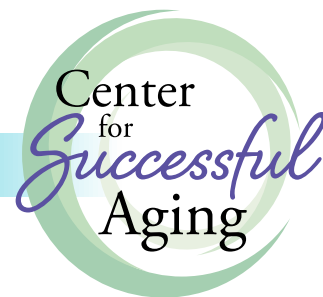


# Successful Aging



SUMMER 2021

Vol. 11, No. 2

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



## Personalities

### Rona Barrett Stars in Santa Ynez

By Rochelle Rose

Before she became the Founder and CEO of the Rona Barrett Foundation, which focuses on helping seniors in their time of need, Santa Ynez resident Rona Barrett, 84, had a long and fascinating career in Hollywood. Manhattan-born Queens-raised, her chutzpah came at an early age when she launched Eddie Fisher’s fan club, which led to more opportunities. Later, Rona met Robert Evans, before he became the famed Paramount Studios exec, who introduced her to the editor of *Photoplay* magazine, who asked Rona “to write a little column.” This became the gateway to her moving to LA in 1958 and set her on a pioneering path in the field of entertainment reporting.

One of the world’s first “entertainment columnists,” Rona’s insightful reporting and signature style became familiar in magazines which bore her name, syndicated nationwide television spots and on such iconic TV shows such as *Good Morning America*, *The Today Show*, and *Entertainment Tonight*. This exposure brought Rona Barrett into millions of American homes for multiple generations over many decades.

With a staff of dozens and reliable sources she had established in the entertainment world, she broke countless stories and documented the lives of stars in movies, music, TV, radio, and the stage. In 1980, she interviewed the then 34 year-old businessman Donald Trump.

During her reign from the late ‘60s to



the 90s, she interviewed Burt Reynolds, Tom Cruise, Liza Minelli, Ryan O’Neal, Bette Midler, Cher and hundreds of other personalities. Many of those interviews are featured on her *Rona Looks At* specials, which are now streaming on Amazon Prime.

After a successful run in Hollywood, she retired from the entertainment spotlight and moved to the Santa Ynez Valley, where she bought a ranch. She said, “When I finally retired to the Santa Ynez Valley, before I knew it, people asked if I would join the board of the foundation for the Santa Ynez Valley Cottage Hospital. At the same time, my wonderful mother died and my father wanted to live with me. Taking care of him made me start thinking: If anything happens to me, what would happen to him?”

Continued on page 5

## Recent Studies on Dementia

By Gary Linker, Ph.D., Clinical Director

When I talk with seniors, the two issues that come up most frequently are 1) will I have enough money for retirement and 2) will I get dementia. While I don’t have much information to offer on the first question, I have some exciting new information on the second topic.

Recently, I came across two new studies that I think are very informative and relevant to ongoing concerns. They involve sleep and gum disease. The results of these studies are not surprising but are important for us to know so we can take action steps to prevent dementia.

In an April 2021 a study reported in the National Institute of Health (NIH), by researchers at the University of London that people who got an average of six hours or less of sleep each night were 30% more vulnerable to Alzheimer’s disease later in life. Apparently, getting at least 7 hours of sleep each night helps to “cleanse” our brain and keep us healthy. Some 8,000 middle-aged people were followed for 20 years and, while the study could not verify if the lack of sleep was a cause or a symptom of dementia, it was linked with the disease. The conclusion was that a good night’s sleep was important to brain health. From my own experience I can tell you that when I get a good night’s sleep, I feel better too.



Gary Linker, Ph.D.

Continued on page 2

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

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# Allison Marcillac, New Executive Director at CSA

By Gary Linker



The Center for Successful Aging has announced Allison Marcillac as new Executive Director. Former E.D. Gary Linker, Ph.D. is moving to the newly created

Clinical Director role. Both are half time positions.

