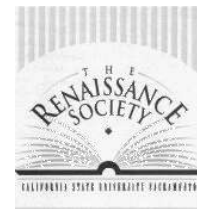




The Renaissance Recorder

Lifelong Learning

California State University, Sacramento



April 2020 *Revised*

Lifelong Learning for over 30 years

Issue 192.2

All Spring Semester RS Classes and Events Are Cancelled Through May 20th



President's Corner

By David Abelson

(April 2020 On-Line Edition)

Warm greetings from the Renaissance Society Board of Directors and myself. Like everyone else, our organization is quickly adapting to the changes required by the Coronavirus epidemic. The Board is closely monitoring all health policies pertaining to our community, and is well-aware of the “social distancing” concerns that make it unsafe for us to meet with each other in classrooms, libraries or other community locations. However, *with these essential safeguards fully in mind*, we intend to continue our 34-year history of providing quality peer-to-peer lifelong learning opportunities.

To accomplish this goal, the RS leadership is actively preparing for our **Summer Speaker Series** and **Fall Semester** program. In the event that the “new normal” continues during the months ahead, we intend to use state-of-the-art remote-learning technology to ensure that our lifelong learning programs remain available to all members. Mandated isolation does not mean that we have to put our minds in neutral, and careful planning for future RS programs will ensure that we don't!

I would also like to encourage each of you to stay connected with your fellow Renaissance Society members. To help in this regard, you will soon be receiving the new **2020 Membership Directory** (based on your registration preference for an electronic or print version.) In the meantime, just follow the link below to the **2019 Membership Directory** for the email addresses and telephone numbers of your friends and associates. <https://files.constantcontact.com/135cc94e401/310f7522-5738-4a72-ad5b-0e73ef672275.pdf>

Now, more than ever, life-long learning is essential for good health and for the enrichment of our lives. The Renaissance Society will keep you regularly informed as our programs for the 2020-2021 academic year unfold. Please take care of yourselves, your loved ones and each other . . . and please stay engaged in life!

My warmest regards to everyone.

David

Reminder: **IDEAS FOR SEMINARS** ****E-MAIL your IDEAS****

Let us know about your curriculum ideas and interests for future seminars. We are looking for new leaders & co-leaders for 12- & 6-week seminars. Also 1-2 hour or less seminars in various locations.

Ideas can be for on-campus or off-campus. All members are welcome to e-mail us. We value your input! Let us know if you would like to be “paired” with a co-leader.

Please contact climbaga@comcast.net. An email will be returned to you with the form attached that we would have used at the meeting.

Carol Limbaga: climbaga@comcast.net or
Cindy Suchanek: csuchanek3@gmail.com

Dan Keller—An Indoor and Outdoor Man

Member Profile

By Judy A. Lewis



Although most of his career was spent indoors, Dan Keller has been able to fit his love of the outdoors into his life.

Originally from Whittier, California, he relocated at age 10 to Long Beach following his parents' divorce. He earned a full tuition scholarship to the University of Southern California, but was unsure of his goals. After enlisting in the U.S. Air Force, Dan was assigned to electronics school. This was a totally new field for him, and one that he enjoyed immensely. He spent two years in North and South Carolina, as well as a year in Korea. During this time, Dan took the college entrance exam, and subsequently found himself graduating from U.C. Berkeley in 1963, with degrees in history and English.

An ad in the *San Francisco Chronicle* for administrative interns for the State of California brought him to Sacramento. His first position was with the personnel board, which included "lots of interviewing and writing." In the autumn of 1963, while single and living downtown, Dan joined the Sierra Club. He met a young lady with similar interests and he reports that they have now been married for 55 years.

After 38 years as a State employee, Dan retired. However, he was soon persuaded to return as a retired annuitant for Personnel Services. He reports that the department welcomed him as he was able to do work that they did not have staff for.

Dan and his wife Lyn have especially enjoyed camping and hiking trips, including excursions to Hawaii, New Mexico and Arizona. They have traveled to Europe, Australia and New Zealand on their own, as well as to Italy accompanied by their 16-year-old granddaughter. Each winter the couple spends time in Yosemite. One of their more unique trips involved driving someone else's Volvo from the East Coast to the San Francisco Bay area. They and their children, aged 10 and 14, tent camped along the way.

