

Not Born Yesterday!

News for Smart & Savvy Adults
October 2023

Our **63rd** Year!



*Donald
Sutherland*



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Donald Sutherland ~ Special Star without an Oscar

Donald McNichol Sutherland CC (born 17 July 1935) is a Canadian prolific actor and anti-war activist whose film career spans over six decades. He has received numerous accolades including a Primetime Emmy Award, two Golden Globe Awards, and a Critics Choice Award. He has been cited as one of the best actors never to have received an Academy Award nomination. In 2017, he received an Academy Honorary Award.

Sutherland rose to fame after starring in films including *The Dirty Dozen* (1967), *M*A*S*H* (1970), *Kelly's Heroes* (1970), *Klute* (1971), *Don't Look Now* (1973), *The Day of the Locust* (1975), *Fellini's Casanova* (1976), *1900* (1976), *The Eagle Has Landed* (1976), *Animal House* (1978), *Invasion of the Body Snatchers* (1978), *Ordinary People* (1980), and *Eye of the Needle* (1981). His other notable films include *A Dry White Season* (1989), *JFK* (1991), *Six Degrees of Separation* (1993), *Outbreak* (1995), *A Time to Kill* (1996), *Without Limits* (1998), *Space Cowboys* (2000), *The Italian Job* (2003), *Cold Mountain* (2003), *Pride & Prejudice* (2005), *The Mechanic* (2011), and *Ad Astra* (2019). He gained prominence for his role as Coriolanus Snow in *The Hunger Games* franchise (2012–2015).

Sutherland gained attention for his television roles. For his portrayal of Colonel Mikhail Fetisov in *Citizen*

X (1995) he received the Primetime Emmy Award for Outstanding Supporting Actor in a Limited Series or Movie. He played Adam Czerniaków in *Uprising* (1998), and Clark Clifford in *Path to War* (2002) earning the Golden Globe Award for Best Supporting Actor – Series, Miniseries or Television Film. He also starred in *Commander in Chief* (2005–2006), *Human Trafficking* (2005), *Dirty Sexy Money* (2007–2009), *The Pillars of the Earth* (2010), *Trust* (2018), and *The Undoing* (2020).

Sutherland has received various honors including inductions into the Canadian Walk of Fame in 2000 and Hollywood Walk of Fame 2011. He was made an Officer of the Order of Canada (OC) in 1978, a Commandeur of the Ordre des Arts et des Lettres in 2012 and received the Companion of the Order of Canada (CC) in 2019. He is the father of actors Kiefer Sutherland, Rossif Sutherland, and Angus Sutherland.

Early life and education

Sutherland was born 17 July 1935, in Saint John, New Brunswick, the son of Dorothy Isobel (née McNichol; 1892–1956) and Frederick McLea Sutherland (1894–1983), who worked in sales and ran the local gas, electricity and bus company. He is of Scottish, German and English ancestry. As a child, he had rheumatic fever, hepatitis, and poliomyelitis. His teenage years were spent in Bridgewater, Nova Scotia. He obtained his first part-time job, at the age of 14, as a news correspondent for local radio station CKBW.

Sutherland studied at Victoria University, an affiliated college of the University of Toronto, where he met his first wife Lois May Hardwick (not to be confused with the child star of the same name Lois Ann Hardwick), and graduated with a double major in engineering and drama. He had at one point been a member of the "UC Follies" comedy troupe in Toronto. He changed his mind about becoming an engineer, and left Canada for Britain in 1957, studying at the London Academy of Music and Dramatic Art.

Dirty Dozen was the 5th highest-grossing film of 1967. MGM's highest-grossing movie of the year. In 1968, after the breakthrough in the UK-filmed *The Dirty Dozen*, Sutherland left London for Hollywood.

He then appeared in two war films, playing the lead role as "Hawkeye" Pierce in Robert Altman's *MASH* in 1970; and, again in 1970, as hippie tank commander "Oddball" in *Kelly's Heroes*. Sutherland found himself as a leading Adams and Jeff Goldblum. Sutherland also had a role as pot-smoking Professor Dave Jennings in *National Lampoon's Animal House* in 1978, making himself known to younger fans as a result of the movie's popularity. When cast, he was offered either \$40,000 up front or two percent of the movie's gross earnings. Thinking the movie would certainly not be a big success, he chose the upfront payment. The movie eventually grossed \$141.6 million.

In 2016, he was a member of the main competition jury of the 2016 Cannes Film Festival. On 6 September 2017, it was announced Sutherland, along with 3 other recipients, would receive an Honorary Oscar, from the Academy of Motion Picture Arts and Sciences, "for a lifetime of indelible characters, rendered with unwavering truthfulness." This was Sutherland's first Academy Award in six decades. In 2018, Sutherland portrayed oil tycoon J. Paul Getty in the FX historical drama series *Trust*. In 2020, he appeared in the HBO limited series *The Undoing* (2020) alongside Hugh Grant and Nicole Kidman. Sutherland plays the role of Mr. Harrigan in the 2022 Netflix film *Mr. Harrigan's Phone* written and directed by John Lee Hancock, based on the novella from the book *If It Bleeds* by Stephen King.

Sutherland was made an Officer of the Order of Canada on 18 December 1978 and promoted to Companion of the Order of Canada in 2019. He was inducted into Canada's Walk of Fame in 2000. He maintains a home in Georgeville, Quebec.

Sutherland has been married three times. His first marriage, to Lois May Hardwick, lasted from 1959 to 1966. His second marriage, which lasted from 1966

to 1970, was to Shirley Douglas, daughter of Canadian social democratic politician and the "father" of Canada's universal healthcare system, Tommy Douglas. Sutherland and Douglas have two children, twins Kiefer and Rachel. From 1970 to 1972, he had an "extraordinary" affair with married *Klute* co-star Jane Fonda. According to Sutherland, their affair allowed him to have "a terrific sensual and sexual, loving life after it, with no regrets and just a great deal of joy."

Sutherland married French Canadian actress Francine Racette in 1972, after meeting her on the set of the Canadian pioneer drama *Alien Thunder*. They have three sons - Rossif Sutherland, Angus Redford Sutherland, and Roeg Sutherland - all of whom were named after directors Sutherland has worked with. Kiefer is named after American-born director and writer Warren Kiefer, who, under the assumed name of Lorenzo Sabatini, directed Sutherland in his first feature film, the Italian low-budget horror film *Il castello dei morti vivi* (*Castle of the Living Dead*); Roeg is named after director Nicolas Roeg; Rossif is named after French director Frédéric Rossif; and Angus Redford has his middle name after Robert Redford.

Sutherland became a blogger for the American news website *The Huffington Post* during the 2008 United States presidential election campaign, where he stated his support for Barack Obama.

Documents declassified in 2017 show that Sutherland was on the National Security Agency watchlist between 1971 and 1973 at the request of the Central Intelligence Agency because of his anti-war activities. Net worth estimated at \$60 million dollars.

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Tribute: In loving memory of
Blake Robert Daniel Harrison
1980 - 2001

By Amanda & David Secola

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Senior in Action ~ Valeri Peters Wagner

Senior in Action – Valeri Peters Wagner, as told to Marilee Marrero Stefenhagen

Valeri, who turned 65 in June 2023, is a native Californian who grew up in the San Gabriel Valley of Los Angeles County. She grew up with younger brother Greg, but her parents had two sets of rules, one for girls and one for boys. Her youthful dreams were often squelched. Valeri determined when she became a parent, that situation would not be repeated.

