Lifestyle Changes Can Promote Healthy Eating!

Retirees enjoyed an interesting and entertaining program at the CRA Fall Luncheon on November 6, 2014 at the Ramada Inn in Ithaca. Dr. Brian Wansink, professor in Cornell’s Dyson School of Applied Economics and Management and director of the Food and Brand Lab, shared many of his “Mindless Eating” solutions” for everyday life.

Wansink’s most recent book, “Slim By Design,” is based on a very basic concept: Becoming slim by design works better than trying to become slim by willpower. Wansink said, “It’s easier to change your eating environment than to change your mind.”

Some suggestions Wansink made for changes in our homes are to eliminate kitchen clutter, keep a full fruit bowl on the counter and electrify the cookie jar! Thus, with fruit always available we would have that, rather than a cookie with a “shock” if we open the jar! Tips to follow when eating at a buffet include: find a seat about 16 feet away from the buffet table, sit with your back to the buffet, look over the “spread” first, then take a small plate, thus limiting the space you have for food, ignore the bread offered, start with salad or fruit, and use chopsticks instead of a fork.

Professor Wansink is a very engaging and humorous speaker, who keeps one carefully focused throughout his program. About 140 retirees attended the luncheon and it was nice to see some new faces. Our menu was a pre-Thanksgiving dinner that was quite tasty and very nicely served. We thought it was a very pleasant event, except for the rain that started just as we arrived. At least it wasn’t snow!

Carole Daugherty won the door prize, a copy of Dr. Wansink’s book, “Mindless Eating,” which he graciously signed for her!

We hope you all are having a safe and warm winter, and we look forward to seeing you at our next luncheon, scheduled for April 9, 2015!

~ Jeanette Miller

Is Your Home Making You Slim by Design?

10 Tips from Dr. Brian Wansink

1. Serve salad or vegetables first.
2. Pre-plate the main dish, so you can control portion size, and food is not in sight on the table.
3. Use smaller plates, such as a 9 or 10-inch dinner plate.
4. Sit at a table in the kitchen or dining room with the TV off.
5. Keep two or fewer cans of sugary drinks, such as soda, in the fridge.
6. Keep your kitchen counters neat and organized, not messy or cluttered.
7. Cut up fruit/veggies and place them on middle shelf in fridge, so they are easily seen.
8. Keep single-size servings of healthy snacks readily available in fridge and cupboards.
9. Keep snack foods, such as chips or candy, in a cupboard out of the way, so it is inconvenient to get them (“out of sight, out of mind”).
10. Place fruit in a nice bowl or basket on the counter, so it is appealing, and this is the ONLY food in sight in the kitchen.
Retiree Spotlight: Charles E. Short  
Veterinarian Extraordinaire

This man has had an amazing career beginning with his receiving the Doctor of Veterinary Medicine Degree from Auburn University in 1958. In 1999 he became an Emeritus Professor of Anesthesiology and Pain Management from the Department of Clinical Sciences, College of Veterinary Medicine, Cornell University, Ithaca, NY and retired as a Professor of Anesthesiology, Department of Anesthesiology, Cornell University Medical School, New York, NY. He lives and works in Knoxville, Tennessee where he is associated with the University of Tennessee.

Dr. Short developed an early interest in anesthesiology and pain management in animals. He says pain results from the presence of tissue damage. When managing pain the first step is to diagnose the cause, then treat it with appropriate medication and correct the cause!

In an interview for Veterinary Medicine in 2005, Dr. Short was asked what was the most exciting change he has seen in Veterinary Medicine. He responded that he has seen incredible progress in the development of better vaccines, parasiticides, nutrition and drugs, as well as in the efforts to improve humane treatment of research animals. However, for him personally he is excited about the increased recognition of and improvements in relieving pain and suffering in animals. This resulted in his co-chairing the major international symposium “Animal Pain and Its Control” at Cornell University in 1990.

When asked for his greatest inspiration he replied “his professor of small animal surgery at Auburn University. He was tough and honest and an excellent surgeon who insisted each person do his or her best. He was equally concerned about teaching what he knew and exploring new surgical techniques and procedures. Also one of the greatest anesthesiologists of all time, A.S. Keats, MD, professor of Anesthesiology at Baylor University College of Medicine, taught me the basics of clinical anesthesia and instilled in me the dedication to ensure that each patient is well cared for.” Dr. Short was also inspired by his father, an elementary school teacher and principal. He realized late in his career that his father’s teaching methods were some of the same ones he used with his students.

Commenting on memorable patients, Dr. Short mentions a kidney transplant at a research lab in 1965. He surgically transplanted a kidney in a calf in order for colleagues to study tissue immune responses for the future development of human transplant programs. After he did the transplant, the first urine the calf produced was evidence of a successful transplant!

The best professional advice he ever received was, “If someone in the profession makes you really mad, use the energy to achieve something good rather than get even. It worked and even stimulated the formation of the American College of Veterinary Anesthesiologists.” Dr. Short was a founding member of this organization.

Dr. Short’s advice for new graduates would be “remember to be a complete person. You need to be an excellent veterinarian, and you also need a life with your family, friends, and community. If you care for others, they will return the favor, and your life will be filled with satisfaction. You need support from others to succeed.” This was the way he lived.

On June 4-6, 2015, Dr. Short will be joined by his wife Kathie and their children when he receives an honorary doctor’s degree from the University of Helsinki for global education and research. The activities for this honorary degree includes invited lectures in over 40 countries.

Dr. Short continues to remain active in his field of anesthesiology and pain management through his work in many related professional organizations and he still gives lectures when called upon. The world of medicine, particularly the area of anesthesiology and pain management has benefited many times over from Dr. Short’s research and teaching.

