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A Program of Santa Monica College

THE EMERITUS VOICE

From the Dean's Desk *by Dr. Scott Silverman, Dean*



Dear Emeritus Students,

As we approach the conclusion of Emeritus's 50th anniversary year, I am filled with both pride and gratitude. Fifty years ago, Santa Monica College established Emeritus with a singular vision: to provide exceptional opportunities for lifelong learning, personal growth, and community engagement for older adults. Decades later, that vision not only endures but continues to flourish, thanks to the dedication of our students, faculty, and staff.

Throughout this anniversary year, we have reflected on Emeritus's history and celebrated its profound impact on individual lives and our broader community. Our commemorative events — ranging from "Let's See SMC" field trips to the other campuses

continued on page 2

Emeritus Dean Talks Budget

By Hannah Heineman

For months, Emeritus students and faculty have felt a lot of angst about the finances for the Emeritus Program. Despite these concerns, there have been no cuts to the current fiscal year's budget according to Scott Silverman, the Santa Monica College's (SMC) Dean of Noncredit & External Programs.

The only change made was not to replace Guadalupe Salgado-Shower, Emeritus' Interim Associate Dean. Silverman explained her position was "temporary" and the college decided "not to go forward" to recruit for a permanent Associate Dean. Silverman has taken on her responsibilities and has "two managers that go to the 2nd Street Emeritus office to help out." Administrative Assistant, David Mendoza, is also available at 2nd Street.

Silverman also mentioned that SMC has "cut \$15 million from its budget over the last two years" but "there have been no permanent cuts from Emeritus expenses. This is an indication of the support from the Board of Trustees and Senior Leadership have to the Emeritus program."

However, Silverman emphasized that he "can't promise any new sections." If he has to cut any

classes down the line, it will be those "with low attendance." But he will always keep Bereavement Support, Living as a Single Person, and classes for stroke patients.

The college has a reserve account that is required by law. Silverman pointed out, "The college has had to make hard choices this year to keep the reserve account where it should be." For example, the college has been cutting down on administrators "to save on salaries" and by not replacing Vice Presidents who have retired.

Emeritus receives funding from the State of California which is based on attendance. Attendance overall is down at community colleges due to the drop in the enrollment of undergraduates. Silverman sees the expansion of adult education as a way to combat this trend. He wants to add the "18 non-credit courses that are run through the Bundy Campus," such as Bike Repair and Certified Nursing to the Emeritus Program. He hopes that correcting Emeritus Zoom attendance issues will also help, as well as incentives for Emeritus students to attend classes regularly.

Another source of funding for the Emeritus Program is the SMC

continued on page 16

From the Dean's Desk

continued from page 1

of Santa Monica College, to the “Fifty Over 50” program have given us an opportunity to celebrate lifelong learning and bring the Emeritus community together with the broader community of SMC! These gatherings have showcased the vibrant spirit that defines Emeritus and underscored the value of lifelong learning at every stage of life.

I want to extend my sincere appreciation to all who participated in these celebrations and who continue to contribute to the dynamic culture of Emeritus. Your enthusiasm, curiosity, and commitment are the heart of our program and the reason for its enduring success.

At the core of our program's strength is our outstanding faculty. Over the past two years, Emeritus instructors have worked diligently to review, revise, and propose new courses that respond to the evolving interests and needs of our students, ensuring that our curriculum remains both relevant and engaging. I encourage you to explore our class schedule and consider enrolling in a course that sparks your curiosity or challenges you in new ways. If you are a creature of habit and always take the same courses – try adding something new to your routine!

I would like to take this opportunity to remind our community of the critical role that student engagement plays in sustaining Emeritus. Santa Monica College's funding for Emeritus is directly tied to student attendance hours. Simply put, the more you attend classes, the stronger our program becomes. Your participation not only enriches your own educational experience but also helps ensure that Emeritus remains a robust and well-supported resource for all. Every hour of class you attend gets included in the calculation of “Full Time Equivalent Student” (FTES).

Regular attendance enables us to offer a wider variety of courses and maintain the quality instruction you have come to expect. If you haven't already, I urge you to make attending classes a priority — we might even offer recognition awards for attendance — and to invite friends or neighbors who might benefit from joining our wonderful community. Check your email soon for information on how you can pick up Emeritus marketing materials to deliver to family, friends, and community resources.

As we look to the future, our commitment to lifelong learning and community engagement remains unwavering. With your continued involvement and the creativity of our faculty, I am confident that Emeritus will not only meet the challenges ahead but will continue to thrive as a model of excellence in older adult education.

Thank you for being an essential part of Emeritus. Let's celebrate our 50th year by deepening our engagement, supporting one another, and embracing all that lifelong learning has to offer. I look forward to seeing you in class and at future events as we build the next chapter of Emeritus together.



Lights, Camera, Action: Up Close with the *Stromberg Living History Series*

By Perri Chasin

On Tuesday, June 3, 2025, 3:30 p.m., the lights came up to energetic applause in Santa Monica College's Center for Media and Design theater on Stewart Street, where fourteen young film students from the college's Media 21 class had gathered to celebrate with faculty, family, and invited guests. This, their final session of the semester, was a screening to debut their recently completed *Stromberg Living History Series* documentaries.

The first of the two short films, each with a running time of eight to ten minutes, profiled Emeritus student Gordon Blitz, a prolific author of novels and theatrical productions who became "a passionate writing machine" that found his writer's voice after he retired in 2017 from forty years of accounting. The second video that premiered that afternoon featured Bob Stern, renowned Emeritus Special Studies in Politics faculty who served as former President of the Center for Governmental Studies, worked for Secretary of State Jerry Brown and who has been called the "godfather of modern political reform in California." The *Stromberg Living History Series* is the product of a generous gift bequeathed by the late Miriam 'Mitzi' Blahd to honor retired SMC political science professor and former KCRW talk show host Harvey Stromberg. Blahd's one-million-dollar gift was presented to the Santa Monica College Foundation of which \$400,000 was allocated to fund the documentaries and \$600,000 was earmarked for SMC scholarships in Stromberg's name.

