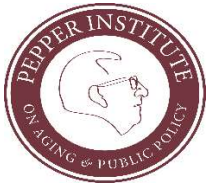



OLLI TIMES

NEWS AND INFORMATION FROM THE MEMBERS AND STAFF TO THE MEMBERSHIP

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JULY 2019



...FROM THE PEPPER INSTITUTE



WHAT ARE THE CONSEQUENCES OF UNCORRECTED HEARING LOSS

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

When you think about hearing loss in later life, your first thought might be the embarrassment of asking people to repeat themselves – or missing everyday

pleasures, like birds singing and crickets chirping. But the costs can be far greater. Uncorrected hearing loss can reduce interaction in daily life. People who are

hard of hearing sometimes avoid situations that they fear may be difficult for them like gatherings involving background noise or interactions with strangers or casual acquaintances where it is hard to infer what they are saying. Hearing loss also can diminish relationships with family and friends -- because the strain to understand can limit the depth of conversations. All this reduced interaction can lead to

isolation and depression. It also may hasten cognitive decline. One study following older adults for over a decade found that moderate hearing loss tripled the risk of dementia.

The upside is that research also shows that correcting hearing loss can reverse these trends: Hearing aids enhance social connections, improve quality of life, and postpone cognitive decline.

FRIENDSHIP FORCE ANNOUNCES NEXT MEETING, VISIT, VOLUNTEER NEEDS

Next meeting: Tuesday July 9th at 6 PM at the Westminster Pool House. Bring a covered dish to join our monthly social dinner.

Our guests from Friendship Force club Mundo Maya de Tuxtla Gutierrez Mexico will be visiting OLLI November 11-16.

We still need volunteers to 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 will also join your guest during the week on the activities planned each day and also the Welcome, Farewell and small dinners which are provided by OLLI members for you and your guest.

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.

Small Dinner Host: During the visitor's 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 cultural exchanges and new friendships in a small group setting.

Translators: have fun meeting new friends while practicing your Spanish. It would help enrich the visitors ability to enjoy their visit if we had translating assistance.

To volunteer please contact Wendy Johnston at mrswendyjohnston@gmail.com

Our June social meeting was enjoyed by over 40 members. Plan on joining us in July to learn more about Friendship Force.

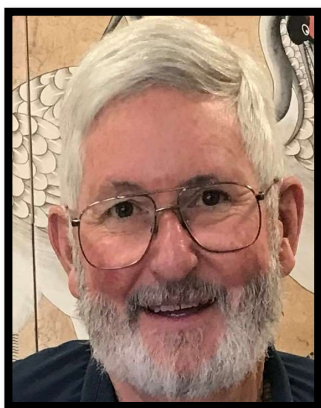
OLLI STUDY ABROAD TRAVELERS VISIT ITALY

The OLLI Study Abroad travelers visited Italy's beautiful Amalfi Coast, spectacular Capri, and the ancient city of Pompeii, among other incredible sites, before wrapping up their memorable June journey in Milan.



THE PRESIDENT'S CORNER

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



Hey everybody. I hope you are all enjoying the Summer. Linda and I spent June in Poland, the Baltic States, and Russia. A great trip. Summer is a quiet time for most of OLLI.

However, I must remind you that most of the clubs are active all year round.

This is a good time of year to join one of the many Clubs that are offered because you don't have to plan around classes.

We have clubs for Books, Spanish, Friendship Force, Men's Group, Paddlers, Travel, Walking, and Writers. Club descriptions and contacts can be found in the Catalog from Fall or Spring semesters.

Contacts can also be found on the webpage (olli@fsu.edu) under "About Us/Leadership." Of course, there is always Happy OLLI every Wednesday night (see the OLLI calendar for the weekly location). Even though it is summer, the Curriculum Committee never sleeps. They are busy working on the Spring line-up of classes.

The Fall schedule is set and the present projection is 52 classes. The committee will tell you, however, that the schedule is never set until it is printed in the catalog. If you have suggestions for class subjects, contact Susan Yelton (susanwyelton@gmail.com) or any Council member. I am looking forward to hearing the tall tales from the members that took the OLLI Abroad trip to Italy. Bill Walter was the instructor and led the group in afternoon sketching excursions. Linda and I have enjoyed four of the OLLI abroad trips and can't wait for the trip to Greece next year!

