

A Program of Santa Monica College

THE EMERITUS VOICE

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From the Corner Office

by Scott Silverman,
Associate Dean



The SMC Foundation just held its Club 250 luncheon, honoring those Emeritus Donors who gave \$250 or more during 2017 or the first half of 2018. At the event, it struck me how much value each of our constituent groups brings to Emeritus.

Our students: Each of you commit to taking one or more classes each semester, many taking a full load of four classes (NOTE: for the rest of Fall, you are able to add as many additional courses as you would like, as we want to fill up every class possible!) Whether you have been enrolled for just a few semesters, or more than a few decades, and anywhere in between, your commitment to lifelong learning, to camaraderie with each other, and to being part of this Emeritus community is inspiring.

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Who We Are: Professor Rose Dosti's Road to Emeritus

by Debra Thurston



Rose Dosti has done some extraordinary things with her life. The former L.A. Times restaurant critic, and author of eight cookbooks, she currently teaches Restaurant Critic–Dining Wisely: Healthy Eating Choices for Older Adults at SMC Emeritus and...she hates cooking! “I always wanted to be Lois Lane,” Dosti says. During high school and college in New York, Dosti trained at Time Life. Her next job? Rose “I didn’t know how to boil water” Dosti worked at Cordon Bleu Cooking School in New York, under French master-chef Dioni Lucas, for eighteen months.

In 1959, Rose left New York with her husband, a PhD student, two children, and father-in-law, after a fire destroyed their apartment at Columbia University. After settling in Los Angeles, she interviewed at *The Los Angeles Times*. At her interview, Dosti’s Cordon Bleu experience was essential. Food and Lifestyle became hers. A Travel column was added, fans gained, and after thirty-five years, she retired in 2004.

Rose has been awarded several Fulbright Scholarships, filmed two documentaries *Prison Nation* and *Lost Voices Making History* (YouTube), collaborated with Steven Spielberg, and started a non-profit foundation, *The Albanian Human Rights Project*. Ten years ago, she returned to Santa Monica. “People had been asking and writing to me about teaching.” Her course was described as a memoir class. “I thought older people may want to record their food experiences.” When students brought cooking samples she realized they wanted to eat, not write. “I changed the class to eating and critiquing restaurants.”

Each semester her 18 students choose six restaurants in or close to Santa Monica. “Some restaurants can’t take that many. Some charge an arm and a leg to reserve a space for lunch.” Meals cost \$15 to \$30. The evaluations, currently not available to the public, are rated on a scale of 1 to 5 and completed at each restaurant. Ratings are for décor, menu, food, prices, service, presentation. “Many students have bonded. The dining experience should be an uplifting social event.

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Who We Are: Janet Carsola

Profile of an Emeritus Student

by *Arlene Shapiro*



Janet Carsola listened attentively to my Emeritus interview questions and tracked me through her red-framed glasses with leopard temples that

perfectly matched her bright red lipstick. We were having 14-vegetable Minestrone soup at Louise's Trattoria on Montana Avenue and splurged on a decadent seven-layer blueberry cake with buttercream icing.

"I love Emeritus! I've been going there for years. I always liked going to school and learning intensely, especially when I went to college for my Masters degree in Psychology." She grew up in Beverly Hills, attended the Marlboro School for Girls and Stanford University. At Stanford, Janet shared a suite with Supreme Court Justice Sandra Day O'Con-

nor. "She was one of those brilliant people, quick, organized, studious and you knew she was going to be something big, a great human being and yet she worried a lot about her thinning hair."

Janet described herself in three words: Survivor, Mother and Psychologist. "I'm a survivor. I outlived my parents who I adored and one of my sisters who suffered from afflictions. My parents were colorful and I was a bit of a rebel, flamboyant. I love beautiful things. I love clothes and have a great collection as I was in the modeling business for a while." She modeled right out of college. "My father almost had a stroke having paid a fortune for my education and he didn't want me to do something mindless." Her father was an attorney and she married one. Today, she doesn't want anybody to tell her what to do. "While I'm flexible, I like a simple life and not much bullshit." She reflected that, "if you've lived a

long time, you've experienced a lot." At 88, Janet said she doesn't want to get a lot or lose a lot, just wants to proceed quietly.

