



SAGE Observations

SAGE Learning in Retirement — in Cooperation with CSUN

Study



Activity



Growth



Enrichment

September 2020



Jerry Rishe

Welcome from your new Board,

I hope you're all enjoying Zoom as much as I am. B.J. Addis, John Clerx and all the rest of the Curriculum team have created fascinating sessions for us to continue presenting, learning and interacting. It's truly remarkable how quickly we've transitioned to our virtual classes. For those of you who have experienced our new reality, you know what I mean. For those who haven't given it a try, please do. Talk with your fellow members. Let them tell you first hand how simple, interactive and interesting it can be.

As you all know, SAGE is much more than interesting interaction in class. Over the next few months your Board and its Committee Chairs are planning two events of our own as well as another where SAGE members have been integral participants as part of the audience.

Merry Ovnick, Liaison Chair, has been in contact with CSUN to make certain we are aware of the upcoming Constitution Day program that has always been popular with SAGE members. It will be held on September 12 at 10 a.m. and will center on "The Right to Privacy in the Digital Era - What Happens When an 18th Century Constitution Meets 21st Century Technology." It should be an engrossing program.

Rosa Pechersky, Forum/Events Chair, has been organizing a "Proposition Forum" to inform us about the upcoming California State Propositions, as well as one Los Angeles Country Measure. You will be hearing more about this event, but know that many of your fellow members have been involved on the steering sub-committee and as speakers to help us make the best decisions we can on election day.

In addition, Cal Torrance and I have been working on another play reading that we plan on broadcasting via Zoom in early December. I hope you've had as much fun as an audience as we've had in putting the plays together. This will, of course, be our first recorded production. It's been exciting working through technical issues with Tirza Haviv and Marcy Goldstein, our in-house Zoom experts. Stay tuned.

Our entire Board has truly worked very, very hard these last months to keep SAGE going during our new reality. I've only noted a few of those volunteers in this message, but know that every one of them deserves your thanks. A special thank you goes to our last Board and particularly our immediate past-President, Judy Davidson. She shepherded two enormous changes in our organizational identity to successful conclusions; our relationship modification with CSUN and our identity shift with all its attendant technical matters. These were in addition to overseeing the normal day-to-day operations of our organization. Judy, on behalf of all of SAGE, I thank you.

To those of you who have stayed with us during these trying times, I thank you too and want to let you know that your participation is highly valued. As I noted earlier, for those who haven't yet given us a try over Zoom, please do. I think you'll like it and experience the same camaraderie, learning and excitement you've always encountered in SAGE classes.

Stay safe and be well everyone.

Jerry Rishe, President

BITS AND PIECES

SAGE Fall Forum – A Look At The State and County Propositions

SAGE Learning in Retirement will present a two part discussion of the propositions being decided on November 3, 2020. The first session on September 25 at 9:30 AM will address six of the 12 propositions – #14, #16, #17, #18, and #15 & #19. The second session on October 2nd at 9:30 AM will focus on the remaining six propositions – #20, #21, #22, #23, #24, #25 – and the one County Charter Amendment. A panel of non-partisan discussion leaders will present the facts of the propositions and their likely effects. Each presentation will be allotted 20 minutes, 10 for presentation and 10 for questions and discussion.

Additional information on the propositions can be found at California Secretary of State -- <http://www.sos.ca.gov> and Ballotpedia.org. Both of these websites have excellent information on all the ballot measures. If more detail is needed, please contact Rosa Pechersky, Forum Committee Chair.

Whatever your political views, the November election will be very important, and we are sure you will all want your vote to count.

The link below, “voter status - - “ enables you to confirm that you are registered, whether you are signed up to receive your ballot by mail, etc. Even if you think you registered, you might want to check this. There are some things that can inactivate your registration - such as not voting for several elections. On this page there is also a link that will allow you to sign up to track your ballot if you vote by mail, see what date it was sent to you and what date it was received back, etc. You can also check on information on past elections - after 2016.



