

A Quarterly Publication of the Explorers Lifelong Learning Institute of Salem State University

A PSYCHIATRIST TALKS ABOUT LYME

by Linda Weltner

Has someone close to you suddenly and without warning become significantly depressed? Is a child or a friend who was once active now suffering from inexplicable fatigue? Is someone you know complaining about arthritic-like joint pain that appears first in one place, then shifts to another?

These can all be early signs of Lyme disease!

On February 11, Dr. Jack Weltner, a Harvard-trained psychiatrist, spoke at Explorers about treating a patient of his with all of these symptoms as if she were in need of emotional help. She complained of being in a “brain fog,” of losing her way while driving in her hometown of 25 years, and of spells of dizziness. Having seen her physician and a neurologist, both of whom found no signs of a physical illness, she finally diagnosed herself.

“Dr. Weltner,” she said, coming into a psychiatric session, “I tested myself on the Internet and I have all 16 symptoms of Lyme disease.” And she did.

The medical establishment has set forth a protocol for treating patients who come in with the infrequent telltale bullseye rash around the bite of a deer tick: a short blast of antibiotics. Without such proof of a bite, most physicians send blood samples out for the ELISA test, which is only 40% accurate; those who come back negative but still complain of symptoms are dismissed. Most general physicians do not believe there is such a disease as chronic Lyme.

Dr. Weltner discovered this when a grandson was misdiagnosed with depression by his doctors. His ELISA was negative, his brain scan disclosed no tumor, he did not have Addison’s disease, and so his physician at Mass General Hospital looked no further. He was forced to leave college in the middle of his senior year, however, due to crushing fatigue, panic attacks, memory loss, noise and light oversensitivity, headaches, dizziness, and balance issues. Finally, he tested positive for Lyme with a more reliable test called the Western Blot, and is currently being treated with intravenous antibiotics.

There were 300,000 cases of reported Lyme disease in the US last year. That number is expected to reach a million cases in 2017, but many doctors who specialize in treating Lyme disease (and have long waiting lists) suspect that at least twice that number are being incorrectly evaluated and sent home with other diagnoses.



Jeanne Louizos

President’s Column

I am writing this in mid-February during the week of the multiple snow storms.

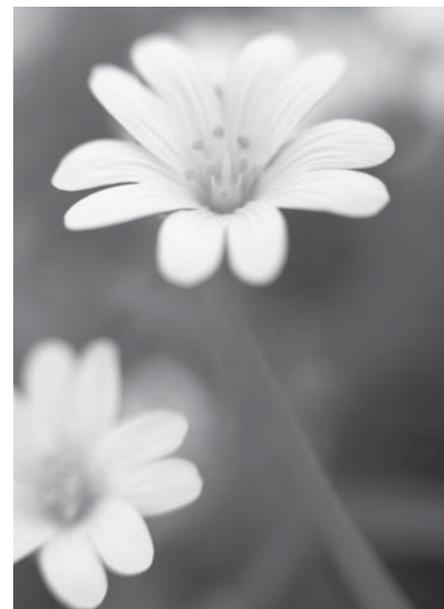
Those of you who know me are aware of my great love and affection for all animals. However, I am beginning to feel a bit cranky about Punxsutawney Phil, the great predictor.

Oh well, the six-week sentence will be just about up when classes start up on March 6.

Judging by your enthusiastic response, the spring 2017 semester is very much to your liking. Welcome back!

I am happy to report that we have 32 new members this semester. Each of them has a star on his/her name badge. Please be on the lookout! Introduce yourself and welcome them to Explorers.

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Dr. Jack Weltner

A PSYCHIATRIST TALKS ABOUT LYME (continued)

Recent studies have shown that mothers can pass the disease on in utero and in breast milk. Lyme bacteria may possibly be transmitted in sperm; the evidence is not yet definitive. And, as in the case of movie star Chris Christopherson, misdiagnosed with dementia and about to be put in a nursing home, Lyme disease is often mistaken for other diseases, such as juvenile arthritis, chronic fatigue, fibromyalgia, and hypochondria because it has so very many misleading symptoms.

Lyme disease is contracted by the bite of a deer tick the size of the period after this word. You can be exposed to one traveling on your dog. Climate change has exponentially increased its numbers in New England. Its bite does not hurt or swell and is often followed by flulike symptoms. If treated immediately, it can be completely cured.

