

Cigar Box Bulletin

VOLUME 23 ISSUE 1

JANUARY 2019

Healthy Recommendations As We Age

Speaker: John Blute, MD

Reporter: Harold Wilkinson, MD



Dr. John Blute is a semiretired orthopedic surgeon from Concord. He began his practice in 1980 but discontinued doing orthopedic surgeries in 2016. He still sees patients and teaches. In conjunction with Josh Avery, a physical therapist at Emerson Hospital, Dr. Blute presented a "seminar" entitled Healthy Recommendations As We Age and distributed handouts. He prefaced his remarks by pointing out that a doctor like him is not someone you want to need to see because of problems with your bones and joints.

His major advice is *KEEP MOVING!* Re-

cent government recommendations call for 150 minutes of at least moderate exercise per week, which can include walking, cycling and climbing stairs. An important piece of advice is to "get out of the chair or car and walk", perhaps with your dog. Walking in a mall (be careful of your wallet) can be an alternative to a health club, especially in bad weather. As we age, we all lose strength, so strength training should be an important part of your exercise. Stretching also is important, especially to decrease your risk of injury. If you watch less television it should be easier to walk for exercise several times per day, keeping in mind Thoreau's advice to "listen to the wind and observe nature." A fitness app on your iPhone or a FitBit device can help you to quantitate your walking and perhaps can help you to discipline yourself.

Continued on Page 2

January Meeting Minutes Ship's Bell Rang at 10:00 AM

Reporter: Bill Tafuri

Chris Hammer called the meeting to order and led the members in the Pledge of Allegiance. This was followed by the singing of the Star Spangled Banner, accompanied by **Ken Watson** at the piano.

Chris announced that two members of

the RMA, **Wally Hart** and **Bob Peterson**, had recently passed away. He asked **Wayne Clemens** to say a few words about **Wally Hart**. Wayne said that his friend Wally was an active member of Saint Ann's Church in Lincoln. He was also a singer in Saengerfest, an inspiring men's chorus (saengerfest.org). **Joe Bausk** then read the obituary for **Bob Pe-**

Continued on Page 3

INSIDE THIS ISSUE:

Home Exercise Program	4
Healthy Recommendations as We Age	6
Anniversaries in January	7
Birthdays in January	8
Meat Pies	9
RMA Bulletin Board	10

UPCOMING MEETINGS

Friday, February 8

Friday, March 8

Friday, April 12

Speaker — Continued

Josh Avery reinforced how important it is to keep moving and sit less. "Your body does what you train it to do," but you need to pace yourself, and this is especially so when you first begin an exercise regimen so you do not harm yourself. He gave out an instruction sheet on how to log in to the home exercise program which Emerson Hospital sponsors [<https://emersonhospital.medbridgego.com>, Access Code 9CVX6LHC]. (Or try <https://www.medbridgego.com/>) Attached were several sheets of suggested exercises. Useful exercising can be done while seated in a chair, as he illustrated, but don't lean on the back, and can be done with or without elastic bands or weights. Including ankle exercises can be helpful in reducing your risk of tripping.

Running at moderate speed is safe, but high-level and intensive running or any form of exercise can produce injury. Plan for the surface on which you will run, including good shoes, and stop if you should experience pain. Swimming can be good exercise but does not include loading on bones or muscles; so, it is less beneficial for improving bone density and strength of antigravity muscles. Stressing bones strengthens them, and gravity is a powerful force which can help provide mechanical stress. It is advisable to mix cardio and strength exercises, and don't neglect to exercise upper extremities as well. Even simple exercising can be done as multitasking while you are doing chores in the kitchen. If you feel fatigued, take a brief nap, but then get moving. Exercising with companionship can be especially valuable for improving motivation. Beginning your routine with light cardio or stretching may help prepare your body for strengthening exercises. Doing strengthening exercises on alternate days allows your muscles to recover in between.

The risk of falls greatly increases with advancing age. A man over 80 years old who fractures his hip, statistically, has only a low likelihood of being alive and walking one year later. To lessen your risk of falling, stay fit and always check your environment, especially on stairs -- where it is useful to hold on to the rail-

ing, even lightly. Don't hesitate or be ashamed to use a cane if you feel unsteady. If you feel yourself falling, try to roll so that a large surface of your body contacts the ground. Using your arm to brace yourself as you fall often results in wrist or arm fractures.

Obesity poses a severe risk for your bones and joints. It is said that 73% of Americans are overweight or obese, which increases the risk of heart disease, stroke and diabetes. Eat less. It is helpful to gain help from the entire family, which includes recognizing your own unfavorable state. Your general health is important in addition to your musculoskeletal health. Work with your physician, taking his or her advice and always take the medicine you have been prescribed.

