

MY TURN NEWSLETTER

MY TURN — KINGSBOROUGH COMMUNITY COLLEGE



June 2006

Volume 15 — Issue 2

My Turn Program Director

A few days ago an author called me and asked if I have any My Turn success stories. I immediately thought of how students who, after many different challenges, are completing their degrees. I mentioned this to him and asked if this would be the kind of information he was seeking. No, he said, in his mind these achievements would fit into a category which he called "feel good". He was reluctant to tell me over the telephone what he meant by success so I asked him to send me his definition in writing. I have not to date, received anything in writing.

For me, however, it raised some very interesting concepts about how to define success as one ages. Is someone successful if they are-what-wealthy, productive, happy, healthy or involved? Is there one definition of the word or are there many aspects of success based on the life lead by different individuals?

We know of people who became famous in their later years. Examples would certainly include painters and writers. This would be one kind of success and I have read about people who made their mark as they grew older. But, there is, in my opinion a way to define success, perhaps on one's personal level that involves managing and overcoming daily challenges with which people are familiar.

I would suggest success stories include knowing when to make major changes in one's life, turning unfortunate experiences into something positive or taking a realistic look at oneself and making decisions which enhance your life.

The author may be right. In a book "feel good" may not be of interest to readers. On a day to day basis, success can be measured by many standards.

Sincerely,

BARBARA R. GINSBERG, Ed.D.

My Turn Director

President's Message

As this semester will soon be over, it is time to look back at this semester.

First of all, I hope you all enjoyed your classes — I certainly did enjoy mine. I also hope you enjoyed our two meetings.

As you know, the Kingsborough My Turn Program is unique. We are the only one in the country to offer what we have. There are many other Senior programs, but none that match or come close to "My Turn." The fact that "My Turn" is 25 years old and still very active speaks for itself. What a big accomplishment!

We celebrated our 25th Anniversary Gala on May 21, 2006. It was grand.

I look forward to seeing you at future events.

Sincerely,

LILLIAN MEINSTER

President My Turn Club

VOLUNTEERS NEEDED

To all My Turners who would like to volunteer for the My Turn Program and be involved with helping to make this great program a greater one, please come to the My Turn Office (F-219). Any assistance will be greatly appreciated.

Congratulations

to our

Newly Elected Officers

of the

My Turn Club

**My Turn Club Officers
2006**

President LILLIAN MEINSTER
Vice President ARTHUR FISHBEIN
Treasurer NORMAN MANDEL
Secretary ESTHER SLONIM

Program Director
BARBARA R. GINSBERG, Ed.D.

Administrative Assistant
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Newsletter

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(look for: special programs)

Secretary's Report

ESTHER SLONIM, *Secretary*

GENERAL MEETING MARCH 21, 2006

Prof. Gail Levine of the Physical Education & Recreation Dept. of Kingsborough, dressed in a colorful Spring pink costume, spoke about "Boosting Your Energy Naturally." She noted how light releases and provides energy and makes us feel more energetic and how sleep deprivation, poor nutrition, sedentary lifestyle, lack of joy, interaction with negative people and isolation depletes energy. She advised us to get at least 20 minutes of light per day during the winter to avoid S.A.D. and eat organic food without pesticides in a rainbow of five colors per day. The entire audience, which included an invited Holistic student class, participated in a demonstration of Yoga which gives life energy and T'ai Chai from which we left feeling more invigorated than when we had arrived.

DOES NUTRITION AFFECT HEALTH?

At our General Meeting on April 25, 2006, Dr. Delores Washington of the Health Services and the HELM Center at Kingsborough was our guest speaker. Dr. Washington noted that in retirement we tend to ignore nutrition and eat what we like. She proceeded to explain the new food pyramid, the benefits of losing weight and what is a serving. Copies of the magazine "Nutrition Action" published monthly by the Center for Science in the Public Interest written in lay language about real products were available for distribution as were other handouts.

Dr. Washington suggested we log on to www.mypyramid.gov (for those of us who are computer literate). She demonstrated this program with the aid of slides by using a hypothetical individual, entering weight, height, age, physical activity, daily consumption of calories and nutrients to achieve dietary guidelines for this person.

Dr. Washington stayed after the conclusion of the meeting to answer questions.

REGISTER ON-LINE

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

MARTY SMIELOWITZ

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.

DISCUSSION GROUP

EVERY THURSDAY 11:30 AM – 12:30 P.M.

Meeting in the Cafeteria

ALL ARE WELCOME

BEREAVEMENT SUPPORT AVAILABLE —

Contact: FRAN KOCH

at the

MY TURN OFFICE F219

My Turner's Chit Chat

LIFELONG LEARNING FOR THE OLDER ADULT

Reprinted from the Journal of Extension

KRISTINE L. BLACKLOCK, Assistant Professor, Department of Family Development, University of Wisconsin

Although demographers have forecasted changes in the age pyramid since the 1970's these trends appear even more striking now. The 1980 Census creates far-reaching implications for adult educators. The population aged 55 years and older, now totaling over 46 million people, is the fastest growing segment in the United States and will continue to grow faster than any other age group.

With these societal trends come important considerations for adult education programming. Educational programs can become keys for the older person to develop knowledge and skills for survival, discover new role options, and enrich their lives.

Aging is a process we can neither ignore nor escape: it's constant and universal. Several aspects affect the quality of survivorship: These include income, physical environment, physiological and psychological changes, and educational pursuits.

