

Free!

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Successful Aging

Winter 2014 ▶ Jan. ♦ Feb. ♦ March



'Seniors Have Talent' set for April 5, 2014, at the Luke!

The Center for Successful Aging's inaugural production of "Seniors Have Talent," staged last April 6, was such a success that plans are now being made for this to be an annual benefit event for CSA.

The 2012 event was a sell-out at the Marjorie Luke Theatre. It was a wonderful gathering of families and seniors who came together to celebrate the talents of more than 70 singers, dancers and musicians all age 50+.

The audience was wowed by the diverse range of talent and the fact that many onstage were in their 80s and 90s. K-LITE's Catherine Remak added her charm as Mistress

of Ceremonies, guiding the show's smooth progress.

Seniors Have Talent is a perfect example of a mission-driven benefit event. In a town where benefit events are countless, Seniors Have Talent is a true reflection of the work and values of the Center for Successful Aging. The show proved that the term "senior" has no relationship to quality of life. The seniors who gathered to perform and be entertained were celebrating life, the arts and creative expression.

We are already in the process of creating the second annual production which will be on Saturday April 5th at 2 p.m. at the Marjorie Luke Theatre.

Seniors Have Talent 2014 will again be directed by Santa Barbara-based writer/director Rod Lathim and it will feature a diverse cross-section of senior and multi-generational talent from the greater Santa Barbara area.

For details of Seniors Have Talent auditions, see story on Page 3.



Jeanne Gardner

Award for Myerson

The Center for Successful Aging is presenting its first Spirit of Successful Aging Award to philanthropist Natalie Myerson. Ms. Myerson, who will be 94 years young on March 16, says an emphatic "Yes!" to life. According to CSA board chair Bobbi Kroot, "Natalie is the perfect embodiment of everything we stand for at CSA — living life with zest and community commitment at every age." Ms. Myerson will receive the award at CSA's musical revue, Seniors Have Talent, at the Marjorie Luke Theatre on April 5th.

Natalie Myerson modestly refers to herself as a "partici-

pant" who has led a blessed life with loving family, good health, and a great memory. But this long-time Santa Barbara resident has done a lot

[see 'Award' on Page 2]



Florence Katz



Marie Parks

Frank Newton photos



Natalie Myerson

Jon Greenleaf photo

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**Online edition: csasb.org
e-mail: editor@csasb.org**

Poverty in our final years



— by **Gary Linker, Ph.D.**
CSA Executive Director

The death of Nelson Mandela brings to mind his vision of what a better world would look like. He saw the appalling disparity between the lives of the fortunate and the fate of those living in poverty. He dedicated his life to finding a way to narrow that gap.

Despite all of his efforts, most experts agree that not much has changed over the past 20 years. Globalization, technology and societal advances have all favored those with means and have put additional pressures on the poor. These worldwide trends show up in America as well. The wealth gap in this country has widened substantially.

I witness this issue in my work at the Center for Successful Aging. I meet people all the time who are facing terrible financial struggles due to their advanced age, their health challenges and unfortunate events that have resulted in their life style being severely threatened. Many are fearful of becoming dependent on

Mandela saw the appalling disparity between... the fortunate and those living in poverty.

the government to provide for their housing, food and care giving. I really feel for these folks. Being forced to live in a Medi-Cal facility results in having to live in woefully inadequate conditions. It is a prospect I wouldn't wish on anyone.

While I spend time with these clients brainstorming

steps they can take now to fend off this eventuality, too often the possibilities become long shots or questionable options. When people have worked hard all their lives, given of themselves in the best ways they knew how and yet never made enough money to save for their future, we ought to offer them something more than a small Social Security check. Too many people worked low paying jobs and now earn at best \$800-900 a month, which if

you checked our rental situation leaves them unable to pay rent and meet their basic expenses. Public housing slots are taken with five year waiting lists. Should people who have lived most of their lives in Santa Barbara be forced to pull up stakes and move at this late stage in their life to a new community?

Experts in the housing field tell me that we can't build our way out of this problem. Unless some kind of concerted action is taken, this problem is going to become immense as our population ages and more people live longer and longer. Decent people who have played by the rules, worked hard and done their part deserve a better fate.

I intend to take this issue to our public officials, local foundations and business leaders to see what can be done. If you have thoughts or ideas on how we can respond to this grow-

ing socioeconomic problem, please contact me at CSA at 963-8080. It is time that we find a solution to this alarming calamity.

Myerson Award

[continued from Page 1]

more than just show up. Long active in Jewish affairs, she was president of the Boston Junior Hadassah in her salad days, and she started the local chapter of the Brandeis Women's Committee, and served on boards of Hillel, the Santa Barbara Symphony, and the Anti-Defamation League. She was a Santa Barbara County Arts Commissioner and continues to support many cultural, humanitarian, civic and educational organizations. She is a great reader who belongs to four book clubs, and she is an equally great music lover who recently sponsored a new concerto. Oh... and did we mention that she went on safari at age 89 and studied Hebrew at age 90.

