



WWURA NEWS



October 2013

www.wwu.edu/wwura

Serving Retired Faculty and Staff

President Lynne Masland's Message



Autumn greetings to you all,

To paraphrase – I think – Guy Noir, Fall fell and it fell hard! We're now well into our fall season, and WWURA has several activities to brighten your days. October 11 brings our fall luncheon with an adventurous speaker, Tom Richardson, telling us of his motorcycle travels in distant parts of the world. We can vicariously share in his exploits without having to leave Bellingham. Luncheon at Northwood Hall begins with a social time from 11:30 a.m.

On November 20, Marty Haines offers a travelogue recounting his and Gail's voyage on the Yangtze River in China. The Squalicum Yacht Club will be warm and cozy as Marty takes us along the famed river past villages and sights that are rapidly changing as China adapts to and shapes the 21st century global economy.

Elsewhere in this newsletter is information about participating in the Ring of Wisdom part of Western's Compass2Campus program. On Oct. 22 hundreds of fifth graders from Skagit and Whatcom counties come to Western to explore the campus, be tutored by college student mentors, and encouraged to pursue a higher education pathway by elders – that's us! Anyone is invited to participate.

Don't overlook WWURA's interest groups as you plan your fall activities. The very popular Informal Dining group offers interesting dinners with wine and good conversation at various members' homes monthly. Contact Janet Berg, 360-733-4654 or email janetlila@hotmail.com if you'd like to join. Other interest groups are listed in this newsletter.

In closing, enjoy our fall days and know that WWURA is on hand to provide fun things to do as fall closes in. See you soon.

WWURA Members Invited to Participate in Oct. 22nd Compass 2 Campus Tour Day at Western

WWURA members are invited to take part in the Ring of Wisdom with Compass 2 Campus Tour Day on Tuesday, Oct. 22. Several hundred fifth graders from Skagit and Whatcom Counties will visit campus to experience a day "at college," being tutored by Western students, and encouraged to pursue a higher education pathway. The day begins at 8:30 a.m. and continues until 2 p.m. with an optional thank-you reception from 2-3 p.m.

Training sessions are Wednesday, Oct. 16 from noon to 1 p.m. or 5-6 p.m. at Wade King Recreation Center, room 219.

To participate, contact Program Manager Shar Sarte Prince at shar.sarteprince@wwu.edu or call 650-4565. For more information, the program's website is at www.wce.wwu.edu/C2C/.



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October 2013 Health Notes by Evelyn Ames

Medicare and the Affordable Care Act: What Does It Mean for You?

Essentially, a person on Medicare does not have to do anything or buy anything extra in relation to the Affordable Care Act (ACA). “Medicare Part A and Advantage plans fully qualify as insurance under the new law. And nothing significant about Medicare is changing in 2014. Benefits and programs will work the same as they do now” (*Consumer Reports*, Nov 2013, p. 32). Of interest to those who recently retired and enrolled in Medicare, and have a younger spouse, is that the nonworking “younger spouse can buy a plan on the marketplace and not worry about getting turned down or charged extra on the basis of a pre-existing condition” (p.32).

The following information is quoted from <http://www.medicare.gov/about-us/affordable-care-act/affordable-care-act.html>.

Top 5 things to know about the Affordable Care Act (ACA) if you have Medicare:

Your Medicare coverage is protected.

Medicare isn't part of the Health Insurance Marketplace established by ACA, so you don't have to replace your Medicare coverage with Marketplace coverage. No matter how you get Medicare, whether through Original Medicare or a Medicare Advantage Plan, you'll still have the same benefits and security you have now. You don't need to do anything with the [Marketplace](#) during Open Enrollment.

You get more preventive services, for less. Medicare now covers certain [preventive services](#), like [mammograms](#) or [colonoscopies](#), without charging you for the Part B coinsurance or deductible. You also can get a [free yearly "Wellness" visit](#).

You can save money on brand-name drugs. If you're in the donut hole, you'll also get a 50% discount when buying Part D-covered brand-name prescription drugs. The discount is applied automatically at the counter of your pharmacy—you don't have to do anything to get it. [The donut hole will be closed completely by 2020](#).

Your doctor gets more support. With new initiatives to support [care coordination](#), your doctor may get additional resources to make sure that your treatments are consistent.

The ACA ensures the protection of Medicare for years to come. The life of the Medicare Trust fund will be extended to at least 2029—a 12-year extension due to reductions in waste, fraud and abuse, and Medicare costs, which will provide you with future savings on your premiums and coinsurance.

