

DOMINICAN OAKS

COMMUNITY NEWSLETTER

JUNE 2023

A MESSAGE FROM OUR ADMINISTRATOR

June marks the start of Pride Month or LGBT Pride Month. Lesbian, Gay, Bisexual, and Transgender Pride Month is celebrated annually in June to honor the 1969 Stonewall riots, and works to achieve equal justice and equal opportunity for lesbian, gay, bisexual, transgender, and questioning (LGBTQ) Americans. In June of 1969, patrons and supporters of the Stonewall Inn in New York City staged an uprising to resist the police harassment and persecution to which LGBT Americans were commonly subjected. This uprising marks the beginning of a movement to outlaw discriminatory laws and practices against LGBT Americans.

The purpose of the commemorative month is to recognize the impact that LGBTQ individuals have had on history locally, nationally, and internationally. We are proud to say that Dominican Hospital won the LGBTQ+ Equality Top Performer Award in 2022. This award is judged through a benchmarking survey of healthcare facilities on policies and practices dedicated to the equitable treatment and inclusion of their LGBTQ+ patients, visitors and employees.

Amy Saulnier



RESIDENT MIXER

Join us June 28th at 3 PM in the Thomas Patio for new resident introductions and happy hour!

We will have small bites, cocktails and mocktails to enjoy. Guests are welcome with reservation by June 21st. Reservations can be made at the Front Desk and there is no charge for up to 2 guests per person. Residents with no guests are welcome to join with no reservation necessary.

KIP ALLERT CONCERT

Popular musician Kip Allert will return for a performance Saturday, June 3rd at 2 PM in the Oaks Room.

The Family BBQ is Back!

We are excited for the return of our annual family BBQ to celebrate our residents and family. Join us as we transform our Garden Courtyard into Waikiki on **Saturday, July 15th from 11:30 AM to 2 PM**. Guests are welcome and charged \$30 per person.

An invite will be delivered to your door shortly with an RSVP card to be returned to the Front Desk no later than Monday, July 3rd.



SHAKESPEARE SANTA CRUZ

Come join us for the Summer performances at Audrey Stanley Grove in De Laveaga Park. These events are scheduled for **JULY**, however they require advanced planning and we will have sign ups available this month.

**July
23rd**

Taming of the Shrew

In *The Taming of the Shrew*, characters struggle against the roles they have been prescribed, be it gender, class or age. And while the results of these struggles provide some of the most hilarious moments in the canon, they also leave us with unsettling questions about the human cost of maintaining the status quo. *Performance at 1 PM. Bus leaves lobby at 12:15PM.*

**July
26th**

King Lear

King Lear charts a monarch's disturbing descent into madness, explores how the craving for power can shatter both kingdoms and families and paints a chilling picture of the plight of humanity in an indifferent universe. *King Lear* will mark Paul Whitworth's debut at The Grove in the title role. *Performance at 2 PM. Bus leaves lobby at 1:15 PM.*

Steps to Attend Shakespeare Performance

1. Save your spot on the bus by signing up at the Activities Desk in Lobby.
2. Purchase your tickets. Dominican Oaks provides transportation only. You must purchase your tickets directly at: www.santacruzshakespeare.org
3. Confirm on sign up sheet that you have purchased your tickets.

CLASSICAL CONCERT PIANIST GUSTAVO ROMERO RETURNS!

Wednesday, June 28th at 7 PM in the Oaks Room

Concert pianist Gustavo Romero is internationally renowned for his exceptional technical brilliance and interpretive depth and has gained an acclaimed reputation for his commitment to in-depth exploration of a wide variety of composers.

"Mr. Romero has great agility, adequate power and an unusually large repertory of colors and dynamic levels. More important, these virtues evoked a sense of the music at hand rather than mere piano techniques" – The New York Times

