



# OLLI TIMES

NEWS AND INFORMATION FROM THE MEMBERS AND STAFF TO THE MEMBERSHIP

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MAY-JUNE 2018

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## OLLI VOLUNTEERS' TIME VALUED AT MORE THAN \$107,000 FOR 2017

### *BUT THAT DOESN'T TELL THE WHOLE STORY*

Last year, OLLI members reported 4336 hours of volunteer time. We all know the importance of volunteers. But can we put a number on the dollar value of their work?

OLLI Director Debra Herman answered this question with a resounding "Yes" during a Wine and Cheese Social honoring volunteers and donors held at the FSU Alumni Center on May 8.

Relying on information reported by James Moore Certified Public Accountants and Consultants, Herman revealed that number to be a big one. According to nonprofit leadership network Independent Sector, the estimated value of an hour of volunteer work rose to \$24.69 per hour in 2017 – an increase of over 2% from the previous

year. The figure is based upon average hourly wages of non-management, non-agricultural workers. For OLLI, by multiplying 4336 hours by \$24.69 per hour, the value is about \$107,055.84 for 2017. "But the number of hours is only what volunteers report. In actuality, there are volunteers who don't report, and there are also volunteers who underreport their hours," according to OLLI Director Debra Herman. "The reality is that volunteer efforts have generated \$2 million to OLLI," she added.

"More than four years ago, OLLI decided to participate in FSU's Raise the Torch Campaign. With the Osher Foundation's \$2 million in endowments based on our volunteer efforts, and other planned gifts, OLLI contributions to Raise the Torch currently totals \$2,570,916.72. This

means OLLI members have donated more than half a million dollars," Herman said. "The Osher Foundation requires strong volunteer efforts to qualify for its endowments, and our volunteers have gone above and beyond! Your work over the years help convince the Osher Foundation to give us two one-million dollar endowments, which are now invested in an FSU Foundation account," Herman said.

"The many clubs and committees we have wouldn't be possible without you. You help support OLLI in so many ways--from planning field trips to mailing out course and activity schedules to hosting classes and making new members welcome--and so much more," she said.

Noting about 50 people in attendance, she said "volunteers are the lifeblood of this organization. Without volunteers, we'd be an entirely different--and certainly less successful--organization. Just to give you an idea of the extent of

volunteerism in OLLI at FSU, only about 25% of our total volunteers are in this room this afternoon. If all our volunteers had been able to attend, it'd be standing-room-only."

"The value of volunteers for OLLI cannot be overstated," she noted. "Please make sure your volunteer hours are accurately reported to Harriet Waas, our keeper of the volunteer hours," she added.

Placing a dollar value on volunteer time can serve organizations in a variety of ways. Sometimes people who can't afford to give financially don't realize that volunteering their time can have an equal or even greater impact on an organization. This hourly figure provides them with a powerful way to demonstrate the impact of lending a helping hand.

Using this hourly figure, an organization can put a dollar value on the community support that it receives in the form of volunteer work.



## ...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:

# CAN WE COUNT ON HAVING SOCIAL SECURITY IN THE FUTURE?

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

Social Security has been very successful in reducing poverty among older Americans. But the increasing number of recipients raises the specter that the system cannot be sustained. Economists estimate that, without changes in financing, the average benefit will decrease 20 percent by 2030. Surveys report that at least half of future retirees question whether Social Security will be there for them. But they also report

support for some changes to the program. About 7 in 10 Americans support a reform package that includes eliminating the ceiling on taxable income. Currently, workers do not pay Social Security taxes on income over \$128,000. Having workers pay on all income is a reform that would cover about three-quarters of the program shortfall. This reform, along with others, would ensure Social Security's continued contribution to older Americans' economic security.

If you have an idea for an Aging Today question, send it to [aging@fsu.edu](mailto:aging@fsu.edu)

## THE OLLI LIMELIGHT SHINES ON...

### OLLI PRESIDENT CINDY FOSTER

#### WHY OLLI AT FSU IS MY "HAPPY" PLACE

After moving to Tallahassee in 2012, four years into my early retirement, I knew I wanted to find an organization or two that would match my passion. OLLI was a place where I found energetic people who, in retirement, were willing to learn and exercise their mind and stay healthy. From the moment I stepped in the door of the Pepper Center, I knew I want to not just attend classes but really participate.



I started easy, taking on cleaning the coffee cart one day a week. Next came working in the volunteer office. Before I knew it, I was deep in constant contact to

build activity registration pages and then annual surveys and class evaluation links.

I loved leading the walking club and being class host, too. This is why I believe OLLI at FSU is THE place for lifelong learning, lifelong friendships and endless opportunities.