However, given time, the bacteria form cysts invulnerable to antibiotics. Its spiral-shaped body can worm its way into the cells and damage almost any organ in the body, including the heart, liver, and brain. It can hide there indefinitely, safe from the immune system. Treating it requires a long series of treatments spaced over time because the hiding bacteria emerge when treatment has ended and then begin to proliferate again. Successful treatment can take years.

Dr. Weltner has begun giving lectures to therapists like himself who are not aware that Lyme can present as an emotional illness. He urged Explorers to be active and knowledgeable, to seek out only Lyme-literate physicians, and to advocate for and inform others of this potentially catastrophic disease.

Recommended Books

“Why Can’t I get Better?” by Richard Horowitz, MD

“Healing Lyme” by Stephen Buhner

“Cure Unknown: Inside the Lyme Epidemic” by Pamela Weintraub

President (continued)

Many thanks to Judy Arnold and Marilyn Cassidy who hosted the Spring Preview in January and to Judy Selesnick and Frank Hawke who hosted the New Members Coffee this past October. Great work as always.

Despite two weather-related cancellations, the Intersession program has been excellent. Great topics, great attendance. Thank you, Frank Hawke and your crew: Helen MacLaughlin, Don Zaik, and Judy Selesnick.

Please attend the fundraiser at the Landing Restaurant in Marblehead on Wednesday, March 22 and the annual luncheon on Wednesday, June 14 at the Waterfront Hotel in Salem—a new adventure for Explorers thanks to Janice Wyner and the Special Events Committee.

I close with my usual mantra: volunteer, volunteer, volunteer. ‘Tis better to give than to receive.

Thanks again, Jane Casler, for another great edition of the Compass.

Happy spring.

Jeanne

THE HIDDEN THREAT: THE LYME EPIDEMIC

By Judy Selesnick

On Wednesday, January 11, Dr. Jack Weltner and his daughter Laura Plunkett delivered a very enlightening Intersession workshop on Lyme disease. They discussed the difficulty in diagnosing Lyme disease, Lyme disease testing, co-infections of Lyme disease, and their personal experiences with patients and family. They also distributed a Lyme questionnaire as well as a list of resources. (You can ‘google’ the Horowitz Lyme-MSIDS Questionnaire—please note the disclaimer in the initial paragraph.)

Lyme disease infects more than 300,000 people per year in the United States and millions more throughout the rest of the world. Symptoms run from mild lethargy to severe arthritis to heart disease to incapacitating neurological dysfunction. Although tests have improved over the past decade, they are still not completely reliable, and antibiotics are only partially effective. Up to thirty-five percent of those infected will not respond to antibiotic treatment or will relapse. The most common antibiotics used to treat the disease are doxycycline and amoxicillin. If these do not work, many are treated with intravenous antibiotics or other antibiotics and/or alternative courses of treatment.

AS LUCK WOULD HAVE IT

By Don Tritschler

One day 25 years ago, a friend handed me an application, saying, “Here is something you’d probably like to do.” I didn’t fill it out for a year—a year wasted. It was an opportunity to join the “Over the Hill Gang.” Maybe the name put me off, but when I joined, I met people who loved to be active and have fun. They started as a ski club, but they quickly began hiking, biking, golfing and, I noticed, took on any sport or activity a member wanted to propose.



The Gang at Play

My first activity was the bike ride listed in the monthly newsletter. Though I called the person leading the ride to say I would be there, as often happens, it took me too long to find the way. When I did reach the starting place, there was the leader, waiting at the top of her street for me. We soon caught up with the riders for an afternoon of fun.

Later that summer the “Gang” was invited by six members to come to their neighborhood in North Conway, New Hampshire. We biked, played tennis, and enjoyed a “progressive dinner” in their houses. I discovered they enjoyed social events, including dinner dances, clambakes, riverboat rides, game nights, and cultural events such as museum visits and musical concerts—anything members proposed.

I got so involved that a committee asked me to be the club’s president. That happened at a crucial moment. The president who preceded me had undertaken the task of separating from the Over the Hill Gang. We renamed ourselves the Top of the Hill Gang, we went nonprofit, and our dues became \$25 a year. The one restriction is that members must be at least 50 years of age.

