

MARCH 19: CHILI'S GIVE BACK DAY!



Grey Bears

connect sustain recycle

March 2015

Improving the health and wellbeing of seniors through volunteerism and community participation.



Dear Friends,

BOARD APPROVED fire recovery plans are underway. Volunteer local architect, Teall Messer, has recommended a preliminary sketch for a replacement building with lots of added parking. We await submission of a civil engineering bid that will be one of the first steps toward developing formal drawings. Teall is also helping with construction cost estimates for the replacement building. Meanwhile, we have been searching for alternate warehouse space that will keep us up and running during the construction phase. Suggestions and opportunities are welcome...

...Ralph Waldo Emerson once observed that "our best thoughts come from others." Had the famed American writer time-traveled to Grey Bears, he may have more aptly noted, "our best thoughts come from *the service of* others." On a Thursday or Friday morning,

Emerson would surely have been wowed by such a sight. Volunteers shuttling brown bags down the line, filling each with nutrient rich fruits and vegetables, then quickly placed into waiting horseless carriages and sent off to Grey Bears members near and far. A veritable symphony of movement, fueled by conversation, humor, conviction. Amazing souls serving so many. Emerson's best thoughts in action...

...**Speaking of skilled volunteers**, our thrift store crew has transformed the new open space into a mini-mall full of values for your home, garden and office. And if you haven't browsed through our expanded books and media center yet, prepare to be amazed. Hope to see you at this Saturday's 1/2-off sale!



Upcoming Events

MARCH 19
Chili's Give Back Day:
15% of proceeds to Grey Bears, 11am-10pm.

MARCH 14
Thrift Store &
Computer Electronics
Store 1/2-Off Sale:
10am-3pm.

MARCH 18
SC Business Expo: visit
Grey Bears table at
Cocoanut Grove, 4-7pm.

MARCH 25
Staff of Life Market:
e-waste recycling &
book drop-off event,
11am-3pm.

MARCH 28
New Leaf Downtown
SC: e-waste recycling
& book drop-off,
11am-3pm.

MARCH 30
New Leaf Capitola:
e-waste recycling & book
drop-off, 11am-3pm.

APRIL 18
Earth Day Festival:
visit Grey Bears table,
San Lorenzo Park,
11am-4pm.

APRIL 25
New Leaf Westside:
e-waste recycling
& book drop-off,
11am-3pm.

MAY 20
Annual Member
Meeting (10:30am) and
Volunteer Luncheon:
11:30am.

JULY 11
Repair Cafe: Get help
fixing your non-working
appliance, etc.,
10am-2pm.

SEPTEMBER 22
42nd Annual Grey
Bears Harvest Picnic:
Harvey West Park,
11:30am.



Eat at Chili's, Support Grey Bears

All day - Thursday, March 19, 11am-10pm

GET YOUR TEX-MEX on at Chili's! Thursday, March 19 is Give Back Day at Chili's Capitola Mall when they'll donate 15% of all sales to Grey Bears.



Thrift Store & Computer Electronics Store **Spring 1/2-Off Sale** **THIS SATURDAY March 14, 10am-3pm**

OUT WITH THE OLD, in with the cool! Spring is a great time to start a new craft project, plant a garden or bring something fun into your life and home. Our thrift store and electronics store have it all - and it's all 1/2 off this Saturday, March 14. Thank you for all of your donated items!



SCAM ALERT **Telephone Scams Targeting Santa Cruz County Seniors**

CALLERS POSING as Microsoft employees, Internal Revenue Service agents or government officials threatening actions against you if you don't pay money are scams. Don't fall prey to these impostors. If you receive any calls like this, hang up the phone. For more information contact the County's Consumer Affairs Office at (831) 454-2050.



CHAIR YOGA **Getting Quiet**

GREY BEARS chair yoga instructor, Suzi Mahler says, "Meditation is one of our greatest tools for self preservation. When we sit quietly in class for a few minutes, we bring awareness to the breath and a deep, restoring stillness to the mind and body."

Simply defined, meditation is a way of being aware – the happy marriage of doing and being. It can lift the fog of our ordinary lives to reveal what is hidden. A few of the benefits of meditation are well documented:

- Lowers blood pressure and reduces anxiety;
- Decreases tension-related pain, such as tension headaches, insomnia, muscle and joint problems;
- Improves mood and the immune system, and promotes healing; and
- Enhances creativity and intuition.

You can find hundreds of free meditation and mindfulness podcasts on iTunes, or click the link on the Grey Bears website to hear a five-minute guided meditation, while you're sitting comfortably of course.

Enjoy the benefits of Chair Yoga with Suzi, Tue and Fri, 9:30am at Grey Bears.

**For each new morning with its light,
For rest and shelter of the night,
For health and food, for love and friends,
For everything Thy goodness sends.**

— Ralph Waldo Emerson



VOLUNTEER SPOTLIGHT **Millie Kaitschuck**

Born: May 9, 1923 in Chicago.

