



WWURA NEWS

November 2019

www.wvu.edu/wwura

Serving Retired Faculty and Staff

President's Notes

It is a beautiful day in Bellingham—sunny with the temperature in the mid-50's. After typing a few comments I'll be heading for a walk starting in Fairhaven, then to Taylor Street dock, Boulevard Park and through to downtown...where I know there is a double expresso waiting for me.

Yesterday the WWURA Board met for our normal November meeting and we had a full house (except one...but more about that in a minute) as people had returned from various travels both domestic and international. I'm sure there is an upcoming travelogue for us all to share in some of these adventures. It was a spirited meeting and my report is that the Association is financially fit, has a regular series of program in progress, and is discussing new ways to serve the membership.

I did note that there was one person missing from the Board...that is not a who, but rather the position of President-Elect (*STOP, Don't put the Newsletter Down Yet*)...I know that this might be the point where many people say, "He wants me to volunteer for that position." And that is 100% accurate and, as I noted in my last column, it important for members to step forward so there is a regular rotation among the Board. To that end I'm asking for members to consider volunteering for this position or recommending other members
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WWURA Travelogue

Wednesday, November 20, 2019

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

"Journey to the Fabled Yukon Territory: Along the AICan from Whitehorse to Haines Junction"



Presented by **Lynne Masland** with commentary by her fellow travelers.

Join us as we follow the history of Bellingham residents **Kathi Gufstason** and **Bob Moles'** ancestors, who arrived in Whitehorse in the early 1900s in time for the last phase of the gold rush.

We'll travel the AICan highway from Whitehorse to Carcross, where the family's general store still stands, visit a First Nations tribal heritage park, drive to Teslin and then to Haines Junction. Along the way we'll visit a museum featuring Berengia, the land bridge connecting Siberia with Alaska during the Ice Age, and the skeleton remains of ancient woolly mammoths, bison, giant-toothed tigers and more. We'll also visit several Native American Cultural Centres and go fishing with Bob, Steve and our guide Champagne/Aissihik Native Ron Carr.

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 \$3 per person is requested to cover room rental & beverages.

2019 November Health Notes by Evelyn Ames (includes October plus additional information)

A technical computer glitch meant the October 2019 Health Notes were not in the WWURA Newsletter. They are included in November. Additional information/guidelines are added about cautions and benefits in using medications.

January 2019 the American Geriatrics Society (AGS) “unveiled its latest update to one of geriatrics’ most frequently cited reference tools: The AGS Beers Criteria® for Potentially Inappropriate Medication Use in Older Adults. With more than 90% of older people using at least one prescription and more than 66% using three or more in any given month,¹ the AGS Beers Criteria®—a compendium of medications potentially to avoid or consider with caution because they often present an unfavorable balance of benefits and harms for older people—plays a vital role in helping health professionals, older adults, and caregivers work together to ensure medications are appropriate.” Beers Criteria® describe particular medications with evidence suggesting they should be:

- Avoided by most older people (outside of hospice and palliative care settings);
- Avoided by older people with specific health conditions;
- Avoided in combination with other treatments because of the risk for harmful “drug-drug” interactions;
- Used with caution because of the potential for harmful side effects;
- Dosed differently or avoided among people with reduced kidney function, which impacts how the body processes medicine.

Consider these five questions to ask about any new drug.

1. How and when do I take this drug?
2. What could the side effects be and how long should they last?
3. Can this new drug interact with those I am currently taking as well as with supplements?
4. How will I know if this medication is working and what is the time period to experience the effects?
5. Is there a need for follow-up and if so, how soon should I check with my doctor?

The 2019 October Health Notes. **Mixing Foods and Medications: Interaction of Common Foods and Various Medicines.** An AARP online survey (over 1800 adults over age 50) in 2016 found 75 percent of those participating take a prescription medication on a regular basis. Percentages were higher for those 65 and older. Of these, over 80 percent take at least two prescription drugs and over 50 percent take four or more. African American and low-income individuals tend to take more medications. Other reports (e.g., Nat Inst on Aging) suggest that more than 80 percent of older patients (ages 57 to 85 years) use at least one prescription medication daily, with more than 50 percent taking more than five medications or supplements daily. The following chart lists common foods that have the potential for interactions with medications. Suggestions included how to safeguard oneself.



