



NEWS AND INFORMATION FROM THE MEMBERS AND STAFF TO THE MEMBERSHIP

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MARCH 2019

OLLI MEMBERS VISIT CIVIL RIGHTS SITES IN ALABAMA

December 1, 1955. A woman sits down on a bus, refuses to get up, and sparks a civil rights revolution.

The place: Montgomery, Alabama.

The woman: Rosa Parks

By her singular act of civil disobedience, she turned Montgomery into the epicenter of the civil rights effort, igniting a movement that included a boycott of the Montgomery public transportation system that lasted 382 days. Only after the United States Supreme Court declared the city's segregated bus service unconstitutional was the boycott called off.

A group of more than 35 OLLI members learned of **Rosa Parks'** courage, as well as the struggle of African-Americans to enjoy the

guarantee emblazoned in the Declaration of Independence that "all men are created equal." This visit was especially significant in that it took place during Black History Month.

OLLI's three-day journey began on February 7 in Tuskegee, Alabama. There, the group visited the Tuskegee Airmen National Historic Site at Moton Field. At this site, the group learned about the history of the famed Tuskegee Airmen; their brave and courageous struggle to be both accepted and, ultimately, rewarded for their accomplishments in helping win World War II. **And the famous "Red Tail" airplanes.**

The group visited the home of Booker T. Washington, famed educator who founded Tuskegee Institute, now

Tuskegee University, and the George Washington Carver Museum, located on the Tuskegee University campus. Carver was noted for his many contributions to agriculture, particularly in the south.

After traveling to Montgomery, a group went to see an Alabama Shakespeare Festival play that dealt with the civil rights era through the experiences of four women, particularly that of famed singer Nina Simone.

The second and third days were spent in Montgomery. The group first visited the **Dexter Parsonage Museum**, where Dr. Martin Luther King, Jr., his wife Coretta and his children lived during their time in that city. “We saw the very spot on the porch where a bomb exploded, causing damage to the porch and much of the living room area inside the house. Thankfully, no one was injured in the blast,” said George Waas.

The next civil rights site was the **Dexter Avenue King Memorial Baptist Church**, where Dr. King preached. “Standing where Dr. King stood was a most moving experience,” Harriet Waas said.

The Legacy Museum was our next site, telling the story of slavery in a riveting, emotionally draining manner. Built on the site of a former warehouse where enslaved black people were

imprisoned, visitors encounter a powerful sense of place when they enter and confront slave pen replicas, where they can see, hear, and get close to what it was like to be imprisoned, awaiting sale at the nearby auction block. Extensive research, data-rich exhibits, and videography help visitors understand the racial terrorism of lynching and the humiliation and pain of the Jim Crow south.

The **National Memorial for Peace and Justice** is considered sacred grounds, a visual and physical manifestation of years of work by the Equal Justice Institute to identify more than 4,000 African American men, women and children who were lynched between 1877 and 1950. At the center of the six-acre site is the memorial structure containing over 800 steel monuments, one for each county in the United States where lynchings took place, engraved with the names of the victims. Outside this structure is a field of identical monuments, waiting to be claimed and installed in the counties they represent.

The OLLI members completed their visit on the third day by touring the Rosa Parks Museum, which featured videos re-enacting her act of civil disobedience, arrest and trial which occurred the same day as the beginning of the bus boycott; and the **Civil Rights Memorial and Museum**, which is dedicated to those who were killed trying to assure compliance with

civil rights laws. Throughout the visit, the message of Coretta Scott King resonated: “Hate is too great a burden to bear. It injures the hater more than it injures the hated.” “It was Winston Churchill who said those who fail to learn from history are condemned to repeat it. I think the more history we know, the better our chances of avoiding its harsh lessons,” George Waas said. Inclusivity Committee Chairman and former OLLI President Carroll Bewley said it well: “I believe all of us came away with a better understanding of the unbelievable

challenges African-Americans endured and overcame in the struggle for equality. And knowing there is still work to be done, perhaps we will be more motivated to speak out and work against injustice whenever we encounter it.”

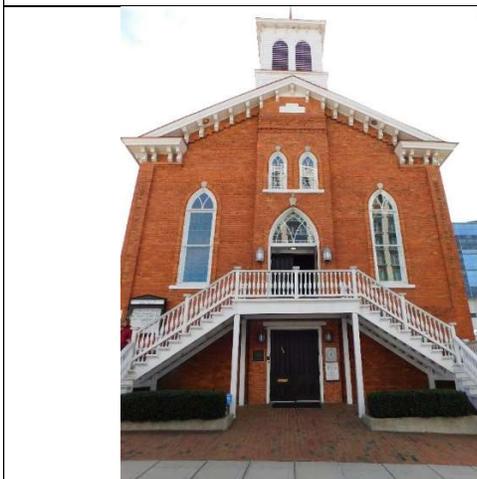
A special note of thanks to Sylvia Byrd for organizing and coordinating this unforgettable, moving experience.



