

Dr. Gayla Jackson Crowned Ms. Senior California

Since Dr. Gayla Jackson, 67, won the crown of Ms. Senior California last August, she has been on the move.

"You need to move every-day to stay fit," Dr. Jackson said. "Walk through the mall. Go to the gym. Do anything to keep some physical activity going."

"It's also important to stay socially active with your friends and to volunteer your time to help others."

She competes in pageants to encourage women of all ages to stay vital and engaged with life.



ABOUT DR. GAYLA JACKSON

Born in Oxnard, CA, Dr. Jackson started her career as a professional actress and toured Europe with the American Theater Company. She has two masters' degrees in education and psychology and a Ph.D in business administration. She worked in marketing and sales with HBO and for the Los Angeles Lakers, San Diego Chargers and the Kings Sports team with Metro Sports. She was named "Queen of Cable Television" by the National Cable Television Association.

As a psychotherapist, she worked for the Glendale Police Department with gang teens and families. Currently, she is working pro bono with the Ventura County Youth Authority and four charity organizations.

ABOUT MS. SENIOR AMERICA

The Ms. Senior America pageant is the world's first and foremost pageant to emphasize and give honor to women who have reached the "Age of Elegance." It is a search for the gracious lady who best exemplifies the dignity, maturity and inner beauty of all senior Americans. The Ms. Senior America philosophy is based upon the belief that seniors are the foundation of America and one of our most valuable treasures. It is upon their knowledge, experience and resources that the younger generations have the opportunity to build a better society.

For more information about Ms. Senior California, contact Pamela Wheeler at Pwheeler94@cox.net. 949.241.4007. Website: MsSrCalifornia.com.



Join our lifestyle. Start living your retirement dreams today!



Celebrating 10 Years

Carefree, resort-style living with interesting new friends, engaging activities, and a worry-free future. Call for a tour of our bright, spacious, and beautiful apartment homes.

Call 408-741-7194 today.

Visit www.retirement.org/saratoga.



14500 Fruitvale Ave., Bldg. 1000
Saratoga, CA 95070



A not-for-profit organization • An IOOF Community
COA#: 211 • RCFE#: 435201057 • SNF#: 220000416