FOOD: Bananas, green leafy vegetables, oranges, salt substitutes

Don't mix with ACE inhibitors such as captopril (Capoten), enalapril (Vasotec), and lisinopril (Prinivil, Zestril), used to lower blood pressure or treat heart failure. Avoid mixing with some diuretics, such as triamterene (Dyrenium). Diuretics are used to reduce fluid retention and treat high blood pressure. **WHY:** Are all high in potassium. Potassium helps provide electrical signals to heart-muscle cells and other cells. Consuming them with listed medications could increase amount of potassium in body and possibly lead to an irregular heartbeat or heart palpitations—which could be deadly.

FOOD: Broccoli, Brussels Sprouts, cabbage, kale, and spinach.

Don't mix with blood thinners such as warfarin (Coumadin). **WHY:** Foods containing a lot of vitamin K can reduce drugs' ability to thin blood. In some people with heart disease, this could trigger a heart attack or a stroke. Suggestion: do not overload on leafy greens; maintain a consistent diet. Avoid overuse of raw kale (which is a blood thinner).

Health Notes, *cont'd*



FOOD: Cheese, yogurt, milk, calcium supplements, antacids with calcium.

Don't mix with Tetracycline (which is an antibiotic used to treat bacterial infections).

WHY: Calcium in these foods and products can interfere with the body's ability to fully absorb the antibiotic. In general, tetracycline works better if taken 1 hour before or 2 hours after eating.

FOOD: Alcohol, avocados, bananas, chocolate, salami.

Don't mix with drugs such as metronidazole (Flagyl) and linezolid (Zyvox), which are used to treat bacterial infections. **WHY:** These foods, along with tap beer, red wine, and sherry, contain tyramine, an amino acid that can cause blood pressure to spike if taken with linezolid. Tyramine is also found in foods that are aged, pickled, fermented, or smoked, such as processed cheeses, anchovies, and dry sausage. Alcohol and metronidazole together could cause nausea, stomach cramping, and vomiting.

FOOD: Soybean flour and walnuts.

Don't mix with thyroid drugs such as levothyroxine (Levothroid, Levoxyl, Synthroid). **WHY:** High-fiber foods can prevent the body from absorbing medications. One study found drugs were better absorbed when taken at bedtime rather than a half-hour before breakfast, which is what is usually recommended in the instructions.

What is REAL-ID?

A regular driver's license will not be acceptable for identification purposes at ports of entry starting October 1, 2020. By this date, not only must all states be issuing Real ID-compliant licenses or ID's, but individuals must also have visited their state's driver's licensing agency and obtained a REAL ID compliant card, or acceptable alternative such as a U.S. passport, if they wish to fly on commercial aircrafts or access federal facilities.

Enhanced Driver's Licenses (EDL) issued by Washington, Michigan, Minnesota, New York, and Vermont are considered acceptable alternatives to REAL ID-compliant cards and will also be accepted for official REAL ID purposes. Please go to the following website for more details.

<https://www.dhs.gov/real-id-public-faqs#>.

WWURA Calendar—2019-2020

November 2019

5—Board Meeting, 10:30 a.m.

20—Travelogue –6:30 p.m. Squalicum Yacht Club
“Journey to the Fabled Yukon Territory”

December 2019

3—Board Meeting, 10:30 a.m.

14—Jingle Bell Walk/Run

18—Holiday Party – 6:00 p.m. Squalicum Yacht Club

January 2020

7—Board Meeting

15—Travelogue—Squalicum Yacht Club
“Normandy, the Loire Valley & Cruising the Seine River”

February 2020

4—Board Meeting

21—WWURA Luncheon

Book Review

***Blowout: Corrupted Democracy, Rogue State Russia, and the Richest, Most Destructive Industry on Earth* by Rachel Maddow: A Review**

Despite one minor flaw, this is an important book. The subtitle pretty well captures the gist of this history and critical analysis of the oil and gas industry, nationally and internationally. Rachel traces the industry from its birth at the discovery of that first oil well in Pennsylvania in 1859 to our current dependence on oil and our feeding that dependence through horizontal drilling and fracking.

Along the way she traces Vladimir Putin's rise to power and his consolidation of his power by dominating the oil and gas industries of Russia, his making them the basis of his political power in Russia and the rest of the world. She covers his crimes in Crimea and the Ukraine, his hosting the Olympic Games, his nurturing of oligarchs dependent on him and thus subservient to him, his malign meddling in our election in 2016.

