

Successful Aging



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10,000 copies circulated to seniors and community members in greater Santa Barbara



Results of CSA Client Survey: We All Know a “Frank”

By Jill Bender

This has definitely been the ‘year of Frank’ for our family. Frank is my dear father-in-law who just turned 85, and has Parkinson’s disease. Ensuring he’s safe, doing well, and being there for him on a regular basis has not been an easy endeavor given he lives about 600 miles away in Tucson.

I’m sure we all have had a ‘Frank’ in our lives at one point or another. Someone that we love who is perhaps not close by, isolated or lonely, and is trying his best to navigate – albeit not always successfully, issues due to aging.

It wasn’t until my husband’s most recent trip to Tucson, when I was working late one night on a client survey for the Center for Successful Aging, that it hit me. Why hadn’t I checked to see if there was a similar organization in Tucson? How great would it be for Frank to have a senior peer counselor come into his home once a week to make sure he’s doing ok, chat with and let him know he’s not alone?

The survey that I was working on that night had been distributed to 200 seniors in our

community who receive help via the Center’s senior peer counseling and support programs. **Over 90% surveyed indicated the Center’s programs were helping them live better lives. With a resounding 95%-plus saying they had recommend the services to a friend.**

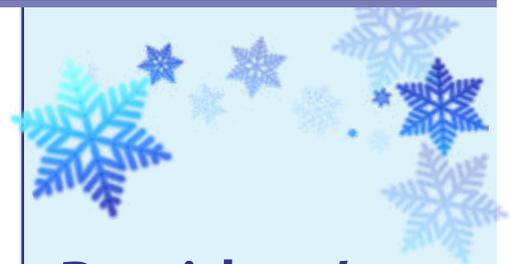
The many comments that accompanied the survey questions said it all. Expressed by a homebound senior: *“My counselor is the only one who really listens to me. My meeting with her is the highlight of my week.”* Shared by a support group participant: *“It’s so helpful hearing what everyone is going through. We all help each other with the guidance of our outstanding peer counselor.”*

I started googling that night to see what I could dig up for Frank. Thus far, haven’t found anything in Tucson like the Center’s senior support service offerings here in Santa Barbara. But thankfully he’s better situated now, receiving lots of companionship and support in his new boarding home.

Thus, as the year comes to a close, and we wrap-up what I’m deeming the ‘year of Frank,’ I know for certain that I am even more thankful for all the work and support the Center for Successful Aging provides and its dedicated peer counselor volunteers who help make the lives of over 200 seniors in our community – and those that take care of them – a bit better every day.



Jill Bender, a business consultant, is actively involved with local community-based organizations. She is thankful to be part of the Santa Barbara community with her husband and their 13-year-old daughter.



President’s Message

By Bobbi Kroot,
CSA Board President

At this festive time of year, let us think about how lucky we are to be surrounded with loving friends and family. Perhaps your family lives far away, but know that you are in their thoughts and prayers. Consider those among us who have no one in their lives and need to rely only on their own self-reliance to get through the day.

These are the people served by the Center for Successful Aging. We are so blessed with wonderful counselors who make such a difference in their client’s lives— providing much needed personal contact, advice, companionship, conversation, and lessening the feelings of isolation for our seniors.



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Local Organizations Join Forces To Help Protect The Community From Scam Epidemic

Scams have become a modern-day epidemic and the Tri-Counties are not immune. Since 2014, local area scams reported to the Better Business Bureau serving the Tri-Counties (BBB) via its ScamTracker online reporting service, have increased by nearly 200 percent. While it's seemingly impossible to eradicate scams, three local organizations have joined forces to increase public awareness and preparedness.

The Santa Barbara County District Attorney's Office, the BBB and Montecito Bank & Trust are working together to air public service programs *Scam Squad* and *Your Moment of Trust* on The Young at Heart Radio Show on KTMS AM 990 on Saturdays at 5:30 pm and Sundays at 8:30 am. After airing, they are posted on hubforpodcasting.com. There, you can sign up to have *Scam Squad* and *Your Moment of Trust* emailed to you directly.

Scam Squad, hosted by Young at Heart's Patti Teel and SB Deputy District Attorney Vicki Johnson, warns listeners about reported scams in the area. Local victims, who have contacted the District Attorney's Fraud Hotline, share personal, often heart-wrenching stories in an effort to help others in the community circumvent similar fates. Once a month, a Fraud Prevention Specialist from Montecito Bank & Trust shares advice and insights.