ROSA PARKS STATUE



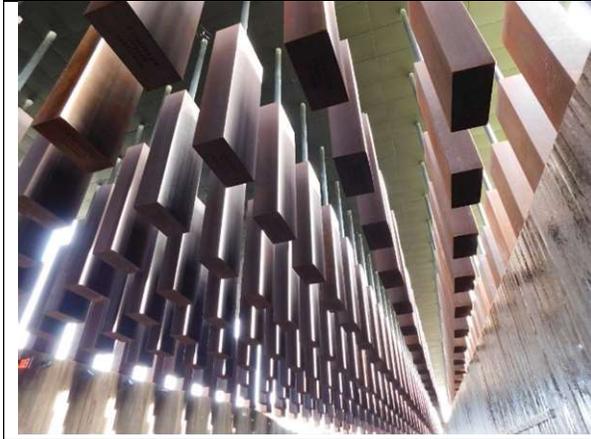
DR. MARTIN LUTHER KING, JR.'S HOME



DEXTER AVENUE CHURCH



TUSKEGEE AIRMEN “REDTAIL”



NATIONAL MEMORIAL



CIVIL RIGHTS MUSEUM

OLLI ALL-MEMBERS RECEPTION A HUGE SUCCESS

More than 200 OLLI members, instructors and guests packed the FSU Alumni Center for the first All-Members Reception on February 11.

OLLI Director Debra Herman reported that OLLI added 207 new members for the Spring Semester, and 17 new members attended this reception. “FSU is in its 28th year of lifelong learning; it began under another name in 1991, and became an OLLI in 2008. There are 123 OLLI’s across the nation, at least one in every state. Florida has eight OLLI’s,” she said. OLLI President Cindy Foster introduced officers and special interest group leaders.

Dr. Don Rapp, who taught child development and gerontology at FSU

for 28 years, talked about the importance of proper balance and demonstrated his juggling talents. Dr. Rapp received national attention for his two visits on the Mr. Rogers Neighborhood, and also demonstrated juggling on a Barbara Walters special. Music was provided by **Jazzetcetera**, a local four-member jazz ensemble.

The Spring Semester membership numbers are in. 351 people registered for Spring membership; 107 are brand new members. Total membership for the Spring term is 890. This includes Annual Members and Spring members. There are 53 classes and 18 activities scheduled for this semester. There are 1374 individual class registration orders and 541 individual activity registration orders.



OLLI MEMBERS ARE URGED TO WEAR THEIR NAME TAGS

OLLI members need to wear their name tags to all classes and activities, Director Debra Herman said.

This covers all classes and activities at the Pepper Center, Allegro Senior Living Community, Four Oaks Community Church, Westminster Oaks Maguire Center, and any additional buildings where classes are taught and/or activities are held.

“There are two overriding reasons for this,” she said. “First, it’s a great way for OLLI members to get to know one another. And second, “So you can be identified as an OLLI member,” she noted.

“If you lose or need another name tag, we will be happy to issue a new one. Contact the director’s office at 644-7947.”

NEW OLLI MEMBER HANDBOOK NOW AVAILABLE; OLLI INVITES NOMINATIONS FOR LEADERSHIP POSITIONS

OLLI Executive Director Debra Herman announces the publication of the OLLI Member Handbook. It is available online at the OLLI website and sets out, among other things, the organizational structure, as well as duties and responsibilities of the officers, Advisory Council members and committee chairs.

The announcement of the availability of the handbook coincides with the election by the Advisory Council this

time each year of two new member representatives and a second vice president. As part of OLLI's succession planning, all members are encouraged to submit names of members to become candidates to fill these important positions. Self-nominations are welcome.

For further information, contact Succession Planning chair at ollitomorrow@gmail.com

OLLI ANNUAL "GREAT GIVE" SCHOLARSHIP DRIVE TO BE LAUNCHED IN MARCH

Each year, OLLI at FSU awards scholarships to FSU students who have been nominated by their professors, and whose studies are particularly relevant to OLLI members. Again this year, the OLLI scholarship program is included in the overall university program called THE GREAT GIVE. It is a 36-hour donation period beginning this year at 9 a.m. March 28 and continuing until 9 p.m. March 29.

This is the perfect opportunity for OLLI members to fund these three scholarships. It is easy to contribute. During the 36-hour period, OLLI members can go online at www.oli.fsu.edu and make a gift. You

can also donate by visiting the OLLI at FSU website and clicking on the Support OLLI tab to make a contribution to OLLI's Sustainability Fund. Last year, OLLI raised over \$3000 for these scholarships; OLLI's goal this year is to exceed that amount.

"This is a great way to say thanks to the University for its continuing support for our OLLI at FSU program, so please MARK YOUR CALENDARS!! More information will be forthcoming as the Great Give period approaches," said Winnie Schmeling, OLLI's Philanthropy Committee Co-Chair.

For more information, contact Melissa Guest, OLLI Financial Officer, at

mguest@fsu.edu or Winnie Schmeling at winnieschmeling@embarq-mail.com.



OLLI GROUP VISITS FLORIDA SUPREME COURT—A group of OLLI members visited the Florida Supreme Court for a tour on February 13, 2019. The group visited the main courtroom, conference room and library, and examined the court's rare book collection.

FROM THE FSU INSTITUTE FOR SUCCESSFUL LONGEVITY...

ARE SENIORS MORE VULNERABLE TO FRAUD?

