



WWURA NEWS



January 2012

www.wvu.edu/~wwura

Serving Retired Faculty and Staff



President's Letter

Well, the jolly, happy holidays are behind us and the new year is here with, we hope, good things to come.

The word is that the holiday party was very successful and I extend my personal thanks to all those good people who did all those necessary things to make it enjoyable and fun. We have a luncheon coming up in February and you will want to make use of the form provided elsewhere in the newsletter to sign up. In addition, I hope you will take advantage of the usual travelogues and some travel opportunities .

I would like to take this opportunity to suggest a couple of things for current members to consider as members of WWURA. First, please give serious thought to becoming a member of the Board as current members complete their terms. The Board is in need of both new ideas and new members of the various committees responsible for making this organization continue to function. Second, our membership in general is declining and the Board strongly suggests a personal approach to increase membership by directly contacting those faculty and staff we know to be retired or about to retire and point out to them the many fun and educational activities to be enjoyed. Let them know what WWURA means to you. I am sure we can bring in a few more members.

I'm looking forward to seeing many of you at the January Travelogue and/or the Winter Luncheon.

- Howard Evans

WWURA Travelogue

Touring Belgium and Holland

Presented by Evelyn Ames & Lynne Masland.

Wednesday, Jan. 18, 2012

Squalicum Yacht Club

6:30 for socializing,

7:15 presentation

Enjoy a springtime trip through Brussels, Bruges, Ghent, Delft and Amsterdam, with stops at Flanders Field, the Maelstrom dike system and the Aalsmeer Flower Market .

If your name begins with **A though 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.



A Picturesque Canal in Bruges

Save the Date

The WWURA Winter Luncheon will be held on
Friday, February 17, 2012

Speaker will be **Harriet Spanel**

More information and reservation form will be found
on page 7 of this newsletter.

Health Notes by Evelyn Ames , The Role of Hospitalists in the Medical Care System

If by chance you need to go to a hospital's Emergency Department, and it is determined that it is best to admit you to the hospital, you probably will encounter a Hospitalist. According to the Society of Hospital Medicine (SHM), "Hospitalists are doctors whose primary professional focus is the general medical care of hospitalized patients. Their activities may include patient care, teaching, research, and leadership related to hospital care. Hospital medicine is a specialty organized around a site of care (the hospital) rather than an organ (like cardiology), a disease (like oncology), or a patient's age (like pediatrics). However, unlike medical specialists in the emergency department or critical care units, hospitalists help manage patients through the continuum of hospital care, often seeing patients in the ER, following them into the critical care unit and organizing post-acute care." <http://www.hospitalmedicine.org/AM/Template.cfm?Section=FAQs&Template=/FAQ/FAQListAll.cfm> In other words, they are doctors of internal medicine specializing in treating sick people in hospitals.

"In a recent survey by SHM, it appears that the average hospital medical group has 7-8 hospitalists. However, it is estimated that there are between 10,000 -12,000 practicing hospitalists today, with the number expected to grow to 30,000 in the next decade." The concept of hospital and community physician cooperation is not new. Hospitals in Europe and Canada have long incorporated the concept. Role-specialization between hospital and community physicians is a well-established model.

PeaceHealth St. Joseph Medical Center began to incorporate Hospitalists in the hospital around 2002. Its Hospitalist brochure answers the question "Why am I seeing a hospitalist?" "The two typical reasons your treatment is being provided by a hospitalist are:

- You do not have a primary care physician and have been admitted to the hospital through the St. Joseph Hospital Emergency Department, or
- Your primary care doctor has asked the hospitalists to oversee inpatient care. Your physician still is in close contact with the hospitalist regarding your care and condition. Your primary care doctor will follow up with you after discharge and has access to your hospital records."

