



WWURA NEWS

November 2017

www.wwu.edu/wwura

Serving Retired Faculty and Staff

President's Letter

Welcome to fall and the beginning of the holiday season. The snow level is falling and the rainy season is here, time to bundle up and sit by a cozy fire. Hope you had a chance to take a drive and see all the beautiful leaves while the weather was nice.

What a wonderful start to our year we had with our Fall Luncheon speaker, **Rob Fix**, Director, Port of Bellingham giving us the latest information on the waterfront projects. It was great to see our members so involved and engaged with the speaker - we had lots of questions. Our next event is the November travelogue on the 15th and on December 20th we will host our Holiday Party. Please be sure to add these upcoming events to your calendar.

If you have any suggestions for new interest groups or events or other ways to make WWURA a better organization, please send me a note and I will present it to the board.

Happy Thanksgiving to all!

- Peggy Loudon

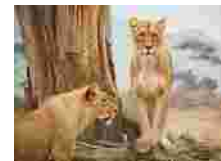


WWURA Travelogue

Wednesday, November 15, 2017

6:30 pm Socializing—7:00 p.m. Presentation
Squalicum Yacht Club
2633 South Harbor Loop Rd

“Large Animals in Profusion”



November's WWURA Travelogue is a two-part adventure with **Matt Krogh** and his wife **Ashley Fullenwider**. As part of their work with World Bicycle Relief, they traveled to Zambia to witness firsthand the organization's exciting programs. Following that, they joined a safari with “large animals in profusion.”

Members whose **last name** begins with **A thru L** please bring a dessert to share. WWURA will provide coffee and tea; some members like to bring wine.

A small donation of \$2 per person, \$3 per couple is requested to cover room rental & beverages.

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2017 November Health Notes by Evelyn Ames

Malnutrition and Hunger: Its Impact on Senior Health

What do you know about malnutrition?

Question 1: Malnourished older adults: a. Look thin and frail b. Can be overweight or obese c. Always experience hunger d. Both a and b **Question 2.** The following can be causes of malnutrition in older adults: a. Limited income b. Trouble swallowing, chewing, or poor dental health c. Poor appetite d. Living alone or feelings of loneliness e. Weight loss f. All of these **Question 3.** Signs of malnutrition can include: a. Muscle weakness b. Fatigue c. Increased illness or infection d. Feeling irritable or depressed e. All of these

Extent of malnutrition among older adults in the United States: Reports from the National Council on Aging show that senior hunger and nutrition to be significant issues in the United States. More than 10 million older Americans are at risk of hunger. About 10% of adults are experiencing malnutrition. People with malnutrition can be both underweight or overweight. Obese individuals can—and often do—miss important nutrients. What food one eats can give energy but may lack key nutrients. Hunger is defined as the feeling or sensation of discomfort or weakness caused by lack of food. As people get older, they may not feel hungry. They lose their appetites, leading to less intake of important nutrients such as protein. Additional causes include restricted diets, lack of mobility, dementia, depression, gastro-intestinal disorders, and expensive medications that make one choose between healthy foods or medications.

How nutrition and malnutrition affect the body: Mobility, posture, strength, falling, the immune system and healing, and organs (e.g., eyes, skin, kidneys, and brain) are all affected. Although loss of bone and muscle occur as we age, malnutrition accelerates such loss. **Mobility:** weak muscles and bones make it harder to do everyday tasks. Physical exercise and eating diets high in protein, calcium and vitamin D are suggested. **Posture:** strong muscles and bones are needed to help keep one upright. Loss of height often occurs in the thoracic area of the spine. Awareness of erect posture when standing, walking and sitting may help to prevent slouching. Check posture, especially when sitting at a computer or when reading.