<https://voterstatus.sos.ca.gov/en/Details>

A SAGE Global invitation will be sent to all SAGE members by September 1st, that will include a listing of propositions, description of the program, and referral to ballot measure sites such as the Secretary of State. An RSVP will be required of SAGE members. If you wish to invite non-SAGE members to attend the Forum, please provide a specific email address so we can keep track of attendance numbers.

Fall Semester At SAGE – Tuition

SAGE LR provides a rich, active learning and social experience. No matter where you live, you can sit in on a virtual class of your choice. For a free trial call 818-831-5064.

<https://www.sagelearninginretirement.org/about-us/>

One time, one class session trial = free.

One time, one class, quarter trial = \$50

Yearly dues (one person) = \$250

Yearly dues (couple) = \$450

OUTREACH

Our new Membership Chair, Paul Clarke, asked that we remind our members that while SAGE is focused on finding ways to continue our intellectual mission, we also want our members to know how much we care about their health and welfare. Traditionally, when we learn that a member is ill or has passed away, membership reaches out to the member or their family with a get well card or sympathy card.

Judy Davidson has generously offered to take on this role for Membership. However she needs your help to stay informed of situations where a card would be appropriate. If you become aware of any members who are ill, have passed away or have lost a close family member, please let Judy know (judydavidsonsage@gmail.com), and copy Paul (pac@socal.rr.com) on the e-mail.

In this time of turmoil, small kindnesses matter.



ON THE LIGHTER SIDE

1. So let me get this straight, there's no cure for a virus that can be killed by sanitizer and hand soap?
2. Is it too early to put up the Christmas tree yet? I have run out of things to do.
3. When this virus thing is over with, I still want some of you to stay away from me.
4. If these last months have taught us anything, it's that stupidity travels faster than any virus on the planet.
5. Just wait a second - so what you're telling me is that my chance of surviving all this is directly linked to the common sense of others? You're kidding, right?
6. People are scared of getting fined or arrested for congregating in crowds, as if catching a deadly disease and dying a horrible death wasn't enough of a deterrent.
7. If you believe all this will end and we will get back to normal just because we reopen everything, raise your hand. Now slap yourself with it.
8. Another Saturday night in the house. I just realized the trash goes out more than me.
9. Whoever decided a liquor store is more essential than a hair salon is obviously a bald-headed alcoholic.
10. Remember when you were little and all your underwear had the days of the week on them. Those would be helpful right now.
11. The spread of Covid-19 is based on two factors: 1. How dense the population is and 2. How dense the population is.
12. Remember all those times when you wished the weekend would last forever? Well, wish granted. Happy now?
13. It may take a village to raise a child, but I swear it's going to take a whole vineyard to home school one.
14. Did a big load of pajamas so I would have enough clean work clothes for this week.

YOU WILL NEVER LOOK AT THESE LOGOS THE SAME WAY, AGAIN.



*Do you see the arrow between the "E" and "x" (in white)?
I had never noticed it before.*



The 2nd and 3rd "T's" are two people sharing (or fighting over) a tortilla and a bowl of salsa.



*The world's most famous bike race. The "R" in "Tour" is a cyclist.
The yellow circle is the front wheel of a bicycle, the "O" is the
back wheel*



The smiley half face is also a 'g'.



The arrow means Amazon has everything from A to Z



*There is a dancing bear above the "ble".
Toblerone chocolate bars originated in Berne, Switzerland,
whose symbol is the bear*



