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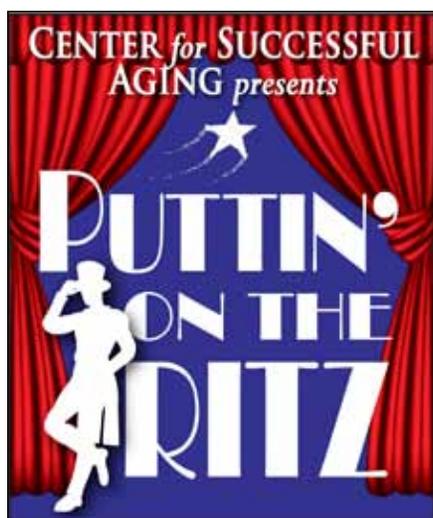
Successful Aging

Vol. 4, No. 2

Fall 2014 ▶ Oct. ♦ Nov. ♦ Dec.



CSA is setting the stage for its *third musical variety show!*



“Puttin’ on the Ritz” is the third annual musical variety show benefitting the **Center for Successful Aging**. The show is conceived and directed by award-winning playwright/director **Rod Lathim**.

A diverse assemblage of senior singers, dancers, actors and instrumentalists — all with professional stage or screen experience — are featured in this colorfully dynamic production. Such notable performers as Ulysses Jasz, Gil Rosas, Silver Follies, Rich Hoag, Peter Feldman and Joyce Shaar have been featured in this annual production.

The show also features short films on area seniors who have

lived fascinating, passionate lives that epitomize CSA’s raison d’être... *Successful Aging*.

Each of the first two productions had full houses of multi-generational audiences, with a major focus on active seniors and their families. The show also attracts a strong A-List of prominent Santa Barbarans who attend the production and support the winner of CSA’s annual Spirit of Successful Aging Award.

The popularity of this show continues to grow, fed by the high production values, the enjoyment of the audience, and the celebratory environment created at the Luke Theatre for the vast talents of the artists, who happen to be seniors.

This production benefits the Center for Successful Aging, and thus it is a mission driven event that mirrors the work and spirit of CSA’s programs. CSA’s counseling and other services help local seniors live active, healthy, successful lives in their golden years. CSA promotes the important role seniors play as talented, contributing members of our community.



Popular senior entertainers, like **Silver Follies** (above) and **Gil Rosas** (left) will be the featured performers at CSA’s “Puttin’ on the Ritz” musical variety show, Saturday, **April 11, 2015**, at the historic Marjorie Luke Theatre.



Frank Newton photos

CSA to Honor Robert & Judy Egenolf

In conjunction with its variety show, the Center for Successful Aging pays tribute to a person or couple whose achievements express CSA’s vision for older adults. Suitably, the award is titled “Spirit of Successful Aging.”

This year’s CSA award winners are Robert and Judy Egenolf. The Egenolf’s have had exceptionally successful careers in business — he as an attorney specializing in real estate law, and she as the co-founder and president of a real estate exchange company. They

have also been active in countless community organizations, such as the SB Zoo, Ensemble Theatre, the Jr. League of SB, the Heart Association and ACLU, to name only a few.



Monie de Wit photo

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(805) 898-8080**

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

Aging successfully means coping with change



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

This time I would like to talk about change. Have you noticed how fast and profound change is in our society right now? New and improved products are everywhere. Inventions and monumental shifts in how we do things are proliferating at a maddening pace. The service delivery

seems that too much is in flux.

The speed and sophistication of change are maddening for many of us, too. So, we pull back sometimes in a knee jerk reaction. We decide we don't want that new fangled thing. We long for the "good old days" when life was simpler. We refuse to adapt. Or we look at our children or even grandchildren to guide us and be our liaison to the current fads. Some of us, though, do cope with these changes and see it as just another chal-

too much! It isn't the speed. It's the intensity and magnitude of change that leave our heads spinning.

And yet, I think if we are going to successfully age we must adapt. We must reach down inside, take a deep breath and try harder to understand what is happening. No one says we have to buy these new gadgets, but we are better off if we at least understand what is being brought to the marketplace of products and ideas. We are better connected to the culture and other people if we can be somewhat fluent in discussing what is coming on the scene. Just being able to ask a question or two keeps us in the game.

And brain research suggests that asking questions and involving ourselves in new

things keeps our minds active. It also helps us fend off some of those nasty diseases that we joke about. Being somewhat knowledgeable also reduces our stress level. If we begin fretting about what we don't know or can't relate to, cortisol levels rise and anxiety ensues.

