



OLLI TIMES

NEWS AND INFORMATION FROM THE MEMBERS AND STAFF TO THE MEMBERSHIP

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APRIL-MAY 2018

OLLI'S NEW OFFICERS INSTALLED AT ANNUAL PICNIC

Cindy Foster, John Kilgore and Harriet Waas are the new OLLI officers. They were installed at OLLI's annual picnic on April 6 at the FSU Reservation.

Cindy is president, John is first vice president, and Harriet is second vice president. New members of the advisory council are **Michael Dodson, Karyn Hornick** and **Denise Zabelski-Sever**. Michael is the OLLI Facebook administrator and a previous member of the council. Denise is the social committee chair and in charge of the weekly Get Happy with OLLI. Karyn chairs the walking club.

As president, Cindy is chair of the advisory council and, in conjunction with the director, guides the business of OLLI. As first vice president, John manages the activities calendar and chairs the special interest groups/clubs. As second vice president, Harriet is responsible for

selecting class hosts and chairs the Membership Satisfaction Committee. All three serve on the Curriculum Committee.

Randy Soule was selected as Volunteer of the Year.

Recipients of the \$1,500 scholarships are Rachel Schneider, Sarah Rakes and Brittany King. Rachel's major area of interest is gerontology and has been a volunteer at Westminster Oaks. Sarah is a licensed clinical social worker and a second year doctoral student whose interest is promoting healthy aging; she has worked with older adults for 10 years. Brittany was not in attendance at the picnic because she was presenting a paper on her master's thesis at a national sociological conference, but agreed to speak to OLLI about her work that is germane to the OLLI community this fall. Last year's recipient, Alex Kemp, returned to express appreciation and provide an update on his research and future plans.



OLLI's officers for 2018--**Harriet Waas**, Second Vice President (left), **John Kilgore**, First Vice President (center) and **Cindy Foster**, President (right)

OLLI ANNOUNCES A NEW "KEEPER OF THE VOLUNTEER HOURS"

In addition to her duties as OLLI Second Vice President, Harriet Waas has taken over the role of "Keeper of the OLLI Volunteer Hours" and is asking for the help of all volunteers. "OLLI volunteers are the lifeblood of our organization and I am asking for all volunteers to send in their hours each month to my email address, waas01@comcast.net," she said.

"I have the names and email addresses of many, but not all, volunteers. I am currently building a data base of volunteers and want to be able to count every volunteer hour. Once you contact me, I will add you to the volunteer data base and then send you a reminder every month so that you can report your volunteer hours.

Over 25,000 volunteer hours have been reported from 2013 to the end of 2017, with 4,336 hour reported for 2017 alone.

The effort of all our volunteers deserves to be recognized and no effort is too small to ignore. "Thanks, in advance, for helping me fill the VERY BIG shoes of Myra Hannah," she said.

Volunteer hours are important because the Osher Foundation, which provides partial funding for the many OLLI organizations throughout the country, requires a demonstrated and continuous showing of volunteer participation in order to secure funding from the foundation.

OLLI bids a fond farewell to Myra, "Keeper of the OLLI Volunteer Hours," for the past seven years. A heartfelt THANK YOU for all of Myra's hard work and wishes for the best of everything is sent to Winston-Salem, North Carolina, Myra and Bob's new home!

VIETNAM VETERANS RELIVE HISTORY IN VIETNAM WAR CLASS



RELIVING HISTORY--History Prof. Dr. David Proctor had a rare treat in teaching his Vietnam War class at OLLI during Spring Semester. Seven Vietnam Veterans took the class and supplemented Prof. Proctor's instruction with real-life experiences. The "magnificent seven" who shared their experiences are (left to right) Robert P. Davis, U.S. Army; Lorin Krueger, U.S. Air Force; Sam Adams, U.S. Army; Randy E. Soule, U.S. Air Force; Ben Girtman, U.S. Navy; Woody Lewis, U.S. Air Force; and Jerry Lee Armstrong, U. S. Navy. Dr. Proctor is standing between Ben Girtman and Woody Lewis. Thank you for your service!

