

A Program of Santa Monica College

THE EMERITUS VOICE

© Amy Williams Photography

From the Dean's Desk

by *Guadalupe Salgado*,
Associate Dean

Dear Emeritus Students,

We continue to offer a mix of online, hybrid, and in-person courses for our Spring semester.

Many of you that have been coming to in-person classes during the winter session may have noticed the closure of the first floor. The heavy rain we have been experiencing this year, although much needed, caused flooding and damage to the first-floor offices and art gallery. The first-floor offices and classes held in Room 107 have been temporarily moved to the fourth floor but are expected to return to the first floor shortly.

Thanks to the amazing work of the maintenance team, we were able to partially open the first floor in time for our first art show of the year. We are proud to be exhibiting the works of master sculptor Charles Dickson. Make sure to check out *Charles Dickson: The Manifestation of Form* online or inperson during gallery hours.

Lastly, we are happy to announce our first term of instruction at the SMC Malibu Campus located

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Guadalupe Salgado: She Belongs

By *Perri Chasin*

Life has a way of taking us where we belong, at least that's how it feels for Emeritus' new Interim Associate Dean, Guadalupe Salgado.

Growing up in an intergenerational household in San Pedro, surrounded by both sets of grandparents, she was raised in a family where math, science, and technology were promoted. Only after it became clear that majoring in biology to please her parents was a bad fit, did she switch gears to study Anthropology, Cooking, and Culture and Political Science followed by a Masters in Gerontology. Presently, Guadalupe is pursuing an Ed.D in Organizational Leadership at Pepperdine, and while her parents expected a STEM (Science, Technology, Engineering, and Math) graduate, they are surprised and proud she's able to make a living following her chosen career path.

Viewing aging as a time of exploration and new beginnings, Guadalupe has taken the reins with both hands in her new position. She schedules 125 fall and spring senior classes (fewer in winter and summer), handles maintenance issues, fields comments and requests, and basically navigates the nuts and bolts of running the college under the guidance of Scott Silverman, Interim Dean of



Guadalupe and family

Non-Credit and External programs. At present, her emphasis is on transitioning from online teaching—the end goal is to have 20% online and 80% either hybrid or in-person classes. There are additional course offerings she is considering, one exploring American history through cooking and adding another current events class, this one focusing on technology and policy. Guadalupe is “looking to develop organizational partnerships that serve older adults” and, as next year will mark Emeritus' 50th anniversary, she is already planning a number of high-profile events to commemorate the celebration.

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Fight Inertia!

By Lois Bostwick

How many times have we of a certain age bemoaned the ill effects of too much screen time on the youth of today? They're communicating every which way but in person, and it's not healthy! What will happen to society? The more being done remotely, the more remote we become. Less human contact means less empathy and understanding. And yet, and yet, the majority of SMC Emeritus students who are capable of returning to the classroom after three years of classes on Zoom are moaning, groaning, and resenting the push to get up, get dressed, and commute to class. We are the same ones who were upset when COVID forced us out of the classroom. How we missed actually being together; our live, vibrant community of seniors, learning so much from our knowledgeable, engaging teachers!

But it became easy. Too easy. We got used to Zoom and found we

could still learn, and have a sense of community. We didn't even have to remember names. There were names under faces on the screen. And we did not have to dress for success, drive, or park in the structure, all adding precious minutes to our busy days. And then, in Summer 2022, in-person classes returned. But did we? Not so much. Recently, in my hybrid classes, fewer than 10% came back to class, and I'm not counting those for whom it really is too difficult because of distance or disability. It's so much easier on Zoom, true, and I'm grateful for all it has given us, how it helped us get through COVID, but it's not the same, and it compromises this wonderful world we've all created.

Research has shown that in-person contact, humans gathering, and doing things together, increase health, longevity, better communication, and emotional

support, and not just for young people. That's what the world of SMC Emeritus is based on, why the state funded it, and why the taxpayers would be willing to pay for it. If we don't make use of our classrooms, how long will they pay for our campus? If we prefer staying home with Zoom classes to showing up for in-person, live ones, why would the state continue to pay local teachers to provide us with the courses we ask for? It would be so much cheaper to create Zoom classes in Sacramento designed for all California's seniors. Taxpayers would feel fine about the defunding once they are convinced older people don't need a campus. Hey, seniors don't really want to leave home!

