

DOMINICAN OAKS

COMMUNITY NEWSLETTER



FEBRUARY 2025

A MESSAGE FROM OUR ADMINISTRATOR

As we step into February, the month of love and appreciation, I want to take a moment to express my gratitude for the wonderful sense of community we share here. Whether it's enjoying a warm conversation over coffee, participating in engaging activities, or simply lending a helping hand to a neighbor, your kindness and camaraderie make our community truly special.

February is also American Heart Month, reminding us all to prioritize heart health through healthy choices and staying active. Our Activities team has planned some fantastic programs to keep us moving, so be sure to check out the calendar for heart-healthy activities throughout the month.

As always, my door is open if you have any suggestions, concerns, or simply want to chat. Let's make this month one filled with warmth, connection, and well-being.

Amy Saulnier

Celebrate Valentine's Day with Bonnie's Love Songs

Join us in the Oaks Room on Friday, February 14th at 2 PM for a truly enchanting performance! Don't miss this incredible new artist as she captivates us with her angelic voice and unforgettable melodies.

THE DAISY FASHION SHOW RETURNS!

If you missed their last show, now's your chance to join the fun.

The Daisy Store, founded in 1967 by a group of Santa Cruz women, supports the Family Service Agency of the Central Coast. Operated by the Daisy Auxiliary, a dedicated group of over 150 volunteers, the store helps fund vital community programs through resale shopping and fundraising events.

If you're a local or a bargain-loving fashionista, don't miss this exciting fashion show—enjoy great deals on stylish clothes and a fun-filled experience!



HEART HEALTH

Did you know? Heart disease is the leading cause of death in the United States, but up to 80% of heart disease and stroke events are preventable through lifestyle changes such as eating a heart-healthy diet, staying active, and managing stress. This American Heart Month, let's focus on small steps that can make a big difference in our heart health! Engaging in heart-healthy activities such as exercise classes, meditation, or yoga is a simple yet effective way to take advantage of the programs offered in our community to support your heart health.

ALL ABOARD FOR NEW BUS OUTINGS

In addition to our regular bus trips to Whole Foods, CVS, Safeway, Trader Joe's, Michael's, Nob Hill, and Dollar Tree, please look for these exciting new shopping locations & bus outings in February, based on resident requests:

- 2/6 Chicos Women's Clothing Los Gatos 10:30am
 - 2/7 New Leaf & Palace Arts 10am
 - 2/12 Santa Cruz Farmers Market 2pm
 - 2/13 Corralitos Meat Market 10am
 - 2/13 Bookshop Santa Cruz 2pm
 - 2/14 The Farm Bakery & Gifts 10am
 - 2/18 The Mall & Kohls 2pm
 - 2/19 Horsnyders Pharmacy 10am
 - 2/20 Zinnia's Gift Shop 10am
 - 2/22 Whale City Bakery 10am
 - 2/25 Marshalls 10am
 - Numerous scenic drive and walks throughout the month
- please check your calendars for dates and times

If you have other shopping locations or places you would like to visit in the future, please share those at the next Activity Forum on Wed, Feb 19 at 2:30pm, or see Annette directly.

You can sign up for bus trips at the Activity Desk in the Lobby. Please be in the lobby at least 5-10 minutes before departure.



Calling All Chowder Lovers

Dominican Oaks is serving up our signature clam chowder at the Santa Cruz Clam Chowder Cook-Off on Sunday, February 23rd! Join us along the Boardwalk to cheer on our kitchen team as we compete for top honors in the nation's largest and longest-running chowder competition.



February Birthdays



2 Joan Fisher

2 Sherry Eisendorf

2 Jacklyn Freeman

3 John 'Jack' Weiser

3 Marjory O'Connor

7 Fred Jensen

10 Ruth Antolini

16 Sharon Yang

17 Cibiana Heiman

24 Loretta Lansford

26 Norma Del Gaudio



**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 & Michelle
Lackey



Exciting Activities Await

PICKLE MAFIA PERFORMS! - MON, FEB 3RD AT 2 PM, OAKS ROOM

The show we have been waiting for! Our beloved jazz pianist Charlie Linder's entire band is visiting from New York and will perform a very special show for us. This is an event not to be missed!

DANCE FLOOR PARTY! - FRI, FEB 7TH AT 3PM, OAKS ROOM

All are most welcome as we join Alison and her resident dancers to dance on our beautiful dance floor! Let's sway to groovy tunes from different eras! Refreshments will be served.

PUPPY PARADE- TUES, FEB 11TH AT 1:30 PM, OAKS ROOM

(Rescheduled from January) - Calling all Dominican Oaks Canines You do not have to be an actual puppy yourself to attend, yet puppy-like behavior is encouraged!

DISCUSSION: GENDER & AGING: MORTALITY & DISABILITY - TUES, FEB 25TH AT 1:30 PM, OAKS ROOM

Our very own resident, a fellow of the Gerontological Society of America, Professor Sally Bould will lead us on a discussion of these broad ranging, yet important topics affecting us all. Sally is an excellent, articulate, experienced speaker with so much to offer. Come to learn and share.

GRIEF SUPPORT GROUP: EVERY THURSDAY MORNING

10AM GARDEN LEVEL ACTIVITY ROOM & 11AM IN THE CHAPEL

Join Certified Grief Counseling Specialist Constance Blake for a supportive, confidential group (limited to 12) where you can explore grief, past or present. Expressing your grief can create space for healing and joy. All are welcome.

TRITON MUSEUM IN SAN JOSE- THUR, FEB 27TH AT 10:30 AM

Please be sure to sign up in the bus outings book at the Activity Desk in the Lobby and plan to be in the lobby at least 10 minutes prior to departure.

The Triton Museum is a contemporary art museum with both contemporary and historical works with an emphasis on artists of the Greater Bay Area.

(Due to distance and time, we plan to stay in San Jose for lunch afterwards, please bring credit cards as necessary to purchase your lunch.)

MEET YOUR NEW NEIGHBORS



DEADRA ST. CLAIRE

Deadra was born in Seattle, Washington. She was the second child of Olive and Joseph Hozack. Her father was a blue collar worker for Texaco Gas Station and the second child of his Scottish family. He did not pass the physical for the war so he worked in the shipping yards in Seattle until his death at 42. Her mother went to school and learned a trade of the printing press. Deadra was the only child to graduate from college and was a high school teacher for a year. Deadra married a man from California and worked in accounting after doing childcare in her home until her daughter went to Jr. High School. Deadra loves to grow and enjoy orchids.

JUDY WARNER

The next best thing to the love of family is the joy of friendships. When I was growing up, my father was in the Navy, and we moved many times, making friends and memories along the way. Instead of saying goodbye, we said, "See you next time" Often our paths did cross again, bringing smiles and conversations continued from months to even years before. Fast forward to UCSC, to kids growing, and a university growing, too. Jim, my husband, and I worked in different areas of the campus where both of us received mixed-up mail for J. Warner, which in itself delivered waves of guffaws to our respective colleagues. After more than half a lifetime living and contributing to community life on Santa Cruz's Westside and beyond, I cherish my neighbors, still treasure my family, and value old friendships. I look forward to making new friends here at Dominican Oaks.

ALICE PANERO

Alice has been a Santa Cruz resident for 60 years, and raised her three children along with husband, Ambrose, on the Westside. She was lucky enough to occupy her same home for close to 57 years. Since her husband's passing in 2004, she has kept busy cooking, gardening, and most importantly being an active grandmother to her three granddaughters and two grandsons. She is excited to join the Dominican Oaks community where she joins several friends. As a devout Catholic, Alice is excited to once again participate in the weekly mass.