Stress, anxiety and depression are damaging to health; are aggravated by isolation or loneliness; and can increase the risk of opioid addiction. Never hesitate to get help. Financial stress can be a strong negative contributor, so pay attention to your financial literacy. This also can be an incredible gift to your children. One useful alternative is to help them start a Roth IRA as a teen, matching 50% of their deposits for each of the first 10 years if you are able.

Senior centers and organizations such as the RMA can provide emotional and intellectual support and contribute strongly to good health. Senior centers may also be places where you can engage in structured and persistent exercises.



Minutes — Continued

terson. Bob was born in Minneapolis in 1929 and graduated from the University of Minnesota with a degree in Economics. He earned an MBA from the Wharton School in 1957. He was married for 67 years. Bob was active in many civic and professional organizations. In 1962 he moved to Wayland where he joined Raytheon. During his lifetime, Bob was an officer of many clubs and civic organizations (His complete obituary may be found at <https://tinyurl.com/Bob-Peterson-Obituary>)

Chris asked members to observe a moment of silence for these two former members.

Chris asked **Nick Veeder** to announce the new members and visitors (no new members were present):

Visitor Peter Dodd (who was not sponsored) had recently moved to this area from Connecticut to be near

his family and is a retired urologist. He is interested in community service and would like to get to know the history of this area.

Paul Reising introduced his visitor, Seth Kaplan. Seth has lived in Sudbury for many years and now lives in Hudson. He was a classroom teacher; spent many years in corporations as an education executive; and finished up as a hi-tech PR consultant.

Chris asked **Paul Murphy** to call for traveler reports:

Jim Carlton reported on his family trip to Maui, Hawaii, which they took over the Thanksgiving Holiday. **Jim** traveled with his wife, with his son and his children, and with his daughter and her husband. He thoroughly enjoyed the sun and beach with his grandchildren and wondered why he lives in New England. They went to the famous Mama’s Fish House restaurant, which they enjoyed but cautioned members to bring their wallets with them.

Continued on Page 4

The Cigar Box Bulletin

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Thank You To Our Proof Readers

*Yutaka Kobayashi,
Stan Wulf*

*Published monthly by the Retired
Men’s Association of Weston,
Wayland, Sudbury and
surrounding communities.*

Emerson Hospital Home Exercise Program

One of the handouts from the January speakers, Dr. John Bluth and Josh Avery, a physical therapist at Emerson Hospital, contained instructions to sign on to the *Emerson Hospital Home Exercise Program Instruction Material*.

Home Instruction Program Login Guide

Two Ways to Access:

1) Try MedBridgeGO.

Access your home exercise program with our mobile app for iOS and Android.

Search the App Store or Google Play for: “MedBridgeGO”

2) Open in your Browser

To access your program without the app, enter your access code below at:

<https://emersonhosp.medbridgego.com/>

Or try: <https://www.medbridgego.com/>

Your Access Code:

9CVX6LHC

By accessing your home exercise program, you can:

- View Your Exercise Videos
Interactive HD videos guide you with easy to follow instructions
- Learn about your Condition
Gain a deeper understanding of your condition and the road to a healthy recovery
- Track Your Progress
Keep track of your activity and progress throughout treatment and post care.

Keep Moving!

Minutes—Continued

Gerry Brody and his wife and daughters traveled to visit his granddaughter in Newark, Delaware, where they all had a great time with family over the Christmas Holiday.

Frank Lyons and his wife traveled to Austin, Texas, where he met their younger son and his wife and children. They were joined by their older son from Incline, Nevada, for a great family get-together.

Chris thanked the following members for their contributions to the meeting:

Coffee – Sandy Grace

Donuts from Stop ‘n Shop – Rick Dugan

Badges – Harold Edelstein

Facilities – Mike Sheff, Jim Latimer, Fred Jungalwala

Reporting on the Minutes - Bill Tafuri

Reporting on the Speaker - Harold Wilkinson

Bulletin – Bob Diefenbacher, Koby Kobayashi, Stan Wulf

Sound Equipment – Ron Riggert

Slide Show – Richard B. Smith, (Don Sherman is on travel)

Website – Ken Mattes, John McKinney, Bill Thompson, Bob Diefenbacher, Al Persson

Photographer - Art Phipps

Announcements:

Chris reminded those RMA members who have not paid their dues to please do so in support of the Association.