In high school, Valeri thought she might become a fashion designer. She chose patterns, fabrics and sewed her own clothes after her grandmother taught her to use a sewing machine. By the time she started college, she considered becoming a lawyer, and took paralegal classes at Rio Hondo College with plans to transfer to Cal State Los Angeles for a law degree.

At Rio Hondo College, Valeri worked in Financial Aid. The office was shared with a job placement team including women from the California Employment Development Department. They mentored Valeri, and repeatedly told her she was a courageous, capable young lady until she believed them. At the time of graduation with her Associate's degree, Valeri was working full time to pay for school. After considering the expense of transferring to Cal State LA, and the reality of the courseload, she decided that studying law was not the path for her.

Valeri moved into her first apartment in Temple City at age 20. Over the following years, Valeri worked with small companies that allowed her to use all the accounting and business classes she had mastered in school and her knowledge of legal systems. From imports/exports, distribution, manufacturing to government contracts, managing financial decisions and building businesses became her specialty.

To utilize her creative side in the left-brain world, studying Interior Design at Citrus College and jewelry design at Mt. San Antonio College became a welcome outlet. Valeri shared, "I consider myself a Renaissance woman, and a life-long

learner. I try to learn something new every day, and if something needs to get done, I can usually figure out a way to do it by watching a YouTube video or searching on the Internet."

As a way to deal with premature wrinkles from time spent in tanning booths, Valeri became an Aloette skin care consultant in 1985. She still believes wholeheartedly in the Aloette skin care line, and will gladly share her personal success with their products. You can follow her Facebook page @Valeri's Aloette. Attending Aloette conventions has provided Valeri the opportunity to travel with friends to cities including Atlanta, Toronto, New Orleans, Philadelphia and Seattle.

In November of 1990, Valeri married Bruce Wagner. More than three years prior, they met at a two-step and swing dance class, and she swept him off his feet. Their only child was born in 1991, a son named Garrett. Diagnosed with autism as a young boy, he was bounced around from school to school, in various types of educational settings. Valeri needed a change from working at the Naval Weapons Station when the 9/11 attacks occurred, and was discouraged by the "less than optimal" education opportunities for her son, so she ran for office as a Trustee for School Board in the Cypress Elementary School District. She served three terms as school board member from 2002 to 2014 and completed the California School Boards Association Masters in Governance Program. In the role of a Trustee, her mission was to ensure every student was afforded the opportunities to reach their full potential, not just her son.

After observing her savvy skills on the school board, the community nonprofit Soroptimist International of Cypress invited Valeri to become a member in 2008. Valeri willingly shares her leadership talents at fundraisers and programs which support the Soroptimist mission of helping women and girls achieve their dreams of social and economic empowerment through access to education.

Valeri: "My son Garrett is almost 32 years old now, an adult but with limited intellectual skills. Some days are more challenging than others. Money management is his biggest hurdle. He's in his last semester at community college in the continuing educational program. My husband, son and golden retriever dogs are my biggest time consumers. My husband cooks for the dogs. When I tired of being a short order family cook, we bought annual Knott's Berry Farm passes



with food and drink options that allow us to buy two daily meals at any of the park restaurants. It's cheaper and easier than shopping, prepping, and slaving over a hot stove!"

The Wagners own three golden retrievers; one is a show dog named Dory Belle, aka Seasons Sipping the Giggly Juice. Their family belongs to the Golden Retriever Club of Greater L.A. and spend many weekends at dog shows. Valeri has trained golden retrievers as service dogs, and Garrett receives a great deal of comfort and support from his service dog Ghloe. At nine years old, Ghloe is still the first one panting at the front door when it's time to go.

Valeri admits to two personal obsessions; 1) sharing God's love and forgiveness with women, and 2) family genealogy. Since the pandemic, she has been watching Andy Stanley, and Levi Lusco online, and joined Stonecreek, a group of Christian women in Buena Park. Valeri says, "They help me stay connected 24/7 with the God who created us." Valeri is currently creating a devotional that blends scripture with contemporary music for an immersive experience of spiritual reading and listening. Regarding her pursuit of family genealogy, Valeri values all she has learned through the website

Ancestry.com about geography and world history simply by being curious about the relatives on her family tree.

If you are interested in learning more about Stonecreek Christian women's groups, visit their website at <https://www.stonecreek.org/>

To study your family tree, visit <https://www.ancestry.com/>

Marilee Stefenhagen writes for Not Born Yesterday! Her career spanned several decades in the Library Sciences. She served as a librarian and head librarian throughout Southern California.

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Bethany

Gifts with Multiple Functions & Styles

by Melinda Myers

The holidays are quickly approaching and finding the perfect gift for those on your list can be challenging. With many people downsizing or striving for a minimalist lifestyle, finding the perfect gift gets even more difficult. Gifting something that is unique, useful and provides multiple functions may be the solution.

Consider gifts that help family and friends on your gift list save time and space and support their lifestyle and hobbies. These are gifts that are more likely to bring delight than end up in the donation box.

Most people, whether downsizing or not, are looking for ways to organize what they have and save space. Storage bins are often the best solution and come in a variety of styles. Those like the Mod Hod work well for gardeners, crafters and those looking to organize their pantries. Gardeners can use them to harvest their produce, wash off the soil right in the garden, and bring them into the house to store. Crafters can organize their supplies and everyone can stack and store snacks, produce, and just about anything in these.

For a more traditional look, consider the Garden Hod of wood and vinyl-covered mesh. These were originally used by Maine clam diggers to hold and rinse their catch. Gardeners use it to hold and rinse their garden produce, while crafters transport their supplies to

their workstations. Those that like to entertain can fill it with and display party supplies at any event.

Help the gardeners on your list keep their seeds organized. Most gardeners have lots of open packets of seeds, newly purchased seeds, and those they have collected from their gardens. It can be challenging to keep them stored properly, safe from rodents, and organized so they are easy to find for future gardens. Management of seed inventory also saves money by preventing the purchasing of duplicate seeds.

Consider a seed-saver kit for the gardeners on your list. Make one from a plastic bin and hand-crafted dividers. Or purchase one like the Deluxe Galvanized Seed Saver Kit for avid gardeners with lots of seeds who prefer a more industrial look. The minimalist on your list may prefer a Bamboo Seed Saver Kit that contains storage envelopes, glass vials and compartments to hold everything in place. Crafters and other hobbyists in the family will also find something like this useful.

Going vertical in the garden and at home is a great way to maximize every square inch. Reaching items on the top shelf may require a step stool. Consider one that also functions as a basket and stool like the [Bamboo Garden Stool and Basket Combo](#) ([gardeners.com](#)). This sturdy basket with comfortable handles makes carrying tools to the garden, produce back from the garden or any project supplies an easy task. Once you

arrive in the garden or workstation, empty the contents and flip it over so you have a comfortable seat.

Gardeners that grow vertically have lots of stakes, trellises, and other items to support plants throughout the growing season. Leaving them in the garden for winter may not be an option. Stuffing them into a shed or garage can take up valuable space needed for other tools, equipment, and the car. Contain and organize these items with wall storage. Offer to help your gift recipient install hooks on the wall to keep these items organized and out of the way. Or gift them something like the Plant Support Wall Storage container that can be mounted on the wall and is designed to hold plant supports of various sizes and shapes.

Cooks and gardeners alike can always use a cutting board. Gifting one that has multiple functions like the Do-It-All Culinary Cutting Board may eliminate the need for multiple kitchen items. This cutting board has a built-in mortar and pestle, a chopped food compartment, and a knife sharpener on two sides.

And for the person who has everything or wants nothing more, a living gift is the perfect option. A basket of forced spring flowering bulbs can brighten anyone's mood as they watch the plants grow and bloom.

