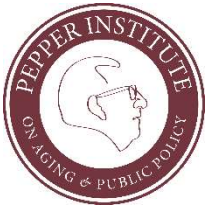



OLLI TIMES

NEWS AND INFORMATION FROM THE MEMBERS AND STAFF TO THE MEMBERSHIP

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AUGUST 2019



...FROM THE PEPPER INSTITUTE

HOMELESSNESS AND AGING

How many older Americans are homeless?



by Anne Barrett, Director of Pepper Institute on Aging and Public Policy

The aging of our homeless population is increasing at an unprecedented rate. In 1990, about ten percent of the homeless population was over 50.

Today, it is thirty percent. Why this growth in the homeless elderly? Several economic trends are at play.

Housing costs, along with other necessities, like prescription drugs, have increased dramatically – while wages have stagnated, especially for low- and moderate-income workers.

The average home price has more than quadrupled since 1980, and median rent has doubled. Meanwhile, the average wage after inflation hasn't

budged in four decades. Another contributing factor is the limited supply of affordable housing. An estimated nine people are waiting for every one unit of affordable senior housing -- and the wait can last five years or longer. All these factors converge to make the likelihood of homelessness a very real possibility for many of the nation's older adults.

THE PRESIDENT'S CORNER

John Kilgore, President, OLLI Members Advisory Council
kilgorejhn@comcast.net



Hey everybody! Summer is the time for travel. If you don't believe me, go

to any gathering of OLLI members. Travel is the number one topic OLLI

provides several opportunities for travel.

Our chapter of Friendship Force has been growing in leaps and bounds. Friendship Force is an international organization that facilitates cultural visits by its members to other chapters in the US and 65 other countries.

Members both visit and host other members in a home hosted environment. Friendship Force will be meeting over the summer to prepare for a visit from the club from Mundo Maya de Tuxtla Gutierrez, Mexico in Tallahassee 10-16 November 2019. It will be a good time to practice your Spanish. Contact: Wendy Johnston (mrswendyjohnston@gmail.com).

The OLLI Travel Club also plans travel for the OLLI members. They arrange medium sized trips in the US, Canada, and Europe presently and may expand. There are usually two opportunities to travel with your OLLI friends during the year.

This summer they toured Ireland and last December Linda and I travelled with them to Iceland. They also meet here and have “Armchair Travel” meetings where Members give presentations on their travels.

Contact: George and Harriet Waas(waas01@comcast.net).

There is also the OLLI abroad program. These trips are run by the OLLI staff and take advantage of the FSU Campuses abroad when possible.

The trips are two weeks long in the summer, primarily in one location, and include a local instructor who conducts on-the-ground lectures in art, architecture, and history.

This year’s trip was to Italy with Bill Walter. Debra and Arlene Pabon are working on the summer 2020 trip to Greece. Contact: Debra Herman (dherman@fsu.ed.

CLUB NEWS

OLLI FRIENDSHIP FORCE SETS NEXT MEETING; ANNOUNCES VISIT FROM MEXICO; SEEKS BROADER INVOLVEMENT

Next meeting: Tuesday August 13 at 6 PM at Westminster Pool house, bring a covered dish for our pot luck social. Contact Jane Hudson, social chair, for more information, Email jhudson_98@yahoo.com Website: www.friendshipforce.org

Friendship Force is a non-profit cultural organization focused on promoting understanding, cultural education and citizen diplomacy through homestay trips and personal friendships. They are based in more than 60 countries and in six continents, with 15,000 active members and over 300 trips taking place each year. Through these exciting personal encounters, strangers become friends – and by experiencing different views, you can discover common ground.

The programs bring diverse people together into each other's cultures and homes to share one-of-a-kind experiences not available to regular tourists. By sharing a home, meals, conversation and everyday experiences, people become friends, seeing beyond governments and borders into the heart of a country and

its people. By combining home hospitality with cultural exploration, a new level of understanding is reached. ALL OLLI members are automatically members of Friendship Force as a benefit of your OLLI membership fee.

November 10-16, 2019 members from Mexico will be visiting.

How to get involved:

1. Be a home host. A member of the visiting club will stay in your home and you will be responsible for providing breakfast each morning. You also will join your guest during the week on the events planned each day around the Tallahassee area. You will be invited to participate in the welcome, farewell and also the small dinners which are provided by OLLI members for you and your guest.

2. Be a day host. A day host helps out the home host by taking their guest for a day when the home host has another obligation which prevents them from participating in the day's activities. This is a great way to get involved on a more limited basis. As you can

imagine, it's difficult sometimes to completely free your calendar up for a 6-day visit. Day hosts are a vital part of our program in Tallahassee.

3. Small dinner host. During the visitors stay, we try to give them the opportunity to meet other OLLI members. OLLI members are asked to host between 2-6 people (visitors and their home host) for a dinner in their home to facilitate friendships in a small group setting.

4. Translators. We need help translating. Practice your Spanish and be a part of this experience. ALL OLLI members are automatically members of Friendship Force as a benefit of your OLLI membership fee.

It takes a lot of OLLI volunteers to make this program successful.