Marcillac has volunteered for the past 13 years in several educational and medical relief endeavors for local non-profits. She has served on the boards of the National Charity League Santa Barbara Chapter, Santa Barbara High School Foundation, MAD Academy Foundation, as well as serving as president of the Cold Springs School Education Foundation. She also served a 4-year term on the Cold Spring School District Board of Supervisors. In the past few years she was the Executive Director for the Architectural Foundation of Santa Barbara and the Montecito Association.

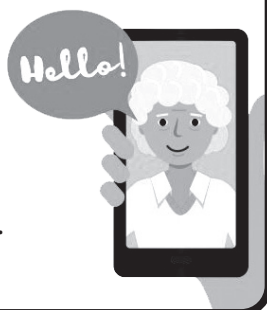
A Santa Barbara resident since 2009, she and her family enjoy hiking, surfing, and swimming.

## Feeling Isolated?

If you are a senior 55 years of age and older and live alone, you are invited to become a member of the Center's **CareLine Telephone Reassurance Program**.

This free service helps seniors feel connected to others in the community via regular phone calls (you choose the frequency) and provides the opportunity for a senior to get a caring call 365 days a year.

To enroll in this program as a participant or a volunteer caller, phone the Center at (805) 898-8080.



## COVID-19 Update

Santa Barbara County remains in the orange tier of California's reopening blueprint, with most indoor operations allowed with limited capacity, as of May 7, 2021 per SB County Public Health.

Half of all Santa Barbara County residents have received at least one dose of a COVID-19 vaccine to date. The county has reported administering more than 386,000 vaccine doses so far, with the most doses in the 30-49 age group.

More vaccination sites are allowing walk-ups, with no appointments required, and the Public Health Department is sending teams of vaccinators across the county for pop-up, mobile clinics at workplaces, housing developments, community centers and shelters. County health officials on May 7, 2021 reported zero COVID-19-positive patients hospitalized in intensive-care units. "We have not been here during the whole pandemic," Public Health Department director Van Do-Reynoso. "This is the first time that we have zero COVID-19 ICU patients since we started tracking last April."

### Do I still have to wear a mask?

Everyone, whether they are fully vaccinated or not, is "advised to wear masks indoors when around other people they do not live with, regardless of the activity," Public Health Officer Dr. Henning Ansorg wrote in a message to the community. In April, the Centers for Disease Control and Prevention released updated mask guidance for fully vaccinated people, saying they do not need to wear a mask in most outdoor settings, except at crowded events.

"This is good news as it demonstrates that COVID-19 vaccines are effective at reducing the risk of contracting the virus or experiencing severe symptoms from the virus," Ansorg said.

People are considered fully vaccinated at least two weeks after they receive the second dose of the Moderna or Pfizer vaccines, or at least two weeks after they receive the single-dose Johnson & Johnson vaccine, according to the CDC. Regular COVID-19 briefings are scheduled every other Friday; the next one is planned for May 21, according to the County.

## Dementia Con't from page 1

Here are some tips if you are having trouble sleeping. First, do not watch TV or go on your computer at least an hour before bedtime. Sleep in a dark room with no interruptions. Take a warm (not hot) shower 60 to 90 minutes before bed. Go to bed at approximately the same time each night. Don't drink coffee or eat chocolate at least three hours before bedtime. Light exercise and doing some stretching can tire you and prepare you for slumber later. Do not drink alcohol three hours before bedtime. Listening to some soft music or reading a good book can be helpful too.

As for the second study, for some time we have heard about the link between gum disease and dementia. Dr. Angela Kamer at the School of Dentistry at New York University has uncovered a direct link between gum disease and the presence of amyloid plaque in the brain. In her April 14, 2021 report she announced a link between bad bacteria and a protein marker found in spinal fluid showing amyloid plaque in the brain. Amyloid plaque in the brain is the first indication of Alzheimer's disease followed by Tau tangles in the nerves. Further research in this area is going to focus on whether deep dental cleaning to remove plaque in the gums can prevent Alzheimers.