She is currently enrolled in Shakespeare, Current Events and is branching out with Opera Appreciation. "Emeritus is a lifesaver for older adults. I need something to keep my brain going and this is it. I always want to go to class, the teachers are good and prepared which is a big deal; they can command their subject. As long as it's interesting, I can stand it," Janet laughed easily. "If people don't go, they are not inquisitive enough or lazy or don't know about Emeritus, especially the fact that it's free which is amazing!"

Using her four-point cane, post knee surgery, we walked very slowly up Montana Avenue. Our last stop was a shop called Seasons to look at ethnic jewelry and sundries, where unexpectedly we were invited to sit down and we each played the African Djembe with one another. Janet wanted to join the Sunday afternoon drum circle, and she did, the very next day!

Who We Are: Rose Dosti

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Something that carries you through the next day, week, the next month in a very pleasant way."

Why does she hate to cook? Dosti, now 87, remembers her life in New York. "I cooked everything from scratch. After working all day, I cooked for my family and the old Albanian bachelors who came almost every day. It was insanity. Now, I live at a facility where I don't have to cook or clean anymore," she says, sounding pleased where the road of her life has lead.



John Tillman, San Pedro Harbor, 2018



The Pathfinders Program

by Nina Yamamoto

Started in 1985, Pathfinders is a unique Emeritus program for adults who have had a stroke or acquired brain injury. Bonnie Nakasuji, a Registered Occupational Therapist, has taught in the Pathfinders Program since its inception. “The program was started because of a need in the community for physical exercise classes for adults who have had a stroke and had completed their hospital and rehabilitation therapy,” she said.

Nakasuji, Barb Phillips, and Jami Evans, Registered Occupational Therapists, teach “Body Conditioning after a Stroke.” This exercise class provides for an individualized program in a group setting. The class also enhances the student’s independence and allows members to socialize with others.

At one of Nakasuji’s recent classes there was a diversity of students, ranging in age from 27 to 80+ years, who have had strokes, or have other medical conditions, such as multiple sclerosis. The majority of students came to the class with an attendant or family member and used a wheelchair, walker, or cane. Nakasuji led the class through a series of different exercises that built muscle strength, increased flexibility, mobility, or improved other skill areas. Nakasuji explained each exercise, demonstrated them, assisted students when needed, and gave them feedback. Some exercises were done using free weights while sitting on a bench, others while at the ballet bar, or on a mat on the floor. The students all

said they liked the class and that it had improved their balance, standing, and/or walking. There was a friendly atmosphere in the class room that included Nakasuji, the students, their caregivers, a parent, a student intern from USC, and a student volunteer. It was very inspirational to observe the class.

Louise Feinberg, a Certified Speech Pathologist, teaches “Communication after a Stroke” that teaches older adults who have impaired speech how to increase and maintain their daily speech function. Feinberg also teaches “Communication after a Stroke (Computer Based)” that teaches older adults with aphasia to reconstruct their language comprehension and communication skills and introduces a computer software program that can help improve their language and reading comprehension skills. Students in both communication courses get support from other students and guidance from professionals.

If you are interested in enrolling in the Pathfinders Program, or know someone who may benefit, please contact Stephanie Lewis, at 310-434-4442 or lewis.stephanie@smc.edu prior to class attendance. A prerequisite for class enrollment is medical verification, approval from a health practitioner, and review by the Santa Monica College Disabled Student Center staff.

