



# Grey Bears

connect **sustain** recycle

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



## Dear Friends,

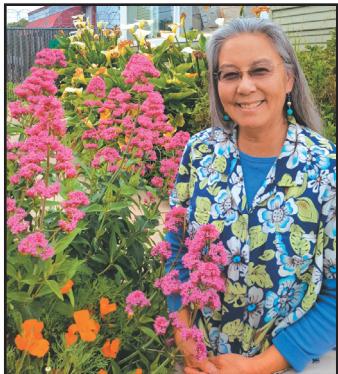
WE'RE IN THE HOME STRETCH for completing our new thrift store building. Stay tuned for an announcement for the grand opening in June. Your financial support is still needed to get us to the finish line! Please make a tax-deductible contribution by clicking: [greybears.org/fire-recovery/](http://greybears.org/fire-recovery/).



GREY BEARS VISION that all seniors live healthy meaningful lives is only realized through community participation and collaboration. It is also vitalized through the leadership of the Grey Bears Board. If you have a passion for our work please apply now to join the Board of Directors: [www.greybears.org/board-application/](http://www.greybears.org/board-application/)

TIS THE GROWING SEASON: do you know a senior who would like to receive a brown bag of fresh, healthy, locally grown produce each week? Refer them to Sharon: [sharon@greybears.org](mailto:sharon@greybears.org) or call us at 831-479-1055 and we'll get them set up on the Healthy Food for Seniors Program.

# Volunteer Spotlights



**LINDA BABCOCK** combines creating art with giving back. "One minute I was dropping off some recycling at Grey Bears, and the next I was a volunteer brown bag delivery driver. Two years later was whisked away into the office!" The office presented the perfect palette to blend Linda's artistic sensibilities with her organization skills. "It's been so rewarding."

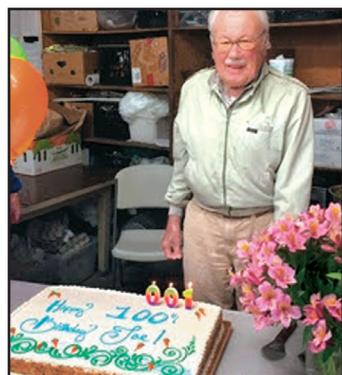
Born May 30, 1950 in San Mateo. "My mom and many relatives still live there."

**Business and art:** "Two friends and I had clothing design business in the 80's in San Jose. I was always interested in papermaking and fiber arts. After we closed that business, I took a weekend workshop in papermaking where I met my husband John, who lived in Santa Cruz. We've been together since 1993 and live in Soquel. I'm a retired school teacher and do lots of volunteering. I spend summers teaching papermaking in Watsonville and San Francisco."

**On Volunteering:** "My parents were very active and always volunteering. From a very early

age they instilled in me the importance of giving back."

**Why Grey Bears?** "I first came to Grey Bears to recycle. Then, I don't really remember how, but all of a sudden I was volunteering as a brown bag delivery driver. It was so rewarding, bringing groceries to those who weren't able to leave their homes. After two years of driving I was whisked away into the office. What I love most about being in the office is the number of people I meet who come in and share their gratitude for what Grey Bears does. It feels really good knowing that we're meeting such a huge need in our community. Plus, I really enjoy the people I get to work with."



**JOE JURNECKA** celebrated his 100th birthday April 28th while volunteering on the Grey Bears brown bag line. At 8am, 75 other volunteers, including daughter Wendy, stopped filling bags to sing Happy Birthday to the new centenarian. Cheers followed as he handily blew out the candles on a carrot cake.

"It's really no big deal," Joe remarked, "but I really appreciate

everyone's kindness."

A fixture at Grey Bears the past seven years, Joe was born in 1917 and grew up in Chicago. "I opened my first bank account in 1929 when I was 12. That year the depression hit, the bank closed and I lost it all."

His parents came through Ellis Island. "When I was 9 years old, my mother took me by ship back to Czechoslovakia where we spent the summer. Over the years I have visited my relatives in the Czech Republic many times and our relatives come and visit us here, too. I have a cousin there who turned 103 last year. They had a big celebration for her."

"I lost my wife, Ruth, 13 years ago. She was in perfect health up until she went. We met at a dance after WWII in Chicago. During the war, Ruth was a member of the Women's Air Force Service Pilots. More than 50 years later, they were honored with Congressional Medals. I went to Washington DC to accept the medal for my wife posthumously."

"We moved to Santa Cruz 35 years ago from Chatsworth to be near one of our children. We bought a 3 bedroom, 3 bath house on a large lot in Aptos for \$125,000. I still cook for myself and do the housework."

Joe and Ruth had four children who now are all retired. "Wendy was a school teacher, we have a surgeon, an attorney, and the only one who didn't finish college was the most financially successful of the four, and lives in Santa Cruz. Two are already on Medicare."