FRIENDSHIP FORCE ANNOUNCES MEETING, TRAVEL PLANS FOR THE FALL

The next meeting of the Friendship Force will be Friday, May 11th 3:00 p.m. at the Northeast Library on Thomasville Road.

A mini two-day, three-night visit from the Friendship Force Club at The Villages in early October 2018 will give OLLI members an opportunity to get involved with home hosting for a shorter duration visit.

"The Friendship Force has received its 2019 announcements for international inbound and outbound journeys. In July

2019, we will have a travel excursion to two clubs in Brazil near São Paulo, Campinas and Belo Horizonte. There is also an optional visit to the Iguazu Falls. A New Jersey club is getting ready to do this trip in May 2018 and has been forwarding some useful tips about visas, required medical shots and optional trips," Wendy Johnson said.

"In November 2019 we will welcome a club from Mexico, Mundo Maya de

Tuxtla Gutierrez, that will also visit a friendship force club in Sarasota for one week. We would welcome help from our Spanish speaking OLLI members to insure

the success of this trip," she added. To receive more information or to volunteer, please email Wendy Johnston at email mrswendyjohnston@gmail.com.

OLLI MEMBERS ENJOY AN EVENING WITH MAC ARNOLD AND HIS GAS-CAN GUITAR AT BRADFORDVILLE BLUES CLUB

OLLI members who recently visited the famous Bradfordville Blues Club were entertained by legendary Blues guitarist and singer Mac Arnold, along with his band, Plate Full O' Blues.

The club, known as the BBC, is Florida's only site on the National Blues Trail. This historic, one-room cinder block "juke joint" is the site of performances by an impressive list of nationally renowned Blues artists, including Bobby Blue Bland, Duke Robillard, Big Daddy Kinsey, Lavelle White and, on March 16, Mac Arnold.

Arnold, 75, began his musical career in the 1950s when he and his brother fashioned a guitar from a steel gas can, broomsticks, wood, nails and a screen wire. He has since become famous for the gas-can guitar and has taught many others how to make them. Over his long career, he has worked with James Brown, Muddy Waters,

B.B. King, and The Temptations, and was part of the set band on the TV show, Soul Train. In 2006, he fronted his own band, Plate Full O' Blues. He was inducted into the Alabama Blues Hall of Fame in 2017.

"The OLLI members who attended enjoyed a fabulous evening of Blues," George Waas said. "The BBC is a remarkable venue for great music by legendary artists," he added. He and his wife, Harriet, have attended each of the last several BBC events through OLLI. "It's just a great way to spend an evening listening and dancing to great American music, tapping our feet and the top of our table," Harriet said.

John and Linda Kilgore echoed their praise for Mac Arnold, Plate Full O'Blues and the BBC. "It's the type of music that you can't sit still for," Linda said. "We had a great time," John said.



Legendary Blues guitarist-singer Mac Arnold entertains the BBC audience with his gas-can guitar (left) and his more traditional guitar (right), along with his band , Plate Full O'Blues.



Mac Arnold poses with his likeness at the BBC during his performance on March 16.



...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:

WHO PROVIDES CARE TO OLDER AMERICANS NEEDING ASSISTANCE?

By Dr. Anne Barrett, Professor of Sociology and Director of Pepper Institute on Aging and Public Policy

Most older Americans with long-term care needs rely solely on their families – especially the women in them. Research shows that over two-thirds of people providing this unpaid care are women. The typical family care provider is a forty-nine year old woman who’s cared for her widowed mother for about 4 years. She gives 20 hours of care a week – helping with errands, housework, and home repairs. She’s also employed – and spends nearly seven thousand dollars a year, out-of-pocket, on care giving expenses.

