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*S.A.I.L. students Virginia Chancellor (left) and Gaye Ross (right).*

*photo by Nick Young*

## seniors find renewed vision as they “sail” through life

by patsy s. patten

The aging population is causing an amazing trend and making new demands in today's market. Everything is geared toward the “baby-boomers” who are now experiencing the up's and down's of maturity. Many who have made the passage from middle-age to senior adult have no intention of slowing down and feel that keeping active and healthy is vital to their quality of life.

Seniors Active in Learning (SAIL) offers adults age 50 and older the opportunity to stay active both physically and mentally through a unique continuing education program offered locally in Collin County. SAIL offers a wide variety of classes from literature to history to computer software to health and wellness. SAIL is affiliated with Elderhostel Institute Network as an Institute of Learning in Retirement, one of more than 250 programs nationwide.

One of SAIL's most popular instructors offers classes on the ever-important, but sometimes confusing, topic of nutrition. Lois Vanderhoof, BA, DC, CCN, a clinical nutritionist, has taught classes called “What Do I Eat?” and “Nutrition for Seniors – the

Golden Years.” The latter class covered the 10 biomarkers of aging, how to slow the aging process and help the cardiovascular system. “Being a baby-boomer myself, I feel that we can fight back the aging process. Living well and healthy is the best revenge. That's what I am teaching my students in these classes,” said Dr. Vanderhoof. She holds a bachelor's of science in biology and a doctor of Chiropractic. In addition, Dr. Vanderhoof owns Applied Nutrition Concepts, a nutrition business.

Seniors also take classes to maintain mental wellness. Believing in the adage that staying active keeps you young motivates many participants to experience the wide variety of subjects offered by SAIL.

After moving from Washington State, Frisco resident Gaye Ross looked for a program similar to one she had been involved with and found SAIL. She has been taking classes

for five years. “Why do I continue to take SAIL classes? I learn. My mission is to learn as much as I can, share it with as many people as I can and stay healthy,” Ross explained. “I especially enjoyed a Current Events class that I took. It broadened my horizons so much to hear the opinions of others and it made me see things much more fully.”

A retired former educator and Frisco resident, Virginia Chancellor saw an ad in the newspaper about SAIL classes and decided to enroll. “After I retired, I was volunteering and looking for other things to do that would benefit me. Every class I've taken has been beneficial; the teachers are very professional and knowledgeable. I have also enjoyed continuing the learning process and the benefit of meeting new people.”

For seniors who wish to be more physically active, the Frisco Parks and Recreation Department also provides access to the Alumni Hall Fitness Center to Frisco residents for a small membership fee. Facilities available include an indoor swimming pool, gymnasium, weight training room, outdoor running track, dance studio and a locker room. Alumni Hall Fitness Center is available to provide more information by contacting them at 972.377.1758.

Physical and mental fitness have enhanced the lives of many seniors and continues to make them productive and happy in their golden years.

*Patsy S. Patten is Public Relations Associate for the Collin County Community College District. To learn more about SAIL, contact the CCCC.*

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