

Free!

Successful Aging

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Center for Successful Aging Stages Puttin' on the Ritz Variety Show

CSA upstaged itself again this year with its third annual musical variety show, **Puttin' on the Ritz**. The show commands a loyal following of seniors and community members of all ages, and again sold out the 800-seat Marjorie Luke Theatre in Santa Barbara.

Director Rod Lathim said, "This year, we wanted to shake things up a bit, so we decided to build a theme featured around songs and sketches from the Roaring 20s and early 30s."

To get everyone's toes a tappin', the show kicked off with the iconic tap dance performance of **Puttin' on the Ritz** by Fred Astaire, shown in video on the giant theatre screen.

The rollicking, two-hour variety show was MCed by KLITE's Catherine Remak and featured singers, dancers, comedienne, actors, and musicians aged 55 and over, along with multi-generational acts.

Making their debut for this year's show was the **Cheers! Quartet** (an all-female award-winning a cappella

group), **Jazz Plus** (Dixieland, Blues, and Swing with a touch of New Orleans-style jazz), and **Karen Sweeney**. Among those making encore performances was the beloved pianist **Gil Rosas**, the **Silver Follies** dancers, a performance by **Kim Holmquist** (internationally acclaimed actress and opera singer), and **Ulysses Jasz Band**, a revivalist jazz group who focused on songs from the 20s and 30s.



David Bazemore photo
Catherine Remak hosted the show and was unimpressed with the Pimento Cheese Dip chef **Sandy Griffith** "put on the Ritz" crackers

Actress Nancy Nufer performed a hilarious spoof of **Puttin' on the Ritz** as a 'would-be celebrity chef' demonstrating recipes using Ritz crackers.

The hardworking planning committee included LaShon Kelley, board president Bobbi Kroot, Gayle Golden, Marty Golden, Lynda Fairly, Joni Kelly, and Frank Newton.

Major sponsors included Sharon Kennedy Estate Management, Steven Handelman Studios, Casa Dorinda, Union Bank, Mission Group Architects, Montecito Bank & Trust, Santa Barbara Airbus, Jonah and Cristi Egenolf, the Van Dykes, Louisa & Stewart MacDougal, Julie and Jack Nadel, Leslie Bhutani, Chuck Blitz, the Access Theatre Fund at the Santa Barbara Foundation, and many others.

Judy and Rob Egenolf were presented the second annual "Spirit of Successful Aging" award for their broad and generous support of so many community causes, including seniors and healthcare.

The event is the major fundraiser for the nonprofit organization, Center for Successful Aging. "We are very fortunate



David Bazemore photo
Claire Velez, a student at Bishop Diego High School, and **George Eskin** delighted the audience with "Hang On Little Tomato," a scene written by **Rod Lathim**

to have such a wealth of artists here in Santa Barbara who are willing to donate their time and talent to participate in our event," said Bobbi Kroot, President of CSA, "allowing us to provide vital services for the senior community free of charge or on a sliding scale."

These services include:

- Senior Peer Counseling
- Careline Call Program
- Pet Therapy Program
- Enrichment Activities
- *Successful Aging* newspaper

For more information about the Center for Successful Aging, visit our website at www.csasb.org or call us at (805) 898-8080.

—*Courtesy of Noozhawk*

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CONTENTS

Advice on Aging
by Dr. Gary Linker 2

Personalities
by Deni Osborne 3

CSA Essay Contest 4

Puttin' on the Ritz 5

Managing Your Meds
by Jeanne West 6

Message from CSA Board President Bobbi Kroot 7

Safe Routes for Seniors
by Rebecca Waid 7

Senior Discounts 8

Golden Inn & Village ... 8

THANKS!

A heartfelt thank you goes out to the **Braille Institute** for their generosity in providing a room free of charge four times a month to CSA. We want you to know how much we appreciate you!

Are You Part of the Revolution?



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

Many of us involved in senior health care are witnessing a revolution in our field. The 'silver tsunami' is causing us to respond in new ways to the changing needs and expectations of the ever growing population of elders in our society.

