



© Amy Williams Photography

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



Dear Emeritus Students,

We have a tremendous opportunity: to grow SMC Emeritus through 3 things: Robust Recruitment, Increasing the number and variety of course offerings, and Boosting Attendance. Simply put: the more students we get and the higher our attendance, the more classes we can offer. Plus, increased enrollment at Emeritus will help Santa Monica College meet its enrollment goals.

1. Robust Recruitment:

We have designed several marketing pieces that I'd like to invite you to take to distribute to friends, family, and neighbors who live anywhere in California to encourage them to enroll at Emeritus. We have business card and postcard-size handouts, our brochure, and I'll invite you to the office for coffee, donuts, and

continued on page 2

Emeritus Funding Is Uncertain

By Hannah Heineman

Concerns over the budget for the Emeritus Program have been top of mind for months for both students and faculty because Santa Monica College (SMC) has a large budget deficit. This deficit caused SMC's Board of Trustees to give lay-off notices on March 15 to Dean, Scott Silverman, other college administrators, and to some non-teaching classified staff.

In an interview with *The Voice*, Silverman who is the Dean of Noncredit and External Programs explained that he works for the college on "a year-to-year contract." Even though he has received a lay-off notice it could be rescinded depending on the State's May 15 Budget Revise. Any layoffs not rescinded by May 15 become permanent. No other Emeritus staff have received lay-off notices. Silverman stressed, he is "trying very hard to minimize" the budget's deficit's impact on Emeritus.

Grace Singh Smith who is SMC's Director of Public Information told *The Voice*, "the college issued layoff notices to all managers and administrators subsequent to Board approval of workforce reduction recommendations." Once this list is narrowed down the Board "will develop a plan to cover the

duties of the released managers/administrators." Smith also noted that the Board's "Ongoing Priorities for 2025-2026 indicate ongoing support for the Emeritus Program."

SMC's budget is in trouble because of declining enrollment of both U.S. citizen undergraduates and foreign students. Silverman emphasized that the change in "federal policy" has been key to the impacts on international student enrollment. Silverman also explained that SMC used to receive funding based just on attendance but in 2019 "the state legislature adopted a student-centered funding formula" which is based on undergraduate student outcomes in addition to attendance. These outcomes include how many students get an Associate of Arts Degree, a certificate, or transfer to a four-year school from SMC. The college's current funding is based on 2019 numbers, and the state funding drop will be exacerbated once the current numbers are generated.

Use of state monies is up to the SMC Board of Trustees. According to Smith, the Board's priorities for 2025-2026 "include support for a 5% increase in enrollment,

continued on page 2

From the Dean's Desk

continued from page 1

training on how best to recruit for Emeritus. I will send an email to all of Emeritus once I have a few dates set.

We are also marketing Emeritus through online advertising and some print advertising. I am also interested in opportunities where we might table, or better yet, present to large audiences who might enroll at Emeritus (or have contacts that might).

2. Increasing the number and variety of course offerings:

The Emeritus schedule is growing. We've had new classes created, some classes revised and split so that classes that were fundamentally different are getting their own course numbers, and there is more of this to come. My hope is that we will create additional opportunities for new and continuing students to find space in classes that are meaningful to them.

3. Boosting Attendance:

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). Our average attendance rate is 50%...imagine if we can boost that to 60%, or 75%!

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—and officially we are launching Emeritus Attendance Awards. At the very least, here are the initial categories (and there will be prizes or prize-raftles from amongst those in each category):

Perfect Attendance (I've already seen the list so far this year and it's more than I would have guessed)

Near-Perfect Attendance (anyone attending 90% of the times their class meets)

Most Classes Enrolled in at the same time (provided attendance is at least 50% of the time). **Side note, you know that while we cap initial enrollment to 4 classes in Fall/Spring (3 in intersessions), 2 weeks before the term starts, that cap is lifted, as my goal is to ensure every seat is filled. I believe the record to beat is 14 classes...but only if you're actually attending all of them!

Special category this first year: Total Time Spent in Emeritus Classes during Lifetime of Enrollment.

So, what do you think? You want to make the Emeritus version of the "Dean's List"—let's get to class!

