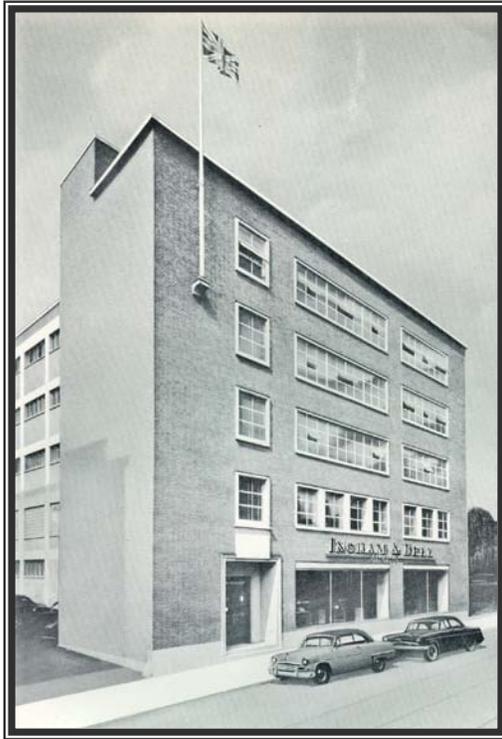


ARC News

ARC's Bi-monthly Newsletter • Volume 2, Issue 3 • April 2011



ARC Volunteer Recognition Reception: Wednesday, May 4, 3-4pm

All are welcome to attend a reception to express our thanks to our eight regular ARC Volunteers, many of whom are now in their second year of service with us. We will recognize Cara Bruni, Doug Creelman, Stephanie Friel, Rick Hayward, Alexander Ma, John David Stewart, Mary Vohryzek and Ke Kiana Xu for their volunteer hours at ARC, and invite you to join us. Please RSVP to academic.retiree@utoronto.ca.

With the changing of the seasons, ARC is now in need of volunteers to be at the centre for a 4-hour shift on a regular basis. Please contact us at (416) 978-7553 or academic.retiree@utoronto.ca.

Fridays at the ARC – with Doug

An invitation from Doug Creelman

Friday mornings at the Academic Retiree Centre are a special time to hang out, to have a cup of coffee, to enjoy the art – which changes on a regular basis. Come to meet others, or chat with Doug Creelman, Past President of RALUT; it's his volunteer time at the ARC.

Have you been to the Academic Retiree Centre yet? Come check it out; come and use one of the computers in the carrel room. Enjoy coffee and cookies in the lounge. It may be inexpensive, but it's free. The Retiree Centre is easy to get to – just a block from the College subway station, only two doors down McCaul Street from the College streetcar. If you drive, and are lucky, you might find street parking on McCaul, or on the main UofT campus – off-street parking is available nearby.

It's at 256 McCaul, fourth floor, just follow the signs to 412. If you get lost just call – 416-978-7553.





Point of Prevention

J.D. Stewart MDHonBScDECHCCFPMACOEM

Vitimers

Just when you thought you were beginning to understand vitamins more fully I would like to take you to another level in your knowledge. I would present to you the “vitimers” that are defined as any number of chemical substances, each of which shows the activity of the “vitamin.” They are of significance to you as each has slightly different properties, such as absorption, toxicity and vary in their presence in different foods and their behaviour when prepared in various ways. The vitimers also vary in the body’s ability to convert one into another, interconvertability, also people differ in their relative capacity for interconversion.

For example **vitamin A** is currently known to have six vitimers that from a functional perspective all qualify as vitamin A; however, each has slightly different properties. Four of the A vitimers are carotenes from plants; the best known source is the carrot. As to the other two vitimers, the retinol forms are from animal sources that are several times more effective in humans per milligram. Thus, not all food sources are created equal where vitimers are concerned.

In general, one can say that vitimers from plant sources are less effective milligram for milligram than those from animal sources; for instance the Omega 3s from grains are very much less effective than those from fish, so that in practical terms you must then consume and absorb a larger amount of plant material than, in this case, fish (or more conveniently, fish oil).