By Neil Charness, Ph.D.
Director, Institute for Successful Longevity



Given the number of scams that seem to target seniors specifically, a very reasonable scientific question is whether seniors are more at risk for fraud susceptibility than their younger counterparts (middle-aged, young adults).

This has proven difficult to research for a number of reasons. My interest in this question was piqued by a series of fraud attempts that hit me within months of turning 65 years old.

Apparently, I was on mailing lists not only for Medicare advantage plan providers, burial services, and hearing aid purveyors, but also for fraudsters. In full disclosure, for my research projects I have made use of mailing list companies to get lists of potential research participants with the peculiar requirements that I needed (e.g., over 65, living alone, not computer users; or in another case nurses living in Tallahassee without telehealth knowledge). So, I know that there are many folks earning a living by slicing and dicing our population and selling contact information to others who put it to good, or not so good, use.

The first fraud attempt involved a real-looking check sent to me that I could cash and then send back a portion to the company for having won a lottery

in the United Kingdom. The check was, of course, fraudulent, and it would have bounced after a week or so. Had I sent out the “tax portion” with my own real funds, I would have been stuck with both a penalty fee from my bank for depositing a bounced check and with the loss of whatever real funds I had sent to the company.

The second attempt was a phone call from “Microsoft” about a problem on my computer that they wanted to help me fix. Being fairly knowledgeable about computer technology and because they caught me at work on my computer on a Sunday, I played them along for a while to keep them away from people less wary than myself. It didn’t do much good because about a month later I got another call from “Microsoft” to fix the same problem. If only the real Microsoft had been so eager to help when I actually contacted them with a Windows problem many years back.

I have yet to get the “IRS call” — a common fraud attempt — probably because the mailing lists that fraudsters purchase screen out seniors who have accountants preparing their tax forms. So it was easy for me to tell the fraudulent from the real situations. But, I’m probably not the average senior.

The problem with gauging the level of fraud is that victims are often

embarrassed to come forward, particularly seniors who are concerned about how they will be seen by family members in terms of their competence and ability to remain independent in the community.

Thus, many researchers have argued that fraud is severely under-reported, perhaps by a factor of 10 to 1, meaning that for every reported fraud there might be as many as 10 unreported cases.

If you look at formal complaints registered by those age 60 and above, such as at the FBI’s Internet Fraud Complaint Center, the top cases in 2014 were confidence/romance scams netting over \$26 million, automobile fraud for \$11 million, intimidation/extortion scams netting over \$5 million, real-estate fraud netting over \$5 million, and government impersonation email scams netting over \$2 million.

For those over age 70, top complaint numbers in the Consumer Sentinel data from 2014 were imposter/government (16,386), telemarketing practices (14,262), imposter/business (10,666), prizes/sweepstakes/gifts (5,373) and imposter/family & friend (3,495).

It stands to reason that seniors might be more susceptible. Researchers on memory long ago warned that seniors

might be easier victims. Aging adults tend to have poorer recollective ability but relatively intact familiarity memory. That is, they might not remember specific details for a referenced event (“remember that I said the repair would cost \$3,000” when the figure discussed was actually \$300) but might get a feeling of familiarity for the earlier discussion, remembering that they discussed repair costs and be swayed to pay because the perpetrator seems sure of the amount they discussed and they can’t recollect a specific amount.

Another version of the scam relying on false memory for an earlier event was a con artist first calling to get general information and then checking in with a second call asking about details of the first call and if finding a weakness, making a false claim, such as, “We received your check for \$1,200, but it should only have been for \$950. Send us another check for \$950 and we’ll simply return the first check to you.”

On the other hand, one feature that improves with aging is general knowledge, and seniors may have learned a lot about fraud over their lifetimes, have shared recent attempts made on them with friends, and have learned to be skeptical of fraud perpetrators.

I remember my father, then in his late 80s, mentioning a “grandchild in trouble” phone call he had received

and easily rejecting it, thanks to having heard about a similar attempt on one of his friends. (He asked, “Is it my grandson Fred?” and when getting assent hung up on them, saying he didn’t have a grandson named Fred.)

There are a few national surveys that have tried to assess financial exploitation of seniors, though financial exploitation need not involve fraud and seems to be due most often to family members misappropriating money. Figures range from 4 to 8 percent of seniors reporting being exploited in the past five years, with psychological vulnerability (higher depression, low social-needs fulfillment, low financial satisfaction) being important risk factors. Perhaps surprisingly, in one study (Lichtenberg, Stickney & Paulson, 2013) being younger (middle-aged versus older) was a risk factor, as was higher education. Cognitive ability was not a predictor, though in another study, having dementia put seniors at greater risk.

However, when it comes to national surveys by the Federal Trade Commission comparing seniors with younger groups, seniors were less likely to report being defrauded than younger adults. Those age 54 and younger were most at risk. The most recent Consumer Sentinel report (2018) shows younger people reporting losing money more often to fraud than older people (40 percent of cases versus 18 percent of cases),

though the average loss was much higher for a fraud attempt in older adults (\$400 at ages 20-29 versus \$621 at ages 70-79 and \$1,092 for age 80 and above). The top three categories in 2017 were debt-collection fraud, identity theft, and imposter scams.