Under Silverman's aegis since its inception, the *Stromberg Living History Series* has been taught by SMC faculty Roxanne Captor. Captor joined SMC in 1986 and began teaching the SMC Documentaries in 2012, short films covering Los Angeles' history (these films can be accessed on the SMC YouTube channel). Following Blahd's bequeathment, SMC Documentaries segued to the *Stromberg Living History Series* eleven years later.

Students typically complete four short original films annually, two in the spring and two in the fall semesters. Each living history is written, produced, and directed by Captor's students who meet once weekly for twelve weeks in SMC's Short-Form Visual Media Production course. This hands-on course allows Media Studies majors to create a professional piece of work with which



to apply for employment in the entertainment industry or to a film program at a four-year university.

While Dean Silverman would love to create a living history documentary of all Emeritus seniors, the original gift specifies up to four films each fall and spring can be produced. Since its inception, the limiting factor has been an insufficient number of students enrolled in Media 21 to produce more than two films a semester.

The requisite criteria for a potential film subject is they "possess an engaging life story," and since launching the program, six engaging living history short films have been produced. Among those is a video featuring former Emeritus student and multi-award-winning *Mission Impossible* actress/director Barbara Bain who, during her interview by an SMC student filmmaker declared, "I'm over 90, so you have to speak up and enunciate."

Another film features Emeritus student Louvenia Jenkins, one of the first Black female homeowners in Pacific Palisades and longtime international educator whose home of 57 years was lost in the Palisades fires (an ABC news segment that interviewed Jenkins and Roxanne Captor included clips from her *Living History* film). Fundraiser, philanthropist, and SMC patron Mitzi Blahd herself, is also a subject of the series.

Silverman's plan is for these films to air on SMC's YouTube channel. Under his leadership, the future of the *Stromberg Living History Series* is secure and he is reassured by the knowledge that the funds exist so these touching personal Emeritus sagas will continue to be produced by SMC undergraduates, so we can expect more lights, camera, and action to come.

Longtime Emeritus Student Charlotte Ward is New Poet Laureate of Malibu

By Linda J. Hernández, M.S. Ed

August 14 was a red-letter day for longtime Emeritus student Charlotte Ward as she was inaugurated as Poet Laureate of Malibu for 2025-2027. Surrounded by friends, family, and admirers at Malibu City Hall, the venue was standing room only for “The Changing of the Verse,” when Nathan Hassall turned over his Poet Laureate Crown to Charlotte.

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

She recently published her first poetry book, *Atmosphere* (2025) in collaboration with the photography of her multi-talented son Chris. They are both working on their next book *Terrain*. Both books in their new “Infinite Malibu” series, reflect their love affair with their adopted hometown these past 22 years.

As the new laureate, Charlotte is hoping to involve the very artistic students at Malibu High School for the Poetry Summit next May. The Poetry Summit is a large event held in the City Hall auditorium with several avenues of artistic expression accompanying poetry readings by notables and students, a student art poster

display, and a musical trio with singers and dancers. Planning will go forward now that the 2025-2026 School Year has started. One challenge to the Malibu community is the very real loss of homes, businesses, activities, and much else due to the past winter’s fires.

The following is part of Charlotte’s acceptance speech:

Come join the fun of our Poet Laureate programs, the height of wit, the depth of pathos, the beauty of chosen words that sing off the page. Revel in the voices of our guest poets and neighbors and enrich us with your own special words.

Malibu is a poetic community, perhaps because we are enlightened by beauty — from the chaparral to the mountains to the vast blue skies and ocean before us. You may be surprised at how popular our events have become.

The word *creative* springs from the same root as the word *creature*. Both words burst with aliveness and possibility for new ways of being. So it is that poetry brings forth new ways of feeling and saying the world.

This year, more than ever before, the Malibu Arts Commission and the Malibu City Council are sponsoring a unique array of renowned poets to please many tastes. We are holding two events a month for our enthusiastic attendees:

Caffeinated Verse features readers who perform their poetry and an open mic where our local poets thrill, amaze, and regale the community with their own work.

For those who want to write and share as they create, we offer a **Vibrant Cycles Poetry Writing Studio** under the leadership of various Poets Laureate. We encourage all ages, all interests, all levels.

Each event is free. Each will be extraordinary in its own way. We will meet in the accommodating surroundings of the Malibu Library. What will make the difference is your presence.

More information about Charlotte Ward and the Poet Laureate Program can be found on their website: malibupoetlaureate.com



Longtime students and siblings, Edward Johnson and Linda Hernandez, congratulate fellow student Charlotte Ward as she is designated Poet Laureate of Malibu on August 14.



Emeritus Faculty Marsha Cooper: A Yoga Instructor Seeking Health & Wellness for All

By Margaret Lenzey M.A.

Inspiring health-mindedness, healing, and prevention through her lifelong experience in dance, yoga, and natural healthy living, Emeritus instructor Marsha Cooper has also had a compelling life.

"I went through the war," Marsha shares. "I was a very young child. I survived the bombing. It was pretty bad, so I was evacuated, as all children were. I was sent to the countryside of England." Finally returning to her home in 1942, Marsha stayed in England until she was nineteen years old before emigrating to the United States.

There, she worked at the Beverly Hilton Hotel as a concierge where she met a senator named John F. Kennedy along with glamorous movie industry people, who attempted to lure her in, but she never wanted any part of the "shenanigans." Instead, she turned to what she loved. "I took every dance class you can imagine; ballet, tap, Spanish, and ballroom. I had to work as a single mother."

Working as a yoga teacher found Marsha. "Sitting on the beach one day, a woman asked, 'Why don't you come to my yoga class at Santa Monica College?' I was maybe 30 years old. I took her yoga class, and I loved it." That woman was famed yogi Indra Devey. Eventually, Marsha started subbing for her, and that led to teaching on her own. Since then, she's taught in Beverly Hills, Santa Monica, and at the senior center in Malibu.