*See the " 31" embedded in the " BR" ?
Thirty-one-derful flavors!*

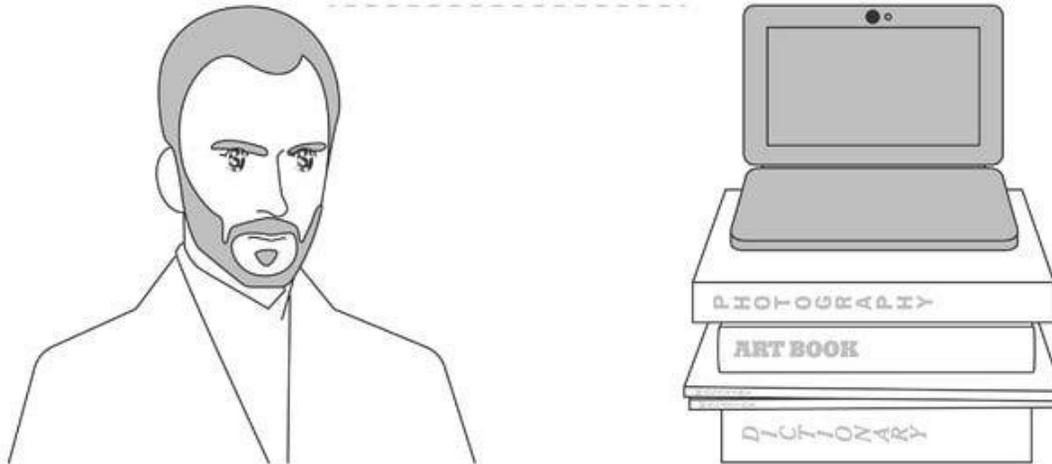


See the gorilla and lioness (in white) facing each other?

How to Look Good on Camera, According to Tom Ford

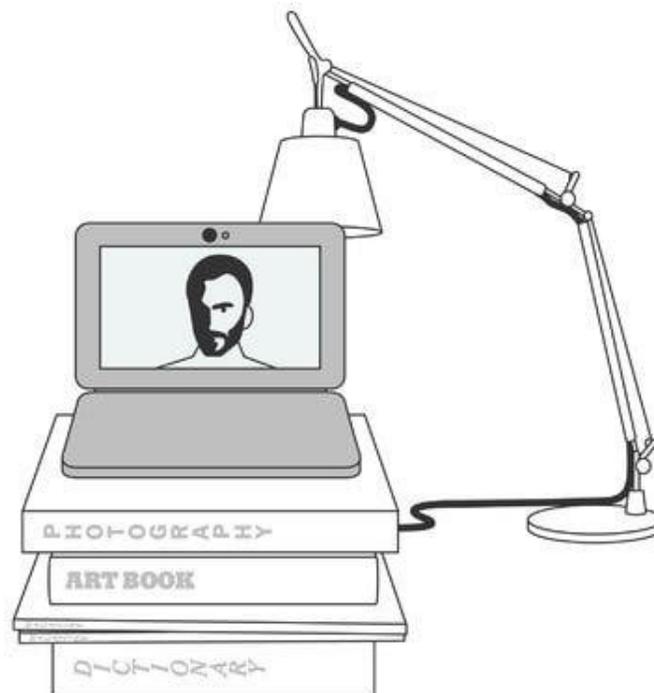
A master class in lighting for your next video conference.
As told to [Maureen Dowd](#), Illustrations by Tracy Ma

Step 1



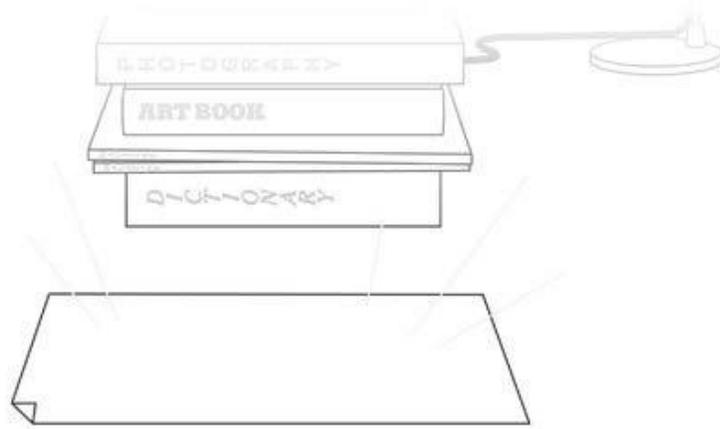
Put the computer up on a stack of books so the camera is slightly higher than your head. Say, about the top of your head. And then point it down into your eyes.

Step 2



Then take a tall lamp and set it next to the computer on the side of your face you feel is best. The lamp should be in line with and slightly behind the computer so the light falls nicely on your face.

Step 3



Then put a piece of white paper or a white tablecloth on the table you are sitting at but make sure it can't be seen in the frame. It will give you a bit of fill and bounce.