Married for 63 years to Rayomond King Myerson, an investment adviser, this elegant and oh-so-sharp lady is the mother of two. In addition to her biological family, Ms. Myerson has an extended family of 45 "courtesy" daughters and seven "courtesy" sons. Delighting in her wit and wisdom, these "courtesy" offspring shower her with invitations, drive her to events, and vie for her company. No wonder she advises those who are aging faster than she (and that's all of us): "Make younger friends."



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Audition format for “Seniors Have Talent”

This year’s Seniors Have Talent show will feature a new slate of performers as well as a few returning artists from last year’s show. Music from the American song books of the 20s, 30s and 40s will be highlighted.

The 2014 show will also feature musicians, singers, dancers and comedians, and it promises to have some fun and exciting surprises. Show director Rod Lathim is setting the bar high to ensure a top quality performance with fine entertainment and great production values.

Audition Details

Last year, CSA held several open auditions. This year’s show will operate differently. If you are an individual per-

former or part of a group that has stage experience and an established track record of performing live, and you would like to be considered for the 2014 production, please call **(805) 708-4918** and/or email **rodlatim@gmail.com** and give us the information listed below. You will then be contacted and provided with more details.

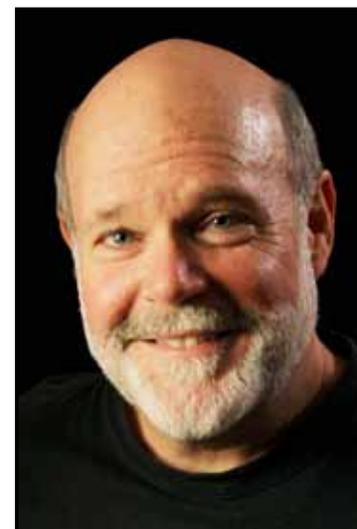
CSA is looking for senior talent (50 years of age or older) – including singers, dancers, musicians and comedians. Actors who have stage experience – particularly comedy – and are interested in being involved in staging classic and revised vaudeville acts should contact Rod.

CSA is also looking for intergenerational acts — that is, young people and their par-

ents/grandparent(s) performing together.

When you call or e-mail, please provide the following information:

- Your name
- Phone number
- Your e-mail address
- Your age
- The type of performance you would like to do in the show.



Rod Lathim

It’s Been Quite a Year for the Center for Successful Aging!

CSA’s “Successful Aging” newspaper is nearing completion of three full years of publication! We hope you have enjoyed reading our stories and feel your life has been enriched by it.

This newspaper and all of CSA’s programs — including peer counseling and CareLine — are provided free of charge. Help us keep these valuable services coming to those in need.

You can make a tax-deductible donation to CSA in several ways:

- ▶ Call CSA and make a donation by phone at **(805) 963-8080**.
- ▶ Go to CSA’s secure website, **csasb.org**, to donate online.
- ▶ Use the form below and mail in your contribution.

With any of these methods, you will join the hundreds of people who support CSA’s fine programs for seniors in Santa Barbara!

DONOR FORM

Name _____ Phone _____
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Amount of your check _____ (made payable to ‘CSA’)

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Exp. Date _____ 3-digit security code _____

Please mail your tax-deductible contribution to: **CSA, 1528 Chapala Street, Suite 205, Santa Barbara, CA 93101.**

CSA is a 501(c)(3) nonprofit, organization No. 80-0422344

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 Contributors: Dr. Gary Linker; Deni Osborne; Judy Hartstone; Judi Shor; Rod Lathim; Barbara Gaughen-Muller; Barbara Greenleaf; and Vicki Johnson.

If you have editorial questions or wish to advertise, contact us at **(805) 963-0474** or via e-mail at **editor@csasb.org**.

Beyond the Yearly Flu: Today's Senior Vaccines— by **Judi Shor**, Pharm.D. and CSA Counselor

Older people tend, overall, to have an increased incidence of disease. What's more, their infections tend to last longer and they respond poorly to standard treatments. They are also subject to relapse, and they are prone to reactivation of dormant diseases (like tuberculosis and shingles) and atypical symptoms (like falls or lack of fever).

Fortunately, preventative strategies in the form of vaccines are available for many of the infectious diseases that increase with age — notably, the flu (which was reviewed in the last issue), as well as pneumococcal infection, shingles, tetanus and whooping cough.

Pneumonia from pneumococcal bacteria causes more than 40,000 U.S. deaths each year. Elderly are especially susceptible to pneumococcal pneumonia, which is spread through the air by coughing, sneezing, talking and even laughing. Treating pneumococcal disease is daunting because it is comprised of more than one strain of bacteria that transmits not only pneumonia but also toxic blood infections and meningitis.

Fortunately, a pneumococcal vaccine is available to boost immunity and help prevent disease in the elderly. Vaccination is recommended at age 65 as long as it is spaced 5 years from any prior dose of the pneumococcal vaccine. Despite coverage under Medicare Part B, almost half of

those over age 65 have yet to receive the vaccine.

During an epidemic, the flu virus and pneumococcal often exist hand-in-hand, with pneumococcal pneumonia accounting for the most common serious flu complications. This deadly chain of events can be avoided through vaccination. As dual flu and pneumococcal vaccination will reduce elderly mortality by 35%, its importance cannot be overstated.

Shingles, also known as herpes zoster, is a re-emergence of childhood chickenpox. This blistering, painful rash affects over one million Americans yearly.