SPECIAL TO THE TIMES

HOW TO RECOGNIZE A ROBOCALL

Listen for these key phrases related to insurance, jury duty and Social Security.

by Doug Shadel, AARP, 2019

Health Insurance Scam

What they'll say: "Open enrollment has passed, but luckily that doesn't mean you'll be without coverage this year. New laws in place still allow you to get an affordable health insurance plan from an A-rated insurer at a price that you and your family can afford. Press 1 now to speak to an agent."

The goal: Often this is a lead-generation operation (to get private information they can sell to others or use later). Some of these calls will legitimately connect you to a local insurance agent; others are pure scams.

Use good sense: Do not respond to inquiries like this over the phone. Instead, if you're looking for lower-cost health insurance, your best option is to contact the State Health Insurance Assistance Program in your state. (Find it at shiptacenter.org.) The

counseling is free. If you are under age 65 and not yet eligible for Medicare, go to healthcare.gov for options on the individual market.

Jury Duty Scam

What they'll say: "Hello, this is Officer Garrison from the police department. It is my duty to inform you that a warrant has been issued for your

arrest as a result of your failure to show up for jury duty. Please call us immediately to avoid incarceration."

The goal: To persuade you to pay a large "fine" to the crooks posing as police.

Use good sense: The legal system doesn't work this way. You would get a notice of jury duty in the mail. Police and court officials don't solicit payments by phone. If you are concerned, contact your county clerk's office about jury duty.

The SSA warns you to beware of phone calls from phony SSA employees

Social Security Scam

What they'll say: "The purpose of this call is regarding an enforcement action executed by the U.S. Treasury against your Social Security number. Ignoring this would be an intentional attempt to avoid initial appearances before the magistrate judge for a federal criminal offense. So, before this matter goes to the federal claims courthouse or you get arrested, kindly call us back."

The goal: To convince you that someone is using your Social Security card to commit crimes and that, to clear your name, you need to share private information.

Use good sense: The Social Security Administration won't ask for such information over the phone. If you're in doubt, look up the number for your SSA office and call it. Do not call the number in the phone message.

Pain Center Scam

What they'll say: "This is an important message from the pain center. You're receiving this call

because someone at this number recently requested information about a pain-relieving brace for their back or knee. You may qualify for a knee or a back brace at little to no cost to you. To speak with a product specialist, press 1 now."

More often than not, you will receive a low-quality brace — and the scammer will bill the government a huge amount for it.

Use good sense: Quality medical products generally are not sold over the phone. Don't give your personal information to someone you don't trust.

Doug Shadel is the state director for AARP Washington and the author of Outsmarting the Scam Artists.

AARP's Fraud Watch Network can help you spot and avoid scams. Sign up for free "watchdog alerts," review our scam-tracking map, or call our toll-free fraud helpline at 877-908-3360 if you or a loved one suspect you've been a victim.

POLICE WARN: TAKING FACEBOOK QUIZZES COULD GET YOUR IDENTITY STOLEN

Your comment may seem harmless, but it's really not.

By [Lindsey Murray](#)
Good Housekeeping U.S.

Those quizzes you see popping up on your Facebook Newsfeed may seem like a harmless guilty pleasure, but if you're not careful they could leave you victim of identity theft.

The [Sutton Police Department](#) in Massachusetts shared a scary post on their Facebook page last week warning social media users that those fun questionnaires could actually be revealing personal information to scammers.

"Please be aware of some of the posts you comment on," the department wrote in a Facebook photo post that now has more than 200,000 shares. "[These questionable posts] ask **what was your first grade teacher, who was your childhood best friend, your first car, the place you [were] born, your favorite place, your first pet, where did you go on your first flight, etc ...Those are the same questions asked when setting up accounts as security questions. You are giving out the answers to your security questions without realizing it.**"

Here's one example information-prompting post we found searching Facebook: a fun What's Your Elf Name? game that crops up every holiday season. The idea seems harmless enough, delightful to join in on, and you may even want to tag friends to participate. The original poster likely has no harmful intentions, but its posts like this that push you to publicly share specific personal information and your full name is right there with it. One click to your profile, and a stranger could learn where you live as well.

