



WWURA NEWS



March 2010

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Serving Retired Faculty and Staff

Message from WWURA President



Can't believe it is March already. What a beautiful spring we are having.

We had a wonderful turnout for our Cabin Fever party and what a lovely sunset we had a chance to observe. If you missed it be sure to

plan to come to our next land cruise, it's a great chance to get caught up on all the things your fellow WWURA members are doing.

We have a great travelogue featuring Norm Lindquist and Ann McCartney planned for March 17. Be sure to check out the article. Also mark May 11th on your calendar for the annual WWURA meeting and retirement banquet. The reservation form and more information will be in the April newsletter.

We are well underway with plans for the 2010 Northwest Regional Universities meeting WWURA is hosting on May 5-7 at the Lakeway Inn. Watch for more details in April.

The Nominations Committee has been working on the officers, directors and committees for 2010-11. Larry Richardson would love to hear from you if you are interested in being on a committee or running for a board position.

See you soon and hope you are having a beautiful day.

-Margaret Loudon

WWURA Travelogue Our Adventures with Earth Watch

Presented by Norm Lindquist
and Ann McCartney

Wednesday, March 17
Squalicum Yacht Club
6:30 p.m. for socializing
7:00 p.m. for presentation

Counting pink dolphins in the Peruvian Amazon, tracking timber wolves in Minnesota, digging in the Tzar's horse cemetery in St. Petersburg. These are some of our research adventures with EarthWatch. EarthWatch is a private, non-profit corporation which funds research projects. Members pay EarthWatch, they fund the projects and the projects provides for the members as volunteers. We will share our experiences with EarthWatch since 1990.



Transporting goods on a tributary of the Amazon River

If your name begins with M through Z, please bring a dessert to share. As Wednesday is St Patrick's Day, something green would be appropriate. WWURA provides coffee and tea.

HEALTH NOTES by Evelyn Ames

Rounding Third and Moving -- for Healthy Living

“Keep on truckin” makes for living healthily longer, so they say! The January 2010 issue of *Circulation: Journal of the American Heart Association* reported data from an Australian study that “found that every hour spent in front of the television per day brings with it an 11 percent greater risk of premature death from all causes, and an 18 percent greater risk of dying from cardiovascular disease.”

“Compared with people who watched less than two hours of television daily, those who watched more than four hours a day had a 46 percent higher risk of death from all causes and an 80 percent increased risk for CVD-related death. This association held regardless of other independent and common cardiovascular disease risk factors, including smoking, high blood pressure, high blood cholesterol, unhealthy diet, excessive waist circumference, and leisure-time exercises.” The researchers suggested that sedentary behavior (e.g., sitting at computer or reading without moving for extended periods of time) may pose health risks. Lead researcher David Dunstan said “even if someone has a healthy body weight, sitting for long periods of time still has an unhealthy influence on their blood sugar and blood fats.” People go from sitting in a chair to sitting in a car to sitting to watch television to sitting to eating to sitting to reading, etc.! Question: Why not try tapping your feet while reading or watching TV? You burn calories!

The benefits of exercise have been long established, but researchers wanted to know what happens when people sit too much. The study focused on television watching since it is the most common sedentary activity carried out in the home. The findings applied to both obese and overweight people as well as those with a healthy weight. “What has happened is that a lot of the normal activities of daily living that involved standing up and moving the muscles in the body have been converted to sitting,” Dunstan said. “Technological, social, and economic changes mean that people don’t move their muscles as much as they used to - consequently the levels of energy expenditure as people go about their lives continue to shrink. Prolonged periods of sitting are suggested to have an unhealthy influence on blood sugar and blood fat levels.