One such visionary is **Atul Gawande**. Dr. Gawande is a well-known author having just written a ground breaking book entitled, *Being Mortal: Medicine and What Matters in the End.* Along with being an author, he is a surgeon, a professor at the Harvard Medical School, and a writer for *New Yorker*.

Dr. Gawande talks about several important issues in his recent best seller. First, we have conceptualized senior care in facilities with a medical focus rather than a human focus. Too often people have been stripped of their rights and opportunities so that facilities can operate efficiently. In addition, too many health professionals are ill equipped or uncomfortable talking about quality of life issues and decisions related to the dying process. As a result, consumers of health care too often are left in the dark or on their own to make crucial decisions as to how to care for an aging parent or family member or where to get help in finding a satisfying place for them to live.

As I read this book, I could recall many familiar themes from seniors I have talked with over the years. I am relieved to know that in our community we are on top of these concerns and seem to be

taking corrective steps. In just about all of the facilities I have visited, whether it be memory care, skilled, assisted or independent living programs, residents are empowered to make choices and have a say in the nature of their treatment and care. Here in Santa Barbara we 'get it' that seniors need to be part of the decision-making process whenever possible. When their needs are ignored or when they feel wronged, we have an active Long Term Care Ombudsman who protects the rights of seniors living in any facility in California. I have worked with him and his cadre of volunteers personally to see his advocacy at work.

More and more of the medical professionals in our community have become equipped to talk about issues of life and death. They are assisted by a wonderful cutting edge program called the Alliance for Living and Dying Well that helps seniors complete a very important document called "The Five Wishes." Frankly, no matter our age, all of us should complete this form so if we are ever in a situation where we can't speak for ourselves our wishes and needs are there in black and white and we have an advocate already named who can make sure our requests are followed.

In closing, I invite you to read Dr. Gawande's book and contact the Alliance at (805) 845-5314. You will learn a lot from both resources. You can call me at the Center for Successful Aging and I'll be happy to direct you to the services you need.

You may contact Dr. Gary Linker by telephone at (805) 898-8080 or by e-mail at info@csasb.org.

Passing of the Reins from Editor Frank Newton

Frank Newton was the visionary and talented editor of the *Successful Aging* newspaper since its inception in 2011. He's a talented writer and photographer and single-handedly produced the newspaper, which has a circulation of 10,000 and is hand delivered by volunteers all over the South Coast. Thank you Frank for your years of expert service to the Center for Successful Aging. Enjoy your new locale in the San Diego area!



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Phone: 805.898.8080

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Current and past issues of **Successful Aging** are posted online at www.csasb.org

If you have editorial questions or wish to advertise, contact the **Successful Aging** newspaper at 805.898.8080 or via e-mail at editor@csasb.org

Roy Jensen: Living the American Dream



—By **Deni Osborne**
CSA Counselor

When the Montecito Fire Station threw a retirement dinner for 86-year-old Roy Jensen this past January to celebrate his five years of service as a firefighter and his 39 years of service on the Board of Direc-

Department after he returned home

In 1955, Roy bought an acre of land in Montecito for \$2,500 and built a three-bedroom house on it for an additional \$13,500. He resigned from the fire department, and by 1963, he bought the very gas station he had worked for as a teen, renaming it Roy Jensen's Chevron. His full service gas station not only pumped

When asked the secret of "successful aging," he defined it simply as "service."

tors, a whopping 100 people showed up. This comes as no surprise to anyone who knows Roy, a positive, happy, service-oriented man, who, in my estimation, has really gotten, and is still getting, his money's worth out of life.

Roy could serve as the poster child for the American Dream. In 1930, in the heart of the Depression, his parents moved from Minnesota to Montecito, where his father got a job as caretaker at Montecito Union School and his mother worked as a cook. The family lived in a little cottage on the grounds. Growing up, Roy went to local schools, worked at A. M. Walker's gas station after school, was drafted during the Korean War, then joined the Montecito Fire

gas but had a repair shop, and it sold tires and batteries. The company also had drivers to take people to the airport and ran a valet parking service. "All the customers were like family," Roy reminisced. "I really enjoyed it."