The risk for developing post-chickenpox shingles is 30% and exists lifelong. Most cases occur after age 50 due to aging of the immune system. Emotional and physical stressors can also disrupt immunity and trigger a course of shingles.

USA cases of childhood chickenpox are now rare since vaccination was mandated back in 1996. Therefore, the practice of boosting immunity to shingles by exposing adults to children with active chickenpox is no longer feasible. As a result, cases of shingles and related hospitalizations and expenditures have continued to rise in individuals age 65 and older.

The shingles vaccine released in 2006 could not have come soon enough. Although its efficacy declines with advanced age, this vaccine has

substantially reduced the risk for developing shingles and its debilitating post-herpetic neuralgia.

This live vaccine is administered one time to adults age 50 years or older, regardless of prior shingles or most other chronic medical conditions — with the notable contraindication of severe immunodeficiency. It is covered under all Medicare Part D plans but is subject to the subscriber's copay, deductible and coverage gap. Without insurance, the cost can extend to \$250.

Tdap consists of tetanus, diphtheria and whooping

[Td]. This is then followed by the routine Td booster every 10 years. Like the shingles vaccine (Zostavax), Medicare Part D covers Tdap (Boostrix), with the uninsured paying up to \$100.

Hepatitis B (HBV) vaccination is now recommended by the CDC for previously unvaccinated **type 2 diabetics** over age 60 — although explicitly at the discretion of their treating physician. Considerations are based on the likelihood of enhanced exposure to the highly infectious hepatitis B virus from assisted or unhygienic diabetic blood-glucose monitoring and overall health status. It is typically administered as a 3-dose series over 6 months and covered

**Almost half of those
over age 65 have yet to take
the pneumococcal vaccine.**

cough. Recent outbreaks of pertussis (whooping cough) have been seen in infants through adolescents. As it is thought that parents and grandparents may frequently be the source of whooping cough in the young, the Center for Disease Control and Prevention (CDC) now recommends Tdap vaccination for adults as well as children.

In 2012, recommendations were specifically expanded to include a one-time Tdap vaccination for adults over age 65 if they had not received Tdap in the past, regardless of the interval since their last tetanus or diphtheria-containing vaccine

under the Medicare outpatient benefit Part B.

Today, retail-based pharmacists in all 50 states administer vaccinations; and they post the vaccinations by electronic documentation to the patient's medical record and doctor. Pharmacists are also trained to answer immunization questions and concerns and to identify vaccinations specifically indicated for at-risk and senior patient populations. Additionally, most pharmacies provide each patient with a personal immunization card to help them maintain an up-to-date record of their vaccination history.

Nancy Carlson — *This bird is flying!*

— by Deni Osborne, CSA Counselor



One might say that 85-year-old Nancy Carlson is like the mythological phoenix — she has risen, and quite magnificently at that, from her own ashes.

A sickly child, Nancy nearly died several times during her childhood. Rheumatic fever damaged her heart; she had multiple surgeries and a blood-clotting problem. Fortunately, since her 30s and 40s, she has had vibrant good health, and she doesn't plan to waste a minute of it.

"Trees are happy being motionless," Nancy tells me, "but people have all this leverage that we were given, and I think that if you can get out of bed and get on your feet, it's a great idea to just keep on moving."

To that end, she plays volleyball at least five times a week in the pool at Vista del Monte, where she has volunteered for the past ten years. Her fellow players, all seniors, range in age from 55 to 89.

"When the ball's not actually in play, we run madly against the resistance of the water, and it's really a good workout! This exercise is excellent for maintaining good balance and flexibility as well as for muscle tone and coordination. Everyone is welcome, and all our skills improve over time. (We say our arms grow lon-

ger.) There's much 'vicious' competition, shouting, and laughter — but we don't keep score, and everyone wins. It's truly addicting. On the last Wednesday of each month, we have a potluck at someone's home, or we pick a restaurant, and we dine together, resulting in great friendship. Playing volleyball keeps me sane, and it keeps me well."

When I asked people at Vista who know Nancy to describe her, they said things such as "smart, inquisitive, energetic, a lifelong learner, helpful, and at times a little quirky."

I was particularly interested to find out that she attended Harvard, Class of '50, because during that time women in college were in the minority, particularly at a school like Harvard. Nancy majored in English literature and subsequently had a 68-year career as a freelance editor and ghost-writer.

She told me that, "I was supposed to be brainy to compete with my older sister, who was so gorgeous. I decided that if I couldn't go to Harvard, which I wanted to attend because it was near the Boston Symphony, I wasn't going to go to college at all." Fortunately Harvard offered her a scholarship.

I asked Nancy what was Harvard like for a woman in those days. "I remember," she said, "I was one of two or three women in a physics class of 500 men, many of them mature men returning from the

war. I'd take notes and then I'd knit. But one day I fell asleep in class and dropped my ball of yarn. The professor carried it back up the steps it had rolled down and returned it to me. That definitely woke me up!"

"Harvard told us that learning is life-long, so they weren't going to teach us anything. Instead, they were going to give us the vocabulary for various disciplines so that we could understand the jargon. And they would show us how to learn, how to do research, how to find answers, because you need to have skills for uncovering what you're curious about."