Finding the perfect gift is a challenge but consider the joy it will bring. When you see the look on the recipient's face and the item in use, you'll both benefit from your efforts.



Photo credit: Photo courtesy of Gardener's Supply Company / [gardeners.com](#)

Photo caption: This bamboo seed saver kit contains storage envelopes, glass vials and compartments to organize seeds and hold them in place.

Melinda Myers is the author of more than 20 gardening books, including *Small Space Gardening* and *Midwest Gardener's Handbook*, 2nd Edition. She hosts *The Great Courses* "How to Grow Anything" instant video and DVD series and Melinda's Garden Moment TV & radio program. Myers is a columnist and contributing editor for *Birds & Blooms* magazine and was commissioned by Gardener's Supply Company for her expertise to write this article. Her website is [www.MelindaMyers.com](#).

OCTOBER TRIVIA AND HIGHLIGHTS

Fun Facts About October

October is when all the colors of the leaves start to change

Two Zodiac signs represent the month of October. If you were born between October 1st and 22nd, you're a Libra. Libras are known to be calm and balanced with impeccable taste. From the 23rd, Scorpios are known to be passionate and magnetic with a strong will.

Diwali, also known as the festival of lights, is one of the most celebrated days in Hindu culture. Occurring in October, Diwali symbolizes the victory of light over darkness and good over evil. Common practices during this celebration are lighting firecrackers and eating sweets. Diwali is a very important Hindu festival in October

October is known as the best harvesting month for many crops including apples, carrots, corn,

grapes, onions, potatoes and squash. Oh, and obviously pumpkins too!

The opal is the birthstone of October. It is the only birthstone that isn't crystalized and can take on many shapes and colors. It was also a favorite of Cleopatra. Opal deposits have even been discovered on Mars.

The World Series of Major League Baseball always starts in October. The first World Series took place on October 1st, 1903, with the Boston Americans winning it all.

October flower is the calendula or marigold. When we see this bright yellow-orange flower we think of the fall sunset and the changing leaves. Marigolds represent comfort, healing and protection.

October 2nd is International Coffee Day. October 8th is National Kick Butt Day. October 15th is National Grouch Day. And October 29th is National Cat Day. Many

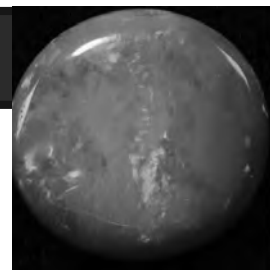
people celebrate the creepy, frightening, dark, and macabre throughout all of October. October is seen as a lead up to the granddaddy of spooky days, All Hallows Eve aka Halloween on October 31st.

October is the national month for a lot of snack food! National Pizza Month, National Seafood Month, National Popcorn Month and National Pork Month are all in October!

October is Breast Cancer Awareness Month & Alzheimer Disease Awareness Month.

Over 50% of the US population buy a pumpkin in October! The October pumpkin industry sells \$708 million pumpkins each year. Carving jack-o-lanterns is definitely one of our favorite October traditions! October is one of the best months to harvest vegetables

The famed pumpkin spiced latte or PSL is a certified fall classic. The comforting blend of pumpkin and spices was invented by Starbucks employee Peter Dukes in 2014.



Stone: OPAL
Flower: MARIGOLD





Love After 60 by Jan Fowler "Random Acts of Kindness" Award Winning Columnist

Submitted by
Jan Fowler

Whatever happened to
Random Acts of Kindness?

By Jan Fowler

I always enjoy remembering a very special moment several decades ago while visiting my son Randy in Menlo Park near San Francisco. On this particular morning, it was warm and sunny and promised to be a fun day so Randy put the top down on his car just before driving us through the toll booth at the Golden Gate Bridge.

The next thing I remember was the look of impish delight on Randy's face as he turned toward me, smiled broadly, and laughed out loud, "Hey, Mom, bet you'll never guess what I just did! I paid the toll charge for me as well as for the car behind me."

Naturally, I was extremely touched by Randy's exceptional kindness to total strangers but didn't quite understand the full scope until he explained further. "Think of it, Mom. Doing something like that could make the difference in a person's day, especially if they got off to a bad start."

It was then that Randy introduced me to the expression, "Random acts of kindness and senseless acts of beauty," which I had never heard of before, but which was apparently already trending in northern California.

The credit for this catchy phrase is given to Anne Herbert, who wrote "Practice random kindness and senseless acts of beauty" on a placemat in 1982 in Sausalito, California, not too far from where Randy lived, in an effort to encourage a global campaign to share and spread unexpected acts of kindness.

We all know and understand how kind acts can uplift anyone's spirits, not to mention the unexpected glow which is generally enjoyed by the giver as well. "A nice compliment from a total stranger can do wonders to boost attitude," Randy explained.

There are many examples of ways in which we can pass kindness onto

others in ways which would benefit them greatly. Some examples might be to hand a stranger a box containing a fresh fruit pie or offering to assist someone who is struggling to load groceries into their car. Kindness could also include putting coins in an expired parking meter.

Imagine the warm glow which I recently felt when I arrived at the cashier's window of a local MacDonalds drive-through where the cashier said that the woman before me had already paid for my meal as thanks for my having waved her to go ahead of me.

One of the most wonderful acts of kindness was when Jim pulled over to the side of the freeway to help change a tire for Sophia, a total stranger whom he had never met before. Afterwards he had her follow him to safety where they not only had the tire repaired but lingered over a very long conversation. One thing led to another and not only did the seeds of friendship develop but in less than a year this couple was married!

Random acts of kindness could be a mood elevator for so many people. Consider the following possibilities: Pay it backward "buy coffee for the person in line behind you. Leave quarters and unused coupons at the Laundromat, Leave a kind server the best tip you can afford. And when you hear a discouraging voice in your head, say something positive to yourself because you deserve some kindness too!"

About the columnist: Jan Fowler is an award-winning columnist and author who was nominated for the national Purpose Prize, An AARP award given to people 50 and older who are striving to enhance the lives of others. Jan Fowler is the recipient of the Golden halo award for outstanding Literary achievement from the Southern California Motion Picture Council.

Jan has written several books and also hosted radio and television programs focused on Senior living at its Best. She is founder of Starburst Inspirations, Inc. a non profit in support of Redlands, California drug court.

She welcomes feedback and comments. Website is www.janfowler.com and email is janfowlerusa@yahoo.com

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These FREE 21 meals every week are delivered to those who are in need. Among those partnering with us are: The American Legion, Homes4Families-Veteran Neighborhoods, DAV, Pink Lady Presents, Pico Union Project, Vet Hunters Project, Veterans Holiday Celebration, Veterans Independence Day Celebration, Village for Vets, Vietnam Veterans of America, the US Vets, LA National Cemetery Support Foundation, and The DOV Synergy Foundation.

On Oct 30, the California State Commanders Veterans Council voted unanimously to fund and refer all those in their 21 member veterans

organizations; TV and Radio Public Service Announcements began November 1st.

We thank **Not Born Yesterday!** for being the first newspaper to encourage and assist this worthy endeavor.

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ISSUES REGARDING THE LAW

by Margaret Heine

Supreme Court & Social Media

October begins the new Supreme Court Term. In October and November, the Supreme Court will be hearing some interesting cases involving Social Media.

