

Ejé Lynn-Jacobs — Our Musical Birthright

By Heidi Hutton Rigoli

“No, no... I can't sing!”

Is this your refrain when offered the opportunity in social situations? Maybe you still hold this belief because long ago someone criticized your singing. Or you've always criticized yourself.

“I believe singing is a birthright,” states Ejé Lynn-Jacobs, teacher of voice at Santa Barbara City College's School of Extended Learning. “My goal in teaching is to help the person find their own voice and express themselves with beauty. This is one of the primary essences of our being, seeking beauty and pleasure. The result is singing.”



As a composer, arranger, producer, and vocal specialist, Lynn-Jacobs has performed and collaborated locally and internationally with various artists. His instruments include voice, percussion, and bass guitar. In 1992, he began teaching when his voice teacher, Neva Rego, told him, “I don't know what else I can do for you, you've got it.”

“My approach comes from watching babies,” Lynn-Jacobs explained. “Hearing is the first sense developed in the fetus — babies can hear things before they're born. They imitate sounds, even melodies.”

In his twenties, Lynn-Jacobs lived in Hawaii, where he played bass in a band until his instrument was stolen. He quit school, which had little meaning to him at that time, and began to work appraising real estate, saving up to buy another bass. But he was unsettled about what to do with his life. Then one day, he had what he calls an epiphany. He began to see and experience that everything is vibration and energy.

“It's hard to explain,” Lynn-Jacobs said. “Whatever it is that is beyond all physical things, call it energy... there's more of it in my body and all things than anything else. Everything is made of energy! All of a sudden that became my concept of what God might be. As my attention went to this place, the universe responded.”

He quit real estate and went back to college to study sound, including audio engineering and electric energy, also taking classes in philosophy and religion. He ended up making enough money to get by with his music, but said what mattered is knowing he was fulfilling his destiny.



Ejé Lynn-Jacobs

“If everything is energy, and it's conscious, then it has divine power over everything. It takes care of itself. If I'm a part of it, it's taking care of me too,” he said. He realized

Continued on page 6

A publication of the
Center for Successful Aging
Santa Barbara, California
(805) 898-8080

In this issue:

Senior Expo is Back	2
From the Editor's Desk.....	3
Is Honesty (Still) the Best Policy?	3
Senior Flash Mob on State Street.....	4
In Memoriam – Roberta Kroot.....	4
The FLU and YOU	5
New Study Finds People Get Happier as They Grow Older	7
Parkinson's Association	9
How an End-of-Life Doula can help YOU	10
Well Connected: Learn and Discover from the Comfort of Your Home.....	10

Senior Expo of Santa Barbara is Back!

After three years of closure due to the COVID pandemic, the **Senior Expo of Santa Barbara County** is returning! The event will take place at **Earl Warren Showgrounds on Wednesday October 4th, 9am to 1pm.** It is the only event of its kind on the Central Coast, offering seniors and caregivers a plethora of activities and information to stay healthy and active.

With admission of only \$5, attendees will have access to fun activities and information about products and services for seniors and caregivers. This year, flu shots will be provided by Rite-Aid, including a senior dose for those 65 and older. Attendees must bring their prescription insurance card to receive a flu shot at the event. Otherwise, Rite-Aid will schedule them for a vaccine at a date of their convenience.

Other popular features of the Expo include entertainment, caricatures, onsite voter registration, over a dozen free health screenings including home safety, blood pressure, and diabetes, and more. The Caregiver's Café offers counseling and support for those caring for elderly friends and family members.

The Senior Expo is organized by Family Service Agency and made possible through sponsorship of local businesses and nonprofit agencies. For information and a full list of sponsors, visit SeniorExpoSB.com.



100+ Exhibitors!

Services for Seniors & Caregivers

- Healthcare, Home Care & Hospice
- Government & Social Services
- Recreation & Fitness
- Insurance Information
- Financial Services & Estate Planning
- Legal Aid & Fraud Prevention
- Planning Advanced Directives
- Caregiving & Caregiver Support
- Much, much, more!