Jesse Benson: The Art of Curating

by Michael Higgins



© Amy Williams Photography

In Benson's view, curators are sparks, catalysts if you will, searching for what Federico Garcia Lorca called *duende* — an important influence on his curating style. *Duende* encompasses four elements: irrationality, earthiness, a heightened awareness of death, and a touch of the diabolical — an earth spirit that seizes the viewer, creating in the process an art that can be understood with little or no conscious effort. Looking at the Hero exhibition, we see lived-in faces touched and shaped by life, a heightened sense of reality which the colors seem to exaggerate, giving in the process a quality of “first timeness.”

In the person of Jesse Benson, SMC Emeritus has on its staff a professor of art who is also a first-rate curator, seen most clearly in the just ended exhibition of the work of Chris Hero, a local artist and Emeritus professor, who created a series of portraits depicting women in bold and striking colors, building on the work of Alice Neel and Faith Reingold. Hero presents the aging process, every crease and wrinkle, not as decay and ugliness, but as striking images of beauty and endurance. In this collaboration Benson aimed to confront the prevailing story that art can only involve the young, ensuring that an important segment of society isn't marginalized or omitted from the master narrative. Certainly a theme relevant to the students at Emeritus.

The word curator comes from the Latin word *curare*, meaning to take care. In the time of the Romans, it referred to the maintenance of the bath houses. In Medieval times, it was used as a designation by priests who cared for the souls. By the 18th century, it meant looking after collections and artifacts. Today,

a curator decides how works are hung in galleries and how the viewing public experiences the exhibition, relying on the conventions of representation, knowing full well of course that the world can never quite look like a picture, but if done masterfully, a picture can look like the world.

In his curating and his teaching, Benson's ultimate goal is to have a piece of art “go through” a person, what the Greeks called “*Paideia*” or deep learning, a willingness to be shaped; confronting and defining in the process what it means to be human. Indeed.

ESAC Happenings: 2018-2019 Emeritus Student Advisory Council (ESAC)

by Judy Blits

The Advisory Council's purpose is to advocate for students and ensure that the program is responsive to their changing needs.

The Emeritus Student Advisory Council has several subgroups, and one of the subgroups is Publicity/Marketing co-chaired by Natalie Newman and Al Barrett. During the Fall semester, high tech digital

signage TVs will be installed on each floor of the Emeritus Campus. Announcements and information will be provided replacing posters and flyers.

Please visit the SMC Emeritus website and learn more about the advisory council members at smc.edu/emeritus (on the left side of the screen, click on “Advisory Council.”

Students Help Senior Citizens Catch Up with Computer Technology

by *Leonardo Israeli*

The Palisades Alliance for Seniors was created in October 2016. This organization aims to provide support and community for senior citizens by offering free educational programs and services.

The Alliance runs a free twice-monthly speaker series slot at the local library, with programming of particular interest to seniors. The programs take place at the Palisades Public Library Community Room, 861 Alma Real Drive in Pacific Palisades. They are scheduled for every second and fourth Monday of the month at 10:30 a.m. The programs are free, and open to all.

Several subjects that have been already covered in 2017 are:

Long-Term Care, Understanding Hearing Loss, Memory and Aging, Senior Nutrition, Property Assessment Information for Seniors, From Age-ing to Sage-ing, Medication Use in Older Adults, Identity Theft and Tax Scams, Music, Technology, and the Brain, etc.

The subjects for 2018 can be found at: www.palisadesalliance.org/2018-monday-morning-program-schedule.html.

Computers and the Internet have been recognized as a major area where seniors need help.

Karen Stigler, the volunteer who leads the Palisades Alliance, and Kia Green, who is in charge of Community Service at Palisades Charter High School, organized a program to match students with seniors in one-to-one tech tutoring. This program benefits both sides — students at the Palisades High School have to

receive points for Community Service and seniors get the help they need. The Pali High School Study Center/ Computer Room was selected as the meeting place. Twenty four students are paired with a similar number of seniors for one- hour meetings. The participating students cover all levels. The enrolled seniors are allowed two one- hour meetings, and the students get the twenty points for four hours of helping. There have already been several meetings of this kind and additional meetings will be organized in the future.

