

# DOMINICAN OAKS

## COMMUNITY NEWSLETTER

MAY 2021

### A MESSAGE FROM OUR ADMINISTRATOR

Spring continues to evolve! Whohoo! The Santa Cruz Wharf has opened, as well as other good places like parks where people can be outside and respectful of COVID guidelines.

On the Dominican Oaks campus, we too are making plans for enhanced activities as we are permitted to do so. During the month of May, the Activities Department has organized some additional fun. For example, you will have the opportunity to decorate bird houses for outside your homes. The knitting and crocheting club is back! Chef Matt is resuming his cooking demonstrations! YUMMY!

A mariachi band will be playing for Cinco de Mayo on May 5. The trio will be playing music throughout the DO grounds and details of locations will be forthcoming, so be ready for some lively toe-tapping, up-lifting times!



### CINCO DE MAYO

Cinco de Mayo will be celebrated with a festive theme menu and a special Mariachi Concert starting in the Dining Room and extending throughout the community. Check out the activities boards for more information.



### MEMORIAL DAY CELEBRATION!

Join us Memorial Day for outdoor games in the Sports Courtyard! Residents only are invited at this time. Come out anytime between 1-4 PM to enjoy some fun and sun!

### COMMUNITY DEMOGRAPHICS UPDATE: MAY 2021

3/4 our population is female

Average age of our residents is 84

75% of our residents moved here from outside California



### MOTHERS DAY

Mother's Day Lunch will be plated this year and hosted in our Dining Rooms. At this time, residents only invited. For reservations in the Main Dining Room, please arrange with the Front Desk by May 7th. Stay tuned for more information. Garden Level seating will be detailed in upcoming memo.

# WHAT WE KNOW ABOUT COVID BREAKTHROUGH CASES

Many of you have been asking why, given that you are fully vaccinated and so are your friends & family, do you need to continue to wear a face mask and maintain distancing?

The answer: breakthrough cases. None of the COVID-19 vaccines are 100% effective and we are seeing cases rise, even in fully vaccinated people.

Vaccine breakthrough cases are positive COVID-19 cases diagnosed in individuals 14 days after having fully completed a vaccination series authorized by the FDA.

These cases are expected however, occur in only a small percentage of vaccinated people. Due to this possibility, the **CDC recommends that fully vaccinated people continue to take steps to protect themselves and others in many situations, like wearing a mask, maintaining an appropriate social distance from others, avoiding crowds and poorly ventilated spaces, and washing their hands.**

75 million people in the United States have been fully vaccinated as of April 14th, 2021. Even though the vaccines are working as expected, asymptomatic infections and variants of COVID-19 will continue to cause some breakthrough cases. A New York senior living community recently saw 10 breakthrough cases. 15 communities in Oregon reported breakthrough cases with 3 of those reporting more than 30 cases each. Fortunately most of the cases reported mild symptoms proving that the vaccines are working, but there is still cause for caution. Not all of our residents and employees are vaccinated for health and personal reasons.

We are all navigating this pandemic together. There is still so much unknown about variants, strength and length of vaccine protection and the virus life cycle. Please, for the safety of the community members, staff, your friends and family, adhere to recommended health and safety guidelines for a bit longer. We hope this is the home stretch.



*Don't forget!*

All visits must be made online and 24 hours prior. Drop ins or unscheduled visits are not permitted.

We are **required** to sanitize after each in-apartment visit. These appointments help keep this process organized, fair and safe.



## MAY BIRTHDAYS

02 FRANK MCMILLAN

03 HARLAN BARNETT

05 DEE NELSON

07 DAVID GAYLEY

08 NADELYN "LYN"  
DREMALAS

08 ANNA LIDDELL

08 CHRISTINE  
ST. LEGER-BARTER

10 SHIRLEY MALLMAN

11 DOROTHY VAN ZANTEN

12 BETTY MCDANIEL

12 LESLEY HAHN

21 NICK DROBAC

21 SHIRLEY GUIDRY

24 FLORENCE  
ROSENBLOOM

25 STUART DODDS

## MAY ANNIVERSARIES

03 TOM & CAROL  
PAARMANN

24 DONN & RUTH  
WALLACE



*Follow us on Social Media for community  
photos and updates!*

*Did you know we are on yelp?!*



If you have a moment, check us out!

