

Thrift Store 1/2-Off Sale is Sept 10



SEPTEMBER 2016
Grey Bears
connect **sustain** **recycle**

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



our recycling centers. Even with the explosion of e-readers and iPads, many will always enjoy the feel and charm of books. An amazing team of volunteers keep the shelves full in our Chanticleer bookstore. Others, including Beverly Beams, Kilda McKeever, Karen Monson and Donna Merriman (pictured L-R above) sort, research, list and fulfill orders for the thousands of books in our

Amazon.com bookstore. They share their passion and service with book readers everywhere...

...
Speaking of sharing, be

sure to attend our Rescue Free Book Day on Saturday, October 1st. Browse through books sure to engage, fascinate and educate — all free. And you can always fill a bag of books every Friday for just \$5.

...
If you're a senior without dental insurance, schedule an appointment now for "Give Seniors a Smile Day" taking place at Dientes on Oct 15, details inside. Be sure to attend the 43rd Annual Harvest Picnic on Tuesday, Sept 20, details inside.

Dear Friends,

WE'RE HAPPY TO REPORT that we have received the permit to begin construction of a new thrift store building. The 3,000 square foot building will offer more space for many of our high-demand items like furniture and clothing, and an improved shopping and checkout experience.

All of our programs and stores will remain open during construction once it begins — including Sundays — with lots of parking on weekends. Your financial support is still needed to complete this rebuild project. Please make a donation today to our New Building Fund on our website, greypears.org/support/ or by check to Grey Bears.

...
Donated books and vinyl records have been keeping us busy. We gratefully receive lots of both along with other "old" media in

Upcoming events

September 10
Thrift Store 1/2-Off Sale, 10am-3pm.

September 20
43rd Annual Harvest Picnic, Harvey West Park, 11:30am.

October 1
Rescue Free Book Day, 10am-3pm at Grey Bears. Tons of titles — all genres!

October 22
Repair Cafe, fixit coaches help you repair your nonworking item, 10am-2pm.

Ongoing classes

Chair Yoga
Tue & Fri with Suzi, and Thur with Sarah, 9:30am.

Cooking class with Chef Poppy
every 4th Sat, next is Sept 24 at 10am.

One-on-One tech help
Mon and Wed by appt, 10am-1pm.

Spanish with Ruth
Wednesdays at 12:30.

Taiko Drumming
Weds, 6pm-7pm.
Contact instructor for details.

For more info
contact Sharon, 831-479-1055 ext 223, sharon@greypears.org



You're cordially invited to attend the Grey Bears
43rd Annual Harvest Picnic
Tuesday, September 20, 11:30am-1:30pm
Harvey West Park, 326 Evergreen St, Santa Cruz

MINGLE UNDER THE REDWOODS, enjoy a BBQ lunch (veggie options), live music by The Sparkletones, dancing and a raffle featuring giveaways, gift certificates, laptop computer, dinners and much more. Raffle tickets are \$1 and all proceeds support Grey Bears. Free for all age 55+.



...
South County seniors can catch the free bus from Watsonville Senior Center, call Valerie at (831) 722-1333 to reserve your seat. Carpool with friends, a parking area van will shuttle you to/from the picnic area, and valet bike parking provided. See you there!

Free senior dental day

DIENTES COMMUNITY DENTAL CARE and Grey Bears team up to offer the second annual "Give Seniors a Smile Day" on October 15. Dientes and volunteer hygienists from the Monterey Bay Dental Hygienists Association will provide free dental services to low income, uninsured seniors (no dental insurance). Appointments are required. Space is limited so email Sammi at Dientes to schedule your appointment, spaz@dientes.org or call 831.621.2566.

VOLUNTEER SPOTLIGHT

Karen Monson

Volunteer in the online book cove



BORN IN FARGO, ND IN 1943. "The winters are very cold and the summers are very hot. Fargo has its own unique beauty."

Family: "I got married, moved to Minneapolis in 1963, and ended up in Berkeley at the tail end of the psychedelic 60's. I went back to school and became a nurse in the 1970s."

Tale of Two Careers: "While working as a hospice nurse I began teaching myself computer programming. I was hired by a tech company as

soon as they saw I knew my ones and zeroes. I found that these two seemingly disparate careers helped balance my life."

Travel: "Computer programming can be done from anywhere, so it was easy for our family to travel. When our daughters were 2 and 4, my husband found a job in Vienna, Austria so we picked up and moved there! I've lived in many places, eventually moving from New Mexico to Santa Cruz for the birth of my first granddaughter. I have two grandchildren who I love spending time with. The travel bug must be genetic as we just celebrated our eldest granddaughter going off to college in New York."

On books: "Growing up, my family were all avid readers. I remember in 4th grade every Saturday my older sister and I would walk through the snow to the library and get as many books as we could carry home, and read them all."

Best part about volunteering: "I volunteer in the Grey Bears online book cove where we research and list a wide variety of books on on Amazon.com. Books are so interesting and are a reflection of the diverse community we live in."