Along with yoga and dance, Marsha has studied nutrition. "I have not had any sugar for 20 years. I practice a very healthy diet. I do yoga and drink a lot of water daily. I

don't eat meat, but I listen to my body, if I feel like it I will."

Marsha has two sons and three grandchildren. "I am happy to live a simple life," Marsha says. "I don't want to have any stress. I only want to know my children are happy. I'm grateful to live at the ocean."

With 60 years of experience, Marsha is an inspiration as an older adult teaching yoga to older adults. Marsha shares, "Yoga is a wonderful way to gently stretch, strengthen, and improve the immune system. It is good for all ages. It's anti-aging. My first yoga teacher lived to 102.

"In her classes, we begin deep breathing exercises and center ourselves in mindfulness and gratitude. Then, we move from gentle stretches into various yoga poses according to ability and pace. Throughout the session Marsha encourages us, "Go slowly, breathe, hold it, relax your shoulders, jaw, shake it out, drink your water, and SMILE!"

Whether a beginner or a lifer, it's a wonderful experience practicing yoga with Marsha Cooper.

Marsha teaches Emeritus Zoom Classes:

Monday 9 a.m. – 10:50 a.m.

Tuesday & Thursday 10:00 a.m. – 11:50 a.m.

And in person at the Malibu Senior Center:

Monday 1:00 p.m. – 2:00 p.m.

Wednesday & Friday 11:00 a.m. – 12:00 p.m.

malibucity.org/343/Senior-Center

Kudos: Bonnie Schneider Prierer

65-year-old Emeritus Student's First Professionally Published Novel

By Mari Fix NicEwen

"She glittered a pastel sunset of orange, coral, and yellow, overlooking an ocean of aquamarine. ...She drew the waves crashing against a bed of rocks, covering the red seaweed hiding beneath. She closed her eyes, inhaled the salty smell of the ocean into her nostrils."

Ah, kudos to the sweet scent of achievement. Bonnie Schneider Prierer, a 65-year-old, Emeritus student is starting to see a picture-perfect version of her life unfold as a poster child for Life doesn't stop at 60 and It's never too late to make colorfully substantial art. Bonnie's first novel, *Cece in Wonder Land* will be available sometime in early 2026 from Acorn Publishing.

Bonnie is a student of Kathleen MacKay's autobiography writing class, and attends Theatre Arts and Aqua Yoga classes at Emeritus College this semester. She has been running a Theater Review Blog called "Curtain Up" for the past 10 years, chronicling the best in theatrical productions, has written a published article for Newsweek Magazine about aging and was first inspired to write by her 10th-grade English teacher.

In the novel, Bonnie introduces Cece, our neurodivergent heroine, who gleefully metaphorically finger paints her way through life from one gooey scenario to the next, proving that always being able to read the social cues is not necessarily a recipe for a life of awe and wonder.

Cece, fashioned around the real-life experiences of author Bonnie who describes herself as a woman with Aspergers, started out with a plan that miraculously fumbled into an unexpected prima grand life adventure.

In the novel, Cece fumbles her graduate school admission after being dumped by her boyfriend on the plane ride to her school location in Israel. With no boyfriend and no solid plan left to speak of, she paints us her next five years, rough sketching a twisting tale that has a penchant for repeatedly tossing all the details into the air and starting from a blank canvas.

"At that exact moment, Cece had an epiphany of sorts. It's too painful and not too late to escape. If I don't escape...we'll be together sadly through eternity, even sitting miserably together in heaven."

A blank canvas is the epitome of the ground of a creative act, and allows Cece an ever-new field of possibility, weaving each supposed muddle into her very own tapestry of beauty. Neurodivergence is a thing of beauty as is every other perceived handicap. This includes outwardly invisible handicaps. Our foibles can be our assets and our handicaps our superpowers. We just need to open up to the wonder of it all. The novel is an anthem to understanding, a bridge opening to a world willing to suspend judgement and see life through a lens of compassion. An invitation to join the dance anew, blemishes and all.

And as miraculous as it seems, you too can start living like Bonnie does at 65. Write your book, start your song, plant your garden. Life doesn't end. Each day the path starts new again as your very own masterpiece unfolds. Get messy and live life full out.



Cece in Wonder Land

Coming January 2026



@BONNIEDEB13



BONNIE PRIEVER

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Emeritus Launches New Travel Program

By Hannah Heineman

Santa Monica College's Emeritus and Community Education Programs have partnered with Collette Travel. This new partnership will give students from both programs the opportunity to travel to various destinations.

Collette approached SMC about the partnership. They have worked with Pasadena City College, Pepperdine, and some alumni programs with a similar arrangement.

Brandon Dore of Collette stated SMC travelers will receive a "significant discount by traveling with the group." He emphasized that their trips are "slower paced because there is less unpacking because of longer night stays at the hotels." Dore also noted the hotel accommodations are four star plus and that the majority of the rooms are double occupancy. There are very few single accommodations available.

In order to have an SMC instructor with expertise on the trip's theme, at least 10–12 people will need to be signed up so that the instructor can go at no charge.

SMC's Dean of Noncredit and External Programs Scott Silverman also noted that the "Community Education Program was not making enough money, so it needed a way to generate revenue." Therefore, 8–10 percent of the travel program's fees will go to Emeritus and the Community Education Program.

The first trip will be the **Discover American's Music Cities Tour**, which will run from **April 12 – April 19, 2026**. The trip includes visits to New Orleans, Louisiana, Memphis, Tennessee, Oxford, Mississippi, and Nashville, Tennessee. This tour can accommodate up to 44 people. The deadline for the group deposit rate will have passed when this article is published, but students can still sign up at gateway.gocollette.com/link/1360642

The eight-day Music Cities Tour will begin in New Orleans with time on your own to explore the city. The next day will include a walking tour of the French Quarter, a

get-acquainted dinner with the group's travelers, and a post-dinner visit to a French Quarter Jazz club. The following day will include a stop at the Grammy Museum in Cleveland, Mississippi, and travel to the college town of Oxford, Mississippi.

