

DOMINICAN OAKS

COMMUNITY NEWSLETTER

OCTOBER 2026

A MESSAGE FROM OUR ADMINISTRATOR

Thank you to all the residents who participated in our recent flu and Covid booster clinic. We appreciate your continued commitment to the health of our community, your fellow neighbors and our staff. As we enter the holiday season, we prepare for gatherings, travel, and visits with family and friends. The most effective tools we have against the spread of seasonal illnesses are simple but powerful: frequent handwashing and staying home when you are not feeling well. Whether it is a mild cold or something more serious, staying home allows you to rest and recover and helps prevent the spread of germs to your friends and neighbors. Thank you for your continued mindfulness in keeping our community healthy as we move into the busy months ahead.

Amy Saulnier

HALLOWEEN RESIDENT MIXER

Calling All Ghouls and Goblins! It's time for our annual Halloween Resident Mixer! Stop by the Oaks Room on Wednesday, October 28th, from 3:00 to 4:30 PM for a frightfully delicious spread of appetizers and themed drinks. While costumes are welcome, they are not required. Our resident buddies will be introducing our new residents. Plus, we'll be crowning the champion of our employee pumpkin decorating contest—swing by to cast your final vote and see who takes home the trophy. We can't wait to see you there!

ANNUAL ARTS & CRAFTS SHOW AT DOMINICAN OAKS!

Hello Dear Dominican Oaks Artists!

With our annual **Arts & Crafts Show** coming up **Wed, Oct 14**, I would like to share some important details:

- You should have received a questionnaire regarding your artwork, please return that to me or Shannon as soon as possible.
- If you need assistance bringing your artwork to the show, please indicate that on the questionnaire & we will try to find volunteers who can assist us with carts.
- **Set up between 3-5pm on Tues, Oct 13.**
- **Artwork will be on display Wed, Oct 14, between 10am-4pm** (there will be chairs for you to sit next to your display).
- **A Champagne Reception celebrating the Artists will be held at 3pm on Wed, Oct 14 in the Oaks Room.**
- **Return of Artwork:** You may collect your pieces on Wed, Oct 14 after 4pm.
- As a reminder, this is a show, not a sale. For those interested in selling, you may do that at our **HOLIDAY BAZAAR** on Tues, December 8.

Looking forward to all your wonderful creativity!

With much affection,
Annette

DOMINICAN OAKS MANAGERS

Administrator:
Amy Saulnier

**Activities &
Transportation:**
Annette Rau

Assisted Living:
Stacy Smith-Paynter

Dining Services:
Gerardo Piduca

**Facilities (Maintenance) &
Housekeeping:**
Eric Botkin

Food Service:
Matt Mettalia

**Associate Administrator/
Business Office Manager:**
Cheir Harty

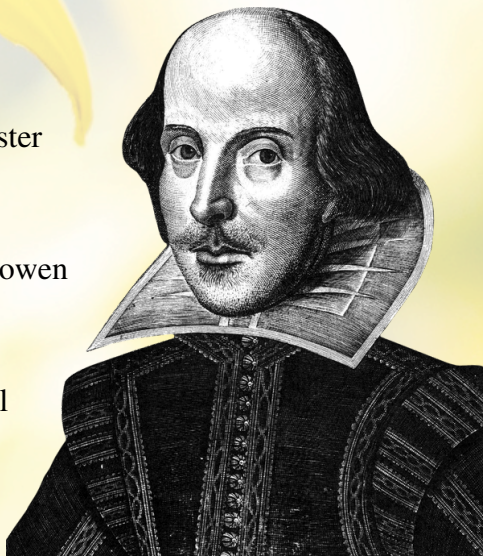
**RIGHT,
SEA OTTER &
DOLPHIN SPOTTERS,
ERIK & ANNETTE,
CAN'T WAIT TO
TAKE RESIDENTS ON
ANOTHER OCEAN
THERAPY OUTING
IN OCTOBER!**



OCTOBER BIRTHDAYS!