A conclusion here is that regular dental care is essential. This is one more action step we can take to protect ourselves from dementia. We are fortunate in the Santa Barbara area to have many dentists who will work with people on limited income, as well as the Eastside Dental Clinic that serves very low income seniors. So, make an appointment to get some good dental care!

## Golfer Phil Mickelson is Oldest Men's Major Champ!

Phil Mickelson etched his name in golf's historical record on May 23, 2021 with a staggering victory in the 103rd PGA Championship.

On the harsh, windswept Ocean Course at Kiawah Island, SC, he became the oldest men's major champion at 50 years, 11 months.





# Still Looking for Love? 12 Best Senior Dating Websites to Find Love in 2021

Courtesy of Rachel Hartman

Regardless of where you live, you can connect online to find relationships with other seniors. “For anyone who hasn’t dated in a while, it is best to clearly decide what their dating goals are and do some research before jumping into online dating,” says Kevin Darné, author of *Online Dating: Avoid the Catfish!: How to Date Online Successfully*. You’ll also want to consider which senior dating websites to join. These days there are a wide variety of niche online dating sites and apps in addition to the major well-known ones. The best dating websites and apps for seniors are:

- Match
- eHarmony
- Senior Friends Date
- So Syncd
- Silver Singles
- Singles50
- EliteSingles
- Zoosk
- Christian Mingle
- MatureDating
- OurTime
- SeniorMatch

Here is a breakdown of what to expect from some of the top dating sites for older people in terms of cost, features for seniors and other perks.

## Match

This site first launched in 1995 as a pioneer in the online dating industry. Today it has a presence in 24 countries and hosts sites in 15 different languages. The sheer number of Match memberships may help create more opportunities for dating. While Match is available for all adults, you can enter your age preference, along with other details, to get a list of people with whom you might want to start a relationship. You’ll also receive notifications about events in your region where you might be able to meet other people. The site is free, but to access additional features you’ll have to subscribe, which starts at \$15.99 a month. Match is available on Google Play and the App Store.

## eHarmony

Launched in 2000, this site has options specifically for those over age 50 that are looking to date. You can register for free by entering some personal data and uploading a picture. A compatibility matching system helps narrow the field to match you with a select group who might be right for you. If you would like additional features, such as direct

messages, you can take out a subscription, which ranges from \$35.90 to \$65.90 a month. You can find eHarmony on Google Play and the App Store.

## Senior Friends Date

Designed for seniors, this site asks you to register, complete a profile and then add several pictures. It works to match you with others who live near your location, so it’s easier to meet in person. There is also a free messaging service. There isn’t an app available for Senior Friends Date.

## So Syncd

While the app is available for all adults, the system may appeal to seniors because it has a unique approach. All members take a Myers-Briggs personality test and are then matched with other compatible Myers-Briggs personality types. The basic features are free, but you’ll have to pay more for additional access. There is an app on both Google Play and the App Store.

## Silver Singles

Since 2002, this site has been aimed at users who are over age 50. When you start, you’ll take a personality test that has a comprehensive list of questions that cover your interests, beliefs and preferences. The site has an automatic matchmaking process to connect you with others based on your answers. You can also include additional information like a bio and picture. A basic membership is free, but if you want a premium membership the cost starts at \$24.95 a month. You can find Silver Singles on Google Play and the App Store.

## Singles50

Catering to the senior audience, this site offers a scientific personality test to help you find a suitable match. You can register for free, but to access additional features will cost more, starting at \$19.99 a month. Singles50 is available on both Google Play and the App Store.

## EliteSingles

This recently launched site is designed for singles who are looking for lasting relationships, and has an over 50 dating platform. The site also accounts for other factors, including income, culture and values. After filling in personal information, you can



specify the type of individuals with whom you would like to connect. The algorithm will work to align your tastes with others who have the same expectations. The site states that thousands of singles find love through EliteSingles every month. Subscription costs start at \$31.95 a month. It is available on Google Play and the App Store.

