

Free!

Successful Aging

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Center for Successful Aging Founder Dr. Beverly H. Schydrowsky Passes

The Center for Successful Aging mourns the death of Dr. Beverly Schydrowsky, who passed away on April 24, 2015, following a long illness. Dr. Bev, as she was affectionately called by the peer counselors and student interns of CSA, ran the Center for many years through 2011.

CSA evolved from her tenure at the Santa Barbara Counseling Center. Serving as its Clinical Director for nine years, one

Dr. Bev developed and taught the customized peer training program

of Dr. Bev's many clinical innovations was to initiate a new on-site program called Senior Peer Counseling. The emphasis was on training life-experienced senior volunteers to help other kindred seniors to weather the challenges, as well as the opportunities, of the aging process.

This highly embraced community program eventually evolved to become the free-standing Center for Successful Aging. As CSA Clinical Director, Dr. Bev developed and taught the customized peer training program, conducted ongoing weekly supervision for the peer counselors and MFT/doctoral student interns, and interviewed the prospective clients to assure the appropriate and best therapeutic assignments and outcomes.

Her 40-plus years of clinical practice helped her to execute these responsibilities with characteristic talent and grace. Indeed, her extensive professional work domestically and in foreign countries, including Indonesia, her lifelong pursuit of new skills such as Direct and Indirect Hypnosis and Emotional

Freedom Technique [EFT], a distinguished educational background including Harvard University and Smith College, and local private practice and adjunct professorship tenures, all came together to create an invaluable community advocacy for the seniors of greater Santa Barbara.



Dr. Beverly Schydrowsky

Her last venture was to co-found a service-centered virtual retirement community enabling seniors to remain in their own homes: The Santa Barbara Village. She served on the board of directors until shortly before her death. It is not surprising that she was the recipient of many outstanding awards including, most recently, the 2010 Senior Citizen of the Year by the Central Coast Commission and the 2011 Lifetime Achievement Award from the California Association of Social Workers

Described as solid, practical and always positive, she harbored a lifelong passion for education, community, and the color purple. As her devoted son Andrew stated, "Her wisdom,

"Her wisdom, insight, authentic curiosity, and gentle radiance will be deeply missed."

insight, authentic curiosity, and gentle radiance will be deeply missed." As a close colleague summed up, "I will always be deeply grateful for her presence in my life." Those fortunate to have known Dr. Bev can attest to both of these heartfelt sentiments.

A publication of the Center for Successful Aging Santa Barbara, California (805) 898-8080

CONTENTS	
<i>Advice on Aging</i> by Dr. Gary Linker	2
<i>CSA Adds a New Service: Real Help</i> by Jamie O'Toole	3
<i>Book Event With Author Gregor Collins</i> by Ann Moore	4
<i>Personalities</i> by Deni Osborne	5
<i>CSA Essay Contest Winner</i>	6
<i>Community News</i>	7
<i>Senior Discounts</i>	8
<i>Upcoming Senior Events</i>	8

The Meaning of Community



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

How many of you know your neighbors? I dare to say if I had asked this question twenty-five years ago, a majority of us would have answered yes. But I fear now that too many of us would sadly have to admit that we might know their names and occupations but not much more. We used to find connections with immediate family and neighbors that lived around us, but this is a rare commodity these days. Our modern life presents challenges in terms of immediate community. As a result I find people expressing feelings of loneliness and alienation. They don't feel part of our town or their neighborhood. So, what do we do? For many, television and computers become the substitute for face-to-face community.

The reality is we are social animals. We need each other. Social psychologists report that people who lack a sense of community, which translates into friends and meaningful relationships, are prone to higher levels of stress, substance abuse, depression, anxiety and a variety of health

***The reality is
we are social animals.
We need each other.***

conditions. We hunger for people in our lives that we feel connected to, and the deeper we are able to forge these ties, the happier we are.