Researchers at Florida State University are looking at ways to reduce the likelihood of seniors falling victim to fraud as one outcome in a clinical trial looking at cognitive interventions. This includes trying to improve cognitive ability as well as providing direct instruction about finances and fraud. Results should be available within the year.

So, to get back to the initial question, are seniors more likely to fall victim to fraud, the evidence drawn from self-report surveys suggests no. However, we don't know if seniors are less likely than younger adults to report fraud or even recognize or remember that they have been defrauded.

And the evidence is that for those seniors who report to the Federal Trade Commission, they are more likely to be defrauded for larger amounts of money than their younger counterparts.

CONCLUSION

There is even some evidence of a greater risk of death after being defrauded. So, yes, fraud is a serious

problem for seniors. How best to mitigate that risk is an important societal question.

CURRICULUM CHAT

by Susan Yelton
Chair, OLLI Curriculum Team

The Curriculum Team has met and reviewed proposed classes for Maymester. Assuming all the instructors are still available to teach, I hope you will really be pleased with the schedule. About two years ago,

Charles Conaway asked me to find someone to teach a class about ethical wills. I can finally return his book on the subject because Candace McKibben has agreed to teach the class in May. And if Harry is reading

this column... you don't need to ask me again to find someone to teach financial markets. It was serendipity that Dr. Douglas Smith, who teaches finance in the School of Business, connected with Debra last July. His wife, a doctor in nursing, was helping Debra Herman get medical attention for her knee. Tallahassee is a small world!

Dr. Smith will bring to the class years of investment management and teaching experience. I have a short work/up outline for the course and will be glad to send it to anyone who thinks this is the class for them.

There will be movies at Railroad Square again. Jim Jones selected two movies about Winston Churchill. We working on fitting in a third lecture by Jim. Who would have guessed that he is an expert on the Nancy Drew mystery stories and has published about her books? My copies are long gone, but Jim still has his from 1939. So, I leave you with the mystery as to when and where we will schedule Jim's Nancy Drew lecture. Favorites will be back in May: Bill Walter (Sketching), Don Rapp (Better Balance), Don Barry (Ireland 1900-today), Leon Anderson

(Jazz), Chip Chalmers (Making MASH).

Bob Fleischman has asked to teach: Give My Regards to Broadway, but I have to find out if he can only teach in the evening, which will be a problem. If he can't teach in May, we can hold over the proposal for Fall 2019.

If you have ever wondered why we don't use more TCC faculty, it is because of their contract with the College. Bob Fleischman, like David Proctor, have faculty positions at the college and must teach a set number of hours at the college, limiting them to evening classes for us. For those who are adjunct faculty at TCC, such as Bob Hollady, those rules don't apply.

We plan to schedule ten classes, but not sure if Alessandra can teach Italian because of student visa issues and still voting on the last class.

So, right now May is still a work in progress. Have to select two classes and decide sites where classes will be held.

CLUB NEWS

OLLI PADDLERS EXPLORE THE FAMED SEA OF CORTEZ

By Michael Lampman

Jacques Cousteau referred to the Sea of Cortez as “the world’s aquarium”. Situated between the Baja peninsula and the Mexican mainland it is said to be home to 80% of the world’s marine mammals in addition to thousands of tropical fish and other marine life forms. It is very high on every sea kayaker’s bucket list. In January a large group of Olli Paddlers had a weeklong adventure there.

We “Glamped” in comfortable safari style tents directly on the beach of beautiful and pristine Isla Espíritu Santo. We paddled, swam and snorkeled among hundreds of sea lions so friendly and playful that they surrounded, touched and even nipped us gently like puppies.

We swam next to enormous gentle whale sharks, the largest fish in the world which can grow up to 60 feet in length.

Paddling among cliffs and rock formations and over coral reefs in the crystal-clear blue water was wonderful.

There were many birds, some that most of us had never seen, including a

colony of Brown and Blue-Footed Boobies and another of Frigate Birds. Our inconspicuous but ever-present support boat gave us the confidence to safely test our mettle in exhilarating six-foot seas. Every day began with a spectacular sunrise and a hearty breakfast and ended with an equally spectacular Margarita sunset and a gourmet dinner.

Several days were also spent at a second camp on the Pacific side of the peninsula. Coyotes were seen roaming the dunes. We saw scores of Grey Whales very nearby exhibiting all manner of behaviors; “spy hopping”, “breaching”, displaying their flukes and swimming right next to our boats.

Mother and baby pairs surfaced together only a few meters away. Paddling among the mangroves we saw numerous birds and the skeleton

of a giant humpback whale just below the surface of the transparent water.

Some of us got to spend a pre-tour night in little “casitas” on a Sonoran Desert rancho. Nearby we enjoyed a meal and local color at a very authentic not-for-gringos taqueria. That night, to our surprise and amusement, a large herd of cattle complete with cow bells woke us about midnight moseying past our doors and around our cabins.

We dined together daily on fresh and meticulously prepared local dishes, fresh fruits and vegetables and seafood. No-one complained about the

fresh guacamole served with every breakfast, lunch and dinner.

