

**OFFICE HOURS**

9:00 am to 4:00 pm  
 Monday through Friday  
[asi@activeseniorsinc.org](mailto:asi@activeseniorsinc.org)  
 831-424-5066

**ACTIVE SENIORS INC.**

100 Harvest Street  
 Salinas CA 93901-3211  
[www.activeseniorsinc.org](http://www.activeseniorsinc.org)  
[Like us on Facebook](#)

# Monthly Newsletter – March 2026

**DAILY ACTIVITIES**

**MONDAY:** Zumba w/o wts. 7:30-8:30AM\* +don.  
 Zumba 9-10:15 AM w/wts\* + donat.  
 Hula, 10:30-11:30\* + donation  
 Ukulele & Singalong, 12N-2 PM\*\*  
 Mahjong 12:30 to 3:30 PM, RmB\*\*  
 Yoga/Pilates 2:45-4:00 PM\*\*  
 Bunco 1st Mon, Members First, 5-8 PM, \$6

**TUESDAY:** Legal Serv. for Seniors, free  
 9:30-11:00 AM. Call for appt., Rm A  
 Line Dancing 10 to 11:30 AM\*\*  
 Bridge, 12N-3:30 PM\*\*  
 Social dance lesson & live band, 6-8PM, \$9/\$10  
 Artful Escape, **3rd Tues.**\*\*1:30-3:30pm, Rm B  
 Card Play, **4th Tues.**\*\*1:30-3:30pm, Rm B

**WEDNESDAY:** Yoga/Balance/Pilates 8:45-10AM\*  
 Cribbage, 10:00 AM-12:00N, Rm A\*\*  
 Book Club 10:30 AM to 11:30AM\*, Rm B  
 Guitar Circle & Singalong, 11:30-1:00 PM\*\*  
 Tai Chi, 1:30 to 3:00 PM\*\* + donation  
 Chair Yoga, 3:15-4:15 PM\* + donat.  
 Line Dancing 6:30-8:30 PM\*\* + \$1 donat.

**THURSDAY:**  
 Knitting/Crochet (not 2<sup>nd</sup> Th), Rm B, 1-3 PM\*\*  
 NarAnon family support Rm B, 12-1PM (not 2<sup>nd</sup> Th)  
 Quilting, **1st & 3rd Th**, 9 AM-12N\*\*  
 Genealogy, **1st & 3rd Th**, 10-12N, Rm A  
 Tech Assist., **3rdTh**, by appt.-1-2pm or 2-3pm\*  
 “Singing for Brain,”**4th Th, 2-3:30pm-new time\*\***

**FOOD Distribution**, Mar. 26, 10:00-12:00 noon.

**MEMBERS LUNCH**, 2nd TH, 12N, \$15, pre-regis.  
 Program: Rep from Edward Jones on Trusts and  
 Financial Planning.

**FRIDAY:** Yoga/Balance/Pilates 8:45-10:00 AM\*  
 Zumba 10:15-11:15 AM\* +donat.\*  
 Bridge 12N to 3:30 PM\*\*  
 Cardmaking, 3rd Fri\*\*+\$5-**no Feb. class**  
 Western Dance, 1st & 3rd Fri., 7-9PM, \$4/\$8

**SATURDAY: Office closed**  
 Beg. Hula 2nd & 4th 9:30-10:45am\*\* + donat.,  
 Bridge 1st, 3rd, & 5th, 12N to 4 PM\*\*

*Updated 03/02/2026*

\* \$1 Fee for Members, \$2 for non-members; \*\* \$2  
 for Members, \$4 for non-members Office closed  
 Sat. Bring exact change, arrive prior to start.

## Every Monterey Co. Care Facility Resident Gets A Valentine Card

By Suzanne du Verrier

Hearts were flying on Valentine's Day from every direction in our county. Every resident in Residential Care Facilities/Assisted Living received a Valentine Card. There are 41 licensed facilities and 1,829 total residents living in those facilities. There are 15 Skilled Nursing Facilities with a total of 1,030 occupants.

Hearts and love were delivered to 2,859 Seniors in licensed facilities in Monterey County. This is the sixth year the Alliance on Aging has facilitated this project that started with COVID. With hundreds of card makers (nearly all of the 3,000 or so cards are handmade by kindergarten students through Seniors themselves) feeling so good that they could do something for someone else, it is a win-win project.

