



## Press, Awards & Recognition

### Senior Yoga Pioneer *Retires* | 92128 Magazine

Sep 9, 2013 - *Frank Iszak*, founder of Silver Age Yoga Community Outreach (SAYCO), recently *retired* as executive director of the 10-year-old organization on Aug. 15. ... *Animal Stories* - Tommy Goodbye lo res · Special Needs Hurricane ...

### *Frank Iszak: Freedom Fighter* - Ranch & Coast Magazine

May 2, 2012 - Born in 1931 in Hungary, Iszak couldn't imagine spending the rest of his days in ... When actress Brande Roderick and her husband, *retired* NFL li. ... Curtain, *Frank Iszak* decided he had only two options left: liberty or death.

### Community Events | 92131 Magazine - Part 3

Senior Yoga Pioneer *Retires*. *Frank Iszak*, founder of Silver Age Yoga Community Outreach (SAYCO), recently *retired* as... Posted September 8 ... Latest *Articles*.

### Silver Age Yoga Joshua Tree Retreat 2012 | Healthy Old Fatties

Jul 30, 2012 - A while back Healthy Old Fatties wrote an *article on Silver Age Yoga*, a yoga based fitness regimen that is specifically geared for the needs of ...

### Yogazander benefit workshop for *Silver Age Yoga* - San Diego yoga ...

The Thanksgiving giving continues in the San Diego County *Yoga* Community! On Saturday, November 28th, from 2:00 – 4:00pm, Affirmations BodySpa *Yoga*.

### Yoga for Low-Income Older Adults: *Silver Age Yoga* - OMICS Group

May 23, 2013 - This is an open-access *article* distributed under ... Methods: *Silver Age Yoga* Community Outreach (SAYCO) provides free yoga programs to ...

### Yoga Journal - Yoga Home Practice - Forever Young

Make these the best years of your life, with a yoga practice that ... in San Diego called *Silver Age Yoga* to train teachers to work with seniors.

### Silver Age Yoga Community Outreach latest news - Interceder

*Silver Age Yoga* Community Outreach *articles* over last 30 days ... Balancepoint donates to Silver Lake boys soccer team PEMBROKE – September through ...

## Yoga for Seniors | Healthy Living - azcentral.com

San Diego-based *Silver Age Yoga* offers more than free yoga classes to seniors in ... Guide" and has written hundreds of *articles* for publications online and off.

### Free Yoga: Grateful Senior's Gift to Fellow Elders | TakePart

May 19, 2010 - *Silver Age Yoga*, a gerontology-based style of the ancient stretching and meditation practice that Iszak ... *Silver Age Yoga* is a particularly apt story to appear on May 19—Senior Citizens Day.

#### 10 news

Accessing yoga from home video

Watch video

### KPBS San Diego Radio Interview - May 12, 2011

Radio interview with Frank and Maria, and student Audrey. "Silver Age Yoga Aims to Improve SD Seniors Health And Well-being."

Listen to the interview

### Business Networking Radio - May 11, 2011

Four interviews, including:

SILVER AGE YOGA: Serving Seniors in San Diego - with guests Frank Iszak and Maria Mazzi Seniors can benefit from yoga.

YOGA IN THE DARK: Experience Yoga like the Blind - with guests Frank Iszak and Maria Mazzi Yoga events can help overcome loneliness and isolation.

FREE FOR ALL TO FREEDOM: Escaping the Iron Curtain - with guests Frank Iszak and Maria Mazzi Hijacking a plane to escape tyranny.

HEALTH SERVICES RESEARCH CENTER UCSD: Evidence Based Programs - with guests Frank Iszak and Maria Mazzi Measurable benefits of Silver Age Yoga.

Listen to the interviews

### Take Part Feature Article - May 19, 2010

"Inform, Inspire, Act" TakePart.com is an independent online community that connects its members directly to the issues that inspire them to engage, contribute and take action. Frank and Silver Age Yoga were interviewed and photographed while teaching seniors for this in-depth article.

Read the article

### A Touch of Grey Radio Interview - July 18, 2009

"A Touch of Grey" is broadcast weekly on WABC in New York and KRLA in Los Angeles and is the only national radio show that targets people over 50. The host, Carole Marks, interviewed Frank Iszak about his being honored for his volunteer work at the

National Association of Area Agencies.

