

DOMINICAN OAKS

COMMUNITY NEWSLETTER

MARCH 2023

A MESSAGE FROM OUR ADMINISTRATOR

Happy March,

Growing up in an Irish family, St. Patrick's Day was a holiday that we always celebrated. Every year the house would be filled with the smell of corned beef and cabbage - a smell that was not entirely too pleasant. Nowadays I find that I enjoy corned beef and cabbage when it is made by someone else, and when my house does not smell like it for days.

This month I would like to ask new residents to attend our New Resident Luncheon to meet other residents and receive information about the community and operations from each of the department managers. Keep an eye out for your invitation!

As we continue to welcome new friendly faces to the community, I urge new residents to attend our forums (Activities, Dining and Managers) as a chance to hear what is going on in the community and to voice any concerns or suggestions as well. These forums are a great time to familiarize yourself with the Oaks.

Amy Saulnier

NEW SING ALONG LEADERS

Our community-bonding Friday Sing Alongs will resume on Friday, March 3rd with Ellen & Glenn as our new leaders!

Please join us on Friday, March 3rd at 1:30pm in the Oaks Room for all the fun.

Glenn & Ellen's Valentine's Day concert was one of our most lively Sing Alongs to date and we are extremely grateful to welcome them as our new leaders.

The Sing Alongs will now take place the 1st and 3rd Fridays of every month. See you there!

HAPPY HOUR RESIDENT MIXER

Spring Fling

Welcome the spring blooms and forget your winter blues at the Spring Fling Resident Mixer!

Join us in the Oaks Room Wednesday, March 29th from 3 - 4:30 PM to mingle with current, new and future residents. We will be serving light appetizers as well as rose wine, champagne and a spring themed cocktail. We encourage our resident buddies to invite their new residents to the event!



**DEPARTMENT
MANAGERS
831.462.6257**

Administrator:
Amy Saulnier

Activities:
Annette Rau

Administrative Services:
Brenda Barber

Assisted Living:
Stacy Smith-Paynter

Dining Services:
Gerardo Piduca

Facilities & Housekeeping:
Eric Botkin

Food Service:
Chef Matt Mettalia

**Marketing & Community
Relations:**
Cheir Harty

March is Social Connection Month at Dominican Oaks!

Research shows that loneliness is on the rise. Social Isolation and loneliness can be traumatic, especially in older people, resulting in physical and psychosocial decline. Social connection is an integral component of health and well being.

Social connectedness is:

1. Sense of belonging
2. Relationships people have with each other
3. Engagement in the broader community

Social connection can lower anxiety and depression, help us regulate our emotions, lead to higher self-esteem and empathy, and improve our immune systems. This month we encourage residents to expand their social circles by participating in an activity you are interested in and have never tried, introduce yourself to a new resident on your floor and invite them to a meal or attend the open activity forum to see how you can start a new group or club of your own!

SOURCE: National Academies of Sciences, Engineering and Medicine, 2020

HOW PING PONG HELPS SENIORS STAY SHARP!

- Improve Hand-Eye coordination
- Stimulates your brain in different ways
- Keeps you social
- Improves balance
- Works up a sweat

Stay sharp while having fun by playing Ping Pong with us every Saturday at 11am & every Thursday at 1pm, in the Thomas Patio. All are most welcome!



We'd like to remind everyone that the "return books here" baskets that sit next to the book cases are for Dominican Library books only. If you are returning a Santa Cruz Public Library book, please bring it to the Main Library and deposit it in the basket labeled " Santa Cruz Library Books"

A big thank you to the person or persons who've been donating some recent best sellers to our collection. They are really great additions.

We are ready to start accepting book donations once more. Place donated books in a paper bag and leave them in the cupboard in the Main Library. Please be aware that any books we feel do not fit our collection will be given to the Capitola Library for their ongoing book-sale.

Reminder: Book Chats meets twice a month. It's a great way to share what you're reading and get recommendations for the future. Everyone is welcome, even if you only want to listen.

**READERS
CORNER**



Activity Calendar Highlights to *Spring into Fun!*



LIGHTHOUSE TO LIGHTHOUSE SCENIC DRIVE & BEACH BBQ

10am Thursday March 30th

Join us as we travel the stunningly beautiful coastal route from Seabright Lighthouse to the Westcliff Lighthouse, and continue on to Natural Bridges State Park where Chef Matt will prepare us a lunchtime barbeque overlooking the beach! Fingers crossed for sunny skies!



