

A Program of Santa Monica College

THE EMERITUS VOICE

From the Corner Office

*by Dr. Scott Silverman,
Associate Dean*



In Fall 2019 we launched several classes using ideas that have come from faculty, and some that came from the Emeritus Student Advisory Council's Focus Group on classes. Some of these were courses that were already in existence but have not been taught in many years (if at all), such as MUSIC E02: Guitar and HEALTH E80: Intro to the SMC Fitness Center. We have also brought back HME EC E52 – Restaurant Critic – which is a combination of healthy eating, cooking tips and sampling many nice restaurants around town.

Several classes added new sections: BILING E03 – we still have a Yiddish Literature section, but have added Persian Literature. OCC E00 – Basic Computing – (for personal computers) added a section

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Yoga with Doug Dee

by Lorna Stamm

If you have a desire to learn yoga, but you have been putting it off due to fears that you might be too old, rusty, or just not bendy enough, do yourself a favor and take a class taught by Doug Dee. Doug has been teaching Iyengar yoga for the past twenty-five years and has taught at SMC Emeritus for the past five years.

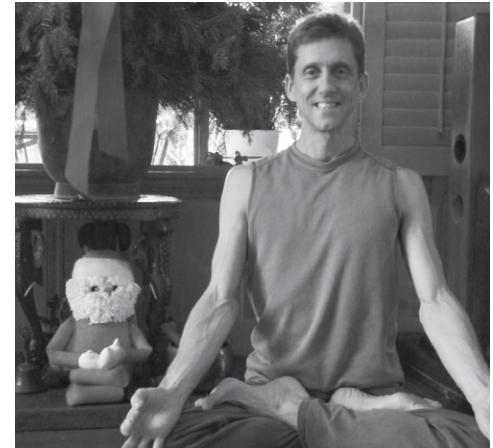
I met Doug for an interview on a hot, hazy, pre-wildfire September day. Doug has a boyish face with high energy to match, large intelligent eyes and a mop of thick hair. He's tall, sinewy and shrink-wrapped in muscles toned by years of his devotion to yoga.

"How did you find yoga?" I asked.

"I did not find yoga. Yoga found me," Doug replied.

I raised my brows. "Please continue —

"My first yoga class was at SMC. I was in my early thirties. I was hooked." In his second year, Doug was introduced to a style of yoga known as Iyengar yoga. Iyengar yoga is characterized by great attention to detail and precise focus on body alignment, along with the use of blocks, cushions and straps, and other props. Doug noticed that his



sore wrists, joints and other parts of his body impacted by years of being a massage therapist responded almost immediately to the benefits of practicing the Iyengar style of yoga. He excelled quickly and became a teaching assistant to his SMC teacher. In time, he started teaching his own classes.

"Who has had the greatest influence on your yoga journey?"

Doug's eyes lit up. "In my seventh year of studying and teaching yoga, I met Eric Small."

When they first met, Eric was in his seventies and Doug, his early forties. Eric had studied Iyengar yoga with the master and founder of Iyengar yoga, BKS Iyengar. He is blind in one eye and also has

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The Guru of Physical Fitness

Profile of Instructor Don N. Moy

by Patricia Downs

Have you ever contemplated enrolling in a rigorous self-paced aerobics class to improve your health, safety and independence? I would recommend taking Health E24, "Physical Fitness Principles and Practices for Older Adults," taught by instructor Don N. Moy.

Don instructs beginning and intermediate seniors. His goal is to improve their cardiovascular health, joint and muscle flexibility, strength, stamina and endurance, as well as basic posture and balance. In a music-filled space, students engage in low-impact aerobic and floor exercises as well as strength training and stretch movements using weights.

An excellent teacher, Don is an active participant in the class and

demonstrates all the movements. He cautions students to never overexert themselves, but rather concentrates on proper breathing techniques and relaxation after each sequence of exercises. He always interacts with his students and after each exercise quizzes them about basic anatomy and fitness principles. For example, he will ask: "Class, what are we stretching, or toning?" The response will range from abdominal muscles, lower back, hamstrings, shoulders, upper arms or legs.

