The holidays are over, and now it’s time to return to work, school, and the Emeritus Center! We concluded the Fall 2018 schedule on December 17 with a special program featuring Allen Shawn. Dr. Shawn is a composer of orchestral and chamber music and a faculty member at Bennington College. He is a noted expert on Leonard Bernstein and spoke to us as part of the Leonard Bernstein centennial celebration. Nearly 50 people attended the program, so it was held in the Standish Room of the Science Library. The Writers Institute co-sponsored the event (see page 8 for more info). We also hosted our biennial general meeting of all emeriti on November 28. Provost Stellar spoke about both the status of the University and his new scholarly book on neuroscience. The meeting additionally included a vote for “at-large” members of our Board of Directors, and all four nominees were unanimously elected. At the Board’s January meeting, we also elected two more at-large members. In addition, we have five “representative” members nominated by the Deans of the Schools and Colleges. See the article in the newsletter for a complete list.

We have a varied and exciting program for Spring the fall semester. Topics range from land conservancy to evolutionary medicine to ancient Mesoamerica. Speakers include Patricia Snyder, former Artistic Director of the NYS Theatre Institute, Jeff Quain from Governor Cuomo’s Office, and Dean Kim Boyer of the College of Engineering and Applied Sciences. See the article in the newsletter for the complete schedule.
Editorial: Harnessing the Power of SUNY Retirees*
Ram Chugh, Ph.D. Distinguished Service Professor of Economics (Emeritus)

In her State of the University System address on January 22, 2018, Chancellor Johnson listed four themes:
• Innovation an Entrepreneurship
• Individualized Education
• Sustainability
• Partnerships

In talking about partnerships, the Chancellor mentioned that she would reach out to various public and private entities to build a stronger and better SUNY. She mentioned SUNY's alliances with industry, government, non-profit foundations, and international organizations.

Respectfully, I would like to suggest one additional very important, and often overlooked, group: SUNY RETIREES.

In large part, SUNY is what it is today is due to the contributions made by retirees during their working years. That includes all retirees - administration, faculty, and staff. Currently, there are over 30,000 retirees spread across the state around each SUNY campus. They constitute a large and diverse pool in terms of their education, expertise, skills, working experience, gender, and racial mix. After they retire, some do amazing things on their own accord: For example:
• A distinguished service professor from SUNY Albany started a "Reading is Fun" program for young children in the Albany area. He has been doing it for several years on a voluntary basis. Through this program, he has impacted the lives of hundreds of young children.
• A retired physician from SUNY Stonybrook goes to African countries to help the sick and needy.
• A RF retiree living in Texas works with local high schools and takes group of children to visit China and other countries.
• A retiree from SUNY Cobleskill goes to a nursing home every week to visit the elderly patients to talk to them, entertain them, and bring some sunshine to their lives.
• A retiree from SUNY Brockport volunteered to serve on the Village Board and later was elected as a mayor of the village.

Collected evidence shows that over 100 SUNY retiree stories describing their involvement in a variety of community service activities. However, they constitute a tip of the iceberg. Survey responses indicate that majority of SUNY retirees would like to share their talent and time in meeting various unmet community and campus needs. Giving back to the community is important to them.

However, SUNY does not utilize this rich resource in an organized fashion. Imagine if we could tap the potential of this army to help with Chancellor Johnson’s vision?

The challenge for SUNY campuses is to design a process to utilize this talent for the good of society. The campuses can take several simple cost-effective steps to strengthen connections with their retirees. For example, the creation of campus retiree organizations, strengthening those already in existence, and encouraging retirees’ involvement in campus and community services will benefit everyone.

If my suggestion makes sense, I would request our chancellor to consider writing to the campus presidents to initiate the creation of campus retiree organizations to harness the power of their retirees. I have developed an action plan to accomplish this goal through the creation of a ‘campus-community-retiree partnership’ at every campus. I would be happy to share that action plan with you.

Finally, since my retirement in 2002, I have devoted 16 years working on various SUNY projects mostly as a volunteer. I am confident that there are hundreds of other retirees interested in serving their campuses and communities.

I am almost 84 and my heart aches to see that SUNY does not have a process in place to connect with their retirees and utilize this valuable resource for greater public good.

Thank you.

