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# SEEN AROUND TOWN

by Lynda Millner

## Braincare For Life



Emcee Larry Crandell, Dr. Kenneth Kosik with his wife, Dr. Miyoung Chun, and Chairman of the Board Tom Harriman at the CFIT anniversary do

Not only do we need to keep our muscles strong, we are told, we could also use an athletic club for our brains. CFIT (Cognitive Fitness & Innovative Therapies) facility at 2409 De la Vina is one of a kind in the United States with four more opening throughout the country in the near future. It is the brain child (pun intended) of **Dr. Kenneth Kosik**. He came from Harvard to become co-director of UCSB's Neuroscience Research Institute.

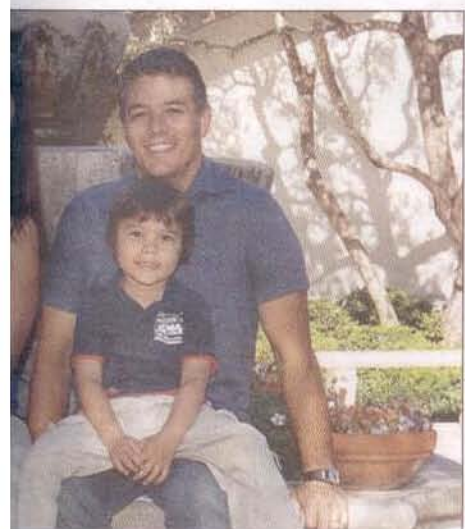
The CFIT facility just had its one-year anniversary bash, and it was delightful. First Dr. Kosik introduced the classic **Larry Crandell** who joked, "The whole nation is watching my slow decline. Not just the nation, the entire medical world." UCSB Chancellor **Henry Yang** was there because the University and CFIT work



Ms Millner is the author of "The Magic Make Over, Tricks for Looking, Thinner, Younger, and More Confident - Instantly!" If you have an event that belongs in this column, you are invited to call Lynda at 969-6164.

closely together. Yang told us, "I have a friend who says he belongs to the CRAFT Club which means 'I Can't Remember A Thing.' Then I asked what the F means. 'I can't remember a ---- thing.'"

Seriously though, Yang reminded us of a *Wall Street Journal* article in March that explained CFIT, Dr. Kosik and his book "The Alzheimer Solution." There was also an article in **Oprah Winfrey's** *O* magazine, entitled "New Ways to



community that is The El Montecito Early of moving to a new city so much easier omed under the care and direction of his d a great sense of self-awareness and a new- oth socially and academically. ng all of us!"

-The Hlavaty Family

El Montecito



Slow Down the Clock.”

Cottage Hospital President and CEO **Ron Werft** talked about UCSB being a world-class school making inroads in neuroscience – a collaboration between UCSB and Cottage.

This evening was a special celebration turning CFIT’s courtyard and offices into mini art galleries with wine tasting and a host of various hors d’oeuvres in each room. The artists were on hand to discuss and sell their works and silent auction items were there to be bid on. The whole event was the creative effort of Director of Operations **Hether Briggs**.

CFIT offers an entire menu of ways to help improve your memory and health. For an appointment call 899-7777 or check out [www.sbcfit.org](http://www.sbcfit.org).

## A Night at the Casbah

As we arrived at the 2010 CALM Design Showcase house, it felt like we were stepping into exotic gardens somewhere in Morocco. There were tables and stools all about covered in rich Eastern fabrics with beautiful roses in tasseled vases. Waiters plied guests with delicious spicy treats to go with the mint juleps and wine.

CALM Board Co-Chairs **Donna B. Fisher Yates** and **Dan Bifano** and their large committee outdid themselves and did things their way. After



Casbah Co-Chairs **Dan Bifano** and **Donna B. Fisher Yates** for CALM

the hearty hors d’oeuvres and social hour, we all went to the other side of the home where we were seated at large round tables. But not for dinner, for dessert. The tables were stunning and the flatware was “gold,” to go with the rich tablecloths.

**Andrew Firestone** ran a lively auction with his Casbah Cuties helping him “sell” items from luxury living in St. Barthelemy to tickets to the finale of the American Idol season. The CALM video showed **Melissa** and **Troy Reed** and how CALM helped them recover from drug addiction and get their children back. They

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Hosts and owners of the 2004 CALM Design Showcase house, **Mark, Summer and Adriana Shuman** with CALM Executive Director **Cecilia Rodriguez**



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