



# Scotts Valley Senior Center



## November 2015 Newsletter

### Coordinator's Message



**Hello Members,  
Cheers to Autumn, my favorite season.**

As we are in the throes of planning all the jolly festivities for you to enjoy during the holiday season, AND getting ready to enjoy our well-known two-day craft faire, every hour

is precious. I am sad to say that this is the extent of my connection with you for this month as our newsletter is chockfull of information and we have run out of space. Have fun reading it and I will catch up next month! Please pay especial attention to the closure dates and **DO SIGN UP** for the Thanksgiving Potluck by popping in or telephoning in as soon as you read this!!!!

Hope you all have a very happy Thanksgiving celebration with loved ones and friends and may those of you travelling, do so safely.

Until Next Time ~ Darshana Croskrey



### 2015 Antiques & Holiday Craft Faire "What November Holds For You"

By Fran Rosen

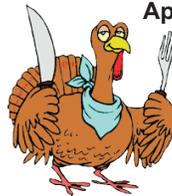
Oh what treasures you'll find there  
For yourself or gifts for pals  
The "just right" right thing for guys and gals  
Have breakfast and lunch, you'll be glad you did  
It'll be a wonderland for kids  
The second special for November  
A Thanksgiving Potluck to remember  
We prepare potatoes, gravy, stuffing, turkey and ham  
You bring the sides, salad and desserts (no spam)!



### An Invitation For You Thanksgiving Potluck Luncheon Friday, November 13, 2015 at 1:00pm

The Senior Center will provide Turkey, Ham, Mashed Potatoes & Gravy and Stuffing

Members may sign up to provide an  
Appetizer, Side Dish, Salad, Dessert or Beverages  
(Per Couple)



or  
You may opt to Pre-Pay \$10 (Per Person)



Sign-ups are **REQUIRED**  
Sheet may be found at the Reception Desk

Please note that even though we are closed for Craft Faire Preparations, we need you all to please call in and let us know what you are going to be bringing for the Thanksgiving Potluck Luncheon so Marlene and Darshana may plan accordingly – Thank You!!

## Holiday ANTIQUES & CRAFT FAIRE

**2015 Win a beautiful holiday basket!**  
Bring your postcard (available at several locations) to the Senior Center during the Craft Faire Weekend to enter the FREE drawing to win a beautiful holiday basket! Over \$100 value. One entry per person.

**Saturday November 7<sup>th</sup> - 9am to 4pm & Sunday November 8<sup>th</sup> - 10am to 4pm**  
Scotts Valley Senior Center & Community Center • 370 Kings Village Rd, Scotts Valley

Sponsored by the Scotts Valley Senior Center. Proceeds benefit programs and resources at the center.  
For more information, please call (831) 438-8666

**DON'T FORGET OUR "FAMOUS CHICKEN DINNERS"**  
Visit *Grandma's Bake Sale & La Boutique!*

# Happenings at the Center



## Sponsor Appreciation Night



Photos by Tamima Schwartz

## Congratulations to our Santa Cruz County Fair Award Winners!

Photos by Becca Mosley



Connie Brock, Janine Speckman, Billie Street, Yvonne McClish (left to right) and Karen Allyn (not pictured) Six ladies from Home Arts demonstrated during the Fair. Claudia Scott was in charge of Claudia's Kitchen in the Ag. History - Yesterdays Farm with the help of Liz Bietzel and Karen Allyn. Joan Favero was in charge of 4-H Scouts and FFA.



Join us at Home Arts on Tuesdays!



## 2015 Major Events Calendar

NOVEMBER	"Antique & Holiday Craft Faire	11/7-11/8	Saturday 9-4 Sunday 10-4
	Closed for week - Craft Faire Prep	11/2-11/6 & 11/9	Center Closed (Monday-Monday)
	Veteran's Day Holiday	11/11	Center Closed (Wednesday)
	Thanksgiving Potluck	11/13	1pm
	Thanksgiving Break	11/26 - 11/30	Center Closed
DECEMBER	Holiday Luncheon	12/11	1pm
	New Year's Eve Party	12/31	6pm - 9pm (Thursday)
	Holiday Break	12/19 - 1/3/16	Center Closed (Re-open 1/4/16)

NOTE: Circumstances may require SVSC to make changes and cancellations. We apologize for any inconvenience this may cause.

# Happenings at the Center



## The SCOTTS VALLEY SENIOR CENTER serves lunch and plays Bingo every Wednesday.

Lunch starts at 11:30 am till 12 Noon. Donation of \$2.50.

You MUST sign up by Tuesday at noon so that there is sufficient food for all the diners.

**NO Meals on Wheels or Bingo on 11/4, 11/11 or 11/25**

- November 18th
- Vegetable Quiche
- California Vegetable Medley
- Bread & Butter
- Fresh Fruit & Milk



**Wednesdays from 1:00-3:00pm**, right after our Meals on Wheels luncheon. Project Scout runs the bingo games and everyone is invited. We hope to see you here! Cards are .50 each and we also have the pull tabs! 438-8666 for more info.