Our community has always come together to make sure this project is successful and in fact the project has taken on a life of its own. People now call AOA or ASI in January for details on when and where they can deliver their cards.

Groups and groups of people take time out of their day to come together so love can be passed around in our county. From the creative fingers to the diligent drivers delivering, I personally don't know everyone but I would like to thank every one of the participants from the bottom of my heart.



## Dancing Through Life: Meet Sera, ASI's Hula & Ballroom Inspiration

By Paula Haro

At Active Seniors, few people embody energy, creativity, and dedication quite like Sera. A member for 6–8 years, she teaches Intermediate Hula on Mondays, Beginning Hula twice a month Saturdays, and Ballroom and Social Dance Tuesday evenings—sharing not just steps, but a lifelong love of dance.

Sera's path to ASI was anything but ordinary. Before retiring (it took three determined attempts!), she spent 18 years at Gavilan College and built a diverse career in marketing, public relations, and business operations across Silicon Valley. (Here >>> she is hula dancing at her wedding.)

She also earned two master's degrees—one in Psychology and one in English—while raising a family and traveling often to Hawaii to care for her parents. "I feel I've spent a large part of my life in school," she says with a smile.

But dance has always been in her heart. She began hula at age four, performing on television and at community events. She studied ballet, modern, and jazz through her teens and college years, even assisting at a private jazz studio run by a former Broadway dancer.

After stepping away from dance for decades, she rediscovered it at 58 when her husband surprised her with ballroom lessons. "I didn't realize how 'down' I was without it," she recalls. She immediately signed up for more.

Sera first took hula lessons because her mother had always wanted to dance. Today, she teaches it because of her students. "It's so rewarding to see them enjoy the beautiful music. There's nothing like dancing together."

Hula, she explains, requires dedication. Students must truly know the dances—"in their bones"—to express the story and emotion behind the movements. Choreography can take months, even years, to perfect. But for Sera, the challenge is part of the joy.

Beyond teaching, Sera has made a tremendous impact at ASI. She serves on the newsletter staff, has helped launch new classes and lectures, organized anniversary celebrations and summer dances, brought fresh programs and events to the community, and serves as Activities Chair (a huge job as ASI grows).

Her commitment reflects what motivates her most: connection. With 11 grandchildren and four great-grandchildren, family keeps her busy—but dance keeps her inspired. And through her classes, she ensures that ASI members stay inspired too—one graceful step at a time.



## Safety Fair for Board, Staff, ASI Members!

By Witold Pietkarski, Safety Committee Chair

On Saturday, April 25, from 9 am-1 pm, ASI will feature a Safety Fair, which will cover invaluable information about signs of stroke/heart attack, CPR/AED awareness, proper use of fire extinguishers, evacuation procedures, and 911 emergency procedures.

While emergencies can occur without warning, timely and informed responses can save lives! Safety Fair will address existing gaps within ASI's emergency preparedness by empowering Board Members, Activities Leaders and Staff to handle emergencies effectively. ASI Members are welcome also.

We strongly recommend participation in the Safety Fair in order to create a safer environment for the growing community of ASI Members in their respective activities. Once you enroll, you will be entered in a raffle! Registration is now open. Come by the ASI office, call or email us to register.

Active Seniors, Inc., 100 Harvest, Salinas 93906

FOR ASI MEMBERS

# SAFETY FAIR

SAT, APRIL 25  
9AM-1 PM

Free!  
Registration required!

**COME AND LEARN**

- SIGNS OF STROKE VS. A HEART ATTACK
- CPR RESUSCITATION
- PROPER USE OF A FIRE EXTINGUISHER
- EVACUATION PROCEDURES
- HOW TO USE AN AED DEVICE
- 911 EMERGENCY PROCEDURES
- FIRST AID PROCEDURES
- WHAT TO DO IN A CHOKING SITUATION

# Marilyn Kapua Gibbons: Vision, Voice, and the Spirit of Aloha

By Sera Hirasuna

Marilyn Kapua Gibbons, ASI ukulele instructor, often tells her students she was never truly a ukulele beginner. By the time she picked up the instrument, she had already taught herself guitar at sixteen—using a book and sheer determination. Compared to guitar, she says with a smile, the ukulele felt easy.

Music was always part of Marilyn's story. She followed in the footsteps of her "beautiful and talented" mother, Minnie Marchant, a singer and pianist who deeply influenced her path. Throughout her life, Marilyn has operated with a clear pattern: first comes the vision, then the determination, and finally the persistence to bring that vision to life.