Following this precept, she has been involved for 50 years in a Santa Barbara group that has speakers and discussion and is dedicated to the potential of women.

Nonetheless, Nancy seemed immune to the feminism that influenced the subsequent generation of women. "We thought feminism was ridiculous."

While at Harvard she married a man who got his MBA there, had three children with him, and ended up traveling the world.

Nancy told me that she purposefully thinks like a 65-year-old rather than the 85-year-old she actually is. "My mother, an amazing woman and my role model, lived to 105½. She lived independently until the last 6 months of her life, when she moved into assisted living."

As I do with all the people I interview for this column, I asked Nancy to tell me her



photo by Frank Newton

Nancy Carlson

thoughts on successful aging. Her response? "Successful aging is best accomplished by having a passion for something: football, elephants, palm trees, soil restoration (her latest interest), anything that drives you out of bed in the morning and makes you want to do something sweet. Whatever you can do, do it. Give it your all. Squeeze all the satisfaction out of life that you can possibly squeeze."

"If you could say one thing about successful aging to the people of S.B., what would it be?" I then asked. "Live in S.B.!", she responded without missing a beat. "S.B. is a great place to get involved because there's so much going on. So much is offered here, It's astonishing! Every day you have to choose between so many possibilities of things to do."

And with that, she told me that she had to leave to get to her next event, a meeting in Lompoc for people with whom she had traveled to Israel. I walked her to her car, then watched the ball of energy that is Nancy Carlson take off lickety-split for Lompoc.

The Winner of CSA's Essay Contest #10

The Center for Successful Aging's tenth essay contest had the topic of "What I miss most from my childhood." CSA is proud to honor the winner — **Lowell Dabbs** of Santa Barbara.

We offer sincere thanks to our essay contest judges:

Allison Grosfield, writer, Looking Glass Life Stories

Lynda Fairly, CSA counselor and board member

Frank Newton, director, Retired Senior Volunteer Project

What I Miss Most From My Childhood by Lowell P. Dabbs

Frankly, I don't know which I miss more from my childhood: discovering my power to create or my Dad's loving guidance. As a four- and five-year-old, I would gather cardboard scraps, pieces of newspaper, broken pencils, rubber bands, bits of empty orange crates, discarded coat hangers (some not so discarded), and chunks of wood and roofing paper that nearby carpenters would trade for the glasses of water I took them with sawdust clinging to my fingers. I would try to transform these bits into recognizable objects, only to realize that I was the only one who could see a horse in a clump of trash.

Then one day my Dad came home with a box of magic: a Tinker Toy set. I dug into the box and came out with the ingredients for everything from simple triangles to a dragon. I made a dragon, and we were both impressed.

To use Tinker Toys you put the ends of little wooden rods into holes in the sides of circular pieces, like little wheels. When Dad found me one evening straining to get a rod into a hole, he took out a pocket knife and guided my fingers to whittle down the end of the rod just enough to get it into its proper setting. "Not too much, son, or it won't stay." Then glory of glories, he gave me that pocket knife. I still carry a pocket knife — and my memories of him.

And soon he brought home another box, this one an Erector Set. Inside I discovered metal beams, plates, nuts, bolts, gears,

pulleys, wheels, and, miracle of miracles, an electric motor! There was literally no end to what I could create. First, there was the crane, an elegant thing with a boom and cable and a hook that extended over anything I wanted to lift and swing around and set back down. The power? That electric motor. My Dad had come in one evening carrying a six-volt battery with its contacts for the cables that carried power to the switch and onto the motor. To make the power real for me, he flipped the two ends of the cables together and we watched, mesmerized, as sparks of electricity burned off into the air.

Somewhere along this path, I resolved that some day I would design and build my own house to live in. And I did, with the help of my wife, using adobe-like slump stone, glass and redwood for the walls and Douglas fir for the ceilings. I put an atrium in the center and a small apartment over the three-car garage. We loved it.

As I said, today I don't know which I miss most, the sorcery of Tinker Toys and Erector Sets or the feeling of my Dad's warm arms and hands around me nourishing my creativity. Oh, of course I do: it's my Dad's warm arms and hands.



Lowell Dabbs was raised in North Carolina, where his father worked for the Boy Scouts. Lowell served in the U.S. Naval Reserve during WWII, then attended USC. He earned a BA and MA in English, and for 30 years was an English professor at Bakersfield College. He has written plays and poems and co-authored an English textbook.



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Patti Teel

CSA's Newest Pet Therapy Counselors

Congratulations are in order for CSA counselors Susan Zalon & her pet Bandi and Judy Hartstone & her pet Jolie!! Both canine-human partners recently graduated from K-9s Behave extensive Pet Therapy Training course. Both dogs have been tested and achieved the CSA-required AKC "Canine Good Citizen" certification for training, temperament and good manners.

The course is taught by a certified professional dog trainer [CPDT] who incorporates skill training using positive reinforcement techniques. Each canine learns basic obedience as well as more advanced skills needed for a senior therapy dog, such as desensitization to loud

noises and medical equipment (wheelchairs, walkers, etc.), meeting new people in a variety of settings and accepting handling and hugs.