WE NEED VOLUNTEERS Please contact Wendy Johnston at mrswendyjohnston@gmail.com.

OLLI WALKING CLUB SETS FALL FIELD TRIPS

The OLLI Walking Club is offering two hikes this fall. Many thanks to two outstanding members of the walking club for organizing them, Debbie Justice and Marie Clewis.

Debbie Justice, a member of the Florida Trails Association, is leading us on the Fort Braden Trails Hike in the Lake Talquin State Forest. The trailhead is off the Blountstown Hwy. (SR20).

This is a beautiful hike along the lakeshore. The mess created by Hurricane Michael stopped us from going there earlier this year.

Here's hoping we don't have another hurricane before the November 8th field trip date.

Marie Clewis has organized a guided hike on November 18th with a naturalist at St. Marks Wildlife Refuge. We will follow the trail to the Cathedral of Palms and the Shepherd Spring. I was on this hike when OLLI offered it before, and I highly recommend it. Our guide was so knowledgeable, and it's a truly beautiful area -- one which I think would be difficult to find without a guide.

You'll find more details of the hikes when the fall catalog comes out. Both of these hikes are described as moderately strenuous. If you are not sure about your hiking abilities, you can always join the Walking Club. That way, you can get in some practice before November.

CULTURE AND ARTS COMMITTEE OFFERS A CULTURE AND ARTS KALEIDOSCOPE FOR THE FALL

In our ongoing efforts to expose OLLI's to the great variety of culture and arts events to be found in our fair city, your Culture and Arts Committee presents a veritable kaleidoscope of offerings for the Fall semester!

Experience everything from a walk among the art downtown, to a tour of the magnificent handmade quilts at Museum of Florida History, to a walk back in time at Mission San Luis!

Love music? We have it all, from Baroque to the Blues, delivered on period instruments by the Bach Parley,

or electrically, blues-style, by The New 76-ers, or vocally by a mighty 200-voice chorus singing Mozart! Visit the Roaring 20's via "Chicago," the hit musical presented by the FSU Theatre!

Always dreamed of painting a masterpiece, but didn't know how? We're going to "Paint with a Twist," where we will realize that dream, with wine!! Who knows what masterpieces will emerge!! Check it all out in the Fall catalog of classes and activities, coming soon!!

CURRICULUM CHAT

by Susan Yelton
Chair, OLLI Curriculum Team

By the time you read this column, the OLLI Course Catalog will be headed to the printer. It looks like it will be mailed out on August 22. Some great courses will be offered as well as field trips/cultural events.

Summertime is when I sit at the computer and think about Spring 2020. I can't believe it is time for me to find instructors for the Spring program! While I do spend a lot time contacting

instructors, I also have some behind the scenes OLLI helpers.

Some of you who read this column may not know that the past presidents of OLLI meet once a year and continue to contribute to OLLI. We just had our annual meeting and devoted it to curriculum issues. I got some great suggestions and assistance meeting with potential faculty.

There is a saying that I think is attributed to Gen. Arthur MacArthur: “Old Soldiers Never Die: They Just Fade Away,” but in the case of your past presidents, they are still very active and continue to provide leadership for the OLLI program.

A little history about your past presidents and curriculum.... There was a time I can remember when we had only six classes a semester; the years of The Academy. During those years, Director and Program Director selected the classes for us. Then there was the year, during Ruth Cates’ term as President, when she had to put together the program without any assistance. Moving forward, it was during Nancy O’Farrell’s term that she suggested we needed a member representative for curriculum. And, during my outgoing year as President, Debra Herman became our Director and we created the current team concept.

Back to our past presidents meeting... Ramona Bowman is my “go to” for music. Her good friend is Dean Patricia Flowers of the College of Music. We can thank Ramona for most of the music proposals we received during the last few years. They were great proposals but more than we could schedule. The good news is that we do hold over proposals when they can’t fit into the program.

It makes a difference to have someone who has personal contact with the Deans of the Colleges. Frank Alarcon

has a personal relationship with the Dean of the College of Social Work and we are planning to meet with him during the next few weeks. Not sure what the College has to offer, but you never know unless you ask.

And, I can’t imagine the curriculum program without past president Carroll Bewley. He always says he is “my legs” because he will follow up on some of my contacts and meet with instructors such as Jonathan Grant and Dave Gussak. Carroll has worked for two years to get Dr. Grant to teach for us again. Many years ago, he taught a wonderful class about “The Stans.” During the Fall schedule he plans to teach the History of Russia.

Fran Conaway brought us the MAD HATTER class instructor and I could go on and on but what I want to say is that you don’t have to be a past president to be part of the curriculum conversation. If any of you who are reading this column have a personal contact with FSU/FAMU/TCC faculty who you would recommend, please let me know. Either I will contact them or Debra or Terry will. One of our favorite instructors, Rabbi Jack Romberg, has retired and moved out of town. Rabbi Michael Shields is now the Rabbi at Temple Israel and has reached out to us. I will be meeting with him during the next few weeks. He is interested in continuing classes at the Temple. I’ll also be following up

with Stephanie Posner, the Temple's music director. Last year she suggested a class on Jewish composers, i.e. Irving Berlin, etc. Her proposal is one of many in the music category we had to hold over.