Roy has four daughters, each of whom still call him every day. His ten grandchildren are all happy and doing different things, which they keep him informed about. "First comes God, then family," he tells me. "Our family enjoys each other. This is the party house. When somebody comes here, we're together every night, making dinner together and talking. They like it here. My wife died in 2009, but I'm happy alone because I have family. They take care of me."

An active participant in his own life, Roy has been attending El Montecito Presbyterian Church for 83 years. He's also done a lot of traveling. In 2000, twenty family members went to the Panama Canal with him, and this year nineteen of them will be going together on a cruise to Mexico.

Besides spending time with family, Roy has been active in the community, organizing a monthly lunch for retired fire fighters, serving on the Montecito Beautification Committee, and the Board of Montecito Union School. Among his proudest accomplishments are helping to form the paramedic program for Montecito, and taking trucks filled with firefighters to Mexico in the '80s to train Mexican firefighters. He also helped start MERRAG, a group of volunteers who are trained to respond to a community disaster during the critical first 72 hours following an event. Innumerable plaques honoring



Deni Osborne photo

Roy Jensen

him, including one from Lois Capps, festoon his walls.

When I asked Roy to tell me the secret of "successful aging," he defined it simply as "service."

C.H. Spurgeon wrote that "it is not how much we have, but how much we enjoy, that makes happiness." Roy Jensen seems to enjoy everything he does, including this interview with me. As I go to photograph him, he says, "Take a good one. Make me look young. I don't want to look bad." Believe me, he doesn't!

Please Support CSA's Programs

Help us keep our valuable services coming to those in need — including peer counseling, CareLine and *Successful Aging* newspaper. You can make a tax-deductible donation to CSA in several ways:

- Call CSA to make a donation at 898-8080
- Donate online at: csasb.org, CSA's secure website
- Mail a check to:
CSA, 1815 State Street, Suite E,
Santa Barbara, CA 93101

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

The Winner of CSA's Essay Contest #15

The topic of the Center for Successful Aging's fifteenth essay contest was, *"I discovered the meaning of true friendship when..."* CSA is proud to honor the winner—**Marjorie Shore** of Santa Barbara.

We offer sincere thanks to our essay contest committee: LaShon Kelley, Allison Grosfield, and Rochelle Rose.

The Meaning of True Friendship

by Majorie Shore

I discovered the meaning of true friendship when... my young friend Patricia offered to take me to the doctor for a scheduled appointment. We had known each other for years, but I had not felt right about expecting someone with a busier life than mine to be willing to take time for such an activity.

As the years accrued, I had been proud of my independence. However, at 90, I decided it might be pleasant to have company on my more frequent jaunts for health maintenance. I not only found it a real lift, but something to look forward to.

Patricia proved to be a thoughtful and comfortable companion. Not only was she a good listener, but she was a cheerful companion with a light touch and non-intrusive manner.

We were in tune despite our difference in age. She was the age of my daughter, who lives far away and cannot be available for such needs.

Patricia's and my jaunts to the doctors became "outings" at times, with a stop off for a cup of tea at our favorite tea house,

We were in tune despite our difference in age.

or lunch, if the time seemed right. We even went exploring on occasion, or did errands I had accrued.

These jaunts to the doctors increased for a time, and even became more demanding when I had follow-up appointments of various kinds or I needed to undergo daily radiation for skin cancer. No matter the need, Patricia seemed focused on pursuing the "pleasure principal," which she had engendered from the beginning.

Over time, I set aside my need to be totally independent in favor of accepting Patricia's view that we both have pleasure from our time together and our deepened friendship. I now realize that she has become my "other daughter," and even serves as my local Power of Attorney for Health Care.

I feel blessed by the way our true friendship has evolved.

The winner of the essay contest is 91 years-young **Marjorie Shore**, who's lived in Santa Barbara's Garden Court for four years. She's been involved in libraries and literature her entire life. She graduated from UCLA with a master's degree in library science and later worked for libraries at UCLA and at Beverly Hills schools. Her current hobbies are exercise, walking, and discovering the treasures of Santa Barbara! She has three children and a number of grandchildren and great grandchildren.