Two federal governmental web sites, one with videos, provide insight: <https://www.healthcare.gov/> http://www.youtube.com/watch?v=G7FyUbIVCuY&feature=plcp&context=C45a0a3aVDvjVQa1PpcFN4csj9By8rCO1G7UZ_KUuEny2auTG1czY%3D. The November 2013 issue of *Consumer Reports* includes a guide and listing of private health plan rankings and Medicare Advantage health plan rankings from the National Committee for Quality Assurance (NCQA), a non-profit health care quality measurement group. For one explanation of myths/concerns about the ACA, consider Jeffery Young's article (“The Biggest Myth about Obamacare”) at Huffington Post. Web site is: http://www.huffingtonpost.com/2013/09/23/obamacare-change_n_3975425.html.

A long list of media sources with corresponding news stories is at <http://www.healthpocket.com/press>. At <http://www.healthpocket.com/media> is information about the premise of HealthPocket.

Washington State: www.wahealthplanfinder.org compares private health insurance, plans, costs, coverage levels); at Whatcom Alliance for Health Advancement (<http://www.whatcomalliance.org/>) a “get-enrolled” list of in-person assister organizations is listed. WAHA is a valuable source for health care information. It is located at 800 E. Chestnut. Lower level, Suite 2.

INTEREST GROUPS

If you are interested in one of the groups please call or email the contact person.

BOOK GROUP--Donna Moore, 360-733-5769 <donnaafmoore12@gmail.com>

We will meet Tuesday, Oct. 15 at 2:30 P.m. at Donna Moore's home at 346 Bayside Rd.

October's book is *The Light Between Oceans* by M. L. Stedman

November's book is *Let the Great World Spin* by Colum McCann



BRIDGE GROUP--Nicholas Bullat, <gnbmaestro@gmail.com>

Meets the 4th Tuesday of the month at member's homes. We will meet

October 22nd at Carol Radke's home, 508 Lyla Lane, 733-5876

INFORMAL DINING -- Janet Berg, 360-733-4654, <janetlila@hotmail.com>

Meets in small groups each month at member's homes. Dining starts in October. If you are not a member and would like to join, please call Jan Berg.

OPERA GROUP--Evelyn Ames, 360-734-3184, <Evelyn.ames@wwu.edu>.

This group usually attends the opera independently or in small groups. Call Evelyn if you need a ride.

Metropolitan Opera HD Series for 2013-2014, check this website for cast and dates of encores:

<http://www.metoperafamily.org/metopera/liveinhd/LiveinHD.aspx> In the left corner is Participating Theaters (click on United States and/or Canada for listing). There are 10 HD showings this season. Running times of each opera are listed at main web site.

Oct. 26 at 9:55 a.m. Shostakovich's *The Nose*. Encore Oct. 30 at 6:30 p.m.

Nov. 9 at 9:55 a.m. Puccini's *Tosca*. Encore Dec. 18 at 6:30 p.m.

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

Check the **Pickford Film Center** for European opera showings:

<http://pickfordfilmcenter.org/>

SKIING - Charlie Way, 360-734-0649

WRITER'S GROUP - Evelyn Wright, 676-0227, <ewright410@comcast.net>

Meets twice a month. The groups are kept small so there is time for reading and critiquing each other's work. The first group is now closed, but if you are interested in a second group call Bill Smith, 647-4534, <rheter16@yahoo.com>

2013-2014 WWURA Officers

President—Lynne Masland 671-1686

President Elect—TBA

Past President—Nanette Davis 676-9821

Secretary— Donna Moore 733-5769

Treasurer— John Reay 733-1195

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Erlene Poole 671-1005

Patricia Roberts 676-2593

Newsletter Editor—Margaret Woll

Webmaster—John Woll

The Miracle of Mindfulness

Submitted by Nanette Davis

Mindfulness is an ancient religious practice that's been rediscovered to meet everyday challenges in our fast-paced world. This meditation technique involves focusing your attention on the present moment that benefits both mind and body. "It's the mind-body effect that's getting a lot of press and research, and for good reason. It works, and there's scientific support behind that," says Harvard Medical School professor Dr. Herbert Benson.* That's why mindfulness has become a popular remedy for everything from stress reduction to chronic pain management.

Once reserved for the province of Buddhist monks, mindfulness has now entered the mainstream as a means to master, restore and heal ourselves. Proponents also say that mindfulness is a path to inner awakening, and can facilitate a shift to a higher level of ethics and compassion.

The seeds for the current popularity of the practice were largely planted by the book *The Miracle of Mindfulness*. Its author, Thich Nhat Hanh, is a Vietnamese Buddhist monk, nominated for a Nobel Peace Prize by Martin Luther King, Jr. Decades of research have shown that mindfulness decreases tension and reduces the symptoms of depression, anxiety and hostility. Mindfulness has been promoted as providing optimal conditions for learning, and developing such skills as:

- Heightened attention and concentration;
- Emotional and cognitive awareness and understanding;
- Bodily awareness and coordination;
- Interpersonal awareness, social responsibility and empathy;
- Deep relaxation and stress reduction;
- Improved ability to regulate physical and emotional pain; and
- Greater sense of the "big picture."