As a curriculum team, we do try to combine classes of interest and also try to complement the cultural arts and field trip program with classes. For those of you who like photography and nature, you might think of combining the following classes, if they fit your schedule. Deana is offering several computer science classes on photos; Brian Lloyd has a class about digital photography for birds and butterflies; and Sunny Phillips will have a bird watching class on two Saturdays. Some of those classes will have limited enrollment.

Another thought about combining a class with an activity is to consider paring the class on Napoleon with a visit to the Strozier Library. FSU has one of the largest collections in the world of material relating to Napoleon and the French Revolution. They also have a unique institute for graduate study about Napoleon. As OLLI members, we have access to Strozier, but need to make a request to see the special collections. If the field trip committee has not arranged a visit to the Napoleon Collection, I'll poll those in Don Barry's class and make arrangements.

This summer, we have had some wonderful trips abroad and it looks like next year will also bring us new adventures.

We have received several great class proposals that will get us ready for the trip to Greece or for anyone who wants to learn more about Ancient Greece and its contribution to society, culture and politics.

I'm still hopeful we can get Lee Metcalf to teach a class on Croatia. Collette will offer the trip to Croatia in August 2020. The last time Lee taught was many years ago. The class was about the break-up of Yugoslavia. Every year I try to get her to teach but she stays busy with her international students.

I'll keep trying and maybe I can get her to agree to a short course for us if she can't commit to a six-week class.

The Inclusivity Committee also has a Spring trip planned. I'll be coordinating with them and Debra about classes.

Hope all of you are enjoying the remaining days of our hot summer. See you in the Fall.

SPECIAL TO THE TIMES

FIGHTING CHRONIC INFLAMMATION IN SENIORS THROUGH DIET

There are two types of inflammation: acute and chronic (sometimes called systemic) inflammation. Acute inflammation arises after a cut or scrape in the skin, an infected ingrown nail, a sprained ankle, acute bronchitis, a sore throat, tonsillitis or appendicitis.

It is short-term and the effects subside after a few days.

Chronic inflammation is long-term and occurs in “wear and tear” conditions, including osteoarthritis, and autoimmune diseases, such as lupus and rheumatoid arthritis, allergies, asthma, inflammatory bowel disease and Crohn’s disease, Walker said. Habitual or environmental factors, such as excess weight, poor diet, lack of exercise, stress, smoking, pollution, poor oral health and excessive alcohol consumption can also lead to chronic inflammation.

The promise of longevity and healthy aging: seniors and their caregivers (and lots of others) are constantly on the lookout for the next great thing, including foods or beverages, carrying that label.

Many of our senior loved ones and their caregivers have heard about a recent diet that promises to reduce the inflammation often linked to chronic diseases of aging, such as Alzheimer’s disease, diabetes, heart disease and arthritis. While we do know that chronic low-grade inflammation is unhealthy, the research is still lacking to prove that there is a diet that will reverse inflammation.

Many popular diets are encouraging seniors to eliminate whole food groups to help prevent inflammation. This practice is not recommended by health professionals as it can be harmful and carries no proven benefits.

What we do know that can be healthy for seniors as they age

1. Eat plenty of fruits and vegetables – fresh and frozen varieties to build a rainbow
2. Eat fish, fish oil supplements and walnuts to get adequate amounts of healthy fats
3. Include sources of whole grains daily
4. Include sources of lean protein and low fat dairy everyday (seniors tend to eliminate these foods just when they need them most)
5. Reduce amounts of saturated and trans fats
6. Avoid refined and overly processed foods
7. Drink alcohol only in moderation
8. Spice up your meals with seasonings other than salt

Here is additional information on anti-inflammatory diet and foods

Anti-inflammatory diets have become popular in recent years. Hard evidence is lacking regarding the effectiveness of these diets in reducing inflammation, according to the Mayo Clinic, but the principles of an anti-inflammatory diet are healthy ones.

The recommended foods are typical of a Mediterranean diet and include eating more fish, fresh fruits and vegetables and healthy fats; eating moderate portions of nuts; eating very little red meat; and drinking moderate amounts red wine.

Ximena Jimenez, a Miami-based nutritionist and national spokesperson for the Academy of Nutrition and Dietetics, said consuming omega-3 fatty acids is important. “Anti-inflammatory food components, such as omega-3, protect the body against the possible damage caused by inflammation,” she said. On a cellular level, omega-3 fatty acids inhibit an enzyme that produces prostaglandins, which trigger inflammation. It’s similar to how aspirin works.

Nutritionists also recommend incorporating more of the following foods into your diet:

- **Cold-water fish:** These are among the best sources of omega-3 fatty acids. Jimenez recommended salmon, herring, tuna and mackerel and advised consuming two or three servings (about 12 ounces or 340 grams) per week.
- **Avocados:** “Avocados have great anti-inflammatory properties,” said Laura Flores, a San Diego-based nutritionist. They contain “phytosterols, carotenoid antioxidants, omega 3 fatty acids and polyhydroxolated fatty alcohols” — compounds that can help reduce inflammation. A 2013 study in the journal Food & Function found that people who ate a hamburger with avocado had lower CRP levels four hours after eating than those who did not.