Why Grey Bears? "It was different. I came in not knowing anything about the books program and I loved the people. I love to work, so I gradually took on more responsibility. This work also requires an eye for detail just like computer programming. In many ways, Grey Bears is similar to nursing: we are caring for the community in a fundamental way."

Hobbies: "What else ... reading! I also love music and gardening. I enjoy planting things that don't require a lot of care. If it survives, it stays in the garden."

Books abound



TUCKED AWAY in the Grey Bears warehouse is the Book Cove. Inside, a beehive of volunteers sort, research, clean, list and ship donated books for sale online or in the bookstore. The Amazon.com store features more than 6,500 titles —

from hiking to history, antiques to zoology, and text books to guidebooks. Each book's description is written by volunteers like Kilda McKeever (pictured), who adds her own distinctive spice and intuition to help sell the book.

"I love researching. It's like hunting and finding treasures," Kilda says. "Someone donated a first edition of 'Gone with the Wind,' and 'Greenwich Village 1917' — a book that interested me because I'm from Brooklyn. I was one of nine siblings and we each got a book for Christmas. I learned to read fast because if I put the book down one of my brothers or sisters would take it before I finished it."

The bookstore at 2710 Chanticleer offers thousands of titles, including bestsellers. Most are just a dollar and children's' books are less. Fridays are a book bonanza where you can fill a bag of books for just \$5. Volunteer Donna Merriman helped get the program off the ground. When asked how it has evolved, Donna says, "It changes every day and is so worthwhile. We have many wonderful volunteers who receive, sort, and move crates of books."

If you're a book lover and want to volunteer, contact Michelle, michelle@greybears.org, 831-479- 1055 ext 226. To shop for books online, just google Grey Bears @ Amazon.com, or visit the books page on our website, greybears.org/thrift-store/online-bookstore.

5 nutrition tips for a healthy fall, plus 3 recipes



FALL BRINGS SHORTER DAYS, longer nights, cooler weather and a new menu of seasonal foods to help keep your body balanced and well. The fall harvest is full of antioxidant- and fiber-laden fare from Brussels sprouts and pumpkin to parsnips and persimmons. Incorporate these tips into your life to boost your health during the autumn months.

Reach for root vegetables

Most root vegetables are available all year and found in our weekly brown bags, but they're at their peak from fall to spring. Underground gems such as garlic, onions, ginger, turnips, carrots, sweet potatoes, beets, and parsnips deliver ample flavor and nutrients during the cooler months. Many root vegetables are loaded with folate, which is key for cell growth and metabolism, and beta-carotene, which aids vision and bone growth.

Add anti-inflammatory foods

During fall, a host of allergens can conjure sniffles and sneezes, so it's important to pack in anti-inflammatory foods. Seasonal foods like apples and onions help block the release of histamines, which are the substances responsible for allergic reactions.

Farmers markets

Learn more about seasonal produce and connect with your food by visiting farmers markets. Our local farmers pick produce right before the market, and often grow heirloom varieties. Enjoy apples, cranberries, figs, grapes, pears, persimmons, pomegranates, mushrooms, pumpkins, Brussels sprouts, and leafy greens such as Swiss chard, romaine, kale and collards.

Go for whole grains and seeds

Another optimal food group for fall includes whole, nutritious grains — barley, rice, kamut, spelt — or foods that are technically seeds but are used like grains such as amaranth, wild rice, buckwheat, millet and quinoa. These foods support good nutrition and health with their high levels of B vitamins, which help improve mood and reduce anxiety, depression, and seasonal affective disorder. Add grains and seeds to soups, stews and salads.

Try new recipes

There's no better way to enjoy seasonal fare than trying out new recipes. Check out three new recipes packed with fall flavors and nutrients on our website: greybears.org/5-nutrition-tips-for-a-healthy-fall-plus-3-recipes.

NOW OPEN SUNDAYS & EVERY DAY!

**THRIFT STORE, BOOKSTORE
& ELECTRONICS STORE**

1/2-Off Sale

THIS SATURDAY, SEPTEMBER 10, 10AM-3PM.

Sensational values and selection on everything for your home, kitchen, office, garden, wardrobe, activity, arts and crafts project and medical equipment needs! \$5 Bag Sales: Monday bag of clothes and Friday bag of books, just 5 bucks! Mark your calendars for our Free Book Day on Saturday, October 1.

Computer Sale

PICK UP A REFURBISHED MS Windows desktop computer including monitor, keyboard and mouse for only \$79 (while supplies last) — or shop our selection of laptops, iMacs, MacBook Pros, TVs, audio/video systems, components, appliances and more! Open every day 10am-3pm, 831-479-1055 ext. 225.



CONNECT WITH US ON FACEBOOK

Grey Bears, 2710 Chanticleer Avenue, Santa Cruz CA 95065

(831) 479.1055 ■ FAX: (831) 479.8465 ■ www.greybears.org Have a story to share? Email us at info@greybears.org