Karen Stigler kindly arranged a visit so I could have a chance to talk with a student and a senior.

The computer room was a large hall with a significant number of computers. The atmosphere was quiet. I was impressed by the seriousness with which the seniors approached these meetings and their acceptance of the youngsters as teachers.

Karen Stigler gave me information about the program and later arranged for me to talk with Jasmine Orozco, one of the students who was helping out. I asked about the fields the seniors were interested in. Jasmine told me the seniors she has worked with

want help with access to Internet for entertainment, accessing Netflix, writing letters, accessing Uber for transportation, handling the Internet when problems arise and using the cellphones both in iPhone and Android versions. I asked if most of the students were interested in continuing their career in the electronic world. The answer was negative.

I did not have a chance to talk to any seniors — they were fully engaged in learning as much as possible, but the concentration I saw on their faces indicated that the time was well spent.

In 2010 the census indicated that 1,414 Palisadians were 80 or older (6% of the population). Karen Stigler said that people from other parts of Los Angeles and from Santa Monica are welcome to enroll in this program. There are still some spaces available for fall technology tutoring sessions.

To register online, go to www.palisadesalliance.org and then click on the purple registration links for each session. If a date you want is marked “Sold Out,” try a different date. To register by phone, call 424-260-6167.

2018 Fundraising Report

by *Rita Kean*

Pizza Power!

Students dining at California Pizza Kitchen (CPK) using their CPK Emeritus/SMC Foundation fundraising card helped to raise \$1,689.40 for SMC Emeritus from March 1 through July 31, 2018.

20% of the total bill (excluding tax and tip) was donated to Emeritus/SMC Foundation. Thank you to those who participated in this event and for making it a success.

The foundation has raised a total of \$105,672 to date.

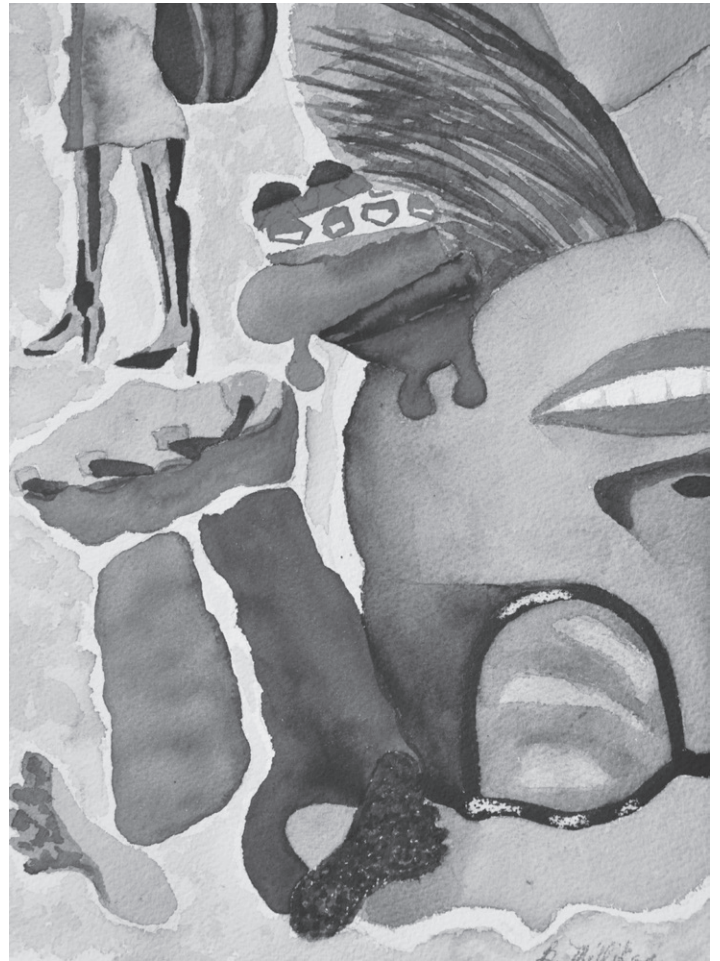
SAVE THE DATE!