The weather was near perfect and conditions and location were ideal for viewing the lunar eclipse on the night of January 20. We had hoped to pay homage to Mayan and Aztec traditions but unfortunately, we couldn't find a virgin to sacrifice.

Next up: The Elifiti Archipelago off the Dalmatian coast in Croatia.

OLLI FRIENDSHIP FORCE ANNOUNCES UPCOMING MEETINGS AND VISITS

The next meeting of OLLI's Friendship Force is Friday March 22 at 3 p.m. at the Northeast Library, 5513 Thomasville Road. The agenda is about the Milwaukee visit. All home, dinner and day hosts should plan on attending. The Milwaukee club is coming to Tallahassee April 6 to 12. The welcome party will be Saturday evening April 6 and all OLLI members are invited. Tuesday April 9th, join us as we listen and dance to the Swing Band at the American Legion Hall, admission is \$6 per person. The Farewell dinner on Thursday evening April 11 will be open to all OLLI members and is at Café Taverna, 1019 North Monroe St. The total cost per

person for dinner, soft drink, tax and tip is \$20.00. A cash bar will be available.

You must reserve a place no later than March 23rd for both the welcome and farewell dinners. We still need day hosts to help out while home hosts are in their OLLI classes. Contact Wendy Johnston at email mrswendyjohnston@gmail.com for information. Outbound trip to Iguazu Falls and two clubs in Brazil in July 2019 is filled. Outbound trip September 23-29, 2019 to Raleigh, North Carolina will start accepting applications April 15th. Inbound from Mundo Maya de Tuxtla Gutierrez,

Mexico is scheduled for November 10-16, 2019. After visiting us, they will spend a week with the club in the Tampa area. Plan to practice the Spanish you're learning in your OLLI classes and volunteer to be a home or dinner host for our visitors from Mexico.

Fun in the Snow” Global trip Haliburton Ontario February 4-14, 2019. Not all of the trips are one club visiting another. Some clubs have a trip planned around a theme and invite club members from any of the 65 countries to apply.

The “Fun in the Snow” had participants from Australia, Japan, Cape Town South Africa, England, Canada and the USA-San Francisco, Omaha and Tallahassee. To see what other trips may be available go to the website:www.friendshipforce.org

You get to meet and enjoy the company of people of many different cultures. We did several winter sports, including curling, dog sledding, cross country skiing, tube sledding, snow shoeing, riding and driving snowmobiles, ice fishing and having a two-horse open sleigh ride in a beautiful snow storm!



BOOK CLUB ANNOUNCES MARCH, APRIL MEETINGS

In March, both groups will meet at 4:00 p.m. at the Pool House at Westminster Oaks to discuss Slavery in Florida by Larry Rivers. We are pleased to announce that Dr. Rivers will lead the discussion. Dr. Rivers

teaches history at FAMU. This meeting is open to all OLLI members. In April, the book club will meet at the regular times, 12:00 noon at the Main Library and 4:00 members will discuss Small Great Things by Jodi Picoult.

SPECIAL TO THE TIMES

TO KEEP THE MIND ACTIVE, TRY BRAIN GAMES

It is now scientifically proven that the brain starts deteriorating with age, and this process of aging begins from as early as 30. Seniors will have to take extra care about their mental health too besides their physical to keep diseases such as dementia or Alzheimer's at bay.

There is nothing like exercising the brain with frequent activity, challenging your brain with new activities and keeping it going. Even the smallest of the activities such as

looking at an old photograph album and recalling people or events can be a great form of an exercise to your brain. Similarly, there are a plenty of online games that can help revive the brain activity for seniors. Words With Friends is a good example, but there are many, many others.

Exercising the Brain with Games

The normal activities of seniors should not be restricted to walking, watching television or reading a newspaper. It is always a better idea to indulge in those

games for seniors that can revive brain cells and improve the efficiency to a large extent.

Children or grandchildren of the seniors should make it a point to remind them of the past events or keep prodding them with questions related to their childhood or early days, which can make a remarkable difference on the memory of the seniors. Some of the brain games for the seniors that are easily accessible include the daily crossword puzzles that are featured in the newspapers or magazines, or the Sudoku puzzles or any such new activity that can do a whole of good to their mental health.

Online Brain Games for Seniors? You got to be joking!

You will not find better options than online brain games for seniors; you will find a wide range of games to cater to different seniors with different interests and intellectual capacity. To simply say, there is one brain game for every senior, your search ends online.

You could find interesting puzzles, face memory games, brain exercises, video games, Nintendo, face memory games, math problems, language improving games and much more can be easily accessed online and most of these games can be played free of cost, which is a major plus point.

A daily dose of brain games for seniors...

Just like you concentrate on eating healthy food and do physical exercises to be in shape, some amount of brain activity is also needed that can change your lifestyle completely. Spend 15-30 minutes a day on playing any brain game of your choice to keep the brain active and agile, and within few days you can see the change for yourself.

Brain games for seniors should be made a habit to remain sharp and smart for a longer time, which will make them confident, self-reliable and can live with dignity for the rest of their life.

HOW CAN IT BE SO COLD IF THERE IS GLOBAL WARMING? HERE'S HOW

It happens every winter.