Rachel introduces us to the Resource Curse, which explains the manner in which rich natural resources in an undeveloped region lead not to a better life for the ordinary people there, but to vast wealth for the kleptocratic authoritarians who rise to power and the increasing poverty and decreasing quality of life and political freedom of the people. Rachel's prime example is Equatorial Guinea, where the oil industry is directly involved in propping up a disgusting (no other word will quite do the job) president and his disgusting family.

In this connection ExxonMobil and its then CEO Rex Tillerson are exposed as facilitators-in-chief, as they are exposed as working hand-in-glove with Putin.

Rachel also covers the Oklahoma saga, in which the oil barons enrich themselves, impoverish the state, filch the NBA Supersonics team from Seattle to Oklahoma City, and treat Oklahoma to a swarm of earthquakes. Indeed Rachel's book is filled with fascinating stories to spice the sordid history of oil extraction, environmental pollution locally and globally, driven by a greed that might embarrass Gordon Gecko, the hero of the movie *Greed*.

The minor flaw? Rachel affects an informality of style that does not serve her or her topic well. . . . Still, you will be the wiser in many ways when you have finished this wonderful and powerful book.

- Bob McDonnell

A Worthy Non-Profit

Domestic Violence and Sexual Assault Services of Whatcom County

This estimable and valuable non-profit serves some of our most vulnerable people with a comprehensive set of services. In just one week recently it did the following: served 137 individuals, 27 of them new; provided 6 support groups; provided 150 hours of general and 35 hours of legal advocacy; received 30 phone calls for help; began training 14 new volunteers; provided safe housing to 11 women and 17 children. This fall it began offering an education program for elementary school students. Help is welcome through donation or volunteering. Phone 360-671-5714. Email at info@dvsas.org. The office is at 1407 Commercial Street, Bellingham. The DVSAS website is extraordinarily informative and interesting.

OCTOBER 2019 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 on Tuesday at 2:00 pm November 19th at the home of Donna Moore
1200 Birch Falls Dr., 360-733-5769.

November's book is *The House at the Edge of the Night* by Catherine Banner.

Discussion leader-Suzanne, snacks-Suzanne.

December's book is *The Rent Collector* by Cameron Wright. Discussion leader and snacks—Suzanne Krogh

INFORMAL DINING—Stephen Hutchens, 360-483-6873 sphutchens@yahoo.com

The dining schedule has been emailed to participants. We are off to another great year!!

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

Contact Evelyn for more information.

2019-2020 MET HD schedule (Saturdays): Nov. 9 (Madama Butterfly); Nov. 23 (Philip Glass' Akhnaten) Premier. Met HD: Radio broadcasts: King FM-98.1 and CBC Radio 105.7.

Pacific Northwest Opera (previously Skagit Opera) the 8th and 10th.

WRITER'S GROUP - Troy Faith Ward, 425-299-4924, troyfaithward@gmail.com.

Meets twice a month. The groups are kept small so there is time for reading and critiquing each other's work.

A second writing group has started and is accepting new members. Meets twice a month. Call Howard Evans, 360-650-9724, barbandhoward@comcast.net if interested.

President's Notes, *cont'd*

that you think would be a good fit for this position. If you are interested in discussing this, putting your hat in the ring, or have a suggestion, please email me at majkut.kevin@gmail.com.

And if you see me walking toward you at a WWURA event, please don't avert your eyes and then hurry away because you think I want you to volunteer...I could be planning on telling you a good story or just saying hello...or I could be asking you to volunteer. Take the chance.

-Kevin Majkut

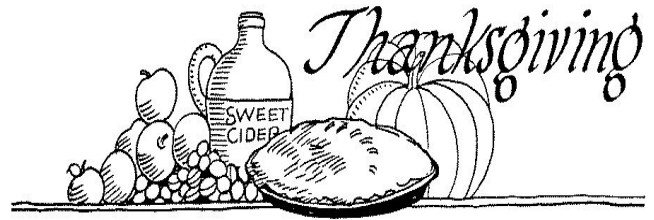
WWURA'S Jingle Bell Team

Evelyn Ames would appreciate WWURA members supporting Bellingham's 2019 Jingle Bell Run/Walk team. To register, google the following: Bellingham 2019 JBR. When web page appears, check for teams (wwura is listed) and follow instructions for registering or donating. Many thanks. Please note all monies raised go to support programs for those with arthritis, especially children.



Save the Date
December 18th

for WWURA's Holiday Party
at Squalicum Yacht Club



Western Washington University
Retirement Assoc. (WWURA)
516 High Street
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