Don Moy has taught at Emeritus for over twenty years. He is a native of New York, but has resided in Santa Monica for over forty years. He is a graduate of Pepperdine University with a Bachelor of Science Degree



in Sports Medicine. Additionally, he is also a licensed Physical Therapist Assistant (PTA) in California.

Incidentally, Don's original mentor was his mother, who walked every day, often with Don, until she died at the age of 97. A native of Croatia, she encouraged him to walk between three to four miles daily and introduced him to the basics of physical fitness and conditioning principles. His philosophy is, "Walk thirty minutes daily; if you need to rest, you should rest." He encourages his students to maintain a healthy nutritional balance of fresh fruits, vegetables, low fat meats or protein, and to always drink water, which he considers to be the "most important natural resource for life."

Don currently teaches at Virginia Park, Wise and Healthy Aging and also at the SMC Emeritus campus in Santa Monica. What's most fun about his classes is the diversity of students and rhythmic motivation of music from all genres (classical, jazz, hip-hop, contemporary and soul) that plays quietly in the background. So, if you're looking for a self-paced workout, try a class with Don N. Moy, considered by his students "the Guru of physical fitness at SMC Emeritus."

Emeritus Fundraising Update

From January 1 – December 31, 2018, the total amount of funds raised by Emeritus was \$176,956.00. Of that amount:

- 48% went to facility upgrades and equipment (including flooring, air purifiers, furniture, computers, etc.)
- 21% went to student programming (including speaker/performer fees, field trips, art gallery expenses, etc.)
- 8% went to class-related supplies (including off-site facility rental fees, faculty supplies, scholarships for student supplies, etc.)
- 23% went into the reserves to be available for future needs.

The California Pizza Kitchen fundraiser will continue through the end of October. Don't forget to pick up for CPK card at the office. 20% of your check will be donated back to SMC Emeritus.

Donations are welcome anytime! There is a lock box in the first floor office with donation envelopes for your checks. Credit cards are also welcome. Just fill in your info. Instructions for donating online are also on the envelopes. Thanks in advance!

Yoga with Doug Dee

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multiple sclerosis. Doug quickly became Eric's assistant and also started teaching Eric's students, who tended to be a predominantly older crowd. He taught classes at U.C.L.A. for people living with M.S. Eric is now in his nineties and more than holding his own, which he credits to Iyengar yoga. To this day, they are still close friends.

I asked Doug, "How does it feel teaching at Emeritus, where your students are typically 55 and up?"

Doug didn't skip a beat.

"After working with Eric, it felt as if I was home — right where I should be. My classes were filled with older people who had a variety of health issues."

"What are the challenges of working with older students?"

Doug thought for a moment, "Let's just say that my older students have

had more time to develop some bad habits when it comes to yoga. I try to make sure that they are aligned in the correct positions, to make sure that they aren't hurting themselves."

"Any other challenges?"

"My older students do not have the healthy respect for authority that my younger students have. Ironically, there is even more talking, texting, checking watches and cell phones ringing when I teach Emeritus classes than with some of my younger students. This is a real problem. All of those disruptions break the flow of a yoga class."

"That seems a bit daunting. How do you handle it?"

He answered with a Cheshire cat grin and a shrug of his shoulders. "That all depends on the day, and my level of patience. Let's just say that on my best days I can be more calm, detached, and on other days, I may not be as patient as I would like to be, but I am always working on it".

I decided to channel my inner Marie Kondo with my next question. "What sparks joy for you in working with Emeritus students?"

"I have a class filled with grandparents! Who doesn't love grandparents? They are still so engaged with life. They are curious, and want to learn! They inspire me. I want to help them feel better. I get to see them meet their fears by challenging themselves and being part of that is really rewarding. I always feel better after I'm finished teaching a class. I get so much joy from my students. I feel that I serve a real purpose teaching at Emeritus."

I had a spring in my step walking back to my car. I felt uplifted, ending the interview with such a lovely take away.