Reported in a New York Times article (<http://www.nytimes.com/2010/05/27/us/27hosp.html>) "this breed of physician-administrator has increasingly taken over the care of the hospitalized patient from overburdened family doctors with less and less time to make hospital rounds or ... when there is no [family doctor](#) at all." "They are largely credited with reducing the length of hospital stays by anywhere from 17 to 30 percent, and reducing costs by 13 to 20 percent, according to studies in The Journal of the American Medical Association. As their numbers have grown, from 800 in the 1990s to 30,000 today, medical experts have come to see hospitalists as potential leaders in the transition to the Obama administration's health care reforms, to be phased in by 2014." "Hospitals are penalized for readmissions, medical errors and inefficient operating systems. Hospitalists have the potential for changing these statistics. Studies show hospitalists reduce the length of hospital stays by up to 30 percent. They also help cut costs. Included in the NYT article was the fact that "physicians also earn 40 percent less for time spent with a hospitalized patient than one in the office, according to a report in the journal *Health Affairs*). Ask yourself when does the primary care doctor usually visit his/her patient in the hospital? It usually is early in the morning when no family member or friend is visiting. "The average U.S. primary care physician spends only 12 percent of his or her time with hospitalized patients. That means that the typical primary care physician is unlikely to see any one condition requiring hospitalization more than three times per year" (SHM). "Hospitalists provide better continuity of care for the patient by improving the communication in "shift handoffs" between day and evening nursing and coordinating what is sometimes as many as 50-100 people who are involved in the care of a given patient" (SHM).

The Agency for Healthcare Quality and Research (<http://www.ahrq.gov/>) published a study that California hospitals using hospitalists showed modest improvements in performance on publicly reported care process measures for heart attack, congestive heart failure (CHF), and pneumonia"(January 2011). This "positive association between hospitalists and care quality processes was most typically found for

processes that generally took place later in hospitalization or at discharge.” In a July 2011 research report, it was found ”primary care physicians (PCPs) are much less likely to care for patients in the hospital—a role largely taken over by hospitalists. Also, with the emphasis on shorter hospital stays, more extensive postdischarge follow-up is often warranted for patients, which then becomes the responsibility of the patient's PCP. Despite the increased need for more extensive postdischarge follow-up, communication between hospitalists and PCPs has been characterized as poor and ineffective. A new study suggests that this is the case, especially when the PCP is unaware their patient was in the hospital” (July 2011: Communication problems between hospitalists and primary care providers lead to postdischarge problems for seniors). But hospitalists are not a panacea. Bad discharges generally result from hurried instructions to patients and families and little thought to where they are headed. Some patients may not want to be administered by an unfamiliar physician. Nevertheless, Hospitalists are part of the medical care system and will continue to be. Approximately 35 hospitalist programs, if not more, exist in Washington State. As of January 2012, there are 14 hospitalists on staff at PeaceHealth St. Joseph Medical Center.

A couple of sites to visit for further information:

<http://www.kpbs.org/news/2010/jun/24/hospitalists-take-charge-patient-care/> Sharp Memorial Hospital.

[http://www.nytimes.com/2010/06/19/health/19patient.html?](http://www.nytimes.com/2010/06/19/health/19patient.html?_r=1&adxnnl=1&ref=health&adxnnlx=1278360112-aA1cGCIf4TaJD2DrhuYiYg)

[_r=1&adxnnl=1&ref=health&adxnnlx=1278360112-aA1cGCIf4TaJD2DrhuYiYg](http://www.nytimes.com/2010/06/19/health/19patient.html?_r=1&adxnnl=1&ref=health&adxnnlx=1278360112-aA1cGCIf4TaJD2DrhuYiYg) (discharge aftercare tips for patients checking out of hospital)

The most important thing you can take to the hospital is a list of your medications!



Book and Film Corner

Having recently watched the film version of “Kiss Me Kate,” Evelyn Ames suggested that wintery January would be a great time to check out some of Hollywood’s classic musical productions, relax with a hot drink, and be entertained with music, dance and story.