As I mentioned before, I will email you all soon with meeting times for recruitment training, with refreshments. At Emeritus, our vision is to provide exceptional opportunities for lifelong learning, personal growth, and community engagement for older adults.

Thank you for being an important part of our community.

Emeritus Dean Talks Budget

continued from page 1

and SMC's Emeritus Program forms a key part of the college's enrollment strategy."

Silverman "is trying to minimize cuts to Emeritus' overall schedule" and is trying to "keep class offerings consistent" because "right now I am not being forced to make cuts." However, he can't "guarantee the future."

Another source of Emeritus funding is donations from the SMC Foundation. The Emeritus account currently

contains three to four years of operational funds for the program according to Silverman. "If the college can no longer support Emeritus, the Emeritus account has enough money to support it." Smith stated, "the College has historically been open to accepting donations to offset reductions" and that the SMC Board of Trustees has no control over these funds.

For information on how to donate to the SMC Foundation can be found here: foundation.smc.edu/emmeritus

Councilman Jesse Zwick: Santa Monica's Mayor Pro Tem

By Perri Chasin

Santa Monica City Councilman Jesse Zwick may not be the youngest person to serve, but he is the only person on the council with two young children under the age of five.

Despite an illustrious entertainment pedigree (his Oscar-winning producer-director father is Edward Zwick), after graduating from Harvard, Jesse relocated to the nation's capital and covered politics for *The New Republic* before returning to his native city a decade later.

Homelessness had always been an issue in the city and when he returned, it was sort of inescapable and touched every neighborhood, including the one he was living in, in Silver Lake. "It was just really jarring, a sense of cognitive dissonance that I wanted to try to address in some way."

Jesse's way was to volunteer doing homeless outreach on weekends through a group of neighbors called SELAH, an acronym for the areas it serves (Silver Lake, Echo Park, Los Feliz, Atwater Village and East Hollywood). While he found this direct work both grounding and meaningful, as a policy-minded person, he started asking bigger questions about what was underlying this crisis on a political level, ultimately turning him into a fairly zealous housing advocate.

He has led communications for two successful political campaigns, one in 2020 for Nithya Ramon, currently a Los Angeles mayoral candidate, which he followed up by leading communications on then councilman Bonin's recall campaign. "At that point, I had been writing political speeches and messages and communications on behalf of two different elected officials, and while I found it rewarding and educational, I did come to a point in time in which there was a very specific set of things that I felt needed to be said. And I wanted a forum where I could say them directly and unfiltered."

So, shortly before the birth of his first child, he moved back to Santa Monica, the city where he was raised and where his parents still lived. Finding himself in this small city where he had roots, presented itself as an opportunity to exercise his own voice and in 2022 he mounted a successful run for city council and then later was named Mayor Pro Tem in 2025.

Since coming into office, he has successfully spearheaded dynamic policy formation and advocacy campaigns around affordable housing, transportation, and homelessness interventions.

These include three housing projects that provide hundreds of units of low income, senior and permanent supportive housing situated on formerly city-owned parking lots.

Jesse commutes by bicycle, often with one of his youngsters in tow. He claims that while Santa Monica has long been a leader in allowing people a diversity of options to get around, we still have a lot more work to create the kind of city where one could live without needing to rely on a car. He's a proponent of a recent Santa Monica rideshare service for adults who are at least 65 years old and persons with disabilities called MODE, a partnership between the city's Blue buses and Lyft.

As a transportation and mobility advocate Jesse has moved to make changes to our streets, sidewalks and roadways to reduce severe pedestrian injuries and deaths. "You know, children and the elderly are disproportionately victimized by car violence. They're injured and killed more often by vehicles and on the street, so those are two populations that I think are especially vulnerable, benefited from the work that we're trying to do to make our streets safer." Actions such as improving curb cuts like the ramps that allow people to step easily on and off the street without tripping have proven equally beneficial for a young parent with a stroller as for an elderly individual trying to traverse the city.

As councilman here in Santa Monica, Jesse tackles all issues that come before the city. He's opted to target affordable housing, homelessness interventions as well as transportation innovations and we, his constituents, are all the better for it.

For information on the MODE program visit bigbluebus.com/Rider-Info/Mobility-On-Demand-Every-Day-Program.aspx To enroll, a senior must register in person at The Transit Store in downtown Santa Monica.



