



OLLI TIMES

NEWS AND INFORMATION FROM THE MEMBERS AND STAFF TO THE MEMBERSHIP

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FROM THE FSU INSTITUTE FOR SUCCESSFUL LONGEVITY...

LEAVING NO SENIOR WITHOUT ASSISTANCE: BETTER EVACUATION AND SHELTER PLANNING FOR UNPREDICTABLE HURRICANES

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(Editor's Note: This article was scheduled to appear at a later date. However, because of Hurricane Michael, its timeliness justifies inclusion in this edition of the OLLI Times.)

Hurricane Florence, the strongest hurricane to hit Carolinas in two decades, has shown the vulnerability of older adults when faced with storm-driven evacuations. Among over 30 deaths linked to the hurricane, two-thirds have been older than 55.

A number of these deaths were of older adults who died in or around their houses.

These tragedies clearly show the need to focus on helping older adults deal with evacuations so that we can make sure no

senior is left behind without assistance. Hurricane Irma also showed that many seniors were reluctant to evacuate due to their fear for dangerous environments, loss of property, and language and cultural barriers. For many seniors who have trouble dressing, bathing, concentrating, remembering and making decisions, the evacuation process was complicated and stressful. Many declined to take action because of constraints based on their special needs, physical disabilities, cognitive impairments, concern for pets, or lack of financial resources. These problems have been clearly the causes of senior deaths in Florence as well. Emergency plans must take into account these factors affecting older adults.

Pets are a problem easily overlooked by emergency planners but of high concern to older individuals. Our study in the Miami-Dade area clearly showed the critical needs of senior pet owners lacking financial resources to place their pets in safe care and living farther from shelters. Seniors living individually, especially those in rural areas, needed help during Hurricane Irma, and this help can come faster from people within the community, local people helping each other.

There is a clear need to educate seniors about the risk associated with hurricanes and to disseminate accurate information to them as quickly as possible via radio, TV, phones, and door-to-door notifications. When sharing information, steps must be taken to avoid hitting the language/cultural barriers.

Hurricane registries, which sign up people with functional, special or medical needs, are important. They are widely used to identify those individuals who need transportation or medical assistance. Registries, though, have weaknesses. During Irma, the actual demand was significantly greater especially because stressed aging residents who normally might go to a regular shelter sought shelters for people with special needs and/or pets. Hence, many more people than expected arrived at these shelters.

In addition to relying on registries, a suggested improvement in our study is to work through existing disability networks, profit/non-profit agencies, voluntary entities, faith-based organizations, community-based centers, neighborhood-level groups, hospitals and governmental organizations to reach the seniors.

This can lead to a better understanding of the size, location and composition of seniors in the communities. Repurposing existing regular hurricane shelters to serve those older adults with pets and special needs was also highlighted as a promising managerial solution.

Many seniors can evacuate individually or with their households, but others live in congregate care. Although Florida prepared for and ordered evacuation of nursing homes and retirement communities before Irma hit the state, tragedies such as the deaths in the Broward County nursing home due to a lack of air conditioning were not

avoided. Better emergency evacuation planning for senior assisted facilities and communities is needed to make relief operations more efficient while maximizing survival chances for older adults.

During Irma, the problem of rapid evacuation and sheltering is exacerbated by roadway disruptions and ineffective emergency plans. Many roads were blocked, traffic jams slowed evacuations, and transport for individuals with special needs did not show up or arrived very late. There were significant outages of electrical power and medical supplies, and some shelters lacked medical supervision.

To better prepare in the future, emergency planners must assess the impact of such disruptions on older adults.

One Hurricane-Hermine-focused study examined the senior community resilience in the presence of power outages and roadway closures, and

identified those less resilient senior communities.

There is no doubt that needs of seniors must be incorporated into all aspects of hurricane plans. But removing barriers for seniors is not easily done.

It requires state and local officials to design better training programs for older adults and increase the accessibility and safety of communities. It also requires communities themselves to form strong social networks and develop resilient emergency plans that take advantage of neighbor-to-neighbor ties and other community connections.

We know that storm preparation works. But recent hurricanes show that Florida needs to better prepare.