The post-war decades of the 1940s, 50s and early 60s were prime time for the exuberant American musical before other story themes and styles captured audiences’ attention. The American Film Institute’s list of the top 10 musicals of all time includes: “Singin’ in the Rain” (1952); “West Side Story” (1961); “The Wizard of Oz” (1939); “The Sound of Music” (1965); “Cabaret” (1972); “Mary Poppins” (1964); “A Star is Born” (1954); “My Fair Lady” (1964); “An American in Paris” (1951) and “Meet Me in Saint Louis” (1944). For a more extensive selection, consult the AFI website: www.afi.com/100years/musicals.aspx.

“The Way,” written and directed by Emilio Estevez and starring Estevez’ father, Martin Sheen, is a modern *Canterbury Tales* story of four companions on a pilgrimage. In a compelling performance, Sheen plays an ophthalmologist, Tom, whose only son, Daniel (played by Emilio Estevez) dies while trying to walk the Way of St. James (the Camino de Santiago), a pilgrimage of hundreds of miles from southern France across the Pyrenees to northwestern Spain. Tom goes to France to recover the body and decides to undertake his son’s journey. Sheen and his fellow travelers give strong performances in this unsentimental portrayal of their journey. Look for “The Way,” to be released on DVD February 21.

Mongolia and the Gobi Desert

Summer 2013 (probably June) 18 days

It appears as though there is sufficient interest in this trip to start definite plans. The weather conditions look to be the best in June but that time can be changed if people wish. We will fly to Beijing and from there to Ulaanbaatar where we will visit the Gandan Monastery. We then head across the steppes to a 16,000 acre preserve that is the habitat of the ibex, wolves, hawks, etc. Our lodgings will be Mongolian gers for three days. We will also explore Kharkhorin, the ancient capital of the Mongol Empire, which was established by Genghis Khan at the crossroads of the Silk Road. We then have three days at picturesque Khovsgol Lake which will give us the opportunity to meet families who herd reindeer and yaks. We will finish the trip with three days at the Three Camel Lodge in the Gobi desert. This is an Overseas Adventure Travel trip which means our group is limited to 10-16 participants. Please let Donna Rochon know if you are interested in the trip, (360-647-2301, djrochon1@comcast.net).

This trip is an opportunity to experience something quite different from our usual trips. It will be fascinating to see a different part of the world. You may view a detail itinerary at the Oat web site. Cost: \$6195 from Seattle; Land Tour only: \$4895

Difficulty level: You must have good health and mobility and be able to walk 3 miles unassisted each day. Web site: www.oattravel.com



Xian Terracotta Warriors

Imperial China, Tibet & the Yangtze River

October 1-22, 2012

Join our group of 16 for this very popular trip with Overseas Adventure Travel. We will depart from Vancouver on October 1 for a non-stop flight to Beijing. We will be in Beijing for three days where we will enjoy this important city and visit the Great Wall. Then, we take an overnight train to Xian for two days where we will explore the city and discover the famous terra cotta soldiers. The next day we visit nearby Donghan Village and stay with a local family that night.

On day 10 we fly to Chengdu in Sichuan Province to enjoy this city and visit a panda sanctuary. The following day we fly to Lhasa, Tibet, for three days where we visit the 17th century palace, an orphanage, 1300-year old Jokhang Temple and spend time in the bazaar. On day 15 we fly back to Chongqing, China, on the Yangtze River where we board our modern ship for four days exploring the river and towns including the Three Gorges Dam.

On day 19 we will fly from Wuhan to Hong Kong for three days to explore this amazing city with time on your own for shopping. Then, we fly non-stop back to Vancouver.

The cost per person is approximately \$5000, including air fare. At this time, only FIVE remaining reservations are available. Please contact Marty & Gail Haines for more information and a brochure at 360-676-1344 or mghaines@comcast.net.

The Travel Committee is looking for new members. If you think you might be interested, please contact Barb Evans at 360-650-9724 or [<barbandhoward@comcatas.net>](mailto:barbandhoward@comcatas.net)

WWURA TRAVEL NEWS

Rhine River Holiday Markets Cruise - 2011

Castles, cathedrals, concerts, Christmas markets ... the December 2011 A - Z Amsterdam to Zurich trip was extraordinary.