## MatureDating

Designed for seniors, this site allows you to sign up and create a profile. After you’ve added several recent pictures, you can use the site’s features to find other singles. You can view pictures, participate in chat rooms and also arrange private chats. While the application is free, a full membership plan starts at \$19.99 a month. MatureDating is available in the App Store.

## OurTime

This site caters to those who are over 50 years old. After creating an account, you fill out a form with personal information. You can then look for someone who shares your interests. You’ll have the option of sending private messages to other users and meeting people in your area. It’s free to join, and a monthly subscription for additional features starts at \$29.99. An app is available in Google Play or the App Store.

## SeniorMatch

This site has been in the online dating space for more than 20 years and is designed for those who are over age 50. It does not allow members under age 40. SeniorMatch boasts more than 36,600 success stories. Members highlight interests such as traveling and adventure to find a connection with someone else. You can communicate in several ways, including sending a wink or commenting on someone’s picture. You can also search for others by name and age. You may add ideas for first dates which others can see. The site is free, but to have premium access you’ll need to become a premium member, which starts at \$15.95 a month. The app is available in Google Play and the App Store.



CommUnify (formerly the Community Action Commission) was formed in 1964 to address the causes and conditions of poverty within Santa Barbara County. CommUnify's Senior Services provides innovative and sustainable solutions for seniors to improve and maintain their health, resilience, and financial security with programs and services including:

- **Healthy at Home** senior meal delivery (up to June 30)
- **Healthy Table** dining centers
- **Senior Friendship Callers** social outreach
- **Senior Home Repair** minor fixes and installation
- **2-1-1 Helpline** information and referrals



The need has never been more urgent for our seniors. We are always in search of donations and dedicated volunteers who make this program possible. To become a sponsor, to donate, or to volunteer please call 805-964-8857 or visit us at:

[www.CommUnifySB.org](http://www.CommUnifySB.org)

## A Charitable Gift Annuity Will Bring a Lifetime of Benefits to the Museum and to You



A charitable gift annuity is a gift made to support the Museum that can also provide you with a secure source of fixed payments for life! This tax-wise gift can provide you with tax savings and income benefits.

Learn more at [sbnature.org/legacygiving](http://sbnature.org/legacygiving) or contact Rochelle Rose CFRE at 805-682-4711 ext. 179 or [rrose@sbnature2.org](mailto:rrose@sbnature2.org).

### Sample CGA rates for \$25,000 gift for a single life.

Age 64-65: 4.2%   Age 70: 4.7%   Age 75: 5.4%  
Age 80: 6.5%   Age 85: 7.2%   Age 90+: 8.6%



2559 Puesta del Sol  
Santa Barbara, CA 93105  
805-682-4711 ext 179  
[sbnature.org/legacygiving](http://sbnature.org/legacygiving)

# Simply Remembered

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[SimplyRemembered.com](http://SimplyRemembered.com)



## Rona Barrett Stars in Santa Ynez Continued from page 1



She started thinking about a positive and affordable place for people like her father. To honor her father, who taught her the heartfelt importance of giving back, Barrett deployed her entrepreneurial acumen and energy to address the challenge closest to her heart: providing affordable and dignified housing and care for the fastest-growing population on the planet – seniors over 62 years old.

**“Despite my successful Hollywood career, being an advocate for seniors-in-need is the most important work I’ve ever done.”**

In order to achieve this objective, in 2000, she created a new non-profit organization, The Rona Barrett Foundation, the catalyst behind the Golden Inn & Village, providing affordable housing and wellness services along with housing for low-income seniors. The Golden Inn & Village vision – from conception to completion - took her nearly 12 years to achieve.

The senior housing campus, located on the corner of Highway 246 and Refugio Road, includes 20 studio units and 40 one-bedroom units. Each unit is equipped with an independent kitchen, and there is a commercial kitchen adjacent to the dining facility in the community center. The common use area includes a beauty parlor, computer room, library, fitness center, and other multi-use rooms. There are intimate seating areas where residents can read a book, sip coffee, and form lasting friendships. A central courtyard has ample seating for seniors and visitors to take in the views and walk in the surrounding rolling hills. The ongoing senior activities and programs are funded the Rona Barrett Foundation fundraising and volunteer efforts.

