



University of Michigan Retirees Association

Volume 11, No. 3

February 2009

Social Hour Programs

February 12, 2009 Robert P. Kelch, MD, Executive Vice President for Medical Affairs, Pediatric Endocrinologist and strategist for the direction of the UM Health System will present "Michigan Healthy Community Initiative: A Progress Report."

March 12, 2009 William I. Miller, Thomas G. Long Professor of Law at the UM Law School, will present "An Eye for an Eye".

Important: The April program will be held at the Gerald R. Ford Presidential Library on North Campus.

April 16, 2009 Elaine Didier, PhD, Director of the Gerald R. Ford Presidential Library in Ann Arbor and Director of the Gerald R. Ford Presidential Museum in Grand Rapids will present: "National Treasures: Behind the Scenes at the Ford Presidential Library and Museum".

May 14, 2009 David Sherman, Professor of Microbiology and Immunology, UM Life Sciences Institute, and Hans W. Vahiteich, Director of the Center for Chemical Genomics of the UM Life Sciences Institute, will present "Drug Discoveries from Undersea."

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UMRA Officers

At its December 2008 meeting, the UMRA Board of Directors reappointed the 2008 UMRA officers for another year. The Board expressed appreciation for the officers' performance and was pleased that they were able to serve for another term. The ongoing officers are:

President	Douglas R. Woolley
Vice President	Patricia Butler
Treasurer	Donald Thiel
Secretary	George Williams

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Social Hour Details

UMRA Social Hours are held most months during the academic year on second-Thursday afternoons from 3 to 5 PM. All U-M retirees and their guests are cordially invited to attend. The gatherings usually include light refreshments—coffee, sliced fruit, cookies, and soft drinks. Social Hour programs begin at 3:15 PM and continue until about 5:00 PM. Announcements about speakers and programs are made in this newsletter, in University Record *Events* notices, and at <www.hr.umich.edu/umra>, the UMRA web site.

Meeting Location

Social Hour gatherings are held at the Best Western Hotel, 2900 Jackson Road, Ann Arbor. Parking is plentiful, and easy access to the meeting room is gained by using the Ballroom entrance at the rear of the building. Handicap access is good. Other venues will be used from time to time. Please check the meeting notices on Page 1 to find the latest information.

The University of Michigan Retirees Association Newsletter

G-250 Wolverine Tower, 3003 South State, Ann Arbor MI 48109

The Wolverine Tower building is located at the intersection of
Eisenhower Blvd. and S. State St. Parking is available nearby.

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Preliminary Announcement of 2009 UMRA Healthv Day

Date: Tuesday, April 28, 2009
Place: Weber's Inn on Jackson Road
Time: Registration starts at 8 a.m.
Program starts: About 8:45 AM., lasts to 4 PM
Cost: \$15 per person (which includes lunch)

With support from Laurita Thomas, UM Vice President for Human Resources, UMRA is pleased to announce the 3rd Health Day Program, scheduled for April 28. The complete program is still being arranged and the full schedule will appear in the next newsletter and will also be posted on the UMRA website (www.hr.umich.edu/umra) as well as being sent via email to those UMRA members for whom UMRA has an email address.

Scheduled topics include "probiotics," "training your brain: what's the research," "exercises for the young at heart" with actual sample exercises, and some laughter yoga. Additional hoped-for topics include hearing and hearing loss and orthopedic joint replacement.

Three choices are available for lunch: chicken, salmon, or vegetarian. Please indicate your selection on the registration form.

Please complete the registration form below and send together with a check for \$15 (per attendee) made payable to University of Michigan Retirees Association and mail, before Friday, April 17th to

UMRA
G-250 Wolverine Tower
3003 South State Street
Ann Arbor MI 48109-1281

Name _____ Name of 2nd person _____

Address _____ City _____ State _____ Zip _____

Telephone _____ email _____

Entrée Selection:

[select one for each person] salmon _____ chicken _____ vegetarian _____

New Year's Resolutions

UMRA members are probably less likely than their younger counterparts to be caught up in the post holiday remorse that leads to an initial burst of good New Year's intentions, but even a simple resolution to exercise more by simply walking a bit can lead to significant health benefits.

50 miles per month works out to just a little more than a mile and a half per day, yet an adherence to this reachable exercise goal offers seniors many potential benefits. To be sure the pace must be a bit brisker than a leisurely stroll. A pace of 3.5 miles per hour is not outside of most seniors' capability. Such an exercise regimen can increase aerobic capacity by 19%, physical function by 25%, and a 41% decrease in the risk of disability. Each such walk burns 150 calories, which amounts to a loss of 1.3 pounds monthly and 15.6 pounds annually.