In the Newsroom of SMC Emeritus: Writing for Publication Class

By Kathleen MacKay

Newsflash: the articles you're reading in *The Voice* are all pitched, written, and edited by seniors in the Writing for Publication class. This may be obvious to some of you, but as the proud instructor, I wanted to give you a behind-the-scenes peek at the class that creates and produces the print materials for SMC Emeritus.

The class runs Mondays, 1 p.m. to 3:50 p.m. over zoom—a long class, but we have a lot to cover! At the beginning of the semester, we focus on *The Voice*. In the first class, we hone our skills with mock interviews with classmates in preparation for the “real” interviews of faculty, deans, fellow students, and other community members. By the second class, we have our first official editorial meeting, where students pitch and are assigned articles.

We focus on community news, the goings-on at SMC Emeritus, the special people of Emeritus, and other relevant and interesting topics to inform our readers. *The Voice* might be my favorite of our publications for its community focus and wide distribution. Free copies are printed and available on campus as well as emailed out to students and our Emeritus community.

Not only do we work on *The Voice*, but also the two literary journals, *Chronicles* and *The Ongoing Moment*, are projects of the Writing for Publication class.

Chronicles, produced in the fall and printed in the spring, is a showcase of the literary arts at SMC Emeritus, including memoir, fiction, and poetry from several creative writing classes, including the WFP class. We are in a

unique position of being both editors and contributors for both journals.

In class, we send out the call for submission with guidelines. We read every single submission we receive in class together, and work on editorial suggestions, both copy editing and editing for content. After reading all the submissions, the student editors and I begin to sense an overall theme in the writing, and I try to speak to that in my introduction. The journal culminates with a release party in the spring after it's been printed. April 20, 2026 of this year.

The Ongoing Moment, produced in the spring and printed in the fall, draws from just two writing classes and is memoir only, working in tandem with Catherine Tirr's Watercolor Class. We all work together on a theme, which we present in our call for submissions,



EMERITUS CHRONICLES
VOL. 35, NO. 1

and take art and memoir writing based around that theme. This beautiful journal is a representation of the visual art and writing that senior students work on in SMC Emeritus classes.

And how does the raw material get turned into print? That is done by the SMC Marketing Department. We're lucky enough to work with Graphic Designer Vivian Chu and Marketing Design Coordinator Ming-Yea Wei. This is how all the layout, graphics, and printing happens to bring our writing into the world.

Not only do we focus on producing community publications, the class is also invested in our personal writing and publication goals. The first hour of every class is dedicated to in-class “free writing” prompts to get the creative juices flowing, and the last hour is dedicated to critiquing personal projects, be that novels we're working on, short stories, memoirs, and more.

“Writing for Publication is a place where raw ideas become real possibilities. A space where every writer feels seen, challenged, and capable of reaching the page they didn't think they could write,” says novelist and WFP student Gordon Blitz.

The class gives feedback and support to all these projects. I also lead info sessions on publishing; the difference between self-publishing and querying literary agents, information on writing contests and literary journals, and other modes of publication. I encourage students to be ambitious in their publishing goals.

continued on page 5

In the Newsroom of SMC Emeritus: Writing for Publication Class

continued from page 4

Blitz says Writing for Publication is a “masterclass in clarity, craft, and confidence. You learn not just how to write, but how to think like a writer preparing for the world beyond the classroom.”

Our class is a diverse group consisting of veterans who have taken the class for many years, newcomers, and medium-comers, former journalists and brand-new writers. Every student is encouraged to participate at the level they are comfortable with. Not only is it in service of SMC Emeritus, it’s also a great space for personal writing goals.

WFP student Camille Gaon says, “The WFP class is an essential transformative opportunity for us to flex our creative muscles and shine a spotlight on interesting, informative and entertaining subjects that resonate with our community. And it’s much more than a class, it’s a family.”

If you are interested in publishing, a budding journalist, or just curious, please join our amazing small-but-mighty class, or as Camille says, *family*.