When we have access to family, children, brothers, sisters, cousins, extended

family and friends we have the experience of community. Making these connections satisfies that basic need to be part of something beyond ourselves. We take comfort in being able to tell others about our life, blemishes and all. When a challenge comes our way, our community is there for us and we feel held in some way as we make our way through the storm.

Many of us also find community in other places such as our church, a temple,

***Do you have situations where
you feel the pride of being of
service? Are there people in
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acknowledge you and who
you can count on?***

a social group, a hobby that we pursue with others or an organization that we affiliate with. As I see it the basic need for connection has two aspects. First, is the opportunity to give of ourselves to others, to feel of use, to find out we are needed. Second, is having people in our lives who are there for us; respond in our moment of need and are our cheerleaders as well as a shoulder to cry on. These two aspects of friendship are important and we are at our best when they are in balance.

So, are you are in balance? Do you have situations where you feel the pride of being of service? Are there people in your life who acknowledge you and who you can count on? If things aren't quite right, make some new choices and notice what happens. For instance, there are many opportunities to become involved with activities at the Center for Successful Aging. You can join one of our fifteen

peer counseling groups, you can receive a daily phone call from one of our volunteer staff, or you can volunteer to drop off newspapers in the community. You may be surprised by how much better you will feel when you reach out.

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

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Phone: 805.898.8080

Editor

Rochelle Rose

Design/Production Coordinator

Allison Grosfield

Advertising/Sales Manager

LaShon Kelley

Contributors:

Dr. Gary Linker, Ann Moore,
Deni Osborne, Jamie O'Toole,
Judi Shor

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CSA Adds a New Service: Real Help

—by **Jamie O’Toole**, Coordinator
Real Help

Real Help is a small caregiving referral service for people of low to moderate income who are fifty-five and older. It was established in the late ‘70s to help financially distressed seniors remain in their homes, with frail, ill or recovering, as well as aging seniors in mind. The program was formerly managed by RSVP, but has been transferred to the Center for Successful Aging.

***a small caregiving referral service ...
established ... to help
financially distressed seniors
remain in their homes***

Services include personal care, rides to doctor’s appointments, errands, shopping, cooking, light housekeeping, laundry, pet care, and minimal amounts of gardening. There is also a referral list including a handyman, who keeps his prices low, and a gardener, for larger gardening needs. We do not touch or administer medications, though we can remind a client to take medication. We also do not touch financials, checkbooks, etc. There is bookkeeper referral for any needs that might come up around financials.

There’s a two-hour minimum. Prices are kept low at \$15 an hour. If a lot of driving is involved, caregivers can charge a gas cost by the mile.

Since Real Help is a referral service and a non-profit, it doesn’t take any money. Caregivers are paid directly by the client. The caregivers all work as independent contractors. Because of the client-base, the issue of taxes and 1099s usually doesn’t arise. Most of the jobs from Real Help do not meet the minimum amount to be taxed. If the job becomes permanent or many hours are involved for the year, it is up to the client to supply the 1099.

All the caregivers on Real Help’s list are carefully background checked. The Real Help application form also includes two personal and two job references, which are checked. We have several CNAs and former CNAs on the Real Help list. We seek caregivers who have experience with the aging population and who we feel are compassionate and understanding of the various problems the elderly face daily.



Gardening is a favorite hobby of Real Help’s **Jamie O’Toole**

*Please feel free to contact program director **Jamie O’Toole** with any questions about this service by telephone at 805-965-1531 or by e-mail at realhelpsb2@gmail.com.*

CSA Groups

CSA provides several services to seniors in need, including:

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

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

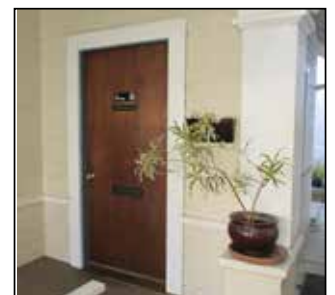
CSA’s programs are supported by your generosity. You can make a donation by phone or online at csasb.org.