I too feel the inertia. I need more students in the class to motivate me. I need you. We need each other. Fight inertia! Help me battle my way out of my comfort zone, and back to the joy of the pre-COVID classes we shared! There's an extra soap box on Second Street. Join me there so we can shout into the wind, "Come back! Come back! Y'all come back!"

Guadalupe Salgado: She Belongs

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This has been a year rife with change for her. Newly married, she's settling into what she refers to as 'wife life'. Opting for an active lifestyle, she much prefers hiking, swimming, or surfing to sedentary activities although she recently participated in two *Paint and Sip* sessions where one paints while imbibing wine which she claims produced two "underwhelming" artworks.

Guadalupe reports her life "revolves around seniors, food, and eating." Her very first paying job was as a food server at *The Canterbury*,

a senior living facility where the chef taught her French cooking. A true foodie who excels in Mexican cuisine, Guadalupe and her husband celebrated his birthday by feasting at Pujol in Mexico City, one of the world's 50 best restaurants. Serendipitously she secured two reservations only when another couple canceled. Some Emeritus students may know her from the Restaurant Reviews course she taught here at the college which combined her expertise in food and culture with her knowledge of senior health and wellness.

Guadalupe says, "I have been part of the Emeritus program for a few years as faculty and have always admired the Emeritus student's continual dedication to lifelong learning. I feel very fortunate to have had the opportunity to be able to grow into this new position and continue being part of such an inspiring community of talented and hardworking students, faculty, and staff."

Having come full circle, from *The Canterbury* to SMC Emeritus, Guadalupe is where she belongs.

Overcoming Loneliness

By Sharon Valente, PhD., APRs

Loneliness and isolation affect all ages, particularly the elderly. Life changes, a loved one's death, transportation issues, and memory loss can erode social networks, not to mention the pandemic. Loneliness reflects an inbred need for authentic connections and relationships and can spur one to seek new contacts and friendships. For example, my friend Judith, aged 78, was engaged in golf, the Getty Museum, Red Cross, health care boards, and community until she retired, and several close friends died. She felt pierced by the sharp sword of loneliness and disconnected from the community. Her cat was a supportive presence until the cat died. She worried about the health consequences of loneliness. Fortunately, she recognized steps she could take to address her isolation.

Researchers report that loneliness can pose serious threats to well-being and long-term physical health,

although not everyone who lives alone suffers from loneliness. There are those who enjoy time with solitary pursuits such as reading, cooking, traveling, playing piano, and gardening. Others may feel lonely, although friends and family surround them. They may hate to eat alone but rarely feel lonely. But for those who do suffer from loneliness, it should be taken seriously.

It often prompts elders like Judith to neglect their health, exercise, and nutrition. Eating alone often increases body mass index, waist size, blood pressure, and blood lipids. This links to heart disease, decrease fluid intake, dehydration, and urinary infections. Loneliness is a risk factor for heart disease, Type 2 diabetes, and arthritis and doubles the risk of Alzheimer's disease. While you can't die from loneliness, it can increase stress hormones, hinder sleep, weaken immunity, and threaten financial health. Financial fraud against seniors is a serious issue, and lonely elderly are prime targets of phone and online fraud. Chronic health problems trigger withdrawal as housebound status expands.

To reduce social isolation, one can join a well-respected online or

in-person class, join a local senior center, or volunteer in an area of interest (e.g., a local library, school tutor, and church or temple.) Connecting with friends or family in person or using programs such as Facetime is an easy way to stay in touch. Consider getting an older, well-trained pet who can offer a welcoming presence. Judith actively rekindled old friendships and made new friends, she joined community groups and took classes. SMC Emeritus students report finding a wide range of new contacts, friends, interests, and colleagues in class. Laurie likes to dance and sing away her loneliness. Teresa keeps loneliness at bay by staying busy and appreciates her friendly neighbors and chanting group. She uses an online matching service for new local contacts. Rosie likes her social media and online communications but cautions friends not to fall prey to online scams. Loneliness is a painful emotion so it is essential to take steps to build authentic connections with others. It may take a little effort, but it is worth checking out all the resources available to seniors, including SMC Emeritus.