* From the public testimony delivered at the SUNY Board of Trustees Meeting on January 16, 2019
I have been retired about two years after a rewarding career that spanned almost 50 years! That in itself is hard to believe! To be honest, I still miss being involved daily in the University at Albany community and having constant contact with students, faculty and staff. While an undergraduate student at another SUNY school, I was very active and involved in many aspects of college life and administration.

Through those many activities, and being a Psychology major, I came to the realization that the career I wanted was to be working with students in a college setting. I applied to the UA graduate program in Guidance and Personnel Services. A major component of the program was counseling and it included an internship semester of working in offices at other schools. I started my studies in the fall of 1968. I also started as a Graduate Assistant in the Office of Residences, as it was known then.

What a wonderful time to be at the State University of New York at Albany! The new campus (uptown) opened in the fall of 1966. Enrollment in 1963 was just under 4000. By fall 1967, enrollment was just over 9000! Those numbers continued to increase as construction continued and now stands at about 17,000.

Here are some things that stand out in my memory. I was witness to the rapid expansion of facilities, faculty, staff, students and programs. Student unrest on campus in the early 70’s wasn’t as bad as on some campuses, but was still intense. Some faculty and staff were recruited to work at night guarding against fire and damage. I was on Alumni Quad 11 PM to 6 AM for several nights. The transition of a paper-based system to an electronic system was significant. I was directly a part of that transformation in Residential Life as well as in the Registrar’s Office. You had to really know how things worked to be able to convert to the logic and mathematics of technology.

The first sitting President to visit the campus was Bill Clinton in November 1994. I remember being outside and seeing sharpshooters on the top of our buildings keeping watch over Bill Clinton. I was there for the terror when there was a shooting in a lecture center room in December 1994. I remember joining the Senate Professional Association in 1970 which eventually became United University Professionals.

Personal computers, the web, smart phones. The University has embraced all new things to carry out educating future leaders in a global atmosphere. I have experienced the constant lines of students waiting for services to one in which individual contact at service offices is not needed. Amazing times!

By the way, did you know that we used to have a Rathskeller and bowling alley in the Campus Center?

I find that in retirement I am able to take advantage of local history lectures and summer music in the park type programs. I live on a lake so enjoy taking the grandkids fishing and swimming. I like to work outside and never seem to catch up with projects and maintenance. I do a bit of woodworking too. I keep in touch with colleagues on campus by visiting, working Commencement, and attending the summer picnic and Holiday Gala.

*Dean W. Knapton M.S., Associate Registrar Emeritus, University at Albany
Master of Science, Guidance and Personnel Services, University at Albany
Over the past five years, the Office of Undergraduate Education has made strides aimed at providing programs and initiatives that serve to foster student success and achievement at UAlbany. This past July 2018, we witnessed the launch of our new Center for Undergraduate Research and Creative Engagement (CURCE).

This Center is housed in the Office of the Vice Provost and Dean for Undergraduate Education (UGE) and supports all students who wish to participate in research, scholarship, and creative activities as part of their education on our campus. We showcase the contributions of our undergraduate students by way of research fairs and conferences, and we support student participation in local and national meetings and with funding to support work in our many fine laboratories and centers.

We provide training and workshops on topics such as securing research funding and awards, presenting research findings, and competing for national grants and scholarships. Our 15th Annual Undergraduate Research Conference hosted 135 students who provided 92 unique presentations from 30 different academic majors and programs.

Complementing our work on undergraduate research is our UAlbany Honors College. The Honors College is a vibrant community providing intellectual challenges to talented students who are driven to push the limits of knowledge in the classroom and beyond and who are committed to civic engagement through leadership, scholarship, and intellectual achievements. The nearly 400 honors students on campus comprise the top 5% of each entering class.

Honors students represent 35 majors across all colleges with a majority representing endeavors within the College of Arts and Sciences. Majors with the highest concentration of Honors College students include Business, Biology, Human Biology, Accounting, and English. Four of our students had their works selected for presentation at the National Collegiate Honors Council (NCHC) in November 2018: Maksim Papenkov, Smanatha Strine, Paige Wright, and Brian Yu. Their papers and panel presentations were well-received by an international audience at this meeting in Boston, Massachusetts.

