By Ticki Wong

New beginnings and creativitiy come with springtime, in full bloom at Stagebridge! Stagebridge founder Stuart Kandell is returning to the 40-year-old senior theatre on Thursday, March 28, at 10 p.m. for a discussion with Stagebridge Executive Director, Shannon McDonnell, on "Celebrating 70, by Inventing a New Life: The Highs, Lows, and Starting Fresh in a New Land.”

Kandell moved to Berlin, Germany in 1988, so this will be a time of considerable nostalgia for regulars at Stagebridge and Kandell.

"I'm looking forward to this event with Stuart," says McDonnell. "It's exciting to bridge Stagebridge's past with its future, and to see what the next bridge brings."

Donations in Kandell's honor may be made online to Stagebridge, or by e-mailing on its NextBridge fundraising campaign. RSVP to info@stagebridge.org to attend this special event.

Marijuana and your health

By Johanna Leonard

Do you have questions about marijuana? Now legal in California, cannabis shops are popping up throughout the Bay Area. Many older adults have questions about its use and the medical claims being made about it. Find out the full information by attending our “Topics of Merritt” program on Thursday, March 28, at 10:30 p.m.

Back by popular demand, the featured speaker is Linda Jacobsen from Elders Together and Kana Care. She will share up-to-date insights on cannabis use and management in support of the health of older adults. This program is free and open to the public.

Johanna Jacobsen's presentation is unique because it is truly interactive. She will start off by answering questions about marijuana from audience members.

"I find that this is a terrific way to start," Jacobsen explained. "I answer questions directly. For example, seniors often want to know how they can get it — how can they talk to their doctor about it. Do they need a prescription? What is the difference between various types of marijuana? Can people use cannabis without getting high?"

“Let’s illuminate the differences between the cannabis plant’s compounds, THC and CBD,” Jacobsen said.

"Other topics include information on the kinds of legal, lab-tested, standardized medical cannabis products there are these days, the steps involved in receiving a doctor’s recommendations, and how families can manage and track medications, including both positive and potential adverse effects of cannabis and potential prescription drug interactions."

"If it’s true that today’s older adults are very savvy and practical people when considering cannabis use,” Jacobsen continued, "then sometimes they say, ‘Why have the health benefits been kept from us all these years?’ I try to answer that question too as it arises."

So much new scientific understanding has emerged in the past five years. "My talk will draw from medical and scientific evidence about current studies that have demonstrated benefits from cannabis for general mental health, including cognition, as well as mood, stress, and anxiety applications."

Jacobsen said, "There are ways in which cannabis therapy can protect and support our brain and general health," she added.

"Of course, seniors should talk to their doctors about whether they should use cannabis or not," she added. "Because Californians have been using cannabis in medical applications since 1996, if their doctor is not current on this, there are highly reputable doctors and other licensed practitioners who have expertise, many with a focus on oncology, psychiatry, and drug interactions."

Is the medicalization of marijuaana a positive practice? Linda Jacobsen will answer this question and many others. Admission to her talk is free and reservations are suggested. For more information about this program or upcoming “Topics of Merritt” speakers, visit the website at www.stagebridge.org or call 510-903-3600.

Johanna Leonard is Executive Director of The Lake Merritt Hotel. For more information, call 510-903-3600.

Covia Wellness is located at 2501 Harrison Street in Oakland. Call 510-903-3600 for details.

MINDFUL TRANSITIONS

Managing & Assisting Home Moves For Seniors, Individuals & Families

JOANNE DEVEREAUX

I work closely with families coordinating the many stages of a home move. Please visit our website or call for additional information.

mtransitions.com 757-7340

You know

she prefers outdoor over cereal, showers over baths, and game shows over anything else.

We’ll know that, too.

WE PROVIDE:

- Excellent in-home care
- Memory care training
- Errands and transportation

Start home care today.

CoviaPiedmont.com

510.835.9362

Getting Things Done with Caregivers

Let our family care for yours.

Owners: Leah and Benjamin Bloom

Piedmont High Grove at 95

3820 Broadway, Oakland