The CSA Pet Therapy Program is not your typical friendly visitor with a dog service. The program functions as an invaluable add-on amenity to facilitate and also enhance ongoing peer counselor-client interactions. Among other benefits, the presence of a loving pet has been shown to boost mood, stimulate memory, encourage socialization and spread fun and spontaneity.

Susan and Judy will now be joining CSA's other Pet Therapy counselors, visiting local facilities and individual clients. Each canine-counselor team will be spreading the

magic and therapeutic benefits of canine-human interactions.

According to Fred DeLorenzo, President of the Santa Barbara Activity Directors Association, "Animal-assisted therapy cuts across all challenges and limitations as everyone can enjoy a pet. Dogs communicate on almost a chemical level. They calm agitated residents, excite the more sedate and lift the spirits of all.

For more details about CSA's Pet Therapy services and how to enroll, call the CSA office at (805) 963-8080.



photo by Frank Newton

CSA counselors and their specially trained pets — (l-r) Judy Hartstone & Jolie and Susan Zalon & Bandi.

World Harmony: Creating a non-violent world

— by Barbara Gaughen-Muller

The United Nations Association-USA is a membership organization founded in 1947 to promote stronger participation by the United States in the United Nations. As one of 170 chapters nationwide, the UNA-USA Santa Barbara Chapter is the second oldest chapter, as it was also established in 1947.

I am the new president for the UNA for the Tri-Counties of Santa Barbara, Ventura and San Luis Obispo. Our major goal over the next few years is to work locally with other non-

profit organizations to help establish "World Harmony: Creating a non-violent world," which is our charter from the United Nations itself.

We hold programs to educate the community about the UN. We try to be an effective catalyst in the local community to strengthen U.S. involvement in the United Nations. As a bi-partisan forum, all opinions are welcome.

One of the organizations operating under our chapter's umbrella as a UNA Committee is UNESCO. Its goal is to

decrease worldwide poverty through education, eliminate gender disparity in primary and secondary education, and help countries implement a national strategy for sustainable development, thus reversing current trends in the loss of environmental resources. We hold quarterly educational programs with speakers for the benefit of our members and the public.

On UN Day, October 24, 2013, our UNA chapter presented the conference "Fukushima... Diablo, Now What?"

The conference power point and the "Santa Barbara Protocol" can be found at our website, www.unasb.org.

We work closely with other local nonprofits in promoting peace and welfare for humanity. Please consider supporting our UNA chapter by becoming a member. Your annual dues will support our local education programs.

To join today, go to www.unasb.org and click on the "Membership" tab; or you can phone us (805) 968-8567 and an application will be mailed to you. Your support allows on ongoing conversation with UN officials, helping our voice be heard on global topics.

Test Your Fraud IQ



— by **Vicki Johnson**
SB District Attorney's office

True or False?

1. ___ Investing in credit card protection is a smart move.
2. ___ Foreign lotteries are illegal in the U.S.
3. ___ The only proven way to protect yourself from telemarketing fraud is to hang up.
4. ___ As long as you don't buy any magazines or send any money, then playing sweepstakes is harmless entertainment.
5. ___ Two red flags when hiring a contractor are: (1) the contractor is soliciting door-to-door, and (2) the contractor requires a substantial payment in advance of starting any work.
6. ___ Once signed, legal contracts like Quit Claim Deeds can be very difficult or impossible to reverse.
7. ___ If a uniformed utility employee appears at your door to conduct an inspection, shows a badge and ID, then it's safe to invite him in.
8. ___ Most investment fraud is perpetrated by long term, trusted advisors.
9. ___ Once you have sub-

scribed to the National DO NOT CALL Registry, you don't have to worry about telemarketers anymore.

10. ___ You have the right to get a free credit report once a year.

Answers

1. **False.** Telemarketers may trick you into thinking you need credit card protection for a \$250 to \$500 annual fee. You are already protected by the Fair Credit Billing Act, which says as long as you report and verify fraudulent charges within 60 days of date of your credit card statement, the most for which you will be held responsible is \$50. Save money and review your mailed credit card statements promptly.

2. **True.** Federal law prohibits mailing payments to purchase any ticket, share or chance in any foreign lottery. Crooks have conned countless older Americans into sending millions in payments for "taxes" on phony Canadian, Jamaican and other bogus lottery winnings.

3. **True.** If a caller is not a friend, relative or a verifiable business connection, why should you talk to this person? They are not calling to wish you a good day. Remember what our mothers taught us — **Don't talk to strangers!**

4. **False.** When you play sweepstakes, your name is frequently put on marketing lists bought and sold by other direct marketers. Eventually, your name can end up on fraudulent telemarketing lists, also known as "sucker" or "mooch" lists.

5. **True.** Itinerant con artists (sometimes known as "Travelers") prey on older adults in both cities and rural areas with door-to-door roofing, paving, painting and tree-trimming scams. Although they quote bargain prices at first, the amount doubles or triples after work has begun. Be cautious of contractors who demand 50% or more in advance. Most legitimate contractors have enough business that can pay for materials from their own pockets. You can also pay for materials and have them delivered directly through the supplier, not the contractor.

6. **True.** Never sign a document you have not read and understood, no matter how well you trust or know the person asking you to sign. Seek opinions from a lawyer, banker, etc.