Our research indicates that with these improvements, Florida and its communities can develop storm-emergency plans that fit the diverse needs of senior adults and allow for less-stressful evacuations, assist with effective sheltering and, ultimately, save lives.

SPEAKING OF HURRICANES, OLLI FRIENDSHIP FORCE HELPS SET UP EMERGENCY HURRICANE ACCOMMODATIONS

Several other Florida and Georgia Friendship Force International (FFI) clubs have set up a system where members of other clubs can stay at FFI members homes for one-three days if they need to evacuate for a hurricane and can't find available hotels. If you would like to be on the list to participate in the event a FFI club member in Florida or

Georgia needs help, please indicate how many adults, children or pets you would be willing to house for the emergency. If the town of Gander, Newfoundland could do it for 7,000 airline passengers, we should be able to handle 10-20 evacuees!

Send information to Wendy Johnston at mrswendyjohnston@gmail.com



...FROM THE PEPPER INSTITUTE

The Pepper Institute on Aging and Public Policy – with support from the Claude Pepper Center, the College of Social Sciences and Public Policy, and Osher Lifelong Learning at FSU – sponsors weekly “Aging Today” segments on 88.9, WFSU-FM NPR. Airing each

Tuesday at 3:04 p.m., the one-minute segments highlight critical aging-related trends, issues, and policies, with an emphasis on social science research. Here’s a recent Aging Today question

WHAT IS A SMALL-HOUSE NURSING HOME?

By Lori Gonzalez, Research Faculty at the Claude Pepper Center

The traditional nursing home is modeled on a hospital – not a home. It’s built to efficiently provide medical care to many people. The average American nursing home has more than one-hundred beds. Small house nursing homes offer an alternative – though they make up less than five percent of all nursing homes. They have fewer than 15 residents – each with a private bedroom and bathroom.

There’s a common kitchen, access to outdoor spaces, and a dining room resembling one you’d find in a regular home.

You won’t find long, winding corridors, nurses’ stations, or overhead call systems. Compared with traditional nursing homes, small house homes provide greater benefits to residents – and staff. Research on one type of small home – the Green House Project – found that residents had lower hospital admission rates, less depression, and slower decline in functioning. Staff in Green Houses spent more time with residents and reported greater job satisfaction.

If you have an idea for an Aging Today question, send it to aging@fsu.edu

THE 2018 ANNUAL OLLI MEMBER SURVEY WILL BE IN YOUR EMAIL IN NOVEMBER

OLLI at FSU members shape the classes, activities, clubs and other social events offered each semester. In addition to

collecting and recording individual course evaluations at the end of each OLLI class to measure the quality of

courses and instructors for future consideration, we conduct member surveys annually.

"Your response is vital because so much of what we do depends on your input," OLLI President Cindy Foster said.

Our annual survey gives us insight from our members' point of view, as follows:

We gather member preferences on course subjects – History, Humanities, Current Events/Politics, Science and Wellness/Longevity

We look for new opportunities for you to consider - learning a language, improve your fitness or play an instrument

We measure your satisfaction with all aspects of OLLI – academic and social experience, courses offered, venues, registration process, activities, clubs, special events and accessibility

We find out how best to market OLLI at FSU programs - the overwhelming majority of respondents said they find out about OLLI courses and activities from other OLLI members

We track OLLI at FSU performance to maintain the quality of our programs

The 2018 Annual Online Member Survey will be delivered to your email address during November. We hope you will take this opportunity to influence the Osher Lifelong Learning Institute at Florida State University for 2019 and beyond.

OLLI'S THIRD ANNUAL CHRISTMAS BASH SET FOR DECEMBER 19

OLLI's Third Annual Christmas Bash, highlighted by the now-traditional Ugly Sweater Contest, will be held Wednesday, December 19 from 5:00 to 9:00 p.m. at the Capital City Country Club.

Music will be provided by Moondance. There will be heavy hors d'oeuvres and beverages from a full cash bar. Partygoers are encouraged to bring a favorite holiday cookie to share.

The party's highlight is the Ugly Holiday Sweater contest. Wear your holiday sweater (optional) and enter to become a winner of a free OLLI class. The cost is \$25 to members; \$30 for guests. Register online by going to the OLLI website. This event is sponsored by Capital Health Plan.