Rona Barrett recently published a new book [“Gray Matters.”](#) a collection of stories and anecdotes about aging. Next up: Rona plans to air a podcast version of her popular “Gray Matters” collection.



Golden Inn & Village – Affordable senior housing and wellness services

## Poetry Corner



**Is this life?  
A woman asks simply:  
How are you?**

No, it's OK.  
You don't need to answer that question.

Perhaps it is.  
Perhaps that wouldn't be so bad.

Now, we are more resigned.

Now, we try to recognize people from their eyes. Are they smiling?

Now we are half-heartedly bumping elbows, trying to infuse the gesture with a warmth that isn't there.

Now, we talk a lot about “jabs” – our first, our second, or none at all.

Now, the light at the end of the tunnel is no longer so sharp; it's wavering.

Now, we wave sadly at the end of Zoom meetings; a wistful, lonely gesture before we disappear.

Now, at offline meetings, we sit on separated chairs, wrapped in invisible cloaks like Harry Potter's.

Now, we watch with empty eyes as someone sprays the podium.

Now, our time slows down as curfew descends.

Now, we are afraid of that Third Wave.

Now, we tell each other to “stay safe.”

Now, we offer condolences.

How are you?

No, it's OK.

You don't need to answer that question.

How are you?

No, it's OK.

You don't need to answer that question.

*Courtesy: The Washington Post*

## Hot Meals Available to Low Income Seniors

The Center for Successful Aging continues to offer a free nutritious hot meal for low income seniors three days a week.

To be eligible you need to be low income and/or physically or cognitively unable to cook your own food and live in the Santa Barbara-Goleta area. Meals are delivered to seniors' homes Monday, Wednesday and Friday. If you believe you are eligible for

this program call the Center's office at (805) 898-8080.

### **Thank You Pascucci for being a Vital Partner in our Hot Meals Program**

Pascucci's Restaurant in Santa Barbara has been a faithful partner with CSA by providing meals for the Hot Meal program for low income seniors. Also, during this pandemic, it is important to

note that Pascucci's sources from local businesses. All its meat is delivered from local Shalhoob Meat Company. Produce is delivered fresh from Produce Available. Dry goods are supplied by Santa Barbara's Jordano's.



# What is a Death Café And why would I want to participate in that?!

By Liz Bauer, Lynn Holzman, Peggy Levine



As founders and facilitators of Death Café Santa Barbara, we are happy to tell you all about it! A Death Café is a group-directed discussion of death with no agenda, objectives, or themes. It is a discussion group rather than a grief support or counseling session. Meetings are free of charge, confidential, and have no intention of leading people to any conclusion, product, or course of action. The concept of Death Café started in Europe in 2010 (Read more: <https://deathcafe.com/what/>) and has the objective “to increase awareness of death with a view to helping people make the most of their (finite) lives.”

The organization is alive and well after eight years, thanks in part, to the Center for Successful Aging. In 2013 when Death Café SB was struggling to find a “home”, the Center for Successful Aging came to the rescue. Under their organization’s “umbrella”, Death Café SB was able to meet regularly at the historic Hill-Carrillo Adobe community space in Santa Barbara.

What people discover when they participate in Death Café is a loss of that uneasiness most of us feel when thinking about death or talking about death with other people. “Not a subject for polite conversation,” we’ve often been told in our culture. At our meetings we see people of all ages, ethnicities, and faith groups. Some are eager to talk about the physical or spiritual aspects of death, others are with us to remember loved ones or to contemplate their own mortality or near-death experience. Death Café provides a warm and welcoming forum for all comers, led by experienced facilitators. Guests are offered tea and homemade cake and cookies.

