



The Golden Gram

Dear Friends & Supporters,



"Spring work is going on with joyful enthusiasm," said John Muir.

As you can see, my trusted golden shovel was once again put to joyful use with enthusiasm! In February, our valued partners,

esteemed board members, wonderful staff, and a few Golden Inn & Village (GIV) residents gathered for the groundbreaking of Harry's House, which will provide 60 additional living accommodations for low-income seniors to help them "age in place." We are so excited this milestone has been reached. And we couldn't have done it without you. We will update you as our progress continues.



Photographer: Mike Mesikep

Spring is also our opportunity to celebrate mothers and fathers. Our **Mom & Pop Giving Opp** campaign has just launched, and you may have already received emails about this inaugural opportunity to honor your own Mom & Pop. We're looking forward to hearing your fond memories along with your donations no matter the amount.

With COVID 19 restrictions being lifted, our residents are slowly acclimating to socializing after the extended hibernation that has been required of us. Our Arts & Crafts classes have resumed with enthusiasm, and we look forward to restarting our painting classes, music appreciation and field trips. Our amazing staff continue to come up with wonderful opportunities to reunite everyone at GIV in person, including BINGO Night! In addition, we anticipate bringing back our clinics, monthly screenings, counseling, and fitness programs as we move forward.

In this season of renewal, it's a wonderful feeling to have joyful enthusiasm for our goals, as well as celebration for our accomplishments. I am ever grateful for your support and continue to thank you from the bottom of my heart.

With love and gratitude,

Rona



This year, we are excited to create a new opportunity for you to honor your mother or father from Mother's Day through Father's Day on June 19th, with a donation to the Rona Barrett Foundation.

For our inaugural **Mom & Pop Giving Opp** campaign, we aim to raise \$10,000 to continue to provide seniors affordable housing and care. Along the way, we'll be sharing all the wonderful ways the Rona Barrett Foundation helps seniors have the golden years they deserve, as well as fun Mom & Pop-themed memories and moments.

If you're not on our email list yet, sign up now and get **Mom & Pop Giving Opp** emails to easily share with your friends at: ronabarrettfoundation.org/mompop

Meet The Board of The Rona Barrett Foundation: DJAMILA CABUGOS

Our newest board member of The Rona Barrett Foundation Board of Trustees is Djamila Cabugos, who was welcomed at our May 2021 board meeting.



Djamila is a valuable addition to our board. Her business acumen and knowledge have been tremendous assets as we've continued to move forward in our planning and fundraising endeavors.

She is a business leader in the Santa Ynez Valley, serving as the CEO and Founder of Canvinia, Inc., as well as the CEO of Managing Member of Sunstone Winery, where she oversees a host of management, operational and marketing responsibilities.

In addition, she has an extensive legal background. Djamila served as an associate attorney with Matthew I. Berger Law Group in Carpinteria before establishing her own independent law firm in Santa Barbara, which she maintained until the end of 2019.

She received her degree at the University of California, Hastings School of Law in San Francisco. She also holds a degree in Art History from the University of California at Los Angeles.

"Like so many others in our community, I've been impressed with the Foundation's efforts to develop and build the Golden Inn & Village. I'm grateful for the opportunity to be directly involved with an organization that does so much for this age group," Djamila said.

Djamila and her husband, Teddy, and their family live in Santa Barbara.

Meet The Residents of The Golden Inn & Village

PATRICIA MORRIS



Patricia Morris is one of the GIV's original residents. For six years, she had been looking for affordable living where she could be on her own again. While driving back and forth from Santa Barbara on Highway 154 to her weekly Mah Jongg class at the at the

Solvang Senior Center, she watched with anticipation the GIV's progress each week.

Patricia had been the librarian at the Los Olivos School for eight years when she retired at age 70, so the Valley was a special place for her. She recalls the large vegetable garden that had once been on the GIV's property with fondness but was anxious to know more about the GIV as Phase 1 was getting closer to completion.

While at the Solvang Senior Center, she was given all the information she needed to realize the GIV could indeed be what she had been looking for.

"It was truly a dream come true," says Patricia about being accepted. "I started yoga lessons at age 76, thanks to the GIV. It's contributed to my agility, strength, and peace of mind. During Covid another miracle happened. Two young women contacted Rona about a new company they were starting for seniors. This was the beginning of LOOP which provided me with yoga, dance, exercise, and other computer programs I enjoyed during isolation. There are so many positive improvements in my life. All thanks to the GIV and to Rona."

Of all the activities that were suspended during COVID 19, Patricia is now enjoying the company of her fellow residents in the newly reinstated Arts and Crafts classes!