Center for Successful Aging Office



Where to find us!

If you ever want to drop something by the CSA office or pick up a brochure, visit 1815 State Street. The CSA office is in Suite E. Go through the front door on State Street and then go through the back door to the next building. We are the door on the right on the porch. A mail tray is to the right of our door!



A Special CSA Afternoon With Author Gregor Collins

—by **Ann Moore**
CSA Board Member

It was a lovely spring afternoon when guests arrived at the beautiful Montecito home of Bobbi and Art Kroot, where guests were treated to a catered luncheon in their flower-filled backyard. We enjoyed the delicious food provided by Rincon Catering as we sipped wine and talked about the Center for Successful Aging's many accomplishments. We then went inside to be regaled by our special speaker, Gregor Collins, author of *The Accidental Caregiver*.

Bobbi introduced Gregor, who was there to tell us about his life and his book, *The Accidental Caregiver*. Gregor was casually dressed, an unpretentious, intelligent young man who, in addition to being a published author, is an actor and producer. With his tousled brown hair and bright blue eyes, we women agreed that even if he wasn't fascinating (which he was), he certainly was "easy on the eyes!" Gregor then told us about some of the interesting and serendipitous aspects of his life. He learned to play golf while in high school. His golfing prowess earned him a scholarship to Ohio Wesleyan University, where he attended classes for a semester. He transferred to Miami University, took a year off to work as a production assistant for the television series *World Business Review* featuring Caspar Weinberger, then returned to school, graduating from Florida State University.

Gregor moved to Los Angeles to pursue a career in entertainment and soon began producing some of the very early reality television shows. One was called "Nature Show" but in reality, he said it was "Girls Gone Wild!" He went on to become an actor, which he said is all about listening and reaching out—as well as within. One of Gregor's friends had been providing caregiving services for a 92-year-old woman and he implored Gregor to visit—"Just meet her," he said. Gregor wasn't interested in meeting an elderly woman, since he was very involved in a film project and his acting career. However, he finally went to meet the woman, who turned out to be Maria Altmann (of *Woman in Gold* movie fame).

At their first meeting, Maria came into the room using a walker. She smiled and said, "You must be Gregor." Gregor said it was "love at first sentence!" It was 2008 and almost immediately, he began working for her during the week. She was a wealth of knowledge; she loved art—and she loved young men! She told him about her early life in Vienna where she met the likes of Brahms and Mahler. She was strong, charming and she never cried, he said, except when he read a poem aloud that he'd written for her. One day, Gregor told Maria, "You're my mother,



Maria Altmann & Gregor Collins

my sister, my grandmother!" "Well," she said, "What about your mistress?" Despite the many years between them, Gregor said he connected with her more than any woman he'd ever met—"She was a cross between Mary Poppins and Julia Child!" He spent over three years in her company and he said it was the most exciting

and meaningful time of his life.

Gregor wrote his book about Maria a few years after she died in 2011. He provided vivid details about Maria's childhood in pre-Hitler Vienna where she was a member of the very wealthy and prominent Bloch-Bauer family. The Bloch-Bauers were Jewish patrons of the arts and one of their most noteworthy relationships was with Gustav Klimt, whom Ferdinand Bloch-Bauer commissioned to paint his wife, Adele's portrait. Adele was Maria's aunt. The Nazis had forced the couple to flee for their lives, leaving behind their home, their family, their friends, their businesses and their extensive art collection, much of which ended up in the hands of Nazi leader, Hermann Goering.

Gregor noted that Maria's current fame largely rests on what became of the famous painting of her Aunt Adele. Ferdinand Bloch-Bauer had died in November 1945, soon after World War II ended, leaving his estate to a nephew and two nieces, one of whom was Maria. By that time, five of the paintings were in the possession of the Austrian government.