Bob Cook announced that he has written an article in the *Stow Independent* weekly news, that came out this week, about the restoration of a 1930 Packard Phaeton by Pete Rose. Pete lives in Stow and found this car abandoned in a ravine in California. He completely restored it into excellent running condition.

Al Persson, who chairs the Member Support Help Line, announced that member **Bob Curtiss**, who lives

Continued on Page 5

Minutes—Continued

at 243 Aspen Circle in Lincoln, needs a ride to RMA meetings. **Al** asked that any members who live in that area and can help to please contact **Al** or **Bob Curtiss**.

Howard Kendall, who chairs the RMA Discussion Group, announced that the next monthly meeting of the group will be at the Bella Costa Restaurant in Framingham at noon on Wednesday, January 16th. The discussion topic will be “The State of Racial Relations in the United States”. Interested members are welcome to join the group for a lively discussion, lunch, and comradery – please contact Howard.

Chris announced that the postponed trip to the Submarine Force Library and Museum will be rescheduled for some time in the Spring. Details for the trip are as follows:

Date - TBD

Leave Sudbury 8:30 am. Arrive Groton, CT, at 10:30 am – tour until 12:00.

Lunch – 12:00 to 1:00.

Return to Sudbury 3:00 pm.

The museum has 33,000 artifacts, including the first nuclear-powered submarine in the world, the USS Nautilus. Also at the museum is a replica of David Bushnell's Turtle, built in 1775 and the first submarine used in combat (ed. note: human-powered by the occupant). Working periscopes, a submarine control room, and models of submarines are also in the Museum. The United States Navy Submarine Force Library and Museum is the only submarine museum managed exclusively by

the Naval History & Heritage Command division of the U.S. Navy.

Gerry Brody gave the 10 member birthdays in January. The oldest member is **Bill Murphy** at 94.

Jim Latimer presented the 5 member anniversaries in January. The oldest belongs to Virginia and **Dick Bell** at 65 years.

Larry Vifquain announced that **Terry Keeney** injured his leg while exercising; ended up on crutches; and then later contracted pneumonia. **Terry** is in Emerson Hospital.

Harold Wilkinson recited several age-related jokes to lighten the day.

Ken Watson and **Bill Ladoulis** played “September Song” for the enjoyment of the members present. Before playing, Ken read some of the lyrics and explained that “September Song” is an American pop song composed by Kurt Weill with lyrics by Maxwell Anderson.

Bob Malnati announced the ROMEO lunch to be at the Oak Barrel Tavern on Route 20 in Sudbury.

- ⇒ Today at the bank, an old lady asked me to help check her balance. So I pushed her over.
- ⇒ The other day, my wife asked me to pass her lipstick but I accidentally passed her a glue stick. She still isn't talking to me.
- ⇒ I couldn't figure out why the baseball kept getting larger. Then it hit me.



HEALTHY RECOMMENDATIONS AS WE AGE—

Dr. John Blute

1. KEEP MOVING

Current Recommendations: 150 minutes moderate exercise per week.

--Walk, bicycle/exercycle, swim, climb stairs

Government recommendations July 2018

Improves quality of sleep; improves executive function for period of time; improves memory, reduces risk of depression

reduces symptoms of anxiety

May have greater effects with moderate to vigorous activity.

Prolongs life. Improves quality of life

Get out of the chair and walk

Watch less television

Fitness app. iPhone step count. FitBit

Set up a routine on a daily and weekly

basis

Cost-effective local gym or health club

Walk in the mall//bad weather options

Can be done in 10 minute increments

Get creative and keep moving

risk of injury

--Stretching: Definitely important to decrease

Lower and upper extremity

Central core and spine

--Strength Training: Personal coach if needed.

Upper and especially lower extremity

program with core

3X/wk may be optimal

Start slowly and progress carefully

Listen to your body. Pain not okay

2. IF IT HURTS, GET A DIAGNOSIS AND TREATMENT

--Obviously, problems more common as we age

--Knee, hip, and spine problems need assessment and often treatment

--Ignoring these issues not a good approach. Get an answer and do not

allow to slow you down if possible

3. NUTRITION IS IMPORTANT. AVOID OVERWEIGHT/OBESITY

--73% of Americans

--Significant mobility and health risk

--Diabetes Risk

--Talk to your doctor and get a nutrition consult

and follow-up

4. GENERAL HEALTH

--Average male age 65 lives to 85.6 yrs. Woman: 87.6

--See your primary care physician/internist as recommended and follow through with care

--Alcohol is a potential risk factor

--Stress and Anxiety: Get care as needed

--Depression: Get care

--Isolation/Loneliness

--Volunteer as interested. Giving back is very positive

--Financial literacy important to well-being

--Debt an increasingly common problem for boomers; get help and get a plan.