7. **False.** City and utility workers do not go door-to-door; but con artists do! Once in your home, they will distract you while an accomplice sneaks in to steal purses, jewelry, safes, and other valuables. *Never* let a stranger in your home — no matter who they claim to be!

8. **True.** The majority of investment fraud cases involve financial advisors who have had long-term, trusting relationships with their victims. The perpetrators use trust — and sometimes faith — as their weapons. No matter how long you've known or trusted someone, never make an investment decision without seeking advice from a lawyer, accountant and/or your state's securities administrator.

9. **False.** Although consumers who have subscribed to the National DO NOT CALL Registry have reported a decrease in calls, there are exemptions, including nonprofit/charitable organizations, politicians, and those whom you have an established business relationship, such as phone companies. Besides, the DO NOT CALL Registry will not stop crooks. To protect yourself, simply do not talk to strangers!

10. **True.** You have the right to get a free copy of your credit report each year from each of the three major credit bureaus. Your report can have a dramatic impact on your financial stability. Aside from paying your bills on time, the single most important thing you can do to ensure you have good credit is to be aware of the contents of your credit report.

To report fraud, call:

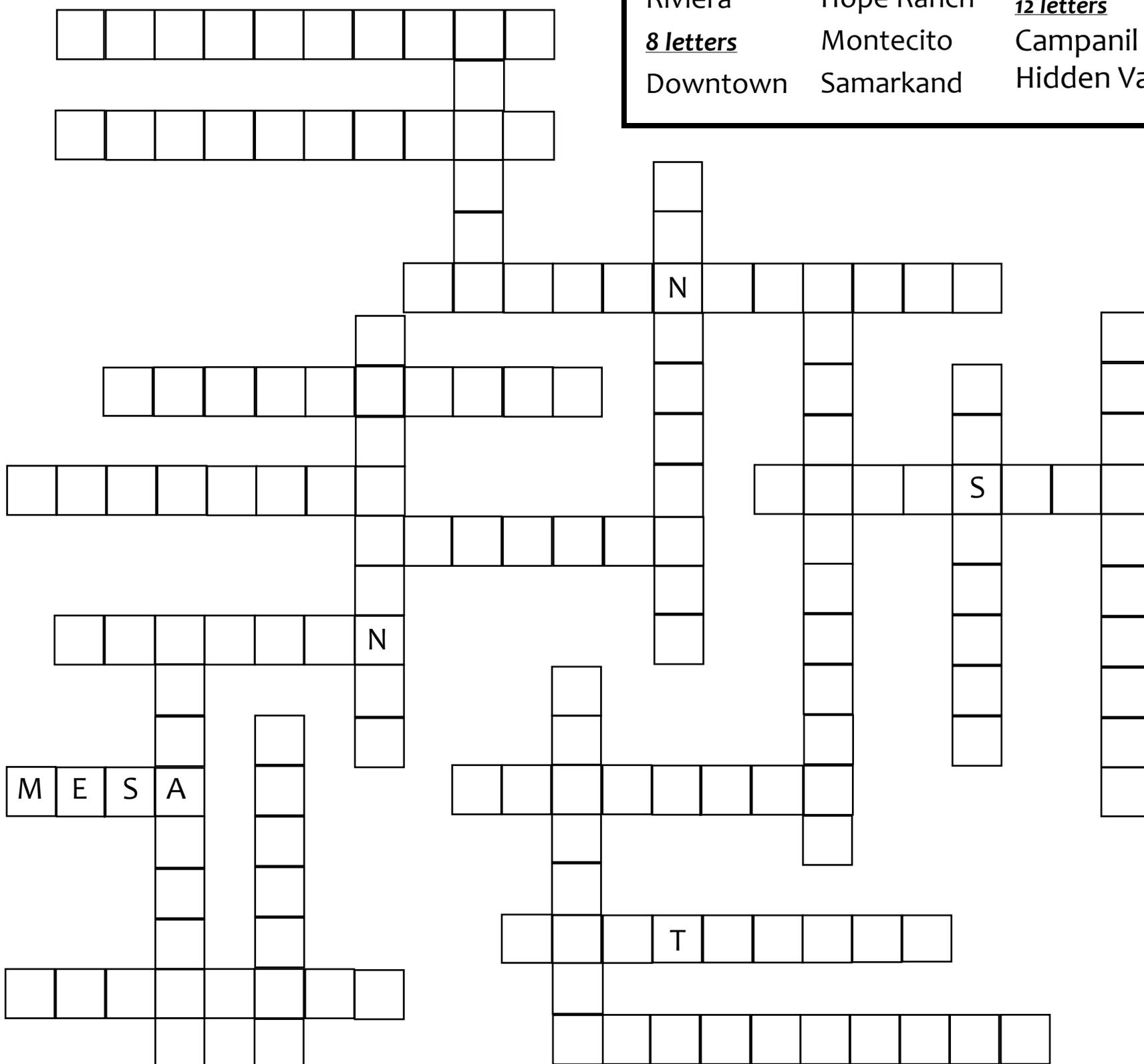
Adult Protective Services 681-4550
SB Police Dept. 897-2300
SB Sheriff's Dept. 681-4100
District Attorney's Office 884-8077

**A Santa Barbara criss-cross puzzle
"SB Neighborhoods"
by The Mad Hatter**

Can you fit the words on the list correctly into the grid? The list is comprised of neighborhoods and other places throughout Santa Barbara.