[Rachel Rothman](#), Chief Technologist for the Good Housekeeping Institute, echoes the police warnings. "A nugget of information in isolation may not seem like a big deal, but combining that with other data that may be out there can result in a greater threat," she says. "Be mindful of photos or posts that could give away information about your location or self (like your birthday) and consider if you are posting something that could be used to locate you offline or make it easier for someone to figure out any of your passwords."

Rothman also recommends using "fake" information when filling out password recovery prompts (like your mother's maiden name or the name of your first teacher) that isn't

trackable to you in any way. But above all, it's important to remember that everything you post on social media is public, no matter how secure your settings are.

10 EASY WAYS SENIORS CAN BOOST THEIR MENTAL HEALTH AND WELL-BEING

Staying vital and connected can help you ward off the depression that often comes with aging. Here are simple things you can do, even from your own home.

A challenged brain is a happy brain. So when the kids are grown and you've retired from your job, you could find yourself struggling a bit to stay busy and engaged, and you might feel depressed.

You wouldn't be alone. The National Alliance on Mental Illness says that more than 6.5 million

American seniors suffer from depression. Seniors living independently have the lowest risk for depression, with the condition affecting about 1 to 5 percent of this group, according to the Centers for Disease Control and Prevention. But at sciences and director of the geriatric psychiatry division at the Duke

the other end of the spectrum, about 13.5 percent of those who require in-home help, and about 11.5 percent of seniors who are hospitalized, experience depression.

Despite these numbers, depression in seniors is frequently overlooked, according to Jaza Marina Brown, MD, a geriatrician with Kaiser Permanente in Atlanta. And that's often because the symptoms may look like they stem from a different disease. For instance, weight loss and poor appetite may seem like a gastrointestinal problem, and problems with daily functioning could seem like a case of arthritis, Dr. Brown says.

Struggles with physical health can lead to problems with mental health for seniors, says Mustafa M. Husain, MD, a professor of psychiatry and behavioral University School of Medicine in Durham, North Carolina. Physical

illnesses may contribute to depression, or vice versa. Staying physically healthy, socially active, and mentally engaged as you age are keys to boosting senior mental health, experts agree. For instance:

1. Just Keep Moving Exercise is essential for both the body and mind, Brown says. Go for a daily walk or join a senior exercise class at a nearby Y, gym, or senior center. If you have physical limitations, try chair exercises. If you're physically able, try a dance class. A study published in August 2014 in the *Journal of the American Medical Directors Association* found that just one 60-minute dance class a week led to significant improvements in depression symptoms.

2. Socialize at Your Senior Center“ Senior centers offer a variety of classes — from crafts and hobbies to computer classes — to keep the mind interested and active,” Brown says. Some also offer transportation to those who need it.

3. Stay Involved in Family Gatherings Find ways to be included and visit often with family, especially grandchildren. Keep visits short if you get tired, Dr. Husain says, and make sure you're just there to enjoy their company rather than be a babysitter.

4. Call on Friends Stay connected with your peers. Get your hair done

together, go on a shopping trip even if it's just to the grocery store, or have them over for dinner. The social stimulation will do you all good, Brown says.

5. Turn to Technology to Stay in Touch Schedule regular phone calls to catch up with loved ones, and send snail mail or email letters, cards, and photos. Try Skype or FaceTime for a video call. Create a memory book with your grandchildren and share it with the entire family.

6. Go Back to School Challenge your brain by taking a class at your local community college; many are free or offered at a very low cost, Brown says. Try a literature class or study another language, and look for online classes if you can't leave home.

7. Get a Pet Whether you're a dog person or a cat person, caring for a pet can be helpful, Husain says. Animals make seniors more socially engaged, less depressed, and less agitated, according to a review of research on animal therapy published in the November 2014 edition of *Current Gerontology and Geriatrics Research*.

8. Make a Difference Volunteering comes in all shapes and sizes. Pitch in locally or search online for ways to volunteer from the comfort of your own home. For instance, the United Nations Volunteers program has opportunities across the

world. Giving back can be one of the best ways to add meaning to your life. Husain knew a 98-year-old who still volunteered at a popcorn stand at a children's hospital. "The pleasure he got out of it was much more than any medication I could have given him," he says.

