



WWURA NEWS



September 2011

www.wwu.edu/wwura

Serving Retired Faculty and Staff

President's letter—Howard Evans

Greetings

And here we go again!! Another year of fun and frolic through a variety of activities and events brought to you through the thoughtful planning of the newly ensconced WWURA Board and member suggestions.

We anxiously await the return of our worldly travelers and the reports of things seen and done and hope some of you will be encouraged to put together a travelogue for the benefit of those who didn't or couldn't get away.

The WWURA newsletter, available in print or online, will fill everyone in on up-coming events and the important news of various groups and meetings. Be sure and plan to attend the Fall Luncheon on October 14th. A registration form and more information about the speaker is provided elsewhere in the newsletter.

WWURA welcomes new members. If you know of recent retirees from Western or other universities, please tell them about WWURA and encourage them to join. A membership form (page 3) is also available on line at www.wwu.edu/wwura or by contacting Pauline Palmer at 734-4425 or <ophelia@att.net>. It's been a great summer the past week or so and I assume you've taken full advantage!

Note our correct website address above for more information about WWURA.

WWURA Travelogue

“Route of the Maya”

Presented by the Woll's

Wednesday, Sept. 22, 2011

Squalicum Yacht Club

6:30 for socializing

7:00 presentation

Led by Don and Donna Rochon, our intrepid travelers journeyed through Central America - hiking, climbing pyramids, ziplining through the forest, riding horseback and viewing the extraordinary Good Friday parades as they immersed themselves in the Mayan culture. Join them as they relive that colorful journey.

If your name begins with **A through L**, please bring a dessert to share. WWURA provides coffee and tea; some members bring wine. Contact one of the board members if you need a ride.

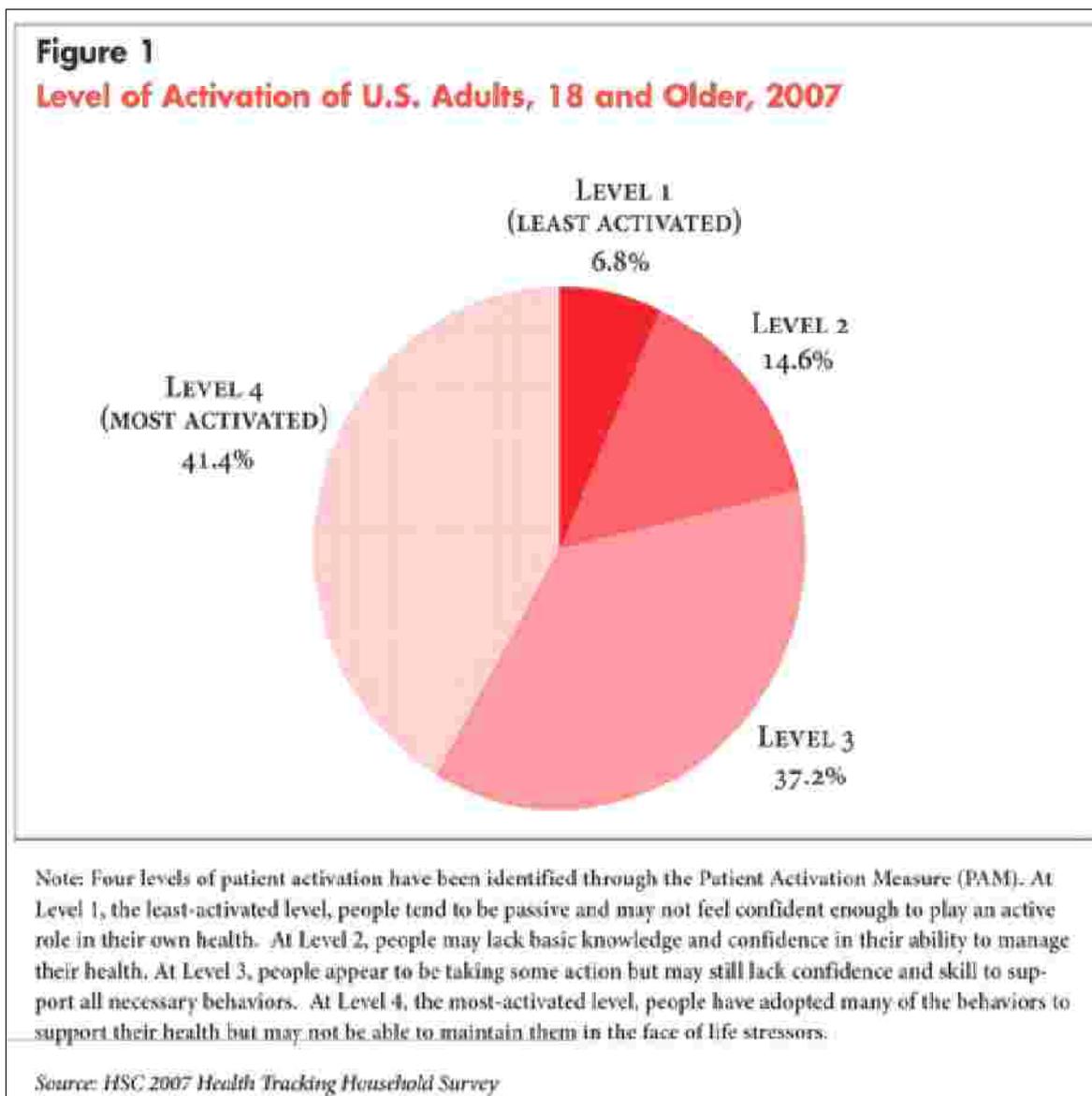
Save the Date . . . and make your reservation for **October 14**. Speaker will be **John K Munroe**, who will talk about strange and amusing experiences in radio. He worked in broadcasting (being a ham radio op since 1942), was an elementary principal, taught at WWU and owned Munroe Wool Co. He also is a bagpiper and vocal jazz arranger.