My membership has changed my life. We now have over 400 married and single members, who joined the Gang for its variety of sports and social activities. But in due respect for what we now call “full disclosure,” I must mention the best, though not typical, part for me. I met my wife Polly during that progressive dinner.

Want to know more? www.TOHG.org.

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APPLE BYTES

By Helen MacLaughlin

How I love my Apple devices! Recently I have been thinking about getting a new iPad. Every few years, whether I need one or not, I have the need to check out the latest version. Maybe there is something spectacular I will decide I can't live without, or, perhaps nothing is particularly enticing and I can wait another year to get all the latest bells and whistles.

Usually, sometime in March, Apple unveils the latest developments in its iPad line. While I have no crystal ball to foresee the offerings for this spring, I have decided to explore what is currently on the market for iPads. That way, I will know if the 2017 models are really worth the wait.

Did you know there are, to date, five versions of the iPad: two sizes of the iPad Pro, the iPad Air2, a Mini4, and a Mini2? While many features are found on all of these versions, differences great and small are also found. I did a little casual online research, reading articles in MacWorld, NY Times, and Lifewire. I also perused the Apple website. Thus armed, I considered pros and cons for each species of iPad.



The iPad Pro has the latest in camera upgrades and retina displays. The speakers, of which there are four, provide high-fidelity sound. Processing speed is lightening quick, which is particularly beneficial if you are using the Apple Pencil accessory. A fully charged battery will last approximately 10 hours. Rose Gold is my favorite of the four finishes available and a Smart keyboard cover and a Pencil make excellent accessories. A serious consideration as a con is the hefty price tag.

The iPad Air2, on the other hand, continues to handle multitasking well, has a very good camera, Touch ID, and a much more reasonable price.

The Mini 4 has a more powerful chip than the Mini 2 and is also lighter and thinner. The Mini 2 lacks Touch ID and a laminated display.

Size, storage capacity, cellular and wi-fi access, and operating system are all things to consider regardless of the

iPad version. The IOS 10 is the operating system available for all newer iPads. Size is a matter of personal preference and a function of how you use your iPad. Are you simply sending out a few emails and playing solitaire, or are you working on more complicated documents and projects? Storage capacity needs to be as large as you can afford if you store hundreds of photos, thousands of tunes, or large video collections. If your current iPad is at capacity for storage, you should consider increasing the capacity when you purchase a new one. Wi-fi alone works well if you do not travel far or often. Free wi-fi is easily available in most locations now. Cellular plus wi-fi gives the best internet coverage but costs more.

I am planning to wait until Apple rolls out its newest iPads in spring 2017. Honestly, as I also need a new computer, I am seriously thinking of purchasing the iPad Pro with the large screen and not getting another desktop computer. I really like the Smart Keyboard available for this model, too. Quite an investment, but my eyesight and my finger dexterity are not improving with age.

A few websites to check out:

- Computers4Seniors.org - A compilation of websites offering a wide variety of entertainment.
- SeniorPlanet.org - Shares information and resources that support aging with attitude.
- consumer.ftc.gov - Information on money and credit, health and fitness, jobs, identity, and online security.

Apps of Interest (Free) available at Apple App Store:

- LastPass - a password generator and management system.
- Words with Friends - a Scrabble-like word game to play online with family, friends, or anonymous people from around the world.
- NPR - Access to NPR programming.
- ALL Recipes - New recipes, instructional videos and ability to build a shopping list.



Dr. Jack Weltner

Lyme disease is an infection caused by being bitten by an infected tick. The first and typical symptom is usually a rash that spreads out from the site of the tick bite usually in the form of a bullseye. Unfortunately, many people do not experience this symptom and/or do not recognize it. Left untreated, the germs (bacteria) can spread to other areas of the body. The bacterium causing Lyme disease is called 'spirochete, *Borrelia burgdorferi*.

Lyme has become very widespread, and unfortunately there are many physicians who aren't "Lyme friendly." Patients are often diagnosed with other diseases such as ALS, MS, juvenile arthritis, fibromyalgia, chronic fatigue, etc. The most common and first test administered to diagnose Lyme Disease is the ELISA test, which is only 45% effective. If you have a negative result, your insurance may not pay for any additional testing. The next and more effective test is the "Western Blot" which is 80% effective. When Lyme disease isn't diagnosed in its initial, acute stage it can become chronic. This occurs when the spirochetes are not eliminated by the antibiotics. Antibiotics only kill the bacteria when they are dividing. Lyme bacteria divide only once a week—thus a very high level of antibiotics is necessary to kill them.