**Bingo cards are brought out at 12:30 pm.**

## 10-Day Mahjong Cruise to Mexico

(Round Trip from San Francisco)

**Grand Princess**

**Leave: January 9, 2016**

**Return: January 19, 2016**

Fares starting from \$999 per person + \$156pp taxes, fees and port charges

**Everyone is Welcome!**

See or call Sharon Carson for more details 831.475.9012



## Newsletter

By Fran Rosen



Each month you look forward to our Newsletter addressed to you. It lets you know what's coming soon so you'll know when to come and spon.

But did you ever wonder how the letter gets to you?

It's put together and sent out by a very special crew

Becca, the Editor, gets it all together, she makes room for everything

In every kind of weather (which is always nice)

And then there's the collating, which is a sight to behold

Volunteers at a long table who collate, staple and fold

Amidst the chattering and small talk, they make the job such fun

They're coordinated as they get the job done.

Too many names to mention, as they change from time to time

Wouldn't want to leave anyone out; that would mess up this rhyme

But.... before it even happens, before Becca even starts

She has to get the articles and news that she imparts

Every line that's put together, before it even gets to her

Is collated and edited by none other than Darshana

Darshana sends her the Newsletter, on which she's spent night and day

And Becca puts it together in such a presentable way

Thank you all for giving time to get the Newsletter done

And get it to all members. You are all #1.

But remember, members, to stay on the mailing list

Be sure your dues are paid up, so you'll keep getting this.

## Senior Center Van Information

**Please give at least 24 hour notice for all van trips and pick up has to be within Scotts Valley.**

Our drivers are volunteers and sometimes unavailable to drive.

- Monday:** Groceries and Banking
- Tuesday:** Medical Appointments/Groceries
- Wednesday:** Lunch and Bingo at the Center
- Thursday:** Medical Appointments/Groceries
- Friday:** Shopping

### Members

Travel within Scotts Valley:  
\$1.50 one way or \$3.00 round trip  
Travel outside Scotts Valley:  
\$6.00 one way or \$7.00 round trip

### Non/Members

Travel within Scotts Valley:  
\$2 one way or \$4.00 round trip  
Travel outside Scotts Valley:  
\$7 one way or \$8.00 round trip

Van Donation price allows a total of two stops.  
Each additional stop is \$.50



**Tim Grasso**  
One of our wonderful drivers

**We need volunteers** to step forward to help in various areas of the center's activities and functions. Somewhere in the following...kitchen, boutique, craft faire, flea market, pancake breakfast, driving, entertainment, advertising, special skills, decorating, instructing, fundraising, gardening... there is a place for anyone who would like to donate their time and become a part of our family of volunteers. Make an appointment to see Darshana and she will find a niche or two that will suit you best, 831-438-8666.

**LEARN CPR**  
You Can Do It!

You never know when the knowledge from this class will help save a life of a loved one or a stranger. Once we get 12 people signed up, we will schedule a class (most likely on a Friday, during the day) – **SIGN UP and STAY TUNED!!**

**Call 831.438.8666**

**Cost:** \$30.00 per person

# Activities and Information

## Focus on the Board Member ~ Harvey Bustichi

Submitted by Darshana Patel-Croskrey

Who knows Harvey? Come on, everyone knows Harvey! No? Well let me tell you about **Harvey Bustichi...**



Harvey's father, Armando, emigrated from Northern Italy in 1905. Arriving in San Francisco he quickly found work in the logging industry. Working hard and saving money, he did what many Italian men did at that time; went back to the "old country" and found himself a wife.

Armando and his beautiful bride, Ida, returned to San Francisco, and he worked, albeit not as a logger as it was quite dangerous, but in a new career as a painter. Along came Eugene, followed closely by Millie and after a long while, Harvey. The gap in age meant Harvey spent more time with his peers from the parochial school he attended, Archbishop Riordan, and the boys in his neighborhood. "Those were the days", he shared smiling. "Days when we'd play baseball in the middle of the street until it was dark out"!

Harvey's world revolved around school, working in his brother's grocery store after school and attending his father's fraternal Italian club. Every week, just as he had been instructed by his father, Harvey would hand over his pay to his mother just as his siblings had done when they lived at home. She was supposed to take what she needed towards his keep, give him his spending money and put the rest away. It was not until he married when they gave him his passbook for the first time, that Harvey discovered that his parents never kept any part of his earnings for themselves. He is very thankful that his conservative parents taught them the value of money from a very early age.

Harvey loved to visit his Uncle Guido Bustichi in the Santa Cruz Mountains. The visits led to Eugene buying property and building a house in Scotts Valley. When Harvey graduated high school in 1953, Eugene talked Harvey into buying some property there too!

