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Successful Aging

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California's Senior Legislature: Promoting Senior Issues in 2012

The California Senior Legislature was the brainchild of State Senator Henry Mello, as he sought a stronger voice for California's older adults. The CSL was eventually established in 1981 under the auspices of the California Commission on Aging.

The CSL mirrors the actual state legislature, with 40 Senior Senators and 80 Senior Assembly members – all of whom are selected by the state's 33 Area Agencies on Aging. Each year



Martin Tucker, local CSL representative.

these volunteer legislators draft proposals about senior issues; then they submit their top proposals to the state's lawmakers.

"Every October we meet in Sacramento," says Martin Tucker, Santa Barbara's representative to the CSL, "and we conduct a model legislative session in the same chambers as the regular legislature. We're non-

*CSA begins a senior essay contest!
See details on page 12.*

partisan and we're not funded by any special interest group. "Our goal is to give state legislators an unbiased look at senior issues and needs around the state."

According to Mr. Tucker, the 120 CSL legislators prepare proposals on a wide array of senior issues; and then they debate and vote, ultimately narrowing down all the proposals to their "Top Ten Legislative Priorities."

CSL's Top Ten proposals are key senior issues for 2012. If California's seniors rally round these proposals, that could lead to more senior-oriented laws and state policies. Understandably, a key step in that process is for seniors to find out what CSL's Top Ten proposals are this year; so, following is a list of the California Senior Legislature's highest priority proposals:

CSL Proposal 1 – Silver Alert Program:

Establish a missing persons program to protect those suffering from Alzheimer's or dementia who might roam away from home.

CSL Proposal 2 – Personal Amplifier Hearing Devices: Authorize and support the sale of hearing devices to assist those with hearing impairments until they can accumulate funds to purchase hearing aids.

CSL Proposal 3 – Reverse Mortgage Transparency Act: Require reverse mortgages to help the borrower determine the consequences of the mortgage based on their personal situation, finances, health, or short and long-term needs.

CSL Proposal 4 – Homeless Senior Veterans Increased Benefits: Require the state's CalVet Program to raise awareness of senior homeless veterans programs and

to provide rental housing benefits for them.

CSL Proposal 5 – Tax Deductions/ Mileage Rates for Senior Volunteers:

Establish a state tax deduction for seniors, 65 and older, for miles driven during their volunteer activities.

CSL Proposal 6 – Financial Elder Abuse ~ Money Transmitters proposal: Require money wire transfer services to be included in the definition of mandatory reporters of suspected financial elder abuse.

CSL Proposal 7 – Emergency Transportation for Seniors and Disabled: Require the mobilization of para-transit, paramedics, and others to move the disabled and seniors to safe places in the event of natural disasters.

CSL Proposal 8 – Identity Theft Punishment Enhancement: Require that

a two-year punishment enhancement be added for identity theft of a victim age 65 years or older.

CSL Proposal 9 – Building Standards for Staircase Handrails: Would require that handrails be provided for all public staircases, including theaters, museums, stadiums and restaurants.

CSL Proposal 10 – Terminate California's Reduction of Federal COLA for SSI Recipients: Would reinstate the SSI Federal COLA removed by former governor Schwarzenegger.



If any of these proposals are of interest to you or if you simply feel that CSL's overall efforts deserve support, then you could (a) let your local officials or state legislators know you endorse CSL's proposals or (b) get directly involved in CSL's

activities. To learn more about the California Senior Legislature, contact local CSL Assemblyman Martin Tucker at P.O. Box 1192, Summerland, CA 93067, or e-mail him at tuckmet@aol.com; or log on to the CSL website at www.4csl.org.

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New Medicare benefits



— by Rep. Lois Capps, U.S. Congress

As your representative in Congress, I would like to update you on how the implementation of the Affordable Care Act is benefiting Medicare beneficiaries on the Central Coast. The new health care law provides Medicare beneficiaries with a number of additional benefits and it is important that all seniors on the Central Coast know about

them so they can take advantage of them and stay healthy.

As you may have heard, in January of 2011 Medicare beneficiaries in the Part D “donut hole” prescription drug coverage gap became eligible for a 50% discount on name brand drugs. Starting in 2012, these beneficiaries in the “donut hole” will also receive an additional 14% discount on generic drugs. These discounts are the first steps in the eventual closing of the “donut hole” under the health care law. According to the Centers for Medicare and Medicaid Services in Cali-

fornia, nearly a quarter million people with Medicare have saved almost \$128 million on their prescriptions since the discount went into effect. This represents a savings of about \$520 per person - a significant savings for seniors, who for too long were forced to make difficult decisions to afford their medications.

Medicare beneficiaries also are now eligible for free preventive services like mammograms and colonoscopies, and for a free annual wellness visit. Too often, co-pays discourage seniors from going to the doctor for essential preventive health care. These new benefits are important to keep you healthy and to catch disease early, when it is easier and less expensive to treat. Already, nearly two million people in California with Medicare have taken advantage of the free preventive coverage benefit.