Strength: Poor muscle strength may make it more difficult to do favorite activities. Physical exercise (e.g., lifting weights and daily walking) is a good starting point. **Falls:** weak bone and joint problems are major factors for falling (the leading cause of death and injury among older adults). Bone density testing under a doctor's recommendation can show extent of bone health/bone loss. Diets rich in nutrients that promote bone health are easily found at online sites such as the Arthritis Foundation, Mayo Clinic, Cleveland Clinic, and registered dietitian and nutrition organizations sites. A lack of nutrition affects the **immune system** and white blood cell count, making it harder to fight illnesses. A poorly nourished immune system increases the risk of infections. Vitamin and mineral deficiencies can accelerate vision loss caused by glaucoma, cataracts, and/or macular degeneration. Nutrient deficiencies, particularly of protein, may speed up the rate at which the brain loses neurons. This can impair speech, coordination, and memory. As to the kidneys, a deficiency of fluids and electrolytes can cause the kidneys to overwork, resulting in dehydration, joint pain, and cardiovascular issues.

Steps for preventing malnutrition and staying well-nourished include: understanding the meaning of malnutrition, learning and practicing how to identify and select foods highest in key nutrients such as protein, vitamins, and minerals, and taking care of oral health (dental disease affects the ability to eat). If a person finds it difficult to prepare or purchase food, programs such as Meals on Wheels or SNAP (Supplemental Nutrition Assistance Program) can help, especially to receive home-delivered meals. The Bellingham at Home organization is a contact in our community as well as the Senior Activity Center. Answers to questions: Answer to # 1 is D. Answer to #2 is F. Answer to # 3 is E.

Sources: <https://www.ncoa.org/healthy-aging/hunger-and-nutrition/>
<https://www.ncoa.org/healthy-aging/chronic-disease/nutrition-chronic-conditions/why-malnutrition-matters/10-ways-malnutrition-impact-your-health-6-steps-prevention/>

NOVEMBER 2017 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 dfmoore12@gmail.com

We will meet Nov. 14th at 2:30 pm at the home of Donna Moore 1200 Birch Falls Dr.

November's book is *Thank You for Being Late: An Optimists Guide to Thriving in the Age of Acceleration* by Thomas Friedman.

December 19th meeting will be our annual party and will be at Suzanne Krogh's home, 402 Boulevard #103 at noon. Please bring something to share for lunch and suggestions for books for the year. There is parking for 8 cars in the front and on the side.

BRIDGE GROUP—The bridge group will meet Tuesday, November 29th at the home of Caryl Hinckley, 1804 Taylor St., 360-739-1036, carylhinckley@hotmail.com We are looking for a few more bridge players. If you would like to join our friendly, fun bridge group, please call Caryl and let her know.

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

Informal dining has started!

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

Contact Evelyn if you want information about scheduled dates and locations for the Metropolitan Opera and Skagit Opera.

Met HD: Nov. 18th "The Exterminating Angel" by Thomas Ades, a Met Premiere

Web site for The MET HD: <https://www.metopera.org/Season/In-Cinemas/>.

Skagit Opera: <http://skagitopera.org/performances/> (now Pacific Northwest Opera)

Web site for Vancouver Opera: <https://www.vancouveropera.ca/>

Seattle Opera: <https://www.seattleopera.org/>

Pacific Opera Victoria: <http://www.pov.bc.ca/>

PLAY READING—Margaret Woll, 360-734-8427, mhildeb408@aol.com we will meet Monday, Nov. 27, 2017 at the home of Margaret & John Woll, 208 Highland Dr. We will start reading "The Crucible" by Arthur Miller

WRITER'S GROUP –Troy Faith Ward, 360-738-8900, troyfaithward@gmail.com. Meets twice a month. The groups are kept small so there is time for reading and critiquing each other's work.

WWURA Calendar

November 2017

7—Board Meeting

15—Travelogue –Squalicum Yacht Club

Matt Krogh & Ashley Fullenwider
on safari in Zambia

January 2018

2—Board Meeting

17—Travelogue—Squalicum Yacht Club

Roy Clumpner in Churchill, Manitoba

December 2017

5—Board Meeting

9—Jingle Bell Walk/Run

20—Holiday Party –Squalicum Yacht Club

February 2018

6—Board Meeting

16 –WWURA Luncheon

John Koenig, Former Ambassador

Book Review

The Remains of the Day by Kazuo Ishiguro: A Review

This breathtakingly beautifully written novel was first published in 1989, is now reissued because its author is the 2017 Nobel laureate in Literature. He has written seven other novels, won several other honors, been translated into forty other languages.

