



OLLI TIMES

NEWS AND INFORMATION FROM THE MEMBERS AND STAFF TO THE MEMBERSHIP

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OLLI "STUDY ABROAD" TRAVELERS EXPLORE SPAIN, PORTUGAL

A hearty group of 16 OLLI members recently spent 17 days exploring the sights and sounds of Spain and Portugal. In addition to Madrid and Portugal, the two capital cities, the group visited more than a dozen other villages and communities, and was awestruck by the architecture of these two Iberian peninsula countries....the medieval castles, palaces, churches, cathedrals, as well as museums, caves, etc., left the travelers speechless.

The study abroad program for this year was scheduled to last 16 days, but a one-day delay in returning from Lisbon--the result of an aircraft mechanical failure causing cancellation of the flight to Atlanta after the group spent more than five hours on the airplane, followed by a one-hour wait for their luggage--extended the stay for an extra day.

Other than this inconvenience, the travelers visited not only the capital cities of Madrid and Lisbon, but more than a dozen other villages in both countries. "We really got a chance to learn about both wonderful countries," Director Debra Herman said.

This was not a trip for the faint of heart; it was sun up to beyond sundown, but the trip was well worth it when considering the sights and sounds of both countries. "We covered a lot of ground in those 17 days, and saw a lot of wonderful sites," Second Vice President Harriet Waas said.

The places visited in Spain included, in addition to Madrid, Bilbao, Santander, Santillana Del Mar, Oviedo, Santiago De Compostela, Avila, Toledo. In Portugal, the travelers visited, in addition to

Lisbon, Obidos, Nazare, Batalha, Sintra and Cascais, otherwise known as the Portugese Riviera.

For example, the travelers visited caves in Santillana Del Mar that had drawings dating back 40,000 years. This is of great importance because these drawings allow for research into how ancient cultures lived...and might well effect how cultures fared since then. They got to see mussel farming and harvesting; the incredible basilica of El Escorial in Madrid; the walled city of Avila; another basilica in Toledo; and a two-and-a-half-hour river cruise along the shoreline of Lisbon. The tour finished with a visit to the Portugese Riviera.

During the tour, Arleen Pabon delivered lectures on various subjects pertaining to

the history of this historic part of the world. The contrast between the modern cities of Madrid and Lisbon, mixed with the medieval sites of so many other parts of these countries gave the OLLI tourists an experience of a lifetime. And, of course, there was the shopping, since just about every place visited concluded with a visit to the gift shop.

"I don't think anyone returned home without some token or treasure purchased in one or both countries," Debra said. The travelers, in addition to Debra and Arleen, are Program Coordinator Terry Aaronson, Sylvia Byrd, Judy Bishop, Mary Braunagel, Karen Glendenning, Jean Gibson, Richard Leinberry, Mike and Pat Meredith, Sandy Sartin, George and Harriet Waas, Susan Yelton and Denise Zabelski-Sever.



...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:

HOW MUCH INCOME DO RETIREES GET FROM SOCIAL SECURITY?

By David W. Rasmussen, James H. Gapinski Professor of Economics

The Social Security Act of 1935 intended to supplement household saving and private pensions to assure a comfortable retirement. Increasing benefits during the 1960s and early seventies played a central role in lowering the poverty rate among older Americans from 35 percent in 1960 to less than 10 percent today. An older couple receiving benefits gets about \$28,000 a year. Though modest, it exceeds the official poverty level of \$16,460 for a two-person household.

Since 1975 Social Security benefits have been indexed so they automatically rise with the cost of living. About half of all households aged 65-74 have no retirement savings. For these households, Social Security is critical because it provides almost 60 percent of their income. It is also important for households with retirement savings since it provides about 30 percent of their annual income. If you have an idea for an Aging Today question, send it to aging@fsu.edu.

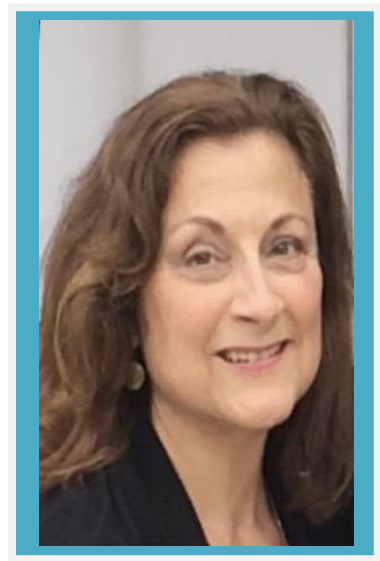
THE OLLI LIMELIGHT SHINES ON...