In 2017-2018, the Honors College successfully implemented a 4-year Honors advising model rooted in developmental advising principles and honors education. Freshmen through seniors held frequent meetings with their Honors Advisor in the Academic Support Center, and Honors Students also received personalized advisement from departmental honors directors who they had the opportunity to engage with starting as early as their New Student Orientation meetings.

This past year, the Honors College also collected a total of 67 scholarly books, authored by 31 faculty members from 16 departments to form their first Scholarly Book Collection housed within Steinmetz Hall, State Quad, for honors students to read and enjoy. These books were presented in a series of faculty evening discussions with students, and each volume is signed and dedicated to the students by the individual faculty authors. Many new initiatives have been implemented in the UAlbany Honors College in recent years, and students report a greater level of engagement with faculty, and, with each other, as a result of those many new programs.

In order to foster and further freshmen student engagement with our University Community, we are hosting nearly 25 Living-Learning Communities wherein well over 400 freshmen reside in groups according to certain themes or subject areas that characterize each Community. For example, we host the World of Accounting, the World of Laws and Justice, the World of Digital Forensics, and the Worlds of Biology and Chemistry, just to name a few. Each World hosts a Faculty/Staff mentor who meets with and engages with students on a regular basis to guide them through their experiences together across the freshman year.
Forging a Mission of Student Excellence and Engagement (continued)

Students also engage with the larger community providing a variety of services where needed. In fact, the L-LC Program was honored with the President's Award for Exemplary Public Engagement in Spring 2018. During the 2017-2018 academic year, L-LC freshmen supported cancer research, prepared taxes for low income residents, helped at after school programs, and created activity kits for hospitalized children.

Students within these Communities also benefited from professional activities that helped them develop greater knowledge regarding career choices and career training. For example, students connected with healthcare professionals at Albany Medical Center through our “Connect!” partnership offering students first-hand exposure to careers in the medical and allied health fields. After these experiences, students reported having made deeper connections with their faculty and with other students than they might have had they not participated in an L-LC.

Additionally, many of these opportunities were also recently extended to our transfer student populations by way of developing and strengthening our Transfer Student Engagement initiatives and offerings. Over 600 new transfer students attended a Welcome Event within the first three weeks of the Fall 2017 semester initializing their connection with the UAlbany campus community early on during their tenure at our institution.

The UAlbany Transfer Advisory Group was implemented in the Fall of 2016 and includes faculty, staff, and transfer students. This group assessed transfer student experiences, and worked to implement new practices across campus. There are 26 active members in the Transfer Advisory Group. “The Driving Force” Commuter Student club was also implemented to help commuter students become more involved with the campus community and prompt greater engagement in the University.

We have also developed a nontraditional student club to support students who are continuing their education while they may be employed full-time and after they may have departed the University for some length of time. We welcome all students to participate in these communities that have fostered quite a bit of campus engagement, collaborative learning, and faculty-student involvement.

These are just some of the many new and innovative programs that have been developed in recent times within the Office of Undergraduate Education that help to foster student growth personally, professionally, and academically and to foster a great deal of engagement with the UAlbany community, external groups, and national and international audiences. Indeed, these activities have bolstered and driven the mission and vision of UGE—to provide pathways and guidance to develop students into informed and engaged scholars capable of achieving excellence in their lives.

We will continue to strive and innovate towards excellence and quality engagement between students, the campus, and external communities while continually maintaining and elevating the academic integrity of our educational standards. Clearly, we are continuing to meet and exceed our goals, as we forge the path ahead towards undergraduate student excellence!

*Jeanette Altarriba, Ph.D., currently serves as Interim Dean of the College of Arts and Sciences at UAlbany. Prior to this appointment, she served as Vice Provost and Dean for Undergraduate Education, and through her leadership, that unit flourished in the ways noted within this article. She is the recipient of the University’s Collins Fellow award in recognition of her sustained efforts and service towards the University at Albany for well over 25 years.*
Allen Shawn, Author of *Leonard Bernstein: An American Musician*

By Carol Whittaker*

The University at Albany Emeritus Center celebrated the centennial of Leonard Bernstein’s birth with a special program on December 17, 2018, the final program of the fall semester schedule. The Center was delighted to welcome Professor Allen Shawn, a man highly regarded as a composer, pianist, and writer. Known for his catalogue of orchestral and chamber music and music for ballet, theatre, and film, Mr. Shawn is also well known for his writing and has published not only biographies of musicians but also memories. He now teaches at Bennington College in Vermont.