Rochelle Rose photo
Marjorie Shore

CSA Essay Contest #16

CSA is pleased to announce writing contest #16 for seniors, age 55+. The winning essay will be published in the next issue of *Successful Aging*!

TOPIC:

Tell how a talent, hobby, or interest has added to the quality of your life.

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 emailed or postmarked no later than **June 1, 2015**
- Include your name, address, PHONE and/or E-MAIL

Questions?

Call 453-6074

Submit entries to:

editor@csasb.org
or mail to

PO Box 3203, Santa Barbara, CA 93130



David Bazemore photo

Rob and Judy Egenolf are presented the 2nd annual "Spirit of Successful Aging" award for their support of community causes, including Planned Parenthood, Human Rights Watch, Domestic Violence Solutions, Anti-Defamation League, Community Arts Workshop, and CASA



Backstage with director Rod Lathim, special guest Mayor Helene Schneider, and Jazz Plus



David Bazemore photo

Cheers! Quartet delivers an amazing range and blend of voices with style to match



David Bazemore photo

Harlem Renaissance kicks up a storm



David Bazemore photo

Tea with Hugnette and Ganna, a skit by Rod Lathim, featuring Kim Holmquist and Marilyn Gilbert



David Bazemore photo

Sam Hobel and Len Berman of Jazz Plus



David Bazemore photo

Gil Rosas playing a "musical potpourri" of songs that spark the memory"



David Bazemore photo

Ulysses Jasz performs with vocalist Hanna



David Bazemore photo

Rod Lathim and Karen Sweeney sing together in a medley of love songs



David Bazemore photo

Silver Follies' high energy and perfectly-timed routines open and close the show



David Bazemore photo

Carolyn Kimball Holmquist and George Eskin share a tuneful moment

Successfully Managing Your Medicines



—by **Jeanne M. West, RN, MHA**

As you move along through life, it is likely you will be faced with a medical condition that requires careful monitoring and may even necessitate medication management. While your goal should be to minimize pharmaceutical intervention, it may not be possible to do so — especially today, given the advent of so many new medicines that successfully treat acute and chronic diseases. Therefore, you need to be vigilant in monitoring and carefully managing your use of medications.

A cardinal rule when it

comes to medications is that a person should be knowledgeable about each medicine they take: the name, the reason for use and any possible side effects that might arise from continued use. Yet when I give presentations on Medication Management, I almost always learn from those in my audiences that few people ever take time to talk to their pharmacist, even when the offer is made to give information or instruction about a new medicine.

The pharmacist's offer is FREE and can help make you aware of the nuances to watch for as you start the new medication. I suggest to everyone that they take up the pharmacist's offer and learn more than what might be contained in the long 2 or 3 pages of information that accompany all

new prescriptions — and which few of us thoroughly read.

Another rule of thumb that is seldom practiced is maintaining a current list of medications, including both the prescription and the over-the-counter products. For those of you who have a Vial of Life, this is the perfect place to keep that list. Should you have a medical emergency requiring a 9-1-1 call, the paramedics know to look for the Vial of Life on the refrigerator door. Remember: it does you or the first responders no good if that list is not up to date.

Do you use the same pharmacy for all your prescriptions? Relying on one pharmacy is critically important because it is the pharmacist who sees all your prescriptions from all your treating physicians. The expert in medications of all types is the pharmacist, and at a glance, it is the pharmacist who will spot the order of a new medication that might negatively impact other medicines you are already taking. Don't be penny wise and pound foolish by trying to "pharmacy hop" — looking for the best deal! Sticking with one pharmacy is vital to successful medication management.

In today's world, we are bombarded with television commercials advertising a variety of products, from prescriptions to over-the-counter medicines to supplements. Once again, it is important that before you decide to add that vitamin, mineral, or herbal supplement, you should have a discussion with your

primary care physician about the possible risks and benefits — get advice before you buy it!

