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Encore

Summer 2025

Senior Lifestyle Magazine for the Central Coast



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Publisher's Introduction

Welcome to the very first edition of **Encore** - Senior Lifestyle Magazine for the Central Coast. Our aim here is to entertain, educate, inform and bring joy to your life and a smile to your face. Why **Encore** you may ask. Well, the term encore refers to the audience at a concert or other type of artistic event requesting a repeat or additional performance. In many ways, life is a series of performances. Many of us have lived many lives both personally and/or professionally. As we journey through life's many ups and downs, we are continuously met by challenges that some way or another we have been able to overcome to make it this far. In fact, all of the contributors that have articles or columns in this magazine are over 65. It's a publication by seniors for seniors.

Now that we've reached a ripe older age, the spirit alive in us all is calling for an encore. That can mean retirement. That can mean a second career. That can mean a new relationship. That can mean moving to be closer to family. That can mean traveling the world. That can mean volunteering for their favorite church or charity. Everyone chooses a different encore performance. It's all part of a second or third or fourth act in our lives.

For me, the word encore has a special meaning. Back in the late 1970's/early 1980's I published a monthly entertainment/tourist guide here in SLO County. It was a lot of fun and preceded the New Times by 7 years. So this is my publishing encore.

Even though the masthead says I am the Publisher/Editor in Chief, I feel more like a maestro/conductor, trying to get all the players/contributors to put out a harmonious product. [No, that's not me on the cover.] I hope you enjoy our content. If you do, please tell neighbors, friends and business owners. (If you don't, don't tell anyone.) No, seriously, we welcome ideas, suggestions, advice, contributors, etc. The contents will be in flux and fluid, just like life, as we decide what to keep, what to discard and what to tweak with your input. This is very much your publication as much as it is ours. I hope it is a feast for the eyes as well as the soul. We all deserve an encore performance!

Dixon

Encore

Senior Lifestyle Magazine for the Central Coast

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Encore

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THE

KITCHEN HACK

by Stacy

Now that my retirement is in full swing, I find myself wanting to spend less time in the kitchen and more time doing the things I always dreamed of doing when I was a workaday gal. Today, I want to spend my time on travel, gardening, reading and pickleball. Don't get me wrong, I still love to cook and entertain but what I do not enjoy and find frustrating is waste--whether it is a waste of time, food or money. These days I am always searching for a way to streamline my efforts in the kitchen without sacrificing the quality of my meals. For me, quality and convenience must go hand in hand. So, after a lifetime of shopping lists and leftovers I am becoming more and more conscious of what I purchase and just as importantly what I waste.

Most of what we waste in the kitchen is a function of life simply getting in the way. We plan menus and buy ingredients, but most purveyors don't seem to consider the smaller household. Where once we cooked for a family of four or five, in our retirement years meals are often prepared for one or two. Small portions of most foods are typically more expensive so as smart consumers we often buy in bulk. I don't know about you, but I almost always find bulk purchases daunting. Storage space and expiration dates pose unique challenges, so understanding the role of proper storage and freezing will prolong the life of your food and help you be more efficient. By using a few kitchen hacks on the front end, we can save a lot of time and food on the back end.

Keeping what you buy fresh and conveniently on hand eliminates trips to the store and insures you can always throw together a quick nutritious meal. Below are a few hacks I have learned to help save time and eliminate waste. If something seems useful to you or you are looking for a particular hack, I encourage you to go to YouTube where you can find countless hacks that will make your life easier. After all, a good hack will help you reduce waste while providing the high-quality meals of any size that your family deserves.

QUICK KITCHEN HACKS

- **FLAVOR ENHANCER:** If I had only one bit of advice to impart it would be to replace salt with chicken bouillon whenever possible. Put loose bouillon in a used spice shaker and use it on veggies, potatoes, meats, or almost anything savory you would use salt on.
- **VEGETABLE STARTERS:** Freeze your favorite vegetables while they are in season using compostable freezer bags. Select portion size for soup or stir-fry starter. Clean, cut, blanch and freeze! These veggies will last 8-12 months.
- **CHERRY PITTING:** Take an empty soda or beer bottle and a chopstick. Place the cherry on the top and then push

through with your chopstick. A strong straw will do too!