Now recognized as one of the leading authorities on Leonard Bernstein and his music, Shawn chronicles Bernstein’s life and work. Bernstein was among the first conductors born and educated in the U.S. to receive worldwide acclaim. He became a towering figure in 20th century music, a conductor and composer of symphonies and Broadway musicals, a real public presence. Shawn’s in-depth exploration of the life of Bernstein is outstanding.

In anticipation of a larger-than-usual audience for this special program, it was held in the Standish Room of the University’s Science Library. Professor Shawn’s discussion of Bernstein the man and the musician held attendees in thrall. For music lovers interested in knowing more about Mr. Shawn’s work, several recordings are available; of special interest to some of us may be that of a piano concerto performed by Ursula Oppens with the Albany Symphony Orchestra under the direction of David Allen Miller.

*Carol is a member of the UAEC Board and a director of its Speakers Program. Shawn’s photo is by Cynthia Locklin*

"The key to the mystery of a great artist is that for reasons unknown, he will give away his energies and his life just to make sure that one note follows another... and leaves us with the feeling that something is right in the world.”—Leonard Bernstein

"A liberal is a man or a woman or a child who looks forward to a better day, a more tranquil night, and a bright, infinite future.”—Leonard Bernstein

"Music can name the unnameable and communicate the unknowable.”—Leonard Bernstein
Advanced Planning ---for the Sake of Your Family
By David E. Siegfeld, Esq

As an estate planner, I often see the hesitation on my client’s faces when faced with the daunting task of planning for a potential disability or their inevitable passing. This type of planning should not be seen as a morbid undertaking, but rather as an important responsibility to ensure that your intent is crystal clear, devoid of any ambiguity and that you have minimized any potential burden upon your family and friends, especially when they are surely facing difficult times.

While the preparation of testamentary documents (i.e., a Will and/or Trust) are important to ensure that your assets pass to your intended beneficiaries, there are other important estate planning documents and information that should be gathered and/or prepared while you are healthy and competent. Such planning will avoid the expense and emotional costs associated by failing to have such documents in place.

Avoid Unnecessary Court Proceedings During Your Lifetime

If you become unable to make decisions for your personal needs and/or financial affairs, without incorporating a few relatively basic estate planning documents, your family or friends could be faced with the need to commence an expensive and emotionally draining proceeding to be appointed as Guardian of your person and property in order for them to have the legal authority to make such decisions on your behalf. The following are the three basic documents:

1. The Health Care Proxy is a document that appoints one or more individuals to make health care decisions for you in the event you are unable to make such decisions yourself. A health care proxy is an important way to ensure that you have appointed someone that you desire to make those decisions for you, rather than relying upon a statutory provision or infighting between family members with equal rights. You should have a frank and honest conversation with your appointed health care agent as to the type of care you want to receive so that your agent is fully aware of your intent and that you are comfortable your agent will comply with your desires.

2. The Living Will is a statement of your desire as to the degree and amount of care, or withholding of that care, if you were in an incurable or irreversible mental or physical condition with no reasonable expectation of recovery and there is a likelihood of death or prolonged life based upon artificial means. This document will help guide your doctors, health care agents, family members and potentially the Courts as to your intentions regarding these matters.

3. Lastly, a Power of Attorney appoints another person (an attorney-in-fact) to make business or other personal financial decisions on your behalf, which can survive or become effective upon your disability/incompetency. This document can be coupled with a Gift Rider that authorizes your attorney-in-fact to make certain transfers on your behalf to effectuate your gift and estate planning desires.

Avoid Unnecessary Delays and Expenses by Identifying Your Family

It is important to identify your potential distributees (i.e., those individuals that would benefit from your estate if there was no Will) by preparing a detailed family tree (names, addresses, relationship to you and contact information). This exercise could save your estate thousands of dollars in avoidable administration expenses and substantially reduce the amount of time your fiduciaries (e.g., executor, trustee, etc.) and their legal counsel spend in trying to locate such individuals in order to proceed with your estate administration.