Under an emergency request, the Supreme Court will be reviewing the decision in *Murthy v. Missouri*, a 5th Circuit Court of Appeals case. The 5th Circuit and the Court of Appeals issued an injunction against the White House, the CDC, the FBI, and the Surgeon General from reviewing social media company policies on what stories can be reported on the social media platforms. They would instruct the social media company what topics and information could be disseminated, and what content needed to be removed from the platforms. The government argues that this is a necessary activity to stop the spread of misinformation on social media platforms.

The plaintiffs argue that all that is accomplished is an infringement on First Amendment rights of free speech. They further argue that this makes social media platforms simply a propaganda mechanism for the government. Some would point out that the government itself was responsible for misinformation about the efficacy of wearing masks, getting vaccinated, the necessity of shut down of the economy, and the efficacy of certain drugs or treatments. As recent news stories and interviews point out, many of the things that the government promoted were untrue and did not substantially benefit the general population.

The 5th Circuit Court of Appeals found that the oversight and direction of the federal government created a circumstance where the First Amendment rights of those who disagreed with the government's various positions were blocked from stating their objections and reasons which in essence amounted to an unauthorized governmental act by the social media platforms. The Supreme Court will be hearing arguments on this matter on October 4th, 2023.

In two other cases, the question is whether a government official acted appropriately on social media by blocking comments or persons from

their social media accounts. In *O'Connor-Radcliff v. Garnier*, O'Connor-Radcliff were California school board members who blocked the Garnier's from the Twitter and Facebook accounts, as the parents were critical of the school board and the actions of the school board. The Twitter and Facebook accounts were used in the normal course of communications between the School Board and the General Public. The Garnier's sued as they were effectively eliminated from the official correspondence method of the school board members and the general public. They successfully argued in the lower court that being blocked from interaction with the school board members on these social media platforms infringed on their First Amendment Rights. This case will be heard by the Supreme Court on October 31, 2023.

The second case is *Lindke v. Freed*. Freed was the city manager of Port Huron, Michigan. He had a personal facebook account and page, which was only used for personal use and not for any official notices, information, or city content. Lindke was a constituent which disliked the city's handling of the COVID 19 situation. He posted derogatory comments and criticisms on the personal facebook page of the city manager. Ultimately Freed blocked Lindke from his personal facebook page. Lindke then sued for a violation of his First Amendment Rights. The lower court found

that since Freed did not use facebook in his professional capacity or as a city employee, Lindke did not have any First Amendment protections in this case. This case will be heard by the Court also on October 31, 2023.

In *Acheson Hotels LLC v. Laufer*, Deborah Laufer sues Acheson Hotels LLC under the Americans with Disabilities Act ("ADA") for failure to supply sufficient information on the internet regarding the hotel. Deborah Laufer has sued over 600 hotels for failures of the hotels under the ADA for accommodations for those with disabilities. In this case, she alleged that the website of Acheson Hotels LLC did not supply sufficient information regarding how they accommodate patrons with disabilities. Ms. Laufer did not intend on staying at the hotel or becoming a patron of the hotel, she was simply suing as a nominal plaintiff for enforcement under the ADA. The district court dismissed this case as Ms. Laufer did not intend to stay at the hotel; she was not injured as the result of the internet

website or information supplied on the internet. On appeal, the U.S. Court of Appeals reinstated the case on the basis that there are contradictory cases with regard as to whether a nominal plaintiff who is not actually harmed can bring a complaint under the ADA rules. Whether the ADA rules regarding internet accessibility were even violated was not initially addressed as the matter was determined on the basis of whether or not Ms. Laufer could be the plaintiff in this type of action. The ADA addresses the issue of website/internet accessibility in terms of the physical requirements of navigating, reading, and accessing information on the internet. None of these are argued to be lacking by



Acheson, rather the argument is that the information provided is not sufficient to determine if a personal with disabilities would have accommodations which would be appropriate for a person with disabilities. More information on

internet and website availability for under the ADA provisions can be found at www.ada.gov. The Court is scheduled to hear this matter also on October 4, 2023.

Welcome to the 2023-2024 session of the U.S. Supreme Court.

Margaret A.M. Heine is the principal counsel at Heine Law Group. Her practice includes estate planning, wills, trusts, and probate as well as business, real estate, and civil litigation. Email: nbylegas@gmail.com or visit website at www.margaretamheine.com.



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Calculating a Healthy Weight

The definitions of overweight and obesity are based on body mass index, or BMI. BMI is based on your height and weight. Overweight for adults is a BMI between 25 and 29.9. Obesity is a BMI of 30 or greater. NIH has a tool to help you calculate your BMI. www.NIH.gov

"BMI is quick and easy to obtain, but it's not perfect," Yanovski says. A high BMI is usually caused by extra body fat. But it can also come from extra muscle, bone, or water.

If your BMI is high because of extra body fat, aim to lose about one to two pounds per week. "Some people might think losing weight quickly is the best strategy," says Dr. Alison Brown, a nutrition scientist at NIH. "But really, the safer and more sustainable weight loss is gradual."

To lose weight, you need to burn more calories than you take in. "Combining both calorie restriction plus physical activity tends to be most effective for weight loss," Brown says.



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Visit www.acbl.org and search the Club Directory to find a group near you.

BRIDGE BITES

from The American Contract Bridge League

FINESSES ARE EASY

By: Brian Gunnell

Of course they are! You just lead towards the AQ or KJ or some such holding, and, when fate is kind, an extra trick materializes. But, if they can, experienced players will avoid the whims of fate, as in this deal.

♠ JT765 ♥ 652 ♦ A7 ♣ AT8		♠ 4 ♥ 983 ♦ QT9852 ♣ K97	
♠ 98 ♥ QJT7 ♦ KJ6 ♣ Q652		♠ AKQ32 ♥ AK4 ♦ 43 ♣ J43	
West		East	
North		South	

Both Vulnerable

South	West	North	East
1♠	Pass	3♠	Pass
4♠	All Pass		

West leads the ♥Q, and Declarer can see a certain loser in Hearts and another in Diamonds. So, if 4♠ is to make, then Declarer must avoid losing two Clubs. Any ideas?

One way to play Clubs (after drawing trumps) is to finesse the Ten, hoping that West has the King and the Queen. That's somewhat unlikely (around 25%). Another possibility is to finesse the Eight, and later finesse the Ten, hoping that West has K9 or Q9. That's a 37% chance. Or, Declarer might run the Jack, giving himself the extra chance that West might neglect to cover with his honor.

Which finesse will you choose? The correct answer is that you don't care for any of these finesses, you much prefer the 100% method! Draw trumps, cash the red suit winners and exit with a Heart (or a Diamond). The defenders can take their Heart and Diamond tricks but now their goose is cooked. If they lead another red card then Declarer pitches a Club loser from one hand and ruffs in the other hand (the so-called "ruff and sluff"). And if they break open Clubs then Declarer will lose only one trick in the suit. Yes, finesses are easy, especially when you can avoid taking them!

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On the Go...

California's Desert Springs Marriott

BY JILL WEINLEIN

From the moment you drive up to the palm tree lined JW Marriott Desert Springs resort, one feels as if they are on vacation. Situated on 450 acres of desert gardens with signature lakes, four swimming pools, mountain views, and two championship golf courses, it's the largest resort in Palm Desert.

The redesigned guest rooms are sophisticated and well appointed. Many have a balcony with a table and two chairs to sit outside and enjoy the views. There are a variety of relaxation and enrichment activities for guests to enjoy all year long. The hotel is one of the best multi-generational family friendly hotels in the Coachella Valley.