Brain Teasers and Trivia

By Peter Bergquist

- 1) What is unusual about the following words: job, polish, herb?
- 2) Who was the youngest American president?
- 3) What has cities but no houses, forests but no trees, and water but no fish?
- 4) Is the capital of Kentucky correctly pronounced Loo-is-ville or Loo-ee-ville?
- 5) What building has the most stories?

Answers: (1) EACH IS PRONOUNCED DIFFERENTLY WHEN THE FIRST LETTER IS CAPITALIZED (2) THEODORE ROOSEVELT (3) A MAP (4) NEITHER. THE CAPITAL OF KENTUCKY IS FRANKFORT (5) A LIBRARY

Martin Cohen, Dutch Import

By Linda Rosman

Martin Cohen, the new photography teacher of PHOTO E00, is a professional photographer originally from Amsterdam, Holland. He has had quite a journey to end up in California, and we are lucky to have him here at SMC Emeritus.



In his youth, Martin was fascinated with astronomy and the stars and excelled in science. He started studying physics and astronomy at the University of Amsterdam after high school, but he said “It was the most boring thing! I lasted about three months.” He then had eight months to come up with a new path, and because of his love of photography, he decided to go to art school. Sometimes fate sends us in a direction, and that seemed true for Martin. He applied to two schools in Amsterdam, the Rietveld Academy for Art and Design and the Dutch Film Academy. He was rejected by the art school and accepted to the Film Academy and that started him on his creative path.

After the film academy, he received a scholarship to study acting in New York at the Stella Adler Conservatory of Acting. Along with acting and directing, he would often shoot photos for his fellow actors, which certainly helped pay the rent.

He went back to Holland but started missing the US and in 1986 had an opportunity to come to California. A friend was working on a documentary and the director invited Martin to edit the film.

Over the years, Martin dabbled in acting and filmmaking, directing film and theater and editing films, but he would always come back to photography. “Photography would always pay the bills and it was something that came rather effortlessly. It sort of fit. I started liking it more and more.”

Martin fell in love with Cuba, which has been a passion and love of his, and he has made several trips there to photograph. As a result, he was one of five photographers to be featured in a huge exhibition at Palais de Glace in Buenos Aires on Cuba and the Cuban revolution.

Martin has self-published five books of his photos: *La Habana*, *African Memories*, *Mi Buenos Aires Querido*, *Jewish Cuba Renaissance*, and most recently, *My Universe*. He’s had numerous exhibitions of his work.

Martin shares his passion for photography with his students in such an inspiring way. His enthusiasm is infectious and even though we are online, we have a lively interactive class. We have been studying some of the great photographers and their techniques. Martin pushes us to focus on how we get our images, camera settings, and lighting. One recent assignment was to try to imitate photos of a favorite photographer. Another was to try to shoot portraits with Rembrandt lighting. I’ve found these assignments inspirational and challenging. Fellow student Marilyn Kabakov said, “What he has shared is his joy in every photo and he has created a space to go beyond one’s comfort zone.” Regina Pally, another student, said, “I find myself always looking at the world from the perspective of images: composition, lighting & mood.” Dorli Buerge said “I love Martin’s enthusiasm for photography. His discussion of famous photographers has honed my eye and he’s gotten me to work outside the box.”

A true renaissance man, Martin’s current passions are astrophotography and singing. “Being under the stars with a camera and telescope, capturing light that was emitted thousands and sometimes millions of years ago, is a transformative experience.” Thank you, Martin, for bringing your passion for photography to SMC Emeritus.

You can see Martin performing in Donizetti’s *L’elisir d’amore (The Elixir of Love)* through SMC at the Broad Stage on May 12 thru 14.