EXPLORE THE CANEPA MOTORSPORTS MUSEUM!

10:30am Thursday, March 16th

We are thrilled to add another visit to the Canepa Motorsports Museum in Scotts Valley to the calendar. The Canepa Motorsport Museum is dedicated to the spirit of automobile and motorcycle competition, and the celebration of engineering excellence. On display are a broad spectrum of racecars and motorcycles from the golden age of motorsport to modern times. The museum showcases examples from multiple disciplines with everything from Can-Am to NASCAR, Indy to Le Mans.



ELLA's BY THE AIRPORT LUNCH

10:30am Thursday, March 9th

Enjoy lunch while seeing to Watsonville and enjoy lunch at the charming restaurant right next to the tarmac of the Watsonville airport.



CASTLE SCENIC DRIVE & LUNCH AT THE CALIFORNIA GRILL

10am Thursday March 23rd

Enjoy the very scenic drive amongst the hidden castles in the hills of Watsonville, and end our trip with a lunch at the California Grill



STRETCH AND RELAX WITH NEAL

10:30am every Sunday in Oaks Room

9:15am Mondays, Wednesdays & Fridays in Garden Level Activity Room

Please join us for gentle stretching and yoga breathwork to relax your body and your mind.

MARCH BIRTHDAYS

**2 James 'Jim'
Burgard**

5 Florence Giacinto

8 Dixie Rees

8 John Manning

**11 Terence 'Terry'
Meehan**

**12 Robert 'Bob'
Nelson**

15 Mary Coneway

20 Sylvia Beccaria

20 Glen Beckstrom

26 Bonnie Santos

ACTIVITY FORUMS

Activity Forums, held on the **3rd Wednesday of every month, at 2:30pm in the Oaks Room**, are your chance to communicate directly with Annette regarding your thoughts on our calendar, resident run groups, bus outings, new events & activities you would like to host or have, and much, much more. Our last Forum in February was a great exchange of ideas and information regarding Activities that our community would like to do in the Spring.

If you have opinions, questions, or ideas you would like to share, please come to the Activity Forums to let your voice be heard!

MEET YOUR NEW NEIGHBORS

STEFFENEY DOLAN

She was born and raised in southern California. She attended USC Pharmacy College. She married and raised a family in the central valley town of Clovis. She has two daughters and one son and five grandsons. Her son and his family live in Australia. Her daughters live nearby in the bay area. She enjoys reading, attending her grandson's sporting events and gardening. A former equestrian, she loves all animals. Her cat, Maddy and her are very happy to be here.

SUE & JACK FOSTER

Sue & Jack Foster were born in Portland, Oregon and met in the first grade!

Sue graduated from Marylhurst College in Education & taught in Corvallis, OR. Jack served in the Coast Guard & then continued his education at Oregon State University in Electrical Engineering. After receiving his Masters Degree at the University of Washington, he worked for Watkins Johnson Company in Scotts Valley, CA until retirement.

Both Sue & Jack have loved traveling. Their final trip in 2020 saw their 100th country. They have 4 children, 8 grandchildren and 8 great-grandchildren --- all of them are the joy of their lives.

They are delighted to be in Dominican Oaks among friendly people who share many of the same memories and experiences.

INA JACOBSON

Born in Cincinnati, OH. She earned a BS in Education & MA in Speech-Language Pathology at the University of Cincinnati. She owned a private practice as SLP, specializing in traumatic brain injury, dysphagia & aphasia, working primarily with adults. No longer an avid club tennis player, she loves bridge, mah-jongg, reading, watching tv, theater & exploring new restaurants!

Her youngest daughter and family live in Fairfield, OH. She is excited to move from San Jose to Santa Cruz to be closer to her oldest daughter and family.

If you are part of the new resident buddy system or have a new resident neighbor or floormate, we encourage you to invite them to an activity or meal with you. It can be intimidating to move into an established community and having multiple contacts to attend a variety of activities with can really help someone comfortably assimilate into their new setting. Who knows, maybe your new best friend is moving in next door!