

AGING & independence

April 2015

Setting Records One Step at a Time

BY ELLEN SCHMEDING
DIRECTOR, AGING & INDEPENDENCE SERVICES

Anne Garrett won her age division in the first race she ever ran. At age 72. She hasn't lost to anyone in her age group since; some nine years of victories. This Oceanside resident has also won the attention of racing journals and other media, especially after her success in the Feb. 1 Surf City USA Half Marathon where she set the American record for her age group (80-84), with a time of 2:13:23. For those non-runners, that's just shy of a 10-minute mile for 13 miles.

"Running has helped me not to feel sorry for myself, not to get depressed," Anne told a reporter for *Runners's World*, which documented her record.

Anne misses her husband of 54 years, Jack, who died four years ago from Alzheimer's disease. Anne was by his side every step of that seven-year journey.

After his death, "I went from having a purpose in life to not having a purpose in life," she says. Fortunately, she had running. When Jack was still alive, a neighbor kept an eye on him in the mornings so Anne could put some wear on her sneakers.

She has always valued exercise as part of her daily routine. She attributes this passion to being from a small village in Northern Ireland where only one family had a

car; "the rest of us walked everywhere."

Although her Irish husband enjoyed soccer and tennis, she remained a walker and even became a racewalker after they moved to the U.S. in 1968. She started entering running events as a racewalker after turning 60. It wasn't until after one of her two daughters took up running that she added running to her routine.

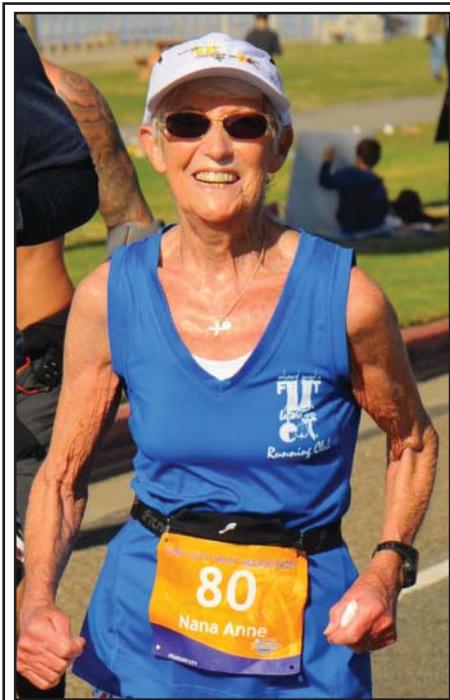
"My daughter started doing marathons and I would stand on the roadside watching her, thinking maybe I could walk a marathon." She accomplished that feat in 1999, just short of her 65th birthday, but never tried another one; "I stuck with half marathons."

For her 72nd birthday, she intended to racewalk a half marathon as her daughter ran it, but instead, she ran as well. And she was hooked.

Now she is a running advocate. The local Move Your Feet Before You Eat Foundation has enlisted her to be its spokesperson. The organization targets childhood obesity, raising money for fitness programs in schools.

"She has been a true treasure," says Kathy Kinane, race director (Kinane Events) who created the foundation in 2006. "Anne is so inspiring. We posted her picture on

(CONTINUED ON NEXT PAGE)



ANNE GARRETT



(CONTINUED FROM PAGE ONE)

Facebook and on one post she had 54,000 views. She's the kind of hero we want people to see."

Anne speaks to students at various North County schools about nutrition and exercise, then runs with them as part of "mileage clubs."

"They call me Grandma, and they do their best to run me over," she says. "But all of that is good."

To find out more about the foundation, visit www.MoveYourFeetFoundation.org. ▲

HELP KIDS LEARN HEALTHY HABITS

Help prevent childhood obesity by educating youngsters about healthy food choices and behaviors. A couple of local programs can use your assistance.