Step 4



Lots of powder, et voilà!

MORE TIPS – REMEMBER, ZOOM IS FOR MORE THAN SAGE

LIGHTING IS EVERYTHING! Actresses and models know that lighting is key. The first thing to do is set up your lighting. Overhead lighting will cast unflattering shadows. Aim for front facing light (think ring lights!) that illuminate your face. Daylight through the window (wear your sun-screen) can also fill features beautifully and flatter the skin.

KNOW YOUR ANGLES... Most of us feel we have a good and bad side. With Zoom, that doesn't matter much, but the height of your phone or laptop does. No one wants to look up your nose. Pay attention to what's behind you as well. For a work call, more neutral backdrop is better.

TO LOOK MORE AWAKE... Invest in an eyelash curler. Toss some mascara on it while you're on it. Curling lashes can instantly wake up a tired looking face. To wake up the appearance of your skin, add a light, extra layer of moisturizer to add glossy, light-reflecting highlights.

TOO AVOID LOOKING WASHED OUT, try a cream blush with a glowy finish. The cream texture reads better than powder in a Zoom call kind of situation. Creamy bronzer, highlighter or blush are all game, just be sure they have a shimmery, light-reflecting quality. You can also use a cream highlighter down the center of your nose, on your eyes or on the cupid's bow.

TO ACCENTUATE LIPS, you can go a little extra with lip and/or cheek color. Often Zoom or video calls flatten or dull our natural color, distortion or pixelization can actually make our features appear smaller. Since Katey notes that a few clients are missing those regular lip injections, she shows us a full, bright lip that looks really balanced in video..

FOR UNDER EYE CIRCLES, a creamy concealer in your own skin tone, but with slightly *oranger* base can work wonders.

A NOTE ON STYLE... Take note of what you're wearing. Remember that off the shoulder tops could mis-read as going topless (LOL) depending on how you are cropped in frame, so choose wisely. On the flipside, you may also be able to get away with pajama bottoms while on a Zoom call if they don't show in frame.



"Because it relaxes me, that's why!"

6 Anti-Aging Foods You Should Try

This list may help you live longer and feel better while you're doing it

By Janet Lee March 22, 2017



Diet appears to play a role in free-radical damage (which alters cell functioning), inflammation, and gut bacteria. It also affects the length of telomeres---protective caps at the end of chromosomes. These factors can have an impact on conditions like heart disease, type 2 diabetes, stroke, hypertension, respiratory disorders, cognitive decline, and infection.

“We’re trying to target the biology of aging to delay the onset of age-related diseases and extend the number of healthy, active, productive years,” says Nathan LeBrasseur, Ph.D., director of the Healthy Aging and Independent Living Program at the Mayo Clinic. “Diet can play a major role in that.”

Though following an overall healthy diet is most important, research suggests that incorporating certain anti-aging foods may give you an extra boost. Here, six foods to consider:

Beans

Beans are rich in protein, fiber, vitamins, minerals, and plant polyphenols that have protective benefits, especially for your heart. A large research review in the American Journal of Clinical Nutrition found that eating four half-cup servings of beans, peas, lentils, or tofu per week was linked to a 14 percent decrease in the risk of dying from ischemic heart disease (when the arteries of the heart become blocked). Beans are a good source of soluble fiber, too, which helps lower levels of LDL (“bad”) cholesterol and triglycerides.

Hot Peppers

If you can tolerate them, **chilies** are good for your heart and waistline. A large study published in the journal PLOS One found that people who ate hot red-chili peppers regularly were 13 % less likely to die from any cause over a 19-year period compared with those who didn’t

Capsaicin, which gives peppers their heat, may also help improve blood flow, boost metabolism, and protect against bacteria that have been linked with inflammation and diseases.

“Inflammation is the nail in the coffin of conditions like heart disease, rheumatoid arthritis, inflammatory bowel disease, type 2 diabetes, cancer, and more,” says Carin Kreutzer, Ed.D., R.D., an assistant instructional professor of nutrition at the University of Southern California Leonard Davis School of Gerontology. “Many plant foods have phytochemicals that reduce the inflammatory response at the cellular level.”