Listen to the interview

## **MetLife Foundation: 2009 Community Champion Gold Award - May 1, 2009**

For providing free gerontology based yoga to older Americans gave birth to the Silver Age Yoga Community Outreach program (SAYCO), a yoga program for underserved seniors. The organization has provided over 7,000 pro bono weekly yoga classes to older adults in San Diego County and other areas of the country since 2003.

## **2008 White Cane Day Honoree - October 17, 2008**

San Diego Center for the Blind

For supporting the blind and visually impaired in their quest for freedom and independence.

## **Yoga Journal Article - July-August 2008**

Silver Age Yoga was feature in Yoga Journal's July-August 2008 issue featured in the "Staying Young" article by Laura Perkins

## **Silver Age Yoga on TV**

San Diego's Community Television Network is now airing daily Silver Age Yoga classes at 9:00am beginning Monday, July 14, 2008

## **San Diego County Public Health Champion Award - April 6, 2008**

Silver Age Yoga Community Outreach was recognized with this award as an organization that has made extraordinary achievements in public health.

See the award

## **Inner IDEA Conference Presenter - 2008**

Silver Age Yoga has been chosen to present at the Inner IDEA Conference as a recognized leader in the mind-body-spirit field. Inner IDEA is the professional resource for Pilates, yoga, meditation, mind-body, life coaching and wellness through its educational materials and annual mind-body conference.

## **ABC 10 News Leadership Award - August 2007**

Founders Frank and Serpil Iszak appeared on a television news video to receive the award and describe their mission. The video can be viewed online:



## **American Society on Aging Healthcare and Aging Award - 2007**

Silver Age Yoga has been selected as one of six recipients of the 2007 Healthcare and Aging Awards, and is being honored at the National Council on Aging Joint Conference in March 2007.

ASA 2007 Joint Conference  
Award Letter  
Award Certificate

## **The Erickson Tribune - March 12, 2007**

"If you're looking for a workout that not only builds strength and flexibility, but can also reduce stress and anxiety, boost your immunity, lower your blood pressure, help you sleep more soundly..."

[Full Story](#)

## **2007 Symposium on Yoga Therapy and Research - January, 2007**

Silver Age Yoga's abstract will be published in the International Journal of Yoga Therapy and has been selected from among 70 submitted abstracts for the SYTAR 2007 Meeting.



[More info](#)

## **San Diego County Proclamation - December 12, 2006**

For the second consecutive year, Silver Age Yoga Community Outreach was formally commended in this proclamation by the County of San Diego.

[See the proclamation](#)

## **International Association of Yoga Therapists - September, 2005**

"The most successful senior Yoga classes are those where the seniors feel respected and inspired to explore."

[Full Story](#)

## **California Senate Resolution - May 9, 2005**

Silver Age Yoga Community Outreach was formally recognized by the California Senate for its "distinguished record of public service and immeasurable contributions to the advancement of community and state."



[See the resolution](#)

## **The Yoga Journal Online - May 2005**

"... Yoga can be as much about connecting with the will to live and will to heal as it is about stretching and relaxing ..."

[Full Story](#)

## **San Diego Union Tribune Photo Essay - April 10, 2005**

Silver Age Yoga Community Outreach was photographed teaching sight-impaired seniors at the San Diego Center for the Blind in Vista.

[See the full-page photo essay](#)

## **San Diego County Proclamation - October 5, 2004**

Silver Age Yoga Community Outreach was formally commended in this proclamation by the County of San Diego.

[See the proclamation](#)

## **San Diego Union Tribune - March 22, 2004**

"Iszak, a Hungarian refugee who settled in the United States in 1958, is taking his exercise ethic to seniors these days in what he calls Silver Age Yoga Community Outreach. It's his way of reaching the fragile, the infirm and the visually impaired. The target audience: seniors at seven social service agencies throughout San Diego County, including the San Diego Center for the Blind."

[Full Story](#)

## **Currents: A publication of Pacific Athletic Club - November, 2003**

"The rewards are priceless...to see the glow in the eyes of these older people after a Yoga session is heart-warming. It's a lot more than just another exercise for them---you can feel their genuine gratitude that somebody cares without expecting compensation."

[Full Story](#)

## **Staying Well News; California Department of Aging - Spring Edition, 2002**

"Looking at Frank Iszak you would think he was fifty. You'd be wrong by twenty years. He will tell you he has not had a day of illness since he took up Yoga years ago."

[Full Story](#)