On top, a third provide care for more than one older adult. Such care is estimated to be worth four hundred seventy billion dollars a year – four times more than the long-term care spending by Medicaid – the only government program providing any long-term care. As a result, women are left providing the lion’s share of unpaid care for older family members.

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



EDEVICE CLUB SETS PLANS THROUGH THE SUMMER

The Edevice club is in full swing with plans to continue through summer. The club meets weekly at 9:30-10:30 a.m. Mondays and Thursdays alternatively, at Domistation, 914 Railroad Ave, 32310 (first and third Mondays) and Mulligan Park, 1800 Hermitage Blvd, 32308 (second and fourth Thursdays).

"Edevice is a self-supporting club where we help each other with practical features of devices like iPhone, iPad, windows, iOS. If you feel you are stuck with your devices and need to troubleshoot, come in and get help. No matter what your expertise level, come share and increase knowledge with the group," Manju Kundra said.

"Topics covered so far are: calendar, Google drive, iCloud Drive, advanced notes features (syncing), WhatsApp, online public library access, etc. Apple and Best Buy representative gave us detailed comparison of their product models," she added.

"Future topics include IRS2Go (refund status), medical portals, SIRI (voice assistant), photo editing, zoom chat and whatever the team wants. We are planning to address accessibility features like text to speech conversion and many other advanced features," she noted. If you want to be added to club meeting announcements, please send an email to OLLIEdevice@gmail.com.

READING CLUB CHOOSES BOOKS FOR 2018-2019; NOVEL ABOUT ROBERT LOUIS STEVENSON CHOSEN FOR MAY MEETING

The nomination deadline has passed, the election procedure will follow, and at our next meetings on May 9, the list of "winners" for the 2018-19 Book Club reading list will be announced.

Our book for May is Under the Wide and Starry Sky by Nancy Horan. Her second novel tells the improbable love story of Scottish writer Robert Louis Stevenson and his tempestuous American wife, Fanny. At the age of 35, Fanny has left her philandering husband in San Francisco to set sail for Belgium—with her three children and nanny in tow—to study art. It is a chance for this

adventurous woman to start over, to make a better life and to pursue her own desires. Not long after her arrival, tragedy strikes, and Fanny and her children repair to a quiet artists' colony in France where she can recuperate. Emerging from a deep sorrow, she meets a lively Scot, Robert Louis Stevenson, ten years her junior, who falls instantly in love with the earthy, independent, and opinionated "belle Americana."

Please join us in May at the Leon County Library downtown at noon or at the Westminster Oaks Pool Clubhouse at 4:00.

CULTURE AND ARTS REFLECTS ON SUCCESSFUL YEAR; SEEKS IDEAS FOR FUTURE EVENTS

OLLI has had an eventful semester of culture and arts! From the circus, to the concert hall, to the theatre, OLLI members have enjoyed a variety of entertainment events. As we begin our planning for next fall and beyond, we would love to hear from YOU about what you and your fellow members would enjoy, along with any concerns you might have about things like price range, parking, performance hours, etc. Please share your thoughts with Committee Chair Jan Smith via email to: jansmith1642@gmail.com.

In addition, if you are interested in being a coordinator of one or more culture and arts events, please let Jan know that as well. Event coordinators do not have to be on the committee; rather, a coordinator would be an OLLI member already signed up for an event who would be able to do things like welcome their fellow OLLI members to the event, hand out tickets, or check in the OLLI attendees, or whatever might be needed onsite. This would be worked out between the committee member and the volunteer coordinator.

SPECIAL TO THE TIMES

WHY DO WOMEN LIVE LONGER THAN MEN?

Across the industrialized world, women still live 5 to 10 years longer than men. Among people over 100 years old, 85% are women, according to Tom Perls, founder of the New England Centenarian Study at Boston University and creator of the website LivingTo100.com. Time.com asks him why.

