

Free!

Successful Aging

FALL 2015

Vol. 5, No. 2 10,000 copies circulated to seniors and community members in greater Santa Barbara



Senior Expo Attracts over 1,000 In its 27th Year!

The Senior Expo in Santa Barbara drew over 1,000 people at the Earl Warren Showgrounds in October. Many participants return annually for health care and life planning information. And you can't beat the price at \$5 admission. Flu shots were offered, and over 100 exhibitors were ready to discuss health, life planning, fitness, financial services, and nutrition with the seniors and their family members. The Organic Soup Kitchen donated cups of freshly made soup as a lunch snack to everyone's liking.

The project began 27 years ago with just a few tables in the Carrillo Recreation Center. It has expanded to fill two buildings at the showgrounds. Family Service Agency, a local nonprofit organization, is the new presenting sponsor for the Senior Expo



of Santa Barbara, the county's largest health and active aging fair. The event was previously managed by Retired Senior Volunteer Programs of Santa Barbara.

"We are grateful to Senior Programs of Santa Barbara for this wonderful opportunity," said Lisa Brabo, Executive Director of Family Service Agency. "The many exhibitors offer new and creative ways to meet the needs of seniors, family members and caregivers; this annual event is a tremendous resource for our community."

Sponsors included Cottage Health, Sansum Clinic, Visiting Nurse & Hospice Care, Organic Soup Kitchen, Sharon Kennedy Estate Management, Stevens & Associates Insurance, Casa San Miguel, DASH (Doctors Assisting Seniors at Home), Home Care Assistance, The Oak Cottage of Santa Barbara, Union Bank and others.

More photos on page 6!

Year-End Message from CSA Board President Bobbi Kroot

We are very proud of the programs and services offered by the Center for Successful Aging to the greater Santa Barbara community: Senior Peer Counseling, Real Help, Careline Telephone Reassurance, Pet Therapy and *Successful Aging*, the newspaper you are holding in your hands as you read this.

Often our volunteers are the first line of defense when a senior is facing elder abuse or when they are isolated in their homes and are hungry for guidance and companionship. Please step up and support our work so we can continue to assist the over 250 seniors who we provide direct help to every day. Please remember us in your year-end giving plans. Your donation may be mailed to our office at 1815 State Street, Suite E, Santa Barbara 93101, or it may be made safely and conveniently by credit card on our website csasb.org.

Thank you in advance for your support.

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online at www.csasb.org

Five Top Regrets of the Dying



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

I came across a very interesting article on the Internet recently. It was the summary of a book written by Bonnie Ware entitled, *The Top Five Regrets of the Dying*. Ware is an Australian nurse working in palliative care. Here are the top five regrets dying patients had:

1. I wish I'd had the courage to live a life true to myself, not the life others expected of me.
2. I wish I hadn't worked so hard.
3. I wish I had the courage to express my feelings.
4. I wish I had stayed in touch with friends.
5. I wish that I had let myself be happier.

Often in my therapeutic work, I startle them when I say that the basic issue they are dealing with is between them and them. If you look closely at all five wishes listed above, they all come back to something different we can do. Leading a better life is really up to us. People's regrets involve actions, preferences and beliefs

that hold them back. The good part about this is that any change that needs to take place is not dependent on others. We get to decide if we maintain the status quo or turn these regrets around.

So the first question is where are our priorities? Is being true to oneself near the top or is pleasing others a main focus of your life? Second, where is work on your list? The third regret involves the level of sharing what you think and feel in important situations in your life. Do we dare be more honest? I imagine a lot of you have made many friends over the years. How many are part of your life now? Can you take steps soon to reconnect with people you enjoy and value?

I am especially intrigued with the last wish on the list. Defining happiness is a tricky one. It means so many things to different people and frankly I am not convinced that being happy is the end all in life. Sometimes living an authentic life can cut into a happy one. To me, being real is more important than striving to be happy. But the real eye opener in this last one involves allowing ourselves to be happy.

Wow! Does this mean that we put obstacles in our way and may be our worst enemies? My experience says Yes. I am troubled by how often I work with people who have an inner critic. They are

so involved in self-monitoring and flagellation, that they can't have fun, relax or enjoy their lives. When I encounter these people I feel sad because at their core they are good people who deserve to enjoy life a lot more than they allow themselves. It is at these moments that I wish I could be a surgeon and remove the critic that lives inside them.

As the holidays approach I hope you will find the way to turn these five choices around and make your life more meaningful. Maybe some of this can become part of your intentions for 2016.

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

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Credit Protection: A personal note from Director Gary Linker

My e-mail account was hacked recently and it was a very scary experience. I felt a tremendous sense of invasion. A bank called asking whether I'd requested my bank balances. Soon another bank called and wanted my approval on a wire transfer I hadn't authorized. I immediately called all my credit card companies and had them put my account on alert. They advised me to call the credit bureaus like Equifax. They put a free 90-day watch on my credit and contacted the other two credit bureaus on my behalf. If you believe your accounts have been compromised, take immediate action to protect yourself and your credit.

