



Santa Clara Women's League
PO Box 3033 - Santa Clara, CA 95055-3033

President's Message: Georgia Sutter

Let's have a fabulous February! Let's fly in the face of fear, have some frivolous fun, fry some funky food. Our mental health is very important and doing something each day to lift your own spirits can make life better. Maybe it's just having a hot cup of coffee and quietly sitting by a window watching leaves blow in the breeze or a squirrel running around. Take a deep breath.....



The other day, as I was doing a crossword puzzle, one of the clues was "take a deep ". Such good advise.

Look for a report about auctioning our opportunity baskets soon. As I mentioned in my e-mail of the 18th, the Board is actively looking into auctioning them off. We had a ZOOM meeting on Jan 26th with Rick Mauck, who knows how it's done and is willing to help us set things up and follow through with us.

Johnny's mother had three children. The first child was named April, the second child was named May. What was the third child's name? Johnny, of course. Try to pay attention.

Thought of the month

We don't see things as they are, we see them as we are.

—Anais Nin

Notes from the Nurses

Greetings! We have been busy, Larisa and I. Larisa is adding another half day to her schedule so that we can begin some outreach to our members whom we miss. That's you! Here's what we're up to, in addition to continuing the Senior Nutrition Program (SNP) lunch service:

- **Health & Wellness Howdy! Packets:**

Beginning in February, we'll be mailing out (regular mail) our Howdy Packets. We'll include the Senior Center newsletter, a health teaching page, something fun to do, and anything from our community partners that we think you should know about. We're starting with the homebound meal list used by our SNP and the firefighters for weekend meal deliveries. There is no charge for this – we'd just like to connect. If you would like to receive one, contact Larisa at the info below.

- **Meet Up with Mallory on Zoom, Class #21508:**

Also beginning February, I will be hosting a monthly Zoom meeting to share and discuss current events related to health, wellness, resources, and trying to get by in our 2021 world. February's meeting will address COVID19 vaccinations – who, what, when, and where. In March, I'll cover in-home care. **Meetings are from 11:30am – 12:30pm on the 3rd Tuesday of each month**, starting February 16 through June 15, 2021. Meetings are free, but pre-registration is required. The Zoom link will be provided upon registration, either through the Front Desk (408) 615-3170 or online http://apm.activecommunities.com/santaclara/Activity_Search/16512 Grab some lunch and let's talk!

- **Mindful Meditation with Chris Becker on Zoom, Activity #21509:**

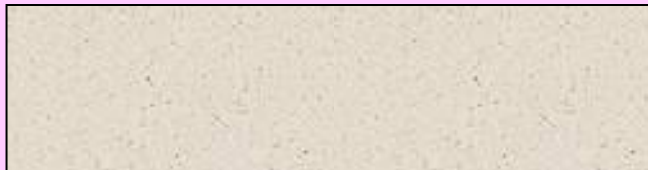
Chris has been leading mindfulness sessions at the senior center for the last two years. We are so thankful that he has agreed to continue via Zoom. Group meets **every Tuesday at 10:30am** and goes for about half an hour. Chris begins with a little discussion and guidance, then members practice in silence or sometimes he plays a little quiet music. At the end, Chris checks in again before logging off. I host the meetings, so am also present "in the room." Mindfulness has been shown to reduce stress, improve resilience, lower blood pressure, improve sleep, and help us cope with all that is happening in our lives. I can't recommend it enough. If you'd like to give it a try, please register (meetings are free) at the Senior Center Front Desk (408) -615-3170 or online at <https://apm.activecommunities.com/santaclara/Home> . The Zoom link will be provided upon registration. Group is currently scheduled until February 23; we have been extending sessions as Chris's schedule and interest allows.

- **Problem-solving:**

If you need help figuring something out or finding a resource, please contact Larisa or me: Larisa Polozova, RN, (408) 615-3797, lpolozova@santaclaraca.gov and Mallory von Kugelgen, RN, (408) 615-3180, mvonkugelgen@santaclaraca.gov . Larisa is in the office on Wednesday – Friday. I'm at my desk Tuesday and Thursday all day, and Mon/Wed-Fri after 1pm.

The SCWL Board met with Rick Mauck today to discuss the Opportunity Basket online auction. After reviewing his presentation and answering all of our questions the Board voted unanimously to move forward with the fundraiser. We hope to have one or two other non-profit organizations join us, share the cost and have more items to entice bidders. We have the potential to make a lot of money for our organization and we're very excited. If you're planning to return your basket please drop them off at Nancy Velasco's house by February 15th or sooner. If you need us to pick up your basket please contact Nancy. The tentative auction dates are March 19-25th. More information to follow.

Thank you,
SCWL Board



**2020- 2021
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Crazy facts:
It's impossible to hum while holding your nose.

People used to say "prunes" instead of "cheese" with posing for photos.

Dunce caps used to be a sign of intelligence.

Lobsters taste with their feet.