Healthy Living & Health Screenings

- Flu Shots* provided by Rite Aid
- *Bring insurance card and photo identification
- Senior Dose available for adults 65+
- Home Safety Assessment
- Caregivers' Café
- Blood Pressure Screening
- Glaucoma Screening
- Fitness Workshop
- Hearing Consultation
- Diabetes Testing (A1C glucose)

WED, OCT 4, 2023 | 9 AM– 1 PM | EARL WARREN SHOWGROUNDS

\$5 Admission | Free Parking | Live Music & Entertainment

**Onsite Voter Registration ✨ Fitness Workshops ✨ Free Snack
Flu Shots ✨ Health Screenings ✨ Caregivers' Café ✨ Haircuts**

For more information go to www.SeniorExpoSB.com

Platinum Sponsors



FROM THE EDITOR'S DESK



By Justine Sutton

Hello Readers!
I have a story for you...

Over the last 15 years I have experienced gradual loss of mobility due to osteoarthritis in both knees. As someone who always enjoyed dancing, walks on the beach, and strolling around events and festivals, this loss has taken its toll on my spirits.

Several years ago, I went to Las Vegas and discovered that mobility scooters are available there for rent by the day. Tooling around on my trusty battery-operated steed brought such feelings of freedom and joy!

Sadly, there was no such service here. I especially wished for a scooter for the Summer Solstice parade. This artistic explosion of merriment is my favorite day in our town, and since my first in 1990, I've been both in the parade and cheered from the sidelines. My mobility challenges make it difficult these days to get out and enjoy it, so each year I check to see if scooter rentals are available here, and each year I have been disappointed.

Until this year when I checked again, and suddenly there it is—Santa Barbara Mobility! Opening last fall, this business rents scooters by the day, delivering to and picking up from your location. And if you have your own, they offer repair service as well.

Chuck, the owner, was kind and patient, taking plenty of time to ensure everything was adjusted for me and I was comfortable operating the scooter. Since I live close enough to downtown, I just scooted down there and had a great day at the parade. Later, home and exhausted, I was so glad to have Chuck come and pick it up.

For anyone with limited mobility who would like to get out and about, I can wholeheartedly recommend Chuck and Santa Barbara Mobility. (805) 697-5005 <https://sbmobility.com/>

Is Honesty (Still) the Best Policy?

By Gary Linker, Ph.D., Clinical Director, CSA

Recently I came across an interesting quote that piqued my curiosity. You may recall that former Vice-President Pence stated he kept notes of his conversations with the former President after the election. In one statement, President Trump said to Pence, “You are too honest.”

This got me thinking about the quality of honesty in our society. What has happened to it? It seems no longer important or relevant in our modern society, to be honest. I don't know about you, but I grew up with an emphasis on it. When I was a youngster, my parents made it very clear that we would get into a lot more trouble if we lied than if we told the truth. And of course, we have in our folklore the references to Honest Abe Lincoln and the time when George Washington said he could not tell a lie, he had cut down that cherry tree.

I have to admit, I am troubled that so often people say it is okay to do something as long as you don't get caught. Is the law the only basis for appropriate behavior? Do we not emphasize enough these days the importance of an internal compass directing us to right or wrong?

But enough about the platitudes of honesty on a broad scale — let's bring this subject right into our own backyard. Let me pose some questions to jolt your thinking. How honest are you in your dealings? If someone gives you too much change in a store transaction, do you make that correction? If you are in a situation where everyone around you is taking advantage of someone with unethical behavior, are you likely to participate? And what about honesty in our close relationships? If someone asks, “Do you like my dress?” where does courtesy intersect with honesty?

Of course, there is honesty and then there is brutal honesty. I would never advocate that we use an opportunity to be honest to hurt someone's feelings. There is no doubt that honesty needs to be balanced with consideration

for others' feelings. If we love our spouse or a family member, do we refrain from telling them something important because we are afraid of creating an uncomfortable situation?