As OLLI President I hope to balance our long term strategic vision and engage the Advisory Council team with emergent operational issues. I appreciate all the member involvement in our committees, clubs, activities and of course classes. Volunteers are the heartbeat of our organization. Your commitment makes

OLLI at FSU shine. There are so many fantastic people who are volunteering their time to work on committees to ensure we are sustainable, inclusive, offer top notch curriculum and member and community communications – just to name a few.

I believe every member has a valuable skill to share and good ideas to be considered. If I haven't met you yet, please seek me out and introduce yourself. You can also contact me at [Foster.CynthiaL@gmail.com](mailto:Foster.CynthiaL@gmail.com) or my cell phone 651-239-8805 (yes I am a Minnesota gal!)

## **"GET HAPPY WITH OLLI" TO CONTINUE THROUGH SUMMER MONTHS**

GET HAPPY WITH OLLI, the Wednesday afternoon social event that brings OLLI members and friends together at restaurants across Tallahassee for good times, will continue through the summer months.

During classes, OLLI members don't always get to know fellow members. These weekly get-togethers provides a way to get to know each other outside of the classroom. These are very informal events; you pay for your own drinks and dinner. Happy hour starts at 5. The restaurants are located all over Tallahassee; however, they must be able to accommodate about 30 people, have adequate parking and be open to serving large groups.

Some of the restaurants that you will find OLLI members and friends--and perhaps one or more instructors--include McGowan's,

Peppers, Table 23, Cafe Taverna, Little Italy, Momo's, Olive Garden, Carrabba's, Miller's Ale House, Backwood Bistro and Island Wings.

The social value of Get Happy can't be understated. "Get Happy is where new friends are made." "The people you meet in class you will get to know better if you come to 'Get Happy.'" "It is great. You meet very interesting people and have stimulating conversation." "If you enjoy meeting people like you, laughing and just having a great time, you will love 'Get Happy.'" These are just a few quotes from those who attended once and have become regulars.

For more Get Happy information, check the OLLI website calendar, [olli.fsu.edu](http://olli.fsu.edu) or contact Denise Zabelski-Sever at [gethappyolli@gmail.com](mailto:gethappyolli@gmail.com)

# WALKING CLUB LAUDS ITS SUCCESS

Before Maymester began there were two significant events for the walking club. On April 21<sup>st</sup> seven members of the club took part in the Rose City 5K race walk in Thomasville. Gloria Whitaker introduced us to this event in 2014 and since that time there has always been someone representing OLLI participating.

We wear our OLLI Walking Club T-shirts kindly donated by CHP. This year's participants were Cindy Foster, Kathy Reeves, Laura Sullivan, Sue Wattenberg, Philip Nowicki, Susan Conlon and Kathleen Parrish. Cindy completed the race in 38 minutes and 12 seconds, an outstanding performance with Kathy and Laura not far behind. Those of us who had raced before were trying to improve on our previous time, but for all of us it was a fun experience on a beautiful spring day.

A little earlier in the month we met at Carol Henderson's home after our Friday

walk. The walking club wanted to show their appreciation to two beloved members, Cindy Foster, walking club founder, and Karyn Hornick. We presented them each with a gift and signed card. To Cindy we gave a water mug with an inscription recognizing her as founder of the walking club. Karyn received a plate with an inscription showing her as chairperson from 2016-2018.

The walking club has grown under the stewardship of these two women and has come a long way since its founding in 2013. Some of us who signed on for that first walk at Myers Park are still walking together and have become great friends. We challenge and support each other and through the years exercise has become a part of our lives. Check the calendar on the OLLI website for walking times and locations. For more information about the club please send your question to [olliwalking@gmail.com](mailto:olliwalking@gmail.com).

## BOOK CLUB CHOOSES BOOKS FOR 2018-2019, BOOK FOR JUNE 13 MEETING

The election for our book list for 2018-19 is over, and the books selected are:

*Beartown*, by Fredrick Backman; *Big Little Lies* by Liane Moriarty; *Killers of the Flower Moon: The Osage Murders and the Birth of the FBI* by David Grann; *The Light Between Oceans* by M.

L. Stedman; *Sisters in Law: How Sandra Day O'Connor and Ruth Bader Ginsburg Went to the Supreme Court and Changed the World* by Linda Hirshman; *Slavery in Florida* by Larry E. Rivers; *Small Great Things: A Novel* by Jodi Picoult; *Their Eyes Were Watching God* by Zora Neale

Hurston; *Women in the Castle* by Jessica Shattuck; *The Woman Who Smashed Codes: A True Story of Love, Spies, and the Unlikely Heroine Who Outwitted America's Enemies* by Jason Fabone.

On June 13, we will be discussing *The Orphan's Tale* by Pam Jenoff.