For almost a decade, starting in 2000, Maria fought the government of Austria to reclaim Gustav Klimt's iconic painting of her aunt. With the help of a young lawyer named Randy Schoenberg, Maria's case ended up in the U.S. Supreme Court, which ruled in 2004 that Austria was not immune from her lawsuit. Maria and Austria agreed to binding arbitration by a panel of three Austrian judges. The panel ruled that Austria was legally required to return the art to the Altmann family and their heirs. In 2006, Austria returned the paintings, representing the largest single return of Nazi-looted art in Austria.

Maria consigned the Klimt paintings to be sold on behalf of her family; the total came to \$325 million which was divided among several heirs, one of whom was Maria Altmann. She lived to see justice done and when she died, Maria's family told Gregor that he'd been the "last, great love of her life." He knew it was true—the two of them had truly had a "meeting of the minds and hearts."

What a story! To wind up the afternoon, many of us rushed to obtain our copies of *The Accidental Caregiver*, which Gregor had provided and graciously signed for us. I hope you'll consider purchasing a copy for your library—it's a great read!

Gil Ramirez: The Joy of Sharing



—by **Deni Osborne**
CSA Counselor

Eighty-eight year old Gil Ramirez carries a complete tool kit in his truck so that he can help people anytime. “I get satisfaction helping somebody else. If somebody calls me for an emergency, I’ll go out and help them. I don’t care what time it is. From morning to night I’m busy. If I didn’t have to sleep, I’d probably be working.”

“I give a lot of things away,” Gil points out. “I’ve discovered a lot of people have lemons and oranges and persimmons, more than they can use, that they don’t want to share. I see stuff wasted, rotting away on the ground. This is stupid. Some people are starving and can’t afford to buy them, so I say, ‘Why waste?’ I collect the unused fruit, and I give it away.”

Among other things, Gil maintains the Fire Department memorial on Cathedral Oaks, but, after completing his work, rather than leaving just his bill, he leaves a bottle of his home-made salsa along with the bill. As he says, he likes sharing.

Recently Gil, who is a friend of my husband, knocked on our door holding a bag of lemons. When I told him we didn’t need any as we still had the

ones he gave us a few weeks before, he drove to the Calle Real Shopping Center and said to himself, “The first person I see when I park my truck, I’ll give them my lemons.” A lady parked next to him. He asked, “Do you want some lemons?” and she thanked him and reached in the bag for a few. “They’re all yours,” he told her. “Boy, you made my day,” she responded. “I’m going to go home and make some lemonade.” This is pure Gil.

Impressively, although he is a great-great-grandfather, Gil has energy that most 30-year-olds would envy. He met his wife of 64 years while dancing at the Knights of Columbus hall. Now, although she can no longer join him, every Saturday he goes dancing at the James Joyce Bar where the Ulysses Jasz Band performs. “The people I hang around with there are much younger than I am. They call me Mr. Energizer.”

“I get up full of energy because in my mind there’s always something I want to do in the garden. Being with the soil gives you a lot of energy. I love to work with seeds, and see them sprout. “ Although semi-retired from a career managing various estates in Hope Ranch, Gil tells me, “I don’t think I’ll ever be retired because I’m so busy, busy in the plant world. I buy and sell plants.” Gil’s 60-year-old son

lives next door to him. “If I get bored, I go work in his yard.”

“I feel good all the time,” Gil confides to me. “I’ve never had headaches. I don’t even know what a headache is. I eat healthy. The only thing I take is baby aspirin.”

“While I’m on this earth, I like to help people out, and I get a lot of energy from doing that. I always talk to strangers. It’s good to make friends because everybody has something to give you, or you can give them something. I’m not afraid to give things to people. I see a big smile on their face.”

A century ago, Ella Wheeler Wilcox wrote, “Just the art of



Gil Ramirez

being kind/is all the sad world needs.” It seems to me that this down-to-earth nice guy could be the poster boy for her sentiments.