Be sure to bring a new children's book for the OLLI Book Club Drive.

POLITICAL SCIENCE PROF AHLER TO DISCUSS MIDTERN ELECTIONS AT PUBLIC POLICY COLLEGE'S "POLICY PUB" IN NOVEMBER

Every four years, over 60% of the eligible voting public turns out to cast a vote for president. But control of Congress often hinges on midterm elections, in which only roughly 40% of eligible Americans vote. How can we best understand the outcomes of the November 6, 2018 midterm House and Senate races?

What factors generally shape national- and race-level outcomes, and which were especially important this year? Ultimately, how does low turnout affect these elections?

After discussing the consistencies and novelties of 2018 vis-à-vis past midterm elections, Assistant Professor of Political Science Douglas Ahler will turn to what comes next: What will the relationship be like between the 116th Congress and President Trump? Will government improve, or will gridlock and polarization continue to be the norm? And what, if anything, does 2018 suggest about the upcoming 2020 presidential election?

Doug Ahler's research focuses on American politics, public opinion, representation, and political psychology. His current research questions include: How do citizens evaluate policy representation? Why are ordinary Democrats and Republicans so polarized despite relatively low political interest? How do Americans conceive of the policymaking process? And, ultimately, how competent is the American electorate, and what are the implications for democracy?

Policy Pub is a recurring series of brief, plain-language talks by faculty of the college on public policy issues that affect everyone. Policy Pub takes place in a relaxed social atmosphere. They are free and open to the general public. No experience or prior knowledge is required. After the brief talk, audiences will have the opportunity to ask questions and make comments. Ahler's talk will be held on November 13 at 5:30 at Backwoods Bistro Restaurant, 401 E. Tennessee St., Tallahassee.

TRAVEL CLUB SETS "ARMCHAIR " TRAVEL MEETING ON CHINA FOR NOVEMBER 9

The Travel Club will host an "Armchair" travel meeting for November 9 at 3 p.m. at the Eastside Library, 1583 Pedrick Road.

This is the Travel Club's second armchair session.

OLLI's very own world travelers, John and Linda Kilgore, will share their recent trip to China. Attendees will have the opportunity to explore the mysteries of China in this virtual tour.

TOUR OF "TALKING TOMBSTONES" SCHEDULED FOR NOVEMBER 9

There will be a November 9 guided tour of the historic portion of the St. John's Cemetery followed by a classroom PowerPoint presentation at the church. The presentation will highlight the contributions of the early territorial founders of St. John's Episcopal Church not only toward the establishment of their early mission church but to the state of Florida as well.

Many of the graves date back to the early 1800s. Carl Stauffer, in his book *God Willing (1984)*, linked the establishment of St. John's to the chain of events which can best be described in "Christianity's epic struggle to gain a strong foothold in Florida which began in 1513 when Juan Ponce de Leon discovered Florida.

The early beginnings of the church were preceded by bloodshed and human suffering until the final phase when St. John's was incorporated as a parish in the act passed by Florida's Legislative Council on October 30, 1829.

The "Talking Tombstones" tour for OLLI members will highlight the on-going research efforts by the history survey team. The stories that each of the graves are revealing today indicate that while the early pioneers clearly harbored a longing for corporate worship, they were often caught up in the grim realities of their own daily existence. The PowerPoint presentation will describe selected family stories that demonstrate how a "tiny mission evolved into a large, dynamic downtown parish after surviving frontier hardships, the ravages of war, yellow fever epidemics, a disastrous fire, hard times and internal strife."

Please join us at 9:30 a.m. to hear the stories provided by the "talking tombstones" and the importance they play today in the future of a viable downtown Tallahassee parish.

For further information, contact Randy Soule, (989) 482-5640 or firemanrandy18@gmail.com

OLLI FRIENDSHIP FORCE TO MEET ON NOVEMBER 16; PLANNING THREE TRIPS

Friendship Force International (FFI) meeting will be on Friday November 16 at the Northeast Library conference room, 5513 Thomasville Road, 3:00-4:30 PM. We will be planning for our incoming FFI Milwaukee Wisconsin club visit April 6-12, 2019.

