

DOMINICAN OAKS

COMMUNITY NEWSLETTER

SEPTEMBER 2023

A MESSAGE FROM OUR ADMINISTRATOR

Did you know that your heart is the size of your fist and the strongest muscle in your body? At the age of 70, it will have beaten two and half billion times. However, although impressive and strong, your heart can also become vulnerable from habitual risk factors like smoking, diabetes, cholesterol, eating an unhealthy diet, or living with high blood pressure.

September celebrates World Heart Day. World Heart Day is a reminder to everyone to take care of their hearts. By making small changes to our lifestyle – what we eat and drink, how much we exercise, and how we manage stress – we can better manage our heart health and beat cardiovascular disease.

The number one risk factor is high blood pressure, also known as hypertension. Hypertension affects more than 1 billion people worldwide. Because hypertension doesn't usually cause symptoms it can easily go undetected. Fight cardiovascular disease with early detection by getting your blood pressure checked. You can do this at the doctor's office, local pharmacy, a personal blood pressure monitor or on Tuesdays at our Wellness Clinic.

Amy Saulnier

RESIDENT MIXER

Mix and mingle with new, current and future residents at our monthly resident mixer on **Wednesday, September 27th from 3-4:30 PM on the Thomas Patio.** Guests welcome!

Celebrating Rosh Hashanah & the High Holidays *Mark Levy Mitzvah Music*

Mark Levy has performed and taught in the San Francisco Bay area for 40 years at temples, synagogues, JCC's, HaMaqom (formerly Lehrhaus Judaica), Workers Circle, and other Jewish groups. He has appeared throughout the country, in Europe and Israel and is a singer and lecturer who specializes in older Judaic folk music in Yiddish, Hebrew, and Ladino, Klezmer history and theory, and Jewish music history in general. He has performed for Yeshiva University Sephardic Dept.'s Semana Sepharad in New York, and is a cantorial soloist in California. He has released a fourth album of Jewish music entitled Bin Ikh Mir A Shnayderl: Yiddish Work Songs.

All, of any faith, are most welcome!
Friday, Sept 22nd at 3 PM in the Oaks Room.

This event is presented by the Dominican Oaks Jewish Culture Club (JCC)



September Performances

KIP ALLERT

SATURDAY, SEPTEMBER 16TH, 2 PM

Singer songwriter Kip Allert returns to the Oaks Room, armed with an acoustic guitar and a loop station, which allows him to sample rhythms live and texture his performance with other melodies and guitar solos

AZTEC DANCERS

FRIDAY, SEPTEMBER 15, 2 PM

In celebration of Mexican Independence Day, we have the great pleasure to welcome a local Aztec dancing group for a vibrant performance in the Garden Courtyard.

FIAT MUSICA CHORAL

THURSDAYS, 7PM

The coral group will be using Dominican Oaks' Oaks Room as their new weekly rehearsal space. Residents are welcome to come and listen.

GUSTAVO ROMERO

TUESDAY, SEPTEMBER 5, 7 PM

Concert pianist Gustavo Romero is internationally renowned for his exceptional technical brilliance and interpretive depth. He has gained an acclaimed reputation for his commitment to in-depth exploration of a wide variety of compositions. Join us in the Oaks Room for his special performance.

JUNEBUG

WEDNESDAY, SEPTEMBER 13TH, 2 PM

Enjoy Kelly "Junebug" Bayer's mix of classic folk and jazz tunes with the guitar, banjo, autoharp and harmonica that is sure to get your feet stomping and hands clapping! Performance will be held in the Garden Courtyard.

