



Notes from the Nurses

Lots happening in the Health & Wellness Program this fall! But first, many many THANKS to all who were able to spend time in Glass Booth #3 at the Art & Wine Festival. We're so appreciative of your time and hard work - and it IS hard work, isn't it?!? All that adding and checking IDs, not to mention getting the wrist bands on straight as quickly as you can go. Hopefully you had some fun, too. We, the H&W staff did, and we are already looking to improvements for next year's process.



USF Nursing students and Santa Clara University students are in the house. Mostly, they are looking to interact and learn from older adults. As one of our nursing interns said to me in amazement last week, "YOU like bobba tea?!" (Yes, I like bobba, even though I'm older. I like lots of the same things a 22 year old likes.) If you have time on a Tuesday morning or early Wednesday afternoon (please see the SC newsletter for times), please come by Room 149 and join us for a hand of bridge and some illuminating! Or perhaps I could bring a nursing student by on a Tuesday or Thursday for a blood pressure check and a home visit? Please give me a call!

Flu Clinic - get your free flu vaccination on Thursday, October 5, 9am - 11:30am in Room 231 upstairs. Bring your Medicare card if you have one and Kaiser patients please get yours from Kaiser (we were at the Senior Health Fair last Sunday, 9/24; were you?). Spread the word please - the Dept of Public Health nurses are very good at shots!

We are building our list for Holidays Meals on December 13th. If you know someone who is not getting out much these days, whose family lives out of the area, or who just could use a little TLC this holiday time, please ask them if we could bring them a meal, and then give their contact info to Wendy, Larisa, or Saraswathi. We have a few spots open now and we know the

list will move a lot before December.

Take care and thank you for all that you do on behalf of Santa Clara's older adults ~ Mallory, with Wendy, Larisa, and Saraswathi

2017 Historic Home Tour

The Santa Clara Historic Home Tour will be held Friday night, **December 1** and during the afternoon on Sunday, **December 2**. We are very pleased to have been invited again this year to provide refreshments and to offer Opportunity Baskets. This was a very successful fund raiser last year, thanks to your great support.



This year we will be stationed at the Jameson-Brown House, just behind the Triton Museum. Those of you who froze last year in the "open air" setting of the garage will be very pleased to know that we will inside this beautiful home! I'll have a sign-up sheet for volunteers available at the October meeting.

We are hoping to have 25-30 Opportunity Baskets. Sixteen members have already let me know that their baskets are in process. If you have empty baskets, please bring them to the October meeting. Need help with a basket theme?? I'll have a bunch of ideas! If you are not a basket maker, please consider donating gift cards - we try to place an appropriate one in each basket. With cash donations, we can buy addition cards.

Holiday Meals



We are getting ready for our annual Holiday Meals delivery.

This year it is on **Wednesday December 13th from 11:00** to approximately 1:30. This is where we go out in groups of two's to visit seniors in Santa Clara with a goodie bag of treats, a poinsettia and a full turkey dinner. The people we visit appreciate the food and the time we spend with

them. We will start signing people up at the October meeting.

SCWL Website

As you may or may not know, we do have a website but it has not been updated for a while. At our September meeting, we discussed updating it and I volunteered to help with that. We have a member who is excellent at developing websites and she has agreed to help us.

We would like to put our monthly newsletter on the website and photos of our events. We will take out any phone numbers or email addresses of members for confidentiality so none of your private information will ever appear on the website.

If you do not want your photo on the website, please let me know. We will not put names with the photos but there are some who prefer not to have their photos on the web. If I do not hear from you by the end of October, I will assume you have no objections and we will add photos to the website.

Check out the website:

www.santaclarawomensleague.org if you haven't seen it before. Soon it will be much more appealing and hopefully we will attract more members to join our League.

Emily Adorable, Website chairperson

Save the Date : Holiday Party!



The holidays are coming up quickly, and so I am working with Francine the Event Planner at the Elks Lodge to use their hall again this year for our Holiday Party on Tuesday, December 5th at 6 PM.

*It will be fun so hope to see you there!
Marti*

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Upcoming Events

General Meeting, October 10 at 1:00PM
Senior Center 232

Breakfast Club, October 16 at 9:00 AM
Mission City Grill

Showtime Meeting, October 17 at 6PM
Senior Center 232

Furry Friends