In the medical community, mindfulness is seen as a path to improved physical health, as well as a supplement to traditional medicine. The Center for Mindfulness at the University of Massachusetts Medical School uses several approaches to teach this practice. One exercise involves taking 20 minutes to eat two raisins. Participants notice how the raisins look and smell. They feel the texture. And, finally, they taste and chew them. The Center's director, Saki Santorelli, emphasizes: "People who come to our clinic don't care about Buddhism or any '-ism.' They're suffering and want relief. Mindfulness helps them tap inner resources."

At its most basic level, and free of religious associations, mindfulness involves an awareness of our internal environment of thoughts, bodily sensations and feelings as vibrating energy. Energy, by its nature, is in a constant state of motion, which changes from instant to instant. Thoughts are "things," which seek to manifest in material form. When we are in a state of mindfulness, we become the witness—the compassionate, nonjudgmental observer—who lives in the moment. As a compassionate witness, there is neither past nor future—in other words, no expectations. There is only **now**. What a relief. We can begin with a new slate each moment. Once we are aware of our thoughts, attitudes, feelings and actions, we can change them to meet new circumstances—especially helpful for aging brains and bodies.

**Harvard Health Letter*, September 2013, p. 6.

Book Review

Elmore Leonard's Review Submitted by Bob McDonnell

Few people get a NY Times obit on the front page. Elmore Leonard did, after a long and distinguished career as a writer. He died on August 20. Some sixty years ago, Leonard began writing Westerns, five of which became movies. *Hombre*, named by the Western Writers of America one of the best 25 Westerns ever written, became a movie starring Paul Newman.

Then Leonard turned to writing crime novels. Many became movies, notably *Get Shorty*, with John Travolta as the unforgettable Chili Palmer, a Florida loan shark who goes to Hollywood to collect a debt and ends up making a movie. Leonard's last novel, *Raylan*, features Raylan Givens, a fascinating figure from two previous novels and from the current FX television series *Raylan*. Givens, a laconic US marshal operating in Harlan County, Kentucky, is fully equal to the body part snatchers, hillfolk drug dealers, grifters who populate the novel. For me, the addicting qualities of Leonard's work are his dialogue, his characters, and his imaginative, fully realized settings. The settings are the grittier parts of large cities like Detroit and Miami, Florida, Djibouti, Harlan County. Leonard's characters are mobsters, low lifers, cops, people on the make. The dialogue is colorful, evocative, memorable, spare.

In 1995 British writer Martin Ames described Leonard's traits as a writer as "gifts—of ear and eye, of timing and phrasing—that even the most indolent and snobbish masters of the mainstream must vigorously covet." *Raylan* the novel is among his best and is a fitting close to a wonderful writing career. Leonard wrote it when he was 85. If you try him, you just might like him.

WWURA Membership Renewal Form—2013-14

To become a member of WWURA, circle the appropriate category and fill out the form below.

Benefactor	\$100.00 plus	Pre-Retirement Membership	\$15.00
Contributing Membership	\$ 50.00 plus	Surviving Spouse	\$ 6.00
Sustaining Membership	\$ 25.00 plus	Limited Spouse	\$ 6.00
Regular Membership	\$ 15.00	New 2013-2013 Retiree	\$ 5.00

Contribution to WWURA Scholarship fund \$ _____

Please mail this application and check (*made payable to WWURA*) to WWURA Membership, c/o **Kirsti Charlton**, 1410 Grant St, Bellingham WA 98225.

AMOUNT ENCLOSED _____ SIGNATURE _____ DATE _____

Biographical Information

NAME _____

NAME OF SPOUSE (if applicable) _____

PRESENT ADDRESS _____ CITY _____

EMAIL _____ YEAR RETIRED _____ YEARS OF SERVICE _____

RETIRED FROM WHAT DEPT OR OFFICE: _____

IF NOT WWU RETIREE, WHAT INSTITUTION/ORGANIZATION: _____



Just a Reminder !

Directions for registering online for the 2013 Bellingham Jingle Bell Run/Walk . (It's always the second Saturday in December). First enter this website

(<http://www.bellinghamjinglebellrun.org/>).

Click on register; then click on agree. Next, click on to join a team. Next, on second line (or), enter WWURA). Then follow next requests and you've got it! For those who want to register by paper form, copies will be available at the fall luncheon in October.

WWURA Calendar

October 2013

11—Fall Luncheon

November 2013

5—Board Meeting

20—Travelogue—Yangtze River

December 2013

3—Board Meeting

14—Jingle Bell Run

18—Holiday Party

January 2014

7—Board Meeting

15—Travelogue—New Zealand

Western Washington University
Retirement Assoc. (WWURA)
516 High Street
Bellingham, WA 98225-9020