We need home hosts to accommodate a single person or a couple, day hosts to help with driving our guests, dinner hosts for small dinners of 4-8 people, and OLLI members to be on the planning committee. All OLLI Members are invited to the Welcome and Farewell dinners.

We also have an inbound trip in November 2019 from Mexico and are seeking help from our Spanish speaking OLLI Members.

We are working on three outbound trips:

Visitors from the Raleigh, North Carolina Friendship Force visit the Old Capitol.

April 29-May 5, 2019. Lake Hartwell Georgia. Our visitors from Montreal stayed with this club prior to their visit here in September 2017 and gave them rave reviews.

July 12-28, 2019. Iguazu Falls, (note: Iguazu Falls is one of the Seven Wonders of the World), Belo Horizonte and Campinas Brazil. Escape Tallahassee's summer heat and visit Brazil during their winter season.

September 2019. Raleigh NC. Our visitors from March 2018 are requesting that we visit with them so they can return the warm hospitality they received on their visit here.



CULTURE & ARTS COMMITTEE SPEARHEADS "SEASONAL CELEBRATION" AND "THE NUTCRACKER" IN DECEMBER

Two concerts planned, but you must register

The Culture & Arts Committee has two great seasonal events coming up in December! The first event is the FSU College of Music "Seasonal Celebration" concert on Sunday, December 2nd at 6:00 PM in Ruby Diamond Concert Hall. The second is the Tallahassee Ballet's "The Nutcracker" on Sunday, December 9th, at 2:30 PM, also in Ruby Diamond Concert Hall. Registration deadline for "The Nutcracker" is November 1 and can be accomplished online on the OLLI website. Start your December with some great seasonal choral music from

all around the world, celebrating all faiths and secular traditions, when the 500 voices of the FSU choral department sing in the season at the Seasonal Celebration concert!

You don't want to miss the annual grace and beauty of the Tallahassee Ballet as they bring you the dance of the Sugar Plum Fairy and the March of the Toy Soldiers and more in their presentation of "The Nutcracker"! Both are presented at special values for OLLI members, so sign up NOW!!

BOOK CLUB HOLDING ANNUAL CHILDREN'S HOLIDAY BOOK DRIVE

The OLLI Book Club is once again holding the Children's Holiday Book drive. Books will be distributed to the following local non-profit: Foster Grandparents Program, Big Bend Homeless Coalition, Refuge House and Guardian Ad Litem. We are looking for

new and gently used books from picture books to young adult books. Books will continue to be collected through November at the Pepper Center, the OLLI offices, both book club meeting locations and the OLLI Holiday event.

CURRICULUM CHAT

by Susan Yelton, Chair of the OLLI Curriculum Team

Now that we have OLLI TIMES, it is an opportunity for me to share with you information about the curriculum process on a regular basis. When the evaluations of OLLI are reviewed, members always give curriculum the highest ranking as to why they love OLLI. So, thanks to Board Member Winnie Schmeling for suggesting I highlight some new faculty for Spring semester, I thought I would start a column introducing some new faculty and write about the process of scheduling classes. I hope this first “chat” gives you some idea how your Curriculum Team creates the curriculum program each semester.

The Curriculum Team met in October and we selected classes from a list of proposals that included many classes we think will interest you. When we can't fit in a class because we have too many in a category, or for other reasons, we do ask faculty if we can hold over their proposal for a future semester. Now we are getting ready for the scheduling process. Terry Aaronson has asked everyone who was selected to teach, to select their top three choices for dates and class times. The Team will meet and prepare the grid which is always a challenge. Never want too many classes of the same category and very popular classes scheduled at the same time. And, we always schedule classes in four different subject areas for Westminster Oaks. Where to hold classes is sometimes our best guess; so if your class

was ever moved to another room, it had to do with enrollment. We always try to bring you new faculty and subject areas.

Unless something changes between now and Spring semester, I am thrilled to introduce you to two faculty who I think are very special. Both came from member suggestions.

CHIP CHALMERS

Winnie and David Schmeling let me know that Chip Chalmers is back in town!. So who is Chip Chalmers? After I met with him, I thought he would be a very special teacher for OLLI. But the Team decides classes so it was up to the Team and they voted for his class.