Thank you to Dr. Short for his many contributions to our medical profession!

~ Jeanette Miller
United Way Thanks Cornell Retirees, Campaign Ends on March 31

The Cornell retirees continue to make a tremendous difference in the success of the overall Tompkins County United Way campaign. Cornell retirees have contributed approximately $147,000 to the United Way as of Jan. 5, 2015. This represents 21% of the total raised thus far by the Cornell community.

This year’s Cornell campaign goal is $815,000. Contributions from Cornell retirees are critical to enabling the United Way and its member agencies in meeting the needs of our neighbors and community members. The United Way campaign continues until March 31, 2015—so there’s still plenty of time to make a positive difference in our community through a United Way contribution.

For more information or to make an online donation, please visit http://unitedway.cornell.edu.

AARP Smart Driver Course Offers Discounted Insurance Rates

AARP’s "Smart Driver" courses are being offered in February, March and April at Cornell Cooperative Extension of Tompkins County, 615 Willow Avenue in Ithaca, and are hosted by Way2Go.

The AARP driver-safety program is the nation's largest refresher course designed specifically for older drivers. While the course is designed to meet the needs of older drivers, it is suitable for all drivers regardless of age.

“Smart Driver” is offered over a two-day period for a total of six hours of classroom instruction. It helps drivers stay safe, educated, and confident behind the wheel. Per New York State regulations, course participants receive a multi-year insurance discount for completing the course. In addition, participants can reduce up to four violation points on their driver's license.

Course Schedule for 2015:

• February 23 and 24: 9 a.m. to 12:30 p.m.
• March 23 and 24: 9 a.m. to 12:30 p.m.
• April 20 and 22: 12:30 p.m. to 4 p.m.

Participants must bring their driver's license and AARP card (if a member) to class.

The fee is $20 for AARP members and $25 for non-members. Payment is by check or money order, payable to AARP. To register, call Cooperative Extension at 272-2292.

Cornell 150 ~ Sesquicentennial: A Festival of Ideas and Imagination

Join the Celebration: April 24–27, 2015

On April 27, 1865 the governor of New York State signed the bill that officially established Cornell University’s charter. Now, 150 years later, we’ll spend a four-day weekend commemorating this day in our history—the day that defined our land-grant mission and set the stage for generations of Cornellians to help, to solve, and to transform the world.

Charter Day Weekend is filled with more than two dozen official events celebrating the global contributions of Cornell alumni, faculty, staff and students. Additional campus activities will take place throughout the weekend—everything from athletic events and special exhibits to the unveiling of the Sesquicentennial Ice Cream. All events are open to the public, and some require registration. Limited video streaming opportunities will be available throughout the weekend.

Highlights of the Weekend

Friday: Kick off the weekend at the Big Red Birthday Bash in Barton Hall! Be part of Cornell’s virtual time capsule, dance with community and student entertainers, and enjoy other surprise elements at this once-in-a-lifetime celebration.

Saturday and Sunday: A festival of extraordinary presentations, literary readings, musical performances, films, student innovators, and much more. Saturday evening features a Gala Concert with the Cornell University Chorus, Glee Club, and Symphony Orchestra. Sunday concludes with the Presidential Panel on “The Future of Higher Education.” Don’t miss out on attending additional activities that will be ongoing throughout the weekend.

Monday: Formal ceremony and video premiere to commemorate the 150th anniversary of the Cornell University Charter.

For event registration and volunteering, please visit the website at http://150.cornell.edu/events/charterday/.

Volunteer for Charter Day Events!

Please consider becoming a Charter Day Weekend volunteer! Your help is appreciated for this special weekend, which only comes along once every 150 years. The celebration cannot succeed without volunteers like you!

Volunteers are needed for a variety of roles for various events, days, and locations. Whether you prefer to be indoors or out, or to walk, stand, or sit, we’re happy to help you find an assignment best suited to you. Check the website in March for a complete list of volunteer opportunities.
CRA Spring 2015 Luncheon

Thursday, April 9, 2015, 11:30 a.m. - 1:30 p.m.
Ramada Inn, 2310 N. Triphammer Road, Ithaca
Doors open at 11:30 a.m., lunch served at noon, speaker at 1:00 p.m.

Spring will come, we hope! Please join us for the Cornell Retirees Association’s Spring Luncheon. Elaine Engst, Cornell University Library Archivist, Division of Rare and Manuscript Collection will be our featured speaker. Elaine has had the privilege of working on the committee for the Sesquicentennial Celebration and she will share with us “I would found an institution:” Celebrating Cornell’s 150 years.

Our Luncheon Menu includes a choice of:

- Chicken Marsala with Rice Pilaf and Fresh Vegetable Medley OR
- Vegetable Omelette (no cheese) and Fresh Vegetable Medley (Gluten-Free/Vegetarian Option)

Both meals come with garden salad, rolls and butter, coffee/tea, and dessert.

Name: _______________________________________________ Chicken Marsala  or  Veggie Omelette
Guest: _______________________________________________ Chicken Marsala  or  Veggie Omelette

If special diet/accommodation, please list and include a phone number: ____________________________

Cost is $10 per person, payable by check to Cornell University. Reservation and payment deadline is March 31. PLEASE NOTE: All lunches must be pre-paid. There are no refunds. Seating is limited. No RSVPs will be taken after March 31. Free parking. In case of inclement weather, call 607-255-3976 or check your e-mail for postponement or cancellation information.

Total reservations __ @ $10.00 each = $ _____ Please make check payable to "Cornell University."

Mail form and check to: Cornell Retirees Association, P.O. Box 431, Ithaca, NY 14851

Luncheon reservation deadline is March 31. We hope to see you there!