Some of our members will remember John who served in the WWU Communication Department as an instructor in public address. But, long before that, John was a radio personality on the early morning shift at local radio station KGMI. There, along with his old buddy Ed, he would reminisce about growing up in Bellingham, recount humorous incidents in Bellingham history, and tell all of the school kids if school was snowed out on any given day. His lively style and memory of good yarns made for a great wake up, sending his listeners off to their day doing whatever they did. His presentation will be a return to the good old days in our town. **Luncheon Reservation form is on page 5** of this newsletter.

Health Notes by Evelyn Ames Are You an Activated Patient?

The consumer is key to health care reform efforts! “There is a growing consensus that activating and engaging consumers is an essential component to health care reform in the United States” (The Center for Studying Health System Change, October 2008). What characterizes an informed, activated patient? According to the Improving Chronic Care Organization (www.improvingchroniccare.org), activated patients have motivation, information, skills, and confidence necessary to effectively make decisions about their health and managing it. The Center for Studying Health System Change (HSC) suggests “patient activation refers to a person’s ability to manage their health and health care” (<http://e-patients.net/archives/2008/10/41-of-adults-are-activated-patients.html>).

Data collected by HSC suggest that “activation levels are especially low for people with low incomes, less education, Medicaid enrollees, and people with poor self-reported health. Higher activation levels are associated with much lower levels of unmet need for medical care and greater support from health care providers for self-management of chronic conditions.”



Further information about the about the activation levels of various population groups and their health status characteristics can be found at <http://www.hschange.com/CONTENT/1019/>

“While there are sharp differences between advocates of a strong government role in health care reform and those who believe reform should be achieved primarily through the private sector, most health care reformers at least acknowledge that improvements in quality, cost containment and reductions in low-value care will not occur without more informed and engaged consumers and patients. Payment reform and structural changes to care delivery only address one side of the equation. The other side is consumers and patients becoming more informed decision-makers and managers of their health” *HSC)

It is suggested “that more highly activated patients have greater success in navigating a highly complex and often confusing health care system. For example, people with chronic conditions who are at lower levels of activation are much more likely to report unmet medical needs, to delay care and to have unmet prescription drug needs. Less activated people are also somewhat less likely to have a usual source of care. These differences remain even after controlling for socioeconomic and health status and likely reflect the more passive approach that people at lower levels of activation often take in managing their health. These findings also may indicate that those who are less activated are more vulnerable to barriers to care and are more easily dissuaded from taking action when faced with financial or health system barriers” (HSC).

