

# MY TURN NEWSLETTER

## MY TURN — KINGSBOROUGH COMMUNITY COLLEGE



December 2011

Volume 27 — Issue 2

### Director's Message

### President's Message

I would like to thank everyone for welcoming me to the *My Turn Program* at Kingsborough Community College and in particular, to the executive board, who facilitated a wonderful and comfortable orientation for my new position as Director of the *My Turn Program*. I am currently a member of the Kingsborough Community as the Coordinator of the 55+ Wellness Program.

Prior to joining Kingsborough, I established the "Seniors In Shape" program at the Aviator Sports and Recreation in Brooklyn, where more than 3,000 seniors from the New York metropolitan area participated in activities that featured senior expos, innovative fitness classes and specialized workshops for seniors 55 plus.

Before my work at the Aviator, I was the Director of the Bay Ridge Center for Older Adults in Brooklyn. The center provided daily activities for seniors including food service, recreational and educational projects, transportation, meals on wheels, friendly visiting, shopping services, medical escort, workshops in technology and computers, fitness, dance, lectures on health care and insurance, and trips to cultural and civic events.

I grew up in Brooklyn and began my college studies at the College of Staten Island. I received my BA at the University of Denver with a double major in psychology and speech communication, and later studied in the graduate program at NYU.

Through my professional career one of my main goals has always been helping people lead active, productive, and healthy lives. By bringing people together we can learn from one another and make the world a brighter place!

It is my distinct honor and pleasure to serve the seniors in the *My Turn Program*. I look forward to meeting all of you and welcome you to come by the office and say hello.

Sincerely,  
SUSAN LAVIN  
*Director, My Turn Program*

Congratulations to Susan Lavin upon her appointment as Director of the My Turn Program.

We just had our three Fall meetings and I hope that you all enjoyed them. Our 30th Anniversary party was a big success. In the coming months we'll be planning the events for the Spring semester.

The response to the "Talking Buddy" program has been very well received. We can still use more volunteers. It requires just one hour a week to meet and converse in English with a foreign student, at your convenience. For information, please come to the My Turn office, F-219.

On June 21, 2011 the My Turn Club of KCC was awarded a plaque "Certificate of Appreciation", in recognition of valuable contributions to Brooklyn Transition Center 75k753. This award was presented to me at the graduation ceremonies for the Brooklyn Transition center.

During the past 2010-2011 school year, My Turn students, Sam Waldman, Helen Skrobot, Jane Leventon, Sophia Williams and myself, mentored the students in this program every Wednesday. This program has been in existence for the past 15 years.

During the past five years KCC has hired three of these graduates in its maintenance department.

Have a Happy Holiday and a Healthy New Year.

Sincerely,  
MARTY SMIELOWITZ  
*President, My Turn Club*

*The Officers, Directors and  
Members of the My Turn Club  
would like to congratulate and  
welcome*

*Susan Lavin  
upon her appointment as  
Director of the My Turn Program*

*From All of Us to All of You  
Have a Happy Holiday  
and a  
Healthy New Year*

**My Turn Club Officers**

**President ..... MARTY SMIELOWITZ**  
**Vice President ..... ARLENE POLLINGER**  
**Treasurer ..... NORMAN MANDEL**  
**Secretary ..... PHYLLIS BRODSKY**

**Director, My Turn Program**  
**SUSAN LAVIN**

**Administrative Assistant**  
**TRENISSE SUTTON**

**Official Photographer**  
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**Newsletter Editor**  
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**ROOM F-219**  
**Tel: (718) 368-5079**  
**Fax: (718) 368-4766**  
**Web: www.kingsborough.edu**  
**(look for: special programs)**

**FALL MEETINGS**

All meetings start at 1:50 pm., unless otherwise indicated.

**Monday September 26, 2011 MAC Rotunda**  
**Tuesday October 18, 2011 Book Sale**  
**Breezeway, 9 a.m. to 2 p.m.**  
**Tuesday November 1, 2011 Room U219/220**  
**Tuesday December 6, 2011 MAC Rotunda**  
**End of Term Party**

*Please watch the bulletin boards for further announcements and information.*

**We welcome your input. If you feel you have anything that is appropriate, please send it to us. We will always be happy to consider your material for publication.**

**Secretary's Report**

**PHYLLIS BRODSKY**

**MEETING OF NOVEMBER 1, 2011**

We were pleased to learn that Fran Koch's discussion group is in full swing. This regular event has become very popular with our members and everyone is invited to join. Fran stressed that all topics are entertained and differences of opinion are welcomed.