Don't let this happen to you. Pledge to yourself that you will at least be aware of what is changing in our world and insure your place in it by having a rudimentary understanding of what is changing. And remember, you can do it if you will it!

Monumental shifts in how we do things are proliferating at a maddening pace.

of things we rely on is also constantly in motion. Stores and organizations that we have counted on for decades change their availability to us. Many close while others shift to the Internet, and we can only access them if we dare befriend a computer.

On a personal level, as we age many things shift. Our bodies change dramatically, as does our health. Especially as we age, we lose certain functions and abilities to the point where now we even replace body parts like knees and hips. Our neighborhoods change and so does our circle of friends. We lose family and friends to the death process. It

lence that life brings our way.

My first awareness of the power and speed of change came in 1970. Alvin Toffler came out with a new book that he called "Future Shock." Loosely defined, his point was that too much change was taking place in too short a time period. It was shocking not because change was occurring but because it was taking place so fast.

Now I think it is different. Change is happening in such magnitudes that we can barely fathom it. Driverless cars, artificial intelligence, mind reading devices. How can we fit them into our reality and life road map? They are just

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



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Margo von Phul: Artiste Extraordinaire

— by Deni Osborne, CSA Counselor



Who can define such a complex issue as ART simply and clearly?

Seventy-seven year-old graphic artist Margo von Phul gets the prize when she says that “There is nothing in the world like original art. It is poetry made visible, music set to color, a story in three dimensions.” I am as wowed by her definition of art as I am by her whimsical artwork itself.

A colorful Bohemian of the old school, Margo has shown her work at the Sunday art show on Cabrillo Boulevard, among other places, for the past 44 years. When I asked her if she has always been an artist, Margo tells me about designing her first card, a birthday card for her mother, at the age of two or three. Art was just something that she did; she never saw any women as artists, so she didn’t know women could be artists.

Margo started at the beach art show, where currently 220 artists and craft people sell. She was a student at U.C.S.B. She tells me that art sales crashed after 9/11. And she says that there isn’t sufficient support for artists in Santa Barbara. “If you don’t sell, you go home hungry.” Her price range runs from \$1 to

\$1,500, but many of her pieces are in the \$10-\$20 range.

She has a bowl of laminated sayings at her stall, with a design on one side and a saying on the other. She gives these away for free. She also has coloring books that children can work on while their parents browse her wares.

Since 2004 she has done a series of extraordinary fantasy shoes, which are available as notecards and prints. “Why shoes?” I ask. “I’m an experimental artist. I experiment all the time. I started the shoes flippantly, thinking people are getting too serious. I didn’t want to do the same things over and over or I’d get bored, and shoes are different and fun.”

Margo also is the caregiver of her husband, a blind Vietnam veteran, which takes much of her time. Nonetheless, she manages to continue with her art, gaining inspiration “through nature’s endless variations of color and patterns, often intense and of great variety.” Making art brings her necessary joy.

Asked what “successful aging” means to her, Margo answers, “As I age, I don’t want to be sitting around picking lint out of the air. I don’t want to retire. To what? If you have a passion, there’s no reason to stop it that I can see. Do your passion. Dance, act, make cookies, whatever you love to



Frank Newton photo

Artist Margo von Phul

do. There’s a whole world out there.”

You can meet Margo and see her work every Sunday

from 10-5 p.m. at her stall directly across from the carousel on Cabrillo Blvd. Believe me, you’ll enjoy your visit.

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The 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) 963-0474 or via e-mail at editor@csasb.org.

The Winner of CSA's Essay Contest #13

The Center for Successful Aging's thirteenth essay contest addressed the topic of the winter holiday season... searching for what the holidays mean in people's lives. CSA is proud to honor the winner - **Johanna Yinger, Ph.D.**

We offer sincere thanks to our essay contest judges:

Allison Grosfield, writer, Looking Glass Life Stories

LaShon Kelley, CSA board member

Frank Newton, director, Retired Senior Volunteer Program

I am a "P.I.P."

by **Johanna Yinger, Ph.D.**

As the winter holidays are holy days for many people, differing religious views and practices need to be respected. Thus, I write only from my own past and present perspective and experiences.

