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### Relief in Haiti

In the 72 hours following the devastating earthquake in Haiti, nearly 50 individuals and families who partner with the Jewish Community Foundation for their giving immediately stepped up and recommended almost \$100,000 in grants to provide immediate assistance to victims. Schools, hospitals and thousands of homes have been destroyed and more than three million people have been left without adequate food, shelter, healthcare and basic infrastructure.

In San Diego, funds are being collected through the **United Jewish Federation** and will be distributed to the **American Jewish Joint Distribution Committee (JDC)** to provide immediate aid and relief to victims. Additionally, several other nonprofit organizations are providing services in Haiti such as the **American Jewish World Service (AJWS)**.

"We are so proud that our donors stepped forward so quickly to meet these emergency needs, said Charlene Seidle, vice president, philanthropy. "The response was immediate and generous."

During fiscal year 2008-09, the Foundation awarded and facilitated \$62 million in 4,700 grants to more than 1,000 Jewish and general organizations in San Diego, the United States and Israel. Visit the Jewish Community Foundation at [www.jcfsandiego.org](http://www.jcfsandiego.org) or call 858-279-2740.



## The Good Old Days ...

A Look at Aging-Related Issues



### HAVE YOU ALREADY GIVEN UP ON YOUR NEW YEAR'S GOALS?

What goals did you set for yourself in 2010? Popular New Year's goals include saving more money, drinking less alcohol, getting fit and reducing stress.

At the end of each year, people often look at the goals made the previous year, criticize themselves for not achieving them, then set the same goals for the year to come. By early the next year, their goals are again not met.

As people age, this annual cycle can lead to futility, frustration and depression. People may feel like failures, and like time is running out.

Not true! People of any age can be successful in improving their life by developing and following a strategic plan.

If you've already given up on attaining your 2010 goals, don't despair. Re-create them. Split a larger goal into a series of small goals. Develop alternative behaviors that will help you achieve your goals. If you want to quit smoking and you smoke to relax, find alternative ways of relaxing.

### BET TRUE TO YOURSELF

Make sure the goals you create are yours, not something others demand or expect of you. Rely on a supportive network. For seniors, this may be their retirement community friends. Here at Seacrest, we support one another by offering respect, empathy and understanding.

Achieving goals doesn't have to begin on January 1. If you've missed the mark, simply resolve to start anew. Right now. Today. Believe in yourself!

If you have a question on aging that you would like addressed in this column or confidentially, please contact Carolyn Brooking, Corporate Director of Marketing for Seacrest Village Retirement Communities, at 760-632-0081 or [cbrooking@seacrestvillage.org](mailto:cbrooking@seacrestvillage.org).

## Sol Price

1916-2009

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ESPINOSA PRODUCTIONS



Sol Price, founder of the discount warehouse chain Price Club (now known as Costco), died of natural causes at his home in La Jolla Dec. 14. He was 93.

Price started Fedmart in San Diego in 1954, and the chain grew to 41 stores over the next 20 years, the San Diego Business Journal

reported. He began Price Club in San Diego in 1976.

Aside from Price's contributions as an entrepreneur, he was a dedicated philanthropist, donating to both Jewish and secular causes through Price Charities.

Price's wife, Helen Moskowitz, whom he married in 1938, died in 2008. He is survived by sons Robert and Laurence, five grandchildren and four great-grandchildren.