The Marriott Hotels and Resorts reconnect people to nature. This particular property celebrates the desert's diverse landscape. Green areas are inspired by the founders J. Willard Merritt and his wife Alice, as they enjoyed daily nature walks together. The JW Garden is a meditative, aromatic garden that features herbs that are staples of the hotel's culinary program. One of the most beautiful gardens to visit is across from the Japanese Mikado Restaurant. This area features an olive grove, walking paths and a garden filled with endemic sage, desert marigold, milkweed, and wildflowers. These habitats help support desert fauna and ecosystems.

Inside the Lobby of the Desert Springs is a soaring atrium and Duffy style boats waiting to take guests on a cruise along the waterways. These boats deliver guests to docks throughout the resort as a mode of transportation. Stops include swimming pools, the onsite Spa and restaurants near the water.

There are an array of casual to fine dining venues at the resort. Aquifer 65 is one of the first you will see when you enter the main lobby. This bar and lounge also is where JW Sushi Bar makes fresh rolls to pair with creative cocktails, beer and wine.

Chef Eric Theiss leads the team in offering seasonal menus at other dining venues. Utilizing locally and organically sourced produce to curate his menus, guests can cross over a red Japanese bridge to the sophisticated Mikado for Japanese Steakhouse fare. Rockwood Grill offers all-day innovative cuisine among picturesque water and fountain views. Indulge on freshly-caught seafood and local produce at the award-winning Fisherman's Landing restaurant.

Across from Fisherman's Landing is the indoor JW Marriott Desert Springs Aviary

filled with exotic and colorful talkative birds. The resort offers interactive bird chats and bird encounters guided by the staff.

Other birds on the property include the vibrant pink flamingos and smaller ducks that welcome guests near the entrance. The Chilean Flamingos get their pretty pink color from their canthaxanthin diet to keep them healthy and beautiful. An informative plaque at their island home informs guests about these popular residents.

During the day, the Oasis Main Pool is an ideal spot to soak up the California sunshine. It's also a popular spot for a relaxing swim during sunset. Nearby, the Spa Desert Springs has an outdoor salt-water swimming pool just for guests 18+ years old.

It's the largest spa in Palm Desert offering 38,000 square feet of tranquil space. There are 48 treatment rooms inspired by Palm Desert's stunning physical, historical and social environments. The Spa's luxurious amenities and upgrades include co-ed and gender separate relaxation lounges, an aromatic Lavender and Eucalyptus sauna, and a Spa Bistro with seating to enjoy a beverage and meal during your stay.

The Desert Springs Tennis Club offers 15 premier hard courts, 3 clay courts and 2 grass courts. Since pickle ball is the craze right now they recently debuted pickle ball courts and offer morning sessions. Private lessons are offered to those who want to learn or improve their game.

Refresh your golf skills on the two championship courses at Desert Springs Golf Club. Tee off amidst serene water features with black swans swimming nearby, towering palm trees and majestic mountain views. This beautiful Palm Desert course was designed by architect Ted Robinson, and welcomes players of all levels. There is also a miniature golf course to practice your putting skills.

With the holidays approaching and the temperature in Coachella Valley cooling down, now is the time to make memories at the JW Marriott Desert Springs. 74-855 Country Club Drive, Palm Desert, CA. (888)538-9459.



Aging Parents & Caregivers

Caring for Aging Parents Without Compromising Your Mental Health

Sean Abraham, LCSW, [Grow Therapy](#)

As our parents age, their physical and mental health begins to decline, and they may require more help and support to carry out daily activities. It can be an overwhelming and emotional experience to watch them go through this stage of life. But it's important to remember that you can't care for your aging parents without also caring for yourself.

Challenges of Caring for Aging Parents

Several challenges come with caring for aging parents. Here are some of the most prevalent challenges and how to overcome them:

•Balancing Caregiving Responsibilities and Personal Life

It's not uncommon for caregivers to feel guilty or selfish for taking time away from their loved ones, but taking care of yourself is essential to providing the best care possible.

You can begin by prioritizing your time. Make a list of your caregiving responsibilities, and prioritize them in order of importance. Focus on the most critical tasks, be bold, and ask for help with less important tasks.

Creating a schedule can be a helpful habit. Create a program that allows you to dedicate time to your caregiving responsibilities and time for your activities. This could mean hiring another caregiver for a few hours a week to free up time for [exercise](#), hobbies, or friends.

• Dealing with Emotional and Behavioral Changes in Aging Parents

Your aging parents may experience emotional and behavioral changes occasioned by health issues, such as depression, anxiety, and even dementia or Alzheimer's disease. The first thing you need to do is to recognize that these changes are expected. They result from the aging process and the physical and mental decline that comes with it.

Open communication with your elderly parents is crucial in dealing with these changes. Be open and honest with your parents about their emotions and behavior changes. Let them express their feelings and

concerns freely, and offer support and encouragement.

A psychotherapist can also provide much-needed help to assist you and your aging parent in coping with emotional and behavioral changes during difficult times.

• Financial Challenges of Elder Care

Medical bills and rising living costs can cause significant financial strain to both you and your parents. However, there are steps that you can take to help alleviate financial stress.

First, find out what your parent's balance sheet looks like if appropriate. This will mean finding information about their assets concerning their liabilities and getting a sense of their cash flow.

After you understand your parents' financial position, decide where and how to help. If you need to chip in financially, ensure you don't get into trouble by overstretching your limits.

You can solicit help from family members or adult children to avoid financial constraints, or consider state and federal benefits programs. For instance, your parents might be eligible for Medicaid to ease medical bills or Supplemental Nutrition Assistance Program (SNAP) to assist with food expenses.

• Managing Parental Resistance to Care

Your parents may be reluctant to acknowledge their limitations or unwilling to accept help from you or others, even if necessary for their health and safety. Consider the following to help reduce resistance:

First, understand your parent's perspective. Try to see the situation from their viewpoint and understand why they may resist care. An open and honest conversation with them can help address their concerns and fears about aging and needing care.

Secondly, you can also offer your parents a variety of options for care, such as home care services, adult day care, or assisted living. Discuss each option's pros and cons and allow them to make their own decision.

Continued on Page 15



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Fasting has even slowed the aging process and protected against cancer in some experiments. www.nih.gov

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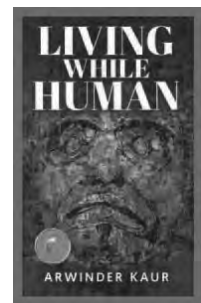
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she teaches. The men have plans for her, plans that will take her into the spy world of World War II.

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to take your life to the next level, "Path to Wealth and Wisdom" is the ultimate guide. So, pick up a copy today and start your journey to a life of happiness, wealth, and fulfillment.

AGING PARENTS

Continued from page 13

Coping with Caregiver Stress and Burnout

Caring for aging parents can be overwhelming and exhausting, especially when added to an already packed schedule. You may experience stress, anxiety, and depression. You may also feel guilty for wanting some time for yourself or for feeling resentful towards your parents. So how do you cope with burnout and stress?

Accept help and avoid taking on everything by yourself. You can seek help from family members, friends, or a professional caregiver.

Taking care of your own health can also maintain your mental health while providing care. For instance, you can engage in activities that help you relax and de-stress. This could include meditation, yoga, reading, or listening to music.

Connecting with others also helps. This might mean joining a support group for caregivers or talking to a therapist.

Strategies for Maintaining Your Mental Health While Caring for Aging Parents

From worrying about their health to balancing your personal and professional life, caring for aging parents can be an emotional rollercoaster ride. However, there are ways to cope with the stress and maintain your well-being.

- **Set Realistic Expectations for Caregiving**

Caregiving is a demanding job that requires a lot of time, effort, and patience, so it's important not to overestimate what you can realistically provide; you can help manage expectations by

setting realistic expectations for yourself and your loved ones.