First, I am realizing that I am a P.I.P. – a "Previously Important Person." I was the one who used to make the plans for gift giving, tree decorating and great meal preparations. I was the *oh so busy* person who wrote detailed family letters and mailed them to a long list of friends and relatives. I took the responsibility to plan and cook turkeys, cookies, special potatoes and to invite all the appropriate people to eat and party with us. I always made and bought gifts, wrapped them and urged my husband to find the most beautiful Christmas tree. I used to know everyone's size and precise needs and wants; but that is impossible now. Those were joyous times with sounds of Rudolph and Jingle Bells as well as Handel's Messiah drifting through our home.

Now that I've retired from most of my previous holiday duties, I have not retired from personhood. I have decided that I am still a P.I.P. – a "Presently Important Person." Since I've begun to age and many parts of the family have moved to North Carolina, Oregon and the San Francisco Bay Area, I am adjust-

ing to a new era of life here in Southern California. Decisions about when, where and how we celebrate are often difficult with school holidays varying and air fares soaring. Total family gatherings don't always happen. But we adjust to growing children and grandchildren with differing family needs without losing commitments to our love, affection, and respect for each other and our beliefs.

Now I need to re-define who I am. I am not forgetting the past but living in this present moment. Now I don't know sizes, needs, wants of all the precious people in my life, so I buy goats and flocks of geese to be sent to families in Africa through the Heifer Foundation. Every person gets a card with their name imprinted as a giver. Now each of the families takes a share of the holiday planning. They invite me as the presents are opened and the table set. I have wondrous memories and all the children are well established. There are no family epistles, but I love my new life in a wonderful retirement community.

I am now becoming a P.I.P. – a "Person who IS Privileged." My family honors my energy levels and holidays prepared by them. I am finding newness in myself and intriguing cycles of learning. I am freer now than I've ever been. I have a new life to live. I'm learning to appreciate opera and Shakespeare. I create natural wreaths and hand-made cards. There is a new bloom in my life as I love the past, the present and the future.



What's your story?

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Johanna Yinger, Ph.D., has lived a full life as a mother of four fantastic children and partner to a talented minister/professor. She created programs for National Head-Start in the 1980s and '90s and worked with teachers in many states. She earned a B.A. at Michigan and a Ph.D. at UC Berkeley. She has now traded teaching seminars for creating arrangements with natural materials, hand-painted cards and pottery with her son, Peter. "I truly love this part of my life!" she says, with a smile.

Senior Expo a Great Success!

The 26th annual Senior Expo of Santa Barbara was staged on October 1st at Earl Warren Showgrounds. Billed as the “largest annual senior event in Santa Barbara,” this year’s Expo did not disappoint, as approximately 1,200 older adults attended.

The Expo featured flu shots provided by Sansum Clinic, eye exams by Lions Sight, hearing tests by Dr. Dodero, a health assessment by Cottage’s FallSTOP program, plus 95 exhibits of the latest products and services for older adults.

Frank Newton photos



The crowd, as always, lined up long before the doors opened at 9 a.m.

The **Dixie Daddies** greeted the crowd ▼ with lively Dixieland jazz.



Therapists and volunteers provided an array of health assessments through Cottage’s **FallSTOP** program.



▲ Admission was only \$5!



▲ Dr. David Dodero again provided free hearing tests.



These enthusiastic Citrix staffers were among ▲ the many volunteers who made the Expo possible.

AMR emergency service ▼ provided CPR instruction.



▲ More than 90 exhibitors displayed their products and services for seniors.



Sansum Clinic generously provided the flu shots this year.



▲ SPSB staffers Ruth, Frank & Elizabeth were some of the key organizers of this year’s SB Senior Expo.

The **SB Police Dept.** provided a drop box ▼ for disposing of old medications.



There’s always a thousand smiles at the Senior Expo!

What's New for the 2014 Flu?

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

Along with the bounty of fall comes the annual arrival of the flu season — which typically peaks early in the new year and lasts through spring.

The influenza vaccine has now been around for over 50 years and is still considered the most important method for preventing the flu virus, its spread to others, and the ensuing complications, including death. This should particularly hit home for those over age 60, as 95% of the yearly 20,000 flu-related fatalities occur in this age group.

Due to an age-related dip in immunity, seniors are highly susceptible to the flu and its dangerous complications, especially pneumonia. This is why the pneumococcal pneumonia vaccine is recommended. In fact, pneumococcal disease kills more people each year than all other vaccine-preventable diseases combined.