9. Play Games Try word puzzles, crossword puzzles, jigsaw puzzles, and games like Sudoku to keep your brain healthy and stimulated. Join —

or start — a bridge club with your friends, Husain suggests. A good card game is always a good opportunity for conversation.

10. Make a Deeper Spiritual Connection Religion and the community that goes with it can offer meaningful activities and support, and your place of worship can also be a great venue for volunteering, Brown says.

BRAIN EXERCISES FOR SENIORS: HOW TO INCREASE AN AGING ADULT'S MENTAL FITNESS

We all know the importance of keeping mentally fit. Maintaining our cognitive skills allows us to enjoy greater concentration, better problem-solving, and a host of other benefits. But did you know that focusing on this aspect of our health is especially important as we grow older? Brain exercises for seniors are a way for you (or a home health aide) to help keep your loved one sharp.

In fact, when combined with other healthcare measures, it may even help prevent or delay dementia.

What parts of the brain need a workout? Cognition includes the ability to perform many different mental tasks, including perceiving people and events accurately,

recalling facts, and finding creative solutions to problems. In essence, cognition is what lets us take information from our environment and turn it into something our brains can use.

That's why, when doing brain exercises like you would any other workout routine, it's important to know what you and your loved one's goals are. Mental exercises can offer great returns in areas such as processing, reasoning, memory, and more. The more you use the parts of the brain that control these skills, the sharper they'll stay — and for longer.

Build up the brain with these exercises

Talk it out

One brain activity that many people often overlook is fairly simple – it just involves talking! Engaging in meaningful conversation with friends, family members, and professional caregivers let your loved one enjoy the benefits of social interaction. But moreover, the give-and-take of these exchanges can stimulate brain function.

Change it up

Another surprising cognitive exercise is a bit unusual but surprisingly effective: change up your loved one's routine; this can be as simple as having them put on their shoes in reverse order or use their non-dominant hand for a task. Try it yourself – it can be challenging at first, but also a lot of fun!

Be crafty

If your loved one enjoys arts and crafts, this is a great way to perk up their brain. The hand-eye coordination and fine motor skills that crafts call for provide the perfect cognitive workout. There are even ways to tailor crafts to your loved one's level of ability, physical limitations, and even their attention span. Consider the following crafty options for an older adult:

- Coloring
- Stenciling
- Drawing
- Painting
- Sewing
- Scrapbooking
- Woodworking
- Photography
- Beadwork
- Making decorations

- Molding clay figures

Get your game on

Games and puzzles are a superb way to keep your loved one's brain active and alert. And just like crafts, they can be customized to suit the individual's abilities. There are many different games and puzzles that have been modified for those with physical limitations. Examples include large print puzzles books, oversized puzzle pieces, and extra large and thick playing cards.

Consider these fun brain teasers:

- Jigsaw puzzles
- Crossword puzzles
- Word searches
- Sudoku
- Trivia
- Card games
- Scrabble
- Bingo
- Dominoes
- Checkers
- Chess

Pick appropriate brain exercises for seniors

Always pair brain exercises to your loved one's ability, temperament, and, of course, their personal interests. For instance, someone who has very poor vision (even with an assistive device) is likely not the best candidate for card games. However, they may be perfect for crossword puzzles providing another person is there to ask the questions, fill out the puzzle, and count the spaces. Likewise, if your loved one has no patience for crossword puzzles, but enjoys trivia games, take that into consideration.

Any brain exercises that they help pick out and genuinely enjoy increases the odds they'll stick with them.

Start keeping your loved one's brain healthy today!

brain health, the sooner you can both see the benefits – or delay the start of symptoms related to poor cognition. Don't forget – the brain needs exercise just like the body in order to stay strong and let us do all that we want to do!

Social

- becoming more charismatic ("confidence in a social setting")
- additional networking

Spiritual

- a deeper feeling of self-worth
- strong spiritual growth
- an internal bond with yourself

While many older adults never experience a cognitive decline, for others, the effect of the aging process on mental faculties is more pronounced. The sooner you start helping your loved one maintain their

Financial - becoming financially savvy

- good investment tips for family and friends based on your success
- financial independence

So this just gives you a general idea on how you can put your life into perspective based on your own thinking. Any of these points can be changed accordingly. The whole point I to get across here is that if you live a life with purpose and a plan, passion will soon follow. Life doesn't end at 50, 60, 70, or even 80; it stops when you tell it to. You are the master of your destiny and you will become exactly what you think.