The tour will then move on to Memphis with a visit to Elvis Presley's 14-acre estate, Graceland. The following day will include a civil rights tour to various places, including the National Civil Rights Museum. Lastly, there will be visits to the Sun Studio and the Memphis Rock 'n Soul Museum to explore Memphis's musical history.

Nashville will be the tour's final stop and include a visit to the Ryman Auditorium, a choice between a tour of the Johnny Cash Museum or chocolate making, and a performance at the Grand Ole Opry. The tour's last full day will include a visit to RCA Studio B, a tour and farewell lunch at Belle Meade, Nashville's oldest winery, and a stop at the Country Music Hall of Fame Museum.

There are two other trips in 2026. Informational meetings will be held before the group rate deadline sign-ups. Students can get the group rate by signing up on the following links. For **Discover British Landscapes** (England, Scotland, and Wales), which will be from **August 2 – 11, 2026**, the link is gateway.gocollette.com/link/1360500

For **Tropical Costa Rica**, which will be from **December 10 – 18, 2026**, the link is gateway.gocollette.com/link/1360503



Discover
America's
Music Cities



Discover
British
Landscapes



Tropical
Costa Rica
Landscapes

Marina Del Rey on a Dollar

By Fay Viola

Burton W. Chace had a vision for a marina just north of Playa Del Rey. In his role on the County Board of Supervisors, Burton W. Chace ushered in one of the largest small craft and sailboat harbors in the world and an oasis away from the hustle and bustle of the big city. But you don't have to own a big fancy yacht to enjoy it. Or even keys to the Marina City Club.

On a spit of land at the end of Mindanao Way is a patch of green grass, massive trees, and picturesque pergolas that make up the magnificent Burton W. Chace Park. It is a haven of free entertainment, weekly programs, and genteel picnics day or night. The park was built and established in Burton W. Chace's honor, and in the past few years the L.A. County Department of Beaches and Harbors has really turned on the freebie charm.

During the week (Mon – Fri), parking is free in the park. The Marvin Braude Bike Trail passes along the bottom of Mindanao Way and Admiralty Way. The park is an excellent location for sea lions and boat watching, fishing, BBQing, or simply walking the dog. There is also free WiFi for those who need to stay “plugged in.”

The following events, classes, and activities are available free to the public for the rest of 2025.

Walking Club Tuesday and Thursday 10:30 a.m. – 11.30 a.m. Call to confirm 424-526-9010

Sandy Brushes Wednesday 5:00 p.m. – 6.30 p.m. Beginners Drawing and Watercoloring Classes ages 14+ registration required, chacepark@bh.lacounty.gov.

Zumba Classes Thursday 3.:30 p.m. – 4.30 p.m. registration required, chacepark@bh.lacounty.gov

Yoga Monday 6:30 p.m. – 7.30 p.m. Reserve a spot chacepark@bh.lacounty.gov

Halloween Family Fun “Spooktacular” October 25 and 26, 4:00 p.m – 10:00 p.m.

Holiday Boat Parade Saturday, December 13, 7:00 p.m.

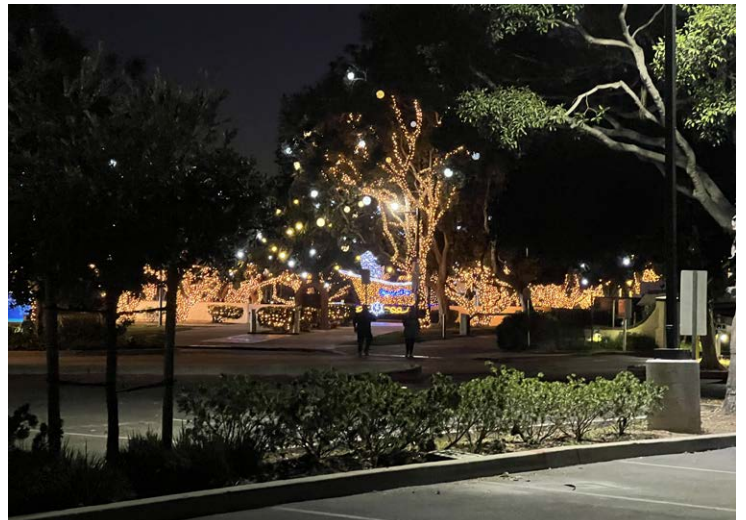
New Year's Eve Fireworks or Drone Show December 31, 9:00 p.m. and 12 midnight.

The park is decked out with the most beautiful lights and decorations throughout the whole month of December and into January 2026. The park simply glows after sundown.

Parking for major events is often restricted — organizers recommend parking lot 5 on Admiralty Way. Please read the signs regarding payment.

There is also a robust summer program, which I encourage you to check out when the season begins. These include a fun WaterBus that takes you all over the marina for a \$1 a ride and a Shuttle Bus that you can ride for free. There are 4th of July Fireworks, once again seen from the park, summer concerts, outdoor movie nights, and dance parties. Check out events@bh.lacounty.gov.

I hope you enjoy this year-round treat that is Burton W. Chace Park, bringing community, multi-cultural events, and multi-generations together in a lighthearted, fun-filled, land-meets-sea (without getting wet) environment. The park is wheelchair accessible at all points and there are always public bathrooms available.



Boujee Adventures in Beverly Hills

A Thousand Ways to Spend a Thousand Dollars an Hour Abound in Beverly Hills

By Camille Gaon

Let's start with where you'd sleep. Pick from a smattering of hotels that have standard rooms starting at \$1,000 per night. Without tax, fees, tips, and frills.

There is the Waldorf Astoria, Cinderella's stepsister to the one in New York City, the legendary pink Beverly Hills Hotel, The Maybourne, a nouveau-riche kid on the block, and last but not least, the classically elegant Peninsula where I got married for the second time right after they opened over three decades ago with mine being their first wedding to take place. Before you jump on that one, thinking it's a good luck charm for a long marriage, don't. Mine lasted under a year and a half.

If deluxe rooms are too pedestrian, penthouse suites await. If you hurry you can snag the Governor Penthouse suite at the Waldorf for \$4,982. Tax is an additional \$1,024.42. All other penthouse suites are booked for this mundane Monday, and it's not even during any awards season.