I'm advocating here for being honest and transparent in our relationships while at the same time being loving and positive. Is that possible? I think we all hunger for realness in our lives and closeness with our loved ones, but how to get there is the challenge. I want to promote the expression of these loving feelings balanced with constructive feedback. Telling our spouse or a close friend that we love them and want to talk about something important with them ought to open the door for honest dialogue. It does hurt sometimes when I give my wife an open invitation to tell me when she thinks I'm off track. Initially, I don't take it so well, but it is good medicine. Usually, these conversations offer the chance for us to clear the air and keep things clean between us, and it brings us closer.

I hope there is something here you can relate to. I don't think there is ever a time when we can be too honest, but we need to also be kind. For us to improve both our relationships and our society, we need to be beacons of honesty in the world we inhabit.

Gary Linker, Ph.D. has worked for the past 40+ years as a Marriage, Family Therapist. Contact Dr. Linker at (805) 898-8080 or by e-mail at info@csasb.org





OUR MISSION:

The mission of the Center for Successful Aging is to promote the physical, emotional, psychological and spiritual needs of seniors and their families.

CSA is a Non-Profit Organization that depends on the financial support of donations from readers like you. To make a donation to support our work, please visit www.CSASB.org

Successful Aging

is a quarterly publication of the Center for Successful Aging, located at 228 East Anapamu Street, Suite 203 Santa Barbara, CA 93101 (805) 898-8080 info@csasb.org
Real Help Phone: (805) 898-8080
Fed Tax ID #80-0422344

Successful Aging Editor

Justine Sutton
editor@csasb.org

Advertising / Articles

Steven Sharpe
admin@csasb.org (805) 898-8080

Design / Production Coordinator
Susan Rees

Circulation: 6,000
Advertising rates and current and past issues of *Successful Aging* are posted online at www.csasb.org

Steven Sharpe, *Administrative Director*
Gary Linker, Ph.D., *Clinical Director*

2022-2023 CSA Board of Directors

LaShon Kelley, *President*
Sharon Kennedy, *Secretary*
Diane Alexander
Lynda Fairly
Gayle Golden
Mark Levine, *Founding Member*

Advisory Board

David Graff
Billie Maunz
Deborah Naish
Ernesto Paredes
Angela Siemens
Pat Snyder
Alma Vaja

Senior Flash Mob!



On May 30th, residents of Maravilla performed a Flash Mob at the Tuesday Farmer's Market on State Street, dancing to "Mama Mia" by Abba and "Proud Mary" by Tina Turner. Choreographed by Joyous Movement teacher Beth Amine, the performance brought smiles to the faces of unsuspecting shoppers, not to mention the seniors dancing!

Starting in our next issue, Beth will be contributing a column, *Dancing With Time*.

In Memoriam – Roberta Kroot

The board and staff of the Center for Successful Aging are saddened at the passing of Roberta "Bobbi" Kroot. Bobbi was one of the founders and major engines propelling CSA forward for the past 15 years, serving as Board Chair for most of that time. She held the vision of CSA's work along with hosting many events with her husband, Art, at their beautiful home.

Bobbi had enormous energy and focus. She inspired other board members and the staff to do their best in serving low-income seniors in our community.

She is survived by her husband, two children, three grandchildren, and the many members of the CSA community who are indebted to her for her selfless contributions.



Photo credit: Rochelle Rose, Noozhawk

The FLU and YOU

By Judi Shor, CSA Counselor

In the last few years, Covid-19 vaccinations have taken public attention off many of our more routine vaccines. The flu is the second most frequent cause of death from a vaccine-preventable disease in the United States, only after Covid-19. Since the public relaxation of mask requirements, social distancing, and curtailed travel, there has been a steady rise in flu and other respiratory viruses.

With the approaching flu season, here's the latest "need-to-know" information concerning influenza protection.

A **SEASONAL FLU VACCINE** is recommended for all aged 6 months and older, with rare exception. The complications arising from a bout of flu fall mostly on seniors due to age-related decline in immune defenses. Add underlying conditions such as diabetes, cancer, and neurological and vital organ diseases, and it's not surprising that almost 85% of flu-related deaths and up to 70% of hospitalizations occur in those age 65 and older.