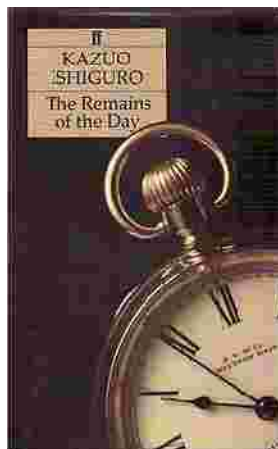
In this novel, a kind of comedy of manners, the point of view character is Stevens, who in 1956 has been for thirty years butler to the recently deceased Lord Darlington at his great country house in England. Through the generosity of his new employer, an American businessman, Stevens embarks on a six day road trip through southwest England, something he has never done before; he calls it an expedition. In the days leading up to the expedition and throughout it we are treated to his almost exquisitely sensitive thoughts as he reviews his career, and thus his life, searching for the significance of the thirty years he devoted to Lord Darlington.

Stevens finds that significance in the great affairs he has witnessed as Lord Darlington plays a part in the aftermath of World War I, in the political tension of the 1930s as Europe slides into World War II. He also finds it in having been a “great” butler, for which his father is his model.

Ironically, Stevens lives and breathes a wonderful sensitivity to the natural beauty he drives through and the people he meets. I say “ironically” because in his devotion to being a great butler and thus serving not only Lord Darlington but also the social class structure of England of the time, he is insensitively blind to the desiccated nature of his relationship with his father and to the humanity of Miss Kenton, the woman who is housekeeper of Darlington Hall.

Ishiguro inhabits Stevens thoroughly, capturing the sense of dignity-in-servitude to which he sacrifices his life. The reader feels the tension between what Stevens makes of his life and of what he could make of it. At least I did, powerfully. The book is funny, sad, very moving.

- Bob McDonnell



Poetry Corner

In Memory of Evelyn Wright, beloved and valued member of the Writer's Group.

The Inferno

As Dante, with his guide Virgil,
enters the fourth circle of hell,
on the downward slope
where all the evil of the world is dumped,
he wonders how guilt and shame could create
such a heap of suffering as this.

Here he finds more souls
than anywhere above,
screaming, groaning, heaving huge boulders
crashing into each other,
shouting, versing
“How could you waste such treasures?”
and “Why did you hoard such treasures?”
some driven by their reckless extravagance.
others by their insatiable cupidity.

Here they spend eternity
in a lurid recreation of their lives:
a tragic burlesque of waste and greed,
of their desecration of gifts
of Nature and Art.

There in Dante's Inferno
where men and nations strove
to control the gifts of Fortune,
nations rose and nations fell,
and men cursed Fortune when gifts were lost.

Still, Fortune smiles on us all,
nations rising and falling,
strivers winning and losing,
the sun shining hotter now
and rain more and less abundant.

And in our Inferno,
where our American Dream
promises that we can have it all,
we slip on the downward slope
of putrid landfills, gagging
through a miasma
of stench and smog,
toward waters that shimmer
under poisonous slicks.

In Dante's world, a just God
punished eternally those
who, unrepentant,
were avaricious and prodigal.
In our world,
where we wallow in wealth,
God seems to be silent
while Nature is vandalized,
violated and profaned.

**- Evelyn Wright
2016**

WWURA's Jingle Bell Team

It's not too late to join WWURA's Jingle Bell Team. It all happens on Saturday, December 9th when the team takes part in the Arthritis Foundation's Jingle Bell Walk/Run. You can register by going on line to (<http://www.jbr.org/faf/home/default.asp?ievent=1173468>). The registration fee is \$35. However, if you prefer to jingle in your jammies at home, the registration fee is \$30. All monies raised go to funding a cure for arthritic diseases.

**- Evelyn Ames, Team Captain
(360) 734-3184**



A team from yesteryear



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