KARYN HORNICK, MEMBER REPRESENTATIVE

This month, the OLLI limelight focuses on KARYN HORNICK, who is Member Representative on the Advisory Council. To get to know her better, the Times asked her to answer the following questions:

1. What was your occupation or profession, and for how long?

I worked as a School Psychologist in NY for over 25 years, at all levels from Early Intervention through High School. In addition, I was a child, adolescent and adult psychotherapist for several years prior to beginning my work in the schools.



2. What brought you to OLLI?

Shortly after moving to Tallahassee in the summer of 2012, I broke an ankle. I went for physical therapy at TOC in the late fall, where thankfully I met my first Tallahassee friend, Robin Brinkmeyer. Learning that I was a newcomer to town, Robin encouraged me to join OLLI. I happily joined and have been an active member since Spring 2013.

3. What is your favorite TV show?

My favorite TV show to date was Downtown Abbey. Admittedly a medical show junkie, I also love Grey's Anatomy, Chicago Med, and the Good Doctor.

4. What is your favorite movie?

All-time favorite movie: Casablanca. On the lighter side, a close second is Something's Gotta Give with Diane Keaton and Jack Nicholson.

5. What is your favorite thing to do in Tallahassee?

Favorite Tallahassee thing(s) to do: Attending TSO and FSU symphony concerts, FSU musicals, and of course walking the beautiful trails here with

my wonderful OLLI walking club friends.

6. What book are you currently reading?

I recently finished Joe Biden's memoir, Promise me, Dad.

7. What is your hobby?

I have a few hobbies: gardening, crocheting, and cooking.

8. Where would you like to go on a dream vacation?

Many places are still on my bucket list, but one dream vacation that comes to mind would take place in Australia and New Zealand.

9. People would be surprised if they knew this about you.....

I grew up in a musical family. I played violin and piano, and was principal second violin in the orchestra throughout high school. As the oldest of four children, I organized a string quartet with my three siblings, as we had another violinist, a violist and a cellist. Lots of fun while it lasted.

BOOK CLUB WRAPS UP MEMBERSHIP YEAR

The Book Club wrapped up the 2017-18 membership year and is looking forward to another ten months of great reading starting in September. That month the book to be discussed is Jessica Shattuck's *Women in the Castle* which tells the story of three women and their children who take refuge in the ruins of a Bavarian castle at the end of World War II. The

women are war widows — war resistance widows, really — whose husbands paid with their lives for the July 1944 plot against Adolf Hitler.

Carol deJarnette is taking over as chair of the book club for next year with Charlene Estes serving as co-chair. Ramona Bowman will continue leading the noon group.

REMEMBERING RALPH COOK, AN EARLY OLLI PHILANTHROPIST

by Ramona Bowman

Who is Ralph Cook? I heard this question in recent months when one of our members, reviewing OLLI's financial statement, spotted a line item marked by his name.

Ralph Cook, who died in 2000 at the age of 82 was one of the early members of OLLI (then called The Academy at FSU). We were working hard to make ends meet and to implement a program that worked toward the interests of our target audience. Ralph's will provided a timely and generous gift in excess of \$100,000 to The Academy at FSU. His gift, an endowed gift to the university, was a significant factor in establishing The Academy at FSU as a viable organization because it

provided both some "wigggle room" for our planners and sponsors and forged a connection with the FSU Foundation which promptly assigned a representative to assist in the development of The Academy. Ralph Cook was not the only benefactor in those early days but he was the major one.

Several of us long-time members remember Ralph and those who knew him better were willing to share some of their experiences and times shared with him. All agreed that he cared deeply for his community.

Ralph was born in St. Louis, Missouri on March 21, 1918. He received a

bachelor's degree in chemical University and worked for Olin Corporation and its predecessors for 44 years. The *St. Louis Post-Dispatch* on Sunday, July 8, 1945 reported his marriage to a Jane McPheeters "last night at Westminster Presbyterian Church".