- **PEELING GARLIC:** Cut tops off a few garlic cloves and microwave them for 20-30 seconds. Skins will pop off.

- **SKIM FAT:** Easily remove fat off a stew or soup by placing a few ice cubes into a ladle and then stirring the ladle around the top several times. Lift and peel the fat off.

- **CORN SHUCKING:** Place corn in microwave for 30 seconds and easily pull off husks.

- **CHAMPAGNE AND WINE CHILLING:** Add a handful of salt to your ice then plunge beverage into the water. Turn every few minutes. Your favorite bubbly or wine will be ready in 20 minutes!

- **BEER AND SODA:** Chill your favorite canned beverage by wrapping a wet paper towel around it and putting it in the fridge. After 20 minutes Voila'.

- **PEANUT BUTTER:** Store jar upside down so oil is on top when you are ready to stir.

- **LEMON JUICE:** Microwave lemons for 7-10 seconds then roll on the counter before juicing. More juice, less effort.

Happy
Hacking!



The Cat's Meow

Feline Advice Column by Kozmo

- Never miss a chance to really s-t-r-e-t-c-h!
- Sleeping all day has a bad rap.
- Scratching under the chin or behind the ears is always welcome.
- If you don't want to get scratched, don't tease me.
- Lying in a warming ray of sun on the carpet is a great way to start the day.
- What do you mean breakfast is going to be late?

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importance of uniting breath, movement, and mindfulness for health. In fact, the word yoga means “yoke”, to bring together. And now yoga practice is everywhere, in gyms and yoga studios across the world.

I first began to practice in my teens, half a century ago, because I thought it was exotic and cool. I ran across some books in the library and began to study the poses (asanas, as they are called). It wasn't long before I noticed that the concentration required to find the poses physically, and control the breath, resulted in a clearer mind and a calmer state. I carried my practice into my career as a special education teacher, where I found the mindfulness and meditation practice helped me manage a sometimes stressful job. A morning meditation before I went to work paid off in more patience through the day. Now that I'm retired from public school teaching, one of my most fulfilling pursuits is sharing the gifts of yoga as an instructor in my community. Particularly for seniors, yoga practice provides an opportunity to develop and maintain strength, balance and range of motion. The added bonus is a calm mind.



Yoga Pants

by Paula Peargin

When is the last time you saw someone in yoga pants? Or maybe even wore some yourself? It probably wasn't that long ago, as yoga culture is around us every day. Those rolled up mats can be seen everywhere as yoga culture becomes increasingly mainstream. So what's the deal?

The roots of yoga run long and deep. Originally developed as a practice for young (male) warriors to attain focus and discipline, yoga has branched dramatically and now has a broad range of practice, from deeply spiritual to entirely focused on the physical aspects. The popularity of yoga has increased since western medicine began to recognize the significant connection between the mind and body. Eastern practice has long embraced the

The famous yoga teacher, B.K.S. Iyengar once replied to the question of “Why do you practice yoga?” with the response “I like the way it makes me feel”. That response can be taken a couple of ways. Did he mean how he felt, physically, in the moment, or how it made him feel and notice everything, mindfully with full attention? In my experience, I think it was the latter. Today, yoga practice styles are so various and diverse, everybody can find one to suit. From Kundalini yoga, very spiritual with mantras and deep meditation, to Hatha yoga, very physical with aerobic and physical emphasis, there is a practice to suit everyone.



Coffee, our liquid “quick picker-upper”, has been consumed by humans for over 2500 years. In fact it is the second-most-traded commodity. Oil being number one.

The Fine Art of Afternoon Napping - *A Pause that Refreshes*



It's been a tradition for centuries in those countries and others, to rest after lunch when it's the hottest part of the day. And, of course, for anyone who has traveled, it's not just the individuals who rest, much of the commerce and business activity shuts down for several hours in the afternoon to recharge for later in the day and evening.