Chip was an esteemed member of the faculty of the FSU Film School for many years, and was Director of Production and also taught Direction. In 1979 he became production coordinator of the 20th Century Fox Television in Los Angeles. In 1981 he entered the Directors Guild of America. His directing debut was in 1989 with Miami Vice episode “the Lost Madonna.”

He would go on to direct Star Trek: The Next Generation, Star Trek: Deep Space Nine, Mortal Kombat: Konquest and 7th Seven. Chalmers directed over 15 episodes of Beverly Hills, 90210 and 27 episodes of Melrose Place. The character, “ Captain

Chip Chalmers” was featured in Star Trek: The Next Generation episode “The Wounded” to honor Chalmers’ work in the series.

He is also a skilled magician and a member of The Academy of Magical Arts at Magic Castle in Hollywood.

The title of Chalmers’ class is “The Magic of Making A Television Show”.

As an aside: We are happy that Andi Issac will be teaching again and her class does not conflict in content with Chips’. She will teach “ HOLLYWOOD”. It is a repeat of the first class she taught for those of you who missed it or just want to repeat Andi’s wonderful lecture about Hollywood.

SALLY AND DEAN JUE

Can you imagine that there are over 120 species of butterflies within a 100 mile radius of Tallahassee? It has taken us almost two years to get on Sally and Dean’s calendar because of their research and speaking engagements concerning butterflies. Currently, Dean is the president of Tallahassee Chapter of the American Butterfly Association; Sally is a past president. Both husband and wife team work in the area of Florida environmental science. Dean works in the FSU Florida Resources and Analysis Center and which

includes the Florida Natural Areas Inventory where Sally works. Their pictures of butterflies are amazing! The title of the class is: Butterflies.

The course catalog will be available late December/early January. It takes a lot of work for Debra, Terry, Melissa, and many volunteers to finalize the Spring program..But I think you will be pleased with the results.

Because classes begin late February, we are planning some special lectures/classes, before classes begin, but nothing finalized.

If you have given me a suggestion for a class, and it has not been scheduled, I’ll keep trying. Faculty have full time jobs, so most are difficult to schedule.

You can always call me a 850-443-4331 or email at susanwyelton@gmail.com

SPECIAL TO THE TIMES

BEWARE THE DISCRIMINATION AND STEREOTYPING OF "AGEISM"

Ageism is the stereotyping and discrimination against individuals or groups on the basis of their age; ageism can take many forms, including prejudicial attitudes, discriminatory practices, or institutional policies and practices that perpetuate stereotypical beliefs.

Q: Is ageism really a problem?

Today, there are around 600 million people aged 60 years and over worldwide. This number will double by 2025 and will reach two billion by 2050, with the vast majority of older people in the developing world. Ageism is widely prevalent and stems from the assumption that all members of a group (for example older adults) are the same. Like racism and sexism, ageism serves a social and economic purpose: to legitimize and sustain inequalities between groups. It's not about how we look. It's about how people that have influence, assign meaning to how we look. In 2014, governments around the world recognized ageism as "the common source of, the justification for, and the driving force behind age discrimination." Negative ageist attitudes are widely held across societies and not confined to one social or ethnic group. Research suggests that ageism may now be even more pervasive than sexism and racism. This has serious consequences both for older people

and society at large. For example ageism limits the questions that are asked and the way problems are conceptualized and is hence a major barrier to developing good policies.

Q: What is the impact of ageism on health?

Ageism has harmful effects on the health of older adults. Research by Levy et al shows that older adults with negative attitudes about ageing may live 7.5 years less than those with positive attitudes. Ageism has been shown to cause cardiovascular stress, lowered levels of self-efficacy and decreased productivity.

Negative attitudes are also widely present even within the health and social-care settings where older adults are at their most vulnerable.

Some of this prejudice arises from observable biological declines and may awareness of disorders such as dementia, which may be mistakenly thought to reflect normal ageing. Socially ingrained ageism can become self-fulfilling by promoting in older people stereotypes of social isolation, physical and cognitive decline, lack of physical activity and economic burden.

