



OLLI AT FSU'S MONTHLY NEWSMAGAZINE

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JULY 2020

THE PASSING OF A LEGEND



FSU LEGEND AND OLLI ICON DR. JIM JONES DIES

Dr. James Pickett "Jim" Jones, FSU history legend and iconic OLLI instructor, passed away on June 20 at age 89.

Jim Jones retired from Florida State University in May, 2014 after 57 years in the classroom. During his lengthy career, he taught Civil War history 93

times. He published six books on the history of the Civil War. Best known is a two-volume biography of Union General John A. Logan, as well as a work called "Yankee Blitzkrieg" about the Union cavalry raid across Alabama and Georgia in 1865. In his 57 years teaching at FSU, Jim taught 21,290 students and won 9 teaching awards.

In addition to being a historian of the Civil War and World War II, Jim was a student of Seminole football, being a key figure in bringing FSU athletics to the next level.

He published FSU One Time: A History of Seminole Football in 1973; FSU One Time: The Bowden Years in 1984 and Guts and Glory: The Gators and the Seminoles in 1993. Jim served on the FSU Athletic Board for 19 years and was the board's chair and faculty representative to the NCAA from 1980-84. He served on selection committees to fill top level positions within the Athletic Department. In 1975, Jim was a member of the committee that named Bobby Bowden

head football coach. He was also involved in the selection of baseball coaches Dick Howser and Mike Martin. In 1991, he was awarded the permanent designation Distinguished Teaching Professor. In 1995, Jim was elected to the FSU Hall of Fame.

Since retiring from FSU, Jim taught 15 classes for OLLI beginning in the Spring Term of 2015, adding to the number of students he taught over a 62-year career. "We will miss him terribly," OLLI Executive Director Debra Herman said. "He was beloved by his students and dedicated his life to education," she noted. "It is truly the end of an era." (See —A Personal Note: Remembering Jim Jones, pg. 27.)

WHAT WILL OUR UNIVERSITY LOOK LIKE WHEN IT REOPENS?



From WCTV-June 2020

(Editor's Note: In an abundance of caution, particularly considering the ages of OLLI members, Fall Semester classes will be online via Zoom only. However, because OLLI is part of FSU, it is important to know what we might expect when our university campus reopens. Below is a summary of how FSU proposes to handle reopening.)

The Florida Board of Governors has approved FSU's plans to reopen campus for the fall semester, with significant changes and restrictions due to COVID-19. The board voted unanimously in favor of the plan at its meeting at the University of Central Florida in Orlando June 23.

Board members called FSU's blueprint a "terrific plan with lots of detail." The board also emphasized the need for flexibility in the next two months as the COVID-19 pandemic continues to evolve, and encouraged the university to conduct a "dry run" to prepare for a possible outbreak on the FSU campus.

Prior to the vote, Florida State University President Thrasher and other administrators presented the details of the plan. "What can you do to keep students, faculty and staff as safe as possible? That's throughout our program. It's a very strong emphasis in our plan," Thrasher said.

Social distancing guidelines will be in place and face masks will be required for all members of the university community, along with visitors. Thrasher emphasized individual responsibility and talked about a new "Stay Healthy FSU" plan, which will emphasize that responsibility to students. But he said there will be enforcement if needed. "If we see

some major issues, we're going to take charge of that," Thrasher said.

Thrasher also emphasized testing, saying by the start of fall semester, FSU will be able to conduct 4,000 COVID-19 tests a week with their own lab at Innovation Park.

The university has set the goal of having all students, faculty and staff tested before the start of the semester. Testing would then continue on a regular basis throughout the semester. If a case is found while a student is on campus, that student would be quarantined in Rogers Hall and a team would work to trace any and all contacts.

Most classes will continue to be taught online. Classes like arts and lab courses will take priority for in-person instruction. Other courses may be offered face to face as well. "I really believe in face to face classes to the extent the university can do it feasibly," said Thrasher.

The last two weeks of the semester following Thanksgiving break will be conducted virtually. Prior to that, any significant outbreak could trigger a return to full distance learning.

Move in at Florida State is scheduled August 10 and the semester is set to begin August 24.

OLLI TO HOST “PERSPECTIVES ON THE COVID-19 PANDEMIC” ON JULY 7 VIA ZOOM

“Perspectives on the COVID-19 Pandemic” will be held on July 7 from 2-4 p.m., and will feature favorite OLLI instructors who will focus on areas including the medical, economic, political, psychological, sociological and spiritual implications of the pandemic, particularly as they relate to the aging population.

Panelists and Topics

Mark Schlakman, Senior Program Director, FSU Center for the Advancement of Human Rights – “Civil and Political Rights Amid Challenges Posed by COVID-19”

Neil Charness, William G. Chase Professor of Psychology, Director, Institute for Successful Longevity, FSU-- “How Psychologists Are Addressing the Impact of COVID-19: Research and Practice Issues”

Jonathan Dennis, Associate Professor, Department of Biological Science, FSU-- “COVID-19 Testing: What Does It Mean, and Why Does It Matter?”

Joe Calhoun, Teaching Professor, Director, Stavros Center for Economic

Education, FSU--“The Difficult Tradeoffs of COVID-19: Balancing the Multidimensional Benefits and Costs”

Dawn Carr, Associate Professor of Sociology, Pepper Center for Aging and Public Policy, FSU-- “Implications for Social Relationships in Later Life in the Era of COVID-19”

Candace McKibben, Director of Faith Outreach at Big Bend Hospice and Pastor of Tallahassee Fellowship - “COVID-19 and the Resilient Human Spirit”

Ken Brummel-Smith, Professor Emeritus, Department of Geriatrics, FSU College of Medicine--“The Impact of COVID-19 on Nursing Home Practice”

This activity is free for current OLLI Members; however registration is required at olli.fsu.edu.

This activity will be delivered remotely via Zoom; registrants will receive a link via email to join. Please check the OLLI website for future programs during the Summer months.

FSU RESEARCHERS UNCOVER NEW INSIGHTS INTO ALZHEIMER'S DISEASE

BY: AMY ROBINSON, FSU NEWS 2020

A new study by Florida State University researchers may help answer some of the most perplexing questions surrounding Alzheimer's disease, an incurable and progressive illness affecting millions of families around the globe.

FSU Assistant Professor of Psychology Aaron Wilber and graduate student Sarah Danielle Benthem showed that the way two parts of the brain interact during sleep may explain symptoms experienced by Alzheimer's patients, a finding that opens up new doors in dementia research. It is believed that these interactions during sleep allow memories to form and thus failure of this normal system in a brain of a person with Alzheimer's disease may explain why memory is impaired.

The study, a collaboration among the FSU Program in Neuroscience, the University of California, Irvine, and the University of Lethbridge in Alberta, Canada, was published online in the journal *Current Biology* and will appear in the publication's July 6 issue. "This research is important because it looks at possible mechanisms underlying the decline of memory in Alzheimer's disease and

understanding how it causes memory decline could help identify treatments," Benthem said.