Through the exercise and weight loss one can achieve a 32% lower risk of heart disease, a 33% lower risk of stroke, and an impressive 71% lower risk of type-2 diabetes. And the

benefits extend to lower risks for some forms of cancer: 18% lower for breast cancer and 31% for colon cancer as well as a 40% lower risk for Alzheimer's.

Most retirees are aware of the physical health benefits of aerobic exercise, but there is increasing medical evidence that "moderate" physical exercise – any exercise that leaves us breathless – can increase both the volume of brain tissue and the brain's ability to function. In a study at the University of Kansas Medical Center, researchers found that patients with early Alzheimer's who worked out regularly showed less deterioration in the areas of the brain linked to memory than more sedentary patients with the disease. Other studies indicate that high levels of physical fitness have a positive effect on mental plasticity, or the brain's capacity for growth and development.

For those for whom such exercise programs would represent a significant increase, medical advice should be sought before undertaking the exercise program.

Blocking Cellphone Telemarketers

Although the U.S. Federal Trade Commission already prohibits telemarketing calls to cellphones, when such calls are dialed randomly, the caller may occasionally reach a cellphone. And some telemarketers simply ignore the law. If one has caller ID, get the caller's number and report it to the FTC. In November 2007 the FTC collected \$7.7 million from five companies accused of violating telemarketing laws. One can also sign on to the FTC's Do Not Call Registry at www.donotcall.gov or call 1-888-382-1222 toll free.

Change in UMRA Annual Dues

Since its inception, the UMRA membership dues have remained at \$7.50 per year. This has, on occasion, resulted in a vexing problem for the UMRA treasurer because of a fifty cent discrepancy in the two locations on the check where the amount is to be indicated. The numerical figure might indicate \$7.50, but the written figure would indicate "seven dollars". In some cases it was possible to modify the check to read "seven and 50/100 dollars," but in other cases it was necessary for the Treasurer to augment the check by fifty cents. In hopes of avoiding this problem in the future, and in a modest response to ongoing inflation, the UMRA Board has agreed to increase the annual dues to \$8.00 beginning next year.

December at UMRA: Beijing University Links with UM



At the December Social Hour Professor Brian Coppola and three of his students described the successful exchange program now established between UM and Beijing University.

Photos by F. Beutler

Chores and Gender

Many things regarding gender have indeed changed since 1920 when women won the right to vote with the passage of the 19th Amendment to the U.S. Constitution. A huge increase in the presence of women in non-traditional areas of the workplace, the rise of feminism and gender-bending behavior have all changed the American landscape. The boundaries have definitely blurred and what were once clear separation of duties along gender lines have resulted in a new list of to-do abilities by consultant Genevieve Schrier..

Things every man should know how to do:

- Cook dinner, really cook
- Load a dishwasher
- Sew a button
- Buy his wife clothing that fits
- Do laundry

- Send holiday greeting cards
- Ask for directions
- Fix a toilet
- Grocery shop
- Pack luggage

Things every woman should know how to do:

- Check the oil
- Change air filter in house
- Invest money
- Buy a car
- Hire a contractor
- Change fuse in breaker box

- Change a tire
- Balance the checkbook
- Shut off the power
- Talk to a mechanic
- Shut off the water
- Sharpen a kitchen knife

DISPOSABLES

Does anyone know of any enterprise anywhere that now uses less paper than before the introduction of computers and what was whimsically forecast as the beginning of the paperless society? Well, possibly the newspaper industry, as readership and newspaper size continue their steady decline. But seemingly everywhere else “rough” drafts, “first” drafts, “preliminary”, and “revised” versions of virtually every printed item are now rampant. Canada sends more trash to Michigan than to any other state and we’re not too shoddy at creating our own contributions to the piles of waste. A recent AARP Bulletin story by Betsy Towner provided some interesting statistics.

On average, today’s 70-year-old has generated 50 tons [that’s 50 times 2000 pounds!] of trash during his/her lifetime. Every day at home or work, each one of us creates 4.5 pounds of waste – since 1960, an increase of 2 pounds daily per person. At least we now recycle one third of that waste compared with just 6 percent in 1960.

The story went on to detail the top 10 waste items each one of us generates, the waste’s weight in pounds by the time we hit 70, and what percent of the generated waste is recycled.