Negative attitudes about providing long-term care for those who need it also make it difficult to recruit paid care workers in many countries. This may reflect ageism in the broader culture, the tendency to equate long-term care with poor-quality working conditions, or the low status accorded to caregiving.

Q: How can we combat ageism?

Tackling ageism will require a new understanding of ageing by all generations. This understanding needs to counter outdated concepts of older people as burdens, and acknowledge the wide diversity of the experience of older age, the inequities of ageism, and demonstrate a willingness to ask how society might

organize itself better. Actions that may help tackle ageism include:

- Undertaking communication campaigns to increase knowledge about and understanding of ageing among the media, general public, policy-makers, employers and service providers; Legislating against age-based discrimination;
- Ensuring that a balanced view of ageing is presented in the media.
- Be constantly aware of how ageism raises its ugly head, and point out how it is being communicated. Chances are that if you point it out, those who unwittingly commit it will understand its prejudicial impact and develop a greater sense of sensitivity.

MINERAL REQUIREMENTS FOR SENIORS

The minerals needed to keep your body functioning far outnumber the [vitamins](#). In fact, it's estimated there are more than 60 minerals in your body. Although recommended intakes have been set for only 17, researchers are on the verge of declaring a few more minerals essential to good health.

Though we don't hear about minerals (with the notable exceptions of [calcium](#), [iron](#), and [sodium](#)) as much as we do vitamins, minerals are just as critical to good health. They are essential for building bones and teeth, keeping your heart beating regularly, and helping your blood to clot.

Like vitamins, minerals can be divided into two groups: macrominerals (macro means large) such as calcium, phosphorus, potassium, and sodium, which are required in relatively large amounts, and trace minerals such as boron, chromium, copper, fluoride, iodine, iron, manganese, molybdenum, selenium, and zinc, which are required in small amounts.

Here are the minerals you will need to focus on as you age:

Calcium

Recommended Intake: Men and Women:
1,200 milligrams a day

There has been a lot of research on calcium, and much has been written about it. But there's still not 100 percent agreement on how much calcium we need to keep our bones strong as we age. The Food and Nutrition Board currently recommends a daily intake of 1,200 milligrams.

But since 1994, the National Institutes of Health has recommended 1,000 milligrams a day for men aged 50 to 65 and women of the same age who are taking estrogen replacement therapy and 1,500 milligrams for women age 50 to 65 who are not taking estrogen replacement and for all men and women older than 65.

Regardless of which recommendation is right, the fact remains that most of us don't get nearly enough of this bone-building mineral. Dietary surveys show that 90 percent of women ages 19 to 70 don't get enough. Overall, most American adults consume less than half of the amount recommended by the Food and Nutrition Board.

A low calcium intake, coupled with inadequate intake or production of vitamin D, greatly increases the risk of bone fractures in older people. Getting enough calcium and vitamin D every day can decrease the risk. An adequate intake of calcium also may contribute to the taming of high blood pressure and the prevention of polyps in the colon (growths in the colon that sometimes turn cancerous).

Magnesium

Recommended Intake: Men: 420 milligrams a day; Women: 320 milligrams a day

Like calcium and vitamin D, magnesium is an essential nutrient for bone health. However, its importance in the body is much more far-reaching. Proof of that is the fact that magnesium is involved in more than 300 metabolic processes in the body, including muscle contraction, protein synthesis, cell reproduction, energy metabolism, and the transport of nutrients into cells. It often acts as a trigger for these processes.

Magnesium is most studied, however, for its role in bone health, blood pressure regulation, cardiovascular health, and diabetes. Several studies have found that some elderly people get little magnesium in their diets. That, combined with the fact that, with age, magnesium absorption decreases and excretion in urine increases, provides the perfect formula for magnesium depletion and deficiency.

Potassium

Recommended Intake: Men and Women: 4,700 milligrams a day

Potassium is present in every cell of your body and plays a vital role in muscle contraction, transmission of nerve impulses, and maintenance of fluid balance.

Experts consider adequate potassium intake a way to keep blood pressure in check and to promote bone health.

Potassium is so important to blood pressure control -- which affects your risk of stroke and other conditions -- that the Food and Drug Administration now allows potassium-rich foods to carry the following claim: "Diets containing foods that are good sources of potassium and low in sodium may reduce the risk of high blood pressure and stroke."