You'll be mixing in the rarified air of the ultra-elite, so you'll want to indulge in add-ons. Valet parking \$84.40 per night, a bargain since you can't park in the area without incurring tickets, towing, and impound expenses the price of a new Bentley.

For smokers, rates are higher. Standard rooms start at \$2,500 and \$5,000 for signature suites. The perfect place to kick the nic!

Now it's time to hit the Spas. Day passes run around \$500 per day



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on the low end and go up to a few thousand with private cabanas. Offerings like Diamond Bright facials are nice, but I'm disappointed that they don't offer anything close to the ultimate spa treatment like the 24-Karat Gold Mask facial that's offered at the renowned Talise Ottoman Spa in Jumeirah Zabeel Saray, Dubai, where their spa experience runs \$6,800 a day. Instead, slum it at the Beverly Hills Hotel Spa with the Marilyn Monroe Massage for \$600. Have a good hair day at Kevin Salon at the Waldorf and indulge in a balayage color job for \$685.

A girl's gotta eat, so treat yourself at the Polo Lounge at the Beverly Hills Hotel. Their outdoor garden is a garden of Eden, and a good place to stargaze. My first foray there half a century ago, landed me in a booth right next to Groucho Marx. I used to get the Smoked Salmon Eggs Benedict for Sunday brunch except on the rare occasions when I opted to pull a Benedict Arnold and get the hubcap-sized Dutch Apple Pancake.

You can still get that if ordered in advance, although now it's silver-dollar-sized for \$45.

Now please save room and money for shopping. The world-famous Rodeo Drive awaits! Don't pass Go without getting the \$14,000 Hermes Birkin bag! Afterwards, have a cuppa for High Tea at The Living Room at the Peninsula. Try the Imperial Tea for \$190.

Grab designer dinner grub at Gucci Osteria da Massimo, where your \$400 dinner will be served on their own Gucci plates that cost \$341 each and are available for purchase. Splurge on the Captain's Treasure Chest cocktail for \$75 to numb yourself before the bill arrives.

Now, if you still have money to burn and aren't frugal of heart, please do go load up your grocery cart at Erewhon and get the \$1,000 Celebrity Chef ice-cream caviar sundae and a \$30 Halle Berry smoothie and then file for bankruptcy at the checkout.

Eating Healthfully for One or Two People

By Jeanne Shamji

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Many seniors open their refrigerators and become discouraged about what to eat. We need to eat healthfully, but preparing meals for one or two people can seem overwhelming. The shopping, cooking, and cleaning up make one want to turn to prepackaged, over-processed, and delivered meals. This does not have to be the case. Follow these tips to get the most out of your groceries and make delicious and healthful meals while saving money.

Prep meat and veggies immediately after shopping.

Immediately dice vegetables in a chopper for use in omelets, marinara sauce, or stir-fry. Chop enough salad for three days, then place in a Ziplock bag with a paper towel to prevent from becoming soggy.

Prepare chicken fillets by cutting into bite-sized pieces and placing them in Ziplock bags with different seasonings. Divide ground meat into meal-sized portions. Adding beaten egg and Italian breadcrumbs will extend the meat and make it juicier.

Add taco seasoning to the meat you plan to cook Mexican style. Prepare meatballs, kabobs, or stuffed peppers in advance, and store in glassware with oiled foil inside to prevent burnt food from sticking when cooked in a toaster oven. When you do cook, cook enough of each meal for lunch the next day.

Utilize simple recipes that can easily be reheated.

To cook spaghetti and meatballs, place your meatballs topped with chopped vegetables in the preheated toaster oven. Cook enough pasta for two days. Cover the meatballs and vegetables with marinara sauce after broiling, then return to the toaster oven to warm. Top with Parmesan cheese, and you have your first healthy dinner. Toss salad with dressing. Leftovers can be stored in the same container for lunch and reheated, served with salad.

How about preparing tacos? Fry some of the previously chopped vegetables in a non-stick skillet,

adding your previously seasoned ground meat. Warm taco shells and serve with lettuce, avocado, cheddar cheese, and low-fat sour cream. Warm leftover tacos for lunch the following afternoon.

Try a healthy curry. Place some of the chopped, seasoned chicken into prepared cookware. Add chopped vegetables and broil until cooked through. Add jarred curry sauce and return to the oven until the sauce is warmed. Cook basmati or cauliflower rice — enough for a few days — and heat the naan bread. Serve with curry and rice. Leftovers make an easy lunch. Stuff a naan with curry and enjoy with rice and a side of salad.

Other healthy dinner options include frozen tilapia or wild salmon steaks. These can be seasoned and roasted with asparagus. All these meals can be frozen, then defrosted in the morning.

And don't forget about breakfast.

Prepare breakfasts using prepped and chopped vegetables to create an omelet accompanied by berries and toast with sugar-free jelly. Instant organic oatmeal is healthier than those with added sugar. Add fresh fruit and sugar-free yogurt. A frozen fruit smoothie blended with almond milk is a nutritious start to the day. Prepare healthy blueberry muffins for breakfast and freeze the leftovers.

Enjoy eating healthily while saving time and money!

Demystifying PTSD

By Sharon Valente, PhD., APRN, FAAN

At the hair salon, my typically calm and chatty stylist burst into a rage when we heard a crash outside. Her fury went from 0 to 100% in two seconds. I was stunned as her temper exploded mysteriously. She explained, “I had a life-threatening car accident some time ago, and just now, the squealing brakes and car crash outside on Wilshire Blvd. triggered that memory. I suffer terribly from these PTSD symptoms.”

Another person, a war veteran might hear a car backfire and react like he heard a bomb, take cover and have flashbacks, while a rape or sexual assault survivor might reexperience nightmares of the trauma and avoid intimacy or relationships. Post Traumatic Stress Disorder (PTSD) is a mental health condition that can arise after experiencing or witnessing a trauma with a potential death threat, serious injury, or sexual violence. PTSD is characterized by intrusive thoughts, avoidant behaviors, and heightened awareness.