In order for a Court to probate a Will (i.e., give it legal effect) your fiduciary must obtain jurisdiction over your distributees. Absent a Will, your distributees would be entitled to share in the estate itself and act as the fiduciary. If the distributees or their whereabouts are unknown, the estate is required to conduct sufficient due diligence to locate such distributees. Additionally, the Court is then required to appoint an attorney to represent such potential distributees to ensure that proper efforts have been undertaken to locate the identity and whereabouts of the distributees, as well as involve the NYS Attorney General’s Office to address funds that might either escheat to the State or that might be payable to the Office of Unclaimed Funds. These extra expenses could be avoided or minimized by taking the time to outline this information for your fiduciaries. Your attorney, under the right circumstances, may also advise you that a trust-based plan is preferable to avoid the need to contact your distributees, especially when family members reside overseas and trying to locate them or obtain their signatures could become burdensome.
Give Your Fiduciary a Helping Hand

You need to ensure that your fiduciaries have the ability to access information that will assist them in marshaling and managing your assets. While many attorneys and fiduciaries can rely upon some age-old techniques to assist in discovering where an individual's assets are located (reviewing checkbook registries, tax returns, monthly statements), the technology age makes this process more difficult. Many people no longer maintain paper check registries nor receive paper financial statements. As such, it is important to leave your fiduciary sufficient information to assist in this process, such as:

1. The location of documents the executor will need immediately, such as burial instructions and the deed to your cemetery plot;
2. Contact information of all of your advisers: your attorney, stockbroker, accountant and insurance broker;
3. An investment inventory, including stocks, bonds, C.D.s, bank accounts, insurance policies, jewelry and any valuables;
4. A description of pension rights, death benefits or survivor rights to which you might be entitled;
5. The location of your important papers, like tax returns;
6. The location of important physical assets, including where the keys are to safe deposit boxes, the combination to any safes in the home, secret hiding places for jewelry, etc; and
7. Access to your Digital Assets/Accounts with Passwords. Nowadays, we have online accounts for everything from financial resources to social media, music and pictures. Ensure that your fiduciaries can access these accounts, especially to gain access to your financial resources. Your estate planning advisor should have a worksheet to assist in organizing your various accounts and passwords for your fiduciary, which could avoid unnecessary delays and expenses to gain access.

Taking action now to ensure that these few matters are addressed timely upon your passing will assist in reducing stress and uncertainty during times when grief and anxiety are prevalent.

David E. Siegfried is a partner with Lippes Mathias Wexler Friedman LLP and the firm’s Trusts and Estates practice team co-leader. He counsels businesses and individuals on a wide range of business transactional and planning matters; estate planning, litigation, and probate matters; business succession planning; and commercial and residential real estate transactions. He resides and practices in New York’s Capital Region with his wife and four children. www.lippes.com.

“Love all, trust a few, do wrong to none.”—William Shakespeare

“Never trust a computer you can’t throw out a window.”—Steve Wozniak

“Whoever is careless with the truth in small matters cannot be trusted with important matters.”—Albert Einstein

“Old wood best to burn, old wine to drink, old friends to trust, and old authors to read.”—Athenaeus
The McDowell Sonoran Conservancy in Scottsdale, AZ, celebrated its 25th year in 2017. It partners with the city of Scottsdale to care for the McDowell Sonoran Preserve encompassing 34,000 acres, approximately one third of the city landmass. The McDowall Sonoran Preserve is now the foremost tourist attraction in the city and has more than one million visitors a year.

The Conservancy operates eleven programs, including three core programs of Patrol, Pathfinding, and Construction and Maintenance. The Conservancy’s Parsons Field Institute conducts the ecological research necessary to inform and guide the natural resource management needs of the Preserve.

Beginning in 2014, the Conservancy began to utilize social and management science strategies and techniques to apply adaptive management practices to the many other program actions and outcomes, such as improving steward and public knowledge and appreciation of desert ecology, achieving safe and respectful access for visitors, maintaining public support for the Preserve, and managing its approximately 700 volunteer stewards. Until recently, those human objectives had not been scientifically assessed.

To rectify this situation, the Conservancy executive director and the volunteer leadership approved the establishment of the Self Study Task Force (SSTF), a team of stewards who are social scientists, currently led by David Duffee, to engage in continual improvement evaluation of the educational, social, and managerial strategies and programs of the Conservancy. Duffee received a Three Voices grant to support this effort by funding the purchase of NVivo, a qualitative analysis software to assist in the evaluations.