In times past, we all felt comfortable disposing of unused or expired medicines by simply throwing them in the trash or flushing them down the toilet. I have even had several people tell me that they "bury" the medicine in coffee grounds, believing that would be a safe method of disposal. We now know that none of these practices are safe or acceptable. The strong chemicals contained in all medications, whether prescription or over-the-counter, are known to contaminate our ground and water. Proper medication disposal involves either taking the unused medicines (including liquids, patches, ointments, as well as any pills) to your pharmacy for disposal, if they offer this service. Better yet, you can take those unused products to any Sheriff's station site in Santa Barbara County, disposing of them in a locked container that sits outside each station.

Understand the power and purpose of all medicines that you take. Follow instructions for proper use. Talk to your physician and your pharmacist regularly about all your medicines. Follow proper disposal advice. Be safe! Be informed!

Be consistent!

Jeanne West, RN, MHA, is Enrollment Coordinator for DASH (Doctors Assisting Seniors at Home). She can be reached at the DASH office by calling (805) 617-0049.

CSA Groups

CSA provides several services to seniors in need, including:

1. Individual senior peer counseling
2. Group counseling— You can choose from 15 groups
3. Caregiver Circle—Groups for caregivers
4. CareLine—Daily calls to homebound seniors
5. Pet Therapy

Call CSA at 898-8080 for details about any of these services

CSA's programs are supported by your generosity. You can make a donation by phone or online at csasb.org.

Message from CSA Board President



—by **Bobbi Kroot, M.S.**
CSA Board President

Often in our *Successful Aging* newspaper, we look outward to activities in our community and advice we can use in our everyday lives. In this, my first column, I would like to look inward to what makes our organization and its services

so outstanding. We operate within a pyramid: clients, counselors, and our executive director. Without any of these three parts, we could not be as good as we are at what we do. The first part of the pyramid is our clients, who come from every walk of life and every part of our community. What they have in common is their need to be heard and to have someone listen and give them good

advice. Sometimes, this advice may not be what they want to hear, but, hopefully, the way in which it is presented makes it more palatable.

The second part of the pyramid is our volunteer counselors, who, day in and day out, are the lifeblood of our organization. They give 200% of themselves, every week, all year long. When they have questions or concerns about

their clients, they approach the third part of our pyramid, our executive director Gary Linker, Ph.D., who is an extraordinary teacher and a very patient listener.

All three parts of this pyramid have made our organization strong. As president, I want to say that our board of directors owes all of you one giant THANK YOU.

Safe Routes for Seniors

—by **Rebecca Waid**, Project Director
Coalition for Sustainable Transportation (COAST)

Our streets, the quintessential public spaces, need to be designed for everyone. Senior pedestrians are more vulnerable than younger people because they move slower and may have physical limitations. Speeding cars, short crosswalk times, and uneven pavement lead many seniors to understandably experience walking apprehension. These stressful conditions erode precious senior independence as elders eventually come to avoid even walking to their neighborhood grocery store or bank.

The Coalition for Sustainable Transportation [COAST] piloted a project called Safe Routes for Seniors to improve safety of senior pedestrians. From 2012-2014, Safe Routes for Seniors collaborated with 348 seniors in Goleta and Santa Barbara County, California, to map out areas that inhibited the seniors from walking. It produced an interactive map, matrix and report, which were all formally presented to the City of Goleta and County of Santa Barbara.

Today, Safe Routes for Seniors is facilitating advocacy and civic engagement among area seniors to make tangible changes in the infrastructure for safe walking. It is taking the following

steps: arranging meetings with key elected representatives and city staff, assisting seniors in communicating their needs to the local government agencies, attending City Council meetings to address key areas inhibiting seniors from walking, and encouraging civic engagement among seniors.

So far in 2015, concerned seniors have held meetings with Goleta Mayor **Paula Perotte** and City of Goleta Public Works Director **Rosemarie Gaglione** to express their concerns. On May 20, 2015 at 4 pm, we will be meeting with an elected representative at the Encina Royale housing complex in Goleta. Please join us, all our activities are free. Our invaluable partners in this work have been seniors of Encina Royale and **Dr. Judi Shor**, CSA Counselor. For upcoming meeting locations and general information, please contact Rebecca at rebecca@coast-santabarbara.org.