The first significant cold snap of the season hits and somebody, like, um, the President of the United States, wonders what happened to global

warming. "In the beautiful Midwest, windchill temperatures are reaching minus 60 degrees, the coldest ever recorded. In coming days, expected to get even colder," the President wrote on January 29.

"People can't last outside even for minutes. What the hell is going on with Global Warming? Please come back fast, we need you!"

Parts of the U.S. are indeed faced some of the coldest temperatures the country's seen in a generation. But, as cold as it was, all this talk of global warming is not overblown.

To understand why, you have to first know the difference between weather and climate.

There's a difference between weather and climate. Weather is what happens today. Climate is what happens over the long run. Here's how NASA explains it: Weather is the condition in the atmosphere are over a short period of time. Climate is how the atmosphere behaves over relatively long periods of time."

CNN meteorologist Chad Myers clarified the same point when Trump made a similar quip last year, doubting climate change because of cold weather.

"Climate isn't a day, climate is long term," Myers said, as he also pointed out that the pre-Thanksgiving cold snap that the President was tweeting about at the time was mainly concentrated on just one part of North America and not over the whole world.

"There's one real spot of blue and that just happens to be over New York City, over Washington DC, over Boston, over Ottawa and that's the big

cold mass," Myers said, pointing at a temperature map of the world. "Just because we have one cold area with the rest of the area being red and well above normal, I don't think that one little (blue) blob says anything at all."

Some people tend to conflate the two. Climate skeptics have done this for years, i.e. point to cold winter weather as proof that global warming is a hoax.

"People also tend to confuse what is happening where they live as an indication of what is happening globally," says Marshall Shepherd, director of the Atmospheric Sciences Program at the University of Georgia and a former president of the American Meteorological Society.

"It is not 'Where You Live Warming,' it is 'Global Warming,'" Shepherd told CNN. While portions of the U.S. might be mired in a deep freeze, many other parts of the planet are seeing record-breaking heat waves (like Australia in mid-January).

When you average these out over the planet, the hotter temps are tipping the scale. That's why the hottest five years on record for our planet have all occurred since 2014.

There is global warming and it's dire. The Earth's temperature has changed drastically in its 4.5 billion-year history, from the Huronian Ice Age that covered vast portions of the planet in ice for nearly 300 million years, to a period about 50 million years ago, when scientists believe that palm trees

and crocodiles were native above the Arctic Circle.

Today, climate change is commonly used as a term to describe the effects of global warming that have occurred as a result of human activity following

the industrial revolution in the 18th century.

So that's why global warming is still a thing, even when it seems like the winter weather reigns supreme.

WOMEN'S BRAINS APPEAR THREE YEARS YOUNGER THAN MEN'S

May explain why women more likely to stay mentally sharp in later years

Time wears differently on women's and men's brains. While the brain tends to shrink with age, men's brains diminish faster than women's. The brain's metabolism slows as people grow older, and this, too, may differ between men and women.

A new study from Washington University School of Medicine in St. Louis finds that women's brains appear to be about three years younger than men's of the same chronological age, metabolically speaking.

The findings, available online the week of Feb. 4 in *Proceedings of the National Academy of Sciences*, could be one clue to why women tend to stay mentally sharp longer than men.

"We're just starting to understand how various sex-related factors might affect the trajectory of brain aging and how that

might influence the vulnerability of the brain to neurodegenerative diseases," said senior author Manu Goyal, MD, an assistant professor of radiology at the university's Mallinckrodt Institute of Radiology. "Brain metabolism might help us understand some of the differences we see between men and women as they age."

The brain runs on sugar, but how the brain uses sugar changes as people grow and age. Babies and children use some of their brain fuel in a process called aerobic glycolysis that sustains brain development and maturation.

The rest of the sugar is burned to power the day-to-day tasks of thinking and doing. In adolescents and young adults, a considerable portion of brain sugar also is devoted to aerobic glycolysis, but the fraction drops steadily with age, leveling off at very low amounts by the time people are in their 60s.

But researchers have understood little about how brain metabolism differs between men and women. So, Goyal and colleagues, including Marcus Raichle, MD, the Alan A. and Edith L. Wolff Distinguished Professor of Medicine and a professor of radiology, and Andrei Vlassenko, MD, PhD, an associate professor of radiology, studied 205 people to figure out how their brains use sugar.

The study participants -- 121 women and 84 men, ranging in age from 20 to 82 years -- underwent PET scans to measure the flow of oxygen and glucose in their brains. For each person, the researchers determined the fraction of sugar committed to aerobic glycolysis in various regions of the brain. They trained a machine-learning algorithm to find a relationship between age and brain metabolism by feeding it the men's ages and brain metabolism data. Then, the researchers entered women's brain metabolism data into the algorithm and directed the program to calculate each woman's brain age from its metabolism. The algorithm yielded brain ages an average of 3.8 years younger than the women's chronological ages.

The researchers also performed the analysis in reverse: They trained the algorithm on women's data and applied it to men's brains. This time, the algorithm reported that men's brains were 2.4 years older than their true ages.

"The average difference in calculated brain age between men and women is significant and reproducible, but it is only a fraction of the difference between any two individuals," Goyal said. "It is stronger than many sex differences that have been reported, but it's nowhere near as big a difference as some sex differences, such as height."