People who have high blood pressure should generally strive to get even more than the daily recommended intake of potassium (but should get their doctor's approval first).

While we don't know if the need for potassium increases with age, we do know that the risk of high blood pressure does, making it even more important to get plenty of potassium from foods. Ironically, many medications that are prescribed to treat high blood pressure, such as some diuretics, actually deplete the body of potassium, increasing the need for this vital mineral even more.

Selenium

Recommended Intake: Men and Women:
55 micrograms a day

Selenium is another antioxidant miracle worker, helping to protect against cancers of the colon, prostate, and lungs while boosting your immune system. Because the risk of cancer increases with age, it's important to get enough selenium to minimize your risk.

Selenium works in two major ways to fend off the disease-causing damage of free radicals.

It works side by side with vitamin C, sparing the vitamin while it shares the antioxidant burden. It also is needed for the production of an enzyme called glutathione peroxidase, which is a key player in the body's sophisticated defense system. Fortunately, selenium is easily absorbed.

However, that absorbability also makes it easy to consume too much, especially if you take a supplement. Experts recommend that you not get more than 400 micrograms a day.

Chromium

Recommended Intake: Men: 30
micrograms a day; Women: 20
micrograms a day

Chromium stimulates the action of insulin, the hormone that helps blood sugar gain entry into the cells. The mineral is also needed for the body to properly metabolize fat and to keep blood levels of cholesterol and triglycerides in check. As you age, chromium levels in the body drop, which may contribute to higher blood sugar levels.

Some evidence has shown that people with diabetes have a lower level of chromium in the body -- making chromium a mineral to watch in your diet. Unfortunately, there are some obstacles to getting adequate chromium,

good for your health, in that it can interfere with your body's ability to absorb the zinc in your diet. But if you take too much zinc, you can actually suppress your body's ability to fight infection and negatively affect your sense of taste, and researchers now recognize that older people may be more vulnerable to chromium depletion.

First of all, eating a lot of refined carbohydrates, such as those found in candy, cookies, cakes, and soft drinks, depletes your body's chromium stores. If you're a fan of sweets, you'll need to change your ways to ensure you're making the most of the chromium in your diet.

Secondly, a decrease in chromium stores seems to occur with age. Finally, some medications may cause a depletion of chromium. All these factors combined

make it difficult to maintain an adequate level of chromium in the body.

Zinc

Recommended Intake Men: 11 milligrams a day; Women: 8 milligrams a day. Zinc is one busy mineral! Not only is it involved in the metabolism of carbohydrates, fat, and protein, it also plays an important role in the production of DNA, the blueprint for every cell in the body. And it's a part of the structure of insulin, making it crucial for regulating blood sugar levels.

Zinc is also essential for wound healing and for maintaining your immunity.

KEY TO A LONGER LIFE MAY LIE IN FASTING

People have been fasting for years to lose weight, but could there be a link between the length of fasting and how long they live?

A recent study by the National Institute on Aging suggests intermittent fasting could be the key to longevity.

A group of scientists from the NIA, the University of Wisconsin-Madison and the Pennington Biomedical Research Center in Louisiana found that increasing time between meals improved the overall health of male mice and lengthened their lives compared to mice that ate more frequently. Perhaps even more

surprisingly, the health benefits were seen regardless of what the mice ate or how many calories they consumed.

"This study showed that mice who are one meal per day, and thus had the longest fasting period, seemed to have a longer lifespan and better outcomes for common age-related liver disease and metabolic disorders," said NIA Director Richard Hodes. He said the "intriguing results" in the animal model deserve a closer look.

The researchers suggest the findings could translate into longer, healthier lives for people. "Prolonged, daily fasting times could help improve health and

survival for humans," said the study's lead author, Rafael de Cabo.

"But scientists are working to find out how long you need to fast every day to see some of the benefits seen in the animals. That's the next big question to answer."

He also said that there were no obvious negative side effects to the rodents' fasting and that the mice who chowed down once a day lived up to 40 percent longer than the ones that had access to food around the clock.