Think about your job, your family, your hobbies, and any other commitments you may have. Once you have a clear idea of your current situation, you can start thinking about the level of care your aging parent needs.

Based on this assessment, you can develop a realistic caregiving plan that outlines your responsibilities and expectations for yourself and your loved ones. Explain what you can and cannot provide to your parents, and try to involve other family members or outside resources if needed.

- **Prioritize Self-Care and Self-Compassion**

Prioritizing self-care is essential for maintaining mental health and avoiding caregiver burnout. One way to do so is by taking breaks. Even if it's just a short walk outside or a quick meditation session, taking a few moments to recharge can help you better handle the stresses of caregiving.

It's also important to practice self-compassion. Caregiving can be emotionally draining, and it's easy to fall into a pattern of self-criticism and guilt. Remember that it's okay to make mistakes and that taking care of yourself is not selfish; it's necessary for being able to care for others.

Aging Parents Continued on Page 18

Would you like to showcase your title in the ***Books without Borders*** section of ***Not Born Yesterday!***

Send in a copy of the book to NBY! BWB, PO Box 722, Brea, CA 92822. Include a check for \$7.00, made payable to Senior Industry Professionals Call 1-562-691-2509 for more information.

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UPDATE~ WHY WE BLAME THE VICTIM

By Dr. Sherry McCoy, PhD
Stop Senior Scams! Acting Program*



Stop Senior Scams from Happening

It's October of 2023 – Halloween is on the horizon! It's a time when 'trick or treaters' will be out and about looking for candy corn and other yummy sweets. Some of those 'trick or treaters', however, will be scammers. They aren't looking for candy corn! They're looking to steal your money, perhaps, your life savings. Being aware of how scammers operate is certainly helpful in preventing fraud, but it is equally important to remember that scammers target everyone, and that anyone can be a victim of fraud. It doesn't matter how smart you are (or think you are), or what kind of education you have. We are all targets. Any one of us could become a victim of fraud.

This begs the question – 'Why do we tend to 'blame the victim?' Specifically, why is there this tendency to blame victims of fraud for having fallen prey to scammers lies and fraudulent schemes, saying hurtful things like, "You should have known better," or "How could you have been so stupid?" Why don't we, instead, blame the scammers themselves, the predators who are perpetrating this criminal activity? And why don't we spend more of our precious time and energy in supporting victims of fraud, encouraging them to report scams to appropriate authorities? In short, why don't we treat the victims of fraud like a friend who has been injured and needs some help and understanding?

Last year in this column, we took a look at how the all-too-often practice of 'scam shaming' fraud victims is the psychological kingpin that keeps fraud victims quiet and robs them of their voice. It keeps them from reporting crimes and thus helps keep fraudsters in business. If you think about it, when we 'scam shame' someone who has been victimized by a fraudster, we are actually choosing to side with the criminals. When scams aren't reported, laws designed to protect us from fraud can't be enforced. Scammers go free and justice is thwarted. This is not a pretty picture. – So, let's review how we can change our collective behavior. Let's examine how we can stop the tendency to side with scammers and instead become better allies of fraud victims.

THEORIES ON 'WHY WE BLAME THE VICTIM'

HINDSIGHT BIAS

Hindsight is always 20/20. It allows us in the now to see clearly what we were not able to see in the past. Hindsight sheds new light on past events. But when we use our 20/20 hindsight to judge what we think someone else should have known, done, or seen when something awful happened to them – like getting ripped off – we are in effect, blaming the victim. At the time of the fraudulent attack, the scam victim did not have the advantage of hindsight vision.

THE JUST WORLD HYPOTHESIS

Many of us tend to persist in believing that the world is a fair place, often in the face of overwhelming evidence that it is not. We want to believe that the world is fair and that therefore, people get what they deserve. Good is rewarded and evil is punished. We don't want to think that sometimes bad things happen to good people. Because if we recognize that sometimes bad things do happen to good people, then we come face to face with the awareness that bad things could happen to anyone, even someone like you or me. Ergo, anyone could be the victim of fraud – regardless of how much money they make, or even if they appear to be someone who does everything "right." So, to protect ourselves from the reality that the world is not fair and to maintain the illusion that it is fair, we distance ourselves from victims of fraud. We blame them for their misfortune.

ATTRIBUTION ERROR/BIAS

Another way we sometimes blame the victim is through what is called 'Attribution Error or Bias.' This occurs when we point an accusatory finger toward internal, personal characteristics as the cause for someone else's problem, e.g., as an explanation for why they were a fraud victim, while – at the same time – conveniently ignoring any external, outside forces that may have also contributed.

SO, WHAT'S THE SOLUTION?

First, we need to remember that making changes is a process. It's not going to happen overnight. But a good place to begin is with self-examination, empathy, and awareness. These are key factors in moving away from the habit of blaming the victim. We can take the time to look inside and begin to notice our thought patterns and have the courage and the will to change those patterns if we don't like what we see. We can develop greater empathy for others by imagining what it would be like to walk a mile in their shoes. We can continue to educate ourselves by reading articles and watching videos that address the issues involved in blaming the victim (see suggested REFERENCES below). We can encourage fraud victims to speak out about fraud, to report scams to the appropriate authorities, to join support groups if needed so they can heal. In short, we can learn to be a better friend of

fraud victims – if we choose to do so. Where there is a will, there will always be a way

If you'd like to share a personal scam story or have any questions or thoughts about scams that target seniors, please feel free to write to me at "Dear Sherry" at *Not Born Yesterday!* P.O. Box 722, Brea, CA 92822 or nbynews@juno.com. I'd love to hear from you. Thanks!

Be Empowered. Find Your Voice. Speak Out About Fraud!

WHERE TO REPORT SCAMS

Federal Trade Commission at 877-382-4357 or online at <https://www.ftccomplaintassistant.gov/#cmt&panel1-1>.

For questions about Medicare fraud / abuse, contact Senior Medicare Patrol (SMP*) at 1-855-613-7080.

U.S. Senate Special Committee on Aging's Fraud Hotline at 1-855-303-9470.

REFERENCES

Sign up for this free online course (6:44 minutes video) – "In Scams, It's not the victim's fault," at <https://elearn.aarp.org/Wilson-LPC-ACS-Cathy-The-Emotional-Impact-of-Being-Scammed-and-How-to-Recover-LifePaths-PLLC-Kindle-Edition>.

http://www.fraudaid.com/library/articles/12_steps.htm – "Coping With The Aftermath Of A Fraud: 12 steps to getting your life back on track," by Annie McGuire, fraud victim, Fraud Victim Advocate, Founder - Fraud Aid, Inc.

<https://www.starsdorset.org/blog/why-do-we-victim-blame#>:

Why do we Victim Blame, Ellie Rowe, January 2020.

<https://www.verywellmind.com/why-do-people-blame-the-victim-2795911> - Why Do People Blame The Victim, Kendra Cherry, July 23, 2020. <https://www.theatlantic.com/science/archive/2016/10/the-psychology-of-victim-blaming/502661/> – The Psychology of Victim Blaming, Kayleigh Roberts, October 5, 2016.

<https://www.theguardian.com/us-news/2018/feb/27/victim-blaming-science-behind-psychology-research> – Why We're Psychologically Hardwired to Blame the Victim, Maia Szalavitz, February 27, 2018.

Remember: You may be a target, but you don't have to be a victim!

