



The Happening

Learning in Retirement at Iona College
(914) 633-2675 www.iona.edu/liric

Spring 2017-TH5

WINTER STORM STELLA SLAMS LIRIC (and everyone else!)

Who Knew??? It doesn't happen very often but it did in mid March. Heeding a forecast involving a nor'easter predicted to dump more than a foot of snow on the region, both the LIRIC program (Tuesday, March 14th) and the Philadelphia trip to the Flower Show (Wednesday, March 15th) were cancelled. The trip could not be rescheduled since the show ended March 19th, according to Florence Wagner, LIRIC's Special Events Guru. LIRIC members were informed of the developments in an e-mail sent out Monday afternoon, March 13th.

KathyDornbush NEW LIRIC EXEC BOARD SECRETARY

On March 3, the LIRIC Executive Board officially welcomed Kathy Dornbush as the new Board Secretary. Kathy is a "newly retired" LIRIC member who was "looking to be involved." The board secretary is responsible for taking notes at all Executive Board meetings as well as the semi-annual membership meetings. The minutes are the Board's "history" and "memory" and are very important.

Kathy spent 27 years working at Montefiore Hospital working in the IT department. She describes herself as "detail" oriented which is a perfect skill needed for her new position. *The Happening* joins with the Board in welcoming Kathy.

IONA's BASKETBALL TEAM IN THE BIG DANCE (Again!)

The Happening is happy to congratulate the Iona's Men's Basketball team for its inclusion in "March Madness", the annual NCAA Men's Basketball Tournament held every March. IONA played heavily favored Oregon on Friday, March 17th at Sacramento's Golden Center and lost in a hard fought 93-77 contest. This is IONA's fourth tournament appearance since 2012 under Coach Tim Cluess. "We know we're playing a tremendous team and we just love the challenge," Cluess said. "We just want to go out, represent IONA well, and play as hard as we can play."

LIRIC Executive Board

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| President: | Chris McCormick |
| Vice Presidents: | Teddi Cerino Linda Levine |
| Secretary | Kathy Dornbush |
| Treasurer: | Frank Mohalley |
| Committee Chairs: | |
| Curriculum: | Linda Whetzel |
| Finance: | Marguerite Fredrick |
| Hospitality: | Cheryl Millman Jerry Millman |
| Membership: | Lorraine Rosano |
| Publicity: | Kathleen Fredrick |
| Special Events: | Florence Wagner |
| Member Liaison: | Teddi Cerino |
| The Happening Editor: | Chuck Miller |
| Past President: | Donald Hayes |
| RS Liaison: | Lila Ogman |
| At Large: | Gail Apfel Greg Koster Barbara Mohalley |
| Director: | Suzanne Page, Ph.D |

SPOTLIGHT ON: Chris McCormick LIRIC President

You might say Chris “bleeds” maroon and gold- Chris’s association with Iona dates back to his days on campus for his B.A. as well as his M.B.A. and now, again, as LIRIC president. While attending what was then an all male catholic college, Chris studied accounting and business management.

Chris was elected for a full term in 2016 after serving as “interim” following the illness of then president, Carol Horn. Chris management style is best described as “low-key”; he says “I go with the flow” and that has served him well in his current role.

A Queens native, Chris has lived in Bronxville since the 1990’s. Retired in 2009 from a position in the treasurer’s office of AIG, Chris said that he had never given much thought about retirement before the event. His first move was to take a tour of the Normandy area in France. “Everyone on the tour was from the western part of the United States but me.” While on the tour, he was told about the Lifelong Learning Institute, a continuing education program . Back home, he found LIRIC on the internet and about eight years ago joined, first serving on the curriculum committee, and then as vice-president.

Chris sees LIRIC as fulfilling “learning and social” needs of retirees, and hopes that the membership numbers will increase. He sees the work of the curriculum committee as the driving force behind LIRIC’s success. When asked about additions to the program selection, Chris offered “opera” and “sports”, especially to attract more males into the program.

Speaking of his life, Chris say that he is “fortunate for the life that I’ve had”. He speaks fondly about his childhood, a “great, young life”, and his parochial schooling from elementary to St. John’s Prep.

These days, Chris, an Iona Alumnus, is working to get the Alumni Association to promote LIRIC, and all its opportunities to the members and families.

LIRIC is successful because of the many members who volunteer extra time and energy to the program. Happily, at this point in time,

A Member of

ROAD SCHOLAR®

LLI RESOURCE NETWORK

49th ANNUAL SALUTE TO SENIORS

On Wednesday, May 3, from 9:30-2:30, The Westchester County Department of Senior Programs and Services and the Westchester Public/Private Partnership For Aging Services is sponsoring the **Salute To Seniors** at the Westchester County Center in White Plains. The event is free and open to all seniors.