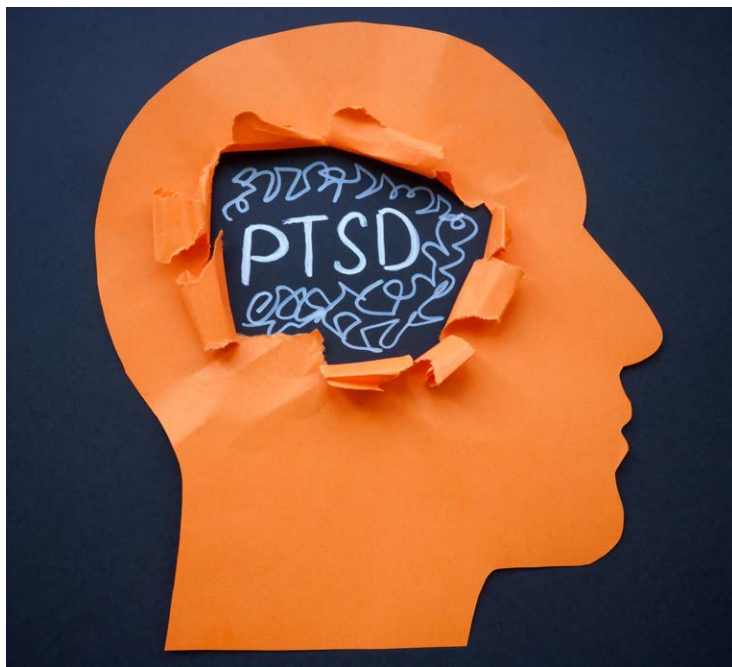
After a trauma, people with PTSD can act differently and respond with anger, rage, substance abuse, depression, anxiety, and self-destructive behavior. When these symptoms remain for six months or more, we consider it PTSD. Symptoms include *Intrusive thoughts and nightmares* (e.g., reliving upsetting dreams, flashbacks, and repeated involuntary memories of the traumatic event) and *Avoidance* where one avoids people, places, or things that recall the trauma and shuns talking or thinking about the event. Other symptoms include

negative thinking or mood changes such as persistent fear, guilt or shame, difficulty concentrating, and loss of interest in activities they previously enjoyed.

Misunderstanding the trauma, friends may offer ineffective yet simple solutions such as breathing, relaxation, or say, “Just laugh and forget it.” But people with PTSD don’t just get over it. Traditional treatments include antidepressant medications, psychotherapy, and Eye Movement Desensitization (EMDR®), a specialized therapy administered by a certified and licensed mental health provider. The American Psychological Association recommends evidence-based therapies like Prolonged Exposure or Cognitive Processing, but traditional treatments fall short for many, and outcomes vary.

Recently, psychiatry has examined Ketamine in the form of Esketamine, and Psilocybin (Magic Mushrooms) as PTSD treatments with more immediate benefit. The FDA has approved Ketamine, but approval for Psilocybin is pending. Small doses of Ketamine have been used safely for surgical anesthesia. Typically, Ketamine, Esketamine, or Spravato® is a nasal spray administered under a trained mental health care provider’s supervision with two hours of monitoring after the nasal spray. Side effects may include sedation, respiratory depression, fainting, dizziness, spinning sensation, or anxiety. Ketamine infusion (e.g., six infusions with two boosters) offered rapid relief from PTSD or depression with 85% success rates. One patient said, “Ketamine gave me instant relief, and I’ve got my life back.” More severe side effects, such as addiction or a bladder syndrome, typically involve high-dose, long-term Ketamine use.

As a Nurse Practitioner and Psychologist, I come across PTSD often. If you or a loved one have PTSD symptoms, it might be helpful to seek a diagnosis and treatment. Consult a therapist or primary care provider who can illuminate more information about traditional and new treatment options.



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Our Local Chiropractor: In Conversation with Dr. Khalsa

By Margaret Lenzey M.A.

When I come to my appointment and go in the assigned room, Dr. Khalsa enters, greets me warmly, and I immediately feel I'm in good hands. I'll sit down on the edge of the therapeutic table and he will touch various points on my back. We humorously refer to his hands as being similar to those metal detectors that a person might use at the beach. It seems like he intuitively goes to the locations I specifically need help with. Then I lay down, and Dr. Khalsa presses on these spots near my spine, like a pressure point, and I will be instructed to breathe into this point as he makes the adjustments. He's very knowledgeable, gifted, and gentle.

I have seen wonderful results in the relief of pain as well as a shift in my posture, giving me an overall peacefulness in my body since beginning with Dr. Khalsa over a year and a half ago.

Dr. Khalsa is a person who likes people and is gifted with helping them out of painful body challenges.

Practicing since 1980, first in his living room, then renting a one-room office with a tiny reception area where he treated patients for a year and a half, he then borrowed three hundred dollars from his Aunt Rose for a larger space. Since his humble beginnings, the current office has expanded to multiple treatment rooms for his chiropractor practice, massage, acupuncture, and other types of therapeutic modalities.

Dr. Khalsa's wife Martha and daughter Madeline, along with a few other good souls, passionately contribute to making the family business what Khalsa Chiropractic is today. They are always professional, patient, and kind. The waiting room is quiet and cozy with peaceful music on, a small informational library of books, and an array of Yogi herbal tea bags and hot water as a treat for clients. The Khalsas have a fun-loving nature, which is evident upon entering the waiting room and seeing the blackboard with a trivia quiz.

"Chiropractic therapy reduces stress, increases harmony and balance in the spine, therefore in the body, which induces the body to heal itself," he says. Dr. Khalsa sees chiropractic therapy as a complement, and even possible alternative to surgery, reducing the need for opioid painkillers and other potentially dangerous side effects of surgery.



Skepticism of the effectiveness of chiropractors is due to previous backlash and censure from the American Medical Association. "Now there's a tremendous body of research showing how chiropractic therapy helps in many conditions," says Dr. Khalsa. "We are grateful to have a really large client list over the years."