President Marty Smielowitz again spoke of our wonderful Talking Buddies program. There are still young Buddies in need of partners. Anyone who has become involved with this activity has reported that the success and enjoyment of what they accomplish works both ways. The student grows confident in improving his grasp of English and the volunteer derives pleasure at seeing the results of their efforts. If you are interested, please leave your name in the MY Turn office and you will be contacted.

Marty Abrams regretted our proposed Museum trip had to be abandoned for lack of attendees. The cost was high due to the price of bus transportation.

Our guest speaker at the meeting was Assemblyman Steven Cymbrowitz who spoke to us about a subject dear to our hearts and pockets . . . the situation in Albany regarding jobs, mortgages, and the difficulty in obtaining credit, among other topics of local interest.

My Turners are reminded to attend our 30<sup>th</sup> Anniversary meeting on December 6, in the MAC Rotunda. There will be entertainment and hearty refreshments.

**REGISTER ON-LINE**

**To all My Turners who would like to learn how to register on-line, please come to the My Turn office (F-219), to make an appointment (one-on-one), with me. Save time and avoid the lines at Registration.**

**MARTY SMIELOWITZ**

**DISCUSSION GROUP**

**DAY, TIME AND ROOM TO BE ANNOUNCED**  
**(for further information, watch the bulletin boards or call or visit the My Turn office)**

**ALL ARE WELCOME**

**BEREAVEMENT SUPPORT AVAILABLE**

**Contact: FRAN KOCH**  
**in the**  
**MY TURN OFFICE F-219**

## My Turner's Chit Chat

### **COOKED RIGHT, FISH CAN HELP A WOMAN'S HEART** **Study found eating it broiled or baked reduced risk of heart failure by 30%**

By MAUREEN SALAMON — *HealthDay Reporter*

Long known as heart-healthy, fish that's baked or broiled also protects against developing heart failure, a new study suggests.

Research tracking more than 84,000 postmenopausal women for an average of 10 years found that those whose diets included more baked and broiled fish -- defined as five or more servings per week -- had a 30 percent lower risk of heart failure compared to women who ate less than one serving per month.

"A direct relationship between fish and heart failure is not necessarily intuitive because you might expect it protects against heart attacks," said senior study author Dr. Donald Lloyd-Jones, a preventive cardiologist and chair of the department of preventive medicine at Northwestern University Feinberg School of Medicine, in Chicago. "But that's not the mechanism in place here . . . and I think that's kind of interesting. It's also interesting that how you prepare fish is just as important as the kind of fish you're eating."

The study is published May 24 in the journal *Circulation: Heart Failure*.

Eating fried fish -- previously tied to greater risks for strokes -- is linked to a higher danger of heart failure, the study found, with even one serving per week associated with a 48 percent greater risk.

Additionally, dark fish such as salmon, mackerel and bluefish were associated with lower risks than either tuna or white fish such as sole, snapper or cod.

Prior research has suggested that omega-3 fatty acids in fish reduced risks for cardiovascular disease by lowering inflammation and improving blood pressure and cardiac and blood vessel function.

Lloyd-Jones said his study showed no specific link between omega-3s and heart failure, as compared to overall heart disease, but noted that science is still teasing out all the nutritional aspects of fish. Heart failure is characterized by the inability of the heart to pump sufficient blood to the rest of the body.

"We may not know the other components . . . but that's why eating fish is better than taking a supplement," he said. "You really need to eat the food. This is clearly an important part of a healthy dietary eating pattern."

Lloyd-Jones' study was based on data from 84,493 women aged 50 to 79 from the Women's Health Initiative study. The vast majority of participants were white (85 percent), while 7 percent were black and 3 percent were Hispanic.

The main limitation of the study was its observational nature and the self-reported eating habits of participants, said Lona Sandon, an assistant professor of clinical nutrition at the University of Texas Southwestern in Dallas.

"What we don't know is have these women been eating five servings of baked and broiled fish all of their lives, or is this something they started in their fifties?" Sandon said. "They may also have a more active lifestyle and eat less saturated fat. So there are a lot of differences, probably, in overall nutrition intake."