- **Broccoli and other cruciferous vegetables:** Broccoli, Brussels sprout, kale and cauliflower and other green leafy veggies contain sulforaphane, which is associated with blocking enzymes that are linked to joint deterioration and, consequently, chronic inflammation, according to Victoria Jarzabkowski, a nutritionist with the Fitness Institute of Texas at the University of Texas at Austin. Sulforaphane also may be able to prevent or reverse damage to blood vessel linings caused by chronic blood sugar problems and inflammation.
- **Watermelon:** Watermelon contains lycopene, a cellular inhibitor for various inflammatory processes. It also works as an antioxidant to neutralize free radicals. Additionally, watermelon contains choline, which helps keep chronic inflammation down, according to a 2006 [article](#) published in *Shock* medical journal.
- **Walnuts and other nuts:** Jimenez said that these are another great source of omega-3 fatty acids.
- **Onions:** Their anti-inflammatory properties have made them a popular home remedy for asthma for centuries. Onions are a good source of quercetin, which inhibits histamines known to cause inflammation, according Jimenez.
- **Olive oil and canola oil:** Jimenez recommended using these as primary cooking oils, because they are a good source of omega-3 fatty acids.
- **Berries:** According to a review in the [Journal of Agricultural and Food Chemistry](#), polyphenol compounds, particularly anthocyanins, which produce dark red pigments, moderate inflammation.
- **Whole grains:** Whole grains like brown rice, quinoa and bulgur wheat have been associated with decreased CRP levels, according to studies in the journal [Molecular Nutrition & Food Research](#) and in the [Journal of Nutrition](#). Another study in the [Journal of Nutrition](#) found that people who ate fewer whole grains actually had higher inflammation markers.
- The fiber in whole grains can help mediate inflammatory processes by helping with weight loss and feeding beneficial gut bacteria associated with lower levels of inflammation, according to the [Arthritis Foundation](#).
- **Certain spices:** The University of Wisconsin lists ginger, rosemary, turmeric, oregano, cayenne, cloves and nutmeg as possessing anti-inflammatory compounds that inhibit the biochemical process of inflammation.

Anti-inflammatory drugs

The most common anti-inflammatory drugs are over-the-counter medications such as aspirin, naproxen (Aleve), and ibuprofen (Advil and Motrin). They are used to treat fever, pain and swelling. They are often used for short-term afflictions like headaches, fevers associated with colds and flus, menstrual periods and strained or sprained muscles.

They can also be used to treat more chronic conditions such as arthritis and back pain, though often this is done at a doctor's discretion. In prescription doses, they are sometimes used for post-surgery pain relief, according to the National Institutes of Health.

These drugs are called non-steroidal anti-inflammatory drugs (NSAIDs). They work by blocking the enzyme cyclooxygenase, which produces prostaglandins, according to MedicineNet. Without cyclooxygenase, the swelling, pain and fever of inflammation do not happen. Other anti-inflammatory drugs include corticosteroids, which are often found in inhalers for people with asthma. Corticosteroids reduce inflammation and swelling by reducing the production of chemicals involved in inflammation. They reduce the activity of white blood cells, too, thereby

potentially impacting immunity, according to the Cleveland Clinic.

Scientists are researching NSAIDs as a potential treatment or prevention for cancer, but so far have not produced definitive results according to the Mayo Clinic.

People concerned with chronic inflammation should adopt diet and lifestyle changes rather than wait for drugs, which according to the Harvard Medical School, are “a long way off, bound to be expensive and will almost certainly have side effects.”

Anti-inflammatory supplements

A variety of dietary supplements are associated with anti-inflammatory responses. The Mayo Clinic advises that supplements are not regulated by the Food and Drug Administration for safety and effectiveness. With that in mind, popular supplements include:

- **Devil's claw:** This is widely used in Europe as an anti-inflammatory agent, according to the Mayo Clinic, which also said studies suggest it is effective in the short-term treatment of pain associated with osteoarthritis.
- **Cat's claw:** This herb may ease rheumatoid arthritis joint pain and osteoarthritis knee pain, but more studies are needed, according to the Mayo Clinic.

- **Turmeric:** This spice is well known for its anti-inflammatory compounds, called curcuminoids, according to the University of Maryland Medical Center.
- **Mangosteen:** The Mayo Clinic reports that mangosteen has anti-allergy, antibacterial, anti-inflammatory, antifungal and antihistamine properties.
- **Frankincense:** This is a well-known anti-inflammatory used for centuries in Ayurvedic medicine, according to the Memorial Sloan Kettering Cancer Center. It helps prevent chemical reactions involved in inflammation.
- **Willow bark:** This supplement can ease pain and inflammation, according to the University of

Maryland Medical Center. It contains salicin, a chemical similar to that in aspirin. Aspirin actually contains a chemically synthesized version of willow bark's salicin.