Wilber and Benthem's study, based on measuring brain waves in mouse models of the disease, gave researchers a number of new insights into Alzheimer's including how the way that two parts of the brain — the parietal cortex and the hippocampus — interact during sleep may contribute to symptoms experienced by Alzheimer's patients, such as impaired memory and cognition, and getting lost in new surroundings.

The team had examined a phenomenon known as memory replay — the playing back of activity patterns from waking experience in subsequent sleep periods — in a mouse model of Alzheimer's disease as a potential cause of impaired spatial learning and memory.

During these memory replay periods, they found that the mice modeling aspects of Alzheimer's Disease in humans had impaired functional interactions between the hippocampus and the parietal cortex.

The hippocampal formation is crucial for the storage of "episodic" memories — a type of long-term memory of a

past experience — and is thought to be important for assisting other parts of the brain in extracting generalized knowledge from these personal experiences.

“Surprisingly, a better predictor of performance and the first impairment to emerge was not ‘memory replay’ per se, but was instead the relative strength of the post-learning coupling between two brain regions known to be important for learning and memory: the hippocampus and the parietal cortex,” Wilber said. According to the Alzheimer’s Association, more than 47 million people worldwide are living with the disease, a number projected to soar to 76 million over the

next decade. It is currently the sixth-leading cause of death in the U.S., affecting one out of every 10 people ages 65 and older.

FSU research scientist Shawn Moseley and students Alina Stimmell, Jessica Dixon and Aandreza Melilli also contributed to the study. The research was supported by grants from the Florida Department of Health, the National Institute on Aging, the Defense Advanced Research Projects Agency, the Natural Sciences and Engineering Research Council, and the Canadian Institutes of Health Research.

THE PRESIDENT’S PAGE

Harriet Waas, President, OLLI Advisory Council



Maymester is behind us, and it was indeed historical. For the first time in the history of OLLI, our classes and activities were entirely online.

We continued to be involved - learning, visiting, enjoying activities, and spending time together from a distance. OLLI members once again

proved that we can overcome anything that life throws our way!

Our wonderful OLLI staff and curriculum team gave us the opportunity to experience online courses. OLLI volunteers took us on field trips to the Louvre in Paris and Yellowstone National Park.

We were able to be in the audience for the OLLI Jeopardy competition and we continued our Wednesday night Get Happy. Club meetings and other creative events continued online and encouraged our social connections.

Linda Davey told Debra, "I found the Zoom courses to be great. I often eliminate courses which I would love to take because of their location and

also the driving time involved. Zoom makes it easy - and a two-hour class is just that - two hours, not three!"

Nikki Bryan sent this email. "Debra, although I love being on campus, I must admit I thought the zoom classes worked great! Kinda nice to be at home and still experience the class information!"

Our volunteers plan to continue some activities throughout the summer and we are looking forward to another online experience in our Fall semester. Look for Debra Herman's weekly email throughout the summer to find out more about the future offerings of OLLI. In the meantime, take care and stay well.

FROM THE WRITERS' CLUB

THE EMPEROR'S NEW CLOTHES

By Mary Braunagel

Not the usual military Quonset huts of previous grades, my second-grade classroom was in, I thought, a real school; a solid red brick building, two stories in a snowy field.

My early memories of school centered on discovering I was smart and an infatuation with my second-grade teacher, Ms. Hughes. Ah, her black hair was fluffy and resisted folding into a pageboy, she wore tweed skirts

and high heels. She stood in front of that classroom delivering wisdom about grammar rules, phonetic spelling, and the alphabet.

I absorbed her knowledge like water on a sponge. She led me away from my classmates to another section of the library showing me books about famous people like Louisa May Alcott and the Nancy Drew series while the rest of the class had reading circles of "See Spot Run".

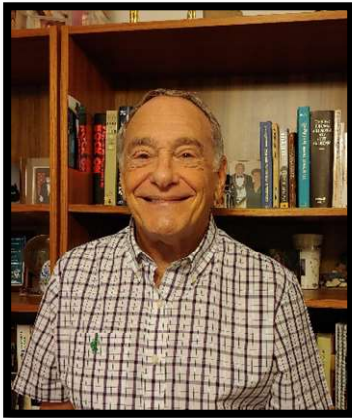
Once we watched a movie on soil for a science class, learning about all the ingredients in soil, the decomposed plant life, the worms, and bugs. Cool stuff. When the teacher asked after the movie “What is soil?” I shot my hand up and blurted out when she called on me, “Dirt!” I watched her recoil and turn from me addressing the class; “We have just seen an entire movie on the elements of soil, to answer ‘dirt’ is not acceptable...anyone else care to

answer?”

I felt my face heating up...

“Why did I do that; I’m a smart kid, why didn’t I use what I had just learned?” I was scared Ms. Hughes would not like me after that and would not consider me her pet. I did not know about social expectations and besides wasn’t everyone annoyed that they were expected to regurgitate what they had learned.

A TIME IN MY LIFE



WANT TO BE A LORD OR A LADY?

By Lord George Waas

The United States Constitution prohibits the granting of titles of nobility.

However, this doesn’t prohibit a foreign company from issuing titles of nobility to American citizens. And

therein lies the rub. There are companies in Europe that sell titles.

I recall those times when, in England and Ireland, hostesses in restaurants referred to guests—including us--as Lords and Ladies. Good evening,

MiLord; good evening, MiLady. This really made an impression on Harriet and me. Actually, it made an impression on my ego.

Well, one day this past May. I just happened to be surfing the Internet when I came across a site in Scotland that offered Lord and Lady titles for sale. However, they seemed a bit pricey, and all you get is a square foot of land in some out-of-the-way estate in a more out-of-the-way county.

My research showed that there are two types of titles for sale: effective and seated. Effective titles do not include land, while seated titles do. Bet you never knew that.

Titles for sale include: Sir, Lord, Lady, Baron, Baroness, Count, Earl, Countess, Viscount, Viscountess, Marquess, Marchioness, among others. Effective titles can cost as little as \$325, when purchased singularly, and \$499 for couples seeking joint titles.

Seated titles cost more. One site sells them for \$1,600. However, do not expect the proverbial vast estate overlooking a lake and rolling hills for that price. In fact, you might not be able to see your holdings without glasses. The site advises the land is "a token area" of the estate of the seller.

The only seated titles available are Lord and Lady. For example, if a couple named Smith bought the titles

"Lord and Lady of Kensington," they would be known as Lord and Lady Smith of Kensington. Only seated titles may be inherited. These are pricier, costing from about \$15,000 to over \$160,000. I told you they were pricey.

But then I came across a company called LordTitles located in England. According to the site, the company has a 90-acre tract located in the northwesternmost county in England, bordering Scotland to the north and the Irish Sea to the west.

