War.

After my discharge I took advantage of the G.I. Bill to attend the University of Chicago for an excellent undergraduate degree. I met Hila in Chicago when I was studying for a Ph.D. in finance and economics. She helped me hang in to the finish and also delivered our first born, Aaron. I took a position at UC Berkeley in 1961 where Rachel was born. I joined the pioneer faculty at UCSC in 1965. Starting a new university was exciting and rewarding and exhausting. I retired in 1993 and have since been active in community and Temple Beth El affairs. I am consoled by four grandchildren."

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

**Frank Shelley** tells us “I was born and grew up in San Jose. I graduated from San Jose High School in 1943 and joined the Coast Guard. I served on a Navy ship with an all Coast Guard crew. We escorted convoys from East Coast ports to the U.K. and North Africa. I elected to stay in the Coast Guard after the war and served for a total of 24 years. I married Geraldine ‘Gerry’ Quadros of San Jose in 1949. She was able to follow me to all my assignments on the contiguous coasts as well as Alaska and Guam.

I retired from the Coast Guard in 1967 and we settled in Santa Cruz. We bought a Victorian on Beach Hill and our children were able to walk to Holy Cross schools and Marelo Prep. Gerry took a position as a librarian at the downtown Santa Cruz branch and I joined the business that operated Skypark Airport in Scotts Valley. I also taught part-time at Cabrillo College for 10 years. In 1977 Gerry was hired as Director of a 7-county co-operative library system headquartered in Stockton and commuted to Santa Cruz on weekends.

With the airport slated to close at the end of 1981, I elected to take a temporary one-year position at the Claremont Colleges in Southern California. Gerry resigned her directorship and joined me.

When we returned to Santa Cruz, Gerry joined Arrowhead Realty and later took a position with Senior Network Services in Live Oak. I worked as an airplane and helicopter pilot/mechanic for a number of small aviation companies in San Jose, Watsonville and Palo Alto. Gerry retired in 1999 and I did likewise in 2002. We sold our big Victorian in 2007 and moved to the 1010 Pacific Apartments in downtown Santa Cruz. Gerry passed away in 2015. At the urging of my children, I have now taken up residence here at ‘The Oaks’.”

## ***Welcome New Residents!***

**Jacob & Hila Michaelson  
Irene Haket    Linda Gauthier**



**Loretta Hammack** tells us “I was born and lived on a ranch in Pescadero, CA until I was 16 years old. I loved living on the ranch and walking to the beach with my sister where we had the beach all to ourselves. Eventually my family sold the ranch and moved to San Mateo where I finished high school and began my career. I worked for a shipping company doing payroll where I met my husband. We were married for 65 years and I have two sons and four grandchildren. I enjoy reading books and watching movies. I hope to participate in the exercise classes here and look forward to getting to know all of you.”

## ***Osher Lifelong Learners***

The Osher Lifelong 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.

March’s OSHER lecture at UCSC on **Sunday, March 15th** leaving at **9:30 AM** is “**Reframing Cultural Norms & Practices in U.S. Higher Education**” with **UCSC Associate Professor of Psychology Rebecca Covarrubias**.

The talk will address the need to reframe dominant cultural norms and practices in U.S. higher education systems in ways that accentuate and bolster the strengths and experiences of low-income, first-generation students of color, a fast-growing student population.

For the latter, the present American educational institution is likely to be experienced as a ‘mismatch’ or as a context that largely renders their culture invisible and voices unheard.

## ***March Birthdays***

**01 Carolyn Ahrens  
02 Jim Burgard  
03 Barbara Christy  
05 Florence Giacinto  
12 Bob Nelson  
12 Mari Lu Robbins  
18 Edith Pini  
20 Sylvia Beccaria  
22 David McGuire  
27 Billie Harris  
27 Dorothy Filson**