To continue a little further the well known, even famous **vitamin B12**, has

at least four vitimers (cyanocobalamin, hydroxocobalamin, methylcobalamin, and adenosylcobalamin) that all possess vitamin B12 activity and require the presence of a compound made by your gut/stomach to be absorbed. It is the relative or complete absence of this “intrinsic factor” that customarily ‘causes’ vitamin B12 deficiency resulting in the disorder we all know as “pernicious anemia” whose treatment involves by-passing gut absorption via intramuscular injection of one of the B12 vitimers. Vitamin B3 has two known vitimers, niacinimide and nicotinic acid (sometimes known as niacin); all possess essentially the same B3 activity, mainly through interconversion.

Vitamin C thankfully comes in one form, ascorbic acid, and is readily absorbed by your gut. Excess absorption is reliably and rapidly excreted,

primarily in the urine, with no known bodily storage. As we will discuss in a future article, vitamin C functions primarily as an antioxidant in the aqueous or



water-containing structures of the body.

Vitamin D is, as mentioned in the last article, a misnomer. It is, to be precise, a “hormone” that comes in different forms. This will be discussed later in much more intriguing detail.

Vitamin E comes in essentially two forms. One form has, as far as we know, no function in humans. Its primary function is to act, like vitamin C, as an antioxidant, but as it is oil or lipid soluble it acts in lipid environments of our cells. As most of us are aware, the envelope or membrane that distinguishes the inside of our cells from the outside is a four-layer structure from the outside:

the first layer aqueous or water-loving, with the next two layers being lipid or fat-loving, while the inner layer is again water-loving. You can think of ourselves as an intricate aggregation or collection of fancy bubbles that require protection from unwanted oxidation reactions in both the lipid/fatty and aqueous/watery environments. Thus the need for both vitamins C and E.

Of the two forms of vitamin E, one has no known biochemical function in humans. The two forms are what are called in chemistry, “optical isomers” in that they differ only in their ability to rotate light to the left (the “l” isomer) or to the right (the “d” or dextro-isomer). As it is the dextro form that has biological activity, it is often joked that this proves Mother Nature is right-handed.

Next, we have the strange case of **Vitamin K** that received its title from the German language. In English, it would have been another vitamin C for the “coagulation vitamin,” but in German coagulation begins with a K.

Vitamin K has a number of vitamins that, as expected, are structurally similar and all are fat or lipid soluble and all function to critically assist in normal and appropriate blood-clotting. Without it, you would bleed-out rapidly.

And now back to **Hormone D**, really now a vitamin, as under the proper sun exposure conditions we rather efficiently make the functional “D” molecule. In essence, with our living and working, even playing indoors most of us do not make sufficient levels for optimal health. The next article will focus in detail on each of the vitamins, in terms of sources, absorption, and function so that in the end you will have a richer understanding of vitamins in order to make more informed decisions on your personal path to prevention.

Athleticism Past Retirement: An Interview With Helen Lenskyj

by Tina Baoukian, ARC Work-Study Student

Are people of a certain age capable of participating in professional competitive sports? Do they have the strength and stamina to take part? Can adults get fit and stay fit later in life? According to Helen Lenskyj, a retired University of Toronto professor of Sociology and Equity Studies in Education, whose research focused on sport, people who are past the age of retirement are just as capable—in some cases even more so—of participating in competitive sport or regular programs of fitness and exercise as younger people.

Our society relies heavily on media such as television which tend to perpetuate stereotypes and influence people’s perceptions of what is socially acceptable. The media casts a shadow upon elderly people, promoting everlasting youth in various ways and banishing aging. Rather than embracing the natural aging process gracefully, we are taught that aging is undesirable and unattractive.



Discrimination in the world of competitive sports is nothing new; female athletes, for example, are often portrayed as “masculine.” Older athletes, regardless of gender, have a much harder time getting the recognition they deserve as opposed to their much younger and “physically appealing” counterparts. I myself think that it is important not only to take care of one’s body and enjoy one’s youth, but also to let go of pre-

conceptions about growing old, especially when it comes to equal opportunity. Helen mentioned in our interview that when she tells younger people that she is an avid swimmer and researcher in her field, the typical response is “you’re still doing that?” Staying physically as well as mentally active past the age of retirement breaks the stereotype of aging.