The cost for a couple is about \$62 (49.95 in pounds), and you get official papers allowing the use of these titles; documents showing that the purchased parcel of land is five square feet, or 25 feet, in its natural habitat; and two colorful crests.

Well, for \$62, I figured what did I have to lose. And \$62 is certainly better than tens of thousands of dollars.

So, I filled out the form online, punched in my credit card number, and received an email the next day congratulating me upon becoming Lord George (with Harriet becoming Lady Harriet). Two weeks later, my package arrived, consisting of a charter addressing us as Lord George Waas and Lady Harriet Waas that also included an acknowledgement of title to the five square feet of land, and two crests—all suitable for framing, and a

beautiful explanatory brochure. The three documents are now framed and adorn a wall in our family room.

Now, you would naturally ask: are these titles for real? Well, oh ye of little faith, is Santa Claus real? The short answer is if you believe they are real, then they are.

What is real, however, is the existence of the property, the dedication of 25 feet of land to Harriet and me, and the use of the titles Lord and Lady. And

besides, if LordTitles says they're real, who are we to disagree? Are others required to honor these titles? Again, if they want to, then so be it. We won't object. The company's paperwork, however, makes it clear that this is a novelty gift the purpose of which is to have fun. And it's not bad for the ego, either. So, when you see Harriet or me at OLLI, you can certainly greet us as Lord and Lady. But please don't laugh or snicker when you do; we suffer bruised feelings easily.

MONDAY BOOK CLUB SETS BOOK SELECTIONS AND ZOOM DISCUSSION SCHEDULE

The Monday Book Club will meet via ZOOM on the second Monday of each month, September 2020 through June 2021. The club met April, May and June this year via ZOOM and is comfortable with that venue, if we have to continue. Our selection for September 14 is ***Rules of Civility*** by Amor Towles, the author of ***A Gentleman in Moscow***, his second novel. ***Rules of Civility*** was written in 2011, several years ahead of ***A Gentleman in Moscow***. ***Rules...*** is engaging and an entirely different

venue, taking place in New York City, mainly in 1938. ***The Storyteller's Secret*** by Sajai Badani, ***Drive Your Plow over the Bones of the Dead*** by Olga Tokarczuk and ***Call of the Wild*** by Jack London, our classic for the year, are our choices for October, November and December 2020, respectively.

Contact Ramona Bowman, rbowman0721@gmail.com, for more information and/or a complete list of books for the year.



THE CLAUDE PEPPER CENTER

Visit www.claudepeppercenter.com for access to many additional resources
Follow [www.facebook.com/ TheClaudePepperCenter](https://www.facebook.com/TheClaudePepperCenter) for daily updates

As Florida reopens, the deaths quietly keep piling up in nursing homes – Miami Herald
<https://hrlld.us/3fQzuEO>

Though the cumulative overall number of deaths attributed to COVID-19, the illness caused by exposure to the coronavirus, doubled in May, coronavirus deaths at nursing homes and assisted living facilities tripled.

Florida accounts for its share and then some, said Larry Polivka, executive director of the Florida State University-based Claude Pepper Center.

“I don’t know of any place else in the country that matches this,” said Polivka, who has studied aging and long-term care issues for decades.

“This should raise red flags about our need to know more about what is going on in these nursing homes that are producing these highest-in-the-nation percentages of fatalities.”

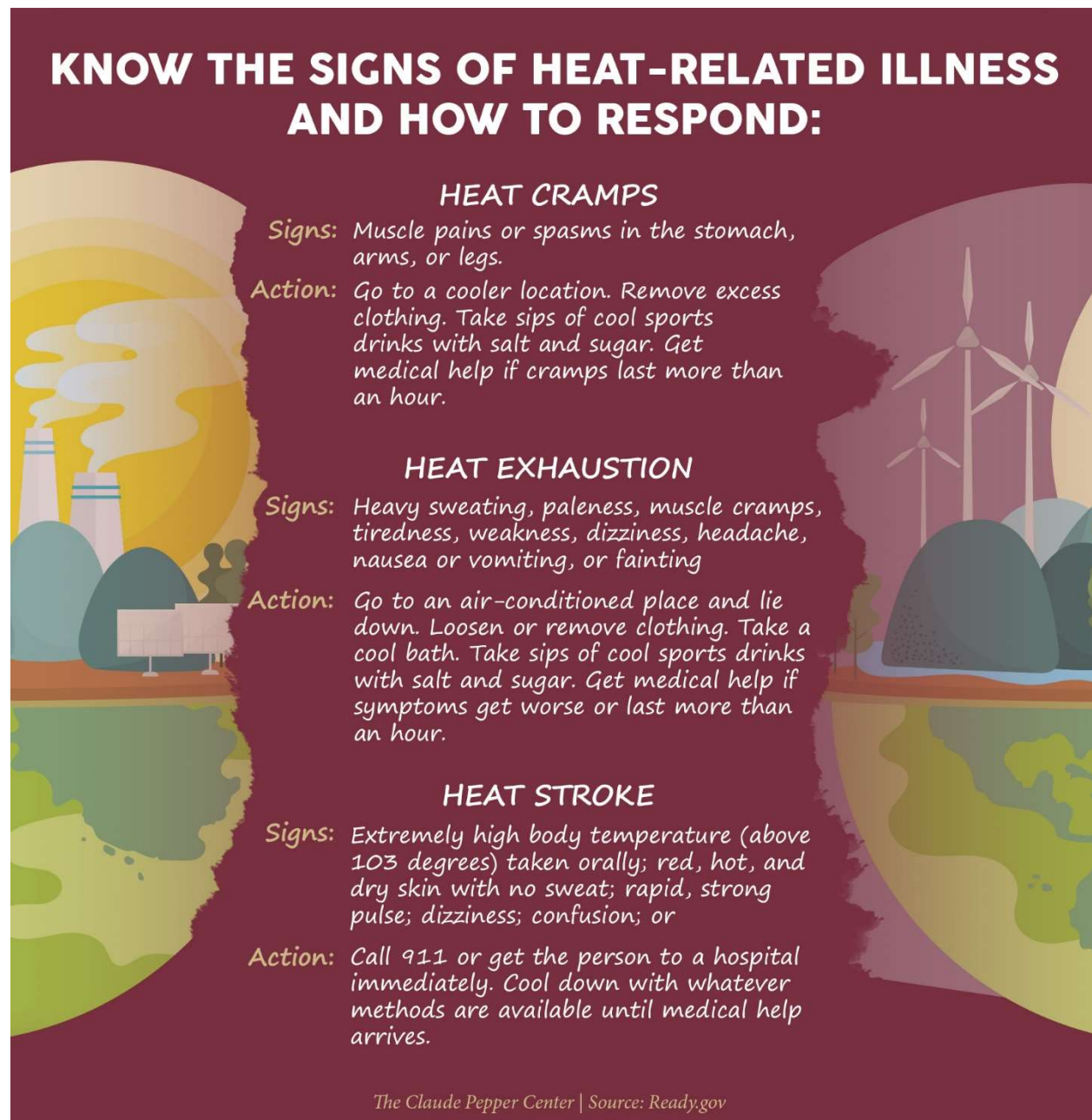
COVID-19’s Impact on Long-Term Care

The COVID-19 pandemic has created enormous pressure on the entire health care system, but possibly the most tragic impact has been on the long-term care system for both younger and older people in residential care programs. The impact is especially felt in nursing homes, where over 85% of the residents are among the most vulnerable part of the population: older people. After only a couple months, several thousand nursing home residents have succumbed to the virus across the country. Unfortunately, this is likely an under-count, as information on infection and mortality rates is suspect in the absence of standardized reporting requirements at the national level and insufficient capacity to test residents for infection in many facilities.