Archive of the *Emeritus Voice* can be found here: smc.edu/academics/community-learning/emeritus-program/newsletter.php



Chronicles: foundation.smc.edu/areas-to-support/emeritus/chronicles.php



and the *Ongoing Moment*: foundation.smc.edu/areas-to-support/emeritus/ongoing-moment.php



SMC Emeritus Celebrates 40-year Diva: Marlena Flower

By Sharon Valente

Marlena Flower always prefers to be the first to sing as she takes the stage in Voice Training class. She looks like a fashion icon and her smile radiates to every corner of the room. The accompanist begins, and Marlena’s angelic voice soars. She begins, “My Funny Valentine” and communicates the joy of this song to every person. Her voice reaches out to the audience who listen transfixed. She has been singing at SMC Emeritus for 40 years.

Marlena started singing at 10 years of age in the Catholic church. She says, “I always sang from hymns to opera and more.” She studied piano and still plays the piano every day. Raised in a strict religious and patriarchal environment with heavy emphasis on punishment, her creativity, confidence, and joy were tamped down. Love was not expressed but hard work was expected. She credits psychotherapy for healing the demons of early trauma. Originally from Minnesota, her parents separated and her father moved to California.

After graduating from CSUN with a degree in gerontology, Marlena worked in the City of Los Angeles older adult home programs. She also worked as a secretary in the USC History Department. Her face beams with delight as she describes her inspiring and fulfilling 40-year marriage. Her husband was a vice president of Max Factor and made jewelry while she sang and played music. She fondly recalls the love notes he left her on a chalkboard.

Marlena was delighted to move from the San Fernando Valley to Mar Vista by the ocean in a picturesque house



with a lovely garden and her cat. In 1986 when she retired, a friend told her about Emeritus and she met Bill Elliott, Emeritus faculty who taught her the necessary breath work for singing. She also credits Gary Nesteruk, Emeritus accompanist who taught her, changed her life, and improved her voice. She sang at weddings and churches. She and Gary rehearsed and worked together for 20 years and burned CDs of their music. She says, “Working with Bill and Gary was a gift and my voice developed. At Emeritus, I developed a musical family. My goal is to make sure the audience gets the message of the song. It is not about me.”

Marlena always has an infectious laugh and smile that encourages her Emeritus colleagues. She bakes cookies for class and shares her favorite witticisms. Marlena says, “Wouldn’t it be great if we could put ourselves in the dryer for 10 minutes and come out wrinkle free?” Marlena enriches all our lives with her positive attitude and beautiful voice.

Inspired by the Voice Training class members, Dean, Scott Silverman honored Marlena’s 40 years at Emeritus with a Certificate of Achievement and encouraged her to “Keep singing.”

Meet Hannah Kiss: New Emeritus Writing Instructor

By Gordon Blitz



When I began my interview with autobiography professor, Hannah Kiss, and she said, “One of the biggest challenges I have with students is getting them to use dialogue; how to write dialogue realistically,” I was in heaven. Dialogue is my strong suit, so I could relate. It’s a repeating loop when I give constructive criticism to my fellow classmates. If I do say so myself, my reputation is cemented as “The king of dialogue writing.” We also commiserated about the importance of constructive criticism. It’s through constructive criticism that we grow as writers. Hannah teaches the E33 Autobiography Class on Thursdays from 10 a.m. to 12:15 p.m.

She spoke of the challenges of keeping students open-minded, and the balance she needed to achieve in her teaching of new students compared to seasoned writers.

A technique she favors to keep students engaged is the offering of prompts. A recent prompt she mentioned was to talk about the “masks” we wear; how we adapt to the situations around us; who we “pretend” to be. The fact that we are “masking” isn’t always a bad thing. Wow!

Hannah explained about the gifts that her students give to her. She said the big difference between teaching the older generation versus a younger generation was the seniors’ phenomenal life experiences; their

resilience; how the human spirit finds a way to cope with the trauma that many have suffered. From raising families, to coping with marriages good and bad, to fleeing from their home country under political pressure; these are the issues that Hannah encourages her students to bring forth; and the sense of hope that emerges is the joyful gift they share with her.

Hannah is an insightful teacher. She continually encourages students to reflect on their own lives which is the core of memoir writing. She pointed out, “The era from childhood through young adulthood is like a rocket ship of events.” She prides herself on keeping her students engaged making sure that they look at all of their histories from different angles.