There are a number of major sporting competitions which are geared towards people of all ages, creeds, backgrounds and walks of life. For instance, the motto held by the International Masters Games Association is “to encourage and support the development of sport for all;” (Olympic Charter, 2-12). Similarly, the Canada 55+ Games, which caters to people who are fifty-five and older, promotes the same basic principle, proving that elderly people are perfectly capable of participating in competitive sport as well as other skill-testing activities. In fact, the Games even accept annual bids for specific activities and sporting events to be included based on demand, funding and availability. The events range anywhere from badminton to field hockey to table tennis to duplicate bridge.

The Gay Olympics, or Gay Games as it is more commonly known, follows the same principle of promoting equality amongst all people, despite its name. Helen clarified that all it takes for a person to be eligible to compete in the Gay Games is registration. Comparing these games with the Olympics, Helen noted that there is no statute of limitations on skill level, orientation or age at the Gay Games: “You don’t have to be able to swim a hundred metres in a certain amount of time. You could still be swimming when everyone’s out of the pool and when you finish the hundred metres, everyone’s gonna clap.

That’s my kind of sporting competition,” says Helen.



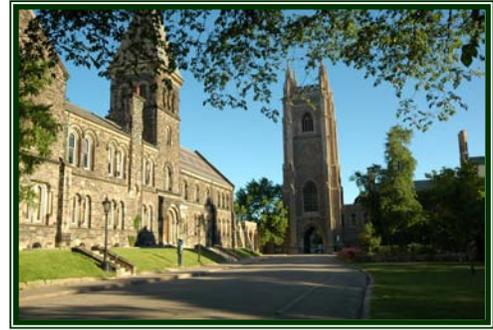
The practice of leading a healthy and active lifestyle is the responsibility of the individual. Upbringing also plays a part; it is possible to take up exercise and healthy eating habits later on in life, but the earlier these habits are formed, the greater the chance of maintaining these values later on in life. It is no secret that most North Americans struggle with obesity as well as the health problems that accompany it. The main excuse for this problem is lack of time for exercise and healthy eating; hence, the vast success of the fast food industry. Helen states that in order for people to get healthier, especially later on in life, it is absolutely vital to incorporate exercise into their daily schedule. For instance, she mentioned how she swims for a half-hour, four times a week, and organizes her work schedule around her swimming schedule.

People who reach the age of retirement often have more time to maintain their active lifestyles. But many are still just as active in their career, and sometimes become even busier after retirement. Therefore, although it’s not a totally valid excuse, the “lack of time” reasoning for lack of physical activity can be applied to people of all ages. Helen suggested that one way to combat this is for workplaces to become more health-oriented by replacing junk food in vending machines with healthier choices, or by providing accessible, affordable small-scale gyms or recreation rooms where people can work out during their breaks.

Whether or not she is aware of it, Helen is an inspiration to someone like me. I only hope that when I reach retirement age I will continue to have the same energy and spirit that she holds true.

Senior College Life Writing Project and Senior College Encyclopedia

The *Life Writing Project* and *Senior College Encyclopedia* have been working in collaboration in the development of a new component to the SCE – under the heading of *Memoirs*.



The *Memoirs* comprise reflections, memories and anecdotes that relate to some person, event or theme in the University's history, and which offer some unique personal perspective on the topic in question. In addition to being placed on the *Life Writing* website, the *Memoirs* – which may be of any length – are linked within the encyclopedia to the topic concerned, as well as to any other relevant SCE entries. In this way, they have become valuable supplementary sources of information and insight, and reflect a contribution and perspective on the nature and development of the University that can be provided only by those who have been part of its history.