Additionally, the Medicare “extra help” program was

strengthened to provide assistance to low- and moderate-income beneficiaries. “Extra Help” is available to help cover the cost of their prescription drugs. The beneficiary will receive co-pay assistance for prescription drugs, bringing costs to no more than \$2.50 for each generic drug and \$6.30 for each brand name drug. It is estimated that 2 million Americans qualify for the program but are not yet enrolled.

I ask each of you to help me spread the word about the new benefits available in the Medicare program so that seniors up and down the Central Coast have the information they need to keep themselves healthy in the coming year.

Also, if you ever need help with your Medicare coverage, please do not hesitate to contact the California Health Insurance Counseling and Advocacy Program (HICAP) at 1-800-434-0222 or my Santa Barbara office at 730-1710.

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Silver Nuggets

“What constitutes a life well spent, anyway? Love and admiration from your fellow men is all that anyone can ask.”

— thoughts on growing older
by Will Rogers

Finding peace during the holidays

— by Gary Linker, Ph.D.



The New Year gives us a chance to set a new course for the coming year. I've never been one to make resolutions. That word has always rubbed me the wrong way. But I do like to set intentions, and I'd like to offer something for you to chew over as you think about the New Year.

The other day one of my volunteers told me that her client

was despondent because she felt she was no longer useful to anyone. She was suffering with health issues, didn't have the energy she once had and no one in her life needed her.

I suggested to this helper that she turn the conversation around. Hadn't this woman given and given for the past 75 years? What was wrong with receiving from others? Could she allow herself to ask for help? Why not enjoy all she had provided to her family and friends over the years and realize it was her turn to receive.

We are taught to give of ourselves but maybe it is impor-

tant to balance the scales and realize that it is OK to receive as well. Not a bad intention for the coming year. In fact, being in the helping profession myself, achieving a bit more balance in 2012 might be good for me — along with losing a bit of weight. I might just do that. Try it on and see if it fits for you.

Gary Linker, Ph.D., is Clinical Director of the Center for Successful Aging; phone (805) 963-8080; e-mail: info@csasb.org.

A Personal Reflection ~ by Sharon Villarreal

"Happy New Year! How?!"

"What's to be happy about? How can I be happy? I'm ill. So many friends are gone. My funds are limited. Getting out and about is sometimes a chore."

Well, that's not a happy anything, much less a new year. But yes, you too can have a Happy New Year. What are you looking at? Little flowers of exquisite beauty are in the desert. Unless you stop to look at them, they'll go unnoticed.

"Two men looked out from prison bars; one saw mud, the other saw stars." To cry new tears over old sorrows, lost opportunities and unfulfilled dreams is a waste. New Year's Eve is a good day to let go of, forget and bury past hurts.

John Wooden, UCLA's former basketball coach emeritus, had the solution to a Happy New Year: Make each day a masterpiece.

Who's in your life? Doctors. I'm blessed to be in the care of gifted doctors: Gagneja, Wilson and Newman. Urgent care and the Emergency Room are staffed with great technicians, nurses and doctors. Cottage Hospital (I was a patient for six weeks) and Sansum Clinic are amazingly efficient.

Social workers Ann Sly, Cathi Nelson and Mary Solis are helping settle me into life. Dr. Bookspann, a gentle giant of a man, suggested I get a dog; hence, Pineapple, my 7 lb. poodle shares my apartment.

Always smiling, Luz, from IHSS, maintains my home and cooks beautifully for me. Always friendly Becky from MSSP visits me regularly; my always exuberant counselor visits me from CSA. I am so grateful for their parts in my life.

So the deal is: Start over. Leave the past. Find people, places, things and events to look forward to. Follow John Wooden's advice: Make each day a masterpiece. Then you, too, will have a Happy New Year.

Sharon is a CSA client. She was diagnosed with chronic cancer four years ago. Her writings reflect her attitude of choosing to face each day and to live it fully.

CSA Latest News

CSA announces two new board members: One of Santa Barbara's premier restaurateurs and caterers, **Michael Hutchings**, has now joined the CSA board of directors. Also, **Eric Kronvall**, vice president and wealth advisor for Wells Fargo, brings his years of financial and fundraising expertise to the CSA board.

CSA receives grant from the Latkin Foundation: CSA thanks the Herbert & Gertrude Latkin Charitable Foundation for its continued support and vote of confidence. For seven years the Latkin Foundation has contributed generously to CSA, assuring its valuable services to local seniors.

Benefit concert for CSA set for February: The **Ventura British Brass Band** will play an "All You Need is Love" benefit concert for CSA in February. The unique instrumentation of this ensemble has become popular throughout Europe. Check it out at venturabritishbrass.com. For event information, call **963-8080**.

CSA – Who We Support

We help seniors who are lonely, isolated or facing personal challenges.