Whether meeting in person or virtually, we begin the meeting by introducing ourselves and saying why we come. After introductions, we break up into small groups of, perhaps five or six people, where everyone has a chance to speak or just listen. Later we re-form the larger group and participants have an opportunity to tell the larger group of their experience. It’s not unusual for people to express a sense of peace at being able to share their thoughts and exchange ideas with others. Typically, in-person meetings occur about every six weeks and last for an hour and a half. During the pandemic, we’ve met monthly on Zoom for one hour.

We are hoping to get back together in person soon at the Adobe! We keep a confidential email list and send out invitations regularly. If you’d like to join us or just be aware of our schedule, please email Lynn Holzman at [cominghomesb@gmail.com](mailto:cominghomesb@gmail.com). Postings are often seen in this newspaper.

## Advance Care Planning: A Gift You Give Yourself – and Your Loved Ones

*When family members know your care preferences, they can make better decisions on your behalf.*

Laura and her husband were in their 40’s, living in Orcutt, California, when they learned about advance care planning in the most difficult way possible. Laura’s husband Jim had no apparent health issues when he suddenly broke his arm one day while unplugging a fan. Doctors diagnosed him with Stage 4 kidney cancer. He died 18 months later at the age of 49.

Even though both had children from a previous marriage, the couple had not prepared their wills, never chosen a health care proxy (someone you choose to make health care decisions for you when you can’t do it) and never filled out an advance directive, a legal document explaining how you want medical decisions to be made if you can’t make them yourself.

**“If you don’t want to do it for yourself, do it for other people.”**

That all changed with Jim’s cancer diagnosis. Prompted by their attorney, they both got their affairs in order. Laura chose her sister as her health care proxy. Her children’s birth father had died previously; she knew she needed to designate someone other than her husband to make health decisions for her if she became unable to.

*“It’s a gift that we give one another when we do this.”*



**“Now people are always asking me, ‘What do you want people to say about you 100 years from now? I always say I want them to say ‘Dang don’t she still look good for her age.’ ”**

**“When I was 35, it was a pinnacle, a great time in my life – success and happiness and all that. And so I just decided, ‘I’m gonna claim that number and always be that in my state of mind.’ ”**

*From The Little Guide to Dolly Parton. It’s Hard to be a Diamond in a Rhinestone World.*

Dolly Parton, 75, is a successful songwriter, singer, performer, entrepreneur, and philanthropist.



# Tips for Better Vision for Seniors

May is Healthy Vision Month and it's an important reminder to take care of our eyes. Certain lifestyle habits can improve your vision and eye health and an annual eye exam can help detect common conditions before they worsen. Here are some tips to help you maintain healthy vision as you age.

We use our eyes to complete daily tasks like preparing meals, engaging in physical activity, taking the correct medication and dosage, protect ourselves from falling, and so much more. That's why it's important to keep them healthy, so we're seeing our best and maintaining our independence. If we don't, the quality of our vision could decline – from a combination of age and lifestyle factors. These simple guidelines can help you maintain your vision health.

## Eat well for healthy vision

Consuming a well-balanced diet rich in nutrients can help your vision. Studies have found that omega-3 fatty acids play a role in reducing age-related eye diseases and dry eyes, which are common as we age. Here is a list of foods that are rich in omega-3 fatty acids that you can introduce into your diet:

- Leafy Greens • Spinach • Kale • Brussels Sprouts
- Fish • Salmon • Sardines • Cod

Nuts and seeds, like walnuts, chia seeds, and flaxseed, are good choices for omega-3 fatty acids as well.

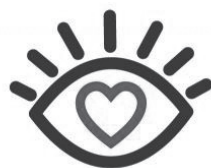
## Wear sunglasses to protect your eyes

The sun radiates ultraviolet (UV) rays, which are wavelengths that can't be seen with the human eye. While UV rays are known to cause sunburn, long exposure to UV rays can also be harmful to your eyes, causing short and long-term damage.