The editors of the *Life Writing Project* and the *Senior College Encyclopedia* would like, therefore, to invite members of the University community to consider entries drawing on their own experience, either in the University, or in activities related to the work and development of the institution. Examples of contributions already made may be seen on the Life Writing website at:

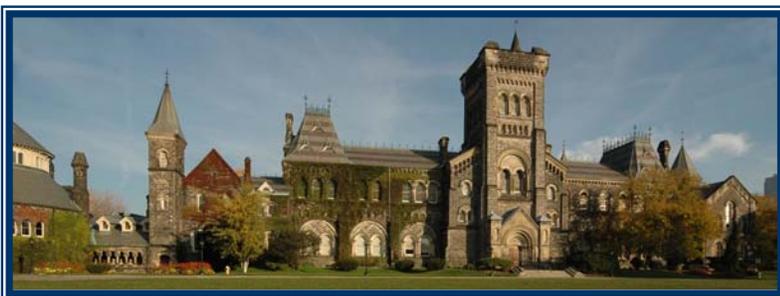
<http://projects.chass.utoronto.ca/ssc/life-stories/>

An example of one such piece as it also appears as a *Memoir* in the *Senior College Encyclopedia* may be seen at:

http://sce.library.utoronto.ca/index.php/Getting_Hired_-_The_Old_Way

It should be noted as well that the *Encyclopedia* entries all have provision for a “Discussion” component, in which other contributors are able to add their own reflections and comments on the *Memoir* itself. These comments may be sent directly to the *Encyclopedia* editors at sce.college@utoronto.ca.

The editors of the *Life Writing* and the *Senior College Encyclopedia* strongly encourage your participation and assistance in this exciting contribution to an understanding of the nature and development of the University of Toronto.



Queries and submissions are invited at sce.college@utoronto.ca.

Ruth Pike, Editor, *Life Writing*
Alexander Gregor, Editor,
Senior College Encyclopedia

A new interactive series, **Insights Into Aging 101**, presented by the Centre for Education and Knowledge Exchange in Aging, Baycrest, will cover the following topics:



- Successful aging
- Tips for safe medication management in the aging population
- Navigating the health care system
- Family caregiving: A complex role with no formal training!
- Maintaining a positive mood
- Having a living will: Blessing or curse?
- A painless approach to pain
- Parkinson's disease: more than just a movement disorder
- Cognitive Impairment: Causes, risk factors, and effects of bilingualism and spirituality
- Falls prevention: How to remain an upstanding member of your community

The series runs five consecutive Tuesday evenings, May 3-May 31, 7pm-9pm. Baycrest's experts in aging will cover two topics per session. Participants will receive a certificate for attending the entire series.

Register by April 26 on-line at <http://baycrest.org/insights/> or call 416.785.2500 ext. 2363. Tuition: \$135 + HST. Classes will take place at Loftus Hall (main floor - Apotex), Baycrest, 3560 Bathurst Street, Toronto.

"Learning's For Life" at ForeverYoungNews.com

Sean Sakamoto's article in the online publication *Forever Young News* features comments by RALUT President and Senior College Fellow, **Jack Stevenson**.

Read it here:

<http://www.foreveryoungnews.com/article/16216>



If you create visual art (photographs, paintings, drawings), here is an opportunity for you to showcase your work at ARC for an appreciative audience of your peers. The Art Committee of the Academic Retiree Centre is now accepting submissions of artwork from retired faculty, clinical faculty, librarians and senior administrators to be exhibited at the centre on a rotating basis. Submissions can be made by email and will be approved on an ongoing basis throughout the year for showing periods of one to four months. Please submit a maximum of seven jpg image(s) of your work to academic.retiree@utoronto.ca with a subject heading of *ARC Art Submissions* with the following information included in the body of the email message: your name, phone number, short biography, titles of works, dimensions, and media.

Call For Facilitators from a Venue of the ARC Speakers Bureau

Dear Professors,

The Prosserman JCC is planning to launch in fall 2011 The Centre for Dynamic Learning (CDL) providing Boomers(PLUS) the opportunity to learn in a study group setting encouraging discussion and socialization and addressing their interest in volunteerism and continuing education.

CDL brings together a network of individuals with a variety of experience, expertise and connections allowing for development of peer led interactive workshops, discussions and study groups. Boomers(PLUS) planning and delivering programs for Boomers (PLUS).

All series are led by volunteer facilitators/experts presenting a meaningful and stimulating way to give back to the community.