Martin Cohen, *3 viejos amigos*, Havana, Cuba, 2004.

Life Drawing Studio: Engaging with the Human Form

By *Jeanne Shamji*

In Lisa Adam's Life Drawing Studio class, it is fascinating to view each student's weekly effort and see such diverse results from each artist's distinctive art process applied to a single model.

Lisa's models can remain perfectly motionless with only minimal breaks. They stand or sit in a variety of expressive poses. The model is female for the first half of the semester and male for the second half. Students can draw and paint in any medium they prefer. Some choose graphite pencil, charcoal, markers, Conté crayons, colored pencils, or watercolor. Students

upload photos of their drawings on the SMC Emeritus Canvas website. Lisa reviews everyone's work and kindly suggests how each can be improved, considering the student's level of expertise. She also provides video tutorials for students who are just beginning that can be viewed outside of class.

Students are given a "warm-up" period of five quick sketches of one or two minutes each with an assortment of poses. Next, the class has twenty minutes for drawing a full-body sketch and another twenty minutes to draw a portrait of the model. Student work from

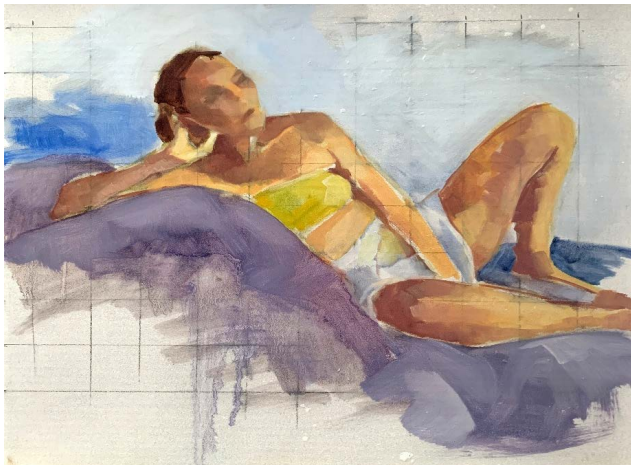
the previous week is discussed and then, with whatever time is left, students can complete a full-body drawing. With practice and Lisa's practical advice, students learn methods to enhance their work. Being able to view their classmates' work hones their own skills. Lisa celebrates expressive and creative drawings and paintings.

Many of Lisa's students had attended her classes with live models before COVID and had to adjust to working on Zoom. Learning to work on Zoom challenged fellow student Kim Zimmerman. Kim has been taking Lisa's art classes since 2019 and works with figure drawing and painting. She enjoys Lisa's feedback

and how Lisa tailoring her remarks every week to the student's level of ability. Kim worked for 35 years as an art director and graphic designer of movie posters. She enjoys working with artists in our class rather than working alone. After retirement she felt less isolated and part of a community of artists who give encouraging feedback. Kim feels that Lisa has become familiar with her work over the years and motivates her to improve each week.

Akemi Watanabe, another student who amazes me each week with her exciting and distinctive method of drawing, has taken the class each semester for the past five years. Akemi started drawing at age five under her father's influence as a self-taught artist. She studied human anatomy as a registered nurse for many years, not knowing she was preparing for her current passion for life drawing. Her goal is to create figure drawings that have more emotion and feeling than the subjects themselves. She feels that Lisa's experience as a professional artist has made her extremely knowledgeable about the many types of available mediums. "She is an encyclopedia of knowledge," Akemi says.

My artwork has improved simply by being required to practice drawing each week. I have been reviewing the specialized tutorials that teach methods of drawing areas of the body that I have great difficulty with, such as proportions and drawing hands and feet. It is exciting to view all the students' drawings each week and see how the same poses can be rendered so distinctively different. Having live models to work from is very different from drawing from photographs or copying masterworks of famous artists. This is a class I very much enjoy and hope to take again.



Paintings by Akemi Watanabe (Conté crayon) and Kim Zimmerman.

Upgrade the Essential Thing in Your Life with Fun!

By Philip Siddons, DMin.