In 2003, Dan joined the Renaissance Society. He has co-led seminars on architecture and economics. He became acquainted with Bob Schmidt, who edited

the Recorder. Dan had been producing a newsletter for his River Park neighborhood, so when Bob mentioned the growing workload of editing *The Recorder*, Dan agreed to take over. As *The Recorder* expanded from four pages to the present eight, Dan was able to recruit Jennifer Cummings and Cheryl Huffman to share the duties.

This gave him more time to co-facilitate a writers' group off campus on Thursdays with Marion Kile. Marion encouraged Dan to publish a memoir book about his four years in the Air Force, with a finished product of 42 pages.



Are you Unsubscribed from Constant Contact?

By Jeff Hendy

You may be if you are not receiving the email notices that Renaissance sends out to keep all our members informed on a variety of topics. If you've chosen to unsubscribe, you are missing out on a lot of information. Renaissance sends out two to three emails per week.

This notification is for those of you who are unsubscribed in error. If you are one of those, the remedy is simple – send me an email and I will re-subscribe you. My email is edhjeff@gmail.com and please include "**Constant Contact**" in the subject line. Once you've notified me you will receive an email that looks like this:

Dear [*Renaissance Member Name*],

Please confirm your subscription to The Sacramento Renaissance Society by clicking the link below or replying to this email.

Confirm Subscription

We ask for your confirmation to protect you from receiving unwanted email. If you do not respond, your email address will NOT be added to this list.

Thank you,
Jeff Hendy
The Sacramento Renaissance Society

Words

by Jill Stockinger

Words are animals
Grazing freely
Poems are cages in zoos
Displaying captured animals
For us to admire
Some words become tame
In captivity
But most stay wild
Why, just the other day
Out hunting
A wild word
Reared back its head
And bit me!
You have to learn
How to handle words
Using both
Gentleness and strength
Some people
Just don't understand
Words.

The author: Jill Stockinger is a new Renaissance member and is a recently retired Sacramento Public Library librarian.



Making a Difference, Investing in the Future

"Education is the most powerful weapon you can use to change the world." - Nelson Mandela

For more than 30 years, the Renaissance Society (RS)) has been helping promising Sacramento State University students fulfill their dreams of college graduation and use their education to make a difference in the world. Since 1993, RS has helped 93 students meet their educational goals with awards totaling \$185,000 in scholarships.

This spring six Sacramento State students each will receive an award of \$3,000 to further their education at the annual Scholarship Luncheon (*see page 7*). In addition, a seventh \$3,000 scholarship will be awarded from the generous Doug and Gini Fulton Legacy gift.

The Renaissance Society Scholarship program would not exist without the generosity of our members. **Please help us continue to give the gift of education to deserving Sacramento State students with a donation to the Renaissance Scholarship Fund.** Donations are tax deductible and can be made by check or online.

Make checks payable to **The University Foundation at Sacramento State** and include "Renaissance Scholarship Fund" in the memo line. Mail to Renaissance Society, Sacramento State, 6000 J Street, Mail Stop 6074, Sacramento, CA 95819-6074.

For online donations go to: www.tinyurl.com/RSSpecialProgramFund.

If you have questions, please contact: Nancy Findeisen at: nancy.findeisen@gmail.com

CLINICAL PEARLS

By Dolores J. Eitel, BSN, MA, cNY
Family Nurse Practitioner



Protect Your Hearing / Protect Your Brain Hearing Loss and the Link to Dementia

Hearing loss is the third leading disability in older adults and has shown to be associated with predisposing cognitive impairment and dementia. One in three persons aged 65 to 75 and 1 in 2 persons aged 75 and older have hearing loss. Twenty-seven million Americans over the age of 50 suffer some form of hearing loss. (Lin 2013) Most older people with hearing loss have a combination of age-related hearing loss and noise-related hearing loss. Some medications may also be related to hearing loss ie: chemotherapy drugs. Hearing loss brings with it co-morbidities such as cognitive decline, diabetes, depression, falls, and increased isolation. Older adults with hearing loss are more likely to develop dementia than those with normal hearing. There is a relationship between the level of untreated hearing loss and dementia risk: mild hearing loss with a two-fold risk and severe untreated hearing risk with a five-fold risk. (Lin 2011)