The best way to protect yourself is with an annual flu vaccine. Why annual? Although it is an inexact science, vaccine components are changed each year to best match the circulating flu strains predicted to land in the US. Full immune protection takes approximately two weeks, so an individual vaccinated late in the season may have already been exposed to someone with the virus and develop influenza before their vaccine immunity sets in.

Current 2023-24 flu season recommendations for seniors (age 65 and older) advise vaccination over September and October with one of the following three FDA-approved choices:

FLUZONE High-Dose Quadrivalent is an inactivated vaccine containing four flu strains (A- and B-type antigens) with a ramped-up strength that is four times that of the standard flu vaccine. Side effects may occur more frequently with these high-dose formulations but are generally mild and temporary, including injection site pain, headache, muscle aches, and malaise. Most side effects occur within the first three days following vaccination and are resolved within two to three days.

FLUAD Quadrivalent adjuvated is another vaccine containing MF59, an adjuvant, or booster, that stimulates a stronger antibody response. This additive is especially useful for people with age-related disease or drug-impaired immunity. Side effects follow the usual pattern of injection site pain, headache, and fatigue.

FLUBLOK Quadrivalent recombinant — unlike FLUZONE and FLUAD vaccines, FLUBLOK is created in the laboratory using genetic technology to form the virus and its host cell. The resulting combination is injected into the body to trigger flu immunity. Side effects follow the usual pattern of injection site pain, headache, and fatigue.

At this writing, FLUBLOK is the only FDA-approved recombinant vaccine in the US.

For vaccine allergy inquiries, a list of vaccine ingredients may be found at the FDA website <https://www.fda.gov/> on their US Package Insert page. One new change involves egg allergies. The amount of egg protein in each vaccine is so small and inconsequential that there's no need for any special precautions. People with egg allergies demonstrate no greater risk from a flu shot than those without. The exception would be to avoid all egg protein vaccines in the future following a severe reaction to any egg-based flu vaccine

and to check with your healthcare provider for future vaccine recommendations.

There will be an excellent opportunity to get your flu vaccine at this year's Santa Barbara Senior Expo on October 4th, 2023. Please stop by the CSA Expo table to learn about our life-enhancing programs and resources. See article on page 2.

Dr. Judi Shor, Pharm.D., is a 15-year CSA volunteer and operates a Senior Care Management practice. Questions may be directed to her at ShorCare@gmail.com



Ejé Lynn-Jacobs

Continued from page 1

there were a lot he could do with sound, leading him to music production, engineering, collaborating, and much of what makes up his musical career.

At SBCC's School of Extended Learning, Lynn-Jacobs has long taught the Basics of Singing, Ukulele, and Performance Singing, which culminates with students performing in a live concert. Two new classes of his are Ear Training, to help people understand what key they're singing in, and Rhythm, for those who want to work on their timing. These classes can benefit other musicians as well as singers.

"The ability to recognize the melody and where that melody sits in the Western music system will apply to every instrument," he said. In his classes, Lynn-Jacobs explains the use of vocal cords, changing their density and strength, and the proper use of breath.

"Having confidence in your voice, your primary communicative tool, brings comfort to your entire being," affirms Lynn-Jacob.

Ejé Lynn-Jacobs is co-founder of the Santa Barbara Vocal Jazz Foundation (SBVJF) <https://www.santabarbaravocaljazz.com/about-us-contact> celebrating its 25th year of bringing jazz programs into local elementary and junior high schools, and sits on the board of directors of the Santa Barbara Jazz Society. He founded Sound Transformation Network, offering full-service music, sound production, and private vocal lessons. <https://soundtransformationnetwork.com/>

To sign up for classes with SBCC's School of Extended Learning, go to <https://www.sbcc.edu/extendedlearning/>



NatureTrack Film Festival OCTOBER 6-8, 2023
GOLETA, CA
PLUS BEST OF THE FEST ON
OCTOBER 14 - LOS OLIVOS, CA

40+ Nature Adventure Films from Around the World!