In addition to green and red chilies, cayenne, jalapeño, and tabasco peppers all contain high levels of capsaicin. Sweeter peppers have less of that compound.

Nuts

Research suggests that nuts may be tiny packages of healthy goodness. For example, consider a New England Journal of Medicine study that followed almost 120,000 men and women for 30 years. Study volunteers who ate at least an ounce of nuts (about 23 almonds, 18 cashews, 12 macadamia nuts, or 14 walnut halves) daily had a 20 percent lower risk of dying from several conditions—especially cancer, heart disease, and respiratory problems—during the study period. Even those who downed nuts two to four times per week had a 13 percent lower risk of dying.

Nuts are high in monounsaturated fat, which helps lower LDL (“bad”) cholesterol. Studies have also shown that their antioxidants may keep blood vessels supple (hardened arteries are a sign of heart disease) and improve the body’s use of insulin. Nuts have about 160 to 200 calories per ounce, but in the study above, frequent nut eaters weighed less than those who abstained.

Chocolate

It really may be that good for you. A study of nearly 21,000 adults published in the journal Heart found that those who ate the most chocolate ($\frac{1}{2}$ to $3\frac{1}{2}$ ounces daily) had a 25 percent lower risk of dying from heart disease and were 23 percent less likely to have a stroke over an 11-year follow-up period. Flavonoids in chocolate may improve blood-vessel function, which can lower blood pressure and clotting. It’s high in calories, sugar, and saturated fat, though. Dark chocolate has more flavonoids and less sugar than milk chocolate.

Whole Grains

Despite carbs’ bad reputation in many circles, research shows that whole grains (instead of refined carbs like white bread and white rice) reduce your risk of cancer, type 2 diabetes, heart disease, obesity, infectious disease, and respiratory problems. A review of 45 studies found that people who ate seven daily servings of whole grains were far less likely to have those conditions or die from any cause during the study periods. Even one or two daily servings may have a benefit.

When it comes to anti-aging foods, whole grains are among the best. “They’re the total nutrient package,” says researcher Penny Kris-Etherton, Ph.D., R.D., a distinguished professor of nutrition at Pennsylvania State University. “They have antioxidants, B vitamins, fiber, polyphenols.” These substances, she says, help reduce heart-disease risks.

Fish

Fatty fish is high in inflammation-fighting omega-3 fatty acids, which may help protect the heart and brain. Some research has shown a significant 33 percent drop in the risk of sudden heart-attack death in people who ate two or more servings per week.

Some interesting preliminary research shows that people with cognitive impairments who supplemented with EPA and DHA—omega-3 fatty acids found in certain types of fish—had less telomere shortening over time, Kris-Etherton says.

Studies of supplements have had mixed results, and experts advise getting your dose with fish instead. Try for 8 ounces per week of sustainably farmed or wild-caught low-mercury fish, such as Atlantic mackerel, Pacific sardines, freshwater (farmed) coho salmon and wild-caught salmon, and sablefish (black cod) from Alaska. It's Not Just What You Eat, It's When

A new scientific statement from the American Heart Association suggests that certain diet habits show promise in helping to prevent heart disease and related conditions, such as type 2 diabetes and obesity. These include:

Intermittent fasting

Though more research is needed, studies suggest that severely limiting your calorie intake one or two days per week may help with weight loss and reduce triglycerides, blood pressure, and insulin resistance. “We’ve known for a long time that calorie restriction can delay the onset of age-related conditions and diseases. Now we have newer data on intermittent fasting and time-restricted feeding that’s dramatic and promising,” LeBrasseur says.

Meal timing

Some studies suggest that people who consume most of their calories late in the day have a higher risk of obesity and heart disease. Research published in the American Journal of Clinical Nutrition found that consuming 50 percent of daily calories at lunch and 20 percent at dinner led to about a 33 percent greater weight loss than eating 50 percent at dinner. Similarly, restricting calories to a 10- to 12-hour period may be beneficial for dropping pounds.

Eating breakfast

It’s associated with a better blood glucose and insulin balance, which may lower type 2 diabetes and obesity risk