I asked her about the challenge of preventing autobiographical writing from sounding like therapy. She brought up the idea of a “reliable voice;” how that voice helps balance observations about one’s life and prevents the writer from droning on and on and becoming insufferable. She said, “Audiences want to see growth and witness vulnerabilities that they can identify with.”

I wanted to know what her inspiration was; who she emulated. She talked about her time in graduate school and about her professor, John Gabriel. Hannah’s face lit up when she spoke of him. “John had this profound ability to find that spark in someone’s story. Intuitively listening. Encouraged writers of all different levels to continue to tell their stories.” In the way he mentored students, he created a small community; how important he felt that community could be for a writer. He gave her a great amount of confidence. She has tried to model herself after his teaching methods.

And we ended with a delightful and shameless plug for an experimental class she will be teaching which begins on April 24 at Emeritus. It will be an 8-week course having to do with Gothic Short Stories and highlighting the psychology of the unreliable narrator. She promises that it will be fast, fun, and entertaining. I’m sure it will be nothing less than stellar from this Emeritus teaching treasure.

The SMC Associates

By Hannah Heineman

The SMC Associates is a community-based support group that strives to elevate the student educational experience at Santa Monica College (SMC). The Associates does this by sponsoring and organizing relevant speakers, events, performances, and exhibits.

Associate funds are also used to support campus initiatives such as “The Meal Project” which helps students dealing with food insecurity. Many of the Associates programs are also open to community members.

The Associates was founded in 1981. Scott Silverman, who is the SMC’s Dean of Noncredit and External Programs, is the Secretary of the Associates program. The Associates’ 30-member Board consists of community members, civic and business leaders and

some SMC faculty and staff. Silverman emphasized, “the Board decides what to support.” The college’s Board of Trustees is not involved with the Associates decisions.

This spring, the Associates are sponsoring a Masters of Dance Series with Naomi Hutchinson, the founder of Healthy+Well, Rosanna Tavarez, the Program Director at the CalArts Sharon Lund Disney School of Dance and Sienna Lyons, the head choreographer at Kidz Bop brand. They are also sponsoring a special event with performance artist Rafa Esparza and an event with ethnomusicologist Dr. Ric Alviso.

To learn more about the SMC Associates or to donate please go to smc.edu/associates.

Recognizing and Managing ADHD in Older Adults

By Sharon Valente, PhD., APRN

Adults with ADHD (Attention Deficit Hyperactivity Disorder) after age 65 have been ignored, and this disorder has lacked research and clinical trials. About 65% of children with ADHD continue to have this disorder in adulthood, where they have more divorces, criminal behavior, and debt. Although no cure exists, it is treatable.

My 40-year-old friend and colleague Celeste was shocked to discover she had ADHD only after her child, Ned, was diagnosed with ADHD because of his high energy, poor focus, and unfinished tasks. Ned had inattention (e.g., disorganization, inattention, forgetfulness, and hyperactivity/impulsivity). He was always on the go and racing like the Energizer Bunny. He talked endlessly, and his mood swings disrupted daily life and frustrated Celeste. Often, folks with ADHD have comorbid

anxiety, depression, and low self-esteem. Celeste was tempted to ignore Ned’s symptoms because she also had them and believed she had minimized their impact.

About three-quarters of adults were not diagnosed with ADHD in childhood; it wasn’t recognized in earlier decades. Though the disorder cannot be cured, symptoms can be managed. Reducing caffeine is helpful. Often, those with ADHD feel overloaded with environmental noise, light, and activity, and benefit from using noise-cancelling headphones and moving to a quiet and calm environment.

Treatments include stimulants and psychotherapy. Most seniors take meds for coexisting medical illnesses that may interact with stimulants and need to discuss interactions with their health

provider. Most FDA-approved stimulants are only tested on folks up to 55-65 years old. Like Celeste and Ned, up to 30% of ADHD diagnoses do not respond well to the first stimulant and need to try other varieties. Side effects of most stimulants include insomnia, GI upset, decreased appetite, weight loss, headaches, dry mouth, constipation, hand tremors, and jitters. Often, side effects occur early and fade.

Celeste and her son both started with medications and psychotherapy. Celeste said, “Both treatments were effective and helpful.” Celeste learned to reduce multitasking and overstimulating environments. She limited interruptions and distractions and was happy with her renewed focus.