Planning and execution of all aspects of CDL is coordinated by a volunteer committee led by a volunteer chair in collaboration with the Program Coordinator from the Prosserman JCC (Senior) Adult Programs.

We are looking to build a roster of

facilitators who we can call on to address future topic considerations.

We would greatly appreciate knowing if you would be interested to volunteer-facilitate a study-group/discussion.

If interested, please contact me for more details.

Sincerely,

Janet Klein-Slavin
Coordinator, Senior Adult Programs
Prosserman Jewish Community Centre
Sherman Campus
4588 Bathurst Street
Toronto, Ontario
M2R 1W6
Tel. (416) 638-1881 ext. 4259
Fax (416) 636-5813
janets@prossermanjcc.com

For information about our programs that will start in Spring/Summer 2011 go to Lets Talk Bulletin -
<http://prossermanjcc.com/LetsTalk>



ARC Speakers Bureau

➔ If you are willing to be a member of the ARC Speakers Bureau, please email academic.retiree@utoronto.ca, indicating (1) Your name and phone number(s) (2) A brief description (keywords) of your fields of interest, indicating some of the topics on which you wish to speak (3) Any restrictions regarding your availability—such as days of the week or times during the year.

<http://www.faculty.utoronto.ca/arc/Speakers.htm>

Work-Study Appreciation Day at ARC, March 4th

ARC hosted a Work-Study Appreciation Day to thank the seven students who worked at ARC and Senior College through the 2010-2011 season.



Ken Rea and Peter Russell supervised four Work-Study students at Senior College. Ken, Sandy Gregor and Russ Wooldridge met regularly with Qian Chen, Bavethira Jeganathan and Naseem Khan to discuss work on the Senior College Encyclopedia Project.



L to R: Bavi, Sandy, Russ

L to R: Chen, Madeha, Stephanie, Tina

Peter supervised Lakshi Sivagnanam who attended weekly programs of Senior College and contributed a written report each week. Lakshi's reports are available on both Senior College websites.

We wish all our Work Study students much success in their studies and in their future pursuits!

Photos this page: Ken Rea

Academic Retiree Centre Outreach and Event Assistants Tina Baoukian, Madeha Batool and Stephanie Friel kept busy with tasks related to the newsletter, events and promotion. Each of them contributed one or more articles and/or pieces of art work to the ARC News newsletter.



Joseph T. O'Connell Guest Edits Special Issue

A recent special issue of the *Bangladesh e-Journal of Sociology*, Volume 8, Number 1 (January 2011) entitled "Religious Studies in South Asia: The Dhaka Initiative" (based on Dhaka University seminar papers on religion in Bengal) is now available online at <http://www.bangladeshsociology.org/BEJS%208.1%20Final.pdf>

Professor Emeritus, Department and Centre for the Study of Religion, and Fellow of Senior College, Joseph T. O'Connell guest edited the issue, and writes that the journal's introductory article gives a fair indication of what he has been up to on his recent winter sojourns in India and Bangladesh. He is currently Visiting Professor, World Religions and Culture, University of Dhaka, Bangladesh.

Senior College

The University of Toronto's Senior College supports and fosters the scholarly, professional and creative activities of retired faculty, librarians and senior administrators. Its mission is to serve as a beacon for intellectual exchange, academic and cultural activities for collegial interaction among members of the university's retiree community.

Senior College currently has 89 Fellows and 7 Registered Members and has just enjoyed its second year of weekly programs. Please check the websites for more details:

<http://www.faculty.utoronto.ca/arc/college.htm>.

or

<http://sites.google.com/site/seniorcollegecommunications/>

Senior College accepts membership applications in two categories: (1) Fellow or (2) Registered Member. The membership year begins in January.

For more information, contact Senior College at (416) 978-7553 or senior.college@utoronto.ca.

Why Become a Fellow of Senior College?