The Claude Pepper Center is keeping an active list of commentaries, articles, and other information about COVID-19’s impact on Long-Term Care.
<https://fla.st/3hTr4hK>

Climate Change and Aging

Covid-19 has shown few signs of abating with the warmer weather and has in fact spiked in several states. Now, many health and city planners predict the crisis could get much worse as the U.S. faces what is expected to be one of the hottest summers on record. For more information, as well as tips on how to keep yourself safe this summer, please visit <https://fla.st/3aiWKYI>



KNOW THE SIGNS OF HEAT-RELATED ILLNESS AND HOW TO RESPOND:

HEAT CRAMPS

Signs: Muscle pains or spasms in the stomach, arms, or legs.

Action: Go to a cooler location. Remove excess clothing. Take sips of cool sports drinks with salt and sugar. Get medical help if cramps last more than an hour.

HEAT EXHAUSTION

Signs: Heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or vomiting, or fainting

Action: Go to an air-conditioned place and lie down. Loosen or remove clothing. Take a cool bath. Take sips of cool sports drinks with salt and sugar. Get medical help if symptoms get worse or last more than an hour.

HEAT STROKE

Signs: Extremely high body temperature (above 103 degrees) taken orally; red, hot, and dry skin with no sweat; rapid, strong pulse; dizziness; confusion; or

Action: Call 911 or get the person to a hospital immediately. Cool down with whatever methods are available until medical help arrives.

The Claude Pepper Center | Source: Ready.gov

..FROM THE PEPPER INSTITUTE AND PEPPER CENTER

HOW COMMON IS ELDER FINANCIAL EXPLOITATION?

Lori Gonzalez, Research Faculty
Claude Pepper Center

One of the most common types of elder mistreatment is financial exploitation, and it is vastly under-reported. It's estimated that for every one reported case of fraudulent or unauthorized use of an older person's resources, there are more than forty unreported cases. Part of the underreporting may be because most cases involve family rather than strangers. And when the perpetrator is someone they know, the loss is greater: an average of \$50,000 compared to \$17,000.

But strangers nevertheless present a danger, and financial scammers are

taking advantage of fears surrounding the coronavirus. The Federal Trade Commission offers the following advice on avoiding these scams:

Don't respond to calls, texts, or emails about checks from the government, ignore online or telephone offers for vaccines and home test kits, hang up on robocalls, be wary of emails claiming to be from the Centers for Disease Control and Prevention or the World Health Organization, and never respond to requests to make charitable donations in cash, by gift card, or by money wire.

WHY ARE OLDER ADULTS ESPECIALLY VULNERABLE TO FINANCIAL EXPLOITATION?

Anne Pepper, Director
Pepper Institute on Aging and Public Policy
An early sign of cognitive impairment is difficulty managing money, making older people susceptible to scams or to financial abuse by family or friends. But even without cognitive impairment, the ability to judge trustworthiness can decline in later life, making older adults prey to false claims and malign intentions. And of course, poor physical health makes many older people dependent on

others, some of whom may be untrustworthy.

While well-off older adults are often targeted, those living in poverty are, in fact, at even greater risk and are taken advantage of because they have a place to live, equity in a home, or a regular source of income, like Social Security. Elder financial exploitation has increased over the past several

decades, and one reason is the move away from defined benefit retirement plans and toward defined contribution ones. This shift means that many older adults, rather than plan administrators,

now manage their own savings and investments. Self-managed plans put retirees at greater risk because their entire nest egg could be stolen in one fell swoop.

HOW DO NURSING HOMES AVOID THE SPREAD OF INFECTION?

Lori Gonzalez, Research Faculty
Claude Pepper Center

Nursing home residents are at high risk of infection because they live in close quarters. The average facility has over 100 beds, and roommates and shared bathrooms are common. Perhaps it's not surprising that nursing homes report about 1 infection for every 3 residents, with some cases serious enough to require hospitalization.

Federal regulations require nursing homes to have infection control programs and to be evaluated annually. In 2017, over 60 percent of facilities

were found to have deficiencies. Although few were life-threatening, many had been cited in earlier inspections but not remedied.

The importance of infection control was brought home by the rapid spread of the COVID-19 virus in nursing homes. It spread especially swiftly in facilities that had been cited for deficiencies. Enforcement of existing regulations would go a long way to reducing the threat of disease among nursing home residents and the workers who care for them.

HOW HAVE NURSING HOME REGULATIONS CHANGED OVER TIME?

Lori Gonzalez, Research Faculty
Claude Pepper Center

The federal government first became involved in nursing homes with the Social Security Act of 1936. It set up the Old Age Assistance program to help older adults in poverty. But the legislation stipulated that funds could not go to the public poorhouses of the time – which led to the creation of American nursing homes. However, they would not be subject to regulation until the 1950s. These early

regulations were much like those for hospitals – in the hope that a highly clinical setting would improve care. This idea changed with legislation in the 1980s that addressed residents' rights and created an enforcement system to encourage nursing homes to comply with regulations.

Resident protections were further strengthened with the addition in 2016 of quality metrics to be used in

evaluating facilities, along with the banning of mandatory arbitration agreements in nursing home contracts. However, in 2019, the ban on these

agreements was repealed and inspection requirements were weakened – marking a dramatic shift from past regulation.

REMINDER: THIS IS AN ELECTION YEAR; REMEMBER TO REGISTER AND VOTE

By Mari-Jo Lewis-Wilkinson

Hey—have you heard? This is an election year! It slipped your mind, you say? That’s okay; we’ve all been busy, busy, busy — baking sourdough, building obstacle courses to keep the squirrels out of the bird feeders, dancing on TikTok. But don’t worry. This article will catch you up so you will be ready to cast your vote this year. Print this out and hang it up on your fridge the next time you’re in the kitchen rearranging your spice cabinet or teaching your grandkids how to make sugar cookies by Zoom.

How Do I Register to Vote or Update my Registration?