Lyme disease, especially if chronic, markedly affects the lives of those who have it as well as those around them. Their families and/or friends might find the Lyme patient to be irritable, jumpy, depressed, anxious, and constantly complaining. There are frequent trips to the doctor(s), pills to be taken, blood work and other diagnostics. Disturbances in eating and sleeping patterns are common and mood swings often accompany physical complaints. Profound fatigue, symptoms that may be seen as ADD or ADHD make it difficult for peers to understand the variations in the levels of functioning from day to day which can lead to social isolation of and by the Lyme patient.

Dr. Weltner shared the experiences and treatment of a particular patient whose symptoms were so diverse that diagnosis was extremely difficult. Laura Plunkett told her story of seeking a correct diagnosis and treatment for her son whose symptoms fit those of many different physical and psychological diagnoses. Yet, in the final analysis, her son had Lyme disease.

This was a powerful, informative, interesting, and heartfelt presentation about a disease that, even now, is too little understood.



Laura Plunkett

BECOMING MISS DAISY

By Anne Whittemore

Why isn't the car moving? I had pulled into the parking space and just stopped. I couldn't see anything that would impede my moving forward so I backed out and tried it again. I stopped yet again so I got out to take a look. What was blocking my progress was another car. My left front fender was nestled against the right front fender of the car to my left. I hadn't heard or felt anything that would indicate a collision so was somewhat puzzled. Remembering my ophthalmologist's warning about my limited left peripheral vision resulting from a stroke, I had not tried to squeeze into the space. I backed out and drove around the lot looking for a space two car-widths wide. I found one and parked the car without incident.

When I got home I mentally reviewed the several recent incidents caused by my increasing inability to judge distances leading to near collisions. I had also experienced some difficulty entering the parking garage on a right turn as evidenced by the scuff marks on the left side tires from the concrete base of the ticket dispenser and the new paint stripe on the left side mirror from the dispenser itself. I found I could enter on a left turn without any problem so changed my approach.

I had stopped driving at night some time ago and now daytime driving was becoming a problem. Highway driving was now terrifying. In my younger days I had enjoyed driving and the faster the better. One summer night I had driven from Hyannis

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to Boston in my Corvette in 45 minutes. I never told my kids about that.

My ophthalmologist suggested I should probably stop driving and I agreed. It made sense that I should get off the road before I did some damage to myself or others. I knew I would be giving up my freedom to come and go as I pleased but I would not miss the traffic and rude drivers. I live near Salem State and have to contend with the students who just step off the sidewalk without looking because they are looking at their phones with headphones on. I won't miss them either.

GAUCHITO GIL

By Monty Morris

Betsy and I are Explorers in more ways than one. Last year we visited Argentina. There we rented a car and drove all over the northern half of the country. Wherever we went, we noticed peculiar roadside shrines, always marked with red banners. We inquired and discovered that they were shrines to “Gauchito Gil,” a real 19th century Robin Hood who stole from the rich and gave to the poor.



Gauchito Gil

The police finally caught up to Gil, and they were about to execute him when he said to his captor, “Your son is sick, and he will die. But, if you give my body a decent burial, he will live.”

The policeman laughed and proceeded with the execution. Gil's body was left to rot. When the

What are my options? I applied to the MBTA Ride and was approved. I also found that the Salem Council on Aging has wonderful transportation services such as regular Market Basket, Crosby's and Walmart shopping days and out-of-town medical transportation. There are special trips such as to Trader Joe's. The monthly Council on Aging newsletter, which has all the transportation information, is available at the Senior Center, by mail, or on the City of Salem website. The drivers in Salem are very helpful and even get to know your schedules. The Ride takes me out of town and fills in when the Council on Aging is not available such as on weekends and after 3 PM.

You get to meet all kinds of people and go to new places on the van rides and, especially on The Ride, hear some interesting stories. I'm getting to know the back ways and byways and all the elderly housing in Salem. Sometimes I miss not having a car but not very often.

So now I am “Miss Daisy.” No more spur-of-the-moment trips to the mall or to the grocery store, no more doing several errands in one trip. For some things I have to depend on friends or neighbors. I am fortunate to live within walking distance of my bank, my hairdresser, a CVS and a convenience store so I've been doing a lot more walking, weather permitting, which is a good thing.

policeman returned home, he found his son dying. The policeman returned to the execution site and did what Gil had requested. The policeman's son revived and lived, as Gil had predicted.