New Co-Editors of *Successful Aging* Newspaper

CSA board members **Allison Grosfield** and **Rochelle Rose** have taken over the duties of editing the newspaper from longtime editor Frank Newton. Allison works as a writer and personal historian, and Rochelle is Development & Communications Director at Peoples' Self-Help Housing. They welcome your feedback, story suggestions, and article submissions related to 'successful aging.' Write to them at editor@csasb.org.



Allison Grosfield, Rochelle Rose

The *Successful Aging* newspaper is seeking advertisers. The paper is published quarterly and has a circulation of 10,000. For a rate sheet, go to our website: www.csasb.org.

SENIOR DISCOUNTS

Do you know of other senior discounts in the greater Santa Barbara area? Email your suggestions to us at: editor@csasb.org

RETAIL

Goleta Calle Real Local Artisan & Farmers Market has a coupon for 20% off any item. You can access the coupon via this link: LocalArtisansMarket.com. Coupon may be used over and over.

Home Improvement has a senior discount

Lazy Acres has 10% discounts for seniors 62+ on Tuesdays

Ross has a discount for seniors on Tuesdays

BANKS

Bank of the West has discounts for seniors 55+

Community West Bank has senior plus checking for 55+

First Bank and First Bank & Trust has discounts for seniors 50+

Rabobank has free checks and checking account for seniors 55+

RESTAURANTS

Denny's has a discounted menu with smaller portions or a 10% discount. AARP members receive a 20% discount off their total check every day from 4 p.m. to 10 p.m. Also, coffee is \$1 per person for members and their guests. Age 55+. May vary by location.

IHOP has some good senior specials, dinners and breakfast items

Subway Restaurants: Many have senior discounts

Tree House Restaurant has early bird senior specials

MOVIE THEATERS

Metropolitan Theaters Santa Barbara: Senior (60+) tickets are \$7.25

Parks Plaza Theater in Buellton: Senior (55+) tickets are \$6.50 all the time, every movie, no strings attached or fine print

Also some area theaters have discounted rates on Tuesdays

Successful Aging is also available online at www.csasb.org

Golden Inn & Village Hits \$800K Fundraising Goal

The Rona Barrett Foundation (RBF) announced that it has met its \$800,000 fundraising goal for the construction of the **Golden Inn & Village (GIV)**. The Foundation wishes to thank the many generous community partners and donors who contributed toward the construction of the first affordable senior housing and residential care “aging in place” facility in Santa Ynez Valley. Additional funds are still needed for the GIV’s Assisted Living and Memory Care housing. Construction for the GIV is slated to begin this month with a completion date in the fall of 2016.

The GIV will now receive \$23 million in tax credits needed to start building. The

Rona Barrett Foundation, in partnership with the Housing Authority of the County of Santa Barbara, was required to raise \$800K by March 1, 2015. The tax credits mean that an estimated \$23 will be returned as community dividends in the form of local jobs, local salaries and local expenditures for equipment, transportation and supplies.

“All I can say is, how humbled and grateful we are to have the entire community, and beyond, step up in this profound way,” said Rona Barrett who has worked tirelessly for years to make the Village a reality. “So many people really feel connected to this project because they, or someone they love, is confronting senior care

issues, including the need for affordable housing.”

Major donations have been received from Santa Ynez Valley Foundation, Central Coast Wine Classic Foundation, Santa Barbara Foundation and other local family foundations, and donations from individuals throughout the community.

The Golden Inn & Village is a mixed use development in a neighborhood setting that will provide 60 independent living units for low-income seniors; 60 units of memory care/assisted living; Senior Community Center (with extended hours for family visits and caregiver respite); 27 affordable family units, some of which may be occupied by employees of the GIV;

Supportive services, such as Hospice care, coordinated with multiple partners; Small shops (barber, beauty shop, and other services), staff offices, drought tolerant gardens, and walking paths.

The Golden Inn & Village was conceived specifically to address the needs of senior loved ones, parents, friends, neighbors, veterans and especially orphaned seniors – those who have no one left to care for them. For more information about or to donate to GIV, please visit:

ronabarrettfoundation.org.

—Submitted by the *Golden Inn & Village*