

OUT & ABOUT



Your picture here

The News-Press is always looking for information on the interesting people and events that make Santa Barbara County unique. Nonprofit groups are encouraged to send the latest on changes to their boards of directors or lineup of officers. We also want to hear about community events as well as music and stage productions throughout the county. Information for Out & About, Our Town or On Stage should be sent to Life Section, P.O. Box 1359, Santa Barbara 93102-1359 or emailed to life@newspress.com. Event information should be submitted at least two weeks in advance.

OUR TOWN

Senior program fundraiser

Community Partners in Caring, an organization that provides volunteers who offer assistance to seniors so they can remain active, independent and safe in their homes, will have its annual fundraiser at 6:30 p.m. Saturday at the Santa Maria Country Club, 505 W. Waller Lane in Santa Maria. Included will be a live auction, fiesta-inspired dinner and festive entertainment. Tickets for the event are \$60 per person and are available by calling 925-8000 or can be purchased by visiting www.partnersincaring.org.

— Marilyn McMahon

ON STAGE

Music fest to help Habitat for Humanity

Hammer 'n Ales: A Benefit Music Festival will take place 2 to 7 p.m. Saturday at the site that the Habitat for Humanity of Southern Santa Barbara County shares with M. Special Brewing Co. at 6860 Cortona Drive, Goleta. Musicians at the Habitat fundraiser are ALO, the headlining band; Soul Majestic; Matt Costa; Adam Phillips; and Jessie Bridges. Local craft beers will be served. General admission tickets cost \$25 in advance and \$30 at the door. VIP tickets are \$100. Children 10 and younger are admitted free with an adult. To purchase, go to www.nightout.com/events/hammer-n-ales/tickets. For more information, contact Alexandra Hamill at 692-2226 or alexandra@sb.habitat.org.

— Dave Mason

Mind what you eat

Montecito's Double Energy Twins propose diet to help reduce risk of dementia



KENNETH SONG / NEWS-PRESS PHOTOS

Blueberry Chia Pudding, above, and Banana Pecan Muffins, right, are among the healthy dishes from "The Memory Diet" (New Page Books, \$15.99), Judi and Shari Zucker's latest book.

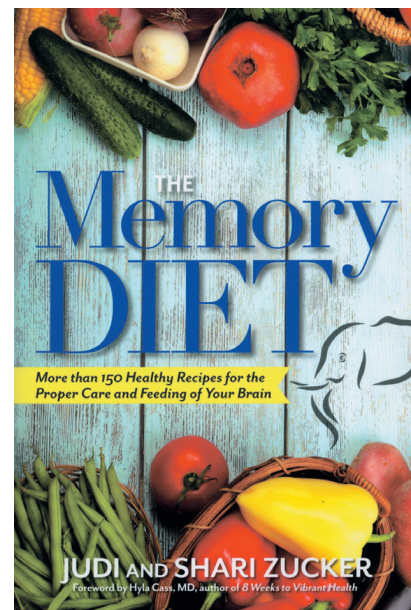


By DAVE MASON
NEWS-PRESS STAFF WRITER

What's good for the heart is good for the brain. Judi and Shari Zucker, Montecito's famed Double Energy Twins, stress that in "The Memory Diet: More Than 150 Healthy Recipes for the Proper Care and Feeding of Your Brain" (New Page Books, \$15.99). The plant-based dishes are free of white sugar, gluten, dairy products and processed ingredients, and they're intended to slow cognitive decline or even reduce the risk of dementia. The 54-year-old lifelong vegetarians' seventh book on healthy eating will be released May 23. The twins will sign copies at 7 p.m. May 25 at Chaucer's Books, 3321 State St. "This diet is good for the brain, good for the heart, good for people who are diabetic and is good for people who want to prevent cancer because it's rich with antioxidants," Judi told the News-Press on a recent day at Shari's home. "It's rich with fiber and with all the good nutrients the body needs." The nutrients vary from B vitamins such as folic acid, shown in a National Academy of Sciences study to slow the progression of

Alzheimer's disease, to omega-3 fatty acids, which the twins said may help to prevent dementia. Judi and Shari based their book on the Mediterranean-DASH Intervention for Neurodegenerative Delay, or MIND, diet, which was developed during a study at Rush University Medical Center in Chicago. The study concluded that the MIND diet may reduce the risk of developing Alzheimer's by as much as 53 percent. The sisters said they were inspired to write the book when they saw the progress their mother, Los Angeles resident Debra Zucker, made in dealing with her dementia after the twins replaced her processed foods with fresh fruits and vegetables. "Now she's more alert," Judi said. "She isn't cured, but her attention span is a little bit better. The cognitive decline is inevitable, but we believe this will slow it down." "The Memory Diet" recommends seven