A native Californian, Marilyn did not grow up dancing hula. She first encountered it at twenty while watching a live performance at Disneyland's Tahitian Terrace Restaurant. It was love at first sight. "I want to do that," she remembers thinking.

Living in suburban San Jose made that dream challenging. Finding a hula teacher required persistence, and she eventually discovered one at a local rec center. Fortunately, her teacher sought lots of "gigs" for her students, helping Marilyn and others blossom in confidence. She still believes repetition leads to mastery—a philosophy she carries today.

That beginning led to more hālaus (hula schools), more mentors, and a widening circle of lifelong friends. Thirty years later, she still dances weekly. Hula is a way of life.

Her immersion in Hawaiian culture deepened through music. For fifteen years, Marilyn listened exclusively to Hawaiian music, building a library of 300 to 500 CDs—at a time when there were no Hawaiian stations in San Jose, no internet, and no YouTube. Learning required intention and effort. She intuitively chose full immersion.

From the music, Marilyn learned the Hawaiian language. From her teachers, she grew a Hawaiian heart and soul. Among her early influences was Honolulu-born educator Hollis Baker, her first ukulele teacher. Through hula and music, she formed enduring friendships, including her hula sister Lisa McFarland, whom she's known and loved for more than 30 years. When Marilyn and Lisa sing together, their harmonies echo old Hawai'i—rich, warm, and full of aloha.

Marilyn's musical journey includes unforgettable highlights. She sang with beloved Genoa Keawe, a pioneer in Hawaiian music, and Ledward Ka'apana, recipient of the National Heritage Fellowship for slack key guitar. She also learned from famed Ray Kane, an internationally acknowledged master who taught in his home.

Both Aunty Genoa and Uncle Ray ("Aunty" and "Uncle" are honorifics) have passed, but their influence remains profound. Aunty Genoa once encouraged Marilyn to sing "as high as you can," a soprano voice heard mainly on her Hawaiian-language CD since she often "aims for the middle" when teaching ukulele and singing.

Marilyn envisioned making her own CD long before it became reality. It took 15–20 years before that dream was fulfilled. The process taught her every stage of production—from pre-song prep to layering vocals, solos, editing, and mastering.



(continued on next page)

## Marilyn Kapua Gibbons' Hawaiian Journey (continued from P. 3)

The album became a community effort. Friends shared their talents generously, including Dave Egan, who recorded, mixed, and mastered the fourteen songs. Contributing musicians included Alan Souza, Patti Maxine, Vern Fernandez, Chris Weinress, Stan Meidinger, Michelle Kiba, and Dana Duran. For Marilyn, the collaboration was as meaningful as the recording itself.

Will there be another album? Perhaps. For now, Marilyn is content. Between teaching ukulele, dancing hula, and sharing music with her community, her days are full. Teaching brings her deep joy—especially when she sees the spark of accomplishment in a student's eyes. In true aloha spirit, Marilyn passes on what was so generously given to her. Mahalo, Marilyn! We are indeed fortunate to have you at ASI!

## Don't Miss Uke/Hula Concert May 1

ASI's ukulele players and singers along with ASI's Hula students look forward to seeing you at our Hawaiian performance at ASI on Friday, May 1, from 4-5 pm. You will not want to miss this performance. It may even inspire you to join the group to sing and learn to play the ukulele.

## President's Corner

By Gerry Reynolds, 2026 ASI President

The monthly roundtable discussion with Members will continue in 2026. Previously named Bob's Bagels, I needed a new name for the meeting, mostly because I am not named Bob. At the February gathering, first order of business was coming up with a snappy new name.

Gerry's Gripe Zone, Gerry's Goodies, Gerry's Gang, Gerry's Joint, Reynolds Rebels, these and more suggested. I've settled on Reynolds Rap!

So come on down and gripe, suggest, question, discuss. There are a lot of good ideas shared in the one-hour session. And if you always wanted to come and didn't like bagels, there will be a menu change.

Time slot for Reynolds Rap! is third Tuesday of each month, 10-11 am, Room B. Next meeting is March 17, St. Patrick's Day. Wear green and I'll see you there!