In this work of historical fiction, sixteen-year-old Noa has been cast out in disgrace after becoming pregnant by a Nazi soldier and being forced to give up her baby. She lives above a small rail station, which she cleans in order to earn her keep. When she discovers a boxcar containing dozens of Jewish infants

bound for a concentration camp, she is reminded of the child that was taken from her. And in a moment that will change the course of her life, she snatches one of the babies and flees into the snowy night. Noa finds refuge with a German circus, but she must learn the flying trapeze act so she can blend in undetected, spurning the resentment of the lead aerialist, Astrid.

At first rivals, Noa and Astrid soon forge a powerful bond. But as the facade that protects them proves increasingly tenuous, they must decide whether their friendship is enough to save one another—or if the secrets that burn between them will destroy everything.

# SPECIAL TO THE TIMES

## HOW SENIORS CAN BENEFIT FROM ADOPTING AN EXERCISE REGIMEN

BY MARLO SOLLITTO

Reprinted from AgingCare.co

The benefits of physical activity for people of all ages are often touted, but is it safe for seniors to exercise? According to the American Academy of Family Physicians, almost all older people can benefit from more physical activity. In fact, regular exercise prevents chronic disease, improves mood and lowers chances of injury.

As we age, our bodies take a little longer to repair themselves, but moderate physical activity is good for people of all ages and ability levels. In fact, for most people, the benefits of exercising regularly far outweigh the risks. Even older individuals with chronic illnesses can find ways to work out safely. Many medical conditions can be improved



through physical exercise, including Alzheimer's disease, other forms of dementia, heart disease, diabetes, constipation, high blood pressure and obesity.

**Benefits of Physical Activity.** Regular exercise provides a myriad of health benefits, including improvements in blood pressure and blood sugar management, reduced amounts of lipids in the blood, better bone and joint health, and long-term preservation of neuro-cognitive function.

Other positive effects of physical activity include:

**Boosted Immune Function.** A healthy, strong body fights off infection and disease more easily and more quickly. Rather than sapping energy reserves entirely, recovery from an illness will take less of a toll on the body if the person exercises regularly.

**Better Respiratory and Cardiovascular Function.** Frequent physical activity lowers the risk of heart disease and reduces blood pressure. Strong lungs and airways and a healthy heart and vascular system allow the body to function properly and more efficiently clear out and destroy any invaders that can make us sick.

**Strong Bones.** Exercise protects against bone loss. Higher bone density reduces the risk of osteoporosis and lowers the risk of falls and broken bones. While men do lose some bone mass as they age, post-menopausal women are particularly

susceptible and can lose as much as 2 percent bone mass each year. Research done at Tufts University shows that strength training can dramatically reduce this loss, restore bones, and contribute to better balance and less fractures.

**Improved Gastrointestinal Function.** Regular exercise helps boost the metabolism, promotes the efficient elimination of waste and encourages digestive health. Physical activity is an excellent "treatment" for people who suffer from slow digestion and constipation.

**Protection Against Chronic Conditions.** Physical activity lowers the risk of developing serious conditions and can actually minimize some symptoms after certain conditions have already developed. For example, exercise is vital for helping individuals with conditions like dementia and Parkinson's disease to maintain their balance and coordination and extend their functional independence.

A consistent exercise schedule is also associated with decreased mortality and age-related morbidity in older adults. In addition, a study by the Journal of the American Geriatrics Society found that seniors who exercised experienced improvements in functional reach and balance and reduced the participants' fears of falling.

### **What Exercises Can Seniors Do?**

Trendy, rigorous exercise regimens that younger generations participate in simply

are not safe or realistic for many seniors. However, this does not mean that older individuals are unable to partake in physical activities. Limited endurance is often the reason why seniors are unable to tolerate aerobic exercise routines on a regular basis. But while age-related changes in the cardiovascular system have significant effects on performance, it has been estimated that half of this reduction in endurance can be related to decreased muscle mass. For these reasons, the ideal senior exercise regimen consists of the following three components, which can be adapted for anyone's unique stamina and abilities.

**1. Aerobic and Endurance Exercises -** Physicians recommend 30 minutes of cardiorespiratory endurance exercise each day for seniors in order to elevate heart rate and speed up breathing. Walking, stationary cycling and swimming are all examples of cardio/endurance exercises. If tiring easily is an issue, especially for those who are resuming a routine or just starting to exercise, it is perfectly acceptable to do three 10-minute periods of exercise spread out over the course of the day.

Cardiorespiratory endurance exercise increases the body's ability to deliver oxygen and nutrients to tissues and remove waste over sustained periods of time. After sticking with a regimen for a few weeks, there will likely be an improvement in one's ability to exercise

and perform everyday tasks without getting winded and tired.