Moving Forward

HARRY'S HOUSE AND CALIFORNIA'S MASTER PLAN FOR AGING

When Governor Gavin Newsom released California's first-ever Master Plan for Aging in January 2021, all of us at the Rona Barrett Foundation (RBF) were heartened by the good news.

At that time, California was the latest in just five states to recognize that our state needed to be better prepared for the silver tsunami that had arrived and was still coming.

It was estimated that nearly one thousand people in California were turning sixty-five every day, and the over-65 population would grow to 8.6 million by 2030. That's the definition of silver tsunami.

Governor Newsom said at the time, "We need a plan...to help us understand what's coming and guide us toward taking better care of older Californians."

We said, "Hip, hip, hooray!" because the RBF had seen the silver tsunami coming since our inception in 2000.

California's Master Plan for Aging established a vision that had five bold goals for 2030:

- Housing for All Stages and Ages
- Health Reimagined
- Inclusion and Equity, Not Isolation
- Caregiving that Works
- Affording Aging

The RBF was pleased to realize the State's goals echoed our own goals of 2003 when we and our partners began designing, finding funding for, and overseeing the building of the GIV.

We are so proud that have we not only met our goals, but with the ongoing support of our partners, our donors, our sponsors, our supporters, our volunteers— and our staff— we have also exceeded them.

Moving forward, these five important goals became our five pillars.

Phase 2 of the GIV –HARRY'S HOUSE– is to be built on these five pillars.

California's Master Plan for Aging was envisioned as "...A system built around people and partnerships." The Rona Barrett Foundation shares this vision.

One year later, in January of this year, Governor Newsom released California's First Annual Master Plan for Aging Report detailing the progress that has been made with the State's efforts.

We will continue to share with you our own progress reports as we move forward in building our low-income seniors a new future at HARRY'S HOUSE on a timely basis, so please, "Stay tuned."

Programs & Services Spotlight

BINGO NIGHT!

As the pandemic restrictions were being lifted, we thought what better way to bring our apartment-bound residents out to socialize than a monthly BINGO game! And t's been quite a hit with those who attend!

Winners receive fun prizes like popcorn, nuts, cookies, or home décor. Useful prizes such as kitchen sponges, trash bags, dryer sheets, laundry detergent, and batteries are also in the mix to help our residents who are wheelchair or walker reliant and do not feel comfortable going to the store.

BINGO is not only fun and exciting, but it's a great exercise for the brain as well. Residents enjoy actively searching for the matching numbers and letters. There's also a sense of teamwork that develops if someone needs help with their concentration and focus.

We find it quite fun to watch because it's serious fun for our residents. We started with 10-12 participants, but as more and more residents begin to feel more comfortable attending activities and socializing once again, we look forward to the number of participants growing and growing.





THE RONA BARRETT
FOUNDATION

P.O. Box 1559
Santa Ynez, CA 93460

The Rona Barrett Foundation Tax ID 77-0555412

GOLDEN NUGGET ...of the inspirational kind

Beautiful young people
are acts of nature, but
beautiful old people are
works of art.

– ELEANOR ROOSEVELT

Age is an issue of
mind over matter.
If you don't mind,
it doesn't matter.

– MARK TWAIN

Inside every senior
citizen is a young
person wondering what
the heck happened!

– QUOTE MASTER

Those who love deeply
never grow old; they
may die of old age, but
they die young.

– BENJAMIN FRANKLIN

For more inspiration, visit www.pinterest.com.

We discover **Golden Nuggets** of Information so you can increase your *Gold Mine of Knowledge*,
through your trusted internet sources, favorite bookstore, or neighborhood library.

RONA BARRETT'S GRAY MATTERS: The Podcast

"Whether you laugh with me - or cry with me - I'm so glad you're here to join me
- in finding out what the adventure of aging is all about."



Groundbreaking entertainment reporter, now advocate for vulnerable seniors, Rona is giving voice to her acclaimed Gray Matters book and column.

In the spirit of the Rona Barrett Foundation, the new Gray Matters: The Podcast, is a weekly dose of thought-provoking, funny and useful insights on issues that matter to our senior loved ones and those who care for them. Subscribe today and don't miss an episode!

SUBSCRIBE HERE: ronabarrettfoundation.org/podcast

To read more stories and anecdotes about aging, purchase Rona Barrett's Gray Matters by visiting www.ronabarrettfoundation.org or call 805.688.8887. All sales proceeds benefit the Rona Barrett Foundation and its programs and services for seniors in their time of need.