Harvey was in the insurance business for Farmers for over 44 years before retiring in 2006. He married the love of his life, Irene, in 1957. He had met her through Irene's father who worked at the local bocce club. Many of you may know Irene as she worked for Bank of America since they first opened a branch in Scotts Valley. Trivia Note: Initially it was located in the Graham Plaza. She also volunteers in the Meals on Wheels kitchen on Wednesdays with Harvey and the other Lions, and she is co-chair of the SVSC Bunko group. You will find often find Harvey and his sister, Millie, enjoying Bunko there with her. You all might want to come out and join them!!!

In 1968 Irene and Harvey decided to build their home on the Scotts Valley property. They moved over permanently from South San Francisco in 1971 and raised their three children, David, and the twins, Donald and Lisa. In spite of his work commitments, raising a family and tending his property, Harvey became very involved in his community. He is a rock, someone you can count on as many of us can attest! He has been a Host Lions member since 1968, was on the Scotts Valley Fire Board for about 15 years and has been on the SVSC Board for over 10 years.

Harvey stays fit and healthy by doing all his own yard work, etc. and takes a major role in Lions and Church activities. And, even though Harvey is not much of a traveler, he did fulfill his lifelong dream of going to Italy, not once but twice, in 2000 and 2006.

**YOU ARE AWESOME Harvey!!!** Thank You for all that you do for all of us here at the Scotts Valley Senior Center. ☺



*Lots of Fun  
at Bunko!*



## SVSC BOOK WORMS

The October meeting went well and the group warmly welcomed new member, Fran. After a good discussion on "Wesley the Owl", our October reading book was given a 7.2% rating.

## Everyone welcome at Special Event ~ Guest Speaker - Vinnie Hansen

The author of the Carol Sabala Mystery Series, Ms. Hansen was a 2013 finalist for the Claymore Award. Her short stories have appeared in many publications. She retired after 27 years of teaching high school English. Ms. Hansen lives in Santa Cruz with her husband, abstract artist Daniel S. Friedman, and their spoiled cat, Lolie.

**Date:** Friday November 20th  
**Time:** 1:00pm followed by a discussion on Ms. Hansen's book, "Murder, Honey"

**Cost:** \$2.00 Members/ \$3.00 Non-Members

## In the SVSC Library

Everyone is most welcome to what should be, a most interesting conversation! Light refreshments will be served.

Books by Vinnie Hansen include: One Tough Cookie ~ Death With Dessert ~ Tang is Not Juice ~ Rotten Dates ~ Murder, Honey ~ Art, Wine and Bullets ~ Black Beans and Venom

## DECEMBER ~ Off-site Holiday Luncheon Meeting

**Date:** Friday December 18th  
**Time:** 1:00pm  
**Where:** Ristorante Italiano, 555 Soquel Avenue, #150, Santa Cruz

### Upcoming Books:

**November** "Murder, Honey" by Vinnie Hansen  
**December** "Lopsided Christmas Cake" by Wanda Brunstetter  
**January** "The Guernsey Literary and Potato Peel Pie Society" by Annie Barrows and Mary Ann Schaffer

# Activities and Information

## YOGA

Ayurveda means the science of life for personal healthcare. Yoga is just one part of Ayurvedic practice and there are many different forms of yoga. Our instructor, Padma Rudraraju, has been practicing yoga for her entire life. She welcomes you to join her and reap the many rewards to protect one's health and pro-long life. Find a time to suit you.

**Dates:** Monday - 8:45am Thursday - 10:45am  
**Cost:** Members \$3.00 Non-Members \$5.00



## STRETCH and CONDITION

This popular class, was started by Cherry Nittler, a retired physical therapist, and is now continued by her student, June Barber. Cherry now takes the class!! Most of the workout is done sitting in a chair. It is a fantastic head to toe conditioning of the joints and muscles including the vocal cords. They also believe laughter is the best medicine!!! Come and join June and the gang.

**Date:** Mondays & Fridays  
**Time:** 10:00am to 11:00am  
**Cost:** Members \$2.00 Non-Members \$3.00

## LINE DANCE

**Date:** Noon every Tuesday  
(Except for the 2nd Tuesday)  
9am every Friday  
(Except for the 4th Friday)

**Cost:** \$2 Members / \$3 Non-Members  
**Instructor:** Tamima Schwartz



With old favorite sounds, some latest hits, and a few global tunes thrown in for good measure, this lively class is for beginner to intermediate level. Join us for some toe-tapping fun.

## ZUMBA

The Zumbarrinas and their tiny but mighty leader, Leatrice Bachan, want to invite you to join them for an invigorating hour of fun and laughter as you dance your way to good health. Latin plus global sounds, new sounds, old faves, fast beats and slow, this class is fully adaptable to suit YOUR fitness needs; Leatrice guides you every step of the way.

Mondays 6:00pm / Tuesdays 9:00am / Thursday 9:30am

**Cost:** Members \$3.00 Non-Members \$5.00



## HOME ARTS

Do you want to:

- Try something new?
- Let your creative juices flow?
- Surround yourself with inspiring folk?