The Pneumovax 23 vaccine is more indispensable than ever due to the growing resistance of antibiotics and is administered one time after age 65 as long as it is spaced 5 years from any prior dose. It boosts immunity and helps protect against deadly pneumococcal bacteria that enter the lungs (pneumonia), bloodstream (bacteremia) or brain (meningitis). It can be safely co-administered with the flu vaccine, and together will reduce elder deaths by a critical 35%. (*Tip: Check in with your doctor about the pneumococ-*

cal vaccine Prevnar 13 that is now recommended in addition to Pneumovax 23 for those age 65 and older. Both vaccines are administered separately but are projected to work together to reduce severe pneumococcal disease by 75%.)

Seasonal flu is the most common viral infection among seniors. It is a highly contagious respiratory virus that spreads through direct contact with a flu-infected object or through the air from person-to-person by sneezing, coughing, even talking or laughing. The virus must then enter the mouth, nose or eyes to be contracted, which is why the flu hygiene triad of (1) scrupulous hand washing, (2) avoidance of face touching and (3) avoiding close contact with ill persons, are such effective deterrents. A course of influenza runs up to two weeks, with seniors often presenting with atypical flu symptoms such as falls and an absence of fever.

We now know that the flu causes widespread inflammation of the body that is associated with subsequent vascular events, such as heart attacks and stroke in susceptible elders. Some experts believe that the flu vaccine can avert this lethal chain of events by preempting the flu virus or at the least weakening its course.

Since 2010, the flu vaccine has been universally recommended for everyone over age six months, with some rare exceptions that are listed in the legally mandated CDC Vac-

cination Information Statement [VIS] given out prior to each inoculation. If you have a contraindication, consult with your doctor for alternative non-vaccine protection such as antiviral drugs. Always alert your physician to any past vaccine reactions so that the information is properly documented in your medical record.

A new flu shot each year is vital because the formulations often change to reflect circulating world strains and to assure maximum immunity. Vaccinations for Influenza Season October 2014-15 have

swelling, head/muscle aches and fever) were reported more often with the high-dose formulation. These temporary effects are still considered minor when compared to the dangers of getting the flu.

Quadrivalent flu vaccines contain an additional viral strain and were recently approved for all ages although supplies are less plentiful than the standard trivalent and it is not available in high-dose. At this time, the CDC is not endorsing any one senior-approved flu vaccine over another, although each is covered

The flu vaccine is your single best protection against getting the flu.

already begun as flu outbreaks are unpredictable and it takes about two weeks to build adequate resistance. People with moderate to severe illness, with or without a fever, should check in with their doctor about delaying vaccination until recovery.

In order to compensate for the weaker immune response in older recipients, Fluzone High-Dose, a four-fold strengthened flu vaccine, is available for seniors as an alternative to the regular dose vaccine. Both vaccines are contraindicated with a severe reaction to any prior flu shot or its components and in severe allergies to eggs or chicken. Recent data have shown the high-dose vaccine to be as safe as the original and 24% more effective in preventing flu. Although systemic events were not increased, mild reactions (such as injection site pain/

under Medicare Part B. Please note that these vaccines contain inactivated, dead virus and are incapable of transmitting the flu.

Simply put, the flu vaccine is your single best protection against getting the flu, and from spreading it on to your loved ones. While vaccination may not provide protection against all flu strains, it can significantly weaken the course of the illness. In addition to local clinics and doctor offices, retail-based pharmacists with advanced immunization training are conveniently located to administer vaccines. They also electronically document the vaccination to your medical record and doctor.

To locate a vaccination site, visit vaccines.gov and type in your zip code. The CDC hosts an excellent site for up-to-date flu care at <http://www.cdc.gov/flu/takingcare.htm>.

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

RSVP has moved its office!
On April 1, RSVP closed its downtown office and moved to 3944 State Street, Suite 350.

RSVP has more than 350 members who serve at 50 local nonprofits, schools and agencies, addressing many community needs — like children's literacy, animal care, disaster relief, senior transportation, food for the needy and much more. If you have the time, talent and heart to lend a hand, we can help you find a suitable volunteer assignment. Contact RSVP to learn more. Here is 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**

ASAP - Animal Shelter Assistance Program. Do you love cats? Help cats get adopted at this “state of the art” animal care facility. Have fun petting, feeding and playing with the cats and helping introduce them to a new family.

Partners in Education — public school teachers in grades K to 12 need helpers in the classroom. Volunteers are assigned to schools near their home. Tasks vary according to the class.

Center for Successful Aging trains volunteers to serve as counselors who offer emotional support to people age 50 and up who are facing the stresses of illness, loss of spouse or friends, isolation from family or friends, and other difficult life transitions. Peer counseling takes place in a variety of settings, including a client's home, counseling offices or group settings.