Dr. Khalsa sends out a monthly newsletter called, "Spinal Column," which he has written for decades and uses to share a variety of information about health and wellness to patients. Though Dr. Khalsa likes to practice what he preaches about a healthy lifestyle, "Once, my wife and I were sitting at a restaurant eating hot fudge sundaes, when a couple of my patients walked by. Most of my clients know that I am a pretty serious vegetarian."

If you'd like to reach out to Dr. Khalsa for an appointment to get started on healing the many challenges our bodies come up against in life, please contact him: Khalsa Chiropractic: 5880 San Vicente Blvd. Suite 101, Los Angeles, CA 90019
Phone: (323) 857-1277 Email: drmhaatma2@gmail.com
Web: drmhaatma.com

Selling My Soul

By Gordon Blitz

Have I sold my soul to the devil because I'm using Artificial Intelligence (AI)? As seniors we need all the help we can get. Why not use AI; it's free and needs no training to use.

Fraud protection: AI banking tools can monitor unusual transactions and protect against scams targeting older adults.

Cognitive support: Brain-training apps and AI games can help keep memory and cognitive skills sharp.

Accessibility: AI tools can read text aloud, transcribe speech, or provide real-time translation helping with vision, hearing, or language barriers.



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Social connection: Simplifying technology: AI can make it easier for seniors to use phones, and computers. AI simplifies the solution to technical problems far better than any YouTube or Google search.

Saving money: AI can plan an inexpensive vacation from Los Angeles. This is what popped out for me:

Santa Barbara

Why should you go? It's just a 1.5 – 2-hour drive. You can enjoy free or low-cost activities like breezy walks along Stearns Wharf, \$18 entry to the Botanic Garden, or a \$10 entry to the Museum of Art — plus amazing tacos at La Super-Rica Taqueria.

Time saver: I was remodeling my kitchen and wanted to find a good color for the walls that would complement the countertops and the cabinets. I sent AI a photograph, and it went into extensive detail about what color schemes would work without me having to look at swatches.

Writing: If you have writer's block and need something to jump start your creative juices, AI is a fantastic tool. You can ask AI to review your writing and give you constructive criticism to improve your work. AI has helped me write query letters. And when marketing my novels, I am able to create my own videos. I even use it to create the covers of my books.

Bob Lipson, another Emeritus student explained, "I've really benefitted using AI for every question I have. From rewriting a sensitive letter to fixing my T.V.; I've used Copilot or ChatGPT. You get correct and instant step-by-step instructions, and it encourages you to ask if you don't understand something."

This is another example that he shared with me. He said, "I wanted to write something based on a stage play called *The Physicists*. I had wanted it to be absurdist. AI knew the play and the author. Within seconds, I got ideas that got me started on my own absurdist screenplay."

So, I think I've made my case about why I jumped onto the AI bandwagon. You may say that I've sold my soul to the devil, but hey, why not? I'm not hurting anyone. It might even improve my life expectancy because of a decrease in any stress or worry that these topics might create.

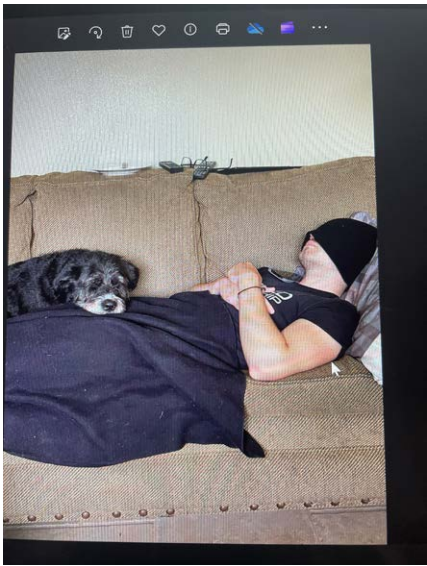
The Good, Bad, and Ugly: Zoom Classroom Faux Pas

By Sharon Valente

“I can’t hear,” I said to quell noisy side conversations in class. In 2020, Zoom catapulted into the online learning platform at SMC Emeritus. Faculty and students struggled to master Zoom’s features, including mutes, sounds, and camera. With scant guidance or etiquette guidelines, some succeeded and others gave up. I recall the frustration as students tried to log into Zoom classes.

One Emeritus student complained, “My neighbor in the Zoom gallery chomped noisily every week and we watched another person storm out and slam the door.” Another student Alice said, “I watched a nude guy on the Zoom screen exit the shower and get dressed.” Other irritants included watching someone cutting toenails, flossing, and hearing dogs barking when the sound and camera were on. Some folks don’t speak up about disruptions fearing potential blowback.

Occasionally we all need reminders. When I chatted unaware class had started, I appreciated classmates who courteously said, “Please be quiet. Class has started.” I laughed at a colleague’s photo of her roommate in a Zoom class who snored and snuggled with his dog. What would Emily Post or my grandmother from Scotland’s Highlands say about these antics? My Grandma Peggy would say, “Ach, Lassie if you act like a jackass, you’ll be treated like one. You should know better.” Let’s return to civility and help remind each other of basic etiquette. If you need technological help on Zoom, contact emeritus@smc.edu. I love SMC Emeritus classes on Zoom and in person, so I hope we will remember the rules of civility and remind our colleagues when they forget.



Do's	Don'ts
Mute audio when not speaking to avoid distracting your peers and instructors (e.g., conversations, rattling papers)	Keep mic unmuted as a default
Participate — use raise-hand feature to speak	Monopolize conversations or interrupt
Dress appropriately for class	Eating, bathing, dressing, grooming, or any other private activities. If you need to do any of these, mute audio and video
Log in early — check technology. Make sure your device has your name displayed	Interrupt class to explain why you're late or have technical issues. If you are late, enter with your mic muted
Stay present and avoid multitasking	Take screen shots, cell phone photos or record others without permission.
Turn phone off (use text or phone only for emergencies).	Share meeting links with anyone not enrolled or enter Zoom meeting unless you are enrolled in the class
Select a clean, neutral background	Chat with household members on camera and on mic
Communicate respectfully	Use rude language or become aggressive verbally or in the chat
Use chat responsibly and stay on topic. For any side conversations, message individual students directly	Monopolize the chat with personal conversations

WHAT'S HAPPENING:

Fall Emeritus Events

Online Safety & Security Workshop

An easy-to-follow workshop designed to help you stay safe online. Learn how to protect your personal information, recognize scams, use strong passwords, and browse the internet with confidence. Organized by the SMC Library.