We upgrade our computer software to keep nasty stuff out of our computers. We maintain our cars, trying to avoid a breakdown in the middle of our activities of daily living. Our mindfulness of the fragility of all our possessions is commendable. But shouldn't we remember our most important possession? Are we taking care of our bodies? You know, the carbon unit temporarily housing our soul? "Exercise is the single best thing you can do for your brain in terms of mood, memory, and learning. Even 10 minutes of activity changes your brain," says Dr. John Ratey.¹

"There are limits to how crazy I'm willing to go with some fitness craze," you say. "Here is where I'd draw a line in the sand!" you continue.

I want an activity that is fun, not boring.

I don't want to spend all my time at a gym.

I'd like to do exercises that don't require an advanced degree. For example, I can't figure out how to do Tai Chi without looking like some poor soul who has lost their way during a fire drill. I'm looking for simplicity.

With the pandemic still around, how can I exercise but not be in intimate proximity to others?

The Answer is Pickleball²

Playing Pickleball with one or two others is downright fun. You play it on a small badminton-sized court, either inside or outside. Players need only a paddle and a plastic ball with holes. Remember 'whiffle balls' when we were kids?

1 Dr. John Ratey, author of the book *Spark: The Revolutionary New Science of Exercise and the Brain*, is an associate clinical professor of psychiatry at Harvard Medical School. <https://health.usnews.com/wellness/fitness/slideshows/mind-blowing-benefits-of-exercise>

2 Pickleball was invented in 1965 in Seattle, Washington. Joel Pritchard, Bill Bell, and Barney McCallum were the three dads who invented the game in trying to combat their children's summer boredom. <https://usapickleball.org/what-is-pickleball>

Pickleball is like a combination of tennis, badminton, and ping-pong. Only it's a safe and low-stress game. It improves your cardiovascular health. It gives you some continuous movement while improving your heart health. In time, you'll notice that you will have enhanced strength and endurance. It even improves your hand-eye coordination and reflexes. But as with any competitive sport, you should not injure yourself to get a winning shot.

Playing Pickleball enhances social interactions and helps you form new friendships. Regular meaningful social interaction is a known key to longevity.

What makes the game more lowkey are the rules. You hit the ball underhanded (from the bottom up), and the ball is always supposed to bounce. So, there is no mad charging forward and smashing it toward your opponent.

Pickleball puts less stress on your joints than other more vigorous sports. It's a low-impact activity. It is a perfect exercise for people who don't exercise regularly.

Pickleball is a fun way to improve your fitness. You'll be more coordinated and balanced. Playing it makes you feel more connected with others in your community. Doesn't that sound like an upgrade for your life's programming?

Why not start today by calling and arranging your court time? See the resources below or contact your area's recreation centers and private clubs.

Santa Monica Resources:

Memorial Park

(Pickleball courts, no reservations required)
1401 Olympic Blvd., Santa Monica, CA 90404
Memorial Park Grounds for hours: 310-458-8237
Ho Nguyen, SA Pickleball Ambassador for Santa Monica;
President of Santa Monica Pickleball Club
ho.nguyen200@gmail.com

You can find information on how to get started and when to play at Memorial Park by visiting santamonicapickleballclub.org. The Santa Monica Pickleball Club is a public, non-profit organization that provides free drop-in play, clinics, lessons, and round-robin tournaments for the community.

Santa Monica Tennis Center

(Pickleball store for paddles, balls, and lessons)
2505 Wilshire Blvd., Santa Monica, CA 90403
310-315-0886
Julio Rivera, Director of Pickleball

Meet Charlotte Ward, Renaissance Woman

By Linda J. Hernandez, M.S. Ed.

Charlotte Ward says of her life, “I enjoy an embarrassment of riches.” She remembers, “Our family relished learning. Aunt Addie Belle, who taught college biology, led me on river walks. As a little girl, I identified bryophytes and thallophytes. Uncle Allie, a college English professor, introduced me to writing sonnets. At night without electricity until 1947, we studied the constellations, and Mother, a master teacher, read me poetry and Greek myths by lamplight. My father, a judge, played piano, from Mozart to Joplin.”