Until there is more research to support other more drastic changes in your senior loved one's diet, we can incorporate these healthy lifestyle changes recommended based on adequate research as part of the Dietary Guidelines for Americans.

To read more about these recommendations, you may want to read our guest posts from [NutritionForTheHealthOfIt](#).

These suggestions can help your senior loved ones feel better and be healthier as they age.

THE IMPORTANCE OF A HEALTHY WEIGHT FOR OLDER ADULTS

A quick search on weight will result in thousands upon thousands of articles focused on the desire to lose weight. Headlines such as, "Get your summer body," and "Resolve to lose ten pounds this year" are certainly attention-grabbing, however, they may also miss the mark for many senior adults.

A healthy weight is important for the prevention of health issues that are common to older adults such as

diabetes, high blood pressure, stroke, cancer, decreased immunity, and even mental health.

A healthy weight management approach is essential for senior adults. Find your ideal weight goals by learning first what a healthy weight is for someone of your age and height.

Note: Each individual should follow the advice of their medical

professionals or doctors and speak with them before making changes to diet, exercise, or supplements. This post is for informational use only and should not be considered medical advice.

Health Concerns for Underweight Seniors

While weight loss may be the first thing most people are thinking about for healthy weight goals, for some it is essential to gain weight to maintain a healthy lifestyle. Being below a healthy weight may indicate poor nutrition or depression.

Health issues that may occur in underweight seniors:

- **Vitamin deficiencies and/or anemia** – Malnutrition can cause a variety of issues such as fatigue or insomnia, teeth or bone issues, and more.
- **Decreased immunity** – Studies suggest that there is an increased risk of infection for underweight adults. They may be unable to fight colds or the flu and catch them more easily. It can also make it more difficult to recover from surgeries.
- **Osteoporosis** – Deficiencies in Vitamin D and calcium can lead to loss of bone mass and Osteoporosis, a disease that causes the increase of bone fragility and risk of fracture.

Health Concerns for Overweight Seniors

Obesity is incredibly prevalent in older populations of the United States with

over one-third of older adults weighing in as obese. The health concerns for overweight and obese seniors are also some of the leading causes of death today.

Health issues that may occur in overweight or obese seniors:

- High cholesterol
- Diabetes
- Gallstones
- Hypertension
- Heart Disease

Finding Your Healthy Weight Recommendation

One way that doctors measure the ideal weight for a person is by using the Body Mass Index (BMI). BMI is one reliable way to indicate body fat and is used to gauge whether a person is underweight, at an appropriate weight, or overweight. It's a good idea, at any age, to talk about your BMI with your doctor to make sure you understand your numbers and set healthy goals. To find out your BMI, divide your weight in pounds by the square of your height in inches, multiplied by 703.

BMI RANGE:

- 18.5 indicates being underweight
- 18.5 to 24.9 is an appropriate weight
- 25 and 29.9 indicates being overweight
- 30 and above is considered obese

While widely used, the BMI scale has also been criticized for not accounting for age or other factors. The

BMI scale may be too restrictive overall for older adults.

Research has suggested that adults over 65 near the higher end of the healthy range of BMI are actually at a lower risk for weight-related health problems than those at the lower-end of that range.

Therefore, to maintain an ideal weight, there are more numbers to think about including daily caloric intake. Daily calorie recommendations are not exact parameters to follow but are worth keeping in mind when trying to achieve or maintain a healthy weight.

Diet and Exercise for Healthy Weight Maintenance A healthful diet and regular exercise are essential to weight loss, gain, or maintenance. In addition to all of the health benefits of achieving or maintaining a healthy weight, diet and exercise can also help

boost cognition, prevent depression, and aid in achieving quality sleep. We would love for you to share some of your recipes or suggestions about how you helped your senior with diet and lifestyle changes.

Suggested Caloric Intake for Women over 50: Women who live a sedentary lifestyle should have about 1,600 calories per day. For women with average activity levels, 1,800 calories are appropriate. For those who are very active, 2,000 to 2,200 calories are recommended.

Suggested Caloric Intake for Men over 50: Those who are inactive should have about 2,000-2,200 calories per day. Moderately active men should have 2,200 to 2,400 calories.

Men who are very active should have 2,400 to 2,800 calories.

10,000 STEPS A DAY? HOW MANY YOU REALLY NEED TO BOOST LONGEVITY

ALLISON AUBREY
NPR HEALTH NEWS

New research shows that daily light walking is important for maintaining health as you age. But if you can't hit 10,000 steps, don't worry.

There's nothing magical about the number 10,000.

In fact, the idea of walking at least 10,000 steps a day for health goes back decades to a marketing campaign launched in Japan to promote a pedometer. And, in subsequent years, it was adopted in the U.S. as a goal to promote good health. It's often the default setting on fitness trackers, but what's it really based on?

