

PERSONAL BENEFITS FROM SENIORS

Lloyd J. Thomas, Ph.D. Life Coach



In our culture, the rate of personal and societal change is so fast, we usually spend the first 18-21 years learning how to cope with childhood, and the rest of our lives getting over it. By the time we are Seniors (over 55), very little of our childhood adaptations are applicable to our daily lives.

In many other cultures, the elderly are not only respected, they are revered. Since none of us were ever adults before we were grown, we would do well to seek out the older generation and learn how they developed those human skills and characteristics crucial not only to survival, but also critical to coping with rapid change. How did today's Seniors create a stable and fulfilled life? What personal qualities did they develop that would benefit the younger generation? Here are but a few. I like to refer to them as the "transferable benefits" of being a Senior.

Happy Seniors have taken complete responsibility for meeting their own needs. They are aware of what their needs are. They do not look to others to do anything for them that they can do for themselves. If they are unable to "do for themselves," they know how to ask directly for others to address their needs. They don't play psychological games or attempt to manipulate others. They accept full responsibility for their responses to Life.

Healthy Seniors know and share their gifts. Personal talents, skills and abilities are what they bring to their interpersonal relationships. They delight in mentoring anyone who could benefit from knowing what they know, from developing what they have developed, from accomplishing what they have accomplished.

Most Seniors are more fully aware. They are more sensitive to the important subtleties of living. They can sense what is true and whole. They are more fully aware of interpersonal dynamics and their impact on people. They realize that their "personal" choices impact not only themselves, but influence everyone with whom they come in contact. They are aware that direct contact may not be required to effect powerful impact

on others. Choosing to purchase a loaf of bread (rather than making it themselves) affects people whom they have never met...from the farmer to the local grocer.

Seniors usually have more integrity. "Integrity" comes from the word, "integrate." To have integrity means to be more wholly integrated, to be complete as a human being. Seniors who have become more whole or complete usually are more stable in the presence of a chaotic environment.

Happy Seniors remain loyal to a set of values that have worked well for them. Such values may include creativity, respect for others, adventure, beauty, service and loyalty. Whatever their value system, they are true to themselves despite possible criticism or disapproval. They usually make what others think (or judge) of them none of their business.

Seniors usually know their own limits. They also educate others about their own personal boundaries, which remain inviolate. They avoid contact with people who are "toxic" to their happiness.

Probably the most beneficial quality Seniors are able to transfer is their ability to give and receive love. Through language, grace, service and respect, they communicate love to others. They are open to receive love offered by others. This ability has overcome any fears they might have had when they were younger. They are acutely aware that compassion for others increases their own well-being.

Many cultures revere their elders. Get to know someone older than you, and you will more likely realize your own human potential by developing the transferable benefits of being a Senior.

Dr. Thomas is a licensed clinical psychologist and certified life coach in Fort Collins on the faculty of the Int. Univ. of Professional Studies.



A SEMESTER AT SEA VOYAGE: Life with Semester at Sea Fall 2016:

Mary Hill, Retired from 24 Years with CSU Health Service.



I was glad that we had decided to hand out sea sick medication when we introduced ourselves to the newly arriving passengers. That was my thought several days after we set sail on the MV World Odyssey on September 10, 2016. It was the first Semester at Sea voyage under the auspices of Colorado State University.

As a CSU alumnus, a CSU Health Network retired nurse practitioner, and Semester at Sea nurse practitioner from spring 2004, I was thrilled to have been chosen as this voyage's nurse practitioner. The seas were getting rough 2 days after we left Hamburg, Germany and we were crossing the North Sea. The morning and afternoon clinics' waiting area was full of sea sick students but could have been much worse if we hadn't educated the passengers on the first defense against seasickness. Several students I saw that day were asking for medical releases to discontinue the voyage, stating that "I can't do 3 ½ months of this, feeling the way I am".

There were 4 of us comprising the medical team on the ship; myself, a family physician, and two mental health counselors. We were charged with caring for the 549 college students, 16 Life Long Learners, 54 faculty and staff, and 46 of their families, including 22 children. While at sea the doctor and I held 2 clinics each day in the medical facilities on the 3rd deck. Many of the cases we saw were the same we would normally have seen in a usual college health clinic setting. However, stopping in 10 different countries, on 3 different continents, brought some new and interesting cases to our clinic. Some of these included thousands of sand fly bites from Machu Picchu, Peru, multiple cases of Traveler's Diarrhea from the Amazon, jelly fish stings from Trinidad/Tobago, sea urchin spine punctures from Costa Rica, and a sea lion bite from the Galapagos Islands.

While in port, usually for 4 to 5 days, passengers chose between Semester at Sea sponsored trips or independent travel, both ranging from a few hours to being away from the



ship for the entire time. The doctor and I traded off with being on call, meaning we would need to stay near or on the ship while on call. Being on call meant getting cell phone calls from any of our charges from anywhere in the country we were visiting. It also meant holding one early morning clinic each day while in port.

Being on call earned us the right to travel as we wished when not on call. My husband, Bill, and I found adventure in camel trekking in Morocco, taking a boat under a falls at Iguassu Falls, Brazil, exploring the Island of Capri in Italy, visiting the Acropolis and Parthenon in Athens, getting to know the nomadic peoples of Senegal, learning first-hand how the Panama Canal works, touring behind the scenes in one of the busiest ports in South America in Callao, Peru, discovering the beginnings of coffee, chocolate, fruits and vegetables that end up on our tables in the United States, and making countless more memories.



Mary and Bill Hill at Iguassu Falls, Brazil

The development of community on the ship as well as port experiences make a Semester at Sea voyage a life changing experience for students and staff alike. Near the end of the voyage the students who were asking to leave the voyage 2 days into it, thanked me profusely for helping them conquer their sea sickness and talking them into hanging in there.