Since the age of eight, Charlotte has been writing award-winning poems that incorporate her many special interests, including elements of mathematics, science, the environment, and the human connection. Preferring complex ideas that invite careful reading and reader participation, she has shared her poetry with numerous SMC Emeritus Creative Writing and Literature classes. In 2022, Charlotte was a featured poet at the Malibu Library.

With her late, renowned photojournalist husband, Fred Ward, Charlotte co-authored eight books on gemology, and also *The Home Birth Book*, featuring the birth of their second child, Christopher, and *Simply Live it Up: Brief Solutions*, incorporating life coaching and Neurolinguistic Programming.

Now in her eighties, Charlotte particularly appreciates continuing to work as an editor. In addition to numerous business publications, she has edited eight books on life coaching. For the last several years she has been helping shape a non-fiction book for publication, *WeToo: Saving the Men to Save Ourselves*, by Caprice Haverty, Ph.D.

Charlotte explains why she considers this work “of great import.” “Dr. Haverty overcame terrible abuse by her father. Against all odds, she learned to counsel victims of sexual abuse. Over the last thirty years, she has come full circle. She has developed protocols for helping many men who caused sexual harm to recognize their own painful histories and make amends to their families and communities. I wanted to work on this book as a way of promoting exponential healing to help save future generations.”

With a B.A. in English from the University of Florida and a Master of Liberal Studies with Distinction from Georgetown University, Charlotte holds several teaching certificates and credentials as further examples of her versatility and wide-ranging interests. She taught high school English classes for two years, and she has held stand-alone writing classes in a number of venues. She administered the Myers-Briggs Type Indicator Personality Tool to groups and private clients. For seven years, she was a member of the Toastmasters Professional Speakers Club in the Washington, D.C., area. For twelve years, she led seminars in Photo-Reading: The Whole-Mind System, helping people process

the printed page at phenomenal rates. Charlotte practiced yoga for 35 years and earned her teaching certificate from Evergreen Yoga Studio, Bethesda, MD.

On moving to Malibu in 2004, Charlotte became a member of the Malibu Woman’s Club, devoted to recognizing and awarding local fifth, eighth, and twelfth-grade students for outstanding academics, extracurricular activities, community service, and creative endeavors. After four years as President, she became Scholarship Committee Chair. Charlotte has given presentations on many subjects to an online Balcony Conversations Group, where we participate in weekly discussions of multiple topics of interest to women throughout the USA.

From her Malibu home with a 360-degree view of the Santa Monica Mountains and the Pacific Ocean, Charlotte welcomes the company of her four beloved children and their families.

Given her amazing range of accomplishments and activities, I think the appellation “Renaissance Woman” perfectly fits my fellow Emeritus student and friend.



**The Multi-talented Ward Family:
David, Kim, Charlotte, Lolly, and Chris**

Kudos: Gordon Blitz, A Playwright's Reflections

by Tracy Katz



After a forty-year career as an accountant, Gordon Blitz never considered himself a playwright or imagined he would be a 2023 semifinalist for a one-act play from the Kennedy Center American College Theater Festival (KCACTF) Region 8.

When he retired, Gordon's curiosity led him to enroll in Robert Fox's autobiography class at Emeritus. The class and stories helped him discover his writing skills which became chapters for his memoir,

Sissyhood. The chapter, "Paul, Loren and Jesus" was first published in the *Emeritus Chronicles* before he revised it and submitted it to the KCACTF as a one-act play. *Reflections* is the story of a Jewish boy who meets a Christian girl and thinks he will prove to himself and the world that he is straight. The play also describes an intimate friendship he has with a boy more effeminate than him.

The four-day regional festival in Las Vegas in February 2023 gathered ten writers to showcase their work: six 10-minute plays, two monologues, and two one-act plays were cast, rehearsed, and performed for an audience of seventy-five. The festival was capped with an awards ceremony on the final night. "The

actors freed my characters from the page and recreated my past while taking the crowd to a different time. I felt like I was exposing my life, art, and creativity," Gordon said, and then added, "And the actor who read the stage directions elevated my words from the page to action." For Gordon, the announcement "and the winner of the one act-plays is "Reflections by Gordon Blitz." was "beyond surreal—beyond a dream—beyond anything I have ever felt," he said. So many people came up to him and told him how much they related to his play and how moving it was for them.