We boarded the 360ft.by 38ft. cruise ship, AmaWaterways' AmaCello, in Amsterdam to begin the trip. A canal boat tour gave us an overview of this city, and some of us visited the Riksmuseum and Van-Gogh Museum in their free time. The AmaCello was a state-of-the-art river boat. There were 114 passengers from the US, Canada, Australia, and New Zealand aboard. Our group received upgrades, and all state-rooms had complimentary computers! Meals were varied and delicious; local wines were served with dinner. The crew was great, and the Tour Manager was superb.

In Cologne a visit to its Gothic cathedral and St. Nikolaus wandering around the Christmas markets were highlights. We found St. Nick chocolates in our shoes on St. Nikolaus Day, too. The scenic Rhine Gorge with its castles, quaint towns, vineyards, and the legendary Lorelei Rock was enhanced by the Tour Manager's interesting commentary as we cruised along. Charming Rudesheim offered wine-tasting at a local vineyard, a visit to the unique Siegfried's Kabinett museum of musical curiosities, an opportunity to enjoy a cafe on Drosselgasse, and time to wander through the stalls of the open-air holiday markets. In Worms we visited its cathedral, and some of us went to a unique Nibelungen Museum. Heidelberg's castle visit and a stroll along the Hauptstrasse with the many holiday markets were thoroughly enjoyable.

Strasbourg, France in the Alsace region, was enchanting with the decorated half-timbered buildings and impressive cathedral. Freiburg, Germany or Colmar, France provided a choice of visiting a cuckoo factory in the Black Forest or wine-tasting and a look at charming Colmar.

Last evening aboard ship, the Crew Chorus sang caroles, and Santa came bearing gifts. We disembarked in Basel, Switzerland, toured this lovely city, then continued by coach to Lucerne, Switzerland. In Lucerne we had 2 days to explore this charming city. Some went to concerts in the baroque Jesuit church and the famed KKL Luzern, and some visited the Rosengart Collection art museum. The lights reflecting on the water in the evening were magical.

We enjoyed a boat ride on Lake Lucerne before continuing by coach to Zurich for 2 days.. There we had a stunning view of the Alps. A 50 ft. Christmas tree covered with 5,000 Swarovski crystal ornaments located in Europe's biggest indoor Christmas market was awesome. Our last evening we enjoyed a charming "Singing Christmas Tree" concert by a 74-voice children's choir while sipping one last mug of gluhwein at an open-air holiday market.

When asked to reflect on this trip, our participants wrote that Lucerne was their favorite city visited while Cologne was their favorite for its Christmas markets. Sixty-four gluhwein mugs were acquired. What was enjoyed most aboard the ship included the positive ambience, the crew, the food, internet in the rooms, and hot towels and gluhwein on arrival each day. Activities enjoyed most included walking around in the cities, museums, vineyard visits, concerts, castle, "markets, of course", and "all of it."

Many thanks to Joyce D. Wilson for making all of the arrangements for this 2011 trip as she has done on the five previous holiday markets trips. Everything was wonderful!

Written by Kathy Whitmer.

Basel, Switzerland Christmas Market



WWURA INTEREST GROUPS

WWURA'S Interest Groups are open to everyone. If you would like to join a group, please call the contact person. **January's Interest Groups are listed below:**

Book Group - Donna Rochon, 647-230.

Meets at Burt Grover's, at the clubhouse at El Dorado, 4559 El Dorado Way, 2:30 p.m. Tuesday, January 17.

The book is *Cleopatra: A Life* by Stacy Schiff.

Bridge Group - Nicholas Bullat, 676-1156.

The bridge group will meet on Tuesday, January 24th at Carol Radke's, 508 Lyla Lane at 1:30 p.m.

Informal Dining - The hosts for January are JoAnn Roe, Bess and Bob Christman, MaryJo Lewis, and Femmy and Ted Stannard. Call Jan Berg, 733-4654 or Barb Evans, 650-9724 if you would like to be added to the list.