Johnson said, "Since many of these scammers operate from different countries, local law enforcement lacks the ability to find and prosecute these crooks. Education is the best defense, and I am thrilled to be working with Montecito Bank and Trust, the BBB, and our Scam Squad producer Teel to educate and protect

our community. I encourage anyone who has information about a current scam or who has been the victim of a scam to call our fraud hotline at 805-568-2442."

Your Moment of Trust is a new 5-minute segment that follows *Scam Squad*. Presented by the BBB, this show aims to give listeners tips and resources on identifying and preventing fraudulent behavior and activity. Last year, more than 50,000 scams were reported nationally to the BBB ScamTracker database. "It's a great vehicle to further connect with the community and promote prevention tools like ScamTracker and ScamTracker Risk Report", said Richard Copelan, President and CEO of the BBB serving the Tri-Counties.

Three of the most common scams are The Sweepstakes Scam, The Grandparent Scam, and The Romance Scam. All have provided repercussions to Santa Barbarans, particularly seniors, who've been swindled out of their hard-earned savings. According to the Federal Trade Commission, victims lost \$143 million in romance schemes last year alone. That's more than any other type of fraud reported to the federal government and the real number is undoubtedly higher because victims are often embarrassed and reluctant to report them.

For more information, or to schedule an educational presentation with Vicki Johnson or Richard Copelan, contact Patti Teel at 805-448-0520.



Patti Teel

Poetry Corner



The following two poems are by the late Don Higley, *contributing poet*.

We received a message from Patti Teel:



As you probably know, Don L. Higley passed away on November 12, 2019 at age 92. Don was so very proud to have had the opportunity to share his poems in the Successful Aging Newspaper. He was a very dear friend of mine. I recently honored Don on my The Young at Heart Radio Show — with a personal tribute and a re-run of a show (where he read some of his poems) from last summer. Here is a link to this recording:

<https://hubforpodcasting.com/2019/11/a-tribute-to-don-l-higley/>

We See

Age Advancing
In Friendly Faces
With Each Passing Day
Like Moon Phases

With Every Step
We Lose a Bit
Our Slender Shape
Finds New Contours

Medical Issues
Tiny Surprises
Arrest our Attention
Like Mushrooms

For Some
The 'Bell Tolls' Early
The Wake Up Call
Retirement Beckons

Medical Magic
Saves the Day
The Hardy Stand Fast
Then - One by One

Don L Higley © 14th July 2019
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Fear & Self Doubt...

Tough Customers
Of the Mind
Reckless Bedfellows
Bullies Hopes & Dreams

Repeated Failure
Enables Success
Knowledge & Confidence
Find a Home

Adversity Lingers
In the Shadows
Waiting to Face Our
New Found Mettle

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Erika Kahn Revisited ... She “goes with the flow”



By Deni Osbourne
Contributing Writer

Most of us would agree that two of the most difficult decisions seniors face as they age are when to give up driving and when living alone is no longer an option.

For ten years (the last one of these without driving), now 94 year-old Erika Kahn loved living at Rancho Santa Barbara. She happily kept her brain engaged by taking Adult Ed classes and by volunteering to share her experience of being a Jew living in Nazi Germany, with students of all ages, from junior high to university level. (For more details, refer to the Summer 2017 Personalities column available on the CSA website.)

Then came the fires.

The first time she had to evacuate, Erika drove herself to Carpinteria to stay with a friend. The second time, to be near her son, she went to Morro Bay with a neighbor. During the third mandated evacuation, rattled by smoke inhalation, she wore a face-mask. Fortunately, a different neighbor knocked on her door, packed her into his car, and they hurried off, pelted by large chunks of ash.

“This is too much. I can’t depend on neighbors. I have to have a place that is safe,” Erika told me. So she moved into Vista del Monte, where she has been living for four months.

When I asked her what the advantages of living in a assisted living community were, Erika had a lot to tell me. “Living here is like living on a cruise ship or at a party. There is always something to do. I love going to the pool every morning. I don’t have to cook. I don’t have to grocery shop. That is all done for you. I get fresh linens

from housekeeping; my bed is made; I get my room cleaned. I didn’t like the color of one wall, so before I moved in, they painted it another color for me. I took a picture of how my artworks were hung up in my old home and they hung the pieces up the same way for me without my even needing to be there.”

“Living here I feel comfortable and free. I don’t feel at all like I have to be at the dining room by noon for lunch; I can be there at one; I can be there not at all; I can take my food home; I can have it brought over. These are all positives.”