Dr. Sherry McCoy, PhD is a freelance writer & actor for the Stop Senior Scams! Acting Program (SSSAP) in Los Angeles. Follow SSSAP on Facebook at <https://www.facebook.com/SSSAP2016/?fref=ts>. For more info re: SSSAP, contact Adrienne Omansky at SSSAP4U@gmail.com. Questions for the writer should be directed to "Dear Sherry" at *Not Born Yesterday!* P.O. Box 722, Brea, CA 92822 or nbynews@juno.com

What should you NOT say to a fraud victim?



Be Empowered. Find Your Voice. Speak Out About Fraud!

WHERE TO REPORT SCAMS

Federal Trade Commission at 877-382-4357 or online at <https://www.ftccomplaintassistant.gov/#cmt&panel1-1>.

For questions about Medicare fraud / abuse: In California, contact Senior Medicare Patrol (SMP) at 1-855-613-7080. U.S. Senate Special Committee on Aging's Fraud Hotline at 1-855-303-9470.



Caption: SSSAP cast, along with Eugene Owens, Librarian at Exposition Park Los Angeles Regional Library, and Anthony Montiel, Director of Claude Pepper Senior Center, pose with the LA City Council Resolution making May 15th, 2023, Senior Fraud Awareness Day.

Upcoming SSSAP Events

SAVE THE DATES!

On Wednesday, October 4th, from 2:00pm - 3:30pm. Join Ann Stahl with the SSSAP while they bring the peer to peer education program to the Culver City Senior Center. 4095 Overland Ave. Culver City, CA 90232. Call 310-253-6700 for details. This program educates older adults and the community about senior fraud and awareness.

It will cover common and current scams followed by a Q and A session with educator Ann Stahl, (RET) Senior Investigator Federal Trade Commission.



On Wednesday, November 15th, from 11am - 12:30pm, SSSAP will be presenting its education program at the Palisades Branch Library, 310-459-2754, 861 Alma Real, Pacific Palisades, CA 90272

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Adult Protective Services
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Orange County: 800-451-5155



Ms. California of Senior America 2023
California loves Elizabeth Goldstein! Elizabeth was crowned earlier this year, Ms. Senior California 2023, and has been very busy promoting senior women all across our beautiful state. And in just a couple of weeks she will be on her way to Atlantic City, New Jersey, to compete for the coveted national title of "Ms Senior America 2023/24". The Senior America Pageant finals will be held at the Tropicana Hotel and Casino, located on the Boardwalk. Ms. Senior America's mission is to bring honor and recognition to senior women.

An accomplished Jazz singer, Queen Elizabeth is the winner of Best Female Vocalist 2019, Los Angeles Music Awards and Best Original Song. Elizabeth enjoys a vocal versatility ranging from Jazz, Blues, Pop to Rock. Aside from singing and writing songs she leads an 18 piece Big Band under the moniker "Lomax and the Boppin' Institute".

Elizabeth has also co-starred in the hit television show, "Grey's Anatomy" and "Star Trek Voyager" along with numerous television commercials and print ads. California is thrilled to have Elizabeth, Ms. California of Senior America representing the Golden State of California in the National Senior America Pageant finals. Please visit our website at: www.msseniocalifornia.net for updates on all the pageant activities for the National Finals and for the 2024 Ms. California of Senior America State pageant dates.

Life is good,
Elvia Harris, Ms. California of Senior America
Administrator, Producer/Director

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Theater REVIEWS by MORNA

FEAR OF HEIGHTS - West Los Angeles

In this famous photograph, Kevin Flynn's grandfather, a tough, Irish steelworker, appears unafraid to perch precariously on a steel beam high above the New York skyline. However, young Kevin dreamt of the bright lights of Hollywood instead. This autobiographical solo show is about an Irish American

kid's phobias, his tumultuous family life, and the ultimate meaning of success. This former professional soccer player and current award-winning stand-up comedian, actor, writer, producer and television host, examines the American experience through the lens of his Irish immigrant family.



Written and performed by Kevin Flynn, with direction by Tim Byron Owen, and executive producers Peter and Bobby Farrelly. Produced in association with Georganne Aldrich Heller/Irish Theatre Film Productions and The Sarah Fulton Group. At Odyssey Theatre, 2055 S. Sepulveda Blvd. West Los Angeles. Tickets: (310) 477-2055 ext. 2 or www.OdysseyTheatre.com

SALLY SPECTRE: THE MUSICAL - Cahuenga

Just in time for Halloween, this spooky musical comedy tells the story of the ghost of five-year-old Sally who is stuck in the bedroom of the Victorian mansion in which she was murdered fifty years before! Seems the one thing Sally cannot do is find a way out of the room. Will she ever get to move on to the afterlife? Maybe if she can stop eating spiders and pay attention for a moment, she just might make it! The sudden arrival of a soul-collecting wraith may change everything and perhaps release Sally from her prison for good.

Book, music and lyrics are by David P. Johnson, who also produced and directed. Cast includes Stella Grimaldi, Matthew Hoffman, Hasan Crawford, Steve Nevil, Scottie Nevil, Robert W. Laur and Johnson. At Theatre West, 3333 Cahuenga Blvd. West, Los Angeles. Parking in a lot across the street. Reservations: (323) 851-7977 or www.theatrewest.org



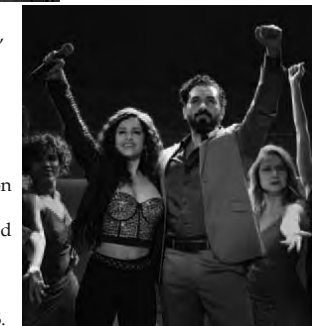
Morna Murphy Martell

ON YOUR FEET! THE STORY OF EMILIO & GLORIA ESTEFAN - La Mirada

This musical features a book by Alexander Dinellaris, and is based on the life of 26-time Grammy Award-winning husband-and-wife team Gloria and Emilio

Estefan. The score includes their hits "Rhythm is Gonna Get You," "Conga," "Get on Your Feet," "Don't Want To Lose You Now," "1-2-3," and "Coming Out of the Dark." Says director/choreographer Luis Salgado, "This story exemplifies the American Dream through the eyes and work ethic of Cuban immigrants."

Gloria and Emilio Estefan stated, "We've had tremendous fun sharing our story on the stage since our show first hit Broadway



in 2015, and it is our hope that we can continue to inspire and uplift people with its celebratory message."

Produced by GFour and Evan Bernardin productions. At Theatre

for The Performing Arts, 14900 La Mirada Boulevard, La Mirada. Free parking. Tickets: (562) 944-9801 or www.LaMiradaTheatre.com

CERTAIN DEATH AND OTHER CONSIDERATIONS - Atwater Village

Direct from the Edinburgh Festival Fringe, this "eco-anxious" dark comedy explores the implications of living as perhaps the last viable generation! Living in a world doomed to end in 80 years, Marc and Steph think that's enough time to have a baby, while Krista and Tom can't even decide whether to adopt a cat. Written between the shadow of the pandemic and the looming reality of climate catastrophe, this play chooses to laugh. After all, it says, in the face of certain death, what else can you do?

Written and directed by Eliza Frakes, stars Kyrie Dawson, Scott Lipman, Emma Pierce Rempel, Christian Skinner and Frakes. Choreography by Satori Folkes Stone, consulting director Isabel Strongheart McTighe. Presented by Nine Twenty Collective in association with Echo Theater Company, Chris Fields artistic director. At Echo Theatre, Atwater Village, 3269 Casitas Ave, Los Angeles. Free parking. Tickets: (310) 307-3753 www.EchoTheaterCompany.com

AGING PARENTS

continued from page 15

• Seek Support from Family, Friends, and Professionals

Whether it's a therapist, support group, or a trusted friend or family member, having a safe space to express your feelings and concerns is essential. Talking to someone can alleviate some of the emotional burdens of caregiving.