DON'T GET TAKEN! (PART ONE)

by Ira Weinberg

You have won a Million dollars!

This envelope comes from the IRS-Official Government Mail.

There is a warrant out for your arrest. But if you pay me a fine I can get charges dropped.

The King of Nigeria has earned extra funds and wants to give it to you to hold. But we need a bank account to deposit the funds in temporarily.

Scams or Phishing; regardless of the word they are all frauds designed to separate you from your money and your personal information. Crooks are all over the internet and in every country. Some countries seem to have more people spending their day trying to defraud others than there are honest people in the country. We hear about hacking governmental information every day. Our government can't stop it. But you can avoid being "taken"—if you are aware and don't get pressured into something that is a fraud. If it is too good to be true, it is!

See some popular scams above.
How many do you know?

LIRIC members should be aware of the more common and frequent scams aimed at seniors. Crooks are smart and have plenty of time to develop their sales pitch. You and your family have to be smarter and protect yourself. The money taken in these scams amounts to millions.

By the way: phishing is when you receive emails from someone that resembles the actual company looking for personal info. Their whole goal is to get your personal info such as SSN, credit card #'s, bank account, passwords, etc. so that they can use them. When you look at the suspect emails they look identical to the actual company's format and logo they supposedly come from. Just keep in mind that any reputable company will NEVER ask for that info through email or through their site. Also the return address will be more complicated and completely different from the legitimate source. You can safely call the organization (not from the email) and ask if they want information or money.

The FBI (the real one) has pointed out why seniors can become easy targets, and feel ashamed when this happens. Senior citizens especially should be aware of fraud schemes for the following reasons:

- * Senior citizens are most likely to have a "nest egg," to own their home, and/or to have excellent credit—all of which make them attractive to con artists.
- * People who grew up in the 1930s, 1940s, and 1950s were generally raised to be polite and trusting. Con artists exploit these traits, knowing that it is difficult or impossible for these individuals to say "no" or just hang up the telephone.
- * Older Americans are less likely to report a fraud because they don't know who to report it to; are too ashamed at having been scammed, or don't know they have been scammed. Elderly victims may not report crimes, for example, because they are concerned that relatives may think the victims no longer have the mental capacity to take care of their own financial affairs.
- * When an elderly victim does report the crime, they often make poor witnesses. Con artists know the effects of age on memory, and they are counting on elderly victims not being able to supply enough detailed information to investigators. In addition, the victims' realization that they have been swindled may take weeks—or more likely, months—after contact with the fraudster. This extended time frame makes it even more difficult to remember details from the events.
- * Senior citizens are more interested in and susceptible to products promising increased cognitive function, virility, physical conditioning, anti-cancer properties, and so on. In a country where new cures and vaccinations for old diseases have given every American hope for a long and fruitful life, it is not so unbelievable that the con artists' products can do what they claim.



MEMBER NEWS UPDATE

***Kathy Panella** had a recent setback when she fell and broke her arm. That comes after a recent foot operation.

***Linda Whetzel**, Chairman of the Curriculum Committee, is enjoying the use of her left hand after carpal tunnel surgery.

***Paul Klein**, former Executive Board member, is battling several serious ailments made somewhat easier with wife, Roseanne at his side.

***Lee Caspler** is facing a long recovery period after suffering a traumatic fall resulting in a broken neck. She is currently in rehab and has a long road to travel toward good health. We all wish her well on this journey.

***Joe Lechowicz**, a member of LIRIC'S Finance Committee, lost his dear wife, Marion. Our thoughts are with him and his family.

***Cheryl Passavanti**, presenter of the Friday Film classes, has lost her mom.

*Longtime member **Anita Misner** passed away recently. Anita's son, Michael, is a LIRIC member. This was LIRIC's first mother/son combo.

Our sincere sympathy to all those who have suffered the loss of a loved one. We hope to see members with varied health issues back in class soon.

Ed. Note:

Contact Barbara Mohalley at Mohalleys@optonline.net or call (914) 576-2311 with news, good or sad, involving a LIRIC member.

MEDICAL TIDBIT: Getting Smart About STROKE

"Stroke remains the leading cause of disability in the United States," writes M. Shazam Hussain, M.D., in the December, 2016 **AARP, The Magazine**. According to Dr. Hussain, " If you're eating a good diet, exercising and managing your hypertension , diabetes and high cholesterol, you can substantially reduce your risk of having a stroke." Some guidelines provided are:

1. Blood pressure- less than 140/90;
2. Exercise- five times per week, one hour per, activity level="get your heart pumping";
3. Alcohol-limit one glass of wine per day;

And the REAL SURPRISE

4. Brush and floss EVERYDAY.

It is important to know the signs of STROKE. They are BEFACE: B=balance difficulties, E=blurred vision, F= facial weakness, A= arm weakness, S= slurred speech, T= time to call 911. Write these down. Put it on the Refrigerator. Keep it handy. As the Boy Scouts motto says: BE PREPARED!