JUNE BIRTHDAYS

6/1 Judi Williams

6/1 Nancy Campeau

6/2 Charlene Unger

6/4 Donn Kennedy

6/6 Lynne McCall

6/7 Jane Eckman

6/11 Christine Arnott-
Fujimoto

6/11 Barbara Keller

6/12 Gert Goldman

6/15 Estelle Appleby

6/19 Constance Sigler

6/20 Leslie Sheinbaum

6/21 Peter Weber

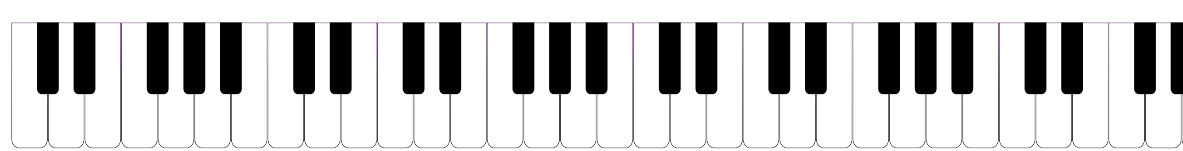
6/22 Carolyn
McCormick

6/24 Ann Saylor

6/29 Sally
Lichtenwalter

6/30 Alice Cligny

6/30 Sally Bould



**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:

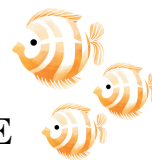
Cher Harty



Ocean Surrounding Presentations by Local Oceanographer, Dave Schwarz

CLEAN OCEAN INTERNATIONAL TUESDAY, JUNE 6TH. 3 PM IN THE OAKS ROOM

Clean Oceans International is developing practical solutions to plastic pollution through innovation, education, and direct action. Their mission is to locate, remove, and recycle plastic pollution from the world's oceans. Plastic Pollution is acknowledged as one of 2020's top concerns for our planet's environment. The dramatic increased use of plastic packaging over the past 50 years has resulted in the generation of a massive amount of plastic waste globally. Stopping plastic pollution before it enters the environment is more effective and efficient than cleaning it up afterward. A profitable recycling is more likely to be implemented globally than comprehensive product bans. Clean and inexpensive fuel from plastic is expected to increase in popularity which will drive increased development and improvement of plastic to fuel technology in the near future. Mr. Schwarz is the Executive Director of Clean Ocean International and will be presenting on their efforts in the community.



GLOBAL & LOCAL SEA LEVEL CHANGE TUESDAY, JUNE 13TH. 2 PM IN THE OAKS ROOM

In addition to being the Executive Director of Clean Ocean Directive, Dave Schwarz is also the Department Chair of Oceanography, Environmental Science at Geology at Cabrillo College. He will be presenting on the global and local sea level change and it's efforts on the Monterey Bay and Elkhorn Slough.

READER'S CORNER



Book donations have been coming in steadily this past month and we thank all of you who have donated. We also thank you for following our guidelines (No more than ten books at a time, contemporary titles only, books in good condition, etc) it has made processing so much easier.

The Giveaway Table in Assisted Living will be moving upstairs this month. Help yourself to a book or two, then pass them on. Let's encourage reading wherever we can.

For those of you who like to share what you are reading, BOOK CHATS might be what you're looking for. The next meeting is **Saturday, June 10th at 2:00 in the Chapel**. Hope to see you there.

Book of the Month: West with Giraffes by Lynda Rutledge is a novel based on real events. When the San Diego zoo purchased two young giraffes in Africa getting them to California was a huge undertaking. They crossed the ocean safely, only to hit trouble in NY harbor when their ship capsized in a storm. Rescued, they were then loaded on to a truck, their heads and long necks stretching high above the container built for them. Rutledge's novel is the fictionalized story of their amazing, and often hilarious, trip across the country. There are four copies of this book in our collections. If you have one of them and are finished with it would you kindly return it to one of our bookcases so that another reader can enjoy it.

Why do we exercise?

Our bodies have an astonishing ability to transform and grow stronger at any age. The strength and mobility our residents acquire in our exercise classes here at Dominican Oaks promote stability, balance, and fall prevention (i.e. a longer, healthier life!). And as we all know, there is a collective sense of enhanced well-being after the post-exercise endorphins kick in; we leave calmer and more at peace.

What is the best activity for longevity? The one enjoyed most! And walking, walking, walking! We now have an abundance of offerings: Yoga, Tai Chi, Cardio Fitness with weight training (Annette's Fitness), a walking group, and multiple bus trips to new scenic walking locations each week. Check your calendar for times and locations.

All are welcome to join our exercise classes, at any level of fitness, even if only to listen to the music and share in the community fun. As Annette is fond of saying, any amount of movement is good movement! And feels good for your body and your soul!

Sunday Bus Drives:

This month, check your calendars to note that the Sunday bus will be going to The Little Prince Performance at UCSC, the Redwoods, and Live Oak's Farmers Market.

You asked, Activities listened!

Our trip last year was such a success, and so many of you have requested we return, so we are very pleased to announce that we will be taking two trips to Filoli Gardens and Estate in June!

Thursday, June 8 and Thursday, June 22, leaving at 9:30am.

Sign up at the Activity Desk in the Lobby.

Plan to tour the garden and estate and eat lunch in their cafe before returning back to Dominican Oaks in the afternoon.

Filoli is a vibrant landscape of the Bay Area, situated on ancestral lands of the Ohlone, in Woodside, California. The estate boasts 654 acres of beauty nestled along the slopes of California's coastal range. Originally built as a private residence in 1917, Filoli was opened to the public in 1975 as a nonprofit organization and site of the National Trust for Historic Preservation. The property is considered one of the finest remaining country estates of the 20th century, featuring a 54,000+ square-foot Georgian revival-style mansion, 16 acres of exquisite English Renaissance gardens, a 6.8-acre Gentleman's Orchard, and hundreds of acres of Natural Lands with 5 distinct ecosystems and a 1-mile Estate Trail. Filoli is dedicated to connecting our rich history with a vibrant future through beauty, nature and shared stories, so that one day all people will honor nature, value unique experiences, and appreciate beauty in everyday life



DOMINICAN OAKS

Marinated Skirt Steak

Assorted Grilled Sausages Served on a Bun

Veggie or Cheese Burger

Rotisserie Chicken

Corn on the Cobb

Classic Potato Salad

Prawn Avocado Salad

Watermelon

Ice Cream Cone

Beer and Soda

*Served at standard lunch time in the Dining Room.
Guests require a reservation and are \$50 per person.
Call the Front Desk to make your reservation today!*