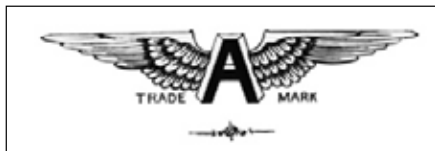
We support family members who are assisting a senior.

We work with seniors who are living alone and want a daily check in.

Flying A: Before there was a Hollywood — by Gayle Golden, CSA Counselor

Did you know that long before there was a Hollywood, the largest and most successful motion picture studio in the world was right here in Santa Barbara?

Spanning the block from State St. to Chapala along Mission Street, on what used to be an old ostrich farm, The American Film Company – known simply as The Flying A because of its logo, turned out over 1200 shorts, melodramas, Westerns and comedies. It will be celebrating its 100th birthday next year.



Photos courtesy of SB Historical Museum.

The Flying A logo.

Since this was before the age of electric studio lighting, the main studio was made almost entirely out of glass to allow for the greatest amount of daylight shooting time. Coming into the big glass studio at any time, you might see a number of different scenes being filmed from a variety of pictures.

Because this was also the era before talkies, if the camera ran out of film in the middle of a scene, the director would simply yell out, “Hold it!” Everyone would have to freeze in place while the crew scrambled to put in a new roll. He would then yell, “Action!” and they would pick up right where they left off.

The cameras were cranked by hand; one foot of film per second, two turns of the crank,

exactly 16 frames. The first films were only a single reel of film — about 1,000 feet, running time about 15 minutes. The typical shooting schedule was to complete two films every week.

One of the first of Flying A’s directors was Frank Borzage, who later went on to receive the very first Academy Award for Best Director in 1927. A young Victor Flemming got his start at the Flying A as a mechanic in the motor pool, and soon moved from crew member to cameraman to director. He later achieved fame directing *The Wizard of Oz* and *Gone With The Wind*.

The only building standing today from the original studios is at the corner of Chapala and Mission. Peter Becker, who lives and works there, has restored what was called the Green Room back to its original condition, and proudly shows the powder blue wallpaper inside his kitchen cabinets as it once was the private dressing room of Mary Miles Minter. Mary was once considered the heir to “America’s Sweetheart,” Mary Pickford, and she made over 25 films for Flying A. Starting at age 14 at a salary of \$150 a week, she soon garnered over \$2,500 a week. She, like many actors of the day, lived at the Edgerly Apartments just down the street (at the corner of Chapala and Sola Streets).

The studio had everything going for it except vision. When folks down south were making features and distribut-

ing their own films, the Flying A was still doing shorts and had no distribution. Higher taxes during World War I plus a devastating flu epidemic that closed the theaters for months, helped to seal its fate.

Between 1920 and 1940, the property was used as everything from a National Guard Armory to a dance hall to a skating rink and a bingo parlor. Curiously, the same man who built the studio in 1912, C. L. Richardson, was called upon to tear it all down.

But don’t forget as you are driving along Chapala, just after you pass Mission Street,



The Flying A facade in the 1920s, fronting Mission Street. Corner building (far left) is still in use at corner of Mission & Chapala streets.

to look to your right and you will see a small street named American Avenue. It’s a lasting tribute to the memory of the grand studio that once stood there.

The Santa Barbara Historical Museum offers a free, one-hour slide and video presentation on the history of the Flying A; and it can be arranged

by calling Rebekah Beveridge at 966-1601. The Santa Barbara Newcomers Club will be enjoying such a presentation on January 7 at 10:00 a.m.

Gayle Golden is a docent for the Santa Barbara Historical Museum.



Flying A movie set.



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There is no such thing as normal: A path to aging well



— by **Katrina Rogers, Ph.D.**

“There’s no such thing as normal. There never was,” my 83-year old mother, Patricia Mazeau Rogers, said two years after a diagnosis of inoperable pancreas cancer. “We behave our whole lives as if everything stays the same. In reality, everything changes all the time. We look back on our grandparents’ lives as if they were stable and happy, but like us they were always adjusting to changing circumstances.”

My mother’s paternal grandmother was born in 1871 and passed away in 1954 at the age of 83 after a lifetime that seems similar to our own: A trajectory of youth, to middle age, to a state of elderhood, with marriage, family, work, sorrow, illness, and play along the way.

We often speak of successful aging, creative aging, and positive aging as interchangeable ideas to answer: What does it mean to age well in our society? Like many of these terms, they come from a similar root. In the 1990s, a movement called positive psychology emerged from the field of psychology.

Championed by the scholars Martin Seligman and Mihaly Csikszentmihalyi, positive psychology seeks to find out how it is that people create

fulfilling and nurturing lives for themselves. Rather than just treating people who have something wrong with them, these psychologists conduct research with people who are doing well and leading happy and well-adjusted lives.

This work led the field of gerontology into a movement that Robert Hill and many others call positive aging. Alongside other terms for “well-adjusted” aging, these scholars argue that happiness doesn’t just happen—it is our actions and intentional behaviors that affect the quality of our lives.

