



SANTA CLARA WOMEN'S LEAGUE
 P.O. Box 3033 - Santa Clara, CA 95055-3033

President's Message: Emily Adorable

Welcome back to returning members and welcome to new members!! I am very excited to serve as your president during the 2024-25 year and even more excited about our brand- new Board of Directors. It has been a while since we have had new Board members and although the previous Board members were outstanding, it's always great to welcome new ideas and have more member participation in leadership. Please check out the Meet the New Board part of this newsletter. Our first general meeting for the year will be on **Tuesday, August 13 at 1:00PM** in SC Senior Center Room 231. We are trying out this new room, but we may have to expand to a larger room if our Second Vice-President, Wanda Buck, keeps recruiting new members to SCWL!! It will be wonderful to be back together again and make plans for the year. Please join us at the meeting and help us start off with a bang!!! I am happy to serve as your president and welcome all ideas and suggestions for furthering our cause. -See you on the 13th!

Breakfast Club- Monday, August 19, 2024- 9:00am, Mission City Grill.

Next General Meeting- Tuesday, August 13, 2024- 1:00pm, Santa Clara Senior Center Rm 231

Health & Wellness Program Updates

Covid19 has been spiking in July, as it does each summer. While people are much better protected from immunizations and/or previous infections, the majority of the people who are getting seriously ill are older adults, age 65+. Long Covid still remains an urgent concern – the precipitating infection symptoms may not be so bad, but the risk of Long Covid remains, especially for those who already have heart disease, diabetes, and other chronic health condition.

Epidemiologists are recommending that if it has been 6 months since your last Covid vaccination; speak to your healthcare provider about getting another one now. But act quickly, because a combo vaccine (Covid & flu) will be coming out this Fall and you will not be eligible for that until it has been 4 months since your last Covid shot. Lots of factors to consider!

In the meantime, get good sleep, exercise daily, eat your dark green leafy vegetables, and stay healthy!

Best wishes to you all from the H&W team:

Larisa, Mallory, Katy and Jodi

From your 2nd VP Wanda Buck

Our SCWL Membership exceeds 50 Members! Welcome and Thank You to Each One of You!!!

Please remember to invite a guest to Breakfasts & Meetings.

August Guest Speaker is Pamela Davoren from Santa Clara University

Osher Lifelong Learning Institute



I stay a bit overweight because it wouldn't be fair to all the skinny people if I were attractive, intelligent, funny AND thin. It's a public service, really.



The most memorable people in your life will be the friends who loved you even when you weren't very lovable.

2024 – 2025

BOARD OF DIRECTORS

| | |
|--------------------------|---------------------|
| President | Emily Adorable |
| 1st Vice President | Sharon Andrzejewski |
| 2nd Vice President | Wanda Buck |
| Treasurer | Bobbi Estrada |
| Recording Secretary | Kim Cowell |
| Corresponding Secretary | Carolyn Johnson |
| Immediate Past President | Nancy Velasco |
| Parliamentarian | Nancy Toledo |

Committee Appointees

| | |
|--------------------|--|
| Audit | Sharon Andrzejewski |
| Email Notification | Maria Landaveri |
| Finance | Bobbi Estrada |
| Holiday Meals | Georgia Sutter |
| Membership | Wanda Buck |
| Newsletter | Maria Landaveri |
| Phone | Diane Jones |
| Showtime | Sharon Andrzejewski Carolyn Johnson |
| Speakers | TBD |
| Sunshine | Judy Hubbard |
| Yearbook | Kathy Del Pino |
| Webmaster | Emily Adorable |



MEET THE 2024-25 BOARD



Emily Adorable, President, served as president of SCWL from 2012-14 and has served as Showtime Committee Co-Chair for many years. She grew up in Tucson, Arizona and has lived in Santa Clara for 51 years. Her family of 10 includes two daughters and son-in laws, four grandchildren and her husband, Andy, all living close by! Retired from public school educator after 39 years in 2008, she loves volunteering, reading, golf and being a proud member of SCWL!!



Sharon Andrzejewski, First Vice President, has lived in Santa Clara for 34 years. She grew up in Biloxi, MS which still holds a special place in her heart. Mother of two sons and a daughter and grandmother of three, Sharon is a retired teacher from Santa Clara Unified Schools. She and her husband, Don, enjoy traveling, camping, hiking and kayaking and her green thumb can be seen in her gorgeous landscaping!



Wanda Buck, in her second year as Second Vice-President, is extremely proud of her great grandson, Anthony who she has raised for the past 11 years. Wanda is a realtor, broker/owner and serves on the SC Senior Commission. She is passionate about reading, seniors' health and SCWL!!!



Kim Cowell, Recording Secretary, is a newly retired public school educator who has lived in Santa Clara for 20 years with her husband and two pets-Fiona and Buddy. Kim's interests include reading, outdoor pursuits, gardening, Rom-Coms and being a Foodie!!!



Carolyn Johnson, Corresponding Secretary was born in Oxford, England and has lived in Santa Clara for 30 years. She is proud of her two sons and two granddaughters and retired from a career of Bookkeeping and payroll administration. Carolyn enjoys traveling, reading, gardening and Zumba!!!



Bobbi Estrada, Treasurer, was born in Waterloo, Iowa and has lived in Santa Clara for 45 years. She has three children and four grandchildren, with the newest granddaughter only 7 months old. Bobbi retired after a 40-year career with the state of CA and served on the SC Senior Advisory Commission. She is an avid advocate for health care for seniors.

The two remaining members of the 2024-25 Board of Directors are: Parliamentarian **Nancy Toledo** and past President **Nancy Velasco**.

Can't wait to get started!

WELCOME EVERYONE!!!!