_____ *To be continued...*

October 7, 2015



Senior Expo

of Santa Barbara

AN ACTIVE AGING FAIR

presented by

Family Service Agency of Santa Barbara

Save the Date!

9 a.m. - noon

Earl Warren Showgrounds

For Information Call 963-0474

The Winner of CSA's Essay Contest #16

The topic of the Center for Successful Aging's sixteenth essay contest was: *"Tell how a talent, hobby, or interest has added to the quality of your life."*

CSA is proud to honor the winner—**Thomas Scheff** of Santa Barbara.

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

Interests that Add Quality to My Life

by Thomas Scheff

1. Emotions. At the age of 40, a self-help psychotherapy group discovered my emotional life. Since childhood, it was mostly hidden, not only from others, but also from me. As an adult, the only emotion that showed was anger, but too often and too much.

I taught, Interpersonal Relations. It was large, about two hundred students. I had been teaching this class for years, and planned to do it the same conventionally academic way as before.

However, on the first day, before explaining the syllabus

of my mouth. (More ad-libs below in #2.)

A student raised her hand. She told about a dispute with her mother, crying as she spoke. As I looked around the class, others were crying along with her. At that moment I impulsively changed the whole plan: the class would help the students explore their social relationships and the emotions they produce, using the discussion method. This unplanned change involved the students in the class at a very deep level, and it became more meaningful and enjoyable to me. I continued to use this new method for the rest (fifty years) of my teaching career.

2. An Inner Voice. At the age of 81, after another effective ad-lib, I had a new thought. I hadn't considered it further in the instance above, and the few other times during the ensuing years. But unlike the other times, it finally occurred to me that this kind of voice out of nowhere might be an important aspect of my life. I began to meditate every day and became interested in mindfulness. This change probably improved the quality of my life, but only very subtly, if at all. I think because of meditating and considering the inner voice, I may become more creative and alive, if only ever so slowly.

I probably hadn't cried even once as an adult. Now I cried readily. ... I also began to laugh more and longer, especially at myself.

The self-help class set off a volcano: mainly grief, fear and shame that must have been hidden 'til that moment. But at the same time, it thankfully reduced anger. At 40, I probably hadn't cried even once as an adult. Now I cried readily. Feeling fear seemed to make me less reckless in driving cars. I also began to laugh more and longer, especially at myself.

Although I felt much better, the change didn't immediately affect my work. It just didn't occur to me. But several months later, I was meeting one of the university classes

I had passed out, I suddenly ad-libbed: "Before we get started, anyone here upset about anything?" I hadn't planned this question, and I was quite surprised when it came out



Thomas Scheff is Professor Emeritus at the University of California, Santa Barbara. Some of his earlier publications are *Being Mentally Ill*, *Microsociology*, *Bloody Revenge*, *Emotions*, *the Social Bond and Human Reality*, *Goffman Unbound!*, and *Easy Rider*. His most recent book is *What's Love Got to Do with it? Emotions and Relationships in Pop Songs* (2011). He is interested in creative teaching and integration of the social, political, behavioral and clinical arts and sciences, and particularly, the integration of these disciplines into new directions of thought and effort.

98-Year-Old Betsy Hastings Knits to Stay Nimble!

A 98-year-old resident of Vista del Monte rediscovered a hobby—knitting—that helps to keep her fingers nimble despite arthritis. “I started knitting when I was five years old. My grandmother taught me how to knit. It was something that we did together when she took care of me—maybe she didn’t have to read to me then—we just knitted!”

The story of Betsy was brought to the *Successful Aging* editor by her Vista del Monte neighbor Susan Dickerson. Susan said, “I thought it was a creative way of successfully aging! She makes colorful knitted bibs for elders, as well as hats, bags, and scarves, from scraps of yarn left over from the years.”