In his 2005 book *Positive Aging*, Hill lists some of the key ingredients of successful or positive aging: Taking control of our lives, being active in our communities, being engaged with others, building close relationships, and seeking meaning and purpose. He writes, “At the individual level, it is about individual traits: the capacity for love and vocation, courage, interpersonal skill, aesthetic sensibility, perseverance, forgiveness, originality, future mindedness, spirituality, high talent, and wisdom.”

If one thinks about these traits, they emerge from a lifetime of self-awareness and learning to be happy in ever-changing circumstances. We learn to age well when we are young, and we carry these same traits throughout our lives.

I observe this in my mother, who embodies courage, grace,

and lightness of being as she confronts severe illness at the end of her life. She didn’t start to age well at 83; she didn’t suddenly build friendships and family and community and creativity. She marshals these resources to help see her through the darkest period of her life thus far. That is the essence of successful aging.

I also observe aging well in the work of the participants of the Positive Aging conference. A gathering of people interested in community, wellness, life transitions and creativity in the context of positive aging, these researchers and learners

explore the deeper meaning of aging in our society. They share resources while seeking to build greater understanding and models for others to learn early on how to have a happy, well-adjusted elderhood. See www.positiveaging.fielding.edu for the conference activities throughout 2012. All are welcome.

Katrina Rogers is Provost of Fielding Graduate University in Santa Barbara, and Conference Leader of the 5th Annual International Conference on Positive Aging.

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The Crabby Old Man

Currently making the rounds of the Internet is a marvelous, if apocryphal, story about an elderly man who recently died in a geriatric ward in a remote corner of Canada. It was assumed he left nothing of any value; but when the nurses searched his meager possessions, they discovered a simple yet eloquent poem.

This elderly man, bereft of kith and kin, and presumably with nothing left to give to the world, bequeathed to us a remarkable expression of the ineffable dignity of life and the human spirit.

It is a heartfelt sentiment worth sharing, honoring and remembering; and so, we are pleased to share it with our readers...

Crabby Old Man

What do you see nurses? ... What do you see?
What are you thinking ... when you are looking at me?
A crabby old man ... not very wise,
Uncertain of habit ... with faraway eyes?

Who dribbles his food ... and makes no reply.
When you say in a loud voice ... "I do wish you'd try!"
Who seems not to notice ... the things that you do.
And forever is losing ... a sock or shoe?

Who, resisting or not ... lets you do as you will,
With bathing and feeding ... the long day to fill?
Is that what you're thinking? ... Is that what you see?
Then open your eyes, nurse ... you're not looking at me.

I'll tell you who I am ... as I sit here so still,
As I do at your bidding ... as I eat at your will.
I'm a small child of Ten ... with a father and mother,
Brothers and sisters ... who love one another.

A young boy of Sixteen ... with wings on his feet.
Dreaming that soon now ... a lover he'll meet.
A groom soon at Twenty ... my heart gives a leap.
Remembering, the vows ... that I promised to keep.

At Twenty-Five, now ... I have young of my own.
Who need me to guide ... And a secure happy home.

A man of Thirty ... My young now grown fast,
Bound to each other ... With ties that should last.

At Forty, my young sons ... have grown and are gone,
But my woman's beside me ... to see I don't mourn.
At Fifty, once more, babies play 'round my knee,
Again, we know children ... My loved one and me.

Dark days are upon me ... my wife is now dead.
I look at the future ... shudder with dread.
For my young are all rearing ... young of their own.
And I think of the years ... and the love that I've known.

I'm now an old man ... and nature is cruel.
'Tis jest to make old age ... look like a fool.
The body, it crumbles ... grace and vigor, depart.
There is now a stone ... where I once had a heart.

But inside this old carcass ... a young guy still dwells,
And now and again ... my battered heart swells.
I remember the joys ... I remember the pain.
And I'm loving and living ... life over again.

I think of the years, all too few ... gone too fast.
And accept the stark fact ... that nothing can last.
So open your eyes, people ... open and see.
Not a crabby old man ... Look closer ... see ME!

Recall this poem when you next meet an older person whom you might brush aside without looking at the young soul within. And remember: The best and most beautiful things of this world can't be seen or touched. They must be felt by the heart.



Friendship Center celebrates its 13th annual Festival of Hearts

**Saturday • February 11, 2012
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Tickets: \$100, available online
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CSA Fundraiser ~ Thank You!

On Sunday, November 6, the Center for Successful Aging held its 2nd annual fundraiser, showcasing Santa Barbara County's finest caterers and wineries!



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Sleepless in Santa Barbara? [Part 1]

— by Judi Shor, Pharm.D. and CSA Counselor

Who hasn't experienced difficulty falling asleep, staying asleep or waking up much too early? Or, despite a full night's sleep, has inexplicably felt exhausted? All of these descriptions fit the definition of insomnia.