"The original basis of the number was not scientifically determined," says researcher I-Min Lee of Brigham and Women's Hospital. She was curious to know how many steps you need to take when women who walked more than 7,500 steps per day saw no additional boost in longevity. "I love this study. I think it's really good news for women who may not be particularly active," says Kathleen Janz, who studies how physical activity influences health at the University of Iowa. She was not involved in this study.

a day to maintain good health and live a long life, so she and her colleagues designed a study that included about 17,000 older women. Their average age was 72. The women all agreed to clip on wearable devices to track their steps as they went about their day-to-day activities. It turns out that women who took about 4,000 steps per day got a boost in longevity, compared with women who took fewer steps. "It was sort of surprising," Lee says.

In fact, women who took 4,400 steps per day, on average, were about 40 percent less likely to die during the follow-up period of about four years compared with women who took 2,700 steps. The findings were published in May in JAMA Internal Medicine. Another surprise: The benefits of walking maxed out at about 7,500 steps. In other words,

Janz, who helped shape the new federal exercise recommendations released last November, says the message that comes from this study is that older women can benefit from just light walking. "They didn't need to go the gym or invest in a personal trainer or

exercise equipment," she says. All they had to do was walk. And Janz says that's encouraging. "To me, this study suggests there's more benefit to light activity than we were previously thinking there might be," she says. Of course, the researchers point out, they would like to know much more about how walking may affect other health parameters such as quality of life and memory and cognitive function. It's possible that walking a greater number of steps each day could influence these outcomes.

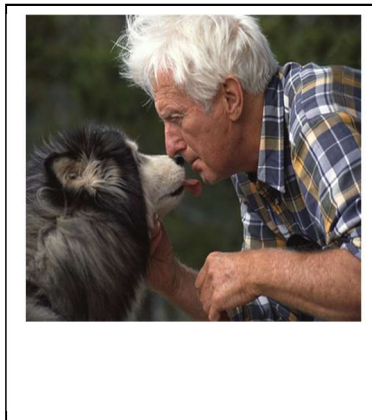
Another thing Janz notes is that this study only measures walking. It didn't

measure things that many of us do that don't require steps, things like gardening, swimming or biking. And it's safe to assume some women in the study were doing these other things that can influence health as well. And Janz says to remember the federal exercise guidelines call for 150 minutes per week of moderate physical activity, which includes all kinds of daily movement, not just steps.

So, if 10,000 steps have been feeling out of reach to you, it may be time reset those factory settings on your fitness tracker. Instead, try to hit at least 4,400 a day, along with daily activities that you enjoy. And stick to it.

WALKING FIDO IS DOGGONE GOOD FOR YOUR HEALTH

By Alan Mozes
HealthDay Reporter, May
6, 2016



Walking the dog may be a health boon for older Americans, new research suggests. Dog walking helps cut back on excess weight and the overall need to visit a physician

while raising overall moderate and vigorous exercise levels among the over-60 set, investigators found. And the strong emotional bonds formed between owner and pet offer

social benefits, encouraging increased contact with other pet owners.

"There is a wealth of evidence that walking is beneficial for people's physical health," said study lead author Angela Curl. She is an assistant professor in the department of family studies and social work at Miami University, in Oxford, Ohio.

"[And] what makes dog walking unique is the relationship between people and their dogs, as well as the ways dogs can motivate walking behavior," she added. "Other studies have shown dogs' needs provide a motivation to get out and walk. Our findings illustrate that the emotional bond people have with their dogs may play an important role in getting out to walk. Curl and her colleagues discussed their work in a recent issue of *The Gerontologist*.

Just over a third of the participants (271) owned at least one dog. Pet ownership involving other types of animals was not considered. A portion of the dog owners' group was asked questions to gauge pet "bonding," including whether they considered their dog a friend, and whether they talked about their dog with others.

Frequency and overall time spent walking was also assessed, as were overall walking habits, walking speed and total distance walked per week.

The result: While owning a dog was not directly associated with having

The authors noted that in 2014, the U.S. Centers for Disease Control and Prevention recommended that all adults, regardless of age, rack up a minimum of 150 minutes of moderate activity every week.

Walking happens to be the most frequent exercise activity among adults 60 and up.

To explore the impact of dog ownership on that, the investigating team analyzed data involving a nationally representative sample of 771 men and women (50 years old and up) collected in 2012 by the Health and Retirement Study. That investigation was conducted at the University of Michigan, with funding from the U.S. National Institute on Aging.

better overall health among those 60 and up, it was associated with a lower body mass index (a measure of weight and obesity status); fewer physical limitations; less frequent visits to a doctor; and more routine exercise. The study didn't prove a cause-and-effect relationship, however. But would owning other types of pets also pay a health dividend? "

Other research studies have found that cats and dogs can help reduce loneliness as well as improve health outcomes such as cortisol [stress hormone] levels, cholesterol, and systolic blood pressure," said Curl.

"However, we need a lot more research about the potential health benefits of other species of pets, and who might benefit the most [or] least from pet ownership." Daniel Promislow, an American Federation for Aging Research (AFAR) spokesperson, and director of the Canine Longevity Consortium at the University of Washington in Seattle, heralded the special benefits of dog ownership. "On average, dog owners walk more," he said, "and score better on stress tests and other measures of psychological well-being.

There is even some suggestion in the scientific literature that owning a dog is associated with a lower risk of various diseases [perhaps from that extra exercise], and faster recovery times when disease does occur. "So, it would seem that for people in their later years, there are a variety of

benefits that come from having a companion dog," Promislow said.