“Oops-I’m not registered to vote.” “I moved to a new condo/townhome/retirement community since the last election.” “I moved in with my son/daughter/grandkids.” “I married/remarried/divorced/changed my name.” “I don’t remember if I’m registered.”

There are several easy and convenient options to register, or confirm that you are registered, or update your

registration if you have moved recently or changed your name. No matter which county or state you live in, you can go to <https://www.whenweallvote.org/register/>

to register yourself to vote. This website is operated by When We All Vote, a nonpartisan, nonprofit organization dedicated to encouraging all citizens to register to vote and participate in our democracy. Simply enter your personal information on the secure website and, if you have the required identification, you can choose to either be directed to your state’s online voter registration page or complete your registration form on the When We All Vote website and print the paper form for submission later.

Another option is to go directly to your state’s voter registration website. Both Florida and Georgia allow online voter registration and registration updates. In Florida, that website is operated by the Secretary of State <https://registertovoteflorida.gov/home>. The Georgia Secretary of State’s voter registration website is https://registertovote.sos.ga.gov/GAO_LVR/welcome.

The Leon County Supervisor of Elections also offers three ways to register or update your registration. First, the Supervisor's website links to the Florida Secretary of State's voter registration webpage: <https://www.leonvotes.org/m/votersonthego>. You can also register by mailing your application to the Supervisor. Finally, you can register in person at the Supervisor's office or at other voter registration agencies. For a link to the registration application to print and mail, and for a list of locations, visit <https://www.leonvotes.org/Voters/Register-to-Vote>.

Key Election Dates in Leon County

July 20 @ 5 pm--Deadline to register to vote in August 18 primary election; **August 8 @ 5 pm**--Deadline to request mail ballot for August 18 primary election; **Saturday August 8 through Sunday August 16**--Early Voting period before August 18 primary election; **August 18-- Primary Election Day; October 5 @ 5 pm**--Deadline to register to vote in November 3 general election; **October 24 @ 5 pm**--Deadline to request mail ballot for general election; **Monday October 19 through Sunday November 3**--Early Voting period for November 3 general election--**November 3 General Election Day**

How Can I Exercise My Right to Vote Safely?

Amidst the health risks and logistical challenges posed by the ongoing COVID-19 pandemic, you may wish to vote in person during the early voting periods (see the key dates listed above) or vote by mail. In Florida, **ALL** voters may vote by mail in each election. **No excuse is needed to request a Vote-by-Mail ballot.** The Leon County Supervisor of Elections offers several options for requesting a

Vote-by-Mail ballot:

*Through an Online Request Form available at <https://www.leonvotes.org/Request-a-Mail-Ballot>

*By Email to Vote@LeonCountyFL.gov

*By Telephone: (850) 606-8683

*By Fax: (850) 606-8601

*In Person at the Leon County Supervisor Of Elections Office, 2990-1 Apalachee Parkway, Tallahassee FL 32301.

In the 2016 general election, approximately 43 percent of the voting-eligible population — 100 million out of 224 million eligible voters — did not cast a vote. <https://www.washingtonpost.com/news/wonk/wp/2016/11/12/about-100-million-people-couldnt-be-bothered-to-vote-this-year/>. In "Pendulum Swing," Larry J. Sabato, Professor of Politics at the University of Virginia wrote, "Every election is determined by the people who show up." ***See you there.***

OLLI WALKING CLUB MEETS VIA ZOOM DURING SHUTDOWN

Because club members are currently unable to walk together as a club, Cindy Foster, the originator of the OLLI walking club, is hosting a ZOOM meeting for any who are interested in keeping in touch with other walking club members. This meeting takes place every Friday at 1 p.m. and lasts about an hour and you can join for as long or short a time as you want.

The link is below and is the same for every week. If you have any questions you can contact me (Debbie Justice) at DrDJO@yahoo.com.

<https://us02web.zoom.us/j/75355028190?pwd=dy8wbIRlbkZIV3ZZbnNtTE1YTEpXUT09> Meeting ID: 753 5502 8190 Password: OLLI Join by phone +1 929 205 6099 Meeting ID: 753 5502 8190 Password: 580222

WEDNESDAY BOOK CLUB SETS BOOK SELECTIONS AND ZOOM DISCUSSION SCHEDULE

The Wednesday Book Club has set its fall schedule and will be meeting via Zoom on the second Wednesday of each month (except in November) from 4:00 to 5:30. Please register for the Wednesday Book Club in September in order to receive Zoom invitations.

The selections are: September 9--Drive Your Plow Over the Bones of the Dead by Olga Tokarczuk; October 14--My Antonia by Willa Cather; November 18--Far from the Madding Crowd by Thomas Hardy; December 9--Euphoria by Lily King. For more information, please contact Susan Barnes at ollibookclub@gmail.com

OLLI SCHEDULES ADDITIONAL ZOOM SEMINARS FOR JULY

Two additional ZOOM Pandemic Sessions have been scheduled for July. **July 15, 2p.m. to 4 p.m.--"COVID-19...Right Here--Right Now!"** Prominent Tallahassee physician leader presents the local COVID-19

situation and answers your questions about how to stay safe"----Dr. Dean Watson, Chief Integration Officer, Capital Health Plan and Tallahassee Memorial Health Care.

**Wednesday, July 22, 2-4 p.m.--
“Understanding and Managing
Anxiety and Distress during the
COVID-19 Pandemic”--Norman B.
(Brad) Schmidt, Ph.D., Distinguished
Research Professor in the Department
of Psychology at FSU,
and licensed clinical psychologist;**

director, FSU’s Anxiety and
Behavioral Health Clinic, a clinical
research center focused on the
development and evaluation of state-
of-the-art treatments for individuals
suffering from anxiety-related
problems.

SPECIAL TO THE TIMES

SENIORS GET HELP FIGHTING MISINFORMATION

By Nathan Bomey, USA Today June 2020

They’re calling it an “infodemic.”
The intersection of misinformation and
the coronavirus pandemic is a serious
risk for Americans who struggle to sort
fact from fiction online, where lies
about the nature of the crisis have
flourished.

But it’s especially concerning for older
Americans, who experts say are at the
highest risk of falling prey to online
lies and who face the highest risk of
dying from COVID-19. That
demographic is the target of a new
initiative designed by the journalism
nonprofit Poynter Institute to help
Americans decipher the facts online.
MediaWise, which previously focused
primarily on teenagers, is launching a
program to equip people 50 and older
with the skills to navigate

misinformation about politics, health
and other critical topics.

AARP has signed on to promote the
MediaWise for Seniors campaign to its
nearly 37 million members, while
Facebook is providing an undisclosed
amount of funding and has agreed to
promote the group's online training
sessions on its platform. “When people
share misleading or inaccurate
information, it can have real-world
consequences – and I’m talking about
life or death now,” said Katy Byron,
editor and program manager of
MediaWise. “That’s something we’ve
talked about in the past, but
coronavirus really crystallized what
our project mission is all about.”
MediaWise's curriculum is based on
three questions developed by

the Stanford History Education Group based on the habits of professional fact-checkers:

- 1) Who's behind the information?
- 2) What is the evidence?
- 3) What do other sources say?

