



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



President's Message: Georgia Sutter

Hello everyone and welcome to late spring, warmer weather and sunshine! As you know there have been busy activities going on over the past couple of months.

1) Two months of preparations for the May auction and raffle ticket sales really paid off. Thanks again to everyone for your contributions and hard work. 2) The new Roster of Board members, and our donation of \$10,000 for the Wellness Program have both been voted on and approved by our members. 3) Our yearly audit was performed on May 3rd. See Diane Jones' report below.

Now, on to plans for our coming year. Great news: We can start meeting at Mission City Grill for our monthly breakfast get-togethers again! Put June 21 at 9:00am on your calendar. If you feel comfortable with dining indoors, we'd love to see you. I'll be making reservations the week before, so if you'd like to join in, give me a call @ 408/243-2168 so I can have tables set up to accommodate our group. Now that things are starting to "open up" with regard to COVID, I'm hoping we can hold our monthly meetings at the Senior Center again starting in August – we'll keep you posted.

Finally, don't forget to pay your membership dues by the end of June. Stay safe everyone and enjoy the beautiful weather.

Thought of the month

Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it.

—Rumi

My young grandson called last week to wish me a happy birthday. He asked me how old I am and I told him: "Sixty-eight."

After a pause, he said, "Did you start at one?"

Notes from the Nurses

Lots of "Thanks!" this month from the Health & Wellness nurses ~

Much appreciation to all who joined our **5th Annual Be Strong, Live Long Health & Wellness Fair** on May 20th. Over 65 people attended the Zoom live-stream festivities – what a wonderful group of instructors we have! We joined in on Small Group Fitness with Amber, Tai Chi for Life led by Linda, Fall Prevention and Morgan, and my personal favorite, Mindful Meditation with Chris Becker. It was fun, instructive, and motivating. Kudos to Marti Ragone who was always the first one out of her chair, LOL, and to Nancy Toledo, my partner in contacting the 40 community resource providers in our virtual booth exhibit. The fair will be accessible to viewers for all of June, so please take the time to find something new: [SantaClaraCA.gov/HealthandWellness](https://www.santacruzca.gov/HealthandWellness). Also, these classes are available now, so see the Senior Center newsletter for dates and times.

- In our May Howdy packet, we sent home a blank Pandemic Page with a SASE. We were hoping people would take a minute to send us some thoughts about this last year in the Shelter in Place. In July and August, along with our USF nursing students, we will be launching a storytelling project in collaboration with the California State Libraries and UC Berkeley. This Pandemic Page enabled us to test the waters for interest in participating in this kind of activity. While response was not overwhelming, what we did get from people was very moving. It's important to our wellbeing to take time to reflect on the disruption, distress, and trauma we've all experienced in 2020 (and into 2021!). Thank you to those who participated and, if you've been meaning to get around to it – there's still time! Send me a page; you can be anonymous! Don't waste the stamp!
- Thank you very much for the kind \$10,000 donation Georgia Sutter just delivered to the Senior Center. As we move into this next transition and the Senior Center re-opens, we will be able to put that money to good use in the Health & Wellness Program. More than anything, we are grateful for your support.

June is Alzheimer's Disease and Dementia Awareness Month. There are lots of resources online through the Alzheimer's Association and other groups. I discovered a new one: BrainGuide (www.brainguide.org) which has an online quiz you can take that is a private, generalized screening for memory problems. I took it and was greatly reassured that I'm okay (for now). This does not take the place of a diagnosis, but for those of us who are the Worried Well, a way to decide if you need to see your doctor. Check it out!

All the best~ Mallory and Larisa