The bottom line is, don't feel guilty or feel you will be labeled lazy if you curl up on the couch or hammock for an afternoon cat nap. These sleep episodes can be very restorative for your body and mind. Who knows, you may come up with a life changing idea. In fact, now that I'm finishing this article, my couch is looking mighty seductive...

The act of napping or taking a siesta has been practiced throughout human existence. From ancient civilizations to modern times, naps have been used for relaxation, productivity and creative thinking. Romans set aside specific times, usually after meals, to take a short respite from their daily activities and during the hedonistic era, it re-energized their batteries for the festivities coming later in the day.

There is a long list of famous personalities that would use short sleep periods during the day to re-energize their minds so that they would remain alert and productive throughout the whole day. Here is just a partial list of famous nappers: Aristotle, Napoleon, Edison, Einstein, Churchill, Thatcher, Dali, and Reagan.

As we age and especially if we have retired from our careers, napping has become a cherished activity. Remember when you were in kindergarten or when you had young children of your own. Nap time was almost a prerequisite to avoid having to deal with cranky and quarrelsome youngsters. I distinctly remember placing my crying daughter in her car seat and driving around the block. She would invariably stop crying and fall asleep within minutes.

Now siestas, which are very popular and almost universal in Spanish speaking countries have a little bit different history.



*"I don't feel old.
I don't feel anything until noon.
Then it's time for my nap."
- Bob Hope*



The Pickleball Boom:

Why Everyone's Picking Up a Paddle

by Gregg Whitfield - National Award Winner and Instructor/Trainer

Pickleball has experienced explosive growth, rapidly becoming the fastest-growing sport in the United States. Its popularity is fueled by a perfect mix of accessibility, social connection, and simple, engaging game play. Millions of new players are joining every year, discovering why this sport is beloved by people of all ages and skill levels.

Why Pickleball?

Pickleball is easy to learn, doesn't demand extreme physical exertion, and is highly inclusive. It's played with paddles and a plastic ball with holes, similar to a wiffle ball, over a net that's two inches lower than a tennis net. The court is about one-quarter the size of a tennis court, making it easier to cover your court and return shots, even for beginners. Once you've developed some basic paddle skills, rallies become fun and competitive.

Whether you're looking for fitness, fun, or friendship, pickleball has something for you. Accessibility is a key to its growth. San Luis Obispo County has public courts in

Paso Robles, Atascadero, Cambria, Cayucos, Morro Bay, Los Osos, San Luis Obispo, Pismo Beach, Grover Beach, and Arroyo Grande. You can also find courts all across the country.

Pickleball allows players to meet at the courts for drop-in play. This gives players a workout as well as social connections. Drop by to one of the venues and you will find players who are accommodating and will loan you a paddle if you don't have one, so you can give it a try.

[Note: Gregg played competitive tennis in high school and college. After college he coached tennis at two Southern California high schools and later became the head Tennis Pro at the Altadena Country Club. Since turning his racket/paddle skills to pickleball, he has amassed an impressive number of tournament titles including 7 National Titles and 7 U.S. Opens. He is now a Certified Pickleball Instructor through the ITPA. You can check out Gregg's website at: www.pickleballshotsandstrategies.com]

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Happy Hour

Happy Hour is one of my favorite inventions. I mean just the name makes you smile. So, each issue will have a Happy Hour section in it. The column will contain 1 or 2 cocktail recipes plus 1 or 2 appetizer recipes for you to try, taste and enjoy. The first contributions will come from our editorial staff, but we would love to hear from our readers for future recipes which we will reprint, giving the creator full credit.

Peach Daiquiri

2 oz. dark rum
2 oz. peach puree from canned peaches
1 oz. lime juice
1 oz. simple syrup
Shake with ice
Garnish with a peach slice or two

Great outside on a warm evening

Orange Doo-Wop

2 oz. vodka
1 oz. freshly squeezed orange juice
1 oz. simple syrup
1/2 oz. triple sec or Cointreau
Shake with ice
Dip the moistened rim in sugar

Another warm weather fav

Artichoke Dip with A Kick

1 jar marinated artichoke hearts (12-14 oz.)
1 cup mayonnaise (light or regular)
1 cup parmesan grated cheese
1 can diced jalapeno pepper
Add garlic salt and ground pepper to taste
bake in oven in 8" x 8" glass pan at 375 for 20 min.
Serve with crackers or baguette slices