Getting a Good Night's Sleep – MY PERSONAL STORY

by Kathy Dornbush

Sleep has not come easily for me. I would put my head down and my brain would consider this was the time to run around. I would think about the things I was worried about, the things I hadn't addressed, tasks I needed to do at work and on and on. This didn't happen every single night but I considered myself an insomniac.

For a long time I figured this was not so bad. I could amazingly perform through the day and not feel tired. In recent years there has been so much information on how important getting good sleep is along with the right amount of hours.

My mother has had trouble sleeping seemingly for decades. She has taken various sleeping pills over the years. This has not helped her to overcome her trouble sleeping. It has had a negative cognitive affect and she is still left at least most nights struggling to figure out how to get to sleep. What I learned from this is to stay away from medications.

In the last couple of years, I have started sleeping well. I still however consider sleep to be a fragile thing for me. I can be sleeping well for weeks and then I go through a period of days where I have trouble going to sleep or waking up and not being able to go back to sleep. On those nights I wonder how much or whether I slept at all.

I taught myself to go to sleep. The following may not work for everyone but it has helped me.

- ◆ When I put my head down, not to think about anything. For me this includes not only the obvious but also not counting, focusing on breathing or anything.
- ◆ I always keep a written to do list. If I think of something in this winding down period, I write it down to address another day.
- ◆ Go to bed and wake up at close to a regular time.
- ◆ Turning lights low in the hour(s) before bed.
- ◆ Creating a buffer between the activities of the day and when I put my head down to sleep. I cannot run around doing activities all day up to the moment I want to go to sleep and then expect to sleep.
- ◆ No stimulating thoughts good or bad in the buffer period. For me, this includes not looking at anything on my Ipad (i.e. emails, news media articles). With all that is going on in the world today, this has become key.
- ◆ When I am in a period where I am having trouble sleeping, I stay away from the sound of a television in the buffer period. Even if I am not watching, the voices seem to stimulate my brain.
- ◆ Getting ready for bed before the buffer period starts. This includes any nightly routines (i.e. brushing my teeth).
- ◆ Sleeping in as quiet and still a room as possible.
- ◆ If I have trouble going to sleep or going back to sleep after I wake up, knitting in silence helps to free my brain to enable sleep. I am reluctant to turn on the light but it doesn't interfere with the process.

AGING-IN-PLACE (AIP's)

By Lila Ogman

Research shows that as people age, many become more isolated due to loss of mobility. Usually this leads to depression and often a shortened life. Nearly 20% of the American population will be over 65 in 2030.

In keeping with these numbers and ideas, there is now a network of over 200 Aging-in-Place organizations with another 100 in the planning stages. There are many differences in the various AIP's depending on the size of the community, and the nature of the residents. The core idea is to keep people in their homes and actively involved within the community as long as they are able. Many of the AIP's are fashioned after the Beacon Hill Village in Massachusetts.

Currently, there are AIP's in Bronxville, Yonkers, Larchmont-Mamaroneck, and New Rochelle. There is a developing one in Tarrytown-Sleepy Hollow.

The New Rochelle AIP is New Rochelle Cares. It is a non-profit volunteer supported program which directs members to services that are available to them. It offers a social support system that facilitates connections to friends, medical providers, and retailers. Members pay dues, and are eligible for a full range of services. Membership benefits include assistance with insurance, transportation to medical appointments, cultural, entertainment and shopping destinations, friendly phone calls, support during life- changing moments, educational programs, and assistance with computers and home technology.

Volunteers are a vital part of the program. Volunteers help with driving, making phone calls, finding events, and marketing. It is a win-win for the members, volunteers and community. Finding a way to keep seniors in their homes is an important option as the population ages.

A DISCUSSION BETWEEN SHE AND ME! (Transcribed)

You seem to get upset when I let loose with a few well chosen \$%!#?! in the car while driving. Well, I'll have you know that according to a study conducted at Marist College in New York and the Massachusetts College of Liberal Arts, and mentioned in the **AARP, The Magazine** (December, 2016), "people who use curse words 'artfully'...tend to have a 'wider vocabulary' which is considered an indicator of intelligence." It also indicated that in another study, cursing may provide benefits: it can "reduce and [help] endure physical pain."

See...what did I tell you! ...What's that? Any downsides of cursing? Let me read further.

Well, it does say that "scientific acceptance does not equate to [social]...acceptance, and that some expletives are pretty much "taboo", and that the "power of swearing" wears off if used too often...I see you nodding and smiling. But, it's science, honey..." (The transcript ends here.)

Remember — Aging is a case of mind over matter. If you don't mind it, it won't matter!!!! —*The Happening*