The power of positive aging is within each one of us

WHY YOU SHOULD CARE ABOUT OMEGA-3'S

You hear some nutrients chattered about constantly, but you may not know if you're getting enough of them--or why you should even be paying attention. That may describe how you feel about omega-3's: Sure, they're important, but ... why again?

Omega-3s are a type of fatty acid. (Omega-6's and omega-9's are others.) They're considered "essential" fatty acids, which means your body can't make them — but it needs them — so you have to get omega-3's from

food. According to the National Institutes of Health, omega-3's make up the membranes surrounding every cell in your body. They also play a role in the proper function of your brain, eyes, heart and hormones. When it comes to your ticker, getting ample omega-3's keeps your lipid levels in check (like triglycerides), helps keep your arteries clear and may also lower blood pressure. Adequate intake of omega-3's may also lower your risk of dementia — perhaps because they support blood vessel function (and

your blood vessels feed your brain), as well as reduce inflammation.

If you're thinking to yourself, 'wow, that's a big job,' you're right. And yet, most of us aren't getting enough, says Gabrielle Mancella, a registered dietitian with Orlando Health. Traditionally, some of our omega-3's came from grass-fed beef, but now that most cattle eat a corn-heavy diet, cows don't produce much omega-3's in their beef and milk, she explains. A great source of the essential fatty acid is fish (such as salmon and mackerel), but if you're not getting the 1–2 fish servings per week recommended by the AHA, you could be missing out.

Consuming too few omega-3's can throw off the balance between the fatty acids in your body (particularly 3's and 6's), says Mancella. It's estimated that a standard American diet has a ratio of 16:1 of omega-6's to omega-3's. While omega-6's are necessary, the ideal ratio, says Mancella, is actually 4:1. An imbalance in these fatty acids promotes inflammation, which may encourage your body to accumulate fat, and is one potential factor responsible for rising obesity rates.

Of course, no one's asking you to sit down and calculate your ratio of omega-6's to omega-3's. Instead, simply aim to fill your diet with more omega-3's. Here are seven top sources:

FRESH AND CANNED FISH--

When it comes to omega-3's, there are three types: ALA, EPA and DHA. EPA and DHA come from fish and seafood, while ALA comes from plants like flax. ALA is a precursor to EPA and DHA, meaning ALA can be converted to EPA/DHA. That means the most direct and effective way to get the omega-3's you need is from fish. If you eat fish, try to commit to eating two servings of fish per week. Fatty fish like salmon, mackerel and sardines are the richest in omega-3's.

Tuna counts, too, though if you're pregnant or breastfeeding, stick to no more than 2–3 servings per week (ideally canned light tuna) to lower risk of mercury exposure, per the FDA.

CANOLA OIL--One of the reasons our omega ratio is off is because we're using the wrong oils, says Mancella. "Switching your cooking oil is one of the easiest ways to get your ratio back in a better range," she says. The benefit to canola oil is it can be used at any temperature and has no taste, making it one of the easiest oils to use.

FORTIFIED EGGS--When chickens are fed flaxseeds, their bodies produce eggs rich in omega-3's. While it's present in much lower amounts

compared to fish, buying omega-3 eggs (look for language that calls this out on the carton) is a smart way to round out your diet.

FLAXSEEDS AND OIL--Flaxseeds offer fiber for few calories, plus omega-3's in the form of ALA. That's why they're good for improving cholesterol levels and regulating digestion, says the Mayo Clinic. You can buy flax as whole or ground seeds, but whole seeds pass through your digestive system largely undigested. To reap the benefits, you should stick with ground. As for flax oil, go ahead and use it for cold applications, like DIY-ing salad dressing or to sneak in some ALAs, but it's not an adequate substitute for fish.

CHIA SEEDS--These little black seeds are trendy, and that's a good thing: They're packed with protein, fiber and omega-3's. In fact according to the Harvard School of Public

Health, chia is the best plant source of omega-3's. Sprinkle them on yogurt or oatmeal, add to a smoothie or stir together with your milk of choice (and let sit overnight) for chia seed pudding.