Have up to seven hours of dedicated time set aside for your hobby? ...then THIS is the class for YOU!!! Instructor, Billie Street, has been teaching the creative arts for over 50 years in the Santa Cruz and Monterey Bay Counties. This class is open to all but, you must first meet with her to discuss all the possibilities/projects that are open to you.

**Date:** Tuesdays  
EXCEPT for the 2nd Tuesday of the month  
**Time:** 2pm to 9pm  
**Cost:** \$40 for each 8-week session

## WRITING CLASS

**Day:** Tuesdays **Time:** 10am to 12pm  
**Cost:** Members \$5.00 Non-Members \$6.00



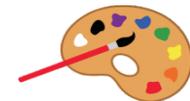
Seniors ~ Do you ever look at your life and think "Perhaps I should write a memoir?" We all have stories to tell and if they aren't written down, they will be gone forever! There's no such thing as a un-interesting life...it becomes interesting, even extraordinary when you write it down and share it with others. Join this interactive, fun class, it only takes a pen or pencil and a willingness to learn, appreciate your voice...write and listen...Call Joanne Stewart 831.439.0616 for more info.

## WATERCOLOR ~ All levels

This class is offered by well-known local artist and center member, Beverly Martin. She will get you through the first class at which time she will give you a supply list. The class has two parts to it:

- Students work on a personal painting with the instructor rotating and working individually with each person
- The instructor will teach a 15 to 30 minute structured lesson using a certain technique(s) on an on-going piece of artwork. The students will then use that example to create the same thing on their own individual pieces of the same piece of artwork.

**Date:** Thursdays **Time:** 9am to Noon  
**Cost:** \$10 (m) \$15 (n-m)



## BEGINNING UKULELE

Stan Meidinger is offering weekly beginning ukulele lessons. Ongoing classes are on:

**Date:** Thursdays **Time:** 12:00pm to 1:00pm  
**Cost:** \$7 Members / \$8 Non-Members



## GAMES, GAMES and more GAMES....

For some fun and games the center's the place to be!

Monday 12:15pm ~ **Bridge** (intermediate/advanced)

Monday 1:00pm ~ **Canasta, Chess, Mahjong, Scrabble**

Thursday 1:15pm ~ **Pinochle**

**Bunko** (every 4th Thursday only)

**Come on down, don't be shy....**

**Cost:** Members \$2.00 Non-Members \$3.00



## MAHJONG ~ BEGINNING/INTERMEDIATE

Looking for something new? Ever wondered what Mahjong is about? Darshana Croskrey introduces Mahjong to brand new players. She has taken away the intimidation of this complex game by breaking it down to an easy understanding in simple segments. Once you start, you will be hooked!!!

## SCRABBLE

Please join Mother-Daughter Duo, Betty and Donna Cederlund on the Scrabble boards. Double the fun by bringing along a friend, triple your word pleasure by knowing we welcome all levels - novice, intermediate, expert. We want you all to come and play with the aim for people to play at their preferred level and have several tables going.

## CHESS

Want to exercise your brain? Member, Peter Maurer is looking for intermediate to expert level chess players. Come and join him on Monday afternoons.

# Special Events



## Armchair Topics and Birthday Celebrations

Due to the busy "Holiday Season", the center will take a break from these two events and return on January 28th, 2016. The topic at that time will be "Holiday Happenings" followed by a celebration of the October, November, December and January birthdays.

## Chamber Awardees for 2015

### Congratulations to the winners of the 2015 Scotts Valley Community Awards!

This year's honorees are:

Alvin Scarborough Memorial Man of the Year - **David Hodgin**

Annette Marcum Memorial Woman of the Year - **Debbie Muth**

Business of the Year - **Business With Pleasure**



Organization of the Year - **Scotts Valley Water District**

Educator of the Year - **Renaë Fish**

Sharemi Ullestad Memorial Youths of the Year - **Iliana Hayes & Matt Murray**

Claire Hodgin Memorial Beautification Award - **Vine Hill Life Lab, Michelle Reber & Denice Grogan**

Chamber Ambassador of the Year - **Stephen Hoversten**

Congratulations to all the above. You all deserve your awards and our little city is blessed to have such hard-working individuals sharing their time and talents for the good of the community.

If you wish to attend the Awards Dinner at The Hilton on Saturday November 7th, tickets may be purchased at the Chamber of Commerce next door to the Community Center.