The first project in which we deployed the software examined the difficult task of changing the volunteer steward culture. The first phase of this change was a coordinated effort at messaging new expectations for stewards. Examples of first year of the changes in expectations messages provided here. Two main reasons for implementation failure are (1) assuming people will change practice because it is rational to do so, and (2) providing insufficient resources, including time, to the change effort. Therefore, it is important that the people responsible for implementing the change receive frequent, useful feedback on the implementation efforts. Monitoring implementation required several different approaches including observations of events in which the new messages were (or could have been) presented and analysis of the messages transmitted for frequency, quality, and evidence of reactions from the target audience. We proposed that this monitoring would start at the beginning of implementation (roughly July, 2017) and continue until steward culture had changed in the desired direction.

Among the events that we planed to observe on a regular basis were any steward meetings where the expectations messages were likely to have been delivered, such as new steward orientations and all-steward events. In addition, we content analyzed media presentations of the proposed changes, such as the weekly email to all stewards and other documents and publications.

The data presented here were developed from 80 messaging events. Thirty-three of these were meetings and the other 47 were written communications. Diagram 1 presents the percent of the total message in a presentation or text that was devoted to steward expectations from the first such message on September 7, 2017, through January 2018. One can see the concentrated effort at rollout to devote significant time or text to the expectation changes and the rationale for them.
The McDowell Sonoran Conservancy Outcomes Steward Sustainability Initiative (continued)

The reason for this orchestrated blast of information on culture change by leaders was to provide the new expectations messages directly to as wide an audience as possible, so that stewards would not be hearing about the changes second-hand.

The narrow linear line on the diagram displays the moving mean percent of a communication devoted to the expectations message. This line indicates that in the first 5 months of dissemination, the portion of a message devoted to expectations dropped from about 25%/item to about 10%/item. There are no rules of thumb of which we are aware that suggest how much messaging is enough. But it is clear from culture change research that the messaging must continue for an extended period of time. Leaders concluded from this pattern that they had to ramp the expectations message back up for some time to come.

Another way to examine the implementation of expectation messaging was to study the prominence of expectation themes compared to other message content. Arguably, the more prominently the message is featured, the more attention it will receive. Diagram 2 examines message prominence in this simple way, locating the message at the front (includes 100%), middle, back, or none of the document. The data from the first seven months suggest that the messages about expectations were fairly prominent, occurring at the front or middle of the communication most of the time. Nevertheless, we could see the diminution of prominence over the seven-month period.

The Conservancy is undergoing orchestrated attempts to make significant cultural and structural changes. Program chairs and other steward leaders have been responsive to apparent problems in implementation of this initiative, but they need to continue to be flexible, adjusting to evidence of problems as they occur. These data on messaging suggested that attention to desired changes in steward expectations was gradually waning over the first year.

*David Duffee was a member of the Criminal Justice faculty from 1977-2008, and he served as dean for eight years. Increasingly concerned about the environment, he became a steward in 2014, and engaging in evaluations is one of his duties.
Coronary Heart Disease (CHD)- Symptoms and Treatment

By Dr. Edward Hannan*

Definition of CHD:

Coronary heart disease (CHD) is a narrowing of the coronary arteries that supply blood and oxygen to the heart. It is also known as coronary artery disease. It is a major cause of illness and death, and it is the most common type of preventable heart disease in the United States, where it accounts for more than 350,000 deaths every year.

CHD normally occurs when cholesterol (plaque) accumulates on the walls of coronary arteries. The arteries narrow, and this reduces blood flow. CHD commonly leads to chest pain, shortness of breath, and myocardial infarction (heart attack).

Heart Attacks: Definition, Risk Factors, Symptoms, and Treatment

Heart attacks are the most severe form of CHD, and they usually occur when a blood clot develops from a cholesterol deposit in one of the coronary arteries. If the clot is large enough, it can stop the supply of blood to the heart, and a portion of the heart muscle dies, causing a heart attack.