If you suspect you have ADHD symptoms, you can complete an ADHD screening test at add.org and consult your physician or mental health provider.

Third Act, SoCal

By Perri Chasin

As seniors, we've entered our third act of life, a time of freedom from former obligations which allows for personal exploration and fulfillment. So, it's fitting that a national group of more than 110,000 activists and organizers that range in age from 60 to 104, working to promote climate action and protect democracy, is also known as Third Act.

Monona Wali, former writing faculty at SMC Emeritus, first apprised me of the group after she retired to spend more time on her own writing and to champion change. "Last year, when Trump got elected, I really felt the need to be more active. There were so many things upsetting me, but really, at the top of my list has always been the environment, and the climate, what's happening with the climate crisis because I have two daughters in their 30s, and it's a huge topic for them. One of them is a landscape architect with a focus on ecological restoration. The other works for a non-profit that does wildlife, urban wildlife conservation so, when I heard about Third Act, which was started by Bill McKibben as a climate activist group for people over 60, I signed up for the newsletter."

After discovering the Southern California chapter, Monona volunteered to write for them. That's when the group's webmaster offered to train Wali, so that's what she does for Third Act SoCal now—she's, their webmaster.

This organization is a more than a political advocacy group; it's a community where seniors share common goals and interests, whose members have become fast friends, where people in the 60s, 70s, and 80s are excited about supporting change and don't back down, according to Phil Glosserman, Third Act SoCal's Lead Facilitator.

These days the stakes are so much higher. Climate change has gotten worse. Droughts, devastating wildfires, floods, hurricanes, tornadoes, rising temperatures, colder temperatures, ocean acidification, these are just a few of the results of human-induced climate change.

And our democracy is under threat. So, what can we seniors do?

A lot, according to Glosserman! One look through Third Act SoCal's monthly action-based newsletter provides the reader with a wide range of curated actions



Photo credit: thirdact.org

members can undertake, many of which consist of no more than armchair activism that takes very little time or effort.

For preserving democracy, the focus is flipping the House and Senate.

For climate, one initiative is "sports washing." Here in our neck of the woods, that means prevailing upon the Dodgers to disassociate themselves from their major petroleum sponsor, Union 76 (Phillips Petroleum).

Then there's Simplify Solar, a legislative drive to pass SB 868, a California bill to erase barriers and ease regulations to allow for small plug-in solar generators to be treated like appliances.

And, it's noteworthy that Third Act aligns with a number of other empowering grassroots movements, both to defend democracy, including **Indivisible** together and with environmental groups like **Fridays for the Future**, the youth-led organized global climate strike movement founded by Greta Thunberg.

"This was a group I could really trust and believe in," says Wali. "They are thinking through all the issues around climate. They've also put a second focus on democracy. Without a truly free democratic system, we're not going to get the climate change that we want. I mean, we have an administration that has stripped away the EPA, and the Clean Air Act, the Clean Water Act, so these issues are critical to our survival, our children, our grandchildren."

She urges Emeritus students and faculty to consider joining Third Act as a way to make the world better for your children and grandchildren.

To learn more or access the newsletter, visit thirdact.org/socal/

Frugal Adventures: Be in the Studio Audience for Jeopardy!

By Jeanne Shamji

Why watch the top-rated quiz show on T.V. when you can be in the live studio audience for free? Hosted by Ken Jennings, Jeopardy! has a weekly audience of over 27 million viewers.

Don't miss out! In just a few hours, many of the upcoming shows have already sold out! Submit a ticket request by putting your name on the wait list, and you will be sent the schedule. Tickets are released four weeks in advance. Tapings occur on Tuesdays and Wednesdays year-round, except in June. If the show is available for you to be in the studio audience, you will see "Get Tickets" on the date you request. You can print your ticket or keep it on your device to show at the studio entrance. That is your ticket. The tickets are non-transferable, so make sure everyone in your party has their own ticket and brings a valid ID.

Look for the iconic rainbow in Culver City to see Sony Studios, where the show is filmed. Sony Studios is located at 10202 Washington Boulevard, Culver City, 90232. Parking is free. Go around the corner to the Overland Parking lot. Check-in instructions will be on your ticket.