**2. Strength and Resistance Training -** Strength training uses and builds muscles through repetitive motions. Seniors can do strength training with weights, resistance bands, and nautilus machines or by using walls, the floor and furniture for resistance. Bodyweight exercises or calisthenics (lunges, sit-ups, leg raises, etc.) are also convenient options since they do not require any specialized equipment. Two to three strength/resistance training workouts a week will provide the greatest benefits. Exercise all muscle groups by doing one or two sets of 10 to 15 repetitions at moderate intensity. Individuals can progressively increase the size of weights (or levels of resistance) used during workouts as their strength builds.

Strength training helps prevent the loss of bone mass and improves balance, which helps seniors avoid falls and broken bones.

**3. Stretching and Flexibility Exercises -** Stretching is vital to an exercise regimen. This process helps muscles warm up and cool down gradually, improves and maintains flexibility, prevents injury, and reduces muscle soreness and stiffness. Stretching can also function as a time for meditation and appreciation of how one's body is feeling. Body and muscle awareness are useful skills that assist in safe mobility



and physical activities.

Activities like yoga and Pilates can provide both useful stretches and strength training because they focus on isolating and developing different muscle groups. A number of exercise programs focus on developing a strong core, a term which refers to the set of muscles connecting the inner stomach to the lower back and spine. Because core muscles provide the foundation for all movement, strength in this area encourages better posture and balance and reduces widespread muscle pain.

#### **4. Physical Activities for Individuals with Limited Experience and Abilities**

There are people of all ages whose physical abilities are limited by medical places to start when looking for exercise programs that address special needs. Before beginning a new exercise regimen or resuming one, it is always advisable to

conditions, injuries or general frailty. These individuals have to exercise more carefully than others, but with proper instruction and guidance, they can learn activities and exercises that improve mobility and strength. Exercise is even more important for these individuals since they are more prone to inactivity, which increases the risk of obesity, illness, falling and broken bones.

Exercise classes in group settings that are supervised by trained professionals are ideal for those with specific limitations. Teachers and trainers can offer real-time challenges. Swimming, yoga and water aerobics are excellent low-impact options that are less jarring to the body. The local YMCA, YWCA and senior centers good

discuss it with a physician first. The doctor will make recommendations regarding appropriate physical activities and those that should be avoided.

## **THE NAKED MOLE-RAT: THE KEY TO UNLOCKING THE MYSTERIES OF CHRONIC PAIN, CANCER AND STROKE?**

Imagine living a long, healthy life free from chronic pain, with little risk of cancer and with the ability to survive a stroke even if deprived of oxygen for several minutes. The naked mole-rat may hold the clues to such a life.

Several OLLI members were introduced to the naked mole-rat during a study

abroad visit to Cambridge University in England.

This mammal has a truly bizarre appearance, looking like an elongated cocktail sausage with large, protruding teeth. Naked mole-rats live in large underground colonies of approximately 80 animals, which are dominated by a single breeding female, the queen; this

social system is highly unusual in mammals, but is similar to that commonly observed in bees and termites.

Ordinarily, this creature would not be of any interest to scientists, much less pain and even cancer.

As OLLI members learned in 2016, research conducted at Cambridge University and elsewhere has brought to light several physiological peculiarities with these creatures:

- **Extreme Longevity** – naked mole-rats live until 30 years of age, whereas the longevity of similarly sized mice is 2-3 members of the senior public, except for certain peculiarities that fascinate scientists and may hold the key to unlocking the mysteries of chronic periods of oxygen deprivation, or hypoxia.

A recent study found that naked mole-rats can live for up to 18 minutes without oxygen due to their ability to utilize fructose as an energy source. This work enhances understanding of how nerve cells can function in the absence of oxygen and might lead to work that uncovers novel treatments to prevent brain damage in stroke patients. The University of Cambridge Naked Mole-Rat Initiative that brings researchers together understand the highly unusual biology of this rodent: living healthily for 30 years, highly resistant to cancer, insensitive to certain painful stimuli and demonstrating extreme hypoxia resistance.

years; moreover, naked mole-rats display sustained good health into old age;

- **Cancer Resistance** – naked mole-rats do not spontaneously develop cancer and their cells are resistant to transformation;

- **Insensitivity To Acid As A Noxious Stimulus** – naked mole-rats respond normally to mechanical and thermal stimuli, but fail to perceive acid as noxious; and

- **Hypoxia Resistance** – naked mole-rat brain tissue can withstand sustained

While such phenomena are of great interest, there has been little work done identifying their causes, although there is clearly much that could be learned from the naked mole-rat that could aid medical advances. Research into these causes is ongoing, and the outlook is hopeful.

It would behoove senior citizens to follow the progress of this research by simply using the Internet. Long life. Pain free. No cancer. Surviving a stroke. The answers may be just around the corner.



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