One important reason is the big delay — and advantage — women have over men in terms of cardiovascular disease, like

heart attack and stroke. Women develop these problems usually in their 70s and 80s, about 10 years later than men, who develop them in their 50s and 60s. For a long time, doctors thought the difference was due to estrogen. But studies have shown that this may not be the case, and now we know that giving estrogen to women post-menopause can actually be bad for them.

One reason for that delay in onset of cardiovascular disease could be that

women are relatively iron-deficient compared to men — especially younger women, those in their late teens and early 20s — because of menstruation. Iron plays a very important part in the reactions in our cells that produce damaging free radicals, which glom onto cell membranes and DNA, and may translate into aging the cell. In fact, in our diets, red meat is the main source of iron, and lack of iron is probably one major reason that being vegetarian is healthy for you. There was a very good study looking at the intake of red meat and heart disease in Leiden in the Netherlands: in regions where people didn't eat red meat, those populations had half the rate of heart attack and stroke compared to the populations that did eat red meat.

Another more complicated possibility [for women's longevity] is that women have two X chromosomes, while men have one. (Men have an X and a Y.) When cells go through aging and damage, they have a choice in terms of genes — either on one X chromosome or the other. Consider it this way: you have a population of cells, all aging together. In some cells, the genes on one X chromosome are active; in other cells, by chance, the same set of genes, with different variations, are active on the other X chromosome. Don't forget, we all have the same genes — the reason we differ is because we express different variations of those genes, like different colors of a car. Now, if one set of variations provides a survival advantage for the cells versus another, then the cells with the advantage will persist while the other ones will die off, leaving behind

more cells with the genes on the more advantageous X chromosome. So, in women, cells can perhaps be protected by a slightly better variation of a gene on the second X chromosome. Men don't have this luxury and don't get this choice.

It's very unclear [how big an effect that could have]. I've seen men who have done horrendous damage to themselves over time with smoking and drinking and who still get to 100 and older — though that's very, very rare. They might have the right combination of some really special genetic variations that we call "longevity enabling genes" — which we're on the mad hunt for. Meanwhile other individuals may do everything right and only make it into their 80s. That may be because they have what we call "disease genes," some genetic variations that are relatively bad for them. Now some of these [disease genes] may be on the X chromosome, [meaning that women who have the second X chromosome with which to compensate, would have an advantage]. But it's really still a very complicated puzzle to tease out.

[There are a few other reasons that men die earlier in life more often than women.] Men in their late teens and 20s go through something called "testosterone storm." The levels of the hormone can be quite high and changeable, and that can induce some pretty dangerous behavior among young men. They don't wear their seatbelts; they drink too much alcohol; they can be aggressive with weapons and so on and so forth. These behaviors lead to a higher death rate.

Another area where we see higher death rates among men is among the depressed — especially older men. If they attempt suicide, they are more likely to succeed than women.

Overall, about 70% of the variation around average life expectancy — [just over 80 for women and just over 75 for men in the U.S.] — is probably attributable to environmental factors — your behaviors and your exposures. Probably only 30% is due to genetics. And that's very, very good news. There's so much we can do. Most of us should be able to get into our late 80s. What's more, to get to older ages, like the centenarians, you are necessarily compressing the time you're sick to the end of your life. It's not a case where the older you get, the sicker you get. It's very much the case that the older you get, the healthier you've been.

But, in general, there are maybe three fortunately shrinking, since men are things men do worse than women. They smoke a lot more. (That gender gap is smoking less and less.) They eat more food that leads to high cholesterol. And, perhaps related to that, men tend not to deal with their stress as well as women. They may be more prone to internalizing that stress rather than letting go — though that's a fairly controversial point. Nonetheless, stress plays a very important role in cardiovascular disease.

CORRECTION TO ANNOUNCEMENT IN MAY CATALOG. The OLLI TIMES will begin publishing around the first of each month beginning in October, with deadline changes in September.

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



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