**2023 VIP PASSES
NOW AVAILABLE**

INCLUDES OPENING NIGHT AT THE
RITZ-CARLTON BACARA, SANTA BARBARA

EARLY BIRD DISCOUNT: \$50 OFF PASSES
naturetrackfilmfestival.org/tickets
BUY YOURS TODAY!

FREE & FEE-BASED CLASSES FOR OLDER ADULTS

Art	Nature
Acting	Nutrition
Calligraphy	Orchestra
Ceramics	Painting
Cooking & Baking	Piano
DIY	Psychology & Self-Care
Drawing & Painting	Relationships
Film	Sewing
Flower Arranging	Spirituality
Glass Fusing	Ukulele
Health & Wellness	Weaving
Home & Garden	Woodworking
Jazz	Writing & Literature
Jewelry	Yoga, Tai Ji & Fitness
Languages	Introductory Computers and Technology Classes
Literature & Poetry	and more!
Music & Singing	
Meditation	

"I would suggest everyone take an Extended Learning class to keep their mind active and learn something new and beautiful."

SB SCHOOL OF
CC EXTENDED
LEARNING

REGISTER NOW!

**CLASSES START
AUGUST 28**

(805) 898-8160
sbcc.edu/extendedlearning

New Study Finds People Get Happier as They Grow Older



Well-being improves across young adulthood and into mid-life, so the adage about how youth is the best time in life is not accurate, according to a new study by [Susan Charles](#), professor of psychological science.

“Contrary to negative stereotypes of aging, late in life is a time of relatively stable and high levels of well-being,” Charles says. “With older age, people focus more on the present and less on planning for the future, and this mindset is one possible explanation. Older adults generally report greater satisfaction with their close friends and family members, which may also explain why people who are older feel stability of their well-being over time.”

In her study, “[Growing Old and Being Old: Emotional Well-Being Across Adulthood](#),” recently published in the *Journal of Personality*

and *Social Psychology*, Charles and colleagues followed 1,000 people, ages 22 to 95, over two decades. They asked participants about their emotional state—the positive and negative emotions they were feeling—that day, in the past week, and in the past month.

“We found that when looking at all responses across all participants, older adults reported the highest level of well-being compared to other age groups,” Charles explains. “They reported the lowest levels of distress, feeling sad and anxious, as well as the lowest level of reported negative emotions, feeling lonely, afraid, and upset. They also reported the highest levels of positive emotions, being calm, enthusiastic, and cheerful, than younger adults.”

In addition, she says, “We found that this pattern changed over time. Across young adulthood, people became less distressed and less negative. We found that in mid-life, they were fairly stable in their emotional well-being, although they

continued to experience fewer negative emotions over time. For older adults, results are more variable, with emotions remaining stable or well-being declining in very late adulthood into their mid 70s and older.”

This means that older people are, in general, happier and less negative than younger adults, the study concludes.

“When we look at how people change over time, well-being improves throughout young adulthood, and remains fairly stable in midlife,” Charles says. “Older adults show more variability in their well-being, but it’s important to note that even when they experience upturns in distress, they are still far below the high levels of distress we see among the younger adults.”

Susan Charles will present “Aging and Emotion” through UCSB’s Center on Aging and Longevity on October 24th at 4:30 pm at UCSB’s Henley Hall, Room 1010. For more information, visit longevity.ucsb.edu

 UC SANTA BARBARA
Center for Aging and Longevity Studies



Longer, healthier lives... it's only a matter of time
longevity.ucsb.edu

SINGLE ITEMS TO WHOLE ESTATES

MOVING MISS DAISY'S



Consignment
& Auction House

The LARGEST Home Furnishings Consignment Shop on the Central Coast!