It's also helpful to seek help from a therapist or a geriatrician who is experienced in your need. A psychotherapist can teach you the necessary coping skills throughout your caregiving journey.

• Practice Stress-Relief Techniques

Finding ways to manage stress is important so you can continue caring for your loved ones effectively without compromising your well-being. Here are a few stress-relief techniques that can help:

Mindfulness Meditation: A few minutes a day of mindfulness meditation can make a big difference in your mental health.

Exercise: Exercise helps you maintain your mental and physical health as well. Even just going for a walk around the block can help clear your mind and boost your mood.

Deep Breathing: When you're feeling overwhelmed, taking a few deep breaths can help you feel more calm and centered. Additionally, journaling is a helpful tool for processing your thoughts and emotions.

Grounding Exercises: If things feel too stressful or too intense, take a moment to connect with your physical senses and notice the things around you that you can see, hear, smell, taste or feel. This can help to alleviate anxiety and worry.

• Maintain a Positive Attitude and Find Joy in Caregiving

As a caregiver for aging parents, it's essential to maintain a positive attitude and find joy in the experience. You can find greater fulfillment and happiness by cultivating a positive mindset

Resources for Caregivers of Aging Parents

Every year, 53 million individuals assist in daily living activities to support the health and quality of life of aging loved ones. Various resources are available to help and support older adults and their caregivers.

• Community Resources and Support Groups

Community resources, such as local senior centers, churches, and nonprofit organizations, can provide access to helpful services such as transportation, meal delivery, and home care assistance. Many of these organizations also offer educational programs and events specifically geared toward care managers.

Caregiver support groups provide a supportive and serene environment where you can express your concerns, feelings, and experiences with others. You can also gain valuable advice and information from other caregivers who have been through an experience similar to yours.

• Financial and Legal Assistance for Elder Care

You can seek assistance from programs for elder care. These programs may offer financial support, such as low-income subsidies, in-home care services, and assisted living programs. Medicare and Medicaid are also great resources that help eligible seniors financially.

Consider consulting with an elder law attorney who can help you understand your parents' rights and available legal options. They can also guide long-term care planning, asset protection, Medicaid, and Medicare.

• Respite Care and Adult Day Program

Respite care and adult day programs offer opportunities for caregivers to take time off while ensuring that their aging parents receive proper care and supervision.

Alzheimer's Association is an example of an organization that offers respite care for the elderly living with Alzheimer's disease. The association also provides a

CALIFORNIA SIZZLIN' SENIORS

The California Sizzlin' Seniors are having a wonderful year – 2023, presenting their western show "Nashville Country" at the Orange County Fair and at the Florence Sylvester Center in Laguna Woods. The performance opened with a line dance to "Boot Scootin' Boogie" with audience participation. "Happy Trails to You," was their closing number.

Shows are often used for fund raising get togethers. Rehearsals have already begun for their upcoming Patriotic Show for Veteran's Day, November 10th.

The Sizzlin' Seniors is the Original sanctioned performing group, began in 2001, and is composed of former pageant queens, winners, and contestants of the Ms. Senior America Pageant. The group also includes 'a few good men' and one young woman. They are available to perform any of their many shows at retirement homes, senior centers, for veteran's groups and private parties. And, as mentioned above, their shows also work well as fund raisers for an organization.



CAROL and ALMA

For information, contact directors Judy Talbot and Ginni Gordon at 760-310-2413. Call and book the date you are wanting; this promises to be a fun-filled year.

range of resources and support services to caregivers of aging parents. They offer information, support groups, education, and respite care.

• In-Home Care Services and Assisted Living Options

In-home care services allow you to hire a trained professional to come to your parent's home and provide care. These services include activities of daily living (ADLs), providing medication reminders, and running errands.

Assisted living facilities offer higher care than in-home services but still allow seniors to maintain some independence. These facilities typically provide meals, housekeeping, transportation services, and access to healthcare professionals.

• Medicare and Medicaid Benefits for Elder Care

Medical costs account for approximately 17% of caregiver expenditure, according to the American Association of Retired Persons (AARP). Much is spent on payments to healthcare providers, hospitals, and therapists. So, how can you reduce these costs?

Medicare and Medicaid offer the solution you need. Medicare is a federally-

funded program that provides health insurance to people over the age of 65 and people with specific disabilities. The program covers many of the same medical services and procedures, including doctor visits, hospital stays, prescription drugs, and more.

Medicaid is a state and federally-funded program that offers healthcare coverage to low-income individuals and families. The program covers many of the same medical services as Medicare and long-term care expenses such as nursing home care.

Final Thoughts

Being a caregiver for aging parents can be a rewarding yet challenging experience. However, prioritizing your mental health while still caring for your loved ones is essential in making your work easy and enjoyable. By practicing stress-relief techniques, maintaining a positive attitude, and seeking support from community resources and support groups, you can ensure that your caregiving experience is fulfilling for you and your parents.

About the Author

Sean Abraham is a licensed clinical social worker with Grow Therapy who works with those who have struggled with substance use, depression, anxiety, loss, communication problems, student life, as well as other mental health concerns. www.growtherapy.com

Classifieds

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Cash paid for Vintage Travel Posters; antique SPORTS ARCADE GAMES (boxing & baseball); OLD TOY TRAINS: Lionel, American Flyer & Ives; OLD CONSTRUCTION SETS (Erector, Meccano & Marklin); china or pottery from BUFFALO POTTERY Co. Private party, 1-818-889-2549. Call Mike anytime, day or night.

CASH PAID for ANTIQUES & OLDER ITEMS - linens, jewelry, old pottery, dishes, silver, crystal, furniture, lamps, glassware, quilts, rugs, Gold, Silver & Costume Jewelry. etc. 1-818-767-0514.

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Services Available



See Page 17 for
theater
recommendations

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Knott's Berry Farm is seeking quality artisans for their Christmas Crafts Village. Metal, glass, pottery, ceramics, fine art, crafts, clay sculpture. Call Donna Emerick at 1-714-220-5307, or email donna.emerick@knotts.com

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75 year old male wants sleeping room to rent, La Cresenta/Pasadena Area. Call Don at 1-818-445-6180

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"Divorced White Male, late 70's, 6'2", youthful, educated, athletic, healthy, fit. ISO attractive lady. Age and ethnicity are not important. Cell # (520)351-2860."

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OCTOBER 17 -
OCTOBER 29
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CALL FOR DATES & RATES

FOOD ASSISTANCE

If you know anyone, especially someone over the age of 65 that might benefit from the CalFresh program. Please check the Department of Public Social Services (DPSS) website for dates, times, partners and locations. <http://dpss.lacounty.gov/dpss/calfresh> or www.dpssbenefits.lacounty.gov.

CALFRESH (formerly known as food stamps, SNAP, EBT) has an on-going campaign to help make healthy food choices.

The purpose of the state funded program is to:

- 1) Reduce Hunger;
- 2) Reduce Food Insecurity;
- 3) Promote Nutritional Choices and;
- 4) Provide Healthy Eating Education.

Many local Farmers Markets are participating.

The Department of Public Social Services' CalFresh program wants everyone to understand this is not a public charge; which means you nor anyone in your family will be billed for the services in the future and it does not have any effect on your citizenship status.

Help us fight the stigma associated with being a part of the CalFresh program. There may be a senior citizen in your neighborhood that could benefit. Please show them this article and help them sign up.

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