## Book Club Sets Spring Schedule

By Holly Mikkelson

Here's the latest from the Book Club, which meets every Wednesday from 10:30 am to 11:30 am. On February 25 we began discussing *The God of the Woods*, by Liz Moore. We will spend four weeks on that book, and then we'll begin reading *Pachinko*, by Min Jin Lee, which will occupy us for another four weeks.

Finally, on April 22 we will begin a non-fiction book, *Inheritance: A Memoir of Genealogy, Paternity, and Love*, by Dani Shapiro. This is a shorter book and will probably take us only three weeks. Sometime in April we will begin a new round of nominations for our next three reads.

All are welcome to join us for rich conversations about books we're reading plus other topics that crop up along the way! For more information, contact Holly Mikkelson at [hmikkelson@gmail.com](mailto:hmikkelson@gmail.com) or 831-261-2590.

ASI's Ukulele and Hula classes present:

**May Day**  
**Uke & Hula Concert**  
**FRIDAY, MAY 1ST**  
**4:00 PM - 5:00 PM**

Free to members. \$1 for non-members.  
Everyone's invited but seats are limited to first 100. First come, first served.

Brought to you by Active Seniors, Inc.  
100 Harvest, Salinas 93901  
Website: [activeseniorsinc.org](http://activeseniorsinc.org) Phone: 831-424-5066

## Recognition Committee Would Like YOUR Input

By Laurie Gerletti, ASI Board Member

The Recognition Committee is in need of "new voices" and ideas regarding ways in which we may continue to recognize, encourage and support the many volunteers who make all our programs possible. Please understand we are not asking for physical labor or great commitments of time. We simply believe that more voices and multiple perspectives will yield better, more interesting activities.

If you like the idea of brainstorming to come up with some really great ideas for recognizing our many amazing volunteers, please attend our next meeting March 13, at 1:30. It promises to be one rewarding hour. If you cannot attend the meeting, please share your ideas with Michael Beck or Linda Evans when you see them, or even write a quick note and add it to the suggestion box. Thanks so much for your consideration. We hope to see you there!

## Help Wanted for Tuesday Night Social Dances

HELP WANTED: We are looking for a male volunteer to help us close down the building after the Social Dance on Tuesday evenings. The time would be from 8pm to 8:45pm. Please contact Michael Gaines at "[starchef101@gmail.com](mailto:starchef101@gmail.com)" for more details. Thank You. Michael & Bari.

## ASI Nametags Available—Order Now!

Need (or want?—they are cool) an ASI nametag? We will be putting in an order in a couple months. Deadline is April 30 and delivery is expected two-three weeks later. Specify whether you want a pin or magnet back. Please place your order at the ASI office. Cost is \$10 payable by cash or check.



## From the Salinas Public Library

**Title:** *Healthy Living Series: Better Heart Health Starts with Simple Choices*; **Description:** Love your heart without overthinking it. Learn about heart health from Registered Dietitians Jen Nader and Mercedes Hendley from Salinas Valley Health. They will share easy, everyday tips you can use right away—no drastic lifestyle changes required. **Date:** Wed., March 4; **Time:** 4:00 - 5:00 pm; **Location:** John Steinbeck Library; **Register:** <https://forms.office.com/g/XvS0S2HVJp>; Questions? Contact Kate at [KathrynB@ci.salinas.ca.us](mailto:KathrynB@ci.salinas.ca.us).

### Red Lentil Soup Compliments of Kathy Norton

3 Tbsp. olive oil, plus more for drizzling  
1 large onion, chopped  
2 garlic cloves, minced  
1 Tbsp. tomato paste  
1 tsp. ground cumin  
Salt and black pepper  
Pinch of chili powder or ground cayenne, plus more to taste  
1 quart vegetable broth  
1 cup red lentils  
1 large carrot, peeled & diced  
Juice of ½ lemon, more to taste  
3 Tbsp. chopped fresh cilantro

1. In large pot, heat 3 Tablespoons oil over high until hot and shimmering.  
Add onion & garlic and sauté until golden brown, for about 4 min.
2. Stir in tomato paste, cumin, ¼ teaspoon each salt & black pepper & chili powder. Sauté for 2 minutes longer.
3. Add broth, 2 cups water, lentils, and carrot. Bring to a simmer, then partly cover pot & turn heat to med.-low. Simmer until lentils are soft, about 30 minutes. Taste & add salt if needed.
4. Using an immersion, regular blender, or food processor, puree half the soup, then add it back to the pot. The soup should be somewhat chunky.
5. Reheat soup, if necessary, then stir in lemon juice & cilantro. Serve soup drizzled with good olive oil and dusted lightly with chili powder, if desired.