SEPTEMBER BIRTHDAYS

9/3 HILDA MURRAY

9/3 MARTY PAYNE

9/3 MARY ELLEN

CELESTINO

9/4 CHARLES ERNEST

9/6 PHYLLIS MOLINARI

9/8 SR. NOREEN NOLAN

9/9 EVELYN JONES

9/10 PAT MALLOY

9/10 ROWLAND REBELE

9/11 JIM WILLIAMS

9/13 SHARON ALLEN

9/14 BEV VIGLIECCA

9/16 JOAN OSBORNE

9/17 CLAIRE TEDSEN

9/18 PEGGY KOTTMEIER

9/22 KIM FUDGE

9/23 BLANCHE MOSS

9/23 JOYAN SVANCARA

9/24 ALMA KOPECK

9/26 BETTY MATTHEWS

9/28 CAROL PAARMANN

9/30 JEAN PACHOLSKI

Anniversaries

9/01 JACK & HILA
MICHAELSEN

**DEPARTMENT
MANAGERS
831.462.6257**

**Administrator:
Amy Saulnier**

**Activities:
Annette Rau**

**Administrative Services:
Brenda Barber**

**Assisted Living:
Stacy Smith-Paynter, RN**

**Dining Services:
Gerardo Piduca**

**Facilities & Housekeeping:
Eric Botkin**

**Food Service:
Chef Matt Mettalia**

**Marketing & Community
Relations:
Cheir Harty**



LA GRANDE ILLUSION

**CLASSIC FILM BY RENIOR
VIEWING AND DISCUSSION**

One of the very first prison escape movies, *Grand Illusion*, is hailed as one of the greatest films ever made. Jean Renior's antiwar masterpiece stars Jean Gabin and Pierre Fresnay as French soldiers held in a World War I German prison camp and Eric von Stroheim as the unforgettable Caption von Rauffenstein.

Join us Friday, September 1st at 7:15 PM in the Oaks Room for the show followed by group discussion.

Line Dancing with Linda

Join Dominican Oaks resident, Linda, Thursdays at 10 AM in the Oaks Room for some fun and music as she guides us through line dances. All are welcome! This will be done standing so please know your limitations.

New Chapel Schedule!

Please see the new schedule located outside the Chapel doors in the Lobby.

EPISCOPAL SERVICE SUNDAY, SEPT 24

Episcopal Service will resume on the 4th Sunday of each month at 1:30pm in the Chapel, starting Sunday, Sept. 24th. The only exception will be in December when the service will take place on Dec. 17th instead of Christmas eve.

GRIEF WORKSHOP FRIDAY, SEPT 8

"Grief is normal but it still hurts"

Please join us at 2 pm in the Oaks Room for this important discussion and to learn the process of grief and ways it could be managed

PARKINSONS SUPPORT SATURDAY, SEPT 9

Living with Parkinson's and Movement Disorders Group will meet on the 2nd Saturday each month in the Oaks Room. The group facilitator, Helena Fox, MSG comes from EASE PD Santa Cruz and the Parkinson's Foundation.

Questions? Contact Helena at 408.656.4763 or helenafox@aol.com

APTOS HISTORY

WEDNESDAY, SEPT 20 AT 2:30 PM

Professor John Hibble of the Aptos History Museum will guide you through the history of the small town located on the southern border of Santa Cruz County.

CURRENT EVENTS DISCUSSION GROUP

MONDAY EVENINGS AT 7:30 PM

Interested in the news and wish you had someone to discuss it with? Interested in politics yet find it is too touchy a topic to discuss at meal times? Interested in world events and looking for others to share ideas with? Join us in the Chapel, Mondays at 7:30 PM! This is a resident run group for like minded individuals who would like to share a good natured conversation about current events.

QI GONG CLASSES

THURSDAYS, 11:30 AM

Join us in the Oaks Room for an energizing exercise that optimizes the body, mind and spirit with the goal of improving and maintaining health and well-being.

MEET YOUR NEW NEIGHBORS

RICHARD "DICK" ANDRE

Born in Salinas, CA, Dick grew up on a farm 12 miles south of Salinas. He graduated from Salinas High School, Hartnell College, Stanford University for his BA & MA degrees and then entered the US Army. He reported, photographed and edited for newspapers in Northern California and slid into teaching journalism at Hartnell for 24 years. He retired in 1997 to Santa Cruz County. His wife of over 65 years passed away in 2021.

He is making friends here at Dominican Oaks quickly and is a welcome addition to our community!

GLENDIA "GENNA" FOSTER

Hello, my name is Genna Foster. I moved here from living on a 50 acre farm in the Willamette Valley in Oregon for 45 years. My husband and I grew hay and had cattle. I retired from the local community college in 2002 and enjoyed retirement with my husband. He passed away in April of this year and then I decided to move closer to my daughter and her family. I have another daughter in Oregon and have 4 grandchildren.

I love playing cards, dice and board games. And I love going to the movies and out to eat. I am an avid reader. I am looking forward to creating a new life here at Dominican Oaks and making new friends.