Senior Gil Ramirez, Part 2: A Humble Hero



—by **Deni Osborne**
CSA Counselor

fuel and were like a gas station for ships coming and going from the U.S. to the Far East.”

And now for the surprising part: two years ago, at age 86, Gil and five other veterans, who like him had never returned to high school, marched with the Santa Barbara High Class of 2013, and finally got their diplomas!

When I asked him how this had come about, Gil said it started when his Lompoc cousin, Abie Ramirez, a paratrooper who had made 100 jumps, was interviewed locally. Someone at Santa Barbara High heard the interview and put a notice in the paper saying that people who were in the service during that time but didn't get their diplomas were welcome to obtain one. Abie, Gil, and four others showed up. One was a woman who marched for her father who had served in Normandy. “He was planning to come but died two months before the event, so she put on a graduation gown and filled in for him.”

“We marched first—before any of the other grads—and got a standing ovation. NBC and CBS filmed us! Their camera crews followed us around from the time we put on our graduation gowns until we went through the stadium. We were heroes! Everyone was yelling and screaming. They wanted to take pictures of us

because we were old. I felt real proud. People shook our hands as we passed. It was our day.”

“Because of the publicity from the coverage, the letter from our high school went nationwide. Soon other states decided to follow our lead.”

Gil's diploma reads: “Gilbert Ramirez has satisfactorily completed the course of study prescribed by Santa Barbara Unified School District in the State of California, this year of nineteen hundred forty-five.”

When I asked Gil how he aged so successfully, he said, “I hang around people half my age or younger because I pick up their energy. I keep busy and eat and drink in moderation. To age successfully, you need to be curious. And I dance every week” (at the James Joyce Bar and anywhere else he can). Once I hear that music, my feet just come alive.



Gil Ramirez

I heard on the radio that people who have stress or don't have comfortable lives should take up dancing. I go to Mission Terrace where my wife Carmen lives and I hold hands and dance with all the ladies in their wheelchairs. It brings a little life to their lives in the wheelchair.”

Gil summed it up, “As I get older, I have more fun. I've turned into a wild man now in the happiest of ways.”

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.

Talented Artist Steven Handelman Opens His Studio to CSA!

—by **Wilma Chortkoff** and **Rochelle Rose**
CSA Board Members

Wrought iron artist Steven Handelman opened his Santa Barbara studio to a special group of visitors in a unique tour that benefited the Center for Successful Aging. Some of the attendees were interested artists and designers. According to Wilma Chortkoff, CSA board member, about twenty-five people participated



Steve Handelman and his wife Prudy

in the tour of Handelman's installed artwork, as well as his studio and Santa Barbara store.

The first stop was Congregation B'nai B'rith, where

everyone looked at the beautiful stained glass window in the main sanctuary of the temple. Steve has been in business for decades in Santa Barbara and started out in stained glass. He explained not only about the design but also the materials and installation.

Wilma said, "Steve gave us a rundown of his life and how he always is looking at the artistic side of life—beautiful colors and design. The windows in the temple are so spiritual to me. The temple is open for anyone to come to see and enjoy."

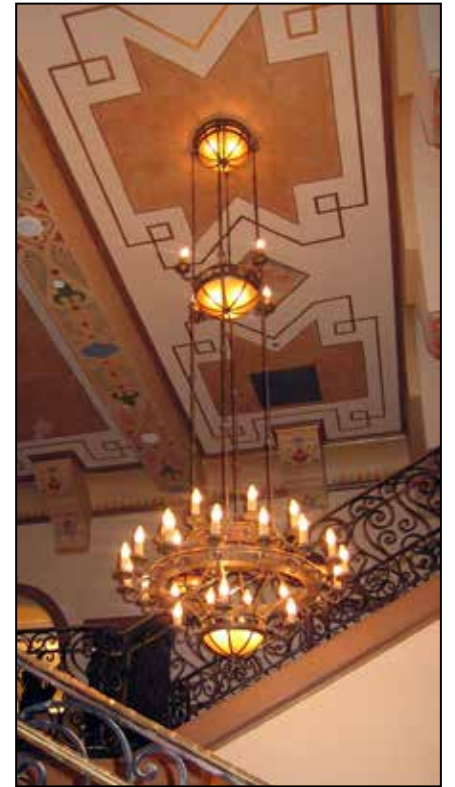
After that the group enjoyed a nice box lunch from Silvergreens at the temple. From there the group travelled to the historic Granada Theatre in downtown Santa Barbara. During the Granada's renovation, he designed all the lighting fixtures. Some are replicas

or near-replicas of the original lamps and sconces.