You can make a difference in lives of preschoolers (ages 3-5) by participating in the Five & Fit program. East County and South Bay are looking for new volunteers. Older adults (age 55+) guide preschoolers, as well as their families, toward improved nutrition and enhanced physical activity. Activities include gardening, tasting various fruits and vegetables and other fun nutritional education. The program pays a stipend of \$100 per month for a commitment of 16 hours per month.

For more information about Five & Fit, contact Pam Plimpton at pam.plimpton@sdcounty.ca.gov or call (858) 495-5769.

CATCH Healthy Habits links volunteer adults (age 50+) with kids in grades K-5 at after-school programs, teaching the importance of exercise and proper nutrition. Classes meet once a week for eight weeks. A volunteer training day will be held from 10:15 a.m. to 12:15 p.m. on Tuesday, April 28, at San Diego OASIS-Mission Valley, Macy's department store, 1702 Camino Del Rio North (Third Floor). To register, contact Erica at erica@sandiegooasis.org or call (619) 881-6262. ▲

REGISTER NOW FOR VITAL AGING

You can now sign up to attend, sponsor and/or exhibit at the June 17 Vital Aging Conference. This year's theme is "Boosting Your Brainpower" in support of the Alzheimer's Project, and will focus on improving your brain health through nutrition, exercise, social interaction, mental stimulation and more. AIS coordinates the Vital Aging conference every other year to spotlight elements of health and wellbeing for older adults.

The free conference will be held at two locations: McMillin Center in Liberty Station, 2875 Dewey, San

PUBLIC HEARING FOR AREA PLAN SET

A public hearing for the update to our Area Plan will be held at the next meeting of the AIS Advisory Council at noon on Monday, April 13, at the AIS headquarters, 5560 Overland Ave., Suite 310, San Diego 92123.

AIS is the Area Agency on Aging for San Diego County as is required by the California Department of Aging to create an Area Plan every four years that outlines goals and objectives, and to keep the community updated on progress and changes. For additional information, call (858) 694-3252. ▲

EVENTS AID IN MAKING KEY CHOICES

An Aging Conference: "Right Choices at the Right Time" will be held in April and May at three locations. The free conference, coordinated by Sharp HealthCare, will present information about advance care planning, leaving a legacy, care choices, hospice services and more. Here are dates and locations:

April 17 (Friday) 9 a.m. to 2:30 p.m. at the Sharp Coronado Hospital, Sandermann Education Room, 265 Soledad Pl., Coronado 92118.

April 22 (Wednesday) 9 a.m. to 2:30 p.m. at the Point Loma Community Presbyterian Church, 2128 Chatsworth Blvd., San Diego 92107.

May 28 (Thursday) from 9 a.m. to 2:30 p.m. at the La Mesa Community Center, 4975 Memorial Dr., La Mesa 91942.

Another similar conference, "Conversations Matter," will be held from 8:30 to noon on Wednesday, **April 15**, at the First United Methodist Church, 2111 Camino Del Rio South, San Diego 92108. This free workshop will provide tools to select an appropriate health care agent and discuss ways to document your wishes for the future.

Registration required; call (800) 827-4277, or online at www.sharp.com/classes. ▲

Diego 92106; and at the California Center for the Arts, Escondido, 340 N. Escondido Blvd., Escondido 92025.

One of the keynote speakers will be Dr. Paul Nussbaum, a neuropsychologist at the University of Pittsburgh School of Medicine, founder of the Brain Health Center, Inc. and author of "Save Your Brain."

Sharp HealthCare is the major sponsor and is taking reservations for the event. KGTV-Channel 10 is our media sponsor.