Upcoming presentations at St. Luke’s Community Health Education Center) that may be of interest to WWURA members and friends:

September 20 (6:30 – 8 pm): Cindy Brinn: Registered Dietitian with PeaceHealth St. Joseph Medical Center.

September 27 (6:30- 8 pm): Dr. Peter Beglin: cardiologist with PeaceHealth St. Joseph's North Cascade Cardiology.

October 20 (6:30 – 8pm): Dr. James Holstine: orthopedic surgeon and medical director of the Peace-Health St. Joseph Joint Replacement Center.

2011-12 WWURA Membership Renewal Form

To join WWURA or renew your membership by mail, send your information to Pauline Palmer, WWURA Membership Chair, 2510 48th St., Bellingham, WA 98229?3430. Checks should be made payable to WWURA. 2011-12 membership cards will be mailed to you at the address you indicate below.

Note: Regular memberships are for a household , i.e. one retiree plus spouse/partner (if noted).

Benefactor	\$100.00	Pre-Retirement Membership	\$15.00
Contributing Membership	\$ 50.00	Surviving Spouse/Partner	\$ 6.00
Sustaining Membership	\$ 25.00	Limited Income	\$ 6.00
Regular Membership	\$ 15.00	New WWU Retiree	\$ 5.00

Included is \$ _____ , my contribution to the WWURA scholarship fund.

Amount enclosed _____

Signature _____ Date _____

Please provide information for the WWURA Directory

Name _____ Spouse/Partner (if applicable) _____

Street Address _____ City and Zipcode _____

Phone _____ Email _____

Year retired _____ from _____

Department or office.If not a WWU retiree, from what institution.

Book and Film Corner

Lynne Masland

With fall in the air and the evenings growing shorter, it could be a good time to think about renting some films for those after-supper hours. I've been enjoying a series of Judy Dench/Maggie Smith films – a pairing of superb actresses often in picturesque settings.

In *Ladies in Lavender*, the two portray two elderly sisters living in a cottage by a beach in 1930s Cornwall. The mysterious arrival of a beautiful young man washed up half-drowned on the sand sets up a sensitive exploration of an older woman's love for the young man and its consequences.

Tea with Mussolini features the two actresses in a semi-autobiographical story about Director Frederico Zeffirelli. Living in Florence in the late 1930s, a group of English women enjoy a sheltered existence which they believe is guaranteed personal protection in a tea reception given by Il Duce. As the war begins, they are interned and disillusioned.

In the gorgeously filmed 1986 Merchant Ivory production of *Room with a View*, based on a story by E. M. Forster, a young English girl and her chaperone (Maggie Smith) find themselves in a Florence pension in a room without windows. Fellow guests Mr. Emerson and son George step in to remedy the situation. Meeting the Emersons could change Lucy's life forever but, once back in England, how will her experiences in Tuscany affect her marriage plans? Dench plays a novelist. A special treat is the recurring musical theme Puccini's "O mio babbino caro."

RHINE RIVER HOLIDAY MARKETS TRIP --UPDATE

If you have been thinking of coming along with Kathy and her European holiday markets group, there's still time to book one of the few cabins remaining aboard the AmaWaterways' Rhine cruise. Dates are December 2-14, 2011. Details are included in past WWURA newsletters and on the WWURA website. Call Joyce D. Wilson, 733-4703, if you would like to join the group. It'll be a wonderful trip.

WWURA Travel Committee

Do you enjoy traveling? WWURA's Travel Committee is looking for a few new members to help put together travel opportunities for WWURA members and friends. Travel ideas can be local, in the US and Canada as well as abroad. If you are planning a trip or tour that you think others would enjoy you can offer others the opportunity to travel with you. We meet usually once a month for a lunch meeting at Five Columns Restaurant on Samish Way. If you like to travel we would like to have you join us for a meeting to see how the committee works and to see if it is something you would be interested in. If this sounds like a possibility for you, please call Barb Evans at 650-9724 or <barbandhoward@comcast.net>.

Jingle Bell Run

We'll be running with bells on for the Arthritis Foundation. Will you join us on December 10th? Contact Evelyn Ames at: <evelyn.ames@wwu.edu> or at 734-3184 for information.

WWURA INTEREST GROUPS

It's September and time for our interest groups to start meeting again. Our interest groups and the contact people are listed below. If you are interested in a group, please call or email the contact person.