The tour then took them to the factory where craftsman were working on their metalwork. Other staff were painting or doing electrical work on lighting fixtures. Handelman is a very well-known artist and travels all over the world creating, designing, and installing his artwork. He may get orders for as many as 500 lamps!

The lovely afternoon ended with the group enjoying cheese, crackers, fruit, and wine at the store at 716 North Milpas Street, where everyone could view many samples of his lamps, candle holders, and sconces.

Handelman's work has been featured in *Architectural Digest* magazine. He is currently doing the lighting for the new Disney World in China. Wilma said, "So if you go to Disney World in China please notice the light fixtures! And, the next time you are in the



Steve Handelman chandelier

Granada Theatre, look up and you will see Steve's beautiful designs!"

For more information contact Steven Handelman Studios, 716 N. Milpas Street, Santa Barbara 93101, phone 962-5119, or www.stevehandelmanstudios.com.



Jazz Plus

Jazz in the Garden

—by **Bobbi Kroot**
CSA Board President

On Saturday, September 26th, the Center for Successful Aging had a lovely fundraiser called "Jazz in the Garden," featuring the wonderful sounds of Len Berman and his Jazz Plus band. There were about thirty people in attendance, sipping wine and enjoying good food and great music. CSA thinks of these events as "fundraisers" in addition to fundraisers because they are unique and always highlight seniors who are happy to share their talents with others.



CSA counselors Lynda Fairly and Judith Kopf with Richard Finkley

Essay Contest

The Winner of CSA's Essay Contest #17

The topic of the Center for Successful Aging's seventeenth essay contest was: *"My favorite place in (greater) Santa Barbara and why it's special to me."* CSA is proud to honor the winner—**Ashleigh Brilliant** of Santa Barbara.

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

My Favorite Place in Santa Barbara by **Ashleigh Brilliant**

It doesn't happen often that something pleasantly new appears in my life, which has actually been there all the time. The stone bench shown below is on Mission Street, at the corner of Garden, facing a busy intersection, not far from where I live. I don't know how old it is, or anything of its history. (Santa Barbara is full of interesting old stone-work, including a surprising number of curb-side hitching-posts, many with their metal rings still attached, though they've been unused by horses, or by anyone else, for many years.)

What I do know is that, until recently, and all the time I have been living here, this charming and convenient structure was practically unusable, and virtually invisible, because it had become overgrown with thick shrubbery emanating from the garden behind it.

Not long ago, however, that property changed hands, and in the selling process some heavy pruning, trimming, and clearing was done—with the result that the Old Stone Bench, perhaps for the first time in living memory, became clearly revealed and accessible, as you see it now. To me, this was a very dramatic and welcome change, because the bench happens to be directly on my walking route between home and office (a distance of almost exactly a mile) and a very good place to rest, especially when I am struggling home on foot with a load of groceries.

And now that I can sit there, I have been noticing that this bench provides views in several directions, not only of



palm-lined streets, and distant mountains, but also of two remarkable works of art, standing outside houses on different corners of that same intersection.

Across Mission Street from the bench is this locally-famous statue of a large dog, about which many stories are told (most of them probably untrue.)



And on the diagonally opposite corner to the dog is this boulder, decorated by our eminent Santa Barbara mosaicist, Dan Chrynko, whose colorful and highly imaginative works can be seen all over town.

And just for the sake of completeness, on the 4th corner (diagonally opposite to the Bench) stands a strange monolith which appears to contain no inscription, and no identifying marks of any kind. It is actually a survivor of a whole series of such posts which once fenced in the property behind it.

So you can see why the stone bench at Mission and Garden has become one of my favorite Santa Barbara places. As one who prefers a pedestrian lifestyle, the only thing I regret is that most passers-by are rushing by in cars. They have no need for this beautiful amenity. Well, at least that means I can usually find a place to sit and rest there when I need it!



Ashleigh Brilliant is an author and syndicated cartoonist born in London, UK, and lives in Santa Barbara. He is best known for his Pot-Shots, single-panel illustrations with one-line humorous remarks, which began syndication in the United States in 1975. Brilliant became an American citizen in 1969.

He attended Hendon School in London and later graduated from UC Berkeley with a PhD in history in 1964. Brilliant celebrated his 80th birthday in December 2013 in Franceschi Park in Santa Barbara, where he was presented with a document signed by the mayor proclaiming him to be the "Wise Old Man of the Mountain."

Community News & Events

More SENIOR EXPO!



...and a good time was shared by all!

Local Health Center OsteoStrong Committed to Providing 1,000 Free Bone Scans in 2015

As part of their association with the National Osteoporosis Foundation and American Bone Health, OsteoStrong Santa Barbara, located at 2277 Las Positas Road, has committed to providing 1,000 free bone scans this year, available to anyone in the area who thinks they may have an issue with osteoporosis.