The relative youthfulness of women's brains was detectable even among the youngest participants, who were in their 20s.

"It's not that men's brains age faster -- they start adulthood about three years older than women, and that persists throughout life," said Goyal, who is also an assistant professor of neurology and of neuroscience. "What we don't know is what it means. I think this could mean that the reason women don't experience as much cognitive decline in later years is because their brains are effectively younger, and we're currently working on a study to confirm that."

Older women tend to score better than men of the same age on tests of reason, memory and problem solving. Goyal, Raichle, Vlassenko and colleagues are now following a cohort of adults over time to see whether people with younger-looking brains are less likely to develop cognitive problems.

RELAXATION TECHNIQUES FOR SENIORS: HELPFUL HINTS

Tense muscles are a common reaction to stress. Indeed, many people experience some tension in the neck and shoulders in a normal workday. Progressive muscle relaxation can help with stress and tension. It involves tensing and relaxing the muscles in your body, one muscle group at a time. It can also reduce other reactions to stress, such as rapid breathing and heartbeat, stomach problems, and headache.

Please note: Throughout this exercise, don't continue any movement if it causes you pain. Be cautious about stretching or tensing parts of your body that have caused you past problems (for example - a bad back, neck, leg, or arm). If you're not sure if it's safe to do any part of this exercise because of injuries, it's best not to try. Consult your doctor first.

RELAX IN 10 MINUTES

Allow yourself at least about 10 minutes to do this exercise.

Here's how:

Find a quiet, comfortable place.

You can do this exercise in a chair or lying down.

Close your eyes, if you're comfortable doing so. However, if you have experienced traumatic stressors (such as serving in military combat or a

civilian assault), you may want to keep them open. This can help you stay "grounded" in the "here and now." Do what's most comfortable for you.

Take a few slow, deep breaths. Inhale deeply through your nose with your mouth closed to a count of four. Exhale through your mouth slowly - also to a count four. On the exhale, imagine that the tension leaving your body, flowing out with each exhale. Repeat this three to four times. If at any point you feel dizzy or light-headed, return to your normal breathing.

Continue to breathe deeply as you move into the muscle tension and relaxation part of this exercise. You will begin with your feet and work your way up. As you inhale, tense and hold each muscle for a count of four.

Relax that muscle group as you breathe out. Take several breaths before you move to the next part of your body. Allow some time to feel the relaxation.

Tense the muscles of your feet by pointing your toes and tightening your feet as you inhale. Hold this tension briefly, then relax your toes and feet as you breathe out. Imagine the tension flowing out with your breath.

Notice the difference between the tension and relaxation. Press the balls of your feet into the floor and raise your heels, allowing your calf muscles to contract. Feel the tension in your calves for a moment. Then release and notice your muscles relax. Again, have the tension and relaxation match your breath.

Tighten your knees and allow your legs to straighten. Feel the tightness in the front of your legs. Notice the sense of tension as you inhale. And release on the exhale, allowing your legs to bend and relax back onto the floor. Squeeze the muscles of your buttocks.

Notice the feeling of tension as you inhale. Hold this for just a moment. And on your exhale, release and allow your muscles to relax, letting the tension melt away. Continue up through your body. Concentrate now on your stomach. Contract your stomach and continue to breathe. Hold the tension for a count of four. Inhale deeply.

As you exhale, let your stomach relax. Again, notice the difference between the tension and relaxation. Move your attention now to your hands. Curl your fingers into a tight fist in each hand. Hold your fists tight and notice the sense of tension as you continue to breathe.

As you release your fists, let your hands relax back to a natural position. And notice the difference between the

feeling of tension and relaxation in your hands. Bend both arms now at the elbow (like Popeye). Flex both of your arms by making fists and pulling your fists up tightly to your shoulders. Notice the feeling in the tensed muscles of your upper arms. Take another inhale and as you exhale and relax your arms down to your sides.

Take notice of any change in what you feel as you go from a state of tension to relaxation. Push your shoulders up to your ears now. Hold this "shrugging" position for just a moment. Feel the tension in your neck and shoulder muscles. Feel the tension melt away as you relax your shoulders back down. Continue to breathe in and out. Finish by tensing the muscles in your face. Scrunch your face as if you just bit into something sour.

Feel your eyebrows pull together, your eyes pinch tightly shut, and your lips purse together. Notice the sensation of tenseness in your face for just a moment. Then allow your face to relax. Notice the release of tension from your forehead, eyes, cheeks, mouth and jaw. See if you can find any other spot of tension in your body.

Notice it and let it go. Let yourself be still for a few moments. Just experience your relaxed muscles. Continue to breathe slowly and deeply. Feel any tension flow out. Your relaxation can get deeper with each breath. When you're ready, bring your

attention back to your breathing. Notice your body and how it feels. If you've had your eyes closed, imagine the room. When you're ready, open your eyes.

Done regularly, this exercise can train your body to know the difference between tension and relaxation. This can help you reduce muscle tension and manage stress and anxiety. Take time for a session whenever you begin

to feel stressed out. For example, if you work at a desk, you can do a mini-relaxation on the muscles you use in your work, such as the neck and shoulders.