<u>Top 10</u>	<u>Weight in pounds by age 70</u>	<u>Percent Recycled</u>
1. Yard trimmings	14,450	62
2. Food scraps	11,500	2
3. Newspapers, books, etc.	8,100	76
4. Glass/metal containers	3,700	40
5. Bottles/cans	3,600	35
6. Furniture/furnishings	3,200	0.05
7. Clothing/footwear	2,400	15
8. Mail	2,200	39
9. Electric appliances	1,850	65
10. Plastic bags/wraps	1,600	8

Some important milestones in the disposable saga include:

- 1899. New York City opens a garbage-sorting facility to capture recyclables.
- 1934. U.S. Supreme Court prohibits dumping of municipal waste in ocean.
- 1937. Fresno, California establishes nation’s first “sanitary” landfill, a dump where soil and ash are laid over garbage to contain fumes and odors.
- 1974. University City, Missouri, establishes nation’s first curb-side bin pick-up program for recycling newspapers.

Kicking the Habit

It can be very tempting to continue with bad habits as we age, using the argument that I’ve made it this far and I’m still here. I guess I’m too old for it to hurt me anymore.

That can be especially true of addictions like tobacco. However, the benefits after quitting – even for the long-term smoker

– are dramatic. After 20 minutes, the heart rate drops. After 12 hours, carbon monoxide levels normalize. After 2 weeks to 12 months, heart attack risk drops and lungs begin to heal. After 1-9 months, shortness of breath noticeably improves, and after 5 years the risk of a stroke is equal to that of a non-smoker.

Some Common Food Myths

Many of us probably remember the past food controversies surrounding the harmful effects of eggs and real butter as opposed to margarine in our diets. Current thinking suggests that in moderation both these food items can be beneficial to our health. But many of us still labor under some ongoing food myths. Joy Bauer outlined some of the more common ones in Parade Magazine

It's better to eat 6 mini meals than 3 regular meals. While more frequent small meals may be valuable for a diabetic, as long as the food qualities are comparable, either style may be appropriate. It is true that one should avoid long periods of time without food. Prolonged fasting can result in a drop in blood sugar which can cause headaches, and a subsequent over-indulgence in food consumption. Snacks such as fruit can help avoid this.

Decaf coffee contains no caffeine. A typical 8-ounce cup of regular coffee contains about 100 to 150 milligrams of caffeine. But even coffee labeled “decaf” contains from 8 to 32 milligrams of caffeine. So if one suffers from insomnia, it is advisable to avoid all coffee [along with some energy drinks] and limit liquid consumption to water or caffeine-free herbal tea in the evening

Bananas are fattening. Bananas are an excellent food for many reasons, but not because they are loaded with calories. A medium banana has only about 105 calories – which is only about 1/6 the calories in a slice of New York style pizza. Bananas are also a good source of fiber, magnesium and potassium, all of which help lower blood pressure and they are also a good source of vitamin B6 which helps boost the immune system. But avoid the packaged “banana chips” which have added fat and sugar and calories

Cooking vegetables destroys their vitamin content. In some vegetables cooking actually increases the body's ability to absorb the nutrients. The cancer-fighting phytonutrient lycopene is stronger in cooked tomato sauce than in raw tomatoes. Wrong cooking techniques can reduce vitamin content, so one should not overboil vegetables. Instead one should steam, roast or microwave with as little water as possible and keep cooking time to a minimum

Certain foods can burn fat. The eating of some foods which requires chewing and digestion is thought to require more calorie consumption than the food value of the consumed food. Celery, grapefruit, and celery are some examples of such foods. Science has shown that chewing only uses about 11 calories per hour!

Craving is the body's signal that it needs something. There have been many studies which debunk this myth. Cravings are driven by emotional and psychological factors. We crave foods we enjoy and associate with pleasurable times. We may crave steak because of its taste or because of happy memories associated with previous meals.

READ ABOUT IT HERE ...

UMRA has a web site! It's www.hr.umich.edu/umra/

The site features several items that may interest you.

- ✓ A schedule of UMRA Social Hours and news of other happenings.
- ✓ A history of UMRA and a Q&A section about UMRA
- ✓ A list of officers, with phone numbers and e-mail addresses
- ✓ A Newsletter archive
- ✓ A listing of other web sites that may be useful to retirees

If you can't remember the address just GOOGLE it! Ask for ***umich retirees***

Have you changed your address or e-mail?

1. Print new information below.
2. Cut out this form and your address label.
3. Mail both to the UMRA address shown by your mail address.

Name _____

Address _____

City, State _____ ZIP _____

E-mail address _____

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