Ever since, many Argentinians have revered Gauchito Gil as a kind of saint, although he has never been recognized by the church.

Truckers erect the shrines on all the roads of the country and leave small gifts of tobacco or liquor to insure good luck. The major shrine of the sect, if it can be called that, is the site of Gil's execution, near the city of Mercedes in Corrientes Province. A whole village has grown up around a “chapel,” festooned with banners and containing thousands of candles and votive objects, giving thanks to Gil for perceived favors.

Educated Argentinians scoff, but to the truckers of Argentina, he still lives and protects them, and perhaps us Explorers too!

Communication and Information

- Make local cable TV more relevant to senior citizens by providing information about events and resources of interest to them.
- Increase education and access to technology for seniors by providing more publicly available computers and places that offer free Wi-Fi.
- Create a telephone hotline to make information about senior services available in off-hours, evenings and weekends.

- Provide free educational opportunities for Salem residents, especially seniors, to learn computer and social media skills by creating volunteer programs for younger residents to share their knowledge.

Civic Engagement and Employment

- Continue to explore ways to expand eligibility or availability of tax work-off positions in Salem.
- Educate businesses on the value of older workers and debunk stereotypes and myths that may exist.
- Encourage public groups and municipal departments to remove barriers to vulnerable segments of the older adult population (e.g., those with disabilities or limited English proficiency as well as low-income seniors) to attend public meetings.

The next steps for the Salem for All Ages initiative include the prioritization and implementation of the action items outlined in the plan.

The full plan is available at www.salem.com/council-aging/pages/salem-all-ages.

Kay Walsh	Immediate Past President, North Shore Elder Services
Charity Lezama	Executive Director, Salem YMCA
Tara Mansfield	Director, Salem Public Library
Debra Tucker	Assistant Executive Director, Salem Housing Authority
Debra Lobsitz	Chair, Salem Commission on Disabilities
Victoria Shams	Vice-President of the Salem Latino Coalition
Kerry Murphy	Healthy Lifestyles Coordinator, Mass in Motion
Russell Findley	Built Environment Coordinator, Mass in Motion
Jeramie Silveira	Professor, Salem State University
Patricia Zaido	Community Representative

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Heidi Whear	Director of Regional Relations, John Bertram House
Rosaleen Doherty	Owner, Home at Last

“Our senior population and those who will become seniors over the coming decades are a dynamic group. They want to be active, civically engaged, and to have their voices heard.”

-Kimberley Driscoll
Mayor, City of Salem MA

Year One Goals

1. Designate a committee or hire a consultant to craft a communication plan for Salem, with a specific emphasis on communicating with older residents of all language abilities and to include a strategy for preserving the printing of specific information sources.
2. Using an existing data-gathering mechanism such as the City census, conduct a city-wide mailing to obtain email addresses of all residents of Salem age 60 and older for the creation of an electronic listserv of older residents.
3. Determine if there are improvements that can be made to the long-term use of bricks for sidewalks. For example, explore brick alternatives like red concrete that is stamped to look like brick. Target areas outside senior housing buildings or the COA to pilot these sidewalk improvements. Solicit resident feedback.
4. Generate a Master Plan for the maintenance of all Salem Housing Authority operated units to ensure quality and up-to-code living.
5. Commission a feasibility study of connecting the existing intra-city transportation options (COA van service, seasonal trolley service, SSU shuttle and school busses) together to identify gaps in service and streamline access to the amenities of living in Salem.
6. Create a city-wide volunteer process and centralized location for the posting of available volunteer opportunities for all Salem residents.
7. Initiate a process to ensure that benches are available at all bus stops throughout the City. Begin with the prioritization of bus-stops with high utilization.



Source: Sandra Harris, Design For Aging Committee, BHA

The Eight Domains of Everyday Living

SALEM'S AGE-FRIENDLY ACTION PLAN EMBRACES THE CITY'S SENIORS

By Jane Casler

Kudos to the fair city of Salem. Two months ago, Salem submitted an age-friendly action plan, Salem for All Ages, to the AARP and the World Health Organization. The plan is a carefully crafted blueprint for enhancing the quality of life in Salem, especially for senior citizens. It all began in 2016 when Salem joined AARP's national network of Age-Friendly Communities. In doing so, the city pledged to develop and implement an ambitious action plan for an age-friendly community. The plan covered eight "domains" that represent everyday living.