The disease is often called the “silent killer” because you can’t “feel” your bones getting weaker. It is estimated that half of all women and a third of all men over 50 are affected by osteoporosis. The statistics are even more dire as we age. Nearly a third of all deaths after 65 are fall related, with most being the result of broken bones. And twenty percent of seniors who break a hip die within one year from problems related to the broken bone itself or surgery to repair it. Many of those who survive need long-term nursing home care.

There are drugs and injections you can take but the National Institutes of Health have determined that those drugs may actually cause fractures. Which is why OsteoStrong was developed as a health franchise. OsteoStrong offers a natural way to increase bone density, strengthen core muscles, relieve joint pain and develop better agility and balance. “We call it active aging,” says Shelly Elnicky, trainer at

OsteoStrong. “Many people like to go the natural route and we are a healthy, natural alternative to the pharmas.”

OsteoStrong uses an accudxa2 peripheral scanning device, the gold standard in the health industry, and measures the small bones in the hand. If you have osteoporosis in the smaller bones, chances are the disease is already in the larger bones, such as the hips and spine. X-rays from the device are so minimal that no protective gear is needed and the radiation emission is less than from a cell phone. The scans usually take about 2 minutes and a printout of the results are given to each person to take to their physician as an aid to determine fracture risk.

“Team OsteoStrong Santa Barbara has only been open since April and we have already provided over 400 free scans, so we’re nearly half way there already,” says Minnie Weighill, trainer and coach at the Las Positas location. “We would love to surpass the 1,000 free scans we have committed to giving away this year.”

If your organization or business would like to set up a free scan event for your members or employees, please contact Yvonne at OsteoStrong Santa Barbara (805)

453-6086. Visit us on the web at www.osteoststrong.me

Links: National Osteoporosis Foundation—<http://nof.org/learn>; American Bone Health—<https://americanbonehealth.org>



Community News & Events

Back in Business: 211 Connects People to Health & Human Services Info

2-1-1 Helpline is back in Business in Santa Barbara County!

Every hour of every day, people may need referrals for essential health and human services. The 2-1-1 Helpline provides residents one centralized location to get critical health and human services information they need 24 hours a day, 7 days a week. 2-1-1 callers include veterans, parents, seniors, homeless and many others.

2-1-1 was first implemented in Santa Barbara County in 2005. In 2013, the service became un-hosted and efforts to seek a new provider commenced. Thankfully, in November 2014, Community Action Commission of Santa

Barbara County became the 2-1-1 Helpline host. The Helpline has undergone an intensive data “scrub” to ensure that information has been updated and is accurate and comprehensive. The database now has over 2,000 local health and human services resources. Currently, this essential service receives funding from the County of Santa Barbara, First Five, City of Santa Barbara and Emergency Public Information Communicators (EPIC).

Statistics about 211:

- There is an average of 400 calls received per month in Santa Barbara County.
- A user-friendly website can be accessed at:



Left to right, Tracy Lang Wood, CAC Family and Youth Services Director; Salud Carbajal, 1st District County Supervisor; Elisa Pardo, 211 Project Coordinator; Paula Perotte, mayor of Goleta; Ashley Costa, Executive Director Lompoc Valley Community Healthcare Organization; Helene Schneider, mayor of Santa Barbara

www.211sbco.org.

- 211 is accessible to almost 35.7 million Californians in 35 counties.
- 2-1-1 service covers over 96 percent of the state's

population.

- Nationally, 2-1-1 covers 90 percent of the US population.

Welcome back, Santa Barbara 211!

UPCOMING SENIOR EVENTS

Is your organization hosting an upcoming senior event? Contact us at editor@csasb.org if you'd like us to include your event in an upcoming edition.

DEATH CAFÉ: NOVEMBER 17

People come together in a safe, relaxed setting to discuss issues regarding death. The Center for Successful Aging is a co-host. Call Lynn @ 729-6172 or e-mail cominghomesb@gmail.com for more information.

CSA's Caregivers' Circle

This is a support group for people dealing with a variety of caregiving situations including care of a parent, spouse, child, or grandchild. It's a place to turn for support, ideas, and encouragement. The evening Caregivers' Circle group, which meets from 5:30 to 7:00 two Mondays a month, now has openings for new members.

If you're interested in learning more, call Dr. Gary Linker at (805) 898-8080.

CSA Essay Contest #18

CSA is pleased to announce writing contest #18 for seniors, age 55+. The winning essay will be published in the next issue of *Successful Aging!*

TOPIC:

How would you define a life worth living?

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 **December 1, 2015**
- Include your name, address, & e-mail address or phone #

Questions?

Call 453-6074

Submit entries to:

editor@csasb.org

or mail to

PO Box 3203, Santa Barbara, CA 93130

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