Dr. Alice Pomidor, a geriatrics professor at Florida State University College of Medicine in Tallahassee, noted that in general, "pet ownership can lead to increased physical activity, as well as a greater sense of feeling connected to your community and to other pet owners. "For many older adults, pets are also a great source of comfort after close friends, relatives or partners have passed away," she added.

"Hospice and long-term care facilities often have pets for comfort, support and recreation. Diets that focus on overall nutrition and calorie count are suggested over restrictive and hard to follow diets. Regular exercise may be as easy as regular walks, as long as you're increasing your heart rate for at least 20 minutes, three to five days a week.

PROTECT YOUR PERSONAL DATA FROM PRYING SMART DEVICES

From USA Today 2019

Think of all the things a microphone can pick up: voices, noises, whispers, conversations, arguments, confessions – even people alone, in a room, mumbling to themselves. Think of all the things you say in a private space, all the weird things you do. Once those sounds have been saved, that data can

be stored, edited, manipulated and shared.

Now, think of all the things a camera can see, record, save, and share with who knows who. Speaking of, if you're in a vacation rental, there's no

guarantee hidden cameras are not in play.

Smart devices can work miracles, obeying your every command. In return, they may transmit everything about you to a programmer in a city you've never heard of. Even services that seem benevolent, like smoking-cessation and mental health apps, have been quietly sharing sensitive info about their users.

Since so many smart devices are collecting personal data on us, it begs the question: What do data miners use all this information for? What do the raw statistics of our lives matter to the likes of Google, Apple or Amazon? Gathering and storing all those files takes a lot of effort, so what's the payoff? And how concerned should we be that tech giants are hoarding such everyday intelligence?

Remember, personal data can be abused or stolen, no matter how trivial, and cyber-criminals are currently combing through millions of filched email addresses, mortgage documents and even medical records.

Generally, developers say that these data points help their smart devices run better. You may believe that, or you may not. You may feel comfortable with it, or you may be weirded out. Whatever the case, there are often ways to avoid observation. Read on to

see what data these gadgets collect and what you can do about it.

Amazon Echo

For Amazon Echo to work, the microphone has to hear its "wake phrase." Echo records every single command and keeps those audio files in a special database. To developers, this is a way to refine the technology and cater to your specific voice patterns.

The more data the system collects, the better it will understand and respond to you. But many users find this disturbing.

In the case of Alexa, the easiest way to delete everything you said in the past day is to literally say, "Alexa, delete everything I said today." I know, it sounds like wishing for more wishes, but Amazon assures us the trick works, at least for recent commands.

There're still the problems of Alexa always listening and what to do about your old recordings.

Let's tackle the old recordings first. Unless the delete command is expanded to include all recordings, you still have to remove old files manually. Here's what to do:

- 1. Open the Alexa app and go into the "Settings" section.**

2. Select "**History**" and you'll see a list of all the entries.

3. Select an entry and tap the **Delete** button.

4. If you want to delete all the recordings with a single click, you must visit the "**Manage Your Content and Devices**" page at amazon.com/mycd.

As for Alexa and Echo devices always listening, well, you could turn off each of the devices, but then what's the point of having them? The real issue, we discovered, is that Amazon employees around the world are listening to us and making transcriptions.

Here's how to stop that:

1. Open the Alexa app on your phone.
2. Tap the **menu** button on the top left of the screen.
3. Select "**Settings**" then "Alexa Account."
4. Choose "**Alexa Privacy.**"
5. Select "**Manage how your data improves Alexa.**"
6. Turn off the toggle next to "**Help Develop New Features.**"
7. Turn off the toggle next to your name under "Use Messages to Improve Transcriptions."

Google Assistant

Google Assistant has the "OK Google" wake-up call, but the company introduced the My Account tool that lets you access your recordings and delete them if you want. You can also tell Google to stop recording your voice for good.

Here's how to turn off the "OK Google" wake phrase: On Android, go to **Settings >> Google >> Search & Now >> Voice** and turn "OK Google" detection off.

Siri and iPhone Tracking Apps

Siri doesn't have the same "virtual assistant" cachet as Echo and Home, but it does have a wake phrase, which means it's always listening for the words "Hey Siri."

To prevent this unwanted surveillance, just do the following: On your iPhone, go to **Settings >> Siri & Search >> toggle off "Listen for Hey Siri."**

Apple was recently criticized for harvesting data while you sleep and sending it to third parties. Apple has historically avoided flak for these types of privacy issues, but these apps slipped through the cracks ... while you were sleeping.

To terminate this data collection, open the **Settings** app, then select **General**, and then **Background App Refresh**. Here, you'll be able to turn the feature

off for specific apps – or for the whole phone altogether.

So, what do they do with the data?

To get back to what started this column, the question is, what do companies like Google, Amazon and Apple do with your data? Well, we hope they do what they say they do, which is use it to improve technology

and make our lives easier and more enjoyable.