*to the following Scotts Valley Senior Center Members. If You see any of these Members, please wish them a HAPPY BIRTHDAY. Best wishes from the entire Scotts Valley Senior Center.*

Donna Hollister	2	Kathy James	3	Mary Alice Valles	3
Ken Gorny	4	Alonzo (Lonnie)	5	Marty Carlson	5
Jan Rosenberg	5	Connie Adkins	6	Gail Smith	8
Marianne Blanc	9	Pat Eggleton	10	Charles Kirkman	10
Dorothy Laugharn	11	Diane Warren	11	Terri Ritchie	12
Jean Gregson	13	Pat Morotti	13	Frankie Amrine	14
Frankie Amrine	14	Sherilyn Dominique	14	Carolyn Fitz	16
Leslie Stagnaro	16	Meryl Everett	17	Ben Tinetti	17
Patricia Torres	17	Joan Weston	17	Bev Edmundson	18
Patricia Parker	18	Anita Cocking	19	Ingrid Austin	20
Mary Ann Dominguez	20	Robert Kerr	20	Hanneke Chappell	21
Terri Fahrenholtz	21	Sharon Hansen	21	Evelyn Pugmire	21
James (Pitt) Simmons	22	George Domenichelli	23	Ira Kessler	23
Rosanna Wright	23	Maureen Ahrens	24	Andrea Losee	25
Loraine T. Lovato	25	Elaine Myers	25	Bonnie Estrada	26
Jack Marshall	26	Larry Mosley	27	Susan Clarke	28
Diana Garbutt	29	Elaine Finney	30	Gloria Jan	30
Lisa Jenkins	30				

## Activity Leaders

m = Members  
n/m = Non-Members

<b>Art of Sketching</b>	Sammy Khalil	\$5 m	\$7 n/m
<b>Bingo</b>	Project Scout	\$.50 per card	
<b>Bocce</b>	Susan Taylor	\$2 m	N/A
<b>Book Worms</b>	Patsy Rice	\$2 m	\$3 n/m
<b>Bunko</b>	Irene Bustichi/Sandy Payton	\$7 m	\$8 n/m
<b>Bridge</b>	Marilyn Snyder	\$2 m	\$3 n/m
<b>Canasta</b>	Mercedes Sarsi	\$2 m	\$3 n/m
<b>Chess</b>	Peter Maurer	\$2 m	\$3 n/m
<b>Computer Lab</b>	Maurice Mamon	Free	Free
<b>Coffee &amp; Conversation</b>	Connie Adkins/ Suki Marin	Free	N/A
<b>Stretch &amp; Condition</b>	June Barber	\$2 m	\$3 n/m
<b>Home Arts</b>	Billie Street	\$5 m	\$6 n/m
<b>Line Dance</b>	Tamima Schwartz	\$2 m	\$3 n/m
<b>Mahjong</b>	Darshana Croskrey	\$2 m	\$3 n/m
<b>Meals on Wheels</b>	Sandy Payton	\$2.50 m	\$2.50 n/m
<b>Muncheon Movie</b>	Marlene Flannery	\$5 m	\$6 n/m
<b>Pinochle</b>	Donna Silvia	\$2 m	\$3 n/m
<b>Potluck Lunch</b>	Marlene Flannery	\$2 + potluck dish	
<b>Scrabble</b>	Donna & Betty Cederlund	\$2 m	\$3 n/m
<b>Ukulele</b>	Stan Meidinger	\$7 m	\$8 n/m
<b>Watercolor</b>	Beverly Martin	\$10 m	\$15 n/m
<b>Writing</b>	Jack McKellar & Joanne Stewart	\$5 m	\$6 n/m
<b>Yoga</b>	Padma Rudraraju	\$3 m	\$5 n/m
<b>Zumba</b>	Leatrice Bachan	\$3 m	\$5 n/m

# November Calendar

Monday

Tuesday

Wednesday

Thursday

Friday

2

3

4

5

6

Center is closed for the week - Craft Faire Preparation 11/2-6 & 11/9 (Monday-Monday)

Telephone the Center to signup for the Thanksgiving Potluck on November 13th - 831-438-8666

"Antique & Holiday Craft Faire November 7 & 8 Saturday 9-4 Sunday 10-4

9

**Craft Faire Cleanup**

**CENTER CLOSED**



10

Zumba 9am - 10am  
**"Zumba Class is in the Skypark Classroom today"**  
 Writing Class 10am - 12pm



11

**Veterans Day Center is CLOSED**



12

Watercolor 9am - 12pm  
 Zumba 9:30am - 10:30am  
 Yoga 10:45am - 11:45am  
 Beginning Ukulele 12pm - 1pm  
 Bunko 1:15pm - 3:15pm  
 Cribbage 1:15pm - 3:15pm  
 Poker 1:15pm - 3:15pm  
 Pinochle 1:15pm - 3:15pm

13

**Beg/Int Line Dance** 9am - 10am  
**Stretch & Condition** 10am - 11am  
**Art of Sketching** 10am - 11:30pm  
  
**Thanksgiving Potluck** 1pm

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Yoga 8:45am - 9:45am  
**Stretch & Condition** 10am - 11am  
 Bridge 12:15pm - 3pm  
 Scrabble 1pm - 3pm  
 Chess 1pm - 3pm  
 Canasta 1pm - 3pm  
 Mahjong 1pm - 3pm  
 Zumba Friends 6pm - 7pm

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Zumba 9am - 10am  
  
 Writing Class 10am - 12pm  
**Beg/Int Line Dance** 12am - 1pm  
 Home Arts 2pm - 9pm

