Natasha Josefowitz Inducted into the Women of San Diego County Hall of Fame

BY MAJA GAWRONSKA, MA

Natasha Josefowitz, PhD, a longtime supporter, friend, and volunteer at the UC San Diego Stein Institute for Research on Aging and the Center for Healthy Aging, was inducted into the Women of San Diego County Hall of Fame on March 1 at the Joe and Vi Jacobs Center. She was honored with the Empowerer award for her life as an educator and advocate for women in business.

The author of the nation’s first university course for women in business and the best-selling book Paths to Power: A Woman's Guide from the First Job to Top Executive, as well as one of the first five women to join the Rotary Club's San Diego chapter, Dr. Josefowitz has focused her career on empowering women. But her work has evolved over the years. As she has aged, she has turned more of her attention toward helping older adults stay active in their careers and private lives. Dr. Josefowitz practices what she preaches: She calls herself a late bloomer, having earned her master’s degree at age forty and her doctorate at fifty.

Dr. Josefowitz was a professor of management for thirty years and is an internationally known business consultant and keynote speaker. For ten years she had a weekly program on public radio and a monthly television segment. She has been a guest on many radio and TV shows, including All Things Considered, Larry King Live, and The Dr. Ruth Show.

Her award-winning work has been published in twenty business and poetry books and more than one hundred journals, newspapers, and magazines, including the Harvard Business Review, the Wall Street Journal, Psychology Today, and London Times. Dr. Josefowitz is also a regular blogger on the Huffington Post. Her twentieth book, Living Without the One You Cannot Live Without: Hope and Healing after Loss, was named a Kirkus Reviews Best Book of 2013.

The Stein Institute Public Lecture Series reaches millions of people every year. Videos of the lectures are broadcast on UCSD-TV and are made available online, where they have been incredibly popular locally and worldwide. Some of the videos have been viewed more than four million times.

Become a Public Lecture Series sponsor and help us continue broadcasting world-class lectures by renowned researchers on cutting-edge topics related to aging. The cost of hosting, videotaping, and broadcasting one lecture is $2,850:

- Video production: $2,000
  (plus a $2,000 in-kind donation by UCSD-TV)
- Snacks: $250
- Parking permits: $200
- Staff support (administration and publicity): $400

Sponsorship opportunities are available for individual lectures or an entire series. Support a lecture on a specific topic that is important to you or to commemorate a loved one, support all ten lectures during a calendar year, or establish an endowed lecture series.

Sponsors will be acknowledged at the beginning of each lecture by the Stein Institute’s executive director and will be invited to selected special events. Your name will appear on the lecture’s press release, newsletter article, calendar listing, e-mail reminder, and sponsor poster, and on online videos and the Stein Institute website.

If you are interested in learning more, please contact Danielle Glorioso, LCSW, at (858) 246-0767 or dglorioso@ucsd.edu.
Evelyn Vizet

BY CARRIE HANNAH

My mother, Evelyn Vizet, was never much over five feet tall. But when I was growing up, she was the biggest, most important inspiration in my life. And, when my father joined the Foreign Service and my family moved to Düsseldorf, Germany, my mother was referred to lovingly and respectfully as the “Big Z.” Our last name begins with Z, and the community recognized the power and determination of this diminutive woman.

In 1962 my parents took sabatical leave and our family boarded an ocean liner to Europe. We camped all over Europe in a Volkswagen van, going behind the Iron Curtain and traveling at the way to Israel. My mother said, “Yes!” to an adventure not many people could even imagine at the time.

Diplomatic Life Abroad

In 1967 my father joined the Foreign Service and my mother’s second life began—as the wife of a United States diplomat. I was fourteen and my sister almost sixteen. Since we lacked German language skills, local schools were problematic. So, my mother decided to create an American International School. Other English speaking parents in the community thought it was a great idea but believed, “No, it really can’t be done.” The school my mother founded, the International School of Düsseldorf, is today the largest international school in Europe, and every decade, ISD honors my mother and her resolve to say, “Yes.”