Value of Education

Education is a valuable asset for people of any age. "Only by learning can they adapt to, cope with, and challenge the ever-changing internal and external environments as they move through the life cycle." This view of education as a vital human resource was reaffirmed at the 1981 White House Conference on Aging. With education having the potential to help and maintain the quality of life of older people, it's important for educators to understand the reason for participation and non-participation in educational opportunities and to use this knowledge to maximize future participation.

ENERGY: HOW TO GET IT AND KEEP IT!

from the Publication of the **CENTER FOR HEALTHY AGING and the HEALTHY AGING PROJECT**

Energy. We all want more of it. Energy refers to our power supply or source, but it also refers to our vigor, our ability to do things or our capacity for work. The opposite of feeling energetic is to feel fatigued. In order to feel energetic, it's important to first understand what causes fatigue.

FATIGUE

There are two types of fatigue to consider: acute and chronic. Acute fatigue, or occasional tiredness that lasts for a short time, is a normal response to too much physical activity, stress or not getting enough sleep. Chronic fatigue lasts longer and may indicate an underlying medical issue or chronically unmet needs. Obviously, chronic fatigue is the more worrisome of the two. It's important to your health and well-being to pin down the source of chronic fatigue.

Causes of Fatigue

Possible medical causes of fatigue include:

Dehydration	Depression	Thyroid problems
De-conditioning (lack of muscle strength from inactivity)	Grief	Rheumatoid arthritis
Allergies/asthma	Sleep apnea	Anemia (causes fatigue by reducing the ability of blood to transport oxygen)
Illness	Restless leg syndrome	Cancer (sometimes fatigue is a sign of cancer)
Infections	Diabetes	Chronic fatigue syndrome

When To See Your Doctor

If you are fatigued, try getting more sleep, changing your eating habits, drinking more fluids, resting, and avoiding/reducing stress. It is a good idea to see your doctor if: your fatigue is excessive or hits you suddenly; you feel fatigued all the time even with adequate rest; or your fatigue has lasted more than three weeks.

Remember to discuss your medications if you think they may be making you tired. Medications that can trigger fatigue include the following:

Blood pressure medications, especially Beta blockers	Antihistamines	Cold medicines	Diuretics (these can dehydrate you, thereby causing fatigue)
Anti anxiety medication	Pain medications that contain caffeine or stimulants (these can interfere with sleep, thus trigger fatigue)		Sedatives

DIRTY LAUNDRY

submitted by PEARL SMITH

Death and taxes and the poor are always with us
Permit me to add just on thing more
Young or old, rich or poor
We all have dirty laundry that's for sure
Dirty laundry on the floor
In the hamper on the chair
Dirty laundry everywhere
If you go on vacation for a while
When you return there's quite a pile
If a washer you don't own
The Laundromat becomes your second home
If the laundry you don't do
Someone washes, folds and delivers to you
We can't escape this mundane chore
I frankly think it's quite a bore
I envy all the dogs and cats
No underwear, socks or PJ's
No regard for laundry days
If I had a maid I'd gladly pay
To do my laundry everyday
Oops! I must stop this silly rhyme
To do the laundry it is time

OLD IS NOT SQUARE!

by DEB SUGAR

The new technology would suggest
This generation gave mankind the best.
But in a contest I'd give the win
To the one who invented the Safety Pin.
Then there's the versatile Rubber Band
Born of an idea and one rubber strand.
These, not computers, deserve the prize
Long as merit is never based on size.
Cyber toys, short lived, can't compete
With both tools, never obsolete.
And while it's not fair to compare
It's still proof that "old" is not "square"!

HOW TO SHARPEN YOUR MIND

from the LEADING EDGE

Associate with interesting, inquisitive, stimulating people — people who engage in a variety of pursuits and keep you on your toes. Being in their company and sharing interests with them can yield enormous mental dividends.

Investigate new hobbies. Given the overall benefits of novelty, consider taking up a new hobby every three to five years. If you do, keep in mind the rules of opposites . . .

Give your brain a workout. To keep your memory muscles flexed, memorize shopping lists, words of songs, a favorite poem, etc.

SAYINGS

submitted by BEN RESNICK

I once wanted to become an atheist but I gave up. They have no holidays.

David Steinberg

The remarkable thing about my mother is that for thirty years she served us nothing but leftovers. The original meal has never been found.

Calvin Trillin

My idea of an agreeable person is a person who agrees with me.

Benjamin Disraeli

It's so simple to be wise. Just think of something stupid to say and then, don't say it.

Sam Levenson

Don't be humble; you are not that great.

Golda Meir

I went on a diet, swore off drinking and heavy eating, and in fourteen days I had lost exactly two weeks.

Joe E. Lewis

Bankruptcy is a legal proceeding in which you put your money in your pants pocket and give your coat to your creditors.

Sam Goldwyn

Everybody likes a kidder but nobody loans him money.

Arthur Miller

I have enough money to last me the rest of my life unless I buy something.

Jackie Mason

Marriage is a wonderful institution. But who wants to live in an institution.

Groucho Marx

Whoever called it necking was a poor judge of anatomy.

Groucho Marx

A politician is a man who will double cross that bridge when he comes to it.

Oscar Levant

Too bad that all the people who know how to run this country are busy driving taxis and cutting hair.

George Burns

A committee is a group that keeps minutes and loses hours.

Milton Berle

When I bore people at a party, they think it's their fault.

Henry Kissinger

I don't want any yes-men around me. I want everybody to tell me the truth even if it costs them their jobs.

Sam Goldwyn

Let me tell you one thing I have against Moses. He took us forty years into the desert in order to bring us to the one place in the Middle East that has no oil.

Golda Meir