Consign
or
for Yourself

Automatic Payouts
Consignor Portal

Consign
for a Cause

Benefits your favorite
Santa Barbara Charity



ALSO FEATURING FASHIONS

Louis John Boutique, specializing in designer
fashion consignments, estate wardrobes and
assessments IG: @louisofmontecito



Open 11a-5p Closed Tuesday

info@movingmissdaisy.com

ConsignmentsByMMD.com

805-770-7715

3845 State St. La Cumbre Plaza

(Lower Level Former Sears)

Cliff Drive Care Center SENIOR LUNCH

1st & 3rd Thursdays starting
September 7th, 11:00am at 1435 Cliff Drive
Join us for fellowship & a delicious meal!



Empowering those with Parkinsons and their caregivers to be proactive in managing their day-to-day lives and in working to delay the disease progression.

**Exercise Programs • Support Groups
Social Events • Educational Programs**

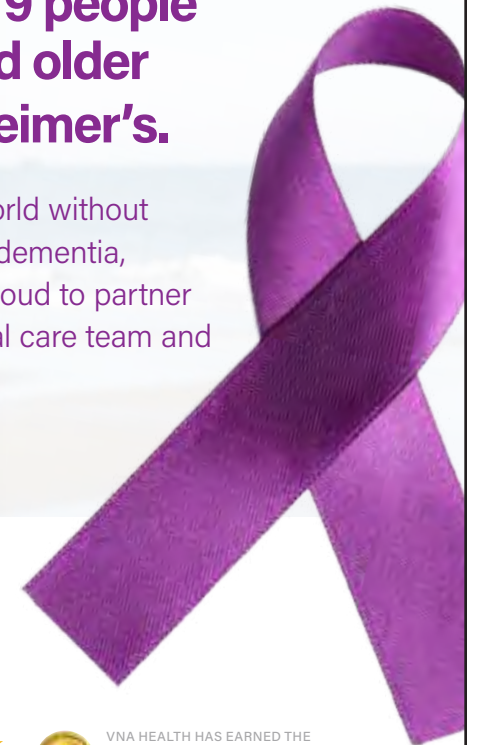
For more information:

(805) 685-1326 • www.mypasb.org



**About 1 in 9 people
age 65 and older
have Alzheimer's.**

Until there's a world without Alzheimer's and dementia, VNA Health is proud to partner with your medical care team and



Your VNA Health team of nurses, therapists, and caregivers works with your physician to provide a customized care plan to help you live well at home.



CARING FOR OUR COMMUNITIES SINCE 1908
(805) 965-5555 | vna.health

LOAN CLOSET • HOME HEALTH CARE
PALLIATIVE CARE • HOSPICE CARE
BEREAVEMENT CARE • SERENITY HOUSE



VNA HEALTH HAS EARNED THE
JOINT COMMISSION'S GOLD SEAL OF
APPROVAL* IN HOME HEALTH CARE,
PALLIATIVE CARE, AND HOSPICE CARE.

Parkinson's Association of Santa Barbara — Valuable Community Resource

By Jeanne M. West, RN, MHA, PASB Board Member

There are many chronic illnesses that change one's life, and that of loved ones. One such illness is Parkinson's Disease. Symptoms, which can appear slowly or rapidly, include tremors, slow movement, rigidity, balance disturbances, falls, and "freezing" of gait. This neurodegenerative disease results in a decline of one's ability to function and live independently, over time.

No one should go through this Parkinson's journey alone. Parkinson's Association of Santa Barbara (PASB) is here to help those with Parkinson's and their loved ones travel this difficult road. PASB offers educational programs, exercise classes, social events, and a variety of support groups with facilitators trained by CSA. These offerings empower people to be proactive in managing their day-to-day lives and in working to delay the disease progression.

The Parkinson's Association of Santa Barbara is a 501c3 non-profit organization that does not charge for any events, except for the day long PASB Annual Symposium. PASB is not affiliated with any national organization and is open to all.

To participate, volunteer, or to donate to any activities of PASB, email mypasb@gmail.com or call (805) 683-1326. For more detailed information, visit www.mypasb.org and find PASB's information booth at the 2023 Annual Senior Expo, October 4th at Earl Warren Showgrounds, 9am to 1pm.