"brain-boosting food groups": cabbage and cruciferous vegetables such as broccoli and cauliflower; leafy greens such as spinach; nuts and seeds; olive, coconut, macadamia and avocado oils; beans, legumes and whole grains; fruits, grapes and berries; and spices such as black pepper and garlic. Those ingredients can inspire a healthy and delicious diet, according to the twins, who experimented with the recipes and recruited their husbands to tell them what tasted good and what didn't. "One of the things we won't sacrifice is flavor," Shari said. Appetizers include Mango Jalapeno Salsa and Celery Boats featuring almond butter, cinnamon and raisins. Salads vary from the Kale Waldorf to the Black Rice and Mango with Walnuts. Soups range from Avocado Gazpacho to Watermelon Cucumber. Entrees vary from Marvelous Mac and



Please see **TWINS** on **A7**

Free clinics help insured patients with high deductibles, other expenses

By MICHELLE ANDREWS
TRIBUNE NEWS SERVICE

Denise Johnson works two jobs, but neither of them offers health insurance to part-timers like her. She signed up for a marketplace plan this year, but for routine medical care, Ms. Johnson still goes to the free clinic near her Charlottesville, Va., home. The problem is her plan's deductible of at least \$1,000. She can't recall the precise figure, but it doesn't really matter. "It's absolutely high," said Ms. Johnson, 58. "Who can afford that?" She struggles to pay her \$28 monthly premium. By continuing to visit the free clinic where she's been a patient for a few years, Ms. Johnson said she saves hundreds of dollars a year on blood pressure and diuretic medications, her EpiPen and allergy pills. In addition to the drugs, she also sees a primary care doctor every six months at the clinic to keep tabs on her borderline diabetes and an allergist once a year. "If you're a working-class person and you've got a free clinic near you, buying a bronze plan and using the free clinic for primary care makes sense," said Sara Rosenbaum, a professor of health law and policy at George



TRIBUNE NEWS SERVICE

Some free clinics are expanding their missions to help the underinsured.

Washington University. Of the 1,300 people who visited the medical clinic at the Charlottesville Free Clinic in the past year, roughly 15 percent have enrolled in insurance through the marketplace, said Colleen Keller, executive director of the clinic. The clinic, which limits services to lower-income people, provides medical, pharmacy, mental health and dental services through a combination of staff and volunteer

make sure they can serve the underinsured. "I think there definitely is a shift," she said. "Prior to the (federal Affordable Care Act), we were seeing primarily the uninsured, but since the passage of the ACA, we're seeing more of the underinsured." Clinics define underinsured differently to meet the needs of their local populations, she said. A study by the Commonwealth Fund found that 23 percent of adults younger than 65 who had coverage all year in 2014 were underinsured. The study considered someone underinsured if their out-of-pocket health care costs, excluding premiums, were at least 10 percent of their income, or 5 percent if their income was less than 200 percent of poverty (which was \$22,980 for an individual in a 2014 plan). People whose health insurance deductibles were at least 5 percent of their income were also included. Some people expected that the need for clinics to provide free medical care would wind down as people got coverage under the health law, said Jack Hoadley, research professor at the Georgetown University Health Policy Institute. Undocumented immigrants and people who

don't qualify for Medicaid would continue to rely on them, but few others would need to. But that hasn't happened. Mr. Hoadley co-authored a recent study on the impact of the health law on consumer coverage in Richmond, Virginia, Tampa, Florida, and Columbus, Ohio. Free clinics in those cities are "very much needed by people who qualify for insurance subsidies but still can't afford the copays or deductibles to get care," Mr. Hoadley said. Then there are those who return to a free clinic after dropping their marketplace plan because of the cost. "They may have a penalty for not having insurance, but it's lower than their copays," said Judith Robinson, a health insurance support specialist at the Charlottesville Free Clinic. The health law requires most people to have insurance or pay a penalty. In 2015, the penalty was the greater of \$325 or 2 percent of household income. There are exceptions to the requirement for financial and other hardships. If the least expensive coverage available would cost more than 8.05 percent of someone's household income, for example, people aren't required to have coverage.