The Food Bank of SB County needs volunteers to receive donations, or pack and deliver food to seniors. They have six locations where food is packaged and distributed to seniors in the morning on the 2nd and 4th weeks of each month. Volunteers are needed every day (M-F) of those two weeks.

Boys & Girls Club — Tutor kids ages 6-18 in a variety of subjects in their After School Homework Club. Also assist in the art room with the art teacher. Help with drawing, clay work, painting, etc. Also help prepare lunches and snacks for the kids.

Santa Barbara Botanic Garden needs volunteers for their nursery, gift shop, garden guild, docent training program, and other positions. All volunteers become members of the SBBG Volunteer Association, which provides volunteers the opportunity to meet other groups at the garden as well as a chance to hear educational speakers.

Retired Senior Volunteer Program (RSVP) connects adults age 55+ with nonprofits and public agencies that need volunteers. If you would like to give presentations, are computer savvy or enjoy office work, we'd love to hear from you.

Habitat for Humanity needs volunteers to assist at the Habitat ReStore. Volunteers at the ReStore clean, sort and price donated items, help customers, and load and unload donations. There is a job for everyone at the Habitat ReStore.

Unity Shoppe — come join in the fun of wrapping gifts for the holiday season to brighten the lives of the elderly, children and others in need in our community.

Hearts Therapeutic Equestrian Center uses the healing power of horses to help children and adults as well as veterans. They are looking for volunteers to assist riders during their weekly lessons, groom and tack horses, help maintain the facility, assist with administrative tasks and more.

People's Self-Help — volunteers are needed in SB and Carp to teach and play with children in an after-school program.

Food from the Heart provides healthy, home-cooked meals to those in need. They need volunteers on Tuesday and Wednesday mornings to help package or deliver meals. Other volunteers are needed to pick fruit at public and private orchards or gardens. The hours are flexible.



Retired Senior Volunteer Program — serving Santa Barbara, Goleta and Carpinteria seniors.
3944 State Street, Suite 350
Santa Barbara, CA 93105
(805) 963-0474 www.sbrsvp.org

“The 90th Birthday Party” — October 23 Carrillo Rec Center (call to reserve)

A fine lunch is being prepared to honor Santa Barbarans who are age 90+. This annual celebration is scheduled for Thursday, October 23, Noon-1:30 p.m., at the Carrillo Rec Center, at 100 E. Carrillo Street, downtown.

Seating is limited, so please call as soon as possible to reserve a seat. Each senior is allowed to bring one caregiver. To reserve your space, call (805) 897-2519.

“Healthy Aging: Your Plan/Your Future” — Seminar Nov. 6 at the Old Mission

On November 6, from 9 a.m. to 1 p.m. at Santa Barbara’s Old Mission, there will be a seminar designed expressly for the special interests and needs of older adults.

The “Healthy Aging” seminar will provide you with the tools, information and motivation you need to take charge of your personal health and financial plans. You will learn strategies to talk to your family, friends and doctors about your desires and choices regarding legal, financial and personal matters that directly impact your quality of life.

The seminar’s cost of admission is \$10. Space is limited. So, you should RSVP by no later than Friday, October 31. To make a reservation, please visit www.sansumclinic.org/classes or call toll-free 1-866-829-0909 (option 5).

Alzheimer’s Walk — Nov. 8 at Earl Warren Showgrounds

The Alzheimer’s Association of Santa Barbara is staging a 5K walk as a fundraiser for the organization. The Alzheimer’s Walk is scheduled for Saturday, November 8, beginning at 9 a.m. at Earl Warren Showgrounds. For details call the Alzheimer’s Association at (805) 892-4259.

Veterans Day Weekend - Nov. 8-9

The Pierre Claeysens Foundation presents the Veterans Day Weekend events, featuring a Marathon run and a Military Ball on Saturday, Nov. 8, a Parade at noon on Sunday, and a Concert on Sunday afternoon. For information on all events and activities, call the PCVF at (805) 259-4349 or go online to pierreclaeysensveteransfoundation.com.

CSA Essay Contest #14

CSA is pleased to announce writing contest #14 for seniors, age 55+. The winning essay will be published in the next issue of *Successful Aging*!

Topic:

***The artistic work
(book, movie, song,
painting etc.) that
impacted me
the most was...***

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 **December 31, 2014**
- Include your name, address and phone and/or e-mail.

**Questions?
Call 963-0474**

Submit entries to:

***frankwriter@hotmail.com or by mail to
3944 State St. #350, Santa Barbara, CA 93105***



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