To develop the plan, Salem went directly to the people of Salem to understand what residents, especially seniors, want and need. In addition to numerous public meetings and focus groups, a community survey captured feedback from over 400 Salem residents, aged 50 and over. The result was a comprehensive plan that attempts to address about every aspect of life in Salem. Here are just a few of the proposed action items...

Housing

- Create a volunteer program for high school students to help seniors with small household chores (raking leaves, changing lightbulbs, removing AC units, etc.).
- Create an "express permit line" to speed up the permitting process for seniors seeking home modifications.
- Look into expanding COA's medical equipment loan program to include larger items like beds and chair-lifts.
- Connect seniors with individuals who will provide low-cost home repair (fixing a leaky faucet, installing ceiling fans or toilets, etc.) and home modification services (installing grab bars, ramps, etc.).
- Commission a study of housing options (public, private and subsidized units) for Salem seniors who wish to downsize, with a focus on middle-income Salem residents.

Transportation

- Commission a feasibility study to identify gaps in intra-city transportation services (COA van, Salem State University shuttle and school buses) and streamline access to Salem amenities.
- Find ways to make taxi service in Salem more affordable and accessible to seniors.
- Commission a feasibility study to examine expanding existing trolley services to run year-round.
- Have all public transportation information available in

both English and Spanish.

- Increase transportation options to and from medical appointments.
- Implement the 10-year parks and recreation master plan while ensuring that it meets the needs of Salem seniors.
- Improve the safety and walkability of sidewalks and intersections throughout the city (e.g., explore brick alternatives like red concrete that is stamped to look like brick and eases walkability; identify and modify LED light fixtures in the city that cause a glare for drivers at night).
- By 2020, make Salem's public buildings fully accessible to persons with impaired mobility (e.g., installing elevators, ramps).
- Ensure that each neighborhood has a police officer that residents know and trust.
- Make beaches and waterfronts more accessible to seniors and people with mobility issues (e.g., wheelchair loan program, beach access via paved ramps and railings).

Community Supports and Health Services

- Continue plans to build a community center with space and programming for Salem's older residents.
- Continue to promote free health screenings and exercise opportunities at the COA and offer them to a wider audience of Salem residents.
- Help the COA to expand its outreach to older Latino residents of Salem by hiring bilingual speakers.
- Consider creating an "Are You OK" program for Salem's more vulnerable seniors to be implemented by police and fire departments in conjunction with COA.
- Create a mobile healthcare van for animals owned by seniors.
- Encourage North Shore Medical Center to provide home-based medical aid to seniors and others who find it difficult to reach area medical facilities.

WASHINGTON AFTER THE ELECTION

By Jane Casler

Who could resist this topic? Not me, so I went to Michael Goldman's Intersession lecture, Washington After the Election, on January 9. Goldman is president of Goldman Associates, a firm that provides communications and strategic planning services. He has also served as a consultant in over 150 political campaigns. His clients have included Hubert Humphrey, George McGovern, Tom Udall, Ted Kennedy, Michael Dukakis, and Bill Clinton. Goldman was also in the "kitchen cabinet" of Massachusetts Governor Deval Patrick.

I'd say that Goldman is progressive. Okay, very progressive. But most of his Explorers audience was too. Judging from our reactions and comments, Michael Goldman was largely preaching to the choir. That said, there was at least one exception—a Trump supporter who not only attended the session but had the courage to speak out. I'm not a Trump supporter. But I admire that person. How often do we risk stepping out of our own political bubbles and into those harboring people with different views.

Goldman's focus was on the great divide: the political/cultural rift that differentiates the coasts from the rest of the country. The message: where you come from geographically tends to impact where you come from politically. "People's attitudes and opinions are based on predisposed biases," said Goldman. "Votes come from the middle, and they're different from the coasts."

To illustrate the divide, he reminisced about traveling with Michael Dukakis in the Massachusetts governor's 1988 bid for the presidency. "The number one question asked all over the country, says Goldman, was, 'What are Greeks? Are they Italians, Jews?'" In short, in many parts of the US, as opposed to the coasts, Dukakis was "the other."