Many shows ask for audience participation in the form of cheering and clapping, and since programs may give you a chance to interact with the host, look fashionable as you will be on camera!

Don't wear red or black shirts or shirts with a logo. Shorts, sandals, or large bags are not permitted. Plan to eat a good breakfast and bring a granola bar and water to have as you arrive in the parking lot. Bringing food or drink into the studio is not allowed. Vending machines inside the studios are expensive and provide drinks and snacks. Silenced cell phones are permitted. No filming or taping.

Jeopardy! tapes five shows a day with two different audiences. Audiences will see either the taping of two or three episodes. Plan to be 45 minutes early so you will not be late, as being late will cancel your ticket. Allow four to five hours for your entire Jeopardy!

experience from arrival through the conclusion of the final taping. Expect to be on your feet for three hours.

The show is committed to making tapings accessible to people with disabilities. If you require an accommodation to attend due to a disability, please let them know 48 hours before your taping date.

Many television shows have live studio audiences, and tickets are complimentary. Wheel of Fortune is also taped at Sony Studios. America's Got Talent is taped at the Pasadena Civic Auditorium, and American Idol is taped at RSH Studios in Hollywood. Dancing with the Stars tickets will be released in the Fall, and the show will be taped at Television City near Beverly Boulevard and Fairfax. Jimmy Kimmel Live! is taped at the El Capitan Entertainment Center in Hollywood. Tickets are free via 1ioto, but the show overbooks, so entry is not guaranteed. Validated parking is \$3 for audience members. All studios are easily accessible via public transportation.

To order tickets, go to on-camera-audiences.com/shows/jeopardy/ to see which dates and times are available. If you have any questions, call (818) 295-2700, email tickets@ocatv.com, or visit on-camera-audiences.com



Photo credit: On-Camera Audiences, Inc.



Sound Advice for Soul-soothing Therapy

By Camille Gaon

My first inkling of what a sound bath was, was over fifteen years ago when my then teenage daughter and I were vacationing in the desert. She wanted to go try a sound bath ceremony at Integratron in Yucca Valley near Joshua Tree. I dropped her off and walked around their Zen-like grounds and lazed about in a hammock under a tree while she enjoyed her first sound bath inside a huge domed building that looked like some giant spaceship from the future had landed in the middle of nowhere.

Afterwards, she sang the praises of it while I was kicking myself for not being interested in trying something new. Well, you know what they say about the old dogs and something new. It just sounded a bit out there to me to go lie down with strangers while someone banged around on gongs and crystal bowls.

Shortly thereafter back in Venice at the yoga studio where I practiced daily, there was a special event that featured a meditative sound bath. So, this old dog dragged her yoga mat in and plopped down on her back next to a room full of strangers.

After this maiden voyage, I was hooked and tried to find more of these divine experiences. Unplug in Santa Monica is a wonderful space that offers daily soundbath classes.

You see, it's not just some musical performance, it's an express flight to the Nirvana-land of optimum calm and improved health. The mind-body connection is strong, and the vibrations of the gongs, crystal bowls, chimes, bells, and other magical instruments are said to connect to the body's energetic field, and aid greatly in

removing stress imprints and ancestral stress patterns that are stored in our bodies, and restore harmony and alignment by releasing the pent-up toxic emotions and various states of dis-ease.

This has been a highly recommended therapy for cancer patients to ease them into the well-being state of the now. It seems to rinse out the stress and unwellness that is stored throughout the body on a cellular level, not just what's stored in the brain.”.

I feel personally that it has had a positive impact on my own cancer journey.

This state of total ease whilst being bathed in sound waves and sweet vibrations produces such a deep state of relaxation that I and other fellow “bathers” have often fallen asleep towards the end of it. Sometimes we contribute our own vibrations by snoring blissfully.

You can go experience this meditative healing in person or online at Unplug on the border of Santa Monica and Los Angeles where you don't need to bring a mat, since they provide very cushy loungers that can be adjusted to raise the upper body a little as though you were on a lounge chair at the pool. I always feel as though I'm floating on a chariot of pink and white cotton candy clouds when I finish one of these super-charged healing sessions. This clearing of debris will elevate you to a state of well-being like no other.