Downhill Skiing - Charlie Way, 734-0649, Call Charlie if you are interested.

Writer's Group - call Evelyn Wright for information, 676-0227

Opera Group - Evelyn Ames, 734-318.

The Metropolitan Opera Live in HD is shown at the Lincoln Theater in Mt.Vernon and at Bellis Fair Regal Cinemas . (See Sept.'s Newsletter for contact information).

Metropolitan Opera Live HD operas for 2012

Note: all encores at Bellis Fair are on Wednesdays at 6:30 pm) all encores at Lincoln Theater are Sundays at 1 pm)

The Enchanted Island—Jan 21 at 9:55 am (arias and ensembles by Handel, Vivaldi, Rameau and others)

Encore: Lincoln: Feb 5

Encore: Bellis: Feb 8

Wagner's Gotterdamrung—Feb 11 at 9 am (**no encore**)

Verdi's Ernani—Feb 25 at 9:55 am

Encore: Lincoln: March 4

Encore: Bellis: March 14

Massenet's Manon—April 7 at 9 am

Encore: Lincoln: April 22

Encore: Bellis: April 25

Verdi's La Traviata—April 14 at 9:55 am

Encore: Lincoln: April 29

Encore: Bellis: May 2

Pickford Film Center: Opera in Cinema 2011-12 (generally, starting at 11 on Sundays)

Cendrillon, Jules Massenet (Royal Opera House, London, England), Sunday January 22, 2012

Il Trittico, Giacomo Puccini (Royal Opera House, London, England), Sunday February 12, 2012

La Bohème, Giacomo Puccini (Gran Teatre del Liceu, Barcelona), Sunday March 25, 2012

Rigoletto, Giuseppe Verdi (Royal Opera House, London, England), Sunday April 22, 2012



Harriet Spanel is WWURA Feb. 17 Luncheon Speaker

Former Washington state legislator Harriet Spanel will reminisce about her experiences in Olympia at the WWURA Luncheon Friday, Feb. 17 at Northwood Hall, 3240 Northwest Ave. Social time begins at 11:30, lunch is at 12:15. Cost is \$15 member; \$18 non-member. Pre-paid reservations are due by Feb. 13.

Spanel retired from a 22-year career in the legislature, where she represented Skagit, Whatcom, and San Juan Counties in the 40th district. Her legislative career, the majority of which was spent in the Senate, was marked by several overall policy themes: women and children, education, environment, transportation, and good government. She sponsored bills to restore salmon habitats and protect fisheries and led the way on several oil spill protection and pipeline safety laws. She co-sponsored the 1990 Growth Management Act and was instrumental in getting legislation passed to allow counties to use up to 1 percent of real estate excise tax to acquire and maintain conservation areas.

Before being elected to the legislature, Spanel worked on a variety of federal, state, and local issues. She is a past member of the Bellingham Planning Commission and the Parks and Recreation Board. She has been a long-time member of the League of Women Voters and the Women’s Political Caucus, and is an active member of the Sehome Neighborhood Association. She has been a commissioner on the Pacific States Marine Fisheries Commission, a member of the Washington State Historical Society Board of Trustees, and member of The Danish Immigrant Museum Board.

Born and raised on an Iowa farm; she earned a B.S. in mathematics from Iowa State University.

Reservation Form-WWURA Luncheon

February 17, 2012

Northwood Hall, 11:30a.m.

Name(s) _____

Address or phone number _____

Amount Enclosed _____

\$15 member, \$18 non-member

Reservation Deadline —Feb 13

Mail with check to Donna Rochon, 1505 Silver Beach Rd , Bellingham, WA 98229-2451.

WWURA Calendar

January

18 Travelogue

February

7 Board meeting

17 Winter Luncheon

March

6 Board Meeting

April 20

3 Board meeting

20 April Luncheon

October

1 China/Tibet/Yangtze trip

**Western Washington University
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