

DOMINICAN OAKS

COMMUNITY NEWSLETTER

JULY 2025

A MESSAGE FROM THE ADMINISTRATOR

Dear Residents, Families, and Friends,

You may have noticed a flurry of activity around the community lately—fresh coats of paint, concrete refurbishment, parking lot restriping, sparkling windows, and more. These projects are part of our ongoing efforts to care for and enhance the place we all call home. We truly appreciate your patience as we navigate these necessary improvements, and we're excited to see the results of this investment in our shared spaces—as well as the many future projects we have planned to continue enhancing our community.

I'm also thrilled to invite you to our Annual Family BBQ, this year with a festive Mardi Gras twist! For those who have joined us in years past, you know it's always a lively and memorable gathering. And if this is your first time, we promise a joyful event filled with great food, music, and community connection.

We can't wait to share this special time with you and your loved ones. Thank you for being part of what makes our community so vibrant.

Amy Saulnier

HEALTHY LIVING FOR YOUR BRAIN AND BODY

Hosted by Alzheimer's Association of Monterey Bay and Santa Cruz

Tuesday, July 8th at 1:30 pm in the Oaks Room

For centuries, we've known that brain and body health are linked. Now, science offers new insights into optimizing physical and cognitive health as we age. Join us to learn about research on diet, exercise, mental activity, and social engagement—and gain practical tools to create your own plan for healthy aging.

Presenter Barbara Rhoades is a retired nurse practitioner with extensive experience in memory evaluation. She now volunteers with the Alzheimer's Association as a community educator, advocate, and support group co-facilitator in Santa Cruz.

RESIDENT MIXER & OAK TREE PLANTING RECEPTION

Wednesday, July 30th at 3pm in the Oaks Room

Join us for a special celebration as we welcome both new residents and our newly planted oak tree! Enjoy refreshing drinks and tasty treats as we mark this exciting moment. This event is a wonderful way to embrace new beginnings, fostering hope and growth—for our new oak and our new neighbors—as they grow strong roots within our community.

4th of July Celebration

Come mingle with old friends and new in our lovely Garden Courtyard on Friday afternoon, July 4th at 1pm where we will enjoy tasty treats, champagne and sparkling cider to celebrate our country's birthday! Please take the C elevator to the bottom floor and go out the doors to the outside to access this garden location.

Special Guest Musicians Ellen & Glenn perform at 1:30pm!



Summer Concerts at Dominican Oaks

- ★ **July 4th at 1 PM**
Ellen and Glenn's Independence Day Show
This show is in addition to their regular sing along shows.
- ★ **July 9th at 2 PM in the Oaks Room**
Joe Ferrara, Guitarist and Singer
- ★ **July 13th at 1:30 PM in the Garden Level Activity Room**
Richard Stauff, Pianist
- ★ **July 24th at 7 PM in the Oaks Room**
Richard Stauff, Pianist
- ★ **July 25th at 1:30 PM in the Garden Courtyard**
Joy of Jazz
- ★ **July 26th at 2 PM in the Oaks Room**
Kip Allert, Multi talented musician
- ★ **July 28th at 3:30 PM in the Oaks Room**
Elizabeth Bunch, Dominican Oaks resident and Pianist
Extraordinaire

GIVING TABLE DAYS

July 1st, 2nd & 3rd all day in the Acorn Room

The giving table returns for giving and receiving useful items. Bring you items to give away and/ or take items you find useful.

REMINDER

Please do not store personal items in communal spaces, including hallways and the Acorn Room. In addition to Dominican Oaks not being responsible for damage that may occur, creating clutter in public spaces which raises safety concerns. All personal belongings should be stored securely within your individual apartment.



02 Marilyn McBrien

02 Barbara Wiles

04 Arlene Shatsky

06 Betty Ann Altman

07 Dee St. Claire

08 Ruth Lipson

09 Walter Hickey

10 Jeanne Trebbien

13 Sandy Silver

15 Sue Foster

15 Fred Bainum

15 John Pike

17 Dottie Lieber

19 Kay Kittredge

20 Lois Widom

21 Donna Manning

22 Lou McTamaney

28 Sally Francy

30 Terry Burke



ANNUAL FAMILY BBQ

Laissez les bons temps rouler! Get ready to celebrate in true Mardi Gras style at our annual Family BBQ!