An Emeritus student, Gordon is an inspiration of courage and creativity in his work. He does not shy away from the truth and hard subjects.

He can't wait to hear whether his play will be selected for the National Festival to be held in Washington D.C. in April. Hopefully, "What stays in Vegas, doesn't stay in Vegas," and *Reflections* will hit the boards in Washington D.C.

The Bargain Hunter: Corner-Free Money

By Gordon Blitz

Yes, this bargain hunter found \$300. In this installment of Bargain Hunter, I will explain how it happened.

In the good old days, when traveling was a must, earning frequent flyer miles was manna from heaven. And the initial offering went something like this: *Get a Citibank credit card and we'll give you 80,000 miles. For every dollar you spend, you'll earn a mile or more per dollar spent.* A possible caveat to that tempting offer was that you might be stuck

paying an annual fee. And not to even mention how restrictive using the miles to fly could be.

Then the advent of cashback happened. And this can be a good deal. If you have, for example, an Amazon Credit card and Prime Student membership, you'll be earning Prime rewards based on your Amazon credit card charges. These rewards can be used to reduce your monthly bill. Not bad. Almost every bank offers cash rewards. But when I saw Capital One offering me \$300 if I applied for their credit card and spent \$500 over three months, I thought this was too good to be true. There had to be a gimmick. But no, I checked with Capital One, and there was no annual credit card fee and no hidden small print restrictions. You might say to yourself, "I don't need another credit card. What is it going to do to my credit rating? How am I

going to remember to pay on time? Not a problem. I have automatic payments for all my credit cards. And if someone wants to reduce my credit card bill by \$300.00, I'm all in.

And it doesn't end there. Check out all the offers banks are making for referring a friend. With Capital One, they offered to give me an additional \$150 for every person who applied and used me as a reference.

Another opportunity is with Marcus by Goldman Sachs and their online savings account. They pay 3.75% interest, but if you get a friend to deposit funds, you'll get an additional 1% for three months.

Another item to watch for is how the cashback is calculated. Depending on what you are using your card for can make a big difference. Food, gas, travel, restaurants, and medical

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Kudos: Celebrating the 40th Anniversary of Esperance

by Lisa Zarowin



If it's true that necessity is the mother of invention that might explain how Barbara and Roy Hasselquist created Esperance, a program and a residential facility for adults with autism and learning disabilities.

Esperance began forty years ago when Barbara and Roy's youngest daughter, Dara, was given an autism diagnosis. At the time, the origin and treatment of autism were not well understood. The predominant theories suggested that it was a psychological and behavioral condition. Colleges and universities were training psychologists and special education teachers in Bruno Bettelheim's conclusion that autism was caused by emotionally distant mothers. The term "refrigerator moms" became the accepted result

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can all have different percentages... anywhere from 1% to 3%. Plus, there are come-on deals. At Chase, I was earning 5% for anything I bought during my first year.

I know we were taught; *you don't get anything for free* but I've seen the light and I'm here to testify; you can earn free money. So, forget that motto and just go with the song, "The Best Things in Life Are Free." That's what this bargain hunter is singing!

of autism's origins. Barbara, who had returned to school to get a Master's degree and credentials in special education and reading, said she never accepted that despite the pressure she received from her professors, advisors, and doctors. Creating a place for Dara in the world put Barbara on a path as an activist, educator, and a fundraiser.

One of Barbara's first challenges involved Dara's education. Santa Monica Unified asserted that they did not have the structure in place to educate her child. Barbara reminded the school district that disabled children are entitled to a public education according to federal law, and the district was going to need to find a way to accommodate Dara, and as it turned out, several other youngsters of varying abilities. When it was clear the system did not have an appropriate class and curriculum for these youngsters, with Barbara's guidance and a special education teacher, a program was developed.