07 Dan Kriege
08 Steffeney Dolan
08 Bob Meyer
09 Nancy Toledo
11 Hope McKinney
13 Linda Heyes
15 Marilyn Garbutt
16 Therese Johnson
18 Barbara Buckmaster
18 Arlie Takahashi
19 Anne Bennett
21 Mary Ellen McKowen
22 Gwynne Ballard
24 Jim Waggoner
26 Beatrice Carswell
27 Patricia Dias
29 George Bunch
30 Janet Knapp

Anniversaries:
19 Nick & Sandy Hartman
26 Bill & Marjory O'Connor



OCEAN THERAPY IN OCTOBER!

Ahoy Mateys! We will leave our worries to the wind as we return to the seas on **Thursday, Oct 22,** departing Dominican Oaks at 10AM, to arrive at the Santa Cruz Harbor at 10:30AM and take a one hour excursion aboard a 37ft Catamaran. Spots are limited to 15 residents and those on the wait list last time will be given first priority. Please sign up at the Activity Desk in the lobby. Ocean Therapy's mission is to Sail, Connect, & Heal. Perhaps we will be fortunate enough to encounter dolphins and sea otters again!

SHAKESPEARE SANTA CRUZ RETURNS TO DOMINICAN OAKS!

We have the great opportunity to enjoy not one, but TWO fantastic performances!

The Tempest, Thurs, Oct 1 at 2pm in the Oaks Room
MacBeth, Thurs, Oct 15 at 2pm in the Oaks Room

You won't want to miss these exceptional performances by this renown acting company!



**ABOVE, RESIDENT - AND
DOWN MEMORY LANE
PUBLISHER - TOPSY
SMALLEY READING
HER POETRY TO
OUR COMMUNITY**



BETHANY'S AMAZING BATS!

Dedicated & expert bat researcher Bethany Schulze will return to share her research on these fascinating yet often misunderstood creatures.

Bats are necessary for controlling insect pests, pollinating plants, and dispersing seeds, which helps natural habitats and agriculture thrive.

Bats play a vital role in maintaining the health and balance of diverse ecosystems, here and in California and around the world.

Many bat species are threatened by disease, habitat loss, and wind turbines. While conservation efforts are underway, the situation is serious, with some estimates suggesting over half of North American bats are at risk.

Come learn how you too can help protect our local bats! Tuesday, Oct 27 at 2pm in the Oaks Room.

SHARING MEMORIES BUILDS COMMUNITY!



Dominican Oaks residents are invited to share some of their special memories with all of us. Resident Topsy Smalley collects these memories and compiles them in a booklet called *Down Memory Lane*, past issues are in the Dominican Oaks Library and near the C second level elevator. Topsy has been collecting these stories since 2022! Our next reading & sharing of memories occurs **Friday, October 2, at 2pm in the Oaks Room.**

Please submit your written memories (1-2 pages) to Topsy, C 223, topsyneher@gmail.com.

DOMINICAN OAKS LOVES GAMES!

From Chess to Scrabble, Ping Pong to Pinochle, Bridge to Bingo, Word Warp to Giant Crossword, and the ever popular Rummikub; find all these games and more in the Acorn Room and Garden Level Activity Room (GLAR). Residents are invited and encouraged to play at all times in the Acorn Room, and any time when the GLAR is free.

Pinochle players are currently being sought by a group who plays every Monday and Friday at 1:30PM at the table near the C1 elevator in Garden Level. If interested, please contact Roy Vigliecca at 831-600-8075; Roy says you can be a regular or a substitute.

RESIDENT AUTHORS SPEAK!

Resident (and Hula dancer!) Dana Mackenzie will celebrate the release of his latest title with a book reading from *Master Sun's Problem: A Mathematical Epic 2000 Years in the Making*, on **Monday, Oct 19 at 2pm in the Oaks Room.**

Resident (and trumpet player!) Jack McDonald will discuss his new book, *Skimmers: Sailing Past Doubt*, and the community effort it took to be published, on **Wed, Oct 21 at 2pm in the Oaks Room.**

Let's come support and celebrate our resident authors!