In Goldman's view, There are two Americas, and they try to operate as one... "Large portions of the country don't have any Catholics or Jews. And when middle America looks at coastal America, they see Michael Moore and Ellen DeGeneres."

Further complicating the political divide is that, despite our differences, we tend to think that the rest of the country shares our values. That's why so many were in shock when Donald J. Trump claimed the Presidency.



Michael Goldman

According to Goldman, Trump's advantage is that he understands what his supporters need to hear. The slogan, "Make America Great Again" plays into many people's "fantasies" of the good old days. But how good were they, asks Goldman. In 1969 women

comprised only 2% of med and law school classes. Today, 53% of these students are female. Back in the day, though, many people had no idea of the limitations women faced. As for diversity in the 60s, quipped Goldman, "An Irish person marrying an Italian was a 'mixed marriage.'" Given the history of civil rights, racial equality, and women's rights, women and minorities don't want to go back.

Goldman's first rule of politics is this: "It's not what's real that's important. It is what is perceived to be true." For Trump supporters, perceived truths may include:

- The problems are East Coast - liberal, progressive, educated Americans. And the dishonest media!
- Trump will bring back jobs people had before.
- Global warming doesn't exist.

Why did people vote for Trump even when they know he lies? "Sixty percent of voters in exit polls said Trump was unqualified. He won anyway," says Goldman.

On the plus side for Dems, Goldman has spoken with many D.C. Republicans who are not in Trump's camp, and they don't think he will last four years. Judging by a show of hands, neither did the vast majority of Explorers in the audience.

Looking to the future, Michael Goldman is hardly optimistic. "If Republicans in D.C. who don't share our values are afraid, then we should be very afraid." He fears that if Trump is ousted, his supporters will pick up arms. He worries about guns but also about people who believe the system is rigged. "The media need to be more careful than ever before to document and have credible sources."

My take on the presentation? The topic was disturbing but the presentation was great fun because I agreed with almost everything Michael Goldman said. That's because he and I share the same progressive political bubble. And that's... disturbing. As President Obama opined in his farewell address to the nation, bubbles are the problem...

"For too many of us, it's become safer to retreat into our own bubbles, whether in our neighborhoods or college campuses or places of worship or our social media feeds, surrounded by people who look like us and share the same political outlook and never challenge our assumptions. The rise of naked partisanship, increasing economic and regional stratification, the splintering of our media into a channel for every taste—all this makes this great sorting seem natural, even inevitable. And increasingly, we become so secure in our bubbles that we accept only information, whether true or not, that fits our opinions, instead of basing our opinions on the evidence that's out there."

With that in mind, and given the divides, I am ready to listen—okay, really listen—to the other side.

MEMBER PROFILE...

PAT FRANKLIN

By Judy Selesnick

Pat Franklin is the current vice president of the Explorers Lifelong Learning Institute. According to Explorers' By-Laws, the VP automatically becomes president in the next fiscal year which begins July 1, 2017. So, in case you haven't had the pleasure of meeting Pat yet, this article will tell you a bit about him.

Pat grew up in rural, agricultural, southwestern Michigan where he attended public schools. As a student, he played baseball, football, basketball and track. He went on to the University of Michigan in Ann Arbor where he received a Bachelor of Science degree in Aerospace Engineering. Later, he received a Master's in Business Administration from Salem State University.

Pat began his professional career as an aerospace engineer at Pratt Whitney in East Hartford. He then moved on to General Electric in Lynn where he worked for 37 years. Pat retired from GE in 2012 and says that he loves retirement as a "state of reinvention." It provides the time to move forward, do new things, and explore diversified educational opportunities.

In fact, exploring diversified educational opportunities is one of the main reasons that Pat joined Explorers. He discovered our organization through word-of-mouth: several friends recommended it to him. Explorers has allowed him to discover many new intellectual pursuits. He likes the academic challenge, the variety of courses, and the broad range of topics. Says Pat, "I've never had trouble finding courses to take."

Pat has been on our Board of Trustees for several years as a member-at-large and now as vice president. One of his goals, when he becomes president, will be to build on the work that he and current president, Jeanne Louizos, have started: to rekindle the relationship between Salem State University and Explorers LLI. Pat and Jeanne have actively

been working on this, and Pat would like to keep pressing forward toward a more visible role and/or a more synergistic relationship with the university. He believes that a mutually beneficial relationship for both SSU and Explorers will result.