After bagging, Joe drives back to Aptos for his daily 1.5 mile walk. "My driver's license expires in a couple of years. I'm studying the book now so I can pass the test and drive till I'm 107."

*"Life is not a having and a getting, but a being and a becoming."*

MYRNA LOY



## Chair Yoga for Pain

DO YOU WAKE UP feeling stiff and achy? Join the club, most people over the age of 50 do. This doesn't mean you have to go the whole day feeling stiff and moving like a robot. Being pain takes effort and commitment, and it doesn't come in a bottle. The body is designed to take care of its own health, and through the regular practice of chair yoga, you too can be pain free.

Chair yoga increases flexibility and strength, and helps with many chronic pain conditions. It can also help you feel more comfortable in both your mind and your body.

Try this simple movement to help open painful, stiff joints and muscles.

Place arms in cactus by lifting the arms to the side and bending the elbows at a right angle.

Touch your right hand to your left shoulder as you turn your head to the right. Then alternating, touch left hand to right shoulder while turning your head to the left.

Now try touching your right hand to the left knee, turning head to the right, and now the whole body is moving! Do this a few times and mix it up. Your brain benefits, too.

Grey Bears offers Chair Yoga on Tuesdays and Fridays with Suzi Mahler, and Thursdays with Sara Kaufman. Classes start at 9:30am, \$5 drop-in.

## Watermelon for Health



**WATERMELON** is by far one of the most beneficial body-healing fruits. The health benefits of watermelon cover everything from brain function to the cells in your feet. It is incredibly hydrating (up to 92% water) and is naturally low-fat. We are entering the best time to indulge in this juicy melon that delivers an array of nutrients, vitamin and minerals.

Lycopene and potassium in watermelon is important for cardiovascular health helping to retain calcium in your body, resulting in stronger bones and joints. The citrulline, an essential amino acid, helps prevent over-accumulation of body fat.

Watermelon is rich in the compounds that reduce inflammation and neutralize free radicals. It is a natural diuretic that helps increase the flow of urine, but does not strain the kidneys.

Watermelons have an alkaline-forming effect in the body which can help reduce the risk of developing disease and illness caused by a high-acid diet (namely, meat, eggs and dairy). They are a wonderful source of beta-carotene, converted in the body to vitamin A. It helps produce the pigments in the retina of the eye and protects against age-related macular degeneration as well as prevents night blindness. Vitamin A also maintains healthy skin, teeth, skeletal and soft tissue, and mucus membranes.

The vitamin C content in watermelon is astoundingly high. It improves our immune system, helps heal wounds and is essential to the formation of new connective tissue.

# Thrift Store News



EXPANDED BAG SALES this month! Get a bag of books and/or a bag of clothes every day through May 26, just \$5 each! Check out the new batch of tumbled sea glass, just \$3/lb.

Non-Profit Org  
US Postage Paid  
Santa Cruz CA  
Permit No 119

Current Resident or:

## Volunteer delivery drivers needed



BECOME A GREY BEARS brown bag delivery driver, to sites or to homebound seniors (and we'll even reimburse

your mileage!). We have lots of other volunteer opportunities, too! Contact Michelle, 831-479-1055 ext 226 to learn more.



## Upcoming!

JULY 29, REPAIR CAFE, fix-it coaches help repair your non-working household items.

SEP 19, 44TH ANNUAL HARVEST PICNIC, Harvey West Park, 11:30am. For info on classes and events call 831-479-1055 ext 226, or email michelle@greybears.org.



\$30 = Weekly deliveries of fresh produce and healthy staples for a homebound senior all year long! Donate now.

## Ongoing classes

NEW! MENS GROUP FORMING AT GREY BEARS. Join with your peers, age 55+, in a confidential environment to talk about issues unique to men and other topics. 6-week sessions begin soon. To sign up, contact Steve Pizzo, 831-426-9292.

CHAIR YOGA WITH SUZI (Tue/Fri) and Sara (Thur) at 9:30am.

SPANISH WITH CORINNE, Wed at 12:30pm.

COOKING CLASS WITH CHEF POPPY, 4th Sat, no class in May, next one is Jun 24, 10am.



ONE-ON-ONE TECH INSTRUCTION for computer, phone, tablet etc, Mon & Thur, 11am-3pm.

TAIKO DRUMMING, Wed at 6pm. Contact Ikuyo for more info.



Connect with us on facebook

**Grey Bears, 2710 Chanticleer Avenue, Santa Cruz CA 95065**

(831) 479-1055 ■ FAX: (831) 479-8465 ■ [www.greybears.org](http://www.greybears.org)

Have a story to share? Email us at [info@greybears.org](mailto:info@greybears.org)