5. EDUCATE AND GIVE BACK

--Talk to children and others. Show by example benefits of living healthy

--Especially discuss risks of lack of moving and overweight/obesity with children and family.

Tell them: Keep moving and don't gain weight

--An incredible gift to children: Help them start their ROTH IRA as a teen

Tell them you will match 50% of their deposits for 10 years as you



Anniversaries in January

Member	Spouse	Anniv.	Yrs.	
Kenneth	Mattes, Ph.D.	Susan	01/03/1976	43
Richard	Stewart	Gussie	01/16/1976	43
Ross	Trimby	Lynn	01/27/1968	51
Edward	Grenham	Cynthia	01/15/1965	54
Richard	Bell	Virginia	01/25/1954	65

Average Years Married—51



Birthdays in January

Member		Birthday	Age
Richard B.	Smith	01/20/1959	60
John	Niggl	01/26/1950	69
Nick	Veeder, Jr.	01/11/1944	75
Michael R.	Garfield	01/09/1941	78
Francis T.	Lyons	01/30/1938	81
William	Tafari	01/07/1938	81
Jim	Carlton	01/23/1935	84
Wayne	Clemens	01/01/1933	86
Charlie	Raskin	01/10/1929	90
David	Stallard	01/22/1928	91
William	Murphy	01/30/1925	94

Average Age—81



Meat Pies

When I was a boy there were many French Canadian families living in our village. They had come south to work for the lumber company in the late 1800s and stayed to work in the paper mill.

In November, it was their custom to make meat pies from venison. The finished pies were kept outside on the porch in wooden cabinets. The weather was cold so the cabinets acted as a deep freezer. The pies stayed frozen, awaiting Christmas Eve.

Eating meat pie on Christmas Eve was a very old French Canadian tradition. A very old lady told me that her great-grandmother taught her how to make them. The great-grandmother was reported to have been taught by her grandmother.

On Christmas Eve the family would all go to midnight mass. They came home to eggnog and meat pie. In some families, Santa visited while they were at church, while in other families his visit was later that night.

We are not French but I waited all year with great joy and looking forward to the day when I would be old enough so that my father would add brandy to my eggnog. Many of my friends had brandy added after their 12th birthday. I had to wait until I was 16. (18 was the legal drinking age.)

One fall, when I was 14 or 15, I decided I needed to learn how to make meat pies. My mother asked one of the ladies, Mrs. La France by name, if she would show me how to make a meat pie. She was honored.

I showed up with a pencil and notebook ready to go. I intended to copy the recipe from her recipe book.

There was no such thing. All her recipes were in her head. When she wished to cook something she simply reached into her brain and pulled out the recipe.

Another surprise I learned that day was that we would be making 9 pies. It was at this point that I realized my

Continued on Page 11



Mouth Watering Meat Pie!

RMA Bulletin Board

Healthy Living...Water

It's in every living cell, tissue and organ, and it's second only to oxygen as the thing we need most to survive—pure, clean water. We can't live without it, and we can't live well without enough of it. We are constantly in need of water as we lose water with every breath and every activity of the body. We are especially at risk for dehydration when we exercise or we are ill—this is when dehydration, even mild dehydration, can take its toll, causing you to feel tired and drained of energy. Anyone may become dehydrated, but young children, older adults and people with chronic illnesses are most at risk.

Dr. Julie Scarano, a doctor of chiropractic who is trained in prevention and wellness (in addition to providing care for neuromusculoskeletal conditions such as neck or back pain, for which chiropractors are most well known) believes it's better to prevent dehydration than to treat it. She also reminds you that the

23 intervertebral discs in your spine have high water content and that dehydration can be associated with spinal pain.

Here are some preventative tips to help avoid dehydration:

- Choose your beverages wisely. Avoid or limit fruit juices, sodas, alcohol and high-sugar sports drinks.
- Drink a glass of water during and between meals, as well as before, during and after exercise.
- Plan outdoor activities for cooler parts of the day.
- Eat foods that are high in water content, such as fruits and vegetables.
- Make water your go-to beverage of choice.



Hidden Agenda...

A man was walking down the street when he was accosted by a particularly dirty and shabby-looking homeless man who asked him for a couple of dollars for dinner. The man took out his wallet, extracted ten dollars and asked, "If I give you this money, will you buy some beer with it instead of dinner?"

"No, I had to stop drinking years ago," the homeless man replied.