To spread the word about its initiatives, MediaWise has attracted a wide range of high-profile journalists. Recent additions have included Christiane Amanpour, chief international anchor for CNN and host of "Amanpour & Company" on PBS, and Joan Lunden, a former "Good Morning America" anchor who recently published the book "Why Did I Come into This Room? A Candid Conversation About Aging." "I look forward to working with the MediaWise team to bring international awareness to this project, as online misinformation is a dangerous and even life-threatening problem around the world," Amanpour said in a statement.

Lunden said seniors are digitally wired but often need help identifying the truth online. "It's fair to say we want to give them the skills of a journalist," Lunden said in an interview. "So, when they look at any kind of article, they'll stop and ask themselves, who's behind this information, is there evidence to support what this article is saying, and can you verify it?" Those questions will be central to the free training sessions provided digitally and, when

safe, in-person by AARP volunteers and on Facebook by MediaWise's team. "Older Americans weren't born online, but by arming ourselves with information and media literacy skills, we're showing scammers we weren't born yesterday, either,"

AARP CEO Jo Ann Jenkins said in a statement provided to USA TODAY. For Facebook, the decision to back MediaWise comes as the company continues to face pressure for the role of its platform in provoking America's crisis of online misinformation. Several civil rights and other advocacy groups are calling on large advertisers to stop Facebook ad campaigns during July because they say the social network isn't doing enough to curtail racist, violent and false content on its platform.

Multiple brands have reportedly already signed on, including North Face and Patagonia. Facebook agreed to fund the MediaWise campaign before the launch of the "#StopHateforProfit" campaign, which includes the Anti-Defamation League, the NAACP, Sleeping Giants, Color Of Change, Free Press and Common Sense. "It is clear that Facebook and its CEO, Mark Zuckerberg, are no longer simply negligent, but in fact, complacent in the spread of misinformation, despite the irreversible damage to our democracy. Such actions will upend the integrity of our elections as we

head into 2020,” NAACP CEO Derrick Johnson said last week in a statement.

Zuckerberg has vowed to crack down on dangerous falsehoods while also recently saying tech companies should not be the “arbiters of truth.” With the 2020 presidential election fewer than five months away,

Zuckerberg announced last week in a USA TODAY op-ed that the company is launching an online campaign to register 4 million Americans to vote. (USA TODAY is part of Facebook's third-party fact-checking program.) “Part of that is helping people spot election misinformation for themselves,”

Kevin Martin, Facebook’s vice president of U.S. public policy, said in a statement to USA TODAY for this story. “We’re excited to build on our partnership with Poynter’s MediaWise Project to expand the program from teens and first-time voters to reach seniors with these important skills.” Older Americans are particularly vulnerable to digital misinformation about politics and health because they

did not grow up using the internet to navigate the world around them, Byron said.

She emphasized that MediaWise is nonpartisan. Kristyn Wellesley, editorial director of MediaWise and a former content analyst for USA TODAY, said that defeating misinformation will require a multifaceted approach, including efforts by social media platforms to root out falsehoods, efforts by professional checkers at news outlets, and educational initiatives. “It’s going to take everybody coming together and saying we don’t want bad actors being involved in our information,” she said.

The reality is that everyone, not just seniors, needs to be vigilant about protecting themselves from digital misinformation, Byron said. “Our best advice when there’s a breaking situation is, check multiple sources,” she said. “Go the extra mile and get that additional context. ... Think about what you’re reading, what you’re seeing. Do you want to share this with your network, do you know if it’s accurate, is it real? It’s a really hard habit to break.”

WHAT DO WE KNOW ABOUT HEALTHY AGING?

From the National Institute on Aging 2018

What factors influence healthy aging?
Research has identified action steps we

can take to maintain our health and function as we get older. From

improving our diet and levels of physical activity to getting health screenings and managing risk factors for disease, these actions may influence different areas of health.

Get Moving: Exercise and Physical Activity

Some people love it, some people hate it, but regardless of your personal feelings, exercise and physical activity are good for you—period. In fact, exercise and physical activity are considered a cornerstone of almost every healthy aging program. Scientific evidence suggests that people who exercise regularly not only live longer, they live better. And, being physically active—doing everyday activities that keep your body moving, such as gardening, walking the dog, and taking the stairs instead of the elevator—can help you continue to do the things you enjoy and stay independent as you age.

Specifically, regular exercise and physical activity can reduce your risk of developing some diseases and disabilities that often occur with aging. For instance, balance exercises help prevent falls, a major cause of disability in older adults. Strength exercises build muscles and reduce the risk of osteoporosis. Flexibility or stretching exercises help keep your body limber and give you the freedom of movement you need to do everyday activities.

Exercise may even be an effective treatment for certain chronic conditions. People with arthritis, high blood pressure, or diabetes can benefit from regular exercise. Heart disease, a problem for many older adults, may also be alleviated by exercise. Scientists have long known that regular exercise causes certain changes in the hearts of younger people. These changes, which include lowering resting heart rate and increasing stroke volume (the amount of blood pumped with each heartbeat), make the heart a better pump.

Evidence now suggests that people who begin exercise training in later life, for instance in their 60s and 70s, can also experience improved heart function. In one study, researchers with the Baltimore Longitudinal Study of Aging (BLSA) observed a decreased risk of a coronary event, like a heart attack, in older male BLSA participants who took part in high-intensity, leisure-time physical activities like lap swimming or running.

In addition to benefits for the heart, studies show that exercise helps breathlessness and fatigue in older people. Endurance exercises—activities that increase your breathing and heart rate, such as dancing, walking, swimming, or bicycling—increase your stamina and improve the

health of your lungs and circulatory system as well as your heart.

There are many ways to be active. You can be active in short spurts throughout the day, or you can set aside specific times of the day or specific days of the week to exercise. Many physical activities, such as brisk walking or raking leaves, are free or low-cost and do not require special equipment.

For more information about how to get started and stick with an exercise and physical activity program, visit **Go4Life**, NIA's exercise and physical activity campaign for adults 50+.

Pay Attention to Weight and Shape

Weight is a very complex issue. For older people, the health problems associated with obesity may take a back seat to problems associated with body composition (fat-to-muscle ratio) and location of fat (hip or waist) on the body.

Many health problems are connected to being overweight or obese. People who are overweight or obese are at greater risk for type 2 diabetes, high blood pressure, heart disease, stroke, some types of cancer, sleep apnea, and osteoarthritis. But data show that for older adults, thinner is not always healthier, either. In one study, researchers found that older adults who are thin (a body-mass index or BMI of less than 19) have a higher

mortality rate compared with those who are obese or of normal weight. In another study, women with low BMI had an increased risk of mortality. Being, or becoming, thin as an older adult can be a symptom of disease or an indication of developing frailty. Those are possible reasons why some scientists think maintaining a higher BMI may not necessarily be bad as we age.