Savor classic New Orleans-inspired fare, music from a local six piece traditional jazz band and relax with friends and family under the bright Mardi Gras beads. Guest tickets are \$25 each with discounts applying to children. Contact the front desk for more information. Don't miss this lively celebration— mark your calendars for **Saturday, July 12th**, and get ready to dance, feast, and revel in Mardi Gras magic!

**RSVP
deadline
extended to
July 9th**

**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

July Bus Trips

- ★ **Aptos Consignment Shops**
Thurs, July 3rd bus departs at 10 AM
Join us as we visit Jet Set Bohemian and Caroline's
- ★ **Santa Cruz Natural History Museum**
Weds, July 9th bus departs at 2 PM
Located off East Cliff Drive, The Santa Cruz Museum of Natural History, also known affectionately by locals as "the Whale Museum", is one of the earliest museums in the state of California.
- ★ **Hidden Beach Walks**
Fri, July 4th bus departs at 10 AM
Fri, July 25th bus departs at 10 AM
Please dress in comfortable layers and wear suitable footwear.
- ★ **Cuddle Time at the Santa Cruz Animal Shelter**
Weds, July 16th bus departs at 2 PM.
Pets make us healthier and happier. Animal companionship can lower blood pressure and cholesterol levels, promote healing & reduce social isolation.
- ★ **Feeding the Ducks at Westlake Park**
Fri, July 11th bus departs at 2 PM
Fri, July 25th bus departs at 2 PM
Visit our web-footed friends and soak in the sun!
- ★ **Cantor Art Center in Palo Alto followed by lunch at Tootsies**
Thurs, July 10th bus departs at 10 AM
With 24 galleries and more than 15 special exhibitions each year, the Cantor is an established resource for teaching and research at Stanford University. Please be prepared to walk. Tootsies offers soups, salads and pasta dishes for lunch and is located on campus.
- ★ **Filoli Gardens & Estate tour and lunch**
Thurs, July 24th bus departs at 10 AM
Explore the bay area's best botanic garden and historic Georgian mansion and enjoy lunch on the grounds.
- ★ **Henry Cowell Redwoods Walk**
Thurs, July 31st bus departs at 10 AM
Please dress comfortably in layers, as you may be walking on uneven ground. We recommend wearing suitable footwear to ensure your comfort and safety during the event.
- ★ **Daisy Consignment Store**
Weds, July 30th bus departs at 10 AM
Browse and find stylish bargains at the boutique like consignment store.
- ★ **Porter Memorial Library**
Thurs, July 17th bus departs at 2 PM
Soquel's independent and volunteer run library.



Picture from breakfast on the beach event.

MEET YOUR NEW NEIGHBORS

KAREN O'NEAL

Karen has called Santa Cruz home for the past 11 years, having moved here to be closer to her daughter and her growing family. She was born and raised in San Francisco. Go Giants! She is a loving grandmother to two grandchildren whom she absolutely adores, and one of her favorite pastimes is cheering on her grandson at his baseball games.

A creative spirit at heart, Karen enjoys making handmade cards and finding joy in the little details of life. She's also an active member of Resurrection Church, where her faith and community are important parts of her life. Whether she's out on a walk, attending church, or simply taking in the beauty of Santa Cruz, Karen finds peace and happiness in staying connected.

Now joining the Dominican Oaks community, Karen is looking forward to meeting new friends and continuing to enjoy this chapter of her life with warmth, creativity, and meaningful connection.

SUSAN KETTMANN

Susan is a longtime local resident of Santa Cruz and a retired Author, Paper Mache Artist, Community College Instructor and County Government Program Administrator. I've enjoyed a "granny unit" with my daughter's family in semi-rural Santa Cruz for the last 10 years. Now I am ready for the next chapter where I can engage more, meet new people, cook and clean less and discover who I am , and who I can be.

ERMINIA CALTABIANO

Erminia grew up in San Jose, CA and spent the last 50 plus years raising her family in Santa Cruz. As an Italian, she has a deep love for cooking and baking. She also loves being outside gardening or simply enjoying being in the fresh air. Quilting and painting are some of her favorite creative outlets, or you can find her reading a good book, walking or watching a good documentary. Erminia has always enjoyed the simple things in life and feels incredibly grateful for the home, traditions and memories she has built over the years.



Pictures from last month's garden party, horse sanctuary visit and BBQ on the beach!