Insomnia, partly due to age-related disruptions of restorative "deep" sleep, is found in up to a whopping 75% of seniors, particularly women. The resulting daytime fatigue can lead to concentration and memory problems, irritability, impaired immunity, devastating falls and driving accidents.

Fortunately insomnia is largely responsive to treatment with medications and non-drug therapies. However, prior to any treatment, each person should be medically assessed

to identify and address any underlying psychology, diseases or drugs affecting their sleep.

Anxiety, depression and stress are among the psychological factors that impact sleep deprivation. The physical causes of insomnia include sleep apnea, pain and gastric reflux. Disease states linked to insomnia include hyperthyroidism, dementia, asthma, Parkinson's, diabetes, arthritis and congestive heart failure.

Pharmacologic causes of insomnia are abundant. Alcohol, nicotine and caffeine are among the most common sleep disrupting substances. The use of alcohol as a nighttime sedative is always a bad idea. Although alcohol imparts an initial drowsiness, it interferes with the ability of the brain

to maintain sleep and triggers multiple awakenings. Many are unaware that the stimulant caffeine is present in energy and soft drinks, chocolate and common OTCs such as Excedrin, Anacin, Vivarin and TrimSpa. Many cold and cough preparations also contain stimulant ingredients: Sudafed, Sudafed PE, Neo-Synephrine, Dimetapp Elixir, Triaminic. The stimulant nicotine, present in tobacco products, powerfully quashes restorative deep sleep patterns.

Many conditions that prevent a good night's sleep can be attributed to a drug's side effects. For instance, nocturnal restless leg syndrome may result from antidepressants. Nightmares may come from beta blockers, statins (simvastatin, etc.), and antidepressants (especially bupropion). Drugs like Lyrica, tranquilizers and

prednisone can cause weight gain and thereby worsen sleep apnea; while sedatives and narcotics loosen the muscle tone of the upper airway to also aggravate apnea.

Sometimes drug-induced sleep disturbances can be traced to simple timing. Diuretics taken too close to bedtime may prompt bathroom use throughout the night. The process of drug withdrawal will cause insomnia, especially when stopping sedatives, alcohol, cigarettes and stimulants.

After identifying and addressing the above contributing causes of insomnia, the individual may then be reassessed for treatment, both behavioral and medical.

Part 2 of this report will review today's approaches to insomnia for the best long-term success in treatment and quality of life.

Volunteering — the simple joy that comes from helping

The Retired Senior Volunteer Program (RSVP) has been helping Santa Barbara seniors volunteer since 1973. RSVP has more than 600 members who serve at 70 local nonprofits and agencies, addressing such vital community needs as children's literacy, wildlife care management, disaster relief, senior transportation, food for the needy and much more.

If you have the time, talent and heart to lend a hand, we can help you find a suitable volunteer opportunity. Contact RSVP to learn more. Here is a sampling of just a few opportunities:

Santa Barbara Village will be providing transportation for SB Village members. **Volunteer drivers** are needed to provide door-to-door service, taking riders to their destinations.

Hope School, in partnership with St. Vincent's Housing, needs after-school tutors to help children with literacy skills and homework.

"**Brown Bag**" program of the **Santa Barbara FoodBank** needs volunteers to organize food donations, bag groceries, and then deliver the groceries to low-income seniors.

SB Maritime Museum needs volunteers to greet patrons, and also to serve as *docents* to lead museum tours.

People's Self-Help Program needs seniors to help children in after-school activities, such as reading, art or homework.

SB Public Schools - Partners in Education: Teachers in all of our public schools are looking for volunteers to help them in the classroom. A special benefit is that Partners in Education will pay for the TB test and LifeScan schools require of volunteers.

Catholic Charities needs helpers with their food collection and distribution services to feed low income families.



Retired Senior Volunteer Program
- Serving Santa Barbara seniors for 38 years
35 W. Victoria Street, Suite 201
(805) 963-0474 www.sbrsvp.org

If you are age 55+ and are interested in volunteering, simply contact us:

RSVP of S.B.

963-0474

director@sbrsvp.org

website: sbrsvp.org

What if I'm left out of a Will or Trust?

— by **Chris Jones, attorney**



Many people have asked me if they have rights to inherit an estate from parents or spouses. Likewise, many parents or spouses are unclear about who must be included as their estate beneficiaries. Do you know who you must mention as a beneficiary for your estate?

While other countries and states have many rules defining eligible beneficiaries, even requiring that certain of your relatives must inherit your assets, California generally has adopted an inheritance system that gives each of us the widest possible latitude in who or what organization to whom we leave our assets to at our demise. As I tell clients, you can leave your entire estate to the promotion of sending puppies and kitties to Mars, and your relatives cannot upset your plan because they do not agree with it.

The fact that you were formerly mentioned in a person's Will likewise does not give you any enforceable rights or claims in the event that you are deleted from a later version. Because each of us has the right to change our estate plan while we are alive and have the capacity to do so, any people that you included in past versions can be deleted, and there is nothing that they can legally do about it.