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

by Judy Blits

For those who might not be aware, the Emeritus Student Advisory Council (ESAC) has been an important factor in determining the future of Emeritus since 1974. It meets six times during the academic year (for 2019/20: September 11, November 13, January 8, March 11, May 13, and July 8). Students are welcome to attend the meetings; this organization is the official voice for Emeritus students.

Recently ESAC formed a Student Courses Focus Group which provided recommendations for new classes. With faculty and administrative approval, five new classes (or sections) are being offered for this Fall Semester: Apple iOS basic skills, Android basic skills, guitar for older adults, Persian literature, and introduction to the SMC Fitness Center.

ESAC also created a committee to review the online enrollment process. One of the recommendations was to increase the number of classes in which a student can enroll. As of week three of each semester, students are now permitted to enroll in additional designated classes over and above the set maximum for the semester. Students who are not on the Council may be asked to serve on its committees.

If you would like to check out the biographies and pictures of Council members or look at minutes from advisory council meetings, just log on to the Emeritus website at smc.edu/emeritus and click on Advisory Council. You can reach the Chairperson of the Council, Judy Blits, at blits_judy_eileen@student.smc.edu.

Art is Healing

by Gloria Correa

Making art is a form of meditation; it helps us become happier. We can concentrate, focus and change in ways others will take notice. Day by day we are faced with medical limitations, stress, lack of time, fear of the future and the challenges of aging. As painfully slow as a long lonely day can seem, we can choose to fill it with something that heals us by taking classes in writing, painting, music and dance, to name a few of the arts. Communing with others being creative has been known to heal. It allows us the space to regenerate.

SMC Emeritus offers many classes in the arts. Every week we students explore our creativity in a supportive, communal environment filled with the wonderful wise faces of those whose life lessons and experiences introduce us to new worlds. As the

years pass, we create new healing moments that give us the confidence to look deep within ourselves and nurture the artists we were meant to become. Some of us, in earlier years, might have been reprimanded for not doing that dance, painting or writing exactly the way it was expected. We might have been shamed by “well-meaning” adults into never picking up that paintbrush again, thereby developing negative emotions around our creativity. When we don’t express ourselves, we create emotional blocks, which can lead to physical ailments.

Art invokes the power to unlock our brain and mind into a healthier pattern. Our expression of self through art helps us to reclaim our own perspective and behave in ways more aligned with a healthier outlook, no longer pandering to our inner critic. We discover that there are no wrong answers, and this creates a fearlessness and willingness to explore unknown

lands. Our success is measured only by our own standards and we are therefore as successful as we wish to be on a given day. This fearlessness follows us into everyday life. We gain confidence through sharing our art and experiences with one another, which then creates a group of wonderful supportive friends who encourage us to keep striving in our expression of self and in our interactions with the world.

Healing, like love, becomes exponential, touching us in the same way art does. As we finish yet another written piece or painting, perform another song, or play an instrument, we put out into the world another magnified form of healing that I dare say inspires not only us, but all those around us — our classmates, family and friends. Anais Nin’s poem “Risk” exemplifies this best: “And then they came, when the risk to remain tight in a bud was more painful than the risk it took to blossom.”

Can People Change at Any Age? You Betcha!!

by Carol Cox

I still hear people lament that we older folks just can’t change. Well, I’m here to tell you, yes indeed we can.

I’m 85 now. I have changed significantly, particularly since I turned 80. I have seen other older folks change as well.

Over these past five years, I have been attending weekly sessions of a geriatric therapy group held at the Behavioral Center Sciences facility at UCLA. In this group, led by highly qualified UCLA psychologists, we practice Cognitive Behavioral Therapy, which helps us identify, and then change, the thoughts that feed negative emotions and behaviors. Our participation in this group helps relieve depression, anxiety, and

loneliness, and also helps us improve our relationships with other people.

I have also started practicing mindfulness meditation as well as a gratitude practice.

In addition, to help cope with major losses I have experienced in recent years, I joined a bereavement support group formed out of St. Monica’s Church, and took Phyllis Press’ Emeritus class in bereavement support.