Time Travel

Match the actor with the TV show

- A. Father Knows Best
- B. I Love Lucy
- C. The Donna Reed Show
- D. The Honeymooners
- E. Bewitched
- F. Leave It To Beaver
- G. My Favorite Martian

- 1. Joyce Randolph
- 2. Sandra Gould
- 3. Ray Walston
- 4. Billie Gray
- 5. Ken Osmond
- 6. William Frawley
- 7. Paul Peterson

SUDOKU

	5		4			1		
7								2
6		3	9					
	9	7		3		8		
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		4			8		5	

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	9		3		6		4	
2	6			4		1		
9	2							8
	1	6			2			
					9			

Charlie's Fun Food Facts



Guess which tree is the oldest living fruit tree of all time? The olive tree. The olive tree has been grown by man for over 4,000 years and some trees continue to produce everyone's favorite martini garnish for 1,000 years. Now that's a prodigious producer.

Speaking of production, did you know that butter produced in the summertime has significantly higher amounts of Vitamin A and D than butter made in the winter. While we're in the dairy realm, everyone is familiar with the old nursery rhyme, "Little Miss Muffet". The curds and whey she was eating before the spider scared the Dickens out of her, was what we refer today as cottage cheese. Americans consume more than one billion pounds of this dairy product every year.

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Poet's Podium

INDULGENCE AT MANASQUAN

by Kevin Clark

Fifty years ago, my father handed me a kite string and I watched
The fluttering paper panels lift above this very spot.
Yesterday I mentioned the memory to my cousin Marilyn,
And she nodded in the acknowledgment of adult children
Bonded at fourteen by the precipitate deaths of both fathers.
What we almost say to each other, what we admit to
In our long-codified sighs is that even now we imagine them back
To life, standing beside us in the summer yard, near ninety, unsteady
On their feet, two brothers cackling in the old boyish manner, still prizing
Our silly youthful ways, even as they crack wise at us.

How can I take myself seriously when I'm this prone to reconvene
My father's breath and blood maybe two or three times a year
Though he's been dead more than four decades? It's exactly the kind
Of indulgence I warn my own children about. Be truthful, I say.
The world as it is, I say. Not so fulsome it's false.

Near midnight and the air of the Jersey shore drapes my shoulders
Like a friendly arm. I don't yet need to turn back for the rented cottage
Where all the cousins' stories are saving the night. Maybe
It's true. Each one of us makes a myth of the soul we imagine ours.
So mythic we'll never vanish. If I reach down into the sand,
One hand digging blindly, no doubt I'll find a coin waiting all these years
For my grip, having been thrown from a pocket, its last owner
Once leaping with joy for a son who'd live forever.

Originally appeared in PADDLEFISH
Printed with permission of the author.

"Each one of us makes a myth of the soul we imagine ours."



Be Proactive

Help Prevent Falls

As most of us have experienced, balance and mobility naturally decline with age, which dramatically impacts a person's ability to feel independent and safe even when home alone. It especially can adversely affect their confidence when being invited out to a social function or just doing day to day chores and errands.

By following an exercise regimen one improve one's balance which should reduce the risk of falls and improve overall mobility, which is crucial for maintaining independence and improving quality of life. Many senior centers or fitness gyms offer Tai Chi, Yoga or Pilates classes, however here are a few exercises to try in the comfort of your own home:

✓ Heal to toe walking - walk across the room heel to toe, focusing on your movement & engaging your core muscles.

✓ Single leg stands - while holding onto a chair or the wall, lift one foot and balance on the other.

✓ Sit to stand - while sitting in a straight backed chair, rise up with your arms outstretched in front of you. Repeat several reps as this will help strengthen your core and thigh muscles.

✓ Stair climbing will help strengthen your legs, which will help improve your balance. Use the handrails until you feel confident.

✓ While holding onto the back of a chair do side leg raises which help with your hip flexors and stability.