In 1986, Esperance created a residential facility for its clients offering a supportive environment where one could grow and test their own boundaries with a trained staff.

One of the core tenets of Esperance is that all parts of the curriculum and living situation must be individualized and based on the client's strengths, not their weaknesses. The programs and their goals include teaching communication, social, and behavioral skills. This is where the Westside Regional Center came into play. The Regional Center is a non-profit agency funded by the state of California and the federal government to coordinate or provide

community support and resources to individuals with developmental disabilities. Barbara, her staff, and her board have the responsibility of oversight for compliance with these state and federal laws.

As Dara and others aged out of the public school system, Barbara tackled creating a Day Program for these young adults. This program, among its many other goals, has found local employers for its clients which gives the client a sense of purpose and accomplishment.

As I listened to Barbara in her kitchen talking about this forty-year saga, I asked her how she was able to push through all the obstacles that faced her and her daughter. I asked her how she, when most people, would have been overwhelmed or crushed, found the perseverance and fortitude to create an organization that would offer so much to the disabled community. Before we could discuss it, Barbara's phone rang and it was Karen, the woman who oversees the Day Program at Esperance. She was out with one of the clients and, although this was not the purpose of the call, told Barbara what a great day she and the client were having. The phone was on speaker and I could hear both Karen and the client. Their voices were excited and happy, warm and engaged. When Barbara hung up, she began to cry. "You asked me how I do this. There are setbacks and difficulties, but did you hear their voices, hear what they were doing? This is why I do this."



Esperance

From the Dean's Desk

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at 23555 Civic Center Way Malibu, CA 90265. SMC Malibu offers a combination of credit and noncredit classes. Be sure to check it out!

Guadalupe Salgado
Associate Dean, SMC Emeritus (Interim)

Scott C. Silverman, Ed.D.
Dean, Noncredit & External Programs (Interim)

WHAT'S HAPPENING: *Spring Emeritus Events*

EMERITUS ART GALLERY

The Emeritus Art Gallery is located on the first floor of the Emeritus Campus, 1227 Second St., Santa Monica. For gallery hours and more information, call 310-434-4306, or visit the Emeritus website (smc.edu/emmeritus). Exhibits and opening receptions are FREE.

Annual SMC Emeritus Student Art Exhibition 2023 – Part 1

Don't miss Part 1 of our popular annual group exhibition of creative works by students in SMC's Emeritus program. Part 1 opens online at 5 p.m. Thursday, April 20, with a Zoom reception event from 5 p.m. to 6:30 p.m. featuring selected artists speaking about their work and hosted by Dean of Noncredit and External Programs Dr. Scott Silverman and Emeritus Gallery Curator Jesse Benson.

Thu, April 20 | 5 p.m.-6:30 p.m. | Free | Online;
see smc.edu/emmeritusgallery

Annual SMC Emeritus Student Art Exhibition 2023 – Part 2

Join us for Part 2 of our popular annual group exhibition of creative works by students in SMC's Emeritus program. The show will be presented in the Emeritus Art Gallery and available for viewing online. Exhibition opens online at 5 p.m. Thursday, May 26, with a Zoom reception event from 5 p.m. to 6:30 p.m. featuring a number of student artists speaking about their work and hosted by Dean of Noncredit and External Programs Dr. Scott Silverman and Emeritus Gallery Curator Jesse Benson.

Thu, May 25 | 5 p.m.-6:30 p.m. | Free | Online;
see smc.edu/emmeritusgallery

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



**1227 2nd Street
Santa Monica, CA 90401**

Business Hours:

Mon. – Fri., 8:30 a.m. – 4:30 p.m.

Telephone: 310-434-4306

Email: emeritus@smc.edu

Website: smc.edu/emmeritus

SMC Emeritus is committed to life-long learning for older adults. From art and literature to health and safety, personal finance, and digital technologies, SMC Emeritus 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, and 4th floors of Emeritus; and in-person on the 1st floor Enrollment Services or 4th floor Administrative office.



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