Parkinson's Dance Class

Photo: Marian Shapiro, Mark Morris Dance



Marian and Marty Shapiro



Join Our Team at CSA

The Center for Successful Aging (CSA) is heading into fall with new opportunities for volunteers. Would you like to make new friends, help others in need, and contribute to a senior's well-being? Here are some ways you can become involved.

CSA's Senior Peer Counseling Program offers an 8-week program for those 50 and older to become trained peer counselors. You will learn basic counseling skills, become knowledgeable on senior issues, meet weekly with other volunteers, learn additional skills, make new friends, and help others.

Peer counselors provide one-on-one support and/or co-lead groups in our community with the minimal commitment of four hours per week.

You can also become a **CareLine telephone volunteer**, making regular calls to isolated seniors in our community and developing support relationships. These calls can be made from home at your convenience.

If you are interested in any of these possibilities, call CSA's Clinical Director, Gary Linker, Ph.D., at 805-898-8080.

Old age is golden, so I've heard said,
But sometimes I wonder as I crawl into bed,
With my ears in a drawer, my teeth in a cup,
My eyes on the table until I wake up.
As sleep dims my vision, I say to myself,
Is there anything else I should lay on the shelf?
How do I know my youth is all spent?
My get-up-and-go has got up and went.
But in spite of it all, I'm able to grin
And think of the places my get-up has been!

~ ANONYMOUS



How an End-of-Life Doula can help YOU!

By Arlene Stepputat, MA

“I want to get my affairs in order but don’t know what I need to do.”

“My father’s health is in decline, and he won’t discuss it with us.”

“I just learned my friend died in a car accident and I am in shock.”

“My brother has terminal cancer, and we aren’t sure what our next step is.”

These are just a few examples of the situations that have come to me as an end-of-life doula (EOLD) in the last several months. The term may be unfamiliar to you, or you may have heard the words but not be exactly sure what an EOLD does.

Non-medical companions to the dying and their families, EOLDs do not take the place of hospice personnel; rather, they complement other services that a dying person and their family may be receiving, including hospice or palliative care. They provide a wide range of holistic services, including physical, emotional, spiritual, and practical support.

EOLDs may work with families from initial diagnosis through bereavement. Doulas spend time with families, reinforcing palliative care concepts and providing emotional support. They may assist in advance care planning, coordinating family caregiving, life review, vigil planning, respite care, and bereavement support. They are most useful in providing the additional support of sitting with the family during imminent dying, as well as during high-need situations. Doulas receive training and can work independently, as employees of a hospice, as part of a hospice volunteer program, or as community volunteers.

Here in Santa Barbara, I am a member of a group called Dying in Grace End-of-Life Doulas. A team of six women, we have all been trained as doulas but also bring years of bedside experience to the work. Each of us has had a unique professional path—nurses, a therapist, educators, and counselors—and feels a deep calling to serve in this capacity. Some of us have worked for or with hospices for decades.

The unique gift of the Dying in Grace doulas is that we work on a donation basis. There is no charge for what we do, and we are grateful to receive funds from those who can give to assist us in continuing our work. We also provide services in English and Spanish.

In our culture, talking about death is often a taboo. Many people seem to believe that just discussing the topic will magically invite it to their front door. Simply having a conversation with an EOLD can help you begin to tame your fears and look at some practical steps you can take, especially if you are healthy but haven’t done anything to get things in order.

Perhaps you are deeply grieving and are not sure where to turn. We can support and assist you in connecting with longer-term resources here in our community. Whatever your situation, we are here to serve with kindness, compassion, and listening ears.

Woody Allen famously said, “It’s not that I am afraid of death, I just don’t want to be there when it happens.” While we may laugh in recognition of the feeling, the wiser decision is to begin to plan for the path we all will one day face. Don’t do it alone. Let an end-of-life doula walk the journey with you.