The SMC Emeritus Art Gallery invites you and the public to the launch party of “The Ongoing Moment: Literature and Art from SMC Emeritus.” This annual journal is extraordinary testimony to the depth and range of talent of SMC Emeritus students. The theme of this year’s journal is inner and outer landscapes as interpreted in stories and art.

Please join us for the opening on November 15 from 5 p.m. to 6:30 p.m. The event will begin with several authors reading their stories in Room 107 and then participants will immerse themselves in the paintings in the adjoining SMC Emeritus Art Gallery. The journal will be for sale and there will be refreshments. The show will be up in the gallery until January 16, 2019.

Original writings were generated in the Autobiography Writing Class taught by Monona Wali. The art pieces were created with the guidance of artist Catherine Tirr in the Emeritus Watercolor Studio. This year’s issue was edited and produced by students in Writing for Publication Class also taught by Monona Wali.

SMC Emeritus Campus is located at 1227 Second Street in Santa Monica. There is street parking at meters and next door in the convenient public parking structure. Our phone number is 310-434-4306. Gallery hours are 8:30 a.m. to 4:30 p.m. Monday through Friday. The gallery will be closed Thanksgiving November 23-26.



Barbara Milliken, *Looking, Not Seeing*, 12"x9", watercolor

Brain teasers and Trivia

1. In a terrible car accident, a man is killed and his son is rushed to the hospital for surgery. As the boy is wheeled into the operating room, the surgeon looks at the patient and says, “I cannot operate on this child. He is my son.” How is this possible?
2. A man is born in Boston and his parents were born in Boston. Yet he was not born a United States citizen. How is this possible?

Answers: (1) The surgeon is the boy's mother. (2) The man was born before 1776, before the United States was created.

WHAT'S HAPPENING: *Fall Emeritus Events*

SEC 2018 Senior Outreach— Consumer & Financial Fraud Workshop

Pre-registration required, email:
SECSeniorFair@sec.gov

**Thu, November 15 | 12–3 p.m.
Free | Emeritus Campus,
Room 107**

Emeritus Concert Band

Yosuke Miyoshi, Conductor.

Guest artists Masanga Marimba
Ensemble will also perform.

**Sun, December 16 | 3 p.m. | Free
The Broad Stage
at SMC Performing Arts Center**

Emeritus Players Acting Showcase

Mark your calendar for our
performance showcase featuring
silly, serious, and quirky scenes
that inspire, entertain, and —
hopefully! — give you something to
think about.

**Sat, January 19 | 1 p.m. | Free
The Edye
at SMC Performing Arts Center**

Emeritus Concert Band

Yosuke Miyoshi, Conductor.

**Sun, February 24 | 3 p.m. | Free
The Broad Stage
at SMC Performing Arts Center**

EMERITUS ART GALLERY

The Emeritus Art Gallery is
located on the first floor of the
Emeritus Campus, 1227 2nd
St., Santa Monica. Gallery hours
are 8:30 a.m. to 4:30 p.m.
Monday through Friday. For further
information, visit the Emeritus
website (smc.edu/emergitus).
Exhibits and opening receptions
are FREE.

Earleen Ahrens & John Tillman Thu, September 27 – Wed, November 7

Don't miss this exhibition
juxtaposing Emeritus student
Earleen Ahrens' eclectic mixed
media sculpture, jewelry, and
painting, with Emeritus student
John Tillman's rhythmic black-and-
white photographs.

