

Family Service Agency Offers Seniors the Big Brothers and Big Sisters Experience!

Being 55-plus comes with a lifetime of mentoring experiences to share - as brothers or sisters, as parents or grandparents, as aunts, uncles or godparents. Few things are more rewarding than watching another human being blossom with the experience of being valued and cared for by their community. That is why the Family Service Agency (FSA) is proud to announce that it is accepting applications for its Senior Big Brothers Big Sisters campaign.

The Senior Big Brothers Big Sisters program matches the urgent need for mentors for local youth with the opportunity to engage community members ages 55-plus in meaningful volunteerism. With long-standing Senior Services and Big Brothers Big Sisters programs, FSA connects seniors with critically needed volunteer opportunities.

Seniors are some of the best “Bigs” because they have valuable life experience to offer children and teens that are still developing life skills. Mentees, or “Littles” reciprocate by bringing a young and vibrant energy that can be very fulfilling. Often Bigs and Littles will engage in outdoor activities like hiking, going to the beach, or just conversing on a casual stroll through town. Littles also have a fresh perspective that can keep their Bigs feeling young with the curiosity and discovery of youth and new influences of society and pop culture.

Bigs enjoy watching their Littles grow into their best versions of themselves, especially because the experience is firsthand. Although donating money is extremely honorable, donating time can give a unique sense of satisfaction through this very personal impact that will change a life for the better, forever.

The Senior Big Brother Big Sister program gives mentors an opportunity to create a real and lasting connection and create ripples of good faith that spread throughout the world. To find out more about becoming Senior Big, visit www.sbBIGS.org or call (805) 925-1100.



OUR MISSION:

The Center for Successful Aging prepares older adults and their families for the challenges and opportunities of aging through individual and peer counseling, education and senior support services.

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Parkinson's Caregivers Support Group (Continued from P. 1)



Another member said, “We all think differently and the group is such a help in easing a very “noisy brain”. You walk into the Care Partners group, and everyone there knows what you are going through, whether you

are managing a spouse's medications, providing intimate physical care or dealing with various levels of dementia.”

Relaxing with friends who have similar problems often results in answers to one's own problems. A Care Partner may be directed to resources that he or she did not know about.

The atmosphere of warmth and support, tears and laughter gives confidence and strength to face the next hours and days. There is such caring and giving back to new members, especially.

One of the main goals of “Care Partners” is to encourage and enable members to, as difficult as it may be, to take time for themselves, whether it means asking other family members for help or hiring home health aides. Just going for a walk or having coffee with a friend can help relieve stress.

One member, who started coming to meetings reluctantly, stated that Parkinson's caregivers who do not participate in support groups are “losing out” on a vital resource. There is an educational process that goes on and “ignorance is not bliss.” We need to be prepared for the long-haul not least because of the physical and emotional impact on caregivers.

Care Partners meets each Tuesday at 1 PM at St. Andrew's Presbyterian Church, 4575 Auhay Drive, Santa Barbara. Enter the parking lot from Arroyo Road.