Arlene is an end-of-life doula, educator, minister, and community volunteer with extensive training as an end-of-life practitioner. Her website has over 50 interviews on all aspects of aging and care, local resources, a complete biography, and more about our local volunteer doula team, Dying in Grace End-of-Life Doulas. All services are freely given, and donations are gratefully received. www.dyingingrace.com

Learn and Discover from the Comfort of Your Home



Well Connected is a virtual community that offers phone and online classes and activities designed to build community through group conversations, games, and education for adults 60 and older. Classes include such topics as reading and writing, armchair travel, health and wellness, meditation, arts and music, Bingo, language lessons, poetry writing and reading, brain games, support groups, technology, talent and performances, current events, and history.

The program is designed and managed by Front Porch, an organization dedicated to empowering individuals to live connected and fulfilled lives through community and innovation. Whether you join a class online or via the phone, all classes are free to adults over 60.

There are three annual sessions:

- Winter (January - April)
- Spring/Summer (May - August)
- Fall (September - December)

Each session has over 100 different classes to choose from.

For more information or to enroll in the program, visit wellconnectedprogram.org or call (877) 797-7299.



Affordable Housing

Opening soon, join the waitlist today! This new 62+ senior living development in Santa Ynez offers an affordable housing option for low-income seniors, allowing them to live in a comfortable and safe environment at a price that is customized to accommodate each resident's unique budget.

Beautiful Location

Santa Ynez is a picturesque area with scenic views, which can offer a peaceful and serene environment for seniors to enjoy. Shopping and services are all conveniently located nearby.

Supportive Community

Harry's House offers a community with other seniors who share similar interests and support one another.

Available Services

- 3 meals per day, 7 days per week
- All utilities, Internet service, Cox cable service, & private landline with unlimited local and long-distance calls
- Bi-monthly housekeeping
- Weekday transportation for medical appointments, shopping, and field trips
- Maintenance Staff
- Full activity curriculum & monthly calendar of events
- Health advocacy and assistance accessing community resources
- On site laundry facilities
- Library
- Business services, copy, fax, stamps available for purchase
- Beauty/Barber shop
- Wellness programs, community partnerships, exercise programs, preventive health speakers, on-site visits from health care professionals, nutrition programs, and outdoor walks
- And more!

Wait List
Open Now!

APPLY NOW AT:
www.hasbarco.org
or call 805-329-4666



KELLERWILLIAMS
Luxury
 INTERNATIONAL
Your SB Team Presents:



Smart Senior Living Seminars

First Tuesday of Each Month / 10am - 12pm

- September 5th** **Healthy Habits:**
Fitness & Nutrition At 60 & Beyond
- October 3rd** **The Importance Of Having Your**
Affairs In Legal Order
- November 7th** **Overcoming Resistance To Change**
And Managing Stress
- December 5th** **Healing With Humor:**
Recognizing The Joy In Everyday Living

WHAT MAKES US UNIQUE:

- 20+ years as Real Estate advisers
- Local to Santa Barbara County
- Certified Senior Real Estate Specialists (SRES)
- Concierge hands-on service helping throughout the process
- Trustworthy and reliable resources to help guide you

RSVP is required at:
www.YourSBTeam.com



Boomers in Santa Barbara!

*Join Your SB Team
 for a series of seminars
 encompassing the "how-to's"
 of smart senior living.*

**The University Club
 1332 Santa Barbara Street
 Santa Barbara, CA 93101**

www.YOURSBTEAM.com

**UNPARALLELED LIFESTYLE
 BREATHTAKING HOMES**

Extraordinary Agents!



**NEWQUIST-NOLAN
 QUITTNER
 TEAM**

Santa Barbara



MONTECITO • SANTA BARBARA & GOLETA, CALIFORNIA

Rachel Quittner

Senior Real Estate Specialist (SRES)
 KW Real Estate Agent, GREEN
 805.637.8932 | CalRE 02168517
Rachel@YourSBTeam.com

Nancy Newquist-Nolan

Senior Real Estate Specialist (SRES)
 Keller Williams Top Sales Pro
 805.570.1015 | CalRE 01459696
Nancy@YourSBTeam.com