- ✓ Add a new dimension to your retirement
- ✓ Meet a variety of people you wouldn't otherwise encounter
- ✓ Open your eyes to new scholarly perspectives

Events and Meetings

- Senior College Council Meeting

Wednesday, April 27, 2pm-4pm
155 College St., Rm. 270

Please RSVP online by noon, April 25

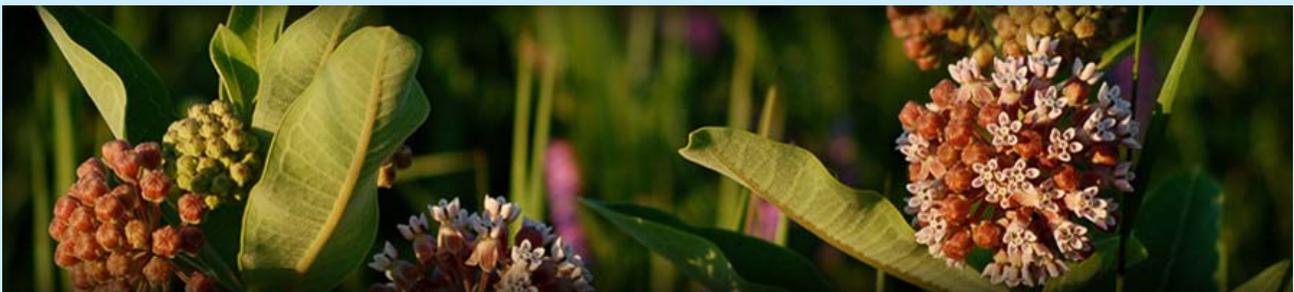
<http://www.faculty.utoronto.ca/arc/college/RSVP.htm>

- Senior College Annual General Meeting

Thursday, May 26, 10am-noon
Faculty Club, 41 Willcocks St.

Please RSVP online by noon, May 24

<http://www.faculty.utoronto.ca/arc/college/RSVP.htm>



- Field Trip to Koffler Scientific Reserve (KSR) at Jokers Hill

Saturday, June 11, 9am-4:30pm

Presented by UTAGA (Uof T Association of Geography Alumni) and Senior College

Cost: \$30, includes bus & catered lunch

Please RSVP online at

<http://www.alumni.utoronto.ca/geotrip>



On The ARC Shelves?

Do you have a spare copy of a recent publication? Consider donating it to ARC for the Retiree Publications Shelves. Please sign your donation first! <http://www.faculty.utoronto.ca/arc/Shelves.htm>

Credit Due

ARC operates with much community effort and support, and gratefully acknowledges with thanks:

- ✓ **Joan Winearls** for donation of computer equipment in excellent condition
- ✓ **Ken Rea** for ongoing photography of Centre events and people
- ✓ **Winston Ji** for serving cake on Work-Study Appreciation Day
- ✓ **RALUT** for stocking the kitchen with coffee, tea, sugar and milk on an ongoing basis.

About the Academic Retiree Centre (ARC)

ARC has comfortable study carrels, secure lockers, and a kitchenette. It's a friendly and comfortable space created for UofT retired academics, librarians, and senior administrators. Keep in touch by subscribing to the ARC listserv: email your request to academic.retiree@utoronto.ca.

ARC Board of Management

Chair: Edith Hillan, Vice-Provost, Faculty & Academic Life

Co-Chair: Peter Russell, University Professor Emeritus, Political Science

David Cook, Principal, Victoria College

John Dirks, President and Scientific Director, The Gairdner Foundation; Professor Emeritus of Medicine

Sara-Jane Finlay, Director, Faculty & Academic Life

Esme Fuller-Thomson, Associate Professor, cross-appointed to faculties of Social Work, Medicine and Nursing

George Luste, President, University of Toronto Faculty Association

Marian Press, Academic Librarian, OISE Library

Jack Stevenson, President, RALUT

TBA, Retired Librarian, University of Toronto Library

Staff

Pat Doherty, Administrator

Volunteers

Cara Bruni, Douglas Creelman, Stephanie Friel, Rick Hayward, Alexander Ma, John David Stewart, Mary Vohryzek, Ke Kiana Xu.

ARCNews Submissions

To submit items for publication in ARCNews, forward to Pat Doherty, editor, at academic.retiree@utoronto.ca.

ARCNews is issued bimonthly:

- October
- December
- February
- April
- June
- August

All issues of ARCNews are available online at <http://www.faculty.utoronto.ca/arc>.

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