Hearing loss changes the structure of the brain. Brain function is impaired by inadequate stimulation and imperceptible input. An inadequately stimulated brain may cause tissue damage and atrophy. (Lancet 2017) When the brain does not receive sound, or the sound is imperceptible, it works harder and longer and loses its ability for functions like memory, thinking, and doing. Hearing loss affects speech. If the brain does not hear words clearly, the speech area of the brain is unable to interpret the words properly and speech may be slurred or words may not be enunciated correctly, making it difficult for people to understand what is said. Brain function impairment leads to cognitive decline, dementia, and Alzheimers Disease. (Lin 2014) The bottom line is, the less you use your brain to listen and hear, the more quickly your brain functions will decline putting you at high risk for dementia.

Hearing loss is the largest modifiable risk factor for developing dementia, exceeding smoking, high blood pressure, social isolation, lack of exercise or

adequate nutrition. People with untreated hearing loss are more likely to experience depression, anxiety, paranoia, loneliness, and are less likely to socialize and more likely to isolate themselves. Friendships and close relationships may fail as communication deteriorates. It is difficult for friends and others to continue to shout and/or argue about the loudness of the TV, and often lose patience if you are unwilling to admit to your hearing difficulties.

Protect Your Hearing / Protect Your Brain.

Admit you have hearing difficulties. Discuss this with your Primary Healthcare Provider who will perform an ear exam (the cause may be as simple as an accumulation of earwax in the ear canal) and test the function of your cranial acoustic nerve. In collaboration with your Primary Healthcare provider, you may develop a hearing rehabilitation plan, be referred to an Otolaryngologist, and/or an Audiologist. Devices that may be recommended to assist you with your hearing loss may be; hearing aids, assistive hearing devices, or cochlea implants. When listening to music, podcasts and the like, earphones or headphones with a noise cancelling feature that blocks out ambient sounds may be helpful.

For the future keep abreast of this current study (#1) and this pending Act (#2). Both will be of great help to those people who are hearing impaired.

#1. NIH has funded the Aging, Cognition and Hearing Evaluation in Elders (ACHIEVE) clinical trial:

www.achieve.org

#2. The Medicare Hearing Act of 2019 H.R.4618 introduced October 2019 to be in effect by 2022. Provides coverage for certain hearing and services under Part B.

References:

Lin et al. (2011) Hearing Loss and incident dementia. *Archives of Neurology*

Lin et al. (2013) Hearing Loss and cognitive decline. *JAMA Internal Medicine*

WHO.int/pbd/deafness/estimates/en November 2018

Frankish, Horton. (2017) Prevention and management of dementia *Lancet Commis* 390

nia.nih.gov/hearingloss/october1,2017

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In Memoriam

Robert (Bob) Achtel passed in September, 2019. After retiring as a pediatric cardiologist, Bob became a certified flight instructor, a recent author for *Plane & Pilot*, and national public speaker on issues of health and flying. He was a member for less than a year.

Margaret Cossey passed away last December. She was a member since 2009. Margaret taught piano throughout her life and was a contributor to the music department at CSUS.

Member **Vick Vickland** passed away in January, 2020. He was an active member who led or co-lead many seminars, including Folk Dancing, Iran and Korea and Singing for Fun.

Renaissance Society joins Sacramento State to Celebrate Women's History Month and 100 Years of Suffrage



Sac State President Robert Nelsen delivering the welcome address at the Equality Tea and Cookies Reception.

On March 2, an "Equity Tea and Cookies Reception" was held as part of the Sacramento State University program to celebrate Women Leaders and aspiring Women Leaders at the University. In conjunction with the Renaissance Society, the program celebrates 100 Years of Women's Suffrage and was part of Women's History Month. *Photos courtesy of Ruth-Marie Chambers.*



Renaissance members Jennifer Cummings, Carolyn Peth, and Muffy Francke.

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NOTE: May/June issue will arrive mid-May.

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