An example of short-term damage is not being able to see after spending time on the slopes or shoveling snow. This is called **snow blindness**, which is caused by UV rays reflecting off the ice and snow. You won't notice you are experiencing snow blindness until you go inside, and it usually goes away in a few hours. Long-term damage occurs from years of prolonged sun exposure, and results in cataracts and macular degeneration. To protect your eyes from the sun when you are outdoors, wear protective sunglasses with UV protection and a brimmed hat.

## Manage your health conditions to minimize risk

According to a recent study from the [Centers for Disease Control and Prevention \(CDC\)](#), poorer health is a known association of



healthy  
vision  
month

chronic conditions and older people with vision impairment.

**“Because of the aging U.S. population, the public health burden of vision impairment and chronic diseases is expected to increase.”**

Certain health conditions can affect your eye health, including diabetes, high blood pressure, and heart disease. Minimize your risk of developing eye diseases by managing your chronic condition(s) to perform daily tasks and engage in social activities.

## Limit your screen time to lessen vision discomfort

Using our smartphones, tablets, and computers to watch/stream shows, play games, and connect with family and friends has become part of every day life. However, looking at a screen for an extensive amount of time can cause eye strain, blurry vision, and dry eyes.

Remember to take breaks when using your devices. You can give the 20-20-20 rule a shot: Every 20 minutes, look away about 20 feet in front of you for 20 seconds. Doing this quick exercise could reduce strain. If you start to experience any vision discomfort, make sure to talk to your eye doctor.

## Schedule an annual eye exam

The best way to know if your eyes are healthy is to see an eye doctor each year. According to the CDC, many common eye diseases, such as glaucoma, diabetic eye disease, and age-related macular degeneration, show no warning signs but can be detected by your eye doctor before they worsen. An optometrist or ophthalmologist can perform routine eye exams to check your vision and the health of your eyes.

Your eye doctor might recommend that you get a dilated eye exam, which is the only way to detect these diseases in their early stages. During your dilated eye exam, drops are placed into your eyes for your pupils to widen, allowing more light to enter. After 30 minutes, your eye doctor can see the inside of your eyes and check the health of the retina, optic nerve, and other parts that cannot be seen otherwise. This process will allow the eye doctor a better look into the health of your eyes.

*National Council on Aging*



## OUR MISSION:

The mission of the Center for Successful Aging is to promote the physical, emotional, psychological and spiritual needs of seniors and their families.

## Successful Aging

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# HOW ILRC CAN HELP...

The mission of the **Independent Living Resource Center, Inc. (ILRC)** is to promote independent living and full access for individuals with disabilities through advocacy, education, and action in our communities.

## ARE YOU PREPARED FOR THE NEXT PUBLIC SAFETY POWER SHUTOFF?

We support people with disabilities and older adults during Public Safety Power Shutoff (PSPS) events and other emergencies by enabling them to remain safe while independent in their residences and communities, provided through back-up batteries for medical devices.

## PERSONAL ASSISTANCE CARE

Connection to the assistance needed to be more independent; cleaning, cooking, bathing, etc.

## OLDER INDIVIDUALS WHO ARE BLIND (OIB)

This program is designed to provide services to individuals experiencing vision loss or blindness who are 55 or older.

## DISABILITY & SENIOR ADVOCACY

Advocacy is the backbone of the Independent Living Movement. ILRC is here to provide self-advocacy training as well as community organizing/advocacy leading to systems change.

## ASSISTIVE TECHNOLOGY

Devices can be a huge help to increasing or improving the independence of an individual with a disability. ILRC can help you find devices and equipment to assist you with everyday tasks; including wheelchairs, walkers, canes, speech devices, laptops, software, etc. Advocates can help assess need, locate technology to try, and search for funding to purchase.



**GIVE US A CALL  
OR SEND US AN EMAIL:**

**(805) 462-1162 (Voice/TTY)**

**(805) 284-9050 (Video Phone)**

**info@ilrc-trico.org**