They moved to New Haven, Connecticut shortly thereafter. Apparently the marriage was short lived. Sources indicate he probably came to Tallahassee in the 1970's and worked his last years before retirement at the ammunition site on Route 98, just opposite the Rails-to-Trail leading to St. Marks. His work was in product and process

engineering from Washington development of propellants for small firearms and intermediate caliber ammunition. He held several patents in the field.

He resided in a modest home on Tallahassee's south side and was consistently generous to the community and people around him. His generosity included gifts to his church, the Unitarian-Universalist in Tallahassee, where several of our members also had opportunity to experience Ralph's enthusiasm for life. He supported the arts in Tallahassee —theatre/stage, films, et al.

SPECIAL TO THE TIMES

TIPS FOR PROPER NUTRITION FOR SENIORS

By Lisa Esposito

Reprinted from US News

When a panel of health and nutrition experts ranked 35 diets for Best Diets 2015, they considered not only weight loss, but also whether diets were heart healthy, good for controlling diabetes and easy to follow. Now, two panel members discuss which U.S. News-ranked diets make the most sense for seniors.

Fewer Calories/More Protein

For Amy Campbell, a registered dietitian and diabetes educator, the DASH, TLC and Mediterranean diets stood out as smart choices for older adults, because they're good for weight loss as well as controlling conditions such as diabetes and high blood pressure.

As with anyone, overweight and obesity can be issues for seniors, Campbell says. "People are living longer, so we're seeing more of it in older adults." And, she says, "As we get older, our calorie needs go down. People don't need to eat as much as they did when they were 20 or 30." Older women generally need anywhere from 1,600 to 2,200 calories per day, depending how active they are, Campbell says, while younger women need about 1,800 to 2,200 daily. For older men, the range is 2,000 to 2,800 calories per day, compared with 2,200 to 3,200 calories for younger men.

Frail elderly people face different issues. "One concern for older people is getting enough protein," Campbell says. "We need more as we age." A lack of protein puts people at risk for lower immune function and osteoporosis.

You don't necessarily have to follow a specific diet, she says, "just a well-rounded diet with extra protein." That means making the most of the calories you take in, she says, not just eating a bowl of cereal for dinner or making entire meals of toast and tea. "You don't need animal protein in every meal," says Campbell, who praises lentils, beans and chickpeas as great sources of inexpensive protein to round out meals.

Campbell says a very low-fat plan like the Ornish diet might be less appropriate and harder for seniors to follow. Similarly, she says, the Biggest Loser diet would not be ideal, and the phases could be hard to comprehend.

"For diets in general, it's best to try and make it easy and fit comfortably into a person's life," Campbell says. "Ones that promote good health but are as easy to follow as possible."

Simplicity and Balance

Michael Davidson, director of preventive cardiology at the University of Chicago Medical Center and a Best Diets panelist, says Weight Watchers and diets with similar structures score well because of their simplicity. With Weight Watchers, for instance, foods are assigned different points, which you add up daily to stay at your personal target, which is based on your sex, weight, height and age. "You don't have to do a lot of thinking about what type of balance of foods or menu plans," Davidson says, which may be somewhat more challenging for seniors.

Long-term compliance was an important factor in ranking diets, Davidson says: "What can be a lifelong change instead of just a short-term fix for the patient?" Therefore, he says, "it's really more about variety and food choices, as opposed to portion sizes, that are applicable to an elderly individual. So it's the kind of diet I prefer for those patients."

Davidson sometimes sees iron deficiency in frail older patients. "They don't eat enough red meat; they don't get enough iron in the diet," he says. Although the paleo diet was lower-ranking among the Best Diets, he says "it could be a good

diet. It's had a little bit of a hype to it, but the principles are not far off, such as people eating more complex carbohydrates and more lean meats." He points out that constipation can be an issue for seniors on low-carb, low-fiber diets.

Heart Health and Diabetes

"Of the ranked diets, both DASH and the Mediterranean diet can help people with both diabetes prevention and management," Campbell says. They work because they encourage a variety of foods and make people aware of the carbs they consume, she adds. Both diets are mentioned in the latest nutrition guidelines from the American Diabetes Association.