Make progressive muscle relaxation or other stress-reducing techniques, such as meditation and deep breathing, a part of your daily routine. And by all means, practice, practice, practice.

WHAT TO EAT FOR BETTER SLEEP

Elite and professional athletes know habits off the court are just as important as the actual training. This is because secondary lifestyle habits such as stretching, diet, stress and sleep can heavily influence performance outcomes.

Sleep is one habit elite athletes take very seriously; many go to sleep clinics, track sleep, have naps integrated into training schedules, and aim for 10–12 hours a day of shut eye.

This attention is paid to sleep quality and quantity due to the known health, performance and body composition benefits good sleep provides and the harmful effects of poor sleep.

Being in a chronically fatigued state is known to impair skill-based tasks as well as hinder endurance activities and increase risk of illness and injury. Acute fatigue can ramp up the inflammatory stress hormone cortisol, responsible for abdominal fat storage, hinders fuel utilization and impairs appetite control. This type of tiredness is also responsible for increasing the urge to grab sugar-loaded snacks to act as a temporary energy boost.

Simple advice: Sleep more! That's easier said than done with busy, stressed out lifestyles. Most recreational athletes do not have the luxury of daytime naps or 10-hour nights, but there are a few things you can do to increase the quality of your

shut eye. You might be surprised to learn dietary practices play a large role in avoiding the downfalls of fatigue and reaping the benefits of good sleep.

C A F F E I N E

This stimulant is great for instantly perking you up; however, with a lifespan of around seven hours, consuming it late in the day can seriously disrupt sleep. Aim to stop caffeine consumption by 2 p.m. This rule applies to coffee, espresso, soda, energy drinks, some teas and chocolate.

A L C O H O L

Besides providing empty calories, alcohol consumption has another downfall for athletes: reduced sleep quality. The effects of alcohol on sleep is extensive. For physically active individuals, alcohol intake can negatively influence heart rate variability (HRV), an important metric for evaluating recovery between training. If you want to indulge, don't drink every night, keep the dose low (try a spritz) and consume your beverage earlier in the day and with a balanced meal.

H E A V Y M E A L S

Large portions, heavy in protein and fat, can create the sensation of being overly full. When the stomach is full of

slow-digesting foods, there can be a distended, uncomfortable feeling that doesn't help sleep. Large meals also cause an increase in body temperature, which contradicts the natural drop in body temperature that happens during sleep. While a heavy meal can create a fatigued, sluggish feeling, it does not promote deep sleep and actually increases restlessness during the night. Having a large breakfast and smaller evening meal may promote better sleep.

H U N G E R

Just as the extreme of heavy meals can reduce sleep quality, research shows low-calorie intake throughout the day can also promote poor sleep. Athletes attempting to meet image and body composition demands of their sport by severe calorie restriction are likely to wake up more frequently throughout the night feeling hungry.

Tracking your caloric intake with MyFitnessPal is a great way to ensure you stay within a moderate (500-calorie) deficit to promote good sleep while working on dropping weight.

S O L I D S V E R S U S L I Q U I D S

Research has been done on whether calories provided before bed in the form of a solid meal or liquid one

would promote better sleep. While more studies can always be done, right now the solid meal beats out liquid ones to improve restful slumber. Save your meal replacement shakes for earlier in the day to boost zzz's.

MACRONUTRIENTS

Luckily, there have been studies on what kind of macros to eat for better sleep. Meals heavier in protein result in longer, but less restful, sleep while meals heavier in carbohydrates result in faster sleep onset times (falling asleep more quickly). Both of these can be thought of as overall positive effects. The only macronutrient that seems to overall negatively affect sleep is a high-fat meal. It was even discovered that ketosis (the effect of consuming high fats and very low carbohydrates) reduces time spent in REM sleep.

MICRONUTRIENTS

There are many vitamins and minerals that play a role in the quality of sleep. Tryptophan, selenium, potassium, vitamin B6, vitamin B12, calcium, magnesium and vitamin D all have been linked to promoting sleep through a variety of mechanisms including regulating hormones, increasing serotonin and melatonin production, decreasing inflammation and promoting natural circadian

rhythms. The best way to improve your sleep naturally is to have a well-balanced diet with plenty of variety.

SUPPLEMENTS

If you seem to be plagued with restless nights, supplements might provide some temporary relief. There are many natural, over-the-counter supplements including sprays, pills, teas and food products laced with ingredients that can promote getting to and staying asleep. Compounds that may help include valerian root, melatonin, vitamin D, chamomile, theanine, magnesium, kava and skullcap. While these substances are natural and generally safe, keep in mind supplements are unregulated and should be used sparingly.

A diet that is balanced in macronutrients, includes a variety of colorful plants and isn't overly restrictive is your best shot at eating well for sleep. Beyond that, you can up your sleep-diet game by eating a smaller dinner rich in complex carbohydrates roughly four hours prior to getting to bed. Also try to avoid heavy food, alcohol and caffeine late in the day. Of course, there are a number of factors other than diet that can have profound effects on sleep quality such as stress, comfort, temperature and light that should be addressed as part of a good sleep routine.

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