Body-fat distribution, specifically waist circumference and waist-to-hip ratio, can also be a serious problem for older adults. We know that the "pear" shape, with body fat in peripheral areas

such as the hips and thighs, is generally healthier than the "apple" shape, with fat around the waist. Being apple-shaped can increase risk for heart disease and possibly breast cancer. With age, the pattern for body fat can shift from safer peripheral areas to the abdominal area of the body.

BLSA researchers examined 547 men and women over a 5-year period to observe body measurement changes. They found that men predominantly shifted in waist size, while women showed nearly equal changes in waist and hip measurements. The men developed a more dangerous body-fat distribution, even though women carried more total body fat. This may help explain why men generally have a higher incidence of certain diseases and a shorter lifespan.

So, is there a "normal" weight range or pattern for healthy aging? For older adults, one size does not fit all. Although we have learned a lot about patterns of weight and aging, watching your weight as you age is very much an individual matter. Talk with your doctor about any weight concerns, including decisions to lose weight or any unexplained weight changes.

Healthy Food for Thought: Think About What You Eat

Food has been shown to be an important part of how people age. In one study, scientists investigated how dietary patterns influenced changes in BMI and waist circumference, which are risk factors for many diseases. Scientists grouped participants into clusters based on which foods contributed to the greatest proportion of calories they consumed. Participants who had a "meat and potatoes" eating pattern had a greater annual increase in BMI, and participants in the "white-bread" pattern had a greater increase in waist circumference compared with those in the "healthy" cluster. "Healthy" eaters had the highest intake of foods like high-fiber cereal, low-fat dairy, fruit, nonwhite bread, whole grains, beans and legumes, and vegetables, and low intake of red and processed meat, fast food, and soda. This same group had the smallest gains in BMI and waist circumference.

Scientists think there are likely many factors that contribute to the relationship between diet and changes in BMI and waist circumference. One factor may involve the glycemic index value (sometimes called glycemic load) of food. Foods with a low glycemic index value (such as most vegetables and fruits and high-fiber, grainy breads) decrease hunger but have little effect on blood sugar and therefore are healthier. Foods like white bread have a high glycemic index value and tend to cause the highest rise in blood sugar.

Another focus of research is the relationship between physical problems and micronutrient or vitamin deficiency. Low concentrations of micronutrients or vitamins in the blood are often caused by poor nutrition. Not eating enough fruits and vegetables can lead to a low carotenoid concentration, which is associated with a heightened risk of skeletal muscle decline among older adults. Low concentrations of vitamin E in older adults, especially in older women, is correlated with a decline in physical function.

Compared with other older adults, those with low vitamin D levels had poorer results on two physical performance tests. Women with a low vitamin D concentration were more likely to experience back pain. These studies support the takeaway message: the nutrients you get from eating well can help keep muscles, bones, organs,

and other parts of the body strong throughout life.

So, eating well is not just about your weight. It can also help protect you from certain health problems that occur more frequently among older adults. And, eating unhealthy foods can increase your risk for some diseases. If you are concerned about what you eat, talk with your doctor about ways you can make better food choices.

Participate in Activities You Enjoy

Sure, engaging in your favorite activities can be fun or relaxing, but did you know that doing what you like to do may actually be good for your health? It's true. Research studies show that people who are sociable, generous, and goal-oriented report higher levels of happiness and lower levels of depression than other people.

People who are involved in hobbies and social and leisure activities may be at lower risk for some health problems. For example, one study followed participants for up to 21 years and

linked leisure activities like reading, playing board games, playing musical instruments, and dancing with a lower risk for dementia. In another study, older adults who participated in social activities (for example, played games, belonged to social groups, attended local events, or traveled) or productive activities (for example, had paid or unpaid jobs, cooked, or gardened) lived longer than people who did not report taking part in these types of activities.

Other studies have found that older adults who participate in what they see as meaningful activities, like volunteering in their community, reported feeling healthier and happier.

The National Institute on Aging's Baltimore Longitudinal Study on Aging (BLSA) is the longest-running longitudinal study of aging in the world. BLSA researchers, participants, and study partners have contributed immeasurably to our understanding of healthy aging. Learn more about the lessons from the BLSA.

WHAT IS ELDER LAW?

From The Senior List 2019

Elder Law, a relatively new development thanks to prolonged life expectancy, is a branch of the law that serves the needs of the elderly and the disabled as well as their family.

As many of you who are caregivers may already know, Elder Law covers an impressive range of client issues, both legal and financial.

The right elder law attorney can guide all involved through the intricate ins and outs of any situation that could arise, protecting the rights and welfare of seniors and their family members. Just a small sampling of the issues an Elder Law attorney might need to address are guardianship, conservatorship, power of attorney, estate planning (wills and trusts), Medicaid planning, probate and estate administration, and advanced directives.

All About Elder Law

Because the laws regarding the care of the elderly vary from state to state, and are always subject to change, it is vital to find an Elder Law attorney who is skilled, knowledgeable, and up-to-date about policy and legal issues in their respective geographical area. Once the time is right to find such a lawyer, start your search by asking people – friends, family, your tax accountant, health care professionals, anyone you trust – for a recommendation. If, after that, you are still unsure about who to hire, check out The National Academy of Elder Law Attorneys.

Their members are held to a high ethical and professional standard, and are required to engage in continuing education.

Before approaching an elder law attorney, come up with a list of the specific concerns for the present and foreseeable future so that you know

what qualifications and capabilities your attorney will need. After all, some Elder Law attorneys may only cover a few aspects of the possible issues, while others may be a one-stop resource for everything elder-legal. Additionally, you want a lawyer who is not only experienced and educated but who you feel comfortable talking with, who is relatable.

Fighting for the rights of another who is vulnerable can be trying enough without having the sense that your attorney is not committed and sympathetic. Though you may seem to find many answers through the lawyer's website, it's still smart to ask those same questions and anything else that comes to mind, in a face-to-face interview.

Ask The Right Elder Law Questions

Among the questions you could ask an Elder Law attorney are the following:

- How long have you been practicing this form of law?
- Where did you get your education, and do you engage in continuing education? (Ask for details as to how the attorney keeps up-to-date.)
- Are you licensed to practice Elder Law in this state? (Don't take anything for granted.)

- Here is a list of the required services: can you fulfill them? (Ask for a detailed description of what will be involved in fulfilling them.)
-
- Do you have court-related (litigation) experience? (May never be necessary, but good to know.)
- What organizations do you belong to? (There are a number that are Elder Law-specific.)
- What type of fee schedule do you offer? (A flat fee, versus an hourly rate, might save you money.)
- When money is an issue: Do you have a sliding scale or do pro bono work?