Unplug Meditation
unplug.com | 310-826-8899
12401 Wilshire Blvd., Los Angeles, CA 90025

The Joys of Senior Shopping and Dining

By Linda J. Hernández

I don't mind asking for a Senior Discount when available, but I was more annoyed than grateful when I received an automatic Senior Discount at the Del Taco Drive-Through. "How did you know I was a senior?" I asked the disembodied voice box where I ordered. "I could tell," was its invisible answer. "Really?" I asked myself. "Is my voice that old and creaky that I am outed from a distance?"

My next stop was Home Depot, where they have stopped providing live cashiers after 6 p.m. I was handed a scanner and told to ring up, pay by credit card (not cash), and bag my purchases. "I don't work here," was my response. The line came to a screeching halt as I refused to replace one of their employees. With my fellow customers behind me becoming increasingly impatient, management finally rustled up an actual human being to attend to my antiquated technology needs.

I had actually been trained on the use of the scanner at Costco and had a rudimentary knowledge of the process. However, a fellow senior friend's recent experience at Walmart has left an aversion to it with me. He had been lured by a friendly enabler-employee there into using self-checkout and getting cash back in the process. Because the experience was so new to him, he left his change in the hidden drawer that he didn't know existed. When he returned to retrieve his cash, they rolled the security video and the next customer in line had taken it. Of course, this would be a very distressing experience for anyone. To make matters worse, not only is Bahman quite elderly, but he is a recent immigrant from the Middle East. There, he was used to purchasing his daily bread by the baker making a notch on a stick where they kept his account. At the end of the month, they count the notches and pay what is owed. Needless to say, the system he was used to is very different from Walmart's.

Another telltale factor that you might qualify for a Senior Discount is at restaurants. My husband Julio and I have distinct seating preferences. I am more comfortable in a booth, and he feels that sitting in a chair is more dignified. We were bickering about that as the hostess was trying to seat us at Denny's recently. She finally found a table that had a small booth and a chair facing each other. When we were seated, I told her that we would need the Senior Menu. Her response, "I could tell." At least I wasn't asked to scan a QR code to reveal the menu. That has been my fate at other restaurants recently.

Paper tickets and programs for live performances have also seemed to have gone the way of the dinosaurs. I had e-tickets to a U.S. Army Band Performance at our local theatre this past weekend. The only way I could find the program and other relevant information was through a giant QR code that was flashed on the screen. My ancient iPhone 4 camera tried valiantly to download the information. However, our seats were so far back and my little screen so limited that I had to settle for no prior knowledge of the program.

Ah, the Joys of Senior Shopping and Dining! I still stubbornly refuse to use self-checkout, even though the lines are much longer with the live cashiers. If more of us seniors would follow my lead, we might actually be saving the jobs of these younger employees who are so anxious to shepherd us through the shorter lines and train us on how to scan, pay for, and bag our purchases.

PS. Be sure to take advantage of senior bowling discounts during off-hours! I recently held my 80th birthday party at a bowling alley and was able to achieve my highest scores and first strikes ever by requesting that the gutters be filled with bumpers like they do for children's parties!



WHAT'S HAPPENING: *Spring/Summer Emeritus* Events

Spring Celebration: SMC Emeritus Concert Band

Yosuke Miyoshi, Conductor. The Emeritus Concert Band presents a combined performance. See smc.edu/events or call 310-434-4306 for details.

Sun, May 3 | 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, July 18 | 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.

Annual SMC Emeritus Student Art Exhibition 2026 – Part 1 In-Gallery Exhibition May 14 – June 19

In-Gallery Reception: May 14, 5 p.m. to 6:30 p.m.

Join us for Part 1 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. Exhibition opens Thursday, May 14, with in-gallery Opening Reception from 5 p.m. to 6:30 p.m. featuring student artists speaking about their work, and hosted by Emeritus Gallery Curator Jesse Benson.

Annual SMC Emeritus Student Art Exhibition 2026 – Part 2 Online (smc.edu/emmeritusgallery) starting June 11

Zoom Virtual Reception at smc.edu/emmeritusgallery: June 11, 5 p.m.

Part 2 opens online Thursday, June 11, with a Zoom reception event from 5 p.m. to 6:30 p.m.



**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.



© Amy Williams Photography

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