**DEPARTMENT  
MANAGERS  
831.462.6257**

Administrator:  
Kathie Will

Activities:  
Monica Escudero

Administrative Services:  
Brenda Barber

Assisted Living:  
Stacy Smith-Paynter, RN

Dining Services:  
Marnie Jacinto

Facilities & Housekeeping:  
Eric Botkin

Food Service:  
Chef Matt Mettalia

Marketing & Community  
Relations:  
Cheir Harty

Newsletter Editor:  
Cheir Harty



## **SCENIC RIDES**

Scenic rides to Seacliff Beach and the Lighthouse will now include a light stroll, snack and warm beverage. Rides are pet friendly and a great way to safely explore the town. Trips are scheduled Monday, Thursdays and Fridays and sign ups are at the Activity Desk.

## **WOMANS SUPPORT GROUP FOR RESIDENTS**

We are happy to announce that Barbara Salata from the Senior Outreach Program of Family Service Agency of the Central Coast is resuming her women's support group on Wednesdays at 10:30am. This group is dedicated to helping people adapt to the issues of aging and life changing events. We would love the opportunity to start a men's support group. If you are interested in participating in a men's group please contact the Activities Department.

## **BIRD HOUSE DECORATING**

Join us for a fun afternoon of painting and decorating small wooden birdhouses. You can use it as a functional birdhouse or as decoration on your porch or balcony.

## **MEDITATION GROUP**

Carol Morgan returns to lead our Mindfulness Meditation group on Mondays at 2:00pm. Carol has been trained to teach Mindfulness Based Stress Reduction and has been practicing mindfulness for 10 years. We are happy to have her back to Dominican Oaks.

## **WHO WANTS TO BE A MILLIONAIRE**

Back by resident demand! A modified rendition of the popular game of "Who Wants to Be a Millionaire?" this game will involve answering multiple choice questions (on the TV screen) on various topics like history, science, geography, entertainment, etc. If you don't know the answer, you are able to call on your audience for help. Each session will have a \$5.00 prize to the resident who gets the most correct answers!

## **GIANT CROSSWORD**

Work together with the group to complete a crossword puzzle. Puzzle topics vary each week. This is a giant crossword puzzle that is posted so everyone in the room is able to see the answers and contribute to the solutions.

## **COOKING CLASSES WITH CHEF MATT**

Come join our very own chef, Matt Mettalia, to see how he prepares some of the wonderful dishes and desserts we serve at Dominican Oaks. Space is limited but we will continue to offer his cooking demos in the coming months.

# MEET YOUR NEW NEIGHBORS

## PAT HANSON

Beloved resident Pat Hanson is back! Pat was born in Oklahoma City, OK and earned a business degree at the University. She went to work for Lockheed in Sunnyvale, CA and worked in Human Resource Administration until she retired in 1991. Pat is a gifted painter and excellent Bridge player.

## JIM WAGGONER

Jim grew up in Palo Alto and attended UC Berkley before moving to Oregon to teach 4th grade. There he also coached the chess club who went on to win state championships. Jim is a practicing Buddhist and would enjoy connecting with any practitioners within the community. Jim was a swimmer, table tennis and water polo player and is looking forward to meeting new people and staying active!

## JOAN AND EDWARD ORMONDROYD

Joan and Edward love to walk in nature and are both avid readers. Joan is an avid reader and has taught Spanish to seniors, English to non-English speakers, and she likes to meet new people. Edward was a master gardener, who is passionate about poetry and he knows dozens of Limericks. Both enjoyed bird watching and even now that Edward is legally blind, he enjoys hearing about others birding experiences!

## DIXIE REES

Dixie is a painting artist who has lived in Santa Cruz since 1976. She was a teacher before becoming a realtor in Aptos. She loves gardening, traveling, and served on the board for the Cabrillo Music Festival. Dixie's second husband was a retired senator and congressman.

## HOWARD GOLDHAMMER

Howard originally from South Dakota, but is currently moving from Hayward Hills where he has resided for years. He was the Plant Manager at Hunts Can Plant in Hayward before retiring. Howard enjoys cooking and social events, having hosted big parties at his home overlooking the San Francisco Bay. He likes being active and used to cut and haul trees up the hill his property to keep the view of the Bay clear to enjoy.