18

**Meals on Wheels Lunch** 11:30am - 12pm  
**Bingo** 1pm - 3pm  
  
**Technology Open Session** 2:00pm - 4pm

19

Watercolor 9am - 12pm  
 Zumba 9:30am - 10:30am  
 Yoga 10:45am - 11:45am  
 Beginning Ukulele 12pm - 1pm  
 Cribbage 1:15pm - 3:15pm  
 Poker 1:15pm - 3:15pm  
 Pinochle 1:15pm - 3:15pm

20

**Beg/Int Line Dance** 9am - 10am  
**Stretch & Condition** 10am - 11am  
**Art of Sketching** 10am - 11:30pm  
**Book Worms** 1pm - 2:30pm  
 Guest Author ~ Vinnie Hansen

23

Yoga 8:45am - 9:45am  
**Stretch & Condition** 10am - 11am  
 Bridge 12:15pm - 3pm  
 Scrabble 1pm - 3pm  
 Chess 1pm - 3pm  
 Canasta 1pm - 3pm  
 Mahjong 1pm - 3pm  
 Zumba Friends 6pm - 7pm

24

Zumba 9am - 10am  
 Writing Class 10am - 12pm  
**Beg/Int Line Dance** 12am - 1pm  
 Home Arts 2pm - 9pm



25

**Thanksgiving Break 11/25 - 11/30 Center Closed**



26

27

**Monteville Community Life Presents...  
 "Senior Planning Needs—Death and Taxes"**

Panel is made up of Attorneys & CPAs  
 Structured Presentation first followed by a Q&A Session  
 Are your affairs in order? What do you do if you receive a letter from the IRS?  
 These questions and more...Answers ~ Clarifications ~ Options...

**Saturday November 7th, 2015 at 2pm**

Monteville ~ The Mill House

Refreshments will be served

Please call Axel Funke (408) 781-6303 to reserve a seat

**Center Closure Reminders:**

- 11/1 through 11/9 inclusive (open 11/7 & 11/8 for the Craft Faire)
- 11/11 Veterans Day
- 11/25 To Be Determined
- 11/26 through 11/29 inclusive

## Beating the Holiday Blues

**Feelings of sadness and depression are common during the holidays, but not inevitable. UM experts offer a variety of practical tips to help you keep the blues away.**

Once again the holidays are upon us, which means it's time for festive partying with friends and family, sharing gifts and laughter—and getting depressed. That's right. For many people, the holidays bring on feelings of sadness and anxiety that can be hard to shake.

According to the National Mental Health Association, reasons for feeling blue around the holidays are numerous. They range from fatigue—a result of all of the increased holiday activity—to financial limitations and family tensions. Experts say one of the fastest routes to holiday depression is unrealistic expectations.

“People often hold on to what they remember as an ideal holiday from years gone by, and are unable to reproduce it,” said Jill RachBeisel, M.D., director of community psychiatry at the University of Maryland Medical Center. “There are also expectations around the holidays that ‘everything must be perfect’, and perfection is, of course, rarely obtainable.”

To reduce heightened expectations, Hinda Dubin, M.D., clinical assistant professor of psychiatry at the University of Maryland School of Medicine, suggests that people be honest with themselves about what they can do during the holiday season.

“Set realistic goals,” said Dubin, who is also a psychiatrist at the University of Maryland Medical Center. “If your holiday plans require you to run around shopping and going to parties until you are exhausted, and staying up all night to wrap presents, your plans aren't very realistic. You need to pace yourself and get enough rest so that you won't be grouchy and testy.”

Other factors that can contribute to feelings of sadness around the holidays are memories of deceased loved ones and strained family dynamics.

“The holidays are associated with family and togetherness,” said RachBeisel, who is also an associate professor of psychiatry at the University of Maryland School of Medicine. “In today's world of high divorce rates and fragmented family units, stress is commonly experienced as family members attempt to find some compromise in defining shared time.”

Creating family traditions is one way to bring family members closer together, said Dubin. These traditions don't have to be formal or elaborate. For instance, she recommends visiting a nursing home to help serve holiday meals to some of the residents, or videotaping holiday celebrations and making an annual event of watching the previous year's celebration.

### Holiday Blues vs. Serious Depression

The holidays cause many people to feel anxious and depressed in a general sense, but for some, holiday tensions can lead to full-blown clinical depression.

According to the National Institute of Mental Health, about 19 million American adults suffer from depressive illnesses every year. Unfortunately, many people with clinical depression don't seek help, even though depression is a treatable condition.

“Some people still look at mental illness as a character flaw,” Dubin said. “The truth is that it is no different from any other kind of illness. If your body couldn't produce enough insulin, no one would tell you to ‘get over it’. You'd need to go to the doctor and get treated for your insulin deficiency. It is the same with mental illness.”

### Symptoms of Depression

Below are a list of depressive symptoms compiled by the National

Institute of Mental Health. NIMH experts suggest that you seek professional help if you experience five or more of these symptoms every day for two weeks. If you have recurring thoughts of death or suicide, you should get help immediately.