✓ Squats can be done while holding onto a chair or counter or independently. These will strengthen your legs and lower body.

✓ Walking around your block or neighborhood incorporates your cardio vascular, helps your heart health and your endurance.

✓ Dancing by yourself or with a partner is another excellent way to work your core muscles and improve your balance.

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glasses of water every day or more in the hot summer months. However, even in the winter when most of us have our forced air furnaces working double time, this dries the air and causes us, our pets and our indoor plants to become dehydrated quicker. You may want to set a timer to remind yourself to drink another glass of water.

The benefits of staying hydrated:

- **Helps your muscles work more efficiently and reduces fatigue.**
- **Improves cognitive performance.**
- **Helps prevent headaches, migraines, and muscle cramps.**
- **Regulates your body temperature.**
- **Helps soften stools and prevents constipation.**
- **Helps flush the body of toxins.**
- **Helps your heart pump blood more efficiently.**
- **Lubricates joints, reduces friction.**
- **Promotes healthy skin**

Do your best to stay sufficiently hydrated at any age.

Your body will thank you!



Water, Age & Dehydration

I'm sure you have heard that the Earth's surface is mostly covered by water; approximately 71% in fact. Likewise, the human body is comprised of mostly water, approximately 60%. Unfortunately, as we age, our bodies contain around 10% less water, partly because our kidneys become less efficient. Also, for whatever reason, as we age, we develop a weakened sense of thirst, (doctors are not sure why this is), and actually drink less water. Because of these two factors, seniors are at a greater risk of dehydration. And, they are generally dehydrated before they feel thirsty.

Adding to the dilemma, certain medications can act as diuretics that increase the production of urine which contribute to more dehydration effects. And then there is the issue of incontinence. Many elderly people may restrict the intake of fluids to avoid any embarrassing situations. Though in actuality, reducing fluid intake does not necessarily prevent incontinence. In fact, in certain studies, drinking more water may actually help some seniors deal with incontinence. Another downside is when you are dehydrated, your bladder can become more irritable and vulnerable to bacterial infections.

The bottom line is, discipline yourself to drink more water on a daily basis. If you are over 65, you should try to drink 6-8



Gluten Free Recipe

TURKEY SWEET POTATO CHILI (gluten free version)

by Pat Chaney

Ingredients

1 to 1 ½ lb ground turkey
 2 cans diced tomatoes
 1 lb sweet potatoes, diced
 1 medium yellow onion, diced
 1 large green bell pepper or 1 orange pepper, chopped
 2 cups of frozen corn, thawed
 2 ribs of celery, chopped
 3 carrots, chopped
 4 cups chicken broth, low sodium
 2 15 oz cans of black beans
 2 8 oz cans tomato sauce
 4 tbsp tomato paste
 3 cloves garlic, minced
 2 oz of gluten free taco seasoning
 2 tbsp olive oil
 Add cilantro, avocado slices, sour cream or shredded cheese as toppings [optional]

Heat olive oil in a large skillet over medium heat. Once hot, add ground turkey. Cook and stir for 5 minutes, then add 1 oz taco seasoning. Stir and break up the turkey as much as possible for another 5 or 6 minutes. Transfer cooked turkey into a 6 quart slow cooker and add all the remaining ingredients and the remaining taco seasoning. Stir together until well combined, then cook on low heat for 8 hours or high for 4.5 to 5 hours. Once vegetables are cooked through, add salt and pepper to taste, then serve warm with your favorite toppings.

Enjoy!



In the Garden with Janice

Adapting your garden to San Luis Obispo County

by Janice Van Bever

Many of us who are new arrivals in San Luis Obispo County or have moved to a different town within the county may not be familiar with some of our extreme fluctuations in the weather and now are experiencing true seasonal changes. Yes, this is still very sunny California, but we've seen extremes particularly in the North County from over 110 degrees in the summer to lows in the teens in the winters. These conditions require more thought and planning about which plants can be successfully grown in our gardens. As a transplant myself and a Cal Poly graduate in Environmental Horticulture, I have learned a few things by trial and error that you may find useful.