(For further information visit www.semesteratsea.org)

**Mary H. Hill,
FNP-BC, CSU '72**

Retired after 24 years at CSU Health Network

Spring Happenings

The joint Osher Perks & Senior Scholars presentations this Spring are again offered from 3:00 to 4:30 p.m. at Pathways Hospice on Carpenter just East of College (US287):



February 20, 2017: Oncologist Dr. Steve Withrow reviews cancer research in “Stories from a career in Oncology: One Medicine. One Cancer. One Cure.”

March 20, 2017: Historian Dr. Henry Weisser evaluates “The Enduring Legacy and Myths of America in WWII.”

April 17, 2017: Mechanical Engineer Dr. Fred Smith flies us through “The Art, Science and Practice of RC Aeromodeling.”

May 22, 2017: Psychologist and Life Coach Dr. Lloyd Thomas considers “Breaking the Last Taboo: Death.”

I grew up near the sea in England, and we have maintained a second home there for a decade or so. Of course we also enjoy the mountains of Colorado—skiing, snowshoeing, hiking, biking and enjoying all that beauty. Staying fit is a major goal for both of us!

On the professional front I have remained active, with grants for 4 years after my retirement to support The Food Friends program (www.foodfriends.org) that I began to develop in the late 90’s with the assistance of my research team. My last PhD student graduated in 2013. Food Friends also keeps me engaged with the current research under the leadership of Laura Bellows in the FS&HN Department. The start-up company that was formed in 2007 based upon my research with Food Friends morphed into a 501(c)(3) non-profit Foundation in 2014 (see www.foodfriends.org). This better reflects the intent of providing nutrition and physical activity programs for preschoolers that address obesity in the most cost-effective manner possible. Our research documented positive changes in behaviors after the programs were implemented in pre-schools. With major funding for implementation from the Colorado Health Foundation, this program has now impacted over 66,000 pre-schoolers throughout Colorado.



An interesting post-retirement opportunity has been my service as one of five external advisors to the Children’s Healthy Living Program (PI Rachael Novotny, University of Hawaii). This huge (\$25M) 5-year USDA-funded grant focused on native populations with an emphasis on young children in states (AK and HI) as well as US territories and commonwealths of the Pacific. This has given me insight into the health issues and needs facing these states and jurisdictions. This project is now finished, but the good news is that there were positive outcomes that I hope will result in a lasting effect on the health of these native populations for years to come. It provided me with wonderful opportunities to visit American Samoa, Guam, Saipan, and of course Hawaii and become familiarized with native foods, customs, and traditions.

I have enjoyed more time for reading books rather than scientific papers and being part of book groups again. Trying to stay healthy and having more time to spend with my husband Oren of 50 years and my family will always remain a focus for me!

LIVING FULLY IN RETIREMENT

Jennifer Anderson, Ph.D., R.D., Dept. of Food Science and Human Nutrition



I retired December 31st 2011 as Professor and State Extension Specialist after 34 years in the Department of Food Science and Human Nutrition. Since that time my husband Oren Anderson and I have enjoyed traveling to destinations such as the Holy Land, Australia, France, Spain, Norway and England as well as visiting our family and friends in the US. Since

retiring we now have the time to visit England at least twice a year to see my family as well as to visit favorite places. We especially enjoy visiting cathedrals and historic sites and try to arrive at the cathedrals when an organ is playing! In addition we have enjoyed being able to spend more time with our sons and their families—one in Colorado Springs and one in Oregon. We fell in love with the Oregon coast, especially since



CSU MORGAN LIBRARY DIGITAL COLLECTION SERVICES:

Mark Shelstad, DCS Coordinator

Digital Collection Services supports Colorado State University's academic and research needs by creating or managing digital content from the

Library's Archives and Special Collections, and providing data management services to researchers, staff, and students.

CSU Libraries has been a regional leader in providing online access to images, documents, audio and video. It currently has more than 73,000 objects available in the digital repository, which users can access for free. A range of content is available in the repository, including journal articles, conference proceedings and presentations, these

and dissertations, CSU publications and policy documents, and data sets from research projects and grants.

Digital Collection Services also provides data management services to faculty and researchers. Data management is a set of best practices that governs how faculty create, organize, share the results with colleagues, and how to preserve it for future use. There are currently more than 100 data sets that have been deposited in the digital repository.

If any member of the Society of Senior Scholars wishes to have an oral history conducted, or deposit their research data (paper or electronic) for the digital repository, please contact Digital Collection Services Coordinator Mark Shelstad at 491.2820 or mark.shelstad@colostate.edu



Osher Lifelong Learning Institute at Colorado State University: For Curious Minds of All Ages with Special Attention to Those Ages 50 or Better



Spring 2017 Osher classes, special programs and Perk Series lectures/tours are now underway!

This session, 51 courses and 28 one-time lectures will be available including six lectures co-sponsored with the Society of Senior Scholars. View a complete listing of spring offerings at: www.online.colostate.edu/global/docs/osher/Osher_Quick_Glance.pdf?201612191456

Osher at Colorado State University is a member-based, member-driven learning community for curious minds of all ages with special attention to those ages 50 and better. Osher provides opportunities to explore fresh insights, stay current on

important topics and meet new people with no prerequisites, no tests, no stress and no attendance requirements. Membership at \$35/year is required to participate in Osher activities. Visit the website at www.osher.colostate.edu or call 491-7753 to learn more and register for classes.

In addition, Osher is currently recruiting instructors for our Fall 2017 offerings. If you, or someone you know, is interested in sharing your expertise/talents with our members, either as a one-time lecturer or teaching a multi-session course, please email jean.morgenweck@colostate.edu. Proposals will be accepted until April 1st.

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