The Ongoing Moment:

Literature and Art from Emeritus Thu, November 15 – Wed, January 16

Come enjoy the results of
collaborative original art and writing
created by students in Monona
Wali's memoir class and Catherine
Tirr's watercolors studio class.
Opening reception and author
readings on Thursday, November
15, from 5 p.m. to 6:30 p.m.

Kenneth Buckner

Thu, January 24 – Wed, March 6

Take a look at an outstanding
exhibition of new photographs
and digital renderings created by
Emeritus photo faculty member
Kenneth Buckner. Opening
reception on Thursday, January 24,
from 5 p.m. to 6:30 p.m.

Events subject to change.

For details, please call 310-434-
4306. The Edye and The Broad
Stage are located at the SMC
Performing Arts Center at Santa
Monica Blvd. & 11th St., Santa
Monica.



Earleen Ahrens, *Forces of Life*, acrylic on canvas, 24" x 28"

From the Corner Office

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Our donors: Each gift supports long-term Emeritus stability and some current year expenses (such as facility upgrades, programs, and much more). I know not everyone has the ability to donate, but all gifts are important, regardless of the size. On behalf of SMC, and the Emeritus community, I'd like to thank you for all past, present and future support.

Our faculty: We have amazing faculty at Emeritus, many of whom have been here for a long time, and others who have joined us more recently. Each teacher brings their talent to our community and I cannot tell you how much I wish that I could take our classes myself. If you count the time our faculty spend prepping for class, dealing with paperwork required by Emeritus and SMC, and managing attendance, in addition to class time, I think you'll agree our faculty is very committed to giving Emeritus students a world class educational experience.

Our staff: Lauri Arneson, Jessica Riojas, and Vivian Rankin-Scales have a lot of experience with Emeritus, and clearly make my job easier. Emeritus would not be able to function without them, as they support every operation and frequently interact with and support students and faculty. Please take time to thank them for all that they do, and in particular their support as I transition into this first year. Everyone likes treats, including our staff, but FYI, it won't improve your odds of getting into your preferred choice of classes.

Our student workers: Marcia De Vere, our veteran student employee, has been joined this year by Caitlyn Krueger and Minh-Chau Nguyen. Caitlyn has several years of experience as a paramedic, and Minh-Chau already has her Bachelors, but is pursuing some additional education to advance her career. The entire student team is invaluable and help everyone with everything. I really appreciate Minh-Chau and Caitlyn joining the team, and Marcia's ongoing support. Marcia's time with us is running short, so thank her while you can.

Our volunteers: Whether it's working at the Front Desk, or in the Mini-Lab to support your tech needs, our volunteers perform a service we would not otherwise be able to do. For many, many years, we have relied on extensive volunteer hours. I wish extend my gratitude to our current volunteers: Mady Bergman, Walter Coronel, Jinder Dhillon, Pat Gorman, Fida Habib, Jeffrey Hogue, Suzie Kim, Joseph "Joe" Sipos, Alex Vital...as well as a few others who are either about to join the list to volunteer, or are now inspired to inquire about doing so. If you're interested in volunteering, please see Vivian.

As we approach the upcoming Thanksgiving and Holiday season, a heartfelt Thank You to each and every member of our community!

This edition of the *Emeritus Voice* was written and produced by students in the "Writing For Publication" (E34) class taught by Monona Wali.



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Business Hours:

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Website: smc.edu/emeritus

SMC Emeritus is committed to life-long learning for older adults. From art and literature to health and safety, personal finance, and digital technologies, Emeritus College students connect, discover, renew, and reinvent. Classes are held at the SMC Emeritus headquarters at 1227 Second Street, Santa Monica, as well as at community sites located throughout the cities of Santa Monica and Malibu.

Got Suggestions?

You can give Emeritus your feedback in several ways: by emailing emeritus@smc.edu; calling 310-434-4306; through the suggestion boxes located on the 1st & 2nd floors of Emeritus; and in-person on the 1st floor Enrollment Services or 4th floor Administrative office.



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