Over these years, as a result of these practices, I have gained in self-confidence and assertiveness; I’m now able to speak up for myself if I feel I’ve been wronged. I have deepened my capacity to feel and express empathy for others. I’m more relaxed and sleep a little

better. I’m now able to live more in the moment. Overall, I just feel more alive than I did five or ten years ago. In addition, in my opinion anyway, I’ve become a bit nicer person.

Other people, including other members of my therapy group and close friends, have also noticed these changes in me.

High on my list of things I’m grateful for are the two Emeritus classes I am now taking: Writing for Publication taught by Monona Wali, and a Senior Seminar taught by J. D. Peterson, both of which help me to feel more engaged in life.

So the next time you hear someone remark that old people can’t change, I hope you’ll prove them wrong!

Kudos!

by Perri Chasin

The first thing one notices about Maureen Elizabeth Murphy, aka Mo, is her laugh. It is loud, deep and hearty. The next thing you might notice are her sparkling blue eyes. They twinkle. That's not all — Mo boasts a big personality, a fantastic sense of humor and she has an amazing wit, always ready with a bon mot.

Maureen Elizabeth Murphy is a force of nature, so it should come as no surprise that for her 80th birthday, Mo celebrated with a solo art show.

This transplanted New Yorker created high-end floral wedding arrangements for twenty-three years, and it was that artistic aesthetic that led her to create handmade Soul Collage cards, similar to Tarot decks. The card decks were impressive, but in time she found the limitations of cut-and-paste collage frustrating.

An Artist's Way group in 2010 encouraged Mo to enroll in a Photoshop course at Santa Monica College and she was on her way! It didn't matter that her classmates were in their late teens and early twenties. The muffins and snacks Mo brought not only endeared her to them, but also enticed the young people to help Mo navigate the challenges of the course.

Two short years later, with the support of her Artist Way colleagues, Mo boasted a solo show at Mystic Journey Books in Venice, CA,

where she debuted her first twenty Photoshop art pieces.

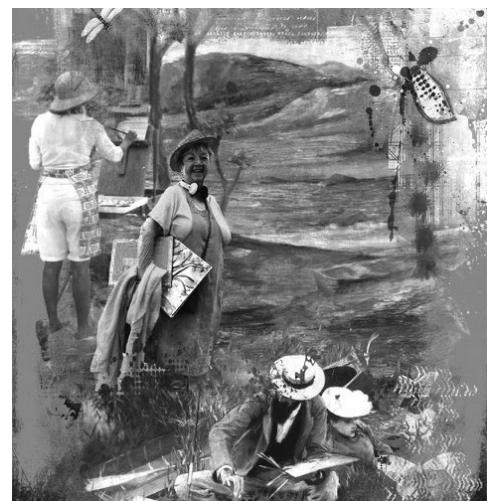
When I met Mo in an Emeritus drawing class in 2016, I was duly impressed when she announced she was preparing work for a solo show to celebrate her 80th birthday. Fast forward to December 2018. Just days after her 80th birthday, I was one of 150 invited guests who attended the opening night of 'Unfolding', Mo's triumphant solo art show in Santa Monica. We were delighted by dozens of wonderful works that ranged in size from 12x12 to 40x60.

It's no surprise that Mo has a cadre of devoted collectors. Her work is inspired by humor. Other pieces are naughty. "I love naked ladies," she declared. Her art practice has 'expanded' her emotional boundaries. Prior to making art, she recounted being unable to investigate darker emotions, but through her practice she has been able to expand her ability to address a wider emotional vocabulary.

An Emeritus student since 2014, Mo is enormously grateful to the institution. "Emeritus has given me the opportunity to freely explore. It's where you can go study what you want without committing to a career or degree, and that freedom is such a gift."

Her advice to budding senior artists: "It's never too late to learn and it's never too late to say out loud "I am an artist."

Visit artbymomo.com to see Mo's work.