When are you required to include others as beneficiaries in your estate planning documents?

1. **Omitted Spouses:** The California Probate Code, which applies to estate plans, protects a spouse who is not mentioned in the deceased spouses's estate planning documents signed prior to the marriage. The statute gives the "omitted spouse" up to one-half of the estate, unless (a) the decedent's Will or Trust mentions the surviving spouse, and specifically disinherits them, or (b) the surviving spouse receives assets outside of the estate, such as substantial lifetime gifts, or being named as a beneficiary on an IRA, 401k plan, or life insurance policy, or (c) the spouse signs a waiver. Waivers of inheritance rights are valid if there was a fair and reasonable disposition of the surviving spouse's rights, or there was adequate disclosure of the decedent's property. Since these findings are always made after the fact, and the one spouse is now dead, it is dangerous to rely upon the waiver exception.

This "omitted spouse" exception can be especially dangerous as the statute will upset the intended plan and create a surprise that was not intended by either the spouse making the plan or their named beneficiaries. All that it takes to remedy this is to create an estate planning document that mentions the spouse, and ei-

ther defines what is being left to them, or which specifically disinherits them.

2. **Omitted Children:** Like the movie, "Home Alone," forgetting your children can also have disastrous results for even the most carefully planned estate. The California Probate Code also protects a child born or adopted after a decedent has signed their testamentary documents. In particular, the code gives that omitted child a share of the estate equal in value to that which the child would have received if the decedent died without either a Will or Trust. This could result in the omitted child receiving up to the entire estate.

The exceptions to applying the rule are: (a) if the decedent intentionally did not provide for the child, and the documents themselves say so, or (b) the decedent had one or more children and left substantially all of the estate to the parent of the omitted child, or (c) the decedent provided for

the child by transfer outside of the estate, and the intention of the decedent was that the transfers be in lieu of providing for the child in the decedent's estate plan.

As with the omitted spouse exception, the safest way to address the question of children born after the estate plan was signed is to mention them in a revised Will or Trust, and either define what is being left to them, or disinherit them.

Notice that changes in family status require some changes to estate plans. You not only have to get the documents done in the first place, but you also must revise them in the events of marriage, remarriage or new children in the household. The law gives you the freedom to create your estate plan as you wish. As with all other freedoms, you must care for it or lose it!

Christopher Jones, Attorney at Law, 1032 Santa Barbara Street, Santa Barbara, CA 93101. Phone 963-2014; e-mail chris@eatonjones.com. Website at www.eatonjones.com.

An advertisement for Senior Living Consultants. The top part features a logo with a stylized leaf and the text "Senior Living CONSULTANTS". Below this is the tagline "A FREE Referral & Placement Agency". The main text reads "Helping You Find Independent, Assisted Living & Alzheimer's Care Homes" followed by the phone number "(805) 963-6045". The address "18 W. Micheltorena Street, Ste C Santa Barbara, CA 93101" and website "www.seniorlivingconsultants.com" are listed at the bottom. On the right side of the ad is a black and white photograph of a smiling woman and an elderly man.

A Sneak Peak at 2012

— by **Jeanne M. West**

Sometimes, it is tempting to wish that I had a crystal ball to see into the future. But at other times, I am glad to live life one day at a time and just “go with the flow.” As I ponder what 2012 will bring, several thoughts come to mind.

First of all, 2012 is an election year. This is a time for all of us, regardless of age, to listen and pay close attention to all of the candidates of all parties. What are their priorities (and promises) and how do they express their values in issues that pertain to the health and well-being of our older population? Does the “pitch” sound like rhetoric or is there real substance for change that is realistic and achievable? Each of us has both the opportunity and responsibility to make a decision and cast a vote for the person we believe will best serve our country and address the ever-growing needs of our aging population. Will Social Security be maintained? Will Medicare benefits remain stable or perhaps, even be improved? Or will we continue to see an erosion of benefits along with an escalation of premiums?

I am always concerned when I hear someone of senior age state that they don’t care to vote. EVERY vote counts. So, it is imperative that we study ongoing benefit issues

and be sure that we voice our concerns to current and pending legislators, from local and state, right up to the federal level.

We are seeing more people being diagnosed with dementia, due to a variety of causes. As a Senior Care Consultant, I deal regularly with families that don’t know where to turn for advice. They fear dealing with the decisions that must be made — from restricting or removing driving privileges and the withdrawal of financial responsibilities, to providing personal care or perhaps even considering placement in a senior care environment. All of these issues tax the emotional, physical and financial well-being of families. My hope is that in 2012, we will see new and innovative approaches to providing support to persons with dementia, along with assisting their families who are dealing day-to-day with this awesome burden. Information and education are at the heart of new ventures which are on the horizon in 2012.