I've been doing this too long to believe that it's all about our benefit. This data can be used to target you with advertisements, as well as to determine things like how much you pay for insurance, whether you are potentially a good employee and other things you never intended your data to be used for.

HOW TO LIVE LIFE WITHOUT MAJOR REGRETS: EIGHT LESSONS FROM OLDER AMERICANS

People in their 70s, 80s and beyond reveal their biggest regrets in the hopes the younger generation can avoid them. "Life is so short. What you will regret is weeks or months of the kind of mindless, self-destructive ruminating worrying that people do."

By A. Pawlowski

No regrets, you swear to yourself as you move through life. But the daily grind, the end of another year and the beginning of a new one may make you wonder: Am I making the most of my time on Earth?

Your elders can provide some perspective.

“If you get to the end of your life with no regrets at all, you probably haven’t lived that interesting a life,” Karl

Pillemer, a gerontologist at Cornell University, told TODAY about his conversations with older Americans. “But they can’t believe how people waste their time. Petty fights, resentments and worry.”

Pillemer, author of “30 Lessons for Living: Tried and True Advice from the Wisest Americans,” and his team interviewed 1,500 people over 65 about what haunts them most about their life choices.

Here are their biggest regrets and their advice on how not to make the same mistakes:

1. **Not being careful enough when choosing a life partner**

The elders agreed **choosing a mate** is one of the most important decisions a human being makes, but looking back over their own experience, they believe many people aren't careful enough, Pillemer said.

They're too impulsive, perceive the relationship as a "last-chance leap," or they slide into the inevitable. One woman who had been in a bad relationship told him: It's better *not* to marry than to marry the wrong person. Some learned that hard lesson from a first marriage.

Their advice: Take the time to get to know someone before committing. Really make sure the person is the right one.

2. **Not resolving a family estrangement**

Some of the unhappiest older people Pillemer met were those who had a **rift with a child** and no longer had contact with him or her. Almost all wished they had tried harder to reconcile, asked for forgiveness, apologized or tried to communicate before it became too late.

"The kinds of things that seemed worth saying 'My way or the highway' when you were 40 and they were 18 usually never seem worth it at 80," he said. "Even if their relationships with their other children were great, the one with whom there was this irreparable rift still caused them a lot of remorse and anguish."

Their advice: If it's within your power to resolve an estrangement — whether with a child, parent, a sibling or a friend — do whatever you can to repair that rift. Explore opportunities for forgiveness and reconciliation.

3. **Putting off saying how you feel**

Often, a big regret of older men was **not expressing love frequently enough** to their wife, Pillemer said. But it could be anything you feel strongly about, but hesitate to bring up. "Unless you believe in séances, you can't go back and ask for forgiveness, apologize, express gratitude, or even get information from somebody who has died," he noted.

Their advice: Don't wait. Say what's on your mind now while the person is still around.

4. **Not traveling enough**

When your traveling days are done, you'll still wish you had taken just one more trip, Pillemer said. Even people who had done a lot of globetrotting would finish their interview with him by leaning forward and wistfully saying something like, "But I never got to Japan." People often put big

trips off until retirement only to find their health failing when they're ready to go.

Their advice: Travel is so rewarding that it should take precedent over other things you spend money on. Travel when you're able to. Just go — it doesn't have to be luxury adventure travel. One woman told Pillemer: "If you have a choice between a kitchen remodel and a trip, I say take the trip."

5. Spending too much time worrying

The elders deeply regret worrying about things that never happened or things they had no control over.

"Life is so short. What you will regret is weeks or months of the kind of mindless, self-destructive ruminating worrying that people do," many told Pillemer. "You're going to wish you had that time back."

Their advice: Just stop worrying so much. Worry wastes your life.

6. Not being honest

Lying and being deceitful to others gnaws at older people when they reflect back, whether it was cheating someone, having an affair or being dishonest. Experiencing dishonesty from others was haunting, too.

Their advice: Be honest whenever you can — if not as a moral issue, then as a regret-prevention strategy later in life.

7. Not taking enough career chances

The elders were much more in favor of career risk-taking than Pillemer ever would have imagined. Many regretted saying no to opportunities because they were afraid of taking a chance or felt too comfortable in their current job. "Our oldest generation is telling us that we need to live a life with 'yes' as our bias," wrote Jeremy Bloom, the founder of Wish of a Lifetime, a charity that grants wishes to older people.

You're much more likely to regret a career move you didn't make than trying and having it not work out so well.

Their advice: Always say yes to a career opportunity, unless there's a very compelling reason to decline it. Try something new and don't be stuck in a box.

8. Not taking care of your body

Older people who smoked, didn't exercise or became obese were regretful about it, but the issue wasn't only about dying. "Many people will say to themselves, 'I enjoy smoking' or 'I don't like to exercise' or 'I just like

to eat — who cares if I die a little sooner?” Pillemer noted. “The problem is in this day and age is you’re not going to die sooner; you’re going to be stuck with 10 or 20 years of chronic disease as modern medicine keeps you alive.”

Their advice: Pay attention to your health and change your lifestyle if it’s making you unwell, otherwise the incredible burden of chronic disease will make your life miserable.

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