Davidson says people with high cholesterol do better with low-saturated fat diets that call for low-fat dairy sources, lean red meats and fish. It's important for seniors with high cholesterol to avoid sweet baked goods with trans fats, he says: "We now recognize that trans fats as especially bad among all the fats we can consume."

month, plus the cost of either Weight Watchers-brand or outside foods. "You can try and mimic the Weight Watchers diet and find prepared meals that work for patients [when expense] is an issue for the elderly," Davidson says. His office provides a seven-day meal plan with menus and counseling for patients.

Fruits and Veggies

U.S. News also ranks Best Plant-Based Diets, with the Mediterranean and Flexitarian diets in the top spots.

Doable Diets

"We're all creatures of habit," Campbell says. So, she says, imagine you're 75 years old and have to change your habits and incorporate new foods like tofu. Although most diets offer plenty of online and printed resources, they can be overwhelming. "It's hard sometimes to pick up a book and say, 'what should I be eating,'" she says. For older adults, it can help to work with dietitians.

Davidson says the Weight Watchers point system works well, because it makes eating balanced meals easy. Others that provide prepared meals throughout the day, such as Jenny Craig and Nutrisystem, "keep caloric content low but steady throughout the day," he says. "And those work for the elderly quite well." Cost can be a problem. Jenny Craig foods cost an average \$15 to \$23 each day, plus enrollment and consultation costs. Weight Watchers' nonfood expenses can reach nearly \$70 per month.

Seniors often fall short when it comes to fruits and vegetables, Campbell says.

It's possible to eat healthy produce on a limited budget. "Frozen fruits and vegetables can be cheaper and sometimes even healthier than fresh, depending where they're shipped from," Campbell says. Canned produce can be OK, she says, if there's no added salt.

Fluid Balance

Sense of thirst can decline with age, so drinking enough water is important for preventing dehydration. Fluids such as

soda or fruit juice add a lot of calories, Campbell notes, and it's not good for people with diabetes to drink juice all day. Instead, she suggests flavored water or water with a slice of lemon. She has good news for coffee and tea lovers: Caffeine is not as dehydrating as once thought.

Davidson says with the Atkins diet, especially in the induction phase, patients on diabetes medications can experience low blood sugar and diuresis (they may urinate more). While he generally supports very carb-restrictive diets, he says moderate programs are better for many seniors.

HOW TO SPOT FAKE NEWS

Published by Law for Seniors:
Arizona Foundation for Legal
Services and Education

Fake news is everywhere. We are all used to standing in the grocery check-out line and seeing the sensationalist newspapers on the rack next to us. The papers always have wild headlines like "Alien Baby Discovered Alive in Seattle," or "Angelina Jolie weighs 60 pounds and is dying of starvation." The grocery store tabloids have spent the past five years trying to kill off Cher and Angelina Jolie, and they have discovered "credible" photos of Bigfoot at least a dozen times. Everyone knows those stories are either fake or misleading. Yet, the same people who scoff at the grocery store tabloids are often willing to believe everything they read on the internet.

The internet and social media are awash with fake news stories. And people tend to believe and share those stories that fit with their personal or political bias. It is a huge and ever

growing problem. Some fake news stories originate here in the U.S. Others come from foreign countries like Russia or Columbia. Fake news can be used to incite political and social unrest. It can also be used to negatively impact our economy.

Fake news feeds bias and paranoia. It promotes hate and polarizes the American people. Both the left and the right of the political spectrum are guilty of spreading fake news, each side seeking to one-up on the other. Only by knowing how to identify fake news, can we stop its spread.

Fake News, Misleading News and Satire

Fake News: False stories with recycled photos are the hallmarks of fake news. It often comes from sham websites that are designed to look like real news sites. Fake news stories may sound real but they seldom cite reliable sources. A good example is a recent story that was widely circulated on the internet claiming that Coca-Cola recalled Dasani water bottles after a "clear parasite" was discovered

in the water. The article was accompanied by a photo of a hand holding a small, clear creature. The story is totally false. The photo is not a water parasite. It is a photo of a baby eel. Why would someone invent such a story? Could it be to damage Coca-Cola's sales?