Since we're speaking of money – and almost anything lawyer-related may put a strain on your budget -don't hesitate to contact your local bar association or free legal aid society to discover if you qualify for low-cost or possibly pro bono advice and/or representation.

Veterans can turn to their local chapter of the Veterans Administration for access to a free law clinic.

There are also other organizations, outside the VA, that veterans can seek

out, like the National Veterans Legal Services Program, among others.

For those who want to try to stay current on what's happening within Elder Law, go online, to your favorite search engine, and type in "aging and disability" followed by the name of the state in which the senior lives. Every state government has a department devoted to these matters, though the official names will vary. Not only should you obtain the latest information, but you'll have the opportunity to ask questions, as well.

The upshot is, though caring for someone can be stressful, knowing what options are open to them, and to you, can make it all much easier. You're not in this alone.

Ed. Note: In recognition of the role of seniors in our society, The Florida Bar has an Elder Law Section, the purpose of which is "to cultivate and promote professionalism, expertise and knowledge in the practice of law regarding issues affecting the elderly and persons with special needs, and advocates on behalf of its members.")

A PERSONAL NOTE: REMEMBERING JIM JONES



BY SUSAN YELTON, Past OLLI President

I am humbled to be writing about my memories of my friend Jim Jones. So many OLLI members have wonderful stories to tell about Jim and could have written this article. I hope I capture some of the things we all loved about Jim. It's difficult for me to write about him. He was a wonderful friend and I will miss our weekly conversations and luncheons at Kool Beanz.

My story begins in 1959, when I came to FSU as a sophomore straight out of NYC as a Hunter College student. Lost is a community where I had no roots, I found a home in the history department where Jim Jones and Bill Rogers exposed me to a period of history that was not emphasized in NYC schools. Bill died a few years ago, shortly after he published a soft covered book, "Victorian Thomasville. "

The nineteen sixties were a time of the Civil Rights protests in Tallahassee. Jim was a young professor and I was an eager student, trying to understand why I would be officially reprimanded by the FSU administration if I went to the FAMU campus to see the band play at a football game. Or why I could not wear jeans for class. Years later, Jim and I had many laughs about Dean Katie Warren and all her rules for female students. Our conversations were filled with memories of the early 60's and concern about the issues we are still dealing with today.

I have often thought how family plays a part in our life's decisions. Jim told me many stories about his mother, who was from Charleston, her impact on his interest in history, love of opera and belief that all men are created equal.

Jim grew up in what was then segregated Jacksonville, Florida but his parents gave him a different perspective about life that made him Jim the man who always supported civil rights and students who were protesting in the 60's.

His father was from Oklahoma, worked for the railroad, and left Jim with a lasting interest in collecting railroad cars and a love for the St. Louis Cardinals. Jim had several falls last year, including one when he and Vince Mikkelsen were up in his attic making some decisions about the trains. "Vinnie", as Jim called him, became an important part of his life. That was Jim; keeping in touch with so many students over the years.

I wish had memories of Jim playing tennis, softball, teaching at FSU and having an active life before retirement. But I will fast forward to OLLI days, when I began driving him to and from his classes with help from Larry Peterson and John Van Gieson.

No matter how hard I tried, Jim refused to get a handicapped tag or use his FSU card for parking. He never questioned why I took his classes year after year; it was our friendship that mattered. I knew Jim wanted to teach until he was 90 years old and Debra was trying to make that happen. COVID-19 changed everything.

During Jim's teaching years at OLLI, there were so many good days when

we had lunch at the Oyster Bar after Jim's class with Sandy D'Alemberte, Duby Ausley, Jim Apthorp, and Patsy Palmer. It was a time to talk politics and enjoy a taste of old Tallahassee. They were his buddies from days done by. I am so glad that the week before Jim died, he was with friends Jim and Duby at the Oyster Bar. Jim took Sandy's death very hard and if you were in Jim's class, you will remember he dedicated the class to Sandy. Both of them shared the same values about civil rights.

As I reminisce about Jim, every day was special when we would meet at Kool Beanz, talk about old times, what was wrong with our world, my travel plans and the books we were reading. Jim was a world traveler before retirement. Our luncheons became my travel experiences and he could always give me a tour of England and France that was better than my tour guide. My annual trips NYC became his as he reminisced about traveling there at the end of each fall semester for music and art. Just wish I loved opera as much as he did.

One day I asked Jenny Crowley to join us for lunch and all I could do was sit back and enjoy my meal. They both went to Oxford College in Georgia and their funny stories filled the time until dessert. Jim had told me many stories about his time at Oxford and all the pranks that he and others organized. I can guess that the college was glad

when Jim moved on to the University of Florida.

As hard as I tried, I was never able to get Jim to teach: The History of Sports. We loved him for the Civil War and World War 11, but there was no one better to talk about sports than Jim. He was a “Google Search” if you asked him about baseball and loved the Cardinals. I thought I would impress him one day when I showed him my 1957 signed Yankee baseball and that was a big mistake. He hated the Yankees!

In recent years, it really made me sad when Jim no longer made his trips to Tampa for a weekend of baseball.

I always thought I knew Jim until the day he told me he could give a lecture about Nancy Drew books. That was beyond my understanding of Jim’s interest and expertise. As he told the story, when he was in elementary school, during quiet time, his teacher would read the Nancy Drew books to the children. The books became a part of his life and in later years he would publish an outstanding article about “Nancy Drew “and racism.

On Thursday, a few days before Jim died, I visited him in the hospital. He was not fully conscious and his

daughter was reading him a Nancy Drew story. Just like the times his teacher read to him years ago. We have the video of Jim giving the Nancy Drew lecture and perhaps when our world returns to normal, we can all hear his voice again and remember how much he gave us during his years at OLLI.

Jim and I talked every week during the Covid -19 lock down. He was in good spirits. He and I shared a love for plants and when the times were back to normal, I was going to dig up one of his gloriosa lilies so I would have a memory of him. He was ready for some new plants and Tallahassee Nursery was contacted. I brought Jim blueberries every week so at least we got to meet outside his house. And then one day, he told me he was going to the doctor and thought he was going to the hospital.

It all happened so fast! I thought I had time to see Jim, but we never know when that time comes. I could not visit him on his birthday, July 17th, because of hospital policy, but the next two days I and other friends were able to be with him. Jim died Saturday, July 20th and we were all back at Kool Beanz that night with his daughter Nancy remembering Jim Jones... a friend, a teacher and an advocate for a better world.

For publication in the OLLI times send your information to George and Harriet Waas
at waas01@comcast.net

Do you have an idea for a class?
Please submit any ideas for future OLLI classes and instructors to
Carroll Bewley, OLLI's Curriculum Team
Chair at carroll.bewley@gmail.com



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