"Will you use it to gamble instead of buying food?" the man asked.

"No, I don't gamble," the homeless man said. "I need everything I can get just to

stay alive."

"Will you spend this on greens fees at a golf course instead of food?" the man asked.

"Are you NUTS!" replied the homeless man. "I haven't played golf in 20 years!"

"Will you spend the money on a woman in the red light district instead of food?" the man asked.

"What disease would I get for ten lousy bucks?" exclaimed the homeless man.

"Well," said the man, "I'm not going to give you the money. Instead, I'm going to take you home for a terrific dinner cooked by my wife."

The homeless man was astounded. "Won't your wife be furious with you for doing that? I know I'm dirty, and I probably smell pretty disgusting."

The man replied, "That's okay. It's important for her to see what a man looks like after he has given up beer, gambling, golf, and sex."

Meat Pies (Continued from Page 9)

math was going to be put to the test. I had come to learn how to make just one pie.

Another was that every cook, who kept her recipes in her head, added the spices by taste and not by volume. This was how Mrs. La France had learned from her mother or her grandmother or her aunt when she was a little girl.

The basic ingredient for the pies was venison. Venison, like most meat from wild animals, it is very dry as it contains very little fat. Therefore pork fat was mixed with the venison

To start, I was handed two hindquarters of a large deer and instructed to cut off all the meat and grind it up with a hand grinder. I would estimate I ground up 10 pounds of venison. I then mixed in 4 pounds of pork fat. It took me a couple of hours to cut, grind and mix the meat. I put it all in several large pots where it waited to be processed further. (I was learning that an apprenticeship was not just writing down the recipe.)

We were now ready to start cooking. She informed me that we would make two pies at a time.

One quarter-pound of butter was placed in a large cast-iron pot followed by an entire garlic bulb I had cut up into small pieces. This was sautéed over low heat for 5 minutes.

Next, a big gob of meat was placed in the cast iron pot. (I would guess 2 ½ pounds.) While the meat cooked, spices were added. This was the most difficult part of my goal of obtaining a recipe that I could follow in the future. Everything was approximated, and I had no idea how much of each one was added. There was also the problem of spelling the names of the spices. Many of the spices she grew herself and she told me their names in French.

All this was further complicated by the fact that she tasted the meat as it cooked and added more of one spice or another as she felt was needed.

I stirred and cooked the meat while she started making the pie crusts. I inquired about the ingredients in the crusts. "It is not important. Any recipe will do," she said off-handedly. The flavor of the meat will dominate.

By evening all 9 pies were made and placed in the cabinet on her back porch.

Over the years my recipe has migrated. Today venison is not available so I use 1 pound of 80% hamburger, 1/2 pound of ground pork, ¼ pound of butter and a jar of chopped garlic.

I melt the butter in a big pot and add the garlic. After a short sauté, the hamburger-pork mixture is added. It is cooked until the meat is brown. The meat is then drained using a colander and allowed to cool.

The pie crust, using my oldest grandson's recipe, is placed in a 12-inch pie plate. The cooled meat is put in the crust so that it is overfilled. The top crust is added, and the pie is ready to be cooked. If it is not going to be eaten within a few days it should be frozen and then thawed before cooking.

The thawed pie is cooked at 350 degrees for 45 minutes.

I am not sure when but several years back my oldest daughter created a sauce to go with the pies. The sauce is made as follows:

One small can of tomato sauce

½ cup of brown sugar

Two dashes of Worcestershire sauce

One-half teaspoon of French's mustard

The sauce is stirred and cooked on low heat for 20-30 minutes. It is served warm.

The sauce has replaced all the spices Mrs. La France added.

By Al Persson



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First Class Mail

Next Meeting
Friday, February 8, 2019
Web site RMenA.org
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RMA Meeting: Friday, February 8, 10:00 am

NextGen Weather
Marilyn Wolfson and Joe Venuti



This team from Lincoln Lab, led by Marilyn Wolfson and Joe Venuti who helped develop the NextGen Weather program, will tell us about its advantage to the public and aviation. The NextGen Weather Program is a critical part of NextGen as it helps reduce the impact of weather on aviation, resulting in safer, more efficient and predictable day-to-day National Airspace System (NAS) operations. NextGen Weather harnesses massive computing power, unprecedented advances in numerical weather forecasting, translation of weather information into airspace constraints, and modernized information management services.

With this powerful combination, NextGen Weather can provide tailored aviation weather products within the NAS, helping controllers and operators develop reliable flight plans, make better decisions, and improve on-time performance.

Bring a Guest to this Meeting!