MEET YOUR NEW NEIGHBORS!

Lois Goldfrank grew up in Belmont, MA and lived on the east coast until 1968, when she moved from New York City to Santa Cruz with her late husband, Wally, a founding professor of Merrill College at UCSC. Together, they raised their two children on the west side, where Lois spent 22 years as the library media specialist at Bay View Elementary School. After retirement, they took up birding and traveled extensively. Lois is still very active in the Santa Cruz Bird Club, where she has been a member for 35 years. Lois's other hobbies include ping pong, reading, hiking and playing games, especially Rummikub. She also enjoys visiting with her children and grandchildren, all of whom live in the New York City area. Lois is looking forward to meeting new people at Dominican Oaks, where her parents were among the first residents almost 40 years ago.

Nancy Way was born in Forest City, Cleveland, Ohio. She graduated from Shaker Heights High School. Nancy married Robert F. Way, M.D. who passed away suddenly when very young. Nancy has three children: two daughters in Santa Cruz (which is why she moved here) and a son in Oregon. Nancy taught school but switched to real estate so she could concentrate more on supporting her family. She practiced real estate for 30 years in the South Bay area of Los Angeles, mainly the Palos Verdes Peninsula. Her interests are classical music, especially chorale, card games (she would love to relearn bridge), Scrabble, football, sight-seeing, crossword puzzles, gardening (not much lately), friends, family, and her 3 children. Nancy agrees that moving at quite an old age is a real challenge and she hopes to become a friendly, useful member of the Dominican Oaks community.

Jack Ford is a husband, father, grandfather and great-grandfather first and foremost. He has been married to his wife, Rada, for 70 years and raised four children, mostly in Mountain View.

They have been blessed with 9 grandchildren and 3 great-grandchildren, so far...

Jack was born in Gary, IN in 1931. His family moved to Southern California in his early teens. He attended UC Santa Barbara and returned home to Santa Ana. That is where he fell in love with his wife and sailing. In 1967 he moved to Mountain View to join Foothill College as a professor of English and Theater Arts. In addition, he continued his love for acting and has been cast in films, commercials, promotional materials and corporate training films.

Rada Ford (Pron. "Ray-da") was born in Guyman, OK and was the only child to Raymond and Faye Watts. They moved from the dustbowl in 1936 for a better life in Southern California where she grew up and attended nursing school at Bishop Johnson College of Nursing at the Good Samaritan Hospital. She met her husband, Jack, and were married in 1956. They lived in Santa Ana, CA and raised 4 children until they moved to Mountain View in 1967. Rada worked as the Director of Nursing at the County of Santa Clara Juvenile correctional facilities until she retired in 2004 and then embarked on a passion for volunteering. She volunteered with RotaCare and the Red Cross and traveled across the country serving those in need after natural disasters. Rada loves to garden, spend time with friends and cherish her family.

Dorothy Zieber was born in San Luis Obispo and attended Pomona College and Stanford. She taught math and French. Dorothy grew up in Sacramento and lived for 60 years in Santa Rosa. Dorothy has a son in Colorado, a son and daughter-in-law, and 2 grandchildren in Santa Cruz.

EMPLOYEE PUMPKIN CONTEST

The Employee Pumpkin Decorating Contest is Back! Get ready for some creative competition! Our staff are busy decorating their best pumpkins to win a \$100 cash prize. This year, employees may compete individually or as a team. We need your help to pick the winner - each resident gets one vote! Pumpkins will be displayed anonymously in the lobby starting October 26th, and the champion will be crowned at the Resident Mixer on Wednesday, October 28th. Pick up your ticket at the front desk and vote for your favorite!



**Newsletter Editor Annette Rau
welcomes your input!
annette.rau@commonspirit.org**

**Please be sure to check your calendars
for all of this month's musical offerings,
art classes, exercise classes, and more!**