For other sponsorship opportunities or to exhibit, visit www.AISevents.org. You can also visit that website to RSVP to attend or call Sharp at (800) 827-4277. ▲

HONORING



RSVP: LEAD WITH EXPERIENCE

VOLUNTEER OF THE MONTH

Ron Nunamaker was nominated as the RSVP Volunteer of the Month by Marlene Abel, Senior Volunteer Patrol Administrator in the Santee Sheriff's Station. Ron has been with the Santee Senior Volunteer Patrol since 2009 and has logged approximately 2,900 hours. He signs up for at least two shifts a week, and is consistently available for extra shifts. He demonstrates his leadership skills by assisting with volunteer training. He has been a visible presence in local community events and is a true



RON NUNAMAHER

asset to the Senior Volunteer Patrol team. Ron also is a member of the "Rapid Response Team," which means he agrees to be available for emergencies anywhere in the County, meaning he's available 365 days a year! Ron is a favorite among YANA clients, seniors who live alone and receive wellness checks. Because of his leadership skills, Ron is paired with some of the newest volunteers to go out on patrols. Although he commits time to volunteering, his family is a priority with him and he makes time to go RV-ing in the desert. Another one of Ron's outstanding qualities is his flexible, positive attitude. As reported by Marlene Abel, Ron's favorite phrase is, "Yeah, sure, I can do that!" She is proud to have him as a member of the Santee Senior Volunteer Patrol. Congratulations Ron, your dedication to volunteering is making a difference in East County!

SPOTLIGHT: USS MIDWAY MUSEUM

The USS Midway holds nearly 50 years of world history and is one of the longest-serving Navy aircraft carriers of the 20th century. There are a variety of exhibits to explore, including the crew's sleeping quarters, engine room, the ship's jail, post office, primary flight control

and many others. Museum volunteers are key to making the USS Midway one of the top museums in the nation. Many of the volunteers actually served on the ship, and have a special passion for sharing personal stories and information about the Midway. Welcoming more than a million visitors a year, volunteers have plenty of opportunities to get involved. Volunteers often interact with museum guests, helping to make their experience a memorable one. Other volunteers lend a hand in the museum library, participate in high-profile community events, work behind the scenes preparing exhibits, or answer the phone. Midway volunteers are essential to the everyday operation of the museum and are part of a dynamic crew that shares in the passion of having fun, while building a greater sense of community. If you are interested in sharing a special talent, or just want to become part of this amazing group of volunteers, contact RSVP at (858) 505-6399.



A VOLUNTEER OPPORTUNITY

The Scripps Prebys Cardiovascular Institute is looking for additional volunteers to help in this new facility. Volunteers in the hospital environment impact the lives of patients, visitors and staff in a positive way. Volunteers at Scripps serve one four-hour shift per week. There are different volunteer opportunities: you might be greeting visitors, helping patients or staff. Volunteering is not only a rewarding experience, but you will also learn new skills, make new friends, meet others who share the same values and interests and gain great experience, while making a positive impact at Scripps. After an initial interview and health screening, volunteers are assigned to an area of their choice and attend a site orientation. For more information, contact RSVP at (858) 505-6399.

EAST COUNTY LIBRARIES AID VETERANS

To provide greater accessibility to resources for veterans and their families who live in East County, the County Library and the County Veterans Service office are teaming up. The main Veterans Service office is located in Kearny Mesa and there is a satellite North County office, but veterans living in East County have had no convenient site to visit until recently.

Now the County Library branches in El Cajon, Pine Valley and Rancho San Diego will offer specific times and days each month where veterans can meet one-to-one with a Veterans Service representative and apply for benefits or learn about other resources that might help them.

Here are the dates, times and locations:

El Cajon: 9:30 a.m. to 1:30 p.m. the second and fourth Monday of each month.

Pine Valley: 9 a.m. to 1 p.m. the third Thursday of each month.

Rancho San Diego: 9:30 a.m. to 1:30 p.m. the third Wednesday of each month.

To schedule an appointment, call **(858) 694-3222** weekdays between 8 a.m. and 5 p.m.