In 2012, we will certainly see and hear more about the Santa Barbara Village, a virtual senior living community which got off the ground in 2011. The goal of the Village is to “offer its members access to comprehensive quality services, enabling those 50 and older to gain access to professional and volunteer services, along with a variety of educational and social programs.” The focus of the Village is

to provide access to an array of services that will enable people to live independently at home.

Opportunities are already being promoted to allow members of the public to preview the new Cottage Hospital in January 2012. Early in the year, we will see the opening of that new medical center which is said to be both lovely to behold and a true state of the art in terms of equipment and services.

I believe that as more “boomers” hit that 65 mark, we will see more creative expressions of retirement living. I hope that this means we will see a surge in volunteerism, such as we have seen in our work at the Center for Successful Aging. More services and counselors will be available to provide one-to-one counseling, assist in facilitating support groups and provide telephone reassurance to “shut-ins” and those who are lonely. The success in our first year of the CSA publication

“Successful Aging” will, no doubt, continue to flourish in 2012. Educational programs offered to seniors by the Center for Successful Aging will be a hallmark of the agency’s growth in 2012.

Stay tuned ... this is just a snapshot of what I envision in the coming year. Ask yourself, “what do I think should be a priority for serving and enhancing the quality of life for older adults?” Then stand up and take action toward making those priorities a reality. Whether this means voting, volunteering, attending more educational programs for self-enrichment or just being aware and sensitive to our ever-changing world, you can and must make a difference!

I wish all our readers a very healthy, happy and exciting New Year!

Jeanne West, RN, MHA, is chairman of the Senior Expo. You may contact her by phone at (805) 886-4234 or by e-mail: jw@jeannewest.com.



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Chuck Ryan: A man with a zest for life



— by Deni Osborne, CSA Counselor

In 2004, Chuck Ryan swam the 12.4 miles from Anacapa Island to Port Hueneme — he was 73 years old at the time, and had limited range of motion in his arms due to surgery.

For that cross-channel swim, he used a device called the Aqueon which coupled to his lower legs, allowing him to kick like a dolphin. His motivation? “To me it was a challenge that even at my age you could do things,” he said.

Now 81 and recovering from a recent heart valve replacement, Chuck is still at it —

and this time he’s building an experimental airplane.

Why? Trained as a physicist and mathematician, Chuck worked for IBM and then was a pilot in the Air Force. After retirement, he found it very expensive to fly privately. He wanted to continue flying and thought it would probably be cheaper to build his own plane (though now, he confesses ruefully that he has since found out it’s less expensive to buy an older plane and work on it than it is to build something new from scratch).

But build he does. “A project like the plane provides an endless set of challenges. He began for the academic challenge of understanding systems and having the opportunity to use mechanical skills. Now, he



Photo by Mary Jones

Chuck Ryan still has a lot to do at 81.

says, “It gives me an opportunity to use my hands and apply the skills I learned before retirement. And it’s fun.”

As a youngster, like many boys of his generation, Chuck built model airplanes and submarines from kits. Now as a senior, working from a full-sized kit that is only partially pre-designed and pre-fabricated, Chuck must do at least fifty percent of the work in order to qualify for an experimental

aircraft license. The challenge lies in such things as designing the instrument panel and figuring out a way to install the engine. But to Chuck, that’s the joy of it.

Intellectually inquisitive and physically active, Chuck says that he is interested in making the best use of the time he has left.

When I asked him how he would define “successful aging,” Chuck replied, “It’s better to wear out than to rust out. To not have something to do is the first step to putting yourself in the grave.”

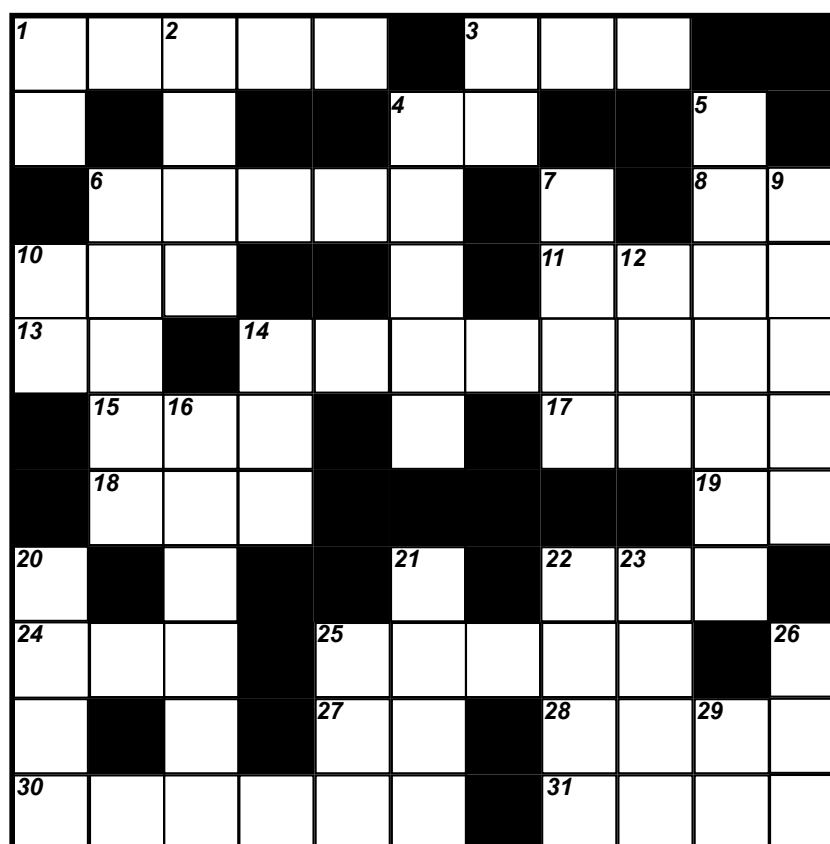
He then gave me a 2012 engagement calendar, counseled me on effective ways to get organized, and showed me his new iPad. Ask me if I’m impressed.