Strike Up the Band!

by Grace Godlin

Have you ever dreamed of playing an instrument in a band? The Emeritus Concert Band is giving musicians the opportunity to live out this dream. While pleasure is the primary reason for playing an instrument, neuroscientists have proven that playing an instrument improves comprehension, enhances coordination, and increases the capacity for memory.

Carol Van Dyke has been playing the clarinet in the band for fifteen years. She studied music at Calvin College in Michigan, and then graduated from UCLA with a degree in English. But life interrupted and she waited until she retired before indulging in her passion for playing the clarinet.

"There is a joy that comes from playing in a group whose goal is excellence. We all have to work together to achieve it. How many times in life do we have that opportunity? And it's a real treat to play on The Broad Stage where we have three concerts a year. It's magical playing in this distinguished auditorium with its superior acoustics. There are no auditions for the band. We welcome all people. Just come and play!"

The Emeritus Concert Band meets Tuesdays, from 7 – 9 p.m., at Lincoln Middle School, 1501 California Ave., Santa Monica, 310-393-9227



Passings: Rose Weiss Berman

by Perri Chasin



Santa Monica Emeritus student Rose Berman was colorful not just because of her Lucille Ball red hair or the primary

colors she wore, which, more often than not, were bedazzling, or the large statement jewelry pieces that adorned her neck and manicured hands. Rose Berman was colorful because color was her métier, and fashion her medium.

For more than twenty-seven years, Rose designed every fringe, rhinestone, stud and bauble for every costume worn by every dancer, singer and musician who performed on the Lawrence Welk Show, a nationally televised musical variety show hosted by band leader Welk on ABC. And, each Christmas, during the 1960's and 70's, Rose

served as wardrobe and costume designer for Bob Hope's USO tours and as ABC's wardrobe designer for the Academy Awards. Considered a member of the Welk 'family', Rose continued to work on Lawrence Welk specials in Branson, Missouri well into her 70's and 80's.

In 2009, at the age of 88, Rose enrolled in an autobiography writing class at SMC Emeritus, a course she continued to take until 2019.

Ana Reyes, who taught Rose in the Autobiography course for the past two years, reports that Rose completed every writing prompt she was given and that, after ten years of writing classes, Rose had amassed sufficient material to hire an editor and self-publish her memoir, *My Unexpected Life*.

Ana described Rose as having a big personality and recalls Rose stating that when she began her work on the Welk show, it was shot in black

and white. It wasn't until the show transitioned to living color more than a decade later, in 1966, that Rose said it was 'her time to shine!' And shine she did! She was bright and bold and audacious, and color television gave her the opportunity to dazzle.

Emeritus student Bj Cotton-Jeffords met Rose ten years ago when both women joined the Emeritus Gospel Choir and the two became fast friends. According to Bj, "Rose was strong, insightful, compassionate and creative as hell!" She had style, grace, a great sense of humor and was fearless. Bj recalled that Rose recounted jumping off helicopters onto the decks of aircraft carriers during her USO tours with Bob Hope.

Rose Beverly Weiss Berman was 98 when she passed away August 22, 2019. Bj was one of the 100-member SMC Emeritus Gospel Choir that performed "The Storm is Almost Over" at her funeral.

She will be missed.

To the Emeritus Community,

As a result of a recent retirement of one of my colleagues on campus, Senior Leadership and I have decided that effective immediately, SMC's Community Education program will report to me (effective 10/7/19). Community Education is a fee-based, self-sustaining program. You may recall that many years ago, some Community Education classes were listed in the Emeritus schedule for subjects that Emeritus is not funded to teach.

Please know that this will not negatively impact my work overseeing Emeritus. I foresee spending some time with the Community Education staff, but I will still be focused on everything I have been doing for Emeritus, overseeing both distinct programs to promote Lifelong Learning. Nothing will change in terms of Emeritus operations and functions as a

result of this additional area of responsibility for me.

The two Community Education staff (Alice Meyering and Tymia Yancy) will move to Emeritus before the end of October; location to be determined.