Also, the **Julian** branch is piloting a new Vet Connect program where veterans and their families can video teleconference with a Veterans Service officer stationed at the main office from 10 a.m. to 3 p.m. each Thursday. The Vet Connect kiosk will allow for privacy and there will be a fax machine to send documents back and forth. ♠

BE A LIFE COACH FOR A WAY INTERN

Make a difference in the life of a young person through the Workforce Academy for Youth (WAY). Older adults (50+) volunteer to be life coaches to emancipating foster youth who are interning with the County. Training and support is provided. The program pays a stipend of \$250 per month for a commitment of three to five hours a week of mentoring. For details, contact Pam Plimpton, Intergenerational Coordinator, at **(858) 495-5769** or email: pam.plimpton@sdcounty.ca.gov. ♠

SYMPOSIUM FOR GRANDFAMILIES

Grandparents raising grandchildren or other kinship families are invited to attend a free symposium to be held from 8:30 a.m. to 1 p.m. on Saturday, May 16, at the Jacobs Center, 404 Euclid Ave., San Diego. Participants will get help with legal, financial and family issues. Lunch and onsite childcare will be provided for those who pre-register. To RSVP or for additional information, call **2-1-1**. ♠

SIGN UP FOR 'HEALTHIER LIVING' CLASSES

The County coordinates interactive and goal-oriented workshops called "Healthier Living" for people with chronic health conditions. Some of the workshops are specifically for participants coping with diabetes. Caregivers are also welcome to attend. Workshops are held once a week for six weeks:

(Focus on diabetes) March 6 to April 10 (Fridays) from 9 to 11:30 a.m. at the McClellan Senior Center, 1400 Vale Terrace Dr., Vista 92084.

March 13 to April 17 (Fridays) from 9:45 a.m. to 12:15 p.m. at the Norman Park Center, 270 F St., Chula Vista 91910.

(Spanish) March 25 to April 29 (Wednesdays) from 1 to 3:30 p.m. at the Public Authority-HHSA, 3890 Murphy Canyon Rd., Suite 250A, San Diego 92123.

April 10 to May 15 (Fridays) from 10 a.m. to 12:30 p.m. at the Lemon Grove Library, 3001 School Lane, Lemon Grove 91945.

(Focus on diabetes) May 6 to June 10 (Wednesdays) from 1 to 3:30 p.m. at the Public Authority-HHSA, 3890 Murphy Canyon Rd., Suite 250A, San Diego 92123.

To register, contact Kyra Reinhold at kyra.reinhold@sdcounty.ca.gov, or leave a message at **(858) 495-5500, ext. 3**. ♠

JOIN A COMMUNITY ACTION NETWORK

Four regional Community Action Networks focus on the issues and needs of older adults and persons with disabilities. They welcome your participation.

The San Diego Community Action Network (SanDiCAN) meets from 10:30 a.m. to noon on the last Tuesday of each month at the War Memorial Building, 3325 Zoo Dr., San Diego. For more information, contact Brian Rollins: **(858) 505-6305**.

The East County Action Network (ECAN) meets from 1 to 3 p.m. the third Wednesday of each month at the Renette Recreation Center, 935 S. Emerald Ave., El Cajon. For more information, call Kathy Holmes-Hardy: **(619) 401-3994**.

The South County Action Network (SoCAN) meets from 1 to 3 p.m. on the fourth Tuesday of each month at the San Diego County Library, Bonita-Sunnyside Branch, 4375 Bonita Rd., Bonita. Contact Anabel Kuykendall: **(619) 476-6223**.

The North County Action Network (NorCAN) meets from 1 to 3 p.m. on the fourth Tuesday of each month at the San Marcos Senior Center, 111 Richmar Ave., San Marcos. For details, call Marty Dare: **(858) 505-6300**. ♠

community

C A L E N D A R

SEND IN YOUR ITEMS

This monthly calendar welcomes your contributions. Just send items by the 10th of each month preceding the issue date to: Denise G. Nelesen, editor, Aging & Independence Services, PO Box 23217, San Diego, CA 92193-3217. Or you can e-mail to: denise.nelesen@sdcounty.ca.gov.

