



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

May

Membership Dues of \$20 for the 2021/2022 year are due to Nancy Velasco by June 30th.

Please print and fill out the attached form and return it with your check. The information from the form will be used for updating the Yearbook. If you are unable to print out the form but have contact information updates, you can just email your updates directly to Kathy Del Pino (Second Vice-President, Head of the Membership Committee).

Hopefully we will be able to meet in person again during the next fiscal year. We are sure all looking forward to that day!

Notes from the Nurses

A year ago, heading into May, we had no idea what a long ride we were beginning. "Surely this will be over by September," we thought. Well, we've stopped hypothesizing, choosing to focus instead on the here and now. Anticipating problems just increases stress and we're often wrong, anyway. Larisa and I hope that you are able to focus on today, trusting that tomorrow will take care of itself. That said, the Senior Center staff is making plans for re-starting, whenever that turns out to be, and our maintenance team has been taking the time to spruce up and spring clean.

Larisa and I continue to work on the Senior Nutrition Program's walk-up service. The drive-through has ended as city staff has been de-activated as emergency workers and have returned to their regular roles. We now transition back from an emergency food service to our regular lunch program via take-out. The Health & Wellness Program continues to provide information, referrals, problem-solving, and caregiver support. Our calls have tapered from helping find vaccination appointments to referral requests for housing and home care.

We are also working on our 5th annual "Be Strong, Live Long" Health & Wellness Fair, virtual again this year. Celebrating Older Americans Month, the event kicks off on Thursday, May 20, from 10am to 2pm. This year we are live-streaming activities you can join on Zoom from home for free (Zumba, Tai Chi, Mindful Meditation, and more)! Visit the Senior Center's website after May 1st to register – the first 50 to register receive a free Be Strong Swag Bag. We will have resource exhibitors in virtual booths, as we have in the past. When you click on a booth, you are linked to the organization's page. Be sure to visit; many exhibitors are providing demonstration videos, in addition to a link to their websites. Be sure to visit the Santa Clara Women's League booth!

As always, we are hoping you are well, vaccinated, and starting to feel some ease from this last year's disruption. If you need any help, please don't hesitate to call. All our best, Mallory and Larisa

A little girl had just finished her first day of school. "I'm just wasting my time," she said to her mother. "I can't read, I can't write, and they won't let me talk!"



Thought of the month
The cave you fear to enter contains
the treasure you seek.
—Joseph Campbell (paraphrased)