Age: 91

Favorite color: blue

Family: "The first time I met Melvin during high school, he proposed to me. We started going steady. He was a blimp pilot stationed at Moffett Field during WWII. I took a train to Oakland and we were married the next day. Melvin was a Woodshop teacher at SLV High, though he never went to college. He could make anything. Now I'm his caretaker, he'll be 93 in April."

Why Felton?: "We couldn't afford a place to live in Mountain View, so we moved to Felton in 1943. A half-acre was \$1,000, and we built our home for \$5,000 out of Ponderosa pine cause you couldn't get dry lumber during the war." Our first child was a boy, Daniel, then we had five girls. Daniel, who's now 70, comes here from Arizona to help us with home repair projects."

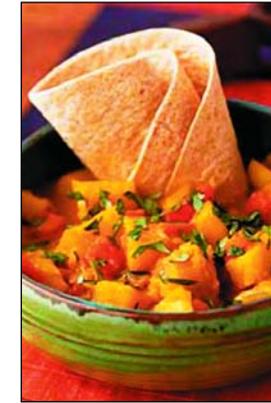
Career: "I always wanted to be a nurse. After all my kids were born, and the youngest was 2 years old, the older kids could take care of her while I went to Cabrillo to become an LVN. I worked as a nurse for 30 years."

On volunteering: I've been a brown bag delivery driver for 20 years. I deliver 136 bags to the Presbyterian Church in Felton every Friday. Melvin used to be my copilot, now Adi West drives with me. When I arrive I see everyone there, it's so fun. One of them, "Prince" is making an apple pie for my husband's birthday - he'll be 93 in April.

Favorite item in the brown bags: Raspberries and strawberries. I make jam as gifts. I also made red pepper jelly from peppers in the bags.

Attribute your longevity to?: Well, I don't drink, don't smoke, eat right and help others. I like to stay busy volunteering at my church, with Grey Bears, am secretary for TOPS (take off pounds sensibly), and take care of my great grandkids. Oh, and I never get angry.

Best thing about getting older: I'm happier. There's less responsibility, we aren't facing big life decisions, and we have such wonderful friends and family.



HEALTHY SPRING RECIPE **Potato Squash Curry**

THIS MILD, soupy recipe starts with items often found in your Grey Bears brown bag – potatoes, onions and squash, and can be served with rice. Enjoy with whole wheat tortillas or pitas to sop up the liquid.

- 2 teaspoons ground cumin
- 1 1/2 teaspoons ground turmeric
- 1 teaspoon ground ginger
- 1/4 teaspoon ground allspice
- 1/4 teaspoon crushed red pepper
- 1/2 teaspoon salt
- 1 teaspoon curry powder (optional)
- 1 tablespoon olive oil
- 1 1/2 cups chopped onion
- 4 garlic cloves, minced
- 4 cups (1-inch) cubed potato (about 1-1/2 pounds)
- 3 cups (1-inch) cubed peeled butternut, delicata or acorn squash (about 3/4 pound)
- 1 cup chopped red bell pepper
- 2-1/2 cups water
- 1/2 cup light coconut milk
- 1/2 cup chopped fresh cilantro

Preparation

Combine first 6 ingredients; set aside.

Heat oil in a large Dutch oven over medium heat. Add onion; cook 3 minutes or until tender, stirring frequently. Add garlic; cook 30 seconds, stirring constantly. Add spice mixture; cook 30 seconds, stirring constantly. Add potato, squash, and bell pepper, stirring to coat with spice mixture; cook 1 minute, stirring constantly. Stir in water and coconut milk, scraping pan to loosen browned bits; bring to a boil. Cover, reduce heat, and simmer 25 minutes or until potato is tender. Sprinkle with cilantro and serve with lime wedges.



A \$30 donation pays for a year of weekly groceries delivered a senior in need. Thank you for your generosity!

Class Schedule

Senior Tech Day: Sat, April 11, 11am-2pm. Volunteer techies will help you with your smart phone, computer or other device. And get one-on-one tech help with Joe every Monday, 10am-1pm. email tess@greybears.org to sign up.

Chair Yoga with Suzi: Tuesdays & Fridays, 9:30-10:30am.

Cooking Class with Chef Emily: 2nd Sat; and with **Chef Poppy** 4th Sat, 10am-12:30pm (Note: Poppy's next class is April 25).

Intro to Computers with Donna: classes ongoing, contact us to register.

Spanish with Ruth: Wednesdays 12:30pm (level 1) and 1:30pm (level 2).

Taiko Drumming: Wednesdays, 6pm-7pm.

All classes held at Grey Bears, contact the office for details, 831-479-1055, tess@greybears.org

Write it on your heart that every day is the best day in the year.

— Ralph Waldo Emerson



Connect with us

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Have a story to share? Email us at info@greybears.org