Betsy grew up (and knitted) in Waverly, New York, and Titusville, Pennsylvania (the first place they discovered oil

in the U.S., she said). She attended Mt. Holyoke College in Massachusetts. Although she started out as a history major, things changed when she enrolled in a beginning zoology class. “There weren’t a lot of science classes,” she said. Eventually she earned a medical degree from Columbia University in New York. She was one of seven women in a class of 100. After World War II she moved to Los Angeles to take a job with Public Health and to open a pediatric office. Betsy had four children and juggled career and child-rearing.

“I knitted through medical school and knitted some of my children’s clothes. Now, I want to continue to eat using a fork—myself, so I knit to keep nimble. I give my knitted pieces away.” Her friend Susan says sometimes she may sell a piece and donate the money to CSA.



Betsy Hastings

“I’ve had a great life and had a lot of fun,” Betsy says. When asked what her advice would be to age successfully, she said, “Keep busy!”

Senior Community Supporter Suzanne McNeely Passes Away



Over 150 people attended the memorial service for Suzanne McNeely who passed away May 16, 2015. Suzanne founded Senior Planning Services and Coastal Home Care and was a pioneer in providing social services and support to seniors in our community. She worked closely with the Center for Successful Aging and CSA

founder Beverly Schydlosky by providing medical, legal, financial and social support to clients.

Born Oct. 21, 1956, in Wichita, Kansas, Suzanne obtained her undergraduate degree from Southeast Missouri State University and her graduate degree from St. Louis University. She worked for 12 years at the University of Chicago hospital before moving to Santa Barbara in 1988. Suzanne was passionate about her elder-care work and was honored with many awards, including the Spirit of Small Business Award for Best Woman-Owned Company 2009, Champion in Health Care award 2012, Community Business of the Year 2012 and the Spirit of Entrepreneurship Award in 2014.

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

She was currently on the Board of Directors for the Scholarship Foundation of Santa Barbara and was a member of the National Association of Women Business Owners.

She loved her family and friends, fine wine, oysters, music, dancing, the Oregon Country Fair, NPR, a good book and a great happy hour. Donations can be made in Suzanne's name to the Leukemia & Lymphoma Society.

SENIOR DISCOUNTS

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

NATIONAL PARKS SENIOR PASS

America The Beautiful Senior Pass (formerly *Golden Age Passport*) is a \$10.00 lifetime pass available to seniors age 62+. Provides access to over 2,000 recreation sites managed by 5 federal agencies: National Park Service, Fish & Wildlife Service, Forest Service, Bureau of Land Management, and Bureau of Reclamation. Pass admits pass owner AND passengers. For details, visit <https://store.usgs.gov/pass/senior.html>

RETAIL

Goleta Calle Real Local Artisan & Farmers Market has a coupon for 20% off any item. May be used over and over. Available at: <http://www.localartisansmarket.com/Local%20Artisans%20Market%20printable%20coupon.htm>

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 senior discounts (50+)

Rabobank has free senior checks and checking account (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 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

Some area theaters have discounted rates on Tuesdays

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.

MARK YOUR CALENDAR: SENIOR EXPO SET FOR WEDNESDAY, OCTOBER 7, 2015

Area seniors are welcome to attend Santa Barbara County's largest health and active aging fair with 100 exhibitors displaying products and services. Admission is \$5.00, which includes a flu shot (55+), hearing testing, balance and fall assessment, free colon cancer screening kits, vision testing, expired medicine drop box, live music, free valet parking with a blue placard, and healthy snacks and drinks.

Don't miss the chance to network and learn on Wednesday, October 7, from 9:00 a.m. to noon at Earl Warren Showgrounds, 3400 Calle Real, Santa Barbara. Call 963-0474 for information.

DEATH CAFÉ: JULY 22 & AUGUST 25

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 Essay Contest #17

CSA is pleased to announce writing contest #17 for seniors, age 55+. The winning essay will be published in the next issue of *Successful Aging!*

TOPIC:

My favorite place in (greater) Santa Barbara and why it's special to me

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 **September 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