Some types of fruit trees will grow better here because of our winter chill, such as apples, pears, plums, cherries, peaches, apricots, nectarines, and certain varieties of walnuts. These trees need a frost period to break dormancy and form fruit. Citrus trees in general however need protection from the frost, but many diehard gardeners grow them on protected patios and roll them out into the sunshine to get the fresh fruit to

form. In the milder climate areas such as San Luis Obispo (SLO) and the coastal towns, the weather is much more forgiving. Obviously, grapes thrive here with the heat and frost, both wine and table grapes such as Red Flame and Thompson Seedless.

Many veggies are frost tolerant to about 28 degrees: Beets, Carrots, Cauliflower, Lettuce, Onion, Garlic, Chives, Parsley, Peas, Radish, Rhubarb, Spinach, and Swiss chard. The Cole crops will tolerate modest frost from 24-28 degrees like Broccoli, Cauliflower, Brussel Sprouts in addition to Horseradish.

Some spectacular plants for the landscape here are the Smoke Tree, *Cotinus coggygia*, and Crepe Myrtles that thrive in the heat with their plethora of colors available. Roses, that mildew at the beach, love the inland weather, although it's wise to check where they are grown if you're ordering online as not all roses were raised for areas with intense heat. Another spectacular plant that can be used in the landscape is Bamboo as there are many different varieties depending on the application. I'll talk more about landscaping plant options in my next column in the next edition of Encore.

*Happy
Gardening!*



FYI

Did you know there's a chemical in celery that can help your memory and slow down the effects of aging in your brain. It's called luteolin. It counteracts some of the effects that inflammation causes in the brain as we age. An added benefit of eating celery; it only contains 6 calories per stalk. In fact you burn more calories during the process of chewing than you ingest.



The Encore Interview: *Sole Traveler*

Fran, a former educator/school administrator, who will be 80 years old later this year, is a free spirited lady who actually prefers to be on the road to somewhere rather than homebound working in the yard or meeting friends for a glass of wine. Don't get me wrong, she enjoys those activities as well, but when she's home for any length of time, she starts to get antsy, always ready to hit the road for the next planned adventure. Until recently she was the sole traveler in her trailer or newly purchased 24 foot RV. Several months ago she decided to adopt a new travel companion. Now following her almost everywhere she goes is Beanie, a cute little Maltese that seems perpetually happy to be in her vicinity.

While Fran starts out from home and travels by herself and small companion, that doesn't mean she is an introvert or loner. Most of the time on her travels she'll be meeting up with fellow female travelers or stopping and seeing friends along the way. In fact she has been heavily involved with the San Luis Obispo Ski Club for many years and use to attend many of their group functions, especially ski trips in the winters. She still does some of that, but has set out on her own planned excursions more and more. Plus these days, she's also

found an outfit called "Sisters on the Fly". Fellow travelers like herself that meet up at various places on the road to somewhere.

She always has a number of trips planned out with space or room reservations already booked well in advance. As we all get older, health issues can pop up that can upset our plans, however Fran is seldom deterred. She has had her share of medical issues, both internal and external, but instead of disrupting her plans, she uses these setbacks as incentives to heal quickly or get out there anyway and deal with the limitations. After all, many of these reservations have been paid for in advance. She's determined to get there by hook or by crook and not have that booking go to waste.

She prefers to visit some of the more 'off the beaten path' destinations, such as National Monuments, National Forests or State Campgrounds. She tends to avoid the RV Parks or the more populated sites. Over the years, she has developed a passion for Indian ruins and cliff dwellings, especially throughout the Southwest. Sometimes those are the destinations and sometimes they're added side trips. As most travelers know, unplanned side trips are half the fun of any travel adventure. Because storage is always at a premium, she says sometimes figuring out what to take along is the biggest challenge. You must learn to pack smartly so you are prepared for changing weather conditions.

Some of her close friends thinks she's a bit crazy, traveling alone as a women and at her age. Sure, she has had some



unexpected situations where she was a bit scared or felt vulnerable. But those are rare situations and as she states, "You have to learn to trust yourself." If something doesn't seem quite right, maybe it's time to move on. And in Fran's world, that time is usually right about now.

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