## Take Advantage of MAF

The Member Assistance Fund via the MAF Committee is actively seeking applications for MAF funds. Take advantage of this opportunity (>>>) to more fully engage with all ASI has to offer via funds to help pay ASI activity fees.

## Sign Up for Central Coast Veterans Museum Tour

By Sharon Piazza, ASI Tour Dir.

Join us on Armed Forces Day, Saturday, May 16, for a tour of the Central Coast Veterans Museum in San Luis Obispo. The bus leaves Park Row at 8:00 AM; returns at 6:00 PM. Cost is \$95.00 per person.

\* Non-profit museum honoring local veterans through historical exhibits, artifacts, and oral histories with a focus on Central Coast service members from WWI, WWII, Korea, Vietnam, and the Gulf War.

\* Displays of uniforms, firearms, documents, educational programs, recordings of veterans' stories.

Buffet lunch at Woodstock's Pizza: Pizza with various toppings, tossed salad, various sodas.

Fliers with registration form at ASI office. For more information contact Sharon at 831-261-8087.

## The State of Aging 2026

By Helen Dennis | Helendenn@gmail.com

It seems timely to take a look at 2025 to highlight "happenings in aging." Here are a few areas I selected to discuss some challenges, trends and advances as well.

**Caregiving.** "New Report Reveals Crisis Point for America's 63 million Family Caregivers." This AARP headline says it all. The report indicates nearly one in four adults provide family caregiving and in most cases the care recipient is an older adult. Caregivers often are ill-prepared for their role and often provide care with little or no support. More than one-third provide intense care to others while they are suffering from poor health. These caregivers are considered a population at risk often suffering from exhaustion, depression, anxiety and poor health with diminished immune systems.



# Member Assistance Fund

**Does your budget sometimes go in the red? ASI's Member Assistance Fund has the green! And the green will chase away your blues.**

Generous donors established ASI's Member Assistance Fund which enables ALL Members to enjoy a wide range of activities. Confidential application forms are in a bin in ASI's information rack near the Office door. It's a simple form—fill it out and turn it in to the Office. We are accepting applications now for the rest of 2026

The MAF Committee will review applications and on approval ASI Members will be granted a \$100 digital "wallet" which will automatically pay almost any activity fees when you sign up at the entrance—even the \$8 fee for the Tuesday night Dance.

It's a brand-new program and we're still working through a few glitches. But we're ready to sign you up. Please review FAQs on ASI's website [activeseniorsinc.org](http://activeseniorsinc.org) or feel free to chat with an MAF Committee Member—Michael Beck, Humberto Carrillo, Donna Elder-Holifield, Kathy Giacalone, George Niesen, Kay Wallace.

(continued on next page)

## The State of Aging (continued from P. 6)

**Ageism.** Ageism is alive and well and is considered a barrier in the workplace. Although most workers age 40 and older are protected under the federal Age Discrimination in Employment Act of 1967, roughly two-thirds (64%) of workers age 50-plus have reported seeing or experiencing age discrimination in the workplace. Bias against older workers costs the economy \$850 billion, equivalent to the size of Pennsylvania's economy. Furthermore, age discrimination cases are hard to prove since a 2009 Supreme court ruling that mandated you must prove age is the decisive reason (a "preponderance of evidence") for the negative action rather than just one of the reasons. *Gross v. FBL Financial Services (2009)*.

**The longevity economy.** Older adults are major contributors to the American economy making up 40% of the gross domestic product (GDP), which comes to roughly \$8 trillion. That includes unpaid caregiving worth more than \$1 trillion annually, according to the National Partnership for Women and Families. It also includes older adults' spending money for financial services and insurance, health services, technology, leisure and hospitality. They also contribute through donations, employment, taxes and more. The impact of the age 50-plus cohort on the GDP is equivalent to the third largest economy in the world after the US and China.

**Technology.** Technology is changing the way we interact with the world. Let's take aging in place as an example. Most older adults (75%) of those age 50 and older prefer to spend as long as possible in their homes. Here are some tech-based examples that help make that decision a reality: video doorbells, voice and remote thermostats, virtual assistants, home body-monitoring systems, social media platforms, watches with GPS and fall detection capabilities and online grocery delivery. Add to that telehealth, medication management, remote health monitoring and more.