Pat has been married to his wife Mary for 32 years and



Pat Franklin

they have a 27-year-old daughter. They live in Marblehead where Pat is a member of the Marblehead Finance Committee. He also serves as associate commissioner of the Marblehead Historical Committee where he participates in grant writing and various administrative activities. For Pat, his Marblehead and Explorers commitments are priorities. He especially looks forward to leading Explorers as we take our place in an ever-changing and challenging new world.

ROAD SCHOLAR® THE MISSION OF OUR LLI NETWORK

By Don Tristchler

"At Road Scholar we believe lifelong learning isn't just a hobby—it's a way of life. We have spent more than 40 years inspiring adults to learn in Road Scholar experiences around the world."

Originally, as Elderhostel, RS founded and assigned staff to develop its LLI Network. RS's sponsorship of LLI conferences and monthly newsletters for over 400 LLIs "speaks directly to our mission and our shared passion for enriching educational experiences for adults across the country."

The LLI Resource Network at Road Scholar:

- Increases public awareness of LLIs and the benefits of lifelong learning;
- Directs inquirers to their closest LLI;
- Facilitates curriculum growth and quality; and
- Encourages communication and collaboration among LLIs.

You can access these rich resources at:

- LLI Resource Network at Road Scholar
- Road Scholar
- 11 Avenue de Lafayette
- Boston, Massachusetts 02111

Or at:

https://lli.memberclicks.net/index.php?option=com_mc&view=mc&mcid=form_197947

Or just email: Network@roadscholar.org with:

- Your name, email address, the LLI to which you belong and your affiliation(s), if any (such as board member, volunteer, instructor, etc.).

BITS AND BYTES - WHY THEY MATTER?

By Elliot Wyner

Last September there was an upsurge in complaints about slow or non-functioning WiFi at Explorers. We tried to improve our internet DSL service but we were told by the supplier that we were receiving the maximum speed available. We changed out some weak cables, tried to restart and to reset the modem/router but these common remedies did not stop the complaints. Then, from the Elder Law presenter at Explorers, Attorney Spano, I learned about an App called Speedtest which is used to measure WiFi speeds. Using this App I could measure WiFi speeds and learn more about the problem. At times I measured speeds of 6.5Mbps, and the WiFi worked fine. Other times it was down at 2Mbps, and there were problems. One time, with no other Explorer users, I could see the Internet signal strength for us and others in the building increase and decrease; concomitantly our download speed would increase or decrease. So the time had come to make a change. On Oct 13th, Explorers converted to cable service with a rated 50Mbps internet download speed. Measurements showed speeds had increased about a factor of eight, and not surprisingly the complaints disappeared. Voila!!

Of course we are Explorers, and we need to know more. The unit Mbps is an abbreviation for megabits per second. However, file sizes are measured in Bytes. So if we have a 10 Meg file, we really mean 10 Megabytes. With help from Professor Google, I learned that 8 bits make up a Byte. Conceptually, a bit is like a yes or no answer, and it

takes a sequence of 8 yes or no answers to identify a unique alphanumeric character. Thus if we have a 2 Mbps download speed, it will take $10 \times 8 / 2 = 40$ seconds to download a 10 Meg file. So how do you know if the reference is to bits or Bytes? The convention is bits are a small "b," i.e., Mbps, whereas Bytes are a capital "B," i.e., MB. The M stands for million. Very large files are in gigabytes GB (thousand x million), and small files are in kilobytes, KB (thousands). We are lucky that the relatively low-cost hard drives sold today for PC storage are rated in terabytes, TB (million x million).

Presently, I have DSL at home with a max speed of 3Mbps. We can stream Netflix movies on line and watch without interruption. I learned from Professor Google that I am viewing with DVD quality, but if I want HD (high definition) then I need speeds over 5Mbps. What a bummer. I also have experienced when the family comes and there are 5+ devices using the internet. WiFi becomes very slow and video streaming doesn't work. Not the way to have a happy family. Same problem that we had at Explorers! With more people using smartphones and tablets, the WiFi gets shared and everybody gets less. Emails and texting do not put a heavy load on WiFi, but downloading video is much more data intensive. So as we prepare for the spring 2017 semester, let us hope that the 50Mbps WiFi service at Explorers will keep all happy and the data flowing.