- Persistent sad, anxious, or “empty” mood
- Feelings of hopelessness, pessimism
- Feelings of guilt, worthlessness, helplessness
- Loss of interest or pleasure in hobbies and activities that were once enjoyed, including sex
- Decreased energy, fatigue, being “slowed down”
- Difficulty concentrating, remembering, making decisions
- Insomnia, early-morning awakening, or oversleeping
- Appetite and/or weight loss or overeating and weight gain
- Restlessness, irritability
- Persistent physical symptoms that do not respond to treatment, such as headaches, digestive disorders, and chronic pain

### How to Cope with Holiday Blues

Don't let all of the pressures of shopping, coordinating social functions, negotiating family issues and missing lost loved ones overwhelm you this holiday season. There are a number of things you can do to keep stress, anxiety and depression at bay.

One of the best antidotes for the holiday blues is doing something for someone else.

“Volunteer your time this holiday season to help others who have less than you do,” said Dubin. “Taking the focus off of yourself and putting it on others can really make you feel much better. Not only can you help other people, but doing so will add a lot more meaning to your holiday season.”

Dubin offers these additional tips to help you banish the holiday blues:

**Delegate.** Don't try to do it all by yourself. People often want to help and to be involved. By breaking down tasks and doling them out to friends and family, everything becomes more manageable.

**Spend Some Time Alone.** Some people love the energy and exuberance of big holiday parties and activities. For others, all of it is very taxing. If you find yourself getting a little anxious, take a breather. Find a quiet spot to relax and recharge your batteries. Other people will be so caught up in what is going on that they probably won't even miss you.

**Let Go of the Past.** Don't be disappointed if your holidays aren't like they used to be. Life brings changes. Embrace the future, and don't dwell on the fact that the “good old days” are gone.

**Don't Drink Too Much.** It is easy to overindulge around the holidays, but excessive drinking will only make you feel more depressed.

**Give Yourself a Break.** Don't think in absolute terms. You aren't the best cook in the world, or the worst. You aren't super mom, or the most horrible mother in the world.

If despite your best efforts to remain upbeat this holiday season, you find yourself feeling down for a sustained period of time, get help. Don't try to “tough it out” alone. There are treatment options available to you that could make a significant difference in your outlook.



Ferd Bergholz

# Special Thoughts

## Sunshine Note

### Thinking of You, We Miss You ~

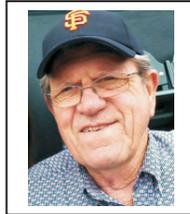
Life has its ups and downs  
But we like to see smiles not frowns  
If you're not feeling up to par  
We send our thoughts to where you are  
And if you're here and feeling blue  
We hope our wishes uplift you!



Connie Adkins  
Wayne Johansen  
Peter Maurer  
Millie Vogler

## Cheers To All These Years...

Many Happy Returns to **Harvey Bustichi** who celebrated his 80th birthday with a jam-packed weekend. Instead of receiving gifts, he gave the gift of service...Friday night he, his fellow SV Host Lions and family from Santa Rosa cooked for Pasta for Sight, Saturday night an intimate family celebration, and on Sunday, he and his family served a pancake breakfast for his fellow parishioners at St. Augustin's Church!!!



We say Cheers to **Nick & Sandy Hartman** as they recently celebrated their 47th Anniversary. This dynamic duo keeps busy with friends, family and travels and will soon be off to Virginia. Congratulations Guys and safe, fun travels wishes for both of you.



## Gone But Not Forgotten

### Linda Marie Blenio

Feb 21st 1952 to Sept 26th 2015

It is with sadness that we said Goodbye to our lovely Linda. She loved the center, not only participating in activities like Zumba and Line Dance, but was also a part of the center's core volunteer team together with her close friend and companion, Sammy Khalil.



Just a year ago, came the devastating diagnosis of Glioblastoma. In spite of a harrowing year of excruciating pain, surgeries and chemical treatments, Linda only radiated an upbeat and sunny face. Her positive attitude showed even when the end was so near, by being bound and determined to participate one more time with her beloved Zumba friends at the center.

We send our sincere sympathies to Linda's family and friends; most especially to her constant companion (and our friend), Sammy Khalil.



## Welcome New Members

Marcy Allingham, Neal Berezin, Robert Berezin, Fred Elkins, Axel Funke, Roger Hansen, Linda Johnson, June Langhoff, Brooke Peterson, Sally Serena and Sammy Watkins

### THANK YOU FOR JOINING OUR SV SENIOR CENTER

#### Want to become a member?

Join the center, join the fun...It's easy as 1.2.3.

- 1 - See one of our nice receptionists during center hours
- 2 - Spend two minutes filling your membership application form
- 3 - Turn in form and \$20 annual fee to the nice receptionist – **DONE!**  
(New members pay pro-rated dues)

### NO MORE BROWN MEDICINE BOTTLES PLEASE DO NOT BRING IN!!!

We regret that the program is over and we will no longer be collecting your used medicine bottles for The Malawi Project.