If someone asked me for a one-word definition of mental health, I would say “flexibility;” the ability to handle change.

“The people on the staff are very helpful and very nice. If I feel sick or even if my TV isn’t working, at eight or nine at night I can call the emergency number and someone will come to help me.”

“The people who live here are an intelligent bunch and have a lot to offer. And I have enough privacy. When I don’t feel like being with people, I can stay in my room.”

“There is always something to do. Actors dressed as Abraham Lincoln and his wife, Mary Todd, just came here to perform. There are frequent musical presentations: guitar, piano, choir, even auto harp. I saw “From Here to Eternity” again. I believe there are movies available every night. And see the tissue paper flowers I just learned to make?”

“If I get bored in the evening I walk around for 25 minutes or watch the little ones from

the Wendy Fereday Swim School swim here. “

“Are there any negatives?” I ask (just about ready to pack my bags and move in myself). I could get used to someone cleaning my room.

“The cost,” Erika replied, laughing.

In my earlier piece on Erika, she mentioned staying involved and giving of yourself as things she believed contributed to successful aging. Do you have any new thoughts on that topic?, I asked her.

“Keeping yourself healthy is the most important thing,” she replied. “Be more careful. Don’t be vain. Use a cane if you need one so that you don’t fall. Get flu shots” (which I learned are available on campus at the Wellness Center.) “Keep walking and exercising.”

If someone asked me for a one-word definition of mental health, I would say “flexibility,” the ability to handle change. Erika is a superlative example of this. Put her down anywhere and she’ll bloom.



Erika Kahn



Local SBCC Offers New Classes for 2020!

Discover your creative side with the newest tuition-free classes at SBCC School of Extended Learning.

New Creative Art for Older Adults Classes (Tuition-Free):

- Printmaking Like a Pro
- Beginning Drawing, Introduction to the Human Figure
- Floral Design - Florist Style
- Clay Portraiture

There are hundreds of other tuition-free and fee-based courses of interest: including computer basics classes to help you stay connected with friends, family and community organizations. Extended Learning also offers new courses each semester in the fee-based area in Cooking, Culture, Fitness, Do-it-Yourself, and Spirituality.

Visit the website or pick up a print schedule to explore the robust offerings for Spring.

Register now at sbcc.edu/ExtendedLearning or in person at Schott Campus (310 W. Padre Street) or Wake Campus (300 N. Turnpike Road). For more info, call (805) 683-8200.



College Towns Are Rated as Good Retirement Spots!



Finding the right place to retire can be difficult. On the one hand, preparing to live on a fixed income and stretching your hard-won nest egg as far as you can has to be a priority. On the other, your golden years are supposed to be a time to really enjoy yourself.

Major cities have a wide range of amenities, but they're also pricey. You might be able to spend less in small towns, but they probably won't offer everything you're looking for. College towns are the perfect balance — they tend to feature a wider variety of cultural attractions, and many are also located in relatively small cities in inexpensive states, which makes them some of the most enjoyable and cheapest places to retire.

To read about U.S. News & World Report's most recent 2020 Best Place to Retire Survey visit <https://money.usnews.com> and hit the 'retirement' tab.

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Age 80: 7.3%	Age 85: 8.3%	Age 90+: 9.5%



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sbnature.org/legacygiving

End of Life Planning to be Addressed at Free Community Event February 8, 2020

By Dan Flynn

We all have concerns regarding “End of Life” issues, whether it’s for ourselves, our parents, or someone we care for. It’s important that these concerns be addressed, rather than avoided, prior to the need for them. Legal issues, financial issues, funeral arrangements, and healthcare directives are a few of the issues that every person should have arranged while they still have a say in how those around them will handle their affairs.

On February 8, 2020 in Santa Barbara, the first “Navigating the End Festival” will present local experts in many aspects of End of Life Issues as speakers, panelists, workshop presenters and exhibitors. Workshop topics will focus on end of life specifics for legal, financial, veterans and LGBTQ issues, as well as a person’s rights and choices in funeral arrangements. In addition, participants will be able to complete California-compliant Advanced Healthcare Directives on site, at no charge.

Organizer Dan Flynn, Managing Director of Simply Remembered Mortuary in Santa Barbara stated, “While these topics have been individually addressed in other settings, by other organizations, as far as we know this is the first time that Santa Barbara has had the

opportunity to have everything under one roof, on one day. We have brought together some of the leading experts in the region: estate attorneys, fiduciaries, hospice providers, home funeral guides, and death doulas.”