[Helpful hint letters and a starter word have been added.]

(Solution on page 12)



Word List

4-6 letters

Mesa

Noleta

7 letters

Ellwood

Mission

Riviera

8 letters

Downtown

Eastside

Funk Zone

La Cumbre

San Roque

Westside

9 letters

Hope Ranch

Montecito

Samarkand

10 letters

Five Points

Elings Park

Portesuelo

Upper State

Waterfront

Yankee Farm

12 letters

Campanil Hill

Hidden Valley

The Joy of Flowers

— by **Judy Hartstone**
CSA Counselor

Who doesn't enjoy receiving flowers? Whose day couldn't be brightened by a bouquet of brightly colored blooms? That's the simple premise behind **Flower Empower**, a volunteer-driven program offered by the Santa Barbara-based Dream Foundation since 1994.

While the Dream Foundation assists individuals nationwide, Flower Empower is offered only in the Santa Barbara-Carpinteria-Goleta community. Each Friday, Valerie Banks, coordinator of Flower Empower for the past five years, makes the rounds in Carpinteria, stopping at about a dozen growers and vendors to pick up whatever flowers they have available to donate.

By the end of the day, her colorful Dream Foundation van is filled with approximately 40 buckets of flowers, some 4000 blooms in all, to be artfully transformed into 125 colorful bouquets by a dozen or more volunteers at the Saturday farmers' market in Santa Barbara.

The floral arrangements will be delivered later that day by volunteers to local hospitals, residential care facilities, clinics, hospices and individuals at their homes. Each bouquet comes with a freshly-made cookie or a piece of gourmet chocolate, and a cheery card.

"The cards are very special," Valerie explains. "They're made by kids in the local

schools, pre-school through elementary and high school, as well as by Brownies and civic groups."

Because schools no longer have art supplies, Flower Empower provides the classrooms with bins of colored paper, stamps, bubble-ink pens, and other items that help kids generate thousands of works of art during the school year.

"Each card is signed by the student who created it, and frequently recipients send thank you notes, and I notify the schools and volunteers," says Valerie. "This program is touching the community in so many different ways — and that includes the volunteers who deliver the flowers, especially those who go to people's homes."

"The delivery people are very important because they meet the recipients and are able to find out more information about their needs," Valerie points out. "Each delivery is different; each scenario is different."

In November 2012, Valerie received a call from Westerlay Orchids in Carpinteria, asking if she could use 250 orchids that weren't the right shade of blue for their needs. Could she ever! This led to a new campaign called "Paying it Forward with Blooms." By the end of that December, Westerlay had donated 900 orchids. In 2013, more than 2,000 orchids were donated.



Thousands of blooms donated by Westerlay Orchids of Carpinteria await the artistic touch of volunteers, then they're delivered to bring happiness to someone's day.



Frank Newton photos

Individuals often are given two of the towering plants — one to keep and one to give as a gift to brighten the day of someone else.

Recipients of orchids and bouquets are referred by various programs (such as the Center for Successful Aging and DASH), as well as by health facilities, neighbors and

friends of people who could use a smile.

"We've even had referrals from the Santa Barbara Police Department," says Valerie.

If you know someone who would benefit from a bouquet or who would like to volunteer or make a donation to help with the costs of Flower Empower, or if you simply would like more information about the Flower Empower program or the Dream Foundation, phone 564-2131 or go to dreamfoundation.org.



Judy Hartstone photos

(Above) Valerie Banks of the Dream Foundation delivers flowers to bring sunshine to someone's day. (Right) The Flower Empower van is a colorful program ad.



Be a Volunteer — *Work wonders with the gifts of your free time and caring heart!*

RSVP has more than 400 members who serve at 50 local nonprofits, schools and agencies, addressing many community needs — like children's literacy, wildlife care, disaster relief, senior counseling, food for the needy and much more. If you have the time, talent and heart to lend a hand, we can help you find an assignment suited to your interests. Contact RSVP to learn more. Here's a sampling of some current opportunities:

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

RSVP of SB

(805) 963-0474

volunteer@sbrsvp.org

website: **sbrsvp.org**

Food Bank's "Brown Bag" – volunteers are needed right now to help with food donations! Volunteers may help at the warehouse to receive donations and write out donation receipts from 3-5:30 p.m. Still more volunteers are needed now to pack or deliver food. Contact Melissa Howard at the Food Bank at 967-5741.

People's Self-Help – tutors are needed in the afternoon at People's Self-Help Housing low income apartments in Carpinteria. Children need help with reading and homework.

Partners in Education – Partners in Education is an office at the SB School District that coordinates all volunteer help at local public schools, K-12. Teachers who need help in the classroom contact Partners in Education; thus, volunteers could be assigned to any type of task typical of a school room. All volunteers must be screened by Life Scan, which is paid for by Partners in Education.

Jodi House is a day center for adult survivors of brain injury. It is looking for volunteers who can interact and assist with their members. They could also use office workers and help with general clean up.

Community Action Commission – volunteers prepare and serve lunches or drive prepared meals to lunch sites in Santa Barbara, Goleta and Carpinteria. Drivers to deliver hot meals are especially needed.