**Entrepreneurship.** Self-employment rates increase dramatically as people age. The Kauffman Foundation research found that more than 25% of new entrepreneurs were between ages 55 and 64 in 2019. Furthermore, research from Guidant Financial and the Small Business Trends Alliance found those age 55 or older own 43% of our country's small businesses. Although this data is several years old, it indicates a trend. And nearly 30% of employed people in their 70s work for themselves, almost double the share of self-employed people in their 60s. That translates into about 1.3 million septuagenarian entrepreneurs.

(continued on next page)

### March Birthdays

Maricela Acosta	Margaret Martinez
Vivian Aizawa	Molly McCarty
Rosie Alvarez	Linda McClure
Emmy Ames	Dianna McCormack
Connie Bafford	Steve McShane
Helen Baker	Nena Mendoza
Jeannette Bedenbaugh	Linda Mendoza
Renee Bow-Dove	George Mills
Anna Camel	Sheila Molinari
Mariae Chavez	Patricia Morgan
Raylene Clough	Nancy Newkirk
George Coe	Sandra Ocampo
Kelly Crandall	Diane Pate
Gemma Dailey	Sally Pettit
Jaqueline Day	Angela Phillips
Barbara Dormody	Jennifer Rebhan
Joan Duafala	Theresa Riley
Henrietta Dursa	Joan Roh
Ken Dursa	Frank Rossi
Kathleen Erickson	Anthony Ryan
Haleema Farrar	Vash Saites
Karin Faulkner	Carolyn Sanders
Victoria Fischer	Susan Shaw
Gaye Freedman	Paula Skinner
LeeAnna Gattis	Kathleen Slattery
Lisa Gilbertson	Beverly Smalridge
Donna Grossen	Ron Souza
Sheila Gutierrez	Cynthia Stanford
Roberta Hays	Viki Stone
Esperanza Hernandez	Marsha Stout
Frances Hershberger	Barry Tomasini
Terry Hoffington	Cynthia Tsukamoto
Linda Hoops	Robin Valentine
Inga Horrigan	Martha Vasquez
Virginia Hylton	Marie Viarengo
Elsa Jessen	Darla Welch
Barbara Kausman	Asayo Westerly
Elizabeth Kensinger	Rick Whitmore
Cindy Lerma	Joe Yedlicka
Leroy Livingston	Eva Yonemitsu
Timothy Lopez	Geoffrey Yonemitsu
Joyce Lowe	

ACTIVE SENIORS, INC.  
VOLUME 30 ISSUE 3  
100 Harvest St.  
Salinas, CA 93901



• • • •

### **The State of Aging** (continued from P. 7)

**Public policy.** Here are just three efforts to effect public policy impacting older adults. A bipartisan bill, “Protecting Older Workers Against Age Discrimination” was introduced this year to level the playing field for older workers and protect them from age discrimination in the workplace. AARP is urging Congress to pass a federal tax credit to provide financial relief for caregivers who are paying, on average, roughly \$7,200 a year out-of-pocket in caregiving expenses.” A bill was introduced to increase funding for the Older Americans Act which supports information and referral services, congregate and home-delivered meals, health and wellness programs, in-home care, transportation, elder abuse prevention, caregiver support and adult day care.

The challenges are there. At the same time, we need to remember the advances and opportunities. We can treat most chronic diseases. We know how to slow the aging process. Research continues in an effort to eradicate Alzheimer’s and other neurodegenerative disease. Other research is increasing our knowledge of the aging process. Volunteerism is strong. Educational opportunities are plentiful. We have services and opportunities for older adults such as the Village movement, and Sages and Seekers, to name a few. And fighting ageism has become a movement.

I am confident that we as an aging community will take advantage of advances in aging. And that we will continue to engage in age healthy behaviors, contribute to society and be an ongoing force for positive change for ourselves, community and the nation. Happy New Year everyone!

*Helen Dennis is a nationally recognized leader on issues of aging and new retirement with academic, corporate and nonprofit experience. Contact her with questions and comments at [Helendenn@gmail.com](mailto:Helendenn@gmail.com). Visit Helen at [HelenMdennis.com](http://HelenMdennis.com) and follow her on [facebook.com/SuccessfulAgingCommunity](https://www.facebook.com/SuccessfulAgingCommunity)*