WALNUTS--These nuts contain omega-3's, but like the other plant sources, this is the ALA variety. If you rely solely on plants for your omega-3's, talk to your doctor or a registered dietitian about adding a fish or algae oil supplement to get the complete omega-3 package.

GRASS-FED BEEF--Choosing grass-fed beef has some advantages, mainly a healthier ratio between omega-6's and omega-3's, research shows. (However, the amount it contains comes nowhere near a salmon filet.) If it's in your budget, consider buying grass-fed when you can.

WANT TO LEARN A NEW SKILL? TAKE SOME SHORT BREAKS

NIH study suggests our brains may use short rest periods to strengthen memories.

In a study of healthy volunteers, National Institutes of Health researchers found that our brains may solidify the memories of new skills we just practiced a few seconds earlier by taking a short rest. The results highlight the

critically important role rest may play in learning. "Everyone thinks you need to 'practice, practice, practice' when learning something new. Instead, we found that resting, early and often, may be just as critical to

learning as practice,” said Leonardo G. Cohen, M.D., Ph.D., senior investigator at NIH’s National Institute of Neurological Disorders and Stroke and a senior author of the paper published in the journal *Current Biology*. “Our ultimate hope is that the results of our experiments will help patients recover from the paralyzing effects caused by strokes and other neurological injuries by informing the strategies they use to ‘relearn’ lost skills.”

The study was led by Marlene Bönstrup, M.D., a postdoctoral fellow in Dr. Cohen’s lab. Like many scientists, she held the general belief that our brains needed long periods of rest, such as a good night’s sleep, to strengthen the memories formed while practicing a newly learned skill. But after looking at brain waves recorded from healthy volunteers in learning and memory experiments at the NIH Clinical Center, she started to question the idea.

The waves were recorded from right-handed volunteers with a highly sensitive scanning technique called magnetoencephalography. The subjects sat in a chair facing a computer screen and under a long cone-shaped brain scanning cap. The experiment began when they were shown a series of numbers on a screen and asked to type the numbers as many times as possible with their left hands for 10 seconds; take a 10 second break; and then repeat this trial cycle of alternating practice and rest 35 more times. This strategy is typically used to reduce any complications that could arise from fatigue or other factors.

As expected, the volunteers’ speed at which they correctly typed the numbers improved dramatically during the first few trials and then leveled off around the 11th cycle. When Dr. Bönstrup looked at the volunteers’ brain waves she observed something interesting.

“I noticed that participants’ brain waves seemed to change much more during the rest periods than during the typing sessions,” said Dr. Bönstrup. “This gave me the idea to look much more closely for when learning was actually happening. Was it during practice or rest?”

By reanalyzing the data, she and her colleagues made two key findings. First, they found that the volunteers’ performance improved primarily during the short rests, and not during typing. The improvements made during the rest periods added up to the overall gains the volunteers made that day. Moreover, these gains were much greater than the ones seen after the volunteers returned the next day to try again, suggesting that the early breaks played as critical a role in learning as the practicing itself.

Second, by looking at the brain waves, Dr. Bönstrup found activity patterns that suggested the volunteers’ brains were consolidating, or solidifying, memories during the rest periods. Specifically, they found that the changes in the size of brain waves, called beta rhythms, correlated with the improvements the volunteers made during the rests.

Further analysis suggested that the changes in beta oscillations primarily happened in the right hemispheres of the volunteers’ brains and along neural networks connecting the frontal and parietal lobes that are known to help control the planning of movements.

These changes only happened during the breaks and were the only brain wave patterns that correlated with performance.

“Our results suggest that it may be important to optimize the timing and configuration of rest intervals when implementing rehabilitative treatments in stroke patients or when learning to play the piano in normal volunteers,” said Dr. Cohen. “Whether these

results apply to other forms of learning and memory formation remains an open question.”

Dr. Cohen’s team plans to explore, in greater detail, the role of these early resting periods in learning and memory.

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

Do you have an idea for a class?
Please submit any ideas for future OLLI classes and instructors to
Susan Yelton, OLLI's Curriculum Team Chair at susanwyelton@gmail.com



The Osher Lifelong Learning
Institute at
Florida State University