When my father was posted to the embassy in Romania, the Communist Party was still in charge. Because we were Americans, my parents’ house was bugged and their movements were monitored and limited. But unlike other diplomatic wives who accepted the status quo, my mother wanted to create something of interest for herself. She started an International Women’s Association. Astonishingly, the twenty women who came to her home and sat down together were the wives of the Israeli and Egyptian ambassadors. Although their husbands represented two enemy states—there were not allowed to speak to each other—a big political “No”—my mother determinedly said, “Yes!” The International Women’s Association in Bucharest exists to this day.

Teaching and the Power of “Yes”

My mother never accepted the word “No.” If someone told her, “No, that isn’t possible or can’t be done,” my mother would just say, “Yes!” and set about making it happen.

My parents started out as schoolteachers in the early 1950s. My mother refers to this as her first life. She attended her elementary school and was always proud to know that she was the most popular teacher. My mother was the first female teacher in the Los Angeles School District to be permitted to teach during her pregnancy. The school district said, “No” and my mother said, “We’ll see about that.”

My mother’s third life was as the founder, director, and organizer of Seniors Abroad. Over the course of the next twenty years, she expanded the homestay program to New Zealand, Australia, and Scandinavia. Many of the participants remain in touch with one another and continue the program with deeply enriching their lives.

Active Retirement

Many of my friends have aging parents and, as we ourselves age, are finding this a big challenge. When I talk with my mother, she insists that it is up to her generation, with the knowledge that they would be living longer, to plan for their retirement and not expect their children to look after them. “No one lives in the same community or even the same country as their children anymore,” she said to me one day. “It isn’t realistic to expect your adult children to look after you like in past generations. I didn’t want to become dependent on one so I planned, as best I could, for my own future.”

When my mother decided to retire, she and my father researched many, many retirement communities. They moved into beautiful La Costa Glen in Carlsbad, California. There they could maintain an active life while having the care and security they might need.

My mother and father were married for almost sixty-eight years. They shared an extraordinarily rich, unusually ambitious and very satisfying partnership. Sadly, my father passed away in May 2014, but my mother still embraces a stimulating lifestyle.

She continues to be interested in bringing people together to share ideas and life experiences. She entered her fourth life by starting continued on page 4
Do you know a Successful Ager?

If you know someone who is an example of successful aging, please contact us at (858) 534-6299 or aging@ucsd.edu with the person’s name, contact information, and a brief description of why you feel he or she is successfully aging. We will feature some of these individuals in future newsletters.

My mother remains an example and an inspiration to me. I hope I can enter my later years with as much health and exuberance. She’s taught me that this comes by always saying “Yes” to life.

Carrie Hannah is the author of The State of Grace: An Adventurous Memory.

If you would like to make a contribution to the Center for Healthy Aging and the Stein Institute, there are three ways to give:

ONLINE
Please visit http://aging.ucsd.edu and click on “Giving.”

BY PHONE OR E-MAIL
Please call Danielle Glorioso, LCSW, at (858) 246-0767 or e-mail dglorioso@ucsd.edu.

BY MAIL
Please make your check payable to UC San Diego Foundation; write Stein Institute or Center for Healthy Aging in the memo portion of the check and include a brief note specifying whether you would like your donation to go to the Stein Institute or the Center for Healthy Aging. Mail your gift to the address below:

University of California, San Diego
Health Sciences Department
Sam and Rose Stein Institute for Research on Aging
200 W. Arbor Dr. # 8982
San Diego, CA 92103-8982

The Great Decisions Discussion Group at La Costa Glen, and the Cinema Society Foreign Films program and Book Talk, a meeting to read and discuss classic books.

“Keep moving, body and brain” is my mother’s motto. She walks at least one to two miles every day, has always maintained a healthy diet, and enjoys a happy hour most nights with a bit of dark chocolate. She continues to travel independently on domestic river cruises, and we are planning a trip to Mammoth Mountain, where we used to go skiing when I was a child. She and my husband have always been good friends, enjoying a shared love of his home country, New Zealand. And we look forward to regularly visiting from Los Angeles. My mother often reflects that she has lived on every continent on this planet except Antarctica.

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