Determinates of physical activity (exercise) in older adults. Various studies report that personal characteristics (e.g., motivations, self-efficacy, health status, exercise history and skill in performing physical activity) and environmental characteristics (e.g., access, cost, time barriers, and social/cultural supports) influence a person’s physical activity behavior. The determinants within the “personal characteristics” category were found to be most important when exercise plans were designed for older adults (*Journal of Rehabilitation Research and Development*, Jan/Feb 2002). Experts rated biomedical status as the most important determinant. The status of health of older adults has an impact on how likely they are to initiate and adhere to exercise. Healthy adults, those with few illnesses or injuries, are more likely to be active and to stay in an exercise program than are people with medical complications. Older adults who are overweight are less likely to stay with a vigorous program but are more likely to respond to moderate activities such as a walking program. The conclusions to the study reported in the above mentioned journal were the following: “Expert health professionals identified biomedical status, past exercise participation, and education, in order of decreasing priority, as most important during the initiation phase. During the adherence phase, the most important determinants were prioritized as biomedical status, then past exercise participation, and finally, SES (socio-economic status).” The researchers concluded that healthier older adults who have a history of exercise are more likely to start and maintain an exercise plan, as well as educating older adults on the benefits of exercise increases the likelihood of them initiating and adhering to an exercise prescription.

Cognitive Behavior Therapy (CBT and its effect on maintaining exercise: J. K. Schneider (*Journal of Gerontological Nursing*, April 2004) taught an “experimental group of older adults to recognize negative thoughts related to exercise and to counter these thoughts with more positive ones. She found that CBT was “moderately effective in improving several components of self reported exercise behavior and mildly effective in improving exercise behavior overall.” The three fundamental propositions of CBT are (1) cognitions affect behavior (self-regulation), (2) cognitions (interpretations) may be monitored and altered, and (3) behavior change may be produced through cognitive change (self-regulation). The following table provides an example of thoughts about exercising as it relates to CBT. It is suggested the reader incorporate the third column (My Behavior) as a means of increasing daily physical activity.

Example of a Thought Log *Journal of Geriatric Physical Therapy Vol. 28; 2:05*

Exercise situation	Thoughts about the situation	My behavior
Very warm summer’s day. It is too hot to exercise outside.	I’ll go to the mall and walk laps. I’ll take my walkman to help pass time.	I walked 2 miles and listened to a book on tape!
Very busy day of volunteer work. Didn’t get home until 5:00 pm	Exercising takes too much work. I’ll take a nap and eat dinner. Maybe I’ll exercise tomorrow	I did not exercise today. Maybe I should have thought. “Since today was very busy and I plan to walk tomorrow morning, I can still do 20 minutes of theraband exercises while I watch TV.”
My friend just called to say she isn’t feeling well and can’t walk with me today.	I’m disappointed but I think I need to walk today, even if by myself.	I walked for 20 minutes around my neighborhood by myself.

Physical Activity Guidelines for Americans (U.S. Dept. HHS) recommend muscle –strengthening activities for all major muscle groups two or three times a week and at least two and half hours a week of moderate intensity or one hour and 15 minutes a week of vigorous intensity aerobic physical activity. New research suggests more is better. One caveat: if a person has been leading a sedentary life, adding physical activity to daily living needs to be done gradually. Pumping the weights or riding furiously on a stationary bike often results in pain and sickness which leads to a person stopping working out!



Newsletter Question/Activity of the Month: Rank order (most to least) these nuts in order of nutritional value: pecans, almonds, walnuts, cashews, hazelnuts, pistachios and peanuts. Answer somewhere in this newsletter!

WWURA Interest Groups

WWURA'S interest groups are open to all. anyone who is interested. If there is a group you would like to become a part of, call the contact person. If you have an idea for another interest group, call Barb Evans 650-9724. Interest group meetings for March are listed below:

BOOK GROUP - Donna Rochon, 647-2301, djrochon1@comcast.net

Meet at Evelyn Mason's, 914 17th St., 3rd Tuesday at 2:30 p.m.

March. 16, The book is *The Book Thief* by Markus Zusak

April 20, The book is *Burr: a Novel* by Gore Vidal

OPERA GROUP - Evelyn Ames, 734-3184

The Metropolitan Opera's Live in HD broadcast is shown at the Lincoln Theatre in Mount Vernon at 10:00 am. Call Evelyn if you need a ride or can drive.

Mar. 27, Hamlet

May 1, Armida

BRIDGE GROUP - Barb Evans, 650-9724

The bridge group meeting is Mar. 23 at 1:30

Location to be announced.

BIKING - will resume soon.

DOWNHILL SKIING - Charlie Way, 734-0649

Call Charlie if you are interested.

INFORMAL DINING - We will start meeting in March. Call Barb Evans, 650-9724 if you would like to be added to the list.