Thu, November 6 | 11:30 a.m. | Free

Emeritus Campus Room 409, scan QR code to register



SMC Emeritus Concert Band

Yosuke Miyoshi, Conductor. The Emeritus Concert Band presents a combined performance with the Santa Ana College Concert Band under the direction of Adam Gerling. See smc.edu/events or call 310-434-4306 for details.

Sun, November 9 | 1 p.m. | Free

The Broad Stage at SMC Performing Arts Center

Emeritus Players Acting Showcase

Conversations: Scenes from Film and Theatre

Mark your calendar for our performance showcase featuring silly, serious, and quirky scenes that inspire, entertain, and — hopefully! — give you something to think about. For more information, please call 310-434-4306.

Sat, December 13 | 1 p.m. | Free

Online; see smc.edu/events for details

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.

Nurturing Masculinities:

Juan Manuel Valenzuela

In-Gallery Exhibition September 18 – November 7, 2025

Explore Juan Manuel Valenzuela's photographs documenting generational shifts in cultural and familial identifiers of "masculinity" in an exhibition curated by Erika Hirugami, founder of CuratorLove, co-founder of UNDOC+Collective, and Curatorial Director of the FotoSoCal project. FotoSoCal brings together a group of exhibitions in galleries at more than 20 community colleges and affiliated spaces across Southern California.

Emeritus Student Calligraphy Exhibition

Online Exhibition starting October 23

**Zoom Virtual Reception at smc.edu/emmeritusgallery:
October 23, 5 p.m. to 6:30 p.m.**

Enjoy the beauty and composition of calligraphy in works created by Emeritus students. The exhibition opens Thursday, October 23, with a Zoom reception event from 5 p.m. to 6:30 p.m. hosted by Emeritus Gallery Curator Jesse Benson and Emeritus Calligraphy Instructor Janet Martorello.

The Ongoing Moment 2025:

Literature and Art from Emeritus

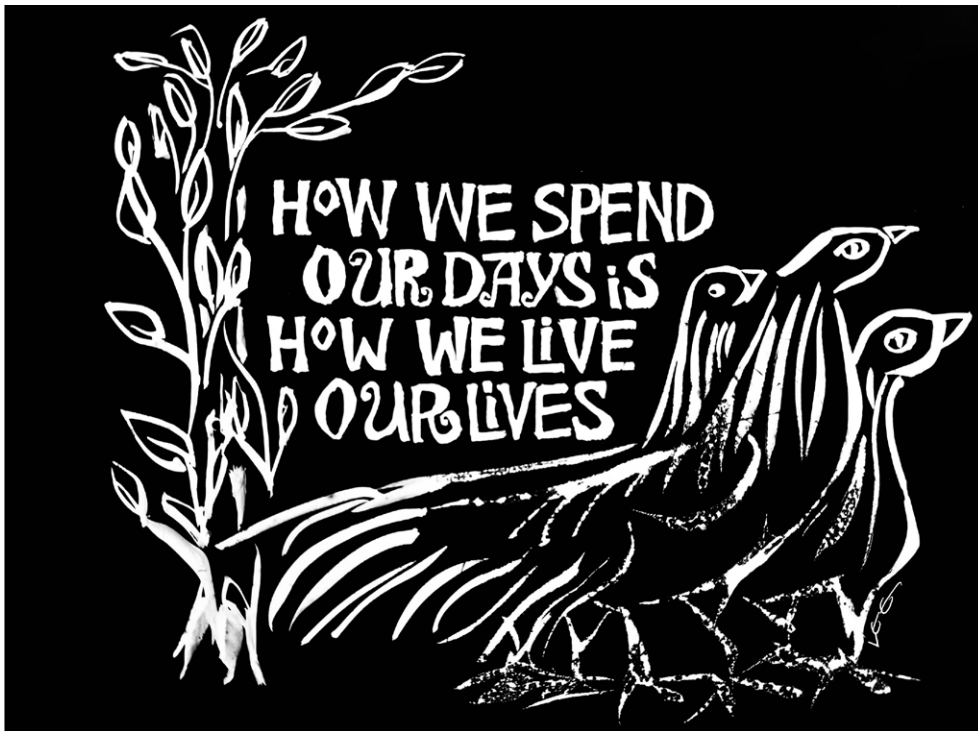
In-Gallery Exhibition:

November 20, 2025 – January 9, 2026

In-Gallery Opening Reception:

November 20, 5 p.m. to 6:30 p.m.

Enjoy a free reception celebrating publication of The Ongoing Moment, the annual Emeritus art and writing journal created by students in Monona Wali's memoir class and Catherine Tirr's watercolors studio class. Journals will be printed and available for purchase on campus and online. The in-gallery reception will feature artworks and live readings.



Artwork by Cheryl Lee from the Emeritus Student Calligraphy Exhibition 2025.

Emeritus Dean Talks Budget

continued from page 1

Foundation. The Emeritus account currently contains three to four years of operational funds for the program according to Silverman. He also noted, “for the last eight years Emeritus students have been giving to Emeritus and other SMC programs at the same level.”

Emeritus has been hosting field trips to various SMC programs and facilities in celebration of Emeritus’ 50th Anniversary. Two additional trips will go to the Educational Lab School and the Center for Media Design. An Emeritus 50th Anniversary Celebration is also still in the works. No dates have been set for the trips or the celebration because these activities will depend on funding availability.

This edition of the *Emeritus Voice* was written and produced by students in the “Writing For Publication” (E34) class taught by Kathleen MacKay



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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, 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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