Local participating organizations include the Center for Successful Aging, Alliance for Living and Dying Well, Sharon Kennedy Estate Management, Longo Law Offices, Quinn Fiduciary Services, Anamcara Volunteer Death Doulas, Simply Remembered Mortuary, and various hospice organizations.

There will also be a gallery showing, featuring local artists and their take on urns and Victorian Remembrance jewelry. Event MC will be Arlene Stepputat, Host of the Santa Barbara-based *Dying in Grace* television program which airs on Channel 17.

The free event runs from 10:00 - 4:00 pm (doors open at 9:30 am) at the Unitarian Society of Santa Barbara campus, 1535 Santa Barbara Street.

While no pre-registration is required, for further information, call (805) 569-7000 or email organizer Dan Flynn at dan@simplyremembered.com

Advertise in the CSA Newspaper!

Take advantage of reasonable rates to reach 10,000 adults in greater Santa Barbara in the CSA Newspaper *Successful Aging*.



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1/2 page:	\$250	\$325	
Full page:	\$400	\$525	

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Could one woman's rare genetic mutation one day have a global impact on dementia risk?

By Alan Mozes, *HealthDay News*

It's possible, say investigators who report on a potentially groundbreaking case of a woman whose genetic

mutation staved off dementia for decades, even though her brain had already been damaged by Alzheimer's disease.

While most Alzheimer's cases are not driven by genetic predisposition, one woman in Colombia is among about 1,200 in her country who do face a genetically higher risk for early-onset Alzheimer's.

Why? They all carry the E280A mutation of a gene called Presenilin 1 (PSEN1), which is known to increase the chances for Alzheimer's at a far younger age than usual.

"We identified an individual that was predisposed to develop Alzheimer's in her 40s," noted study author Dr. Joseph Arboleda-Velasquez. He's an assistant professor of ophthalmology with the Schepens Eye Research Institute of Mass Eye and Ear at Harvard Medical School, in Boston.

But, strangely, the woman "remained unimpaired until her 70s," he said. The twist: the woman had, in fact, developed clear telltale signs of Alzheimer's in her brain. She just hadn't developed dementia.

For example, while she had fewer neural "tangles" in her brain than is typical for Alzheimer's patients, by the time she hit her 40s she did have the same unusually high level of brain amyloid-beta deposits as her E280A peers. Such deposits are a key signature of Alzheimer's.

So why didn't she develop middle-aged dementia like her peers?

To unravel the mystery, Arboleda-Velasquez and his colleagues ran an in-depth genetic analysis on the woman. And what they found is

that she had not just one mutation, but two. In addition to the E280A mutation, she also carried the so-called "Christchurch" mutation in the APOE3 gene.

Not only did she carry the Christchurch mutation, but she had *two* of them. Some of her E280A peers (about 6%) also carried a single copy of Christchurch. But she was the only one who carried two, the investigators found. It is ultra-rare, with an approximate prevalence of less than one in every 200,000 individuals.

And having one such rare mutation did not appear to be enough. No protection against dementia was linked to only one Christchurch mutation. But as this woman's case suggests, having two such mutations did seem to throw up a shield against Alzheimer's, preserving her ability to remember things and think clearly for a few decades, long after her E280A peers had started experiencing cognitive decline.

This is the first time a specific patient who carries the [double] mutation has been linked to such a protective benefit. How does it work? It seems that "the mutation puts a block on the cascade of events linking amyloid accumulation to neural [brain cell] death," he explained.

But, in theory, the incredibly rare experience of this one woman in Colombia could ultimately have profound ramifications for Alzheimer's patients around the world, if "new drugs that mimic the effect of [the] mutation" could be developed, said Arboleda-Velasquez. Rather than stopping Alzheimer's from developing, such drugs would prevent Alzheimer's from causing dementia.

The study was published Nov. 4 in the journal *Nature Medicine*, and was partly funded by the U.S. National Institutes of Health and the Alzheimer's Association.

When Alzheimer's (or Other Memory-Related Issues) Comes

By Gary Linker, Ph.D. and Clare Anberry

When Alzheimer's strikes a family often life often changes in ways people never imagined. Along with trying to compensate for the physical challenges, family and caregivers notice that all too often extended family and friends begin to scatter. This loss is devastating on top of the pain of dealing with this disease.