Rest assured there will be no negative impact on Emeritus classes. The lion's share of Community Education offerings occur in other locations, on weekends, and in the evenings. For example, there are some Art and Health classes Community Education holds in our building on a few weekday evenings, but most are elsewhere. The programs are NOT merging. Both independent programs will remain distinct, and I will manage both.

Sincerely,
Scott Silverman

WHAT'S HAPPENING: Fall Emeritus Events

American Red Cross: Disaster Preparedness Seminar — How to Get a Kit, Make a Plan, and Be Informed.

Tue, October 22 | 12 p.m. – 1:30 p.m.

Free | Room 408

Tony Abatemarco Books Signing

Wed, October 30 | 10:30 – 11:30 a.m.

Free | Room 107

Emeritus Concert Band

Yosuke Miyoshi, Conductor.

November concert has a California theme, featuring music about California and composers who live in California. February concert program was not confirmed at press time. Please see smc.edu/eventsinfo or call (310) 434-4306 for up-to-date details..

Sun, November 3 | 1 p.m. | Free

Sun, February 2 | 3 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, January 18 | 1 p.m. | Free

The Edye at SMC Performing Arts Center

EMERITUS ART GALLERY

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

Teresa Amanfu, Janice Hanks, and June Yamada

Thu, September 26 –

Wed, November 6

Experience an arrangement of works by three of the most masterful figurative painters Emeritus has to offer, aesthetically linked through painterly brushwork and a proclivity for sophisticated layering techniques. Opening reception on Thursday, September 26, from 5 p.m. to 6:30 p.m.

The Ongoing Moment Literature and Art from Emeritus

Thu, November 14 –

Wed, January 15

Come enjoy the results of collaborative original art and writing created by students in Monona Wali's memoir class and Catherine Tirr's watercolor studio class. Opening reception and author readings on Thursday, November 14, from 5 p.m. to 6:30 p.m.

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

Brain Teasers and Trivia

- 1) What work can one never finish?
- 2) Before Mount Everest was measured, what was the tallest mountain in the world?
- 3) If you have me, you want to share me. If you share me, you haven't got me. What am I?
- 4) Who is the only actor to direct himself to a Best Actor Oscar? (HINT: He was in the first non-American film to win Best Picture)
- 5) Who has received the most Oscar nominations for acting and never won?

Answers: 1) One's autobiography 2) Mount Everest 3) A secret 4) Lawrence Olivier in Hamlet 5) Peter O'Toole

From the Corner Office

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for Android devices (phones/tablets) and Apple iPhones/iPads.

The above new additions were easier to launch than a brand new class which tend to take a lot more time. There are other opportunities in the early planning phase that will result in new classes, changes to some classes, and additions to our faculty. As always, if you have suggestions, please feel free to submit a suggestion to the suggestion box, or contact the Emeritus Student Advisory Council (ESAC).

In early 2020, SMC Emeritus, in partnership with the Main Campus, KCRW and Downtown Santa Monica, will be bringing National Public Radio's StoryCorps program to Santa Monica. For several weeks, early in 2020, StoryCorps' mobile booth will be near the Promenade, for people of all walks of life to sign up for a conversation to be recorded and stored in the Library of Congress. As of press time, there is no further information, but flyers will be up by the end of Fall Semester with more details. If you haven't heard of Storycorps before, please check it out. storycorps.org

Over the past summer, we were able to get the walls of our art rooms 204/205 painted, and are working on cleaning the counters and sinks. We also have upgraded some of the Media equipment in room 107 and are slated to upgrade media equipment in most of the other rooms in the near future. I'm working on some other future projects as well. More to come on that later this year...AND the elevator is on my list, don't worry!

I'd like to continue to encourage each of you to take a class in an area you don't normally enroll in. For example, if you've never taken an Emeritus Art class, see if you can get into one you like one upcoming semester. The benefits of experiencing a new discipline, new class material, and a new instructor may be well worth it. New neural development, and you might just find a hidden talent.

Don't forget to check out our Digital Signage at Emeritus (the TVs) to hear about things going on at Emeritus, and at SMC, and like SMC Emeritus on Facebook!

Be well!



**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/emeritus

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

Got Suggestions?

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



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