Indeed, the study indicated that participants whose diets included more baked and broiled fish tended to be healthier and younger than peers who ate fried fish, as well as more physically active and fit. They were also more educated, less likely to smoke and had fewer incidences of diabetes, high blood pressure and cardiovascular disease.

"Certainly it's promising that [baked and broiled fish] essentially had a protective effect," Sandon said. "That goes along with what we know in other studies - something about fish is good for us. Something about unfried fish is good for us as well."

## **SLEEP DEPRIVED? HERE'S HOW TO RECOVER**

**Sometimes it's impossible to get enough shut-eye; how to feel less tired and regain lost energy**

**By DEBORAH KOTZ**

Sure, we all know we're supposed to get seven or eight hours of sleep a night, but all of us skimp from time to time, getting, say, five hours one night and six hours the next. Those lost hours, though, can add up to a big sleep debt by the end of the week—the reason so many of us feel wiped out by Friday. But here's a bit of good news: Researchers have found that sleeping in after a few days of missed sleep can help pay back that debt, nearly erasing any lingering sense of fatigue and mental fuzziness, according to a study published this week in the journal *Sleep*. "The brain has a built-in reflex that helps you sleep deeper and longer when you're sleep deprived," says study coauthor David Dinges, chief of the division of sleep and chronobiology at the University of Pennsylvania School of Medicine. "This recovery sleep seems to have a genuine benefit to restoring alertness."

Think you're doing fine on only six hours a night? Think again. Although Dinges hears this from folks all the time, he says it's true for only a small percentage of the population. Most of us actually need seven or eight hours of shut-eye to feel 100 percent the next day. "If you fall asleep watching TV or struggle to stay awake in a meeting," he says, "you're sleep deprived." And it's not just fatigue you feel but reduced brain function in terms of your memory, alertness, cognitive speed, and reaction time. "Some of us are so used to not getting enough sleep that we've forgotten what it feels like to be fully alert," Dinges adds.

How much recovery sleep you need to feel recharged depends on how much sleep you've lost. In the study, volunteers were deprived of about three hours of sleep a night for five consecutive nights before being allowed to sleep for up to 10 hours. Those allowed to sleep a full 10 hours felt nearly, but not quite, back to normal the next day. Probably a second night of recovery sleep or an afternoon nap, would have helped them feel fully restored, says Dinges. Also clear from the study was that getting the advised eight hours of rest after skimping all week wasn't enough to pay back the debt. Those in the study who got that amount still felt exhausted the next day.

Carrying a sleep debt has other downsides that could harm health. A study published in the same issue of *Sleep* suggests that those who regularly sleep only five hours a night have more than twice the risk of developing heart disease than those who regularly sleep seven hours. (Too much sleep isn't good either, according to the same study which found that exceeding nine hours a night increases heart risks by nearly 60 percent.) Other researchers have shown that sleep deprivation causes hormonal changes that increase appetite. "It could be that the brain sees food and sleep in a similar way," says Dinges, "so if you don't get enough sleep, the brain associates it with starving and sends out signals for you to eat," which could eventually lead to obesity and related conditions like heart disease and diabetes. And too little sleep can have a detrimental effect on the immune system: Carnegie Mellon University researchers found last year that those who got less than seven hours of sleep a night were nearly three times as likely to develop a cold after being exposed to cold viruses than those who got eight hours or more.

Will recovery sleep prevent all the health problems associated with sleep deprivation? Dinges says he's not sure, since research hasn't addressed that question. Clearly, though, it's ideal to aim for at least seven hours a night—or whatever you personally need to feel refreshed the next day. If you do miss a few hours one night, try to get that recovery sleep as soon as possible, he advises, rather than allowing a sleep debt to accumulate throughout the week. And don't drink too much alcohol before bed, since it promotes lighter sleep with more nighttime awakenings than the deep "slow wave" sleep the brain needs to recharge itself. Interestingly, Dinges says napping for an hour or so during the day can be just as restorative as getting that extra hour at night.

If you think you're just too busy to get the requisite amount of slumber, try removing all electronic media devices—BlackBerry, TV, computer—from your bedroom. These distractions, says Dinges, are a prime reason many of us turn out the lights an hour or two later than we originally intended.