Trivia crossword for Boomers and beyond by Frank Newton

(Answers on page 12)

ACROSS

1. Debbie Reynold’s 1957 mega-hit
3. Ms. West of 1920s-30s fame
4. Joe Lewis often won this way
6. 1940s-50’s dreaded disease
8. “___” Day - May 8, 1945
10. “___” Tin Tin, K9 star
11. “Previously owned” Cadillac
13. Doctor’s right hand
14. Nixon’s famous dog
15. WWII troop entertainment
17. French fencing sword
18. Hogan’s heroes a silly example
19. Initials of a Utah city
22. High schoolers’ mega-exam
24. Mr. Linkletter
25. Edna Ferber’s 1952 mega-hit
27. Body created in 1947
28. A steak sauce
30. Rachel Carson’s “Silent ___”
31. J. Edgar’s guys



DOWN

1. Cobb of baseball fame
2. We walked on this in 1969
3. Famed battle ship “Big ___”
4. The Forgotten War
5. Hillary & Norgay conquered it in ‘53
6. Betty Grable was a classic one
7. Mr. Ellington of jazz
9. A car best forgotten
10. Short Line, B&O, for example
12. Self-employed IRA
14. Borden’s “Elsie”
16. Skin care product claim
20. 1950s rocker “___” Domino
21. Nat “___” Cole
22. Catch in lady’s nylons
23. We smashed this in 1944
25. NRA’s obsession
26. Rice icon “Uncle ___”
29. Nebraska going postal

CSA Essay Contest

CSA proudly announces a writing contest for seniors, age 55+.
The winning essay will be published in the next issue of *Successful Aging*!

Rules:

- Write 250-500 words on the topic (see topic starter).
- Submission must be typewritten.
- Writer must be age 55+ and reside in greater Santa Barbara area (from Goleta to Carpinteria).

Topic starter...

The historical moment I remember best is ...

(Use this line to begin your essay)

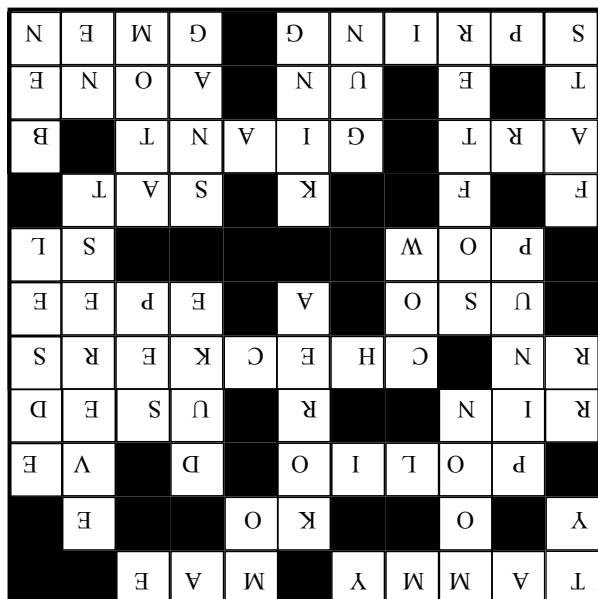
- Entries must be e-mailed or postmarked no later than February 15, 2012.
 - Include your name, address and phone and/or your e-mail.
- Submit to:** editor@csasb.org or to 35 W. Victoria St. #201, Santa Barbara, CA 93101.

Questions? Call 284-2829

Calendar of Events for January/February 2012

Senior Friendly Communities	Jan. 19	10 a.m.	Goleta Senior Center	925-9554
A public hearing to discuss the priority needs of local senior citizens.				
Festival of Hearts	Feb. 11	11:30 a.m.	Fess Parker DoubleTree Resort	969-0859
A fund raiser for Friendship Center (see ad on page 6).				

Solution to Boomer Trivia crossword puzzle on Page 11...





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For any editorial or advertising questions, contact *Successful Aging* by phone at **284-2829** or e-mail at: editor@csasb.org.

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