Food From The Heart – cook, package or deliver meals to feed 130 local families in need. Serve one day a week or one day a month, 3 hours per visit.

Monarch Butterfly Docent Program – The Monarch butterflies have arrived for the winter! The City of Goleta Monarch program is looking for docents to provide information and answer questions about the butterflies for visitors. Contact Luz Reyes-Martin at 961-7571 or e-mail lreyesmartin@cityofgoleta.org.

Transition House – this facility for the homeless and jobless needs volunteers to play with and nurture infants and toddlers while their parents are studying or looking for work.

SB Mission – docents are needed to give a variety of tours on the art, history, architecture and gardens at Old Mission Santa Barbara. Docents are asked to commit six hours a month.

Friendship Center – this adult day care center is seeking volunteers to help in a variety of ways with their senior clients or to help with clerical tasks. Friendship Center has a facility in Montecito and in Goleta.

The American Red Cross is looking for volunteers to present safety preparedness classes and help with other services provided throughout SB County. Thorough Red Cross training is provided to all volunteers.



Retired Senior Volunteer Program

has served SB seniors for 36 years.

35 W. Victoria Street, Suite 201

(805) 963-0474 www.sbrsvp.org

Calendar of Upcoming Senior Events

~ please call ahead for cost, time & other details

Death Cafe

Relaxed meeting in a safe setting to discuss issues regarding death.

Time/Site: 5:30 p.m., 11 E. Carrillo Street

January 15

also Feb. 25
call 729-6172

Self-Esteem: Seek It & Keep It

Author Ashleigh Brilliant is guest speaker at this CLL class. Site: the Schott Center at 310 W. Padre Street.

January 17

call 962-8179
12-1:30 p.m.

A Day for Healing the Heart

Visiting Nurse & Hospice Care's

Bereavement program invites the public to a retreat to comfort those grieving over the loss of a loved one.

January 25

8:30 a.m.-3:30 p.m.
Call 308-9602

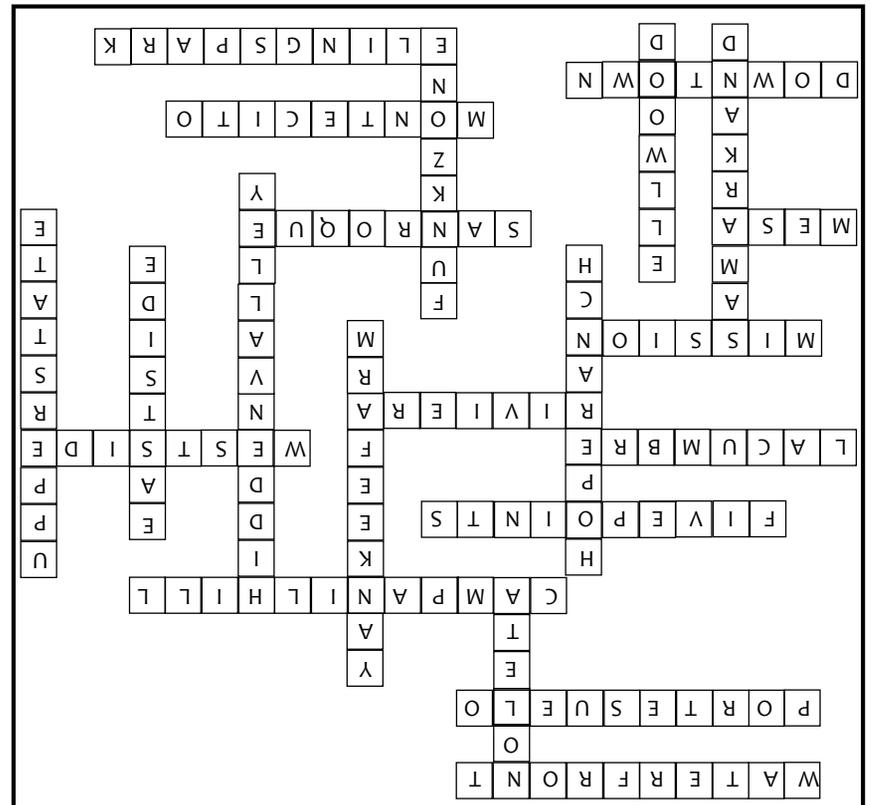
Festival of Hearts

Friendship Adult Day Care Center's 15th annual fundraiser, with lunch, fine wine and music.

February 8

11:30 a.m.-2:30 p.m.
Call 969-0859

Solution to puzzle on Page 9





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CSA Essay Contest #11

CSA is pleased to announce writing contest #11 for seniors, age 55+. The winning essay will be published in the next issue of *Successful Aging!*

Topic:

Tell about a fad you could not resist.

Rules:

- Write 250-500 words on the assigned topic.
- Writer must be age 55+ and reside in the greater Santa Barbara area (from Goleta to Carpinteria).
- Entries must be e-mailed or postmarked no later than **March 15, 2014**
- Include your name, address and phone and/or e-mail.

Questions?
Call 963-0474

Submit entries to: editor@csasb.org or mail to 35 W. Victoria, Santa Barbara, CA 93101