Chances are you know someone with Alzheimer's. A recent Wall Street Journal article (October 28, 2019) authored by Clare Anberry offered some very concrete suggestions for what to do if you have a family member or friend with Alzheimer's. She offered ten useful tips:

1. Educate yourself – there are different stages and different kinds of dementia. They manifest in different ways with different people.
2. Be there for your loved one. Call and invite them to do activities you both enjoy.
3. See if you can help in some way. Maybe they need a ride or help with a daily chore or activity.
4. Talk directly to your friend; make eye contact. Let them know you are happy to be with them.

5. Be patient. If they repeat themselves, let them be. If they need more time to communicate give them that courtesy as well.
6. Don't correct or argue if they say something that isn't accurate.
7. Offer reminders if your friend is confused or unsure. Give them your name and how you are connected to them.
8. Don't ask a series of questions or ones that require short term memory. Ask questions instead that they can more easily answer like, "How are you today?"
9. If you go out with your friend, avoid crowded, loud, busy places. They can be overwhelming.
10. Touch is important. Offer a hug or gentle touch on the hand, arm or shoulder.

All of these suggestions communicate to your loved one that you care and that they matter to you. That very well may be the best way to help them cope with the challenges they are now facing.

Your Brain, Your Health

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

There is possibly no topic more on people's mind than slowing the aging process. Many of us think that cognitive decline is inherent in the aging process but it may be that cognitive decline is not inevitable. There is a lot we can do to keep ourselves and our brains healthy. Let me share what I know about that.

The AARP Global Council recently concluded a large and comprehensive study involving 94 experts representing 23 countries and 80 universities. Their goal was to cut through the claims and come to as clear an understanding of the truth as possible. The Council's credo is that we can make a difference in our brain health. They offer five pillars of brain health to achieve this **move, relax, nourish, discover and connect**.

By **move**, of course, they are talking about exercise. The guideline is 30 minutes of good exercise three times a week. By **relaxing**, they focus on two dynamics, sleep and avoiding stress. These two issues seem tough for many seniors, so I refer you to their website at the end of this article to bring more focus to that.

Third, **nourish** suggests that we need to eat well. A good balanced diet is good brain food. When they use the word **discover** they are talking about thinking, doing new things, and keeping minds active. There seems to be little support for commercial claims of medications or websites that they can enhance cognitive processes.

Lastly, they talk about **connecting**. This refers to socializing, having a cadre of friends, acquaintances and places where one goes to be with people. If there is only one thing to do to enhance your life, trying dancing. The head of the Council said, "It's fun, it involves other people, it's exercise, and it challenges you to learn patterns and movement." Sounds like good advice to me!

For more information go to: aarp.org/gcbh.

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 Center for Successful Aging prepares older adults and their families for the challenges and opportunities of aging through individual and peer counseling, education and senior support services.

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How Important Is That High-Dose Flu Shot?

By Dr. Craig Bowron, Physician & Writer, *Next Avenue*, December 2019

In case you missed it, the beginning of this winter's flu season was heralded by a new TV commercial about a specific type of flu vaccine called Fluzone High-Dose (FHD), a special vaccine for older adults.

Fluzone High-Dose is an injectable flu vaccine approved by the Food and Drug Administration (FDA) **for people age 65 and older**.

Influenza hits people over 65 the hardest.

Up to 85% of flu deaths and 70% of flu-related hospitalizations occur in the over-65 age group, according to the Centers for Disease Control and Prevention (CDC).

FHD hit the market in 2010. It includes four times more antigen (the flu proteins that our immune system learns to recognize and attack) than the typical flu vaccine. The concept behind Fluzone High-Dose is that "yelling"

at the immune system four times louder will make it get the message. One trial showed that it was 24% more effective in preventing flu in older adults and another showed that it led to decreased flu-related hospitalizations.

Fluzone High-Dose is free with Medicare Part B, the section of Medicare that covers things like doctor visits, outpatient services and diagnostic screenings. According to the manufacturer, if you are paying out-of-pocket for Fluzone High-Dose, the list price is \$48.50.

Price is one thing; availability is another.

In some years, vaccine production problems have led to vaccine shortages. Late last month, pharmacies reported spotty outages of Fluzone High-Dose. The overall message from the CDC is "**Get some form of vaccination, and get it soon.**"

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The easiest way to register for classes is in person at Wake or Schott Campus in Santa Barbara.
For more information, visit sbcc.edu/ExtendedLearning or call (805) 683-8200.