Membership Update

For those of you who picked up the new 2010 WWURA Membership Roster at our February lunch, please note the following changes and additions in your copy of that list. Rosters also will be available at the March 17 travelogue and the May 11 spring banquet honoring new retirees.

New/renewed and address changes

Hinckley, Caryl; 1804 Taylor Ave, Bellingham WA 98225-6740, 734-3728

carylhinckley@hotmail.com

Hogan, Eleanor; 1621 Eldridge Ave., Bellingham WA 98225-2802, 671-1742

Hovenier, Peter & Ann; 4843 Village Drive, Bellingham, WA 98226, 734-8444

phovenier@nicetiger.com

Kirchgatter, Nancy & Larry; 5652 Hudson Lane, Ferndale, WA 98248-9131, 384-4770

ldknlk@clearwire.net

Maché, Ulrich & Britta; 206 Forest Lane, Bellingham, WA 98225, 738-3563

ulbrit@comcast.net

Payne, Ethelyn; 345 Cove Road, Bellingham, WA 98229-8924, 734-4972

ethpayne@hotmail.com

Schwartz, Sy and Hughes, Linda; 2926 Cornwall Ave, Bellingham, WA 98225-1816, 676-1926

sylin927@earthlink.net

Scott, Jim & Barta; 7382 Halibut Drive, Blaine, WA 98230-9091

Danube River Holiday Markets Trip Reunion

A pleasant evening of good food and fellowship was enjoyed on February 19 by those who were on the Uniworld holiday markets cruise in December 2009. It was fun to hear some of the favorite memories and to look at albums. Margaret Woll showed accumulated pictures from trip participants which she and John will eventually share with our group. Thank you to Joyce Wilson for all her work to make the trip go smoothly. All 19 of us had a great time on the cruise.

No July *Deutschland* Cruise for WWURA and Friends

Participation has been postponed by the WWURA travel group in the July 2010 Music Gala aboard Peter Deilmann Cruises' *ms Deutschland*. The Deilmann business transition from satellite offices in the US and Great Britain has taken much longer than expected. We prefer to wait until a smooth experience is assured. Thus, Kathy and her group will not be on the Norwegian coastal voyage this summer.

Reported by Kathy Whitmer

Book and Film Corner

Lynne Masland

Thanks to Evelyn Wright and the *Wall Street Journal* for providing a list of the 10 best retirement films of all time – films in which retirees, or the idea of retirement, play a central role. I'll offer a few this month and more the next.

“About Schmidt” (2002) stars Jack Nicholson as Warren Schmidt, a newly retired insurance actuary and widower. With no spouse, no job and no purpose, he climbs into a 35-foot Winnebago (which he and his wife had planned to use in retirement) and begins a poignant search for life. Both he and Kathy Bates, which whom he memorably shares a hot tub in the film, were nominated for Oscars.

“Cocoon” (1985) brings together a group of listless retirees and a cluster of hearty aliens, the Antareans, creating a tender and at times very funny look at later life in America. Don Ameche, 77, won an Oscar for best supporting actor. “Going in Style” (1979). Three retirees, played by George Burns, Art Carney and Lee Strasberg, live together in an apartment in Queens, N.Y., subsisting primarily on Social Security checks. Days are spent on a nearby park bench feeding the pigeons. To relieve boredom and earn a few dollars, they decide to rob a bank. A comedy, the film offers a frank, sometimes heartbreaking portrait of later life.

Answer to “nut” activity:

1. Almonds--highest fiber content; vitamin E
2. Filberts (hazelnuts)--high in tryptophan; vitamin E; may be good for sleep
3. Peanuts (actually not a nut; are legumes)
4. Chestnuts—low in fat
5. Pistachios
6. Walnuts—greatest concentration of omega-3-fatty acids
7. Cashews
8. Pecans

WWURA Calendar

March 2010

17 Travelogue

April

6 Board Meeting

21 Travelogue

May

4 Board Meeting

5-7 Regional Univ. Conf.

11 WWURA Spring Banquet and
President's Reception for New Retirees

July

14 Picnic, Whatcom Falls Park

August

18 Summer Retreat

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Bellingham, WA 98225-9020**