Book Group - Donna Rochon, 647-2301 or djrochon1@comcast.net

Meets the 2nd Tuesday of the month at 2:30 p.m. at a member's home. September's book is *Half Broke Horses* by Jeanette Walls. We will meet at Pat Clarke's home at 222 Highland Dr.

October's book is *My Father's Paradise: A Son's Search for His Jewish Past in Kurdish Iraq* by Ariel Sabar. We will meet at Donna Rochon's home at 1505 Silver Beach Rd.

Bridge Group - Nicholas Bullat, 676-1156 or gmbmaestro@gmail.net or

Barb Evans, 650-9724 or barbandhoward@comcast.net

Meets the 4th Tuesday of the month at a member's home. September's meeting will be at Barb Evan's home at 622 Everglade Rd.

Informal Dining - Janet Berg, 733-4654 or janetlila@hotmail.com or

Barb Evans, 650-9724 or barbandhoward@comcast.net

Meets once a month at a members home for dinner. People are divided into groups of 8 with each group having a host or hostess who contacts the others in the group with a date to meet and a choice of food to bring. The groupings are different for each month so you have an opportunity to have dinner with different people. Meetings will start in October.

Opera Group - Evelyn Ames, 734-3184 or evelyn.ames@wwu.edu

The group usually attends the operas independently or in small groups. Call Evelyn if you need a ride. Information about venues is listed below:

The following websites provide up to date information regarding opera . HD telecasts for the 2011- 2012 schedule. Tickets can be bought on line or at theaters.

Metropolitan Opera HD <http://www.metoperafamily.org/metopera/broadcast/LiveinHD.aspx>

Bellingham Bellis Fair:http://www.fandango.com/regalbellisfair6cinema_aaaua/theaterpage?date=8/5/2011

Lincoln Theater in Mt. Vernon: <http://www.lincoltheatre.org/welcome> click on calendar

Pickford Film Center is showing opera from European theaters on Sundays:

<http://pickfordfilmcenter.org>

Operas are also shown at the Alderwood Regal Theater in Lynnwood and at the Cineplex Theaters in Canada (Google SilverCity-Riverport on Entertainment Way.

Skiing - Charlie Way, 734-0649 or cybway@aol.com

skiing usually starts in January, but depends on the weather.

Writer's Group - Evelyn Wright, 676-0227 or ewright410@comcast.net

Meets twice a month. The groups are kept small so there is time for reading and critiquing each others work. The first group is now closed, but if you are interested, please call Evelyn and discuss starting a second group.

Reservation for Fall Luncheon—Experiences in Radio

Friday, October 14, 2011, 11:30 a.m., Northwest Hall, 3240 NW Ave

Cost is \$15 WWURA members and \$18 guests

Name(s) _____ Amount Enclosed _____

Send form and check (payable to WWURA) by **October 7** to Janet Berg, 1029 16h St., Bellingham 98225. 733-4654.

WWURA Calendar

September

22 Travelogue

October

4) Board Meeting

14 Fall Luncheon

November

1 Board Meeting

16 Travelogue

December

2) Holiday Markets

7 Holiday party

Communities in Schools of Whatcom County

Whatcom Volunteer Center supports impactful volunteer projects that seek to lower drop-out rates and increase achievement rates for all students throughout Whatcom County. Please consider how you can apply your skills and experience to help our kids stay in school and reach their greatest potential.

These current volunteer opportunities are available with *Communities In Schools*, a nationally recognized project that works to ensure that local students receive the resources needed to stay in school and achieve in life:

Graduation Coach – Help develop individual student’s graduation plan; support students in one-on-one relationship to help get students academically back on track; encourage college and career exploration.

Mentor – Develop one-on-one supportive relationship with a student; serve as a positive role model; support young person’s success in school and in life.

For both of these opportunities, volunteers must be 18 years or older, pass a WA State background check, attend a two-hour initial training and be willing to commit one hour each week from October through June.

Contact **Becky** at the Whatcom Volunteer Center at (360) 735-3055 if you are interested in volunteering. For more details on the *Communities In Schools* programs, contact **Remara** at (360) 778-3759.

**Western Washington University
Retirement Association (WWURA)
526 High Street
Bellingham, WA 98225-9020**