10 WORRIES OLDER AMERICANS FACE: HOW DO YOU COMPARE?

By Tom Sightings, Contributor--July 20, 2015

The National Council on Aging has conducted a survey of Americans age 60 and over, along with various professionals who work with the elderly, to assess the concerns and needs of America's aging population. As you might expect, many of the issues revolve around finances and health. But what is especially interesting is that the professionals, ranging from doctors to counselors to credit union managers, often expressed different views from regular people when it comes to issues that should be addressed. Here are ten significant findings from the survey:

1. Maintaining good health. People are focused on maintaining their physical and mental health as they get older, and are particularly concerned about memory loss. Professionals are more worried about the financial lives of seniors as well as the accessibility of affordable housing.

2. False confidence. Older people have more confidence in themselves than professionals do. Only 10 percent of professionals think that seniors are "very prepared" to face old age, while over 40 percent of seniors feel they are reasonably well prepared for what lies ahead.

3. Staying in your current home. Almost 60 percent of seniors have not changed residence in the last 20 years, and 75 percent say they "intend to live in their current home for the rest of their lives." However, the majority of seniors say they would like to see more services available to help them adapt their homes for their developing needs. Many people admit that they will need help maintaining their homes, but most of them do not believe that their communities have the ability to help them out.

4. Sudden bills. Seniors worry about the constantly increasing cost of living, as well as a sudden and unexpectedly large medical expense. Professionals agree that an unexpected medical problem is the biggest problem.

5. Cutting costs. When looking to save money, people turn to senior discounts and try to limit expenses involving travel and to limit expenses involving travel and vacation. Professionals take a longer term perspective. They recommend that more people consider working beyond retirement age to shore up

their finances, and then take some serious steps to reduce their biggest ongoing expense, which is the cost of housing concern for an aging population.

6. Social ties. Many seniors complain about their tenuous financial position and their declining physical health. But most report that they are happy with their family and friends, as well as their housing situation.

7. Giving up driving. Many people anticipate that they will have to give up driving as they get older, and so they want access to better public transportation. About a third of those surveyed said that providing better public transportation is the single most important thing their community could do to make it easier for them to get around.

8. Mental health. Everyone agrees it's important to exercise and eat healthy as we get older. It also helps to keep a positive attitude and stay active socially.

9. Social support. Some 60 percent of those surveyed say that young people today are less supportive of older people than their own generation was in previous years. Fewer than half of those surveyed say that their community is doing enough to fulfill the needs of retiring baby boomers.

10. Financial security. Only about one in five people believe they will need support managing their finances as they get older. But professionals think otherwise. They say most older people will need help figuring out their finances, especially when it comes to medical bills.

A WALKING CLUB SPECIAL: WHY I WALK

by Mary Braunagel

I could say I enjoy walking, but that's not completely true. I get up on the days I plan to walk wishing I hadn't signed up for this "Strollers" walking group. (Strollers start with Gentle Walkers on Tuesday Mornings at Lake Ella.) It hurts, I'm special. Then I get there; sometimes it feels exhilarating by the end, but not always. Sometimes it is just hard.

I could say I love getting out in the fresh air; the outdoors is my church! That would be closer to the truth, but the real reason is my desire to stay young. Not young exactly but

fit and active. I know if I don't exercise, my joints will freeze and I will not be able to get in boats, climb narrow stairs in lighthouses,

keep up with tour groups in foreign countries, scoot on my butt in prehistoric caves, go on zip lines or hanging bridges.

If I don't walk now, I'll have no one but myself to blame if I get too tired to contra dance, too tired to kayak, too tired to take a 9:00 a.m. class, too tired to do anything besides watch the insidious TV.

Walkers are OK people too. The monotonous rhythm frees up your tongue so you jabber like a social butterfly. I'd have never gone to the Bradfordville Blues Club if not for the walkers. I'd never go to the presentation on the History of the Bridal

Gowns if not for the walkers or participate in city wide walk/runs for causes. Avis Berry, the Riley house, League of Women Voters....the list goes on....

That's why I walk with the Walking Group!

For publication in the OLLI times send your information to George and Harriet Waas
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Do you have an idea for a class?
Please submit any ideas for future OLLI classes and instructors to
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