APRIL 8, WEDNESDAY

9 A.M. TO 12:30 P.M.

“Finding the Balance in Caregiving” will be held at the Solana Beach Presbyterian Church, 120 Stevens Ave., Solana Beach 92075. RSVP by April 6 to **(800) 827-4277**.

APRIL 10, FRIDAY

9:30 A.M. TO 12:30 P.M.

Free legal help for Del Mar seniors (60+) is offered the second Friday of each month at the Del Mar Community Building, 225 9th St., Del Mar. Call Elder Law & Advocacy for an appointment: **(858) 565-1392, ext. 208**.

APRIL 10, FRIDAY

1 TO 3 P.M.

“7 Smart Strategies for 50+ Job-seekers” will be held at Grossmont College, Room 55-522. Call **(855) 850-2525** to register. For more information, call **(619) 644-7247**.

APRIL 13, MONDAY

10 TO 11 A.M.

“Medicare and You” will be presented by Pablo Corona with HICAP at the Grossmont Healthcare District Conference Center, 9001 Wakarusa

St., La Mesa. Learn the basics about Medicare. RSVP: **(800) 827-4277**.

APRIL 13, MONDAY

11 A.M. TO NOON

“Communicating with Care,” part of a Caregiver Education Series, will be presented at Temple Adat Shalom, 15905 Pomerado Rd., Poway 92064. For details, call **(858) 674-1123**.

APRIL 16, THURSDAY

8:30 A.M.

Intergenerational Games will be held at the Ed Brown Senior Center at the Rancho Bernardo Community Park, 18448 W. Bernardo Dr., San Diego 92127. Call **(858) 487-9324**.

APRIL 21, TUESDAY

12:45 P.M.

“Sex and Aging” will be presented by Dr. Daniel Sewell from UCSD at the College Avenue Center, 4855 College Ave., San Diego 92115. For details, call **(858) 637-3273**.

APRIL 22, WEDNESDAY

11 A.M. TO 2 P.M.

“Caring for the Caregiver” workshop will be held at the Fredericka Manor Fellowship Hall, 183 Third Ave., Chula Vista 91910. To RSVP or for information, call Southern Caregiver Resource Center, **(800) 827-1008**.

APRIL 24, FRIDAY

10 A.M. TO 1 P.M.

Senior Health Fair, sponsored by the East County Senior Service Providers, will be held at the Santee Trolley Square, 9850 Mission Gorge Rd.,

Santee. For details, call the La Mesa Adult Enrichment Center: **(619) 667-1322**.

APRIL 30, THURSDAY

1:30 TO 3 P.M.

“What You Can Do with Your Computer” will be offered at the Lawrence Family Jewish Community Center, 4126 Executive Dr., UTC area. Cost is \$10. RSVP by April 23 to **(858) 362-1142**.

MAY 1, FRIDAY

NOON TO 4 P.M.

“Still Going Strong” Health Fair will be held at the Central Library, 330 Park Blvd., San Diego 92101. For details: **(619) 236-5867**.

MAY 8, FRIDAY

10 A.M. TO 2 P.M.

“A Lifetime of Healthy Living” Health Fair will be held at the La Jolla Community Center, 6811 La Jolla Blvd., La Jolla 92037. For more information, call **(858) 459-0831**.

MAY 16, SATURDAY

8:30 A.M. TO 1 P.M.

Grandparents Raising Grandchildren symposium will be held at the Jacobs Center, 404 Euclid Ave., San Diego. Includes speakers, resources and lunch. To register, call **2-1-1**.

ADVISORY COUNCIL

The AIS Advisory Council will meet at noon Monday, April 13, at AIS, 5560 Overland Ave., Third Floor, San Diego 92123. These meetings are open to the public.

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