### MAKING CHANGE IS HARD TO DO!

In order to make the lives of our hard working receptionists easier, please remember to keep extra dollar bills handy when coming to the center.



## Sponsor Updates

- We welcome Platinum Sponsor, Brooke Peterson of Lady Rejuvenator. Check out the sponsor board at the center as Brooke tracks her daily progress by re-setting her metabolic rate to get healthy.
- Welcome Copper Sponsor, Patrick Welch ~ California Licensed Professional Fiduciary (Trust & Estate Administration) and Certified Guardian.
- Thank You to everyone who came and supported the SV Host Lions Pasta for Sight Dinner to raise money for eyecare and hearing services for seniors and low income families.
- We wish dentist, Dr. John Stevens, a speedy recovery from his recent surgery.
- Congratulations to the Kiwanis of the Valleys for Music at Skypark. In this, its seventh season and with the help of the community, they raised 20K for the music program in local schools!
- Thank You to Jeanne Shada of Scotts Valley Property Management for joining the SV Chamber of Commerce Board of Directors.
- Thank You to Dene Bustichi for laying our side patio for the kitchen staff to have a place to sit. Now we just need the door to be installed as soon as possible.....

## Scotts Valley Senior Center Advertising Rates Per Year

LEVEL	WHAT IS INCLUDED	COST
Copper	Newsletter only	\$60
Bronze	Small (approx 4" x 6") customized display on Sponsor Board	+\$50
Silver	Medium (approx 6" x 8") customized display on Sponsor Board	+\$100
Gold	Large (approx 8" x 11") customized display on Sponsor Board	+\$150
Platinum	<b>Best value:</b> Includes the newsletter, large display on the Sponsor Board and one free rental of the facility (up to a maximum of four hours). Please note, the facility has to be available at time of booking. <b>This deal is valued at over \$400!!!</b>	\$250

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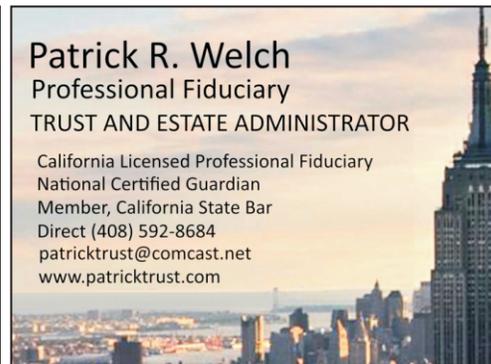
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Our Center is happy to welcome new Bronze Level sponsor, Maurice Mamon of Aardvark Technical Services. Members will also be glad to know that he will taking over the Technology Open Sessions from Ayan starting October 7th. So come on in and see Maurice for help with your digital toys on Wednesdays. Please note the new time of 2pm to 4pm.

Thank You Maurice!

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# Scotts Valley Senior Center

## Mission Statement

The Senior Center's purpose is to provide a place where seniors may find companionship, help and the opportunity to pursue their interests in educational, recreational and craft activities, and to promote the goodwill and public interests of the community. It is a non-profit, non-sectarian and non-political organization of friendly neighbors.

Dues are \$20.00 per year, payable each July 1st. All donations are tax-deductible. Please make check payable to Scotts Valley Senior Center. Lifetime Membership fee is \$100. To be eligible for membership, you must be 50 years or older. New members pay pro-rated dues.

**Darshana Croskrey**  
(831) 438-8666  
Center Coordinator  
dcroskrey@scottsvally.org

See this and older newsletters at [www.fbergholz.com](http://www.fbergholz.com)  
Senior Center Website: [www.scottsvally.org/parks/senior\\_center.html](http://www.scottsvally.org/parks/senior_center.html)  
[www.myscottsvally.com](http://www.myscottsvally.com) and [www.facebook.com/MyScottsValley](http://www.facebook.com/MyScottsValley)

Center closed EVERY 4th Friday of the month for ADMINISTRATION DAY: 11/27, 12/25



**Scotts Valley Senior Center**  
370 Kings Village Road  
Scotts Valley, CA 95066

## Scotts Valley Senior Center Hours

**Monday & Wednesday:** 10 am - 4 pm

**Tuesday, Thursday, Friday:** 10 am - 2 pm

### Other Hours for Special Events

**Directors office hours:**  
10 am to 1 pm on work days

**Phone Number:** 831-438-8666

**Address:** 370 Kings Village Road  
Scotts Valley, CA 95066

**Please note** - On the fourth Friday of every month, the center will be closed. No classes or activities will take place on these days. We apologize for any inconvenience this may cause.

## Center Board Members

Ferd Bergholz ~  
Chairman of the Board  
Harvey Bustichi  
Gary Cramer  
Gillian McGlaze  
Terri Ritchie  
Margaret Schraft  
Tom Steinhaus



**Editor:**  
**Becca Mosley**



Scotts Valley Senior Center



**Happy Thanksgiving**