Misleading News: Misleading news stories are often the most difficult to debunk. They contain a kernel of truth. Often, they use quotes that have been taken out of context or recycle old photos to support their premise. Here is an example: A blog called Viral Liberty recently reported that Ford had moved some of its production from Mexico to Ohio as a result of the recent election. The truth is that Ford did indeed move some of its manufacturing from Mexico to Ohio, but it happened in 2015 – not after the election.

Partisan News: Facts are manipulated to fit a particular agenda.

Clickbait: Like the grocery store tabloids, these stories have sensational headlines that trick you into clicking on the story for more information. Then, if you read the actual story, you find the story doesn't match up with the headline.

Satire: Satire is a form of commentary or entertainment. It is presented as outrageous or tongue in cheek, but those who are not familiar with a satire site could take it as fact.

Tips to Identify Fake or Misleading News

Look at the URL: Sites with strange suffixes like “su” or “co” are usually fake news. “Co” is the suffix for a site originating in Columbia. For example: abcnews.com is a legitimate news site, but abcnews.com.co and abcnews.co are not. Sites may have legitimate but generic sounding names like National Report and Now8News, but when you investigate further, you find the site is not a legitimate news organization. When you see unfamiliar websites plastered with ads and having headlines that are all capitals, beware.

Check the Publishing Date: Stories resurface and recirculate, much like the Ford story cited earlier. Look at the links and sources cited in the article to determine when those source articles were published.

Authenticate Photos: Fake news articles are often written by individuals who are sitting at home on their computer. They do not have access to the news photos taken at the event discussed in their article. They will find a photo on line that supports their particular bias and use it in their story. Fake news writers may take unflattering or misleading photos from another time and place and report them as being taken at their event.

If you see the same photo used in multiple stories on different topics,

the photo probably doesn't belong with the story you are reading. If you are using google, you can right click on a photo and do a search to discover where it originated. If you are using another search engine, you can click and drag the photo into google images.

What Kinds of Ads are on the Website?: If you see lots of pop-up ads, especially ads you would not expect in a news site, be careful. Another sign of a questionable website are links or ads designed to be clicked that say things like "Celebs who did porn movies" or "Naughty Walmart Shoppers." Legitimate news sites will not be directing readers to titillating content.

Read Past the Headline: Does the story match the headline? You may find a lurid headline followed by a mundane story that has little or nothing to do with the claim in the headline. Read the entire story and look for clues that it is not real. Does it quote real people and are the quotes current and relevant? Are there links to source articles from reliable news media? Is the author listed in the article? Are other news outlets reporting the same story? If they aren't, this story may not be real. Look at the quality of the writing. If you see spelling and grammatical errors, lots of capitalized words and

exclamation points, this story is probably fake.

Google the Author: If you can't find the author or he lacks credentials, the story is fake. On the fake ABC news site, there is an article by "Dr. Jimmy Rustling." The website claims Dr. Rustling has won 14 Peabody awards and several Pulitzers. It also says he recently married a Russian mail order bride and spends 12-15 hours a day teaching his adopted Syrian refugee daughter to read and write. Needless to say, this paragon of a man is not a real person.

Has the Article been Debunked by a Reputable Fact Checking Site?: If in doubt, check one or more of the fact checking sites such as FactCheck.org, Snopes.com, or The International Fact-Checking Network. Although some groups question the neutrality of these fact-checking groups, they are generally accepted by established news agencies as reliable.

Beware of Confirmation Bias: People, both liberals and conservatives alike, tend to believe news that reflects their own world view. Liberals want to believe stories that shed President Trump in a negative light, and conservatives tend to believe stories that negatively depict Hillary Clinton or former President Obama. We all need to read with a skeptical eye, no matter what our political or social biases are.

Combating Fake News

The best way to combat fake news is to refrain from passing it on. Let that fake story end with you. Don't post it on social media such as Facebook or Twitter. The second most important thing you can do is to debunk fake news when you see it. If someone posts a news item on Facebook and you discover it is fake, refute the news story in an answering post.

It may make you unpopular, but every time we debunk fake news, we strike a blow for justice and truth. People need to know that the inflammatory story circulating the internet is not true. Inflammatory fake news reinforces hate groups, divides families and friends and undermines the health of our society. We need to do our part to stop it from spreading.

For publication in the OLLI times send your information to George and Harriet Waas
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