Common risk factors for heart attacks are high blood pressure; high cholesterol; high glucose levels leading to diabetes; smoking; and being overweight. All these risk factors should be controlled as much as possible in conjunction with your primary care physician. Men are also at higher risk than women, and increasing age is associated with increasing risk.

Symptoms of a heart attack can include mild or intense chest pain, coughing, dizziness, shortness of breath, nauseas and vomiting, and restlessness. The first symptom is normally chest pain that spreads to the neck, jaw, ears, arms, and wrists, and possibly the shoulder blades, the back, or the abdomen. The pain can last from a few minutes to many hours.

A heart attack is a medical emergency. It can result in death or permanent damage to the heart muscle. If signs of a heart attack occur, it is crucial to call emergency services (an ambulance) immediately. They also know which hospital to transport the patient to depending on the type of heart attack. If patients with the most serious type of heart attack arrive at the hospital within two hours of symptoms, they will be usually be treated with a procedure known as percutaneous coronary intervention (PCI), which involves widening the diseased artery. This usually involves the use of coronary stents.

CHD without Heart Attack: Definition and Treatment

Patients can also experience CHD without having suffered a heart attack. This form of CHD can either be asymptomatic or can be accompanied by chest pain or shortness of breath on exertion. The risk factors are the same as the ones mentioned above for heart attacks. Treatment of CHD for patients without a heart attack depends on the severity of the disease. Patients with milder disease are candidates for medical therapy or PCI with medical therapy. Medical therapy consists of medications to control blood pressure, cholesterol, glucose levels, and if necessary, chest pain.

Patients with CHD without heart attacks are candidates for either PCI or coronary artery bypass graft (CABG) surgery. CABG surgery involves creating a conduit that “bypasses” the narrowed artery using a vein or artery from another part of the body.

CABG surgery is generally associated with better long-term survival. PCI is a much simpler procedure that requires a much shorter recovery period and generally has lower short-term mortality (in-hospital mortality or mortality within a few months).

For patients with severe CHD without an evolving heart attack, the procedure to choose (PCI or CABG surgery) should be made with a referring physician and, ideally, hospital teams consisting of cardiologists who perform PCI and cardiac surgeons who perform CABG surgery should be part of the decision-making process. (continues next page)
Coronary Heart Disease (CHD) - Symptoms and Treatment (continued)

Patients should be informed about the nature of the two procedures, the recovery period and process, and the expected short-term and long-term outcomes. In-hospital/30-day mortality rates for hospitals and physicians (cardiologists for PCI, cardiac surgeons for CABG surgery) are available at the New York State Department of Health website (https://www.health.ny.gov/statistics/diseases/cardiovascular/), and they should be part of the discussion.

Edward Hannan, PhD, MS, MS, FACC is Distinguished Professor and Associate Dean Emeritus at the University at Albany School of Public Health. He is also the Principal Investigator of the Cardiac Services Program, which is funded by the New York State Department of Health.

“Everybody needs beauty as well as bread, places to play in and pray in, where nature may heal and give strength to body and soul.”—John Muir

“Forget not that the earth delights to feel your bare feet and the winds long to play with your hair.”—Khalil Gibran

“In every real man a child is hidden that wants to play.”—Friedrich Nietzsche

“Play is the work of childhood.”—Jean Piaget

Emeritus Center Program Schedule for Winter/Spring 2019

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<thead>
<tr>
<th>Date</th>
<th>Speaker</th>
<th>Topic</th>
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<tbody>
<tr>
<td>January 28, 2019</td>
<td>Mark King, Executive Director, Mohawk Hudson Land Conservancy</td>
<td>“Your Local Land Trust: Conservation in the Capital Region - Preserving Places and Protecting Landscapes.”</td>
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<td>February 11, 2019</td>
<td>Gordon Gallup, Ph.D., Department of Psychology, Emeritus Faculty Member</td>
<td>“Evolutionary Medicine”</td>
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<tr>
<td>February 25, 2019</td>
<td>Robert Rosenswig, Ph.D., Department of Anthropology</td>
<td>“Use of 21st Century Light Detection and Ranging Technology (lidar) to Uncover 1st Millennium BC Mesoamerican Kingdom.”</td>
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<td>March 11, 2019</td>
<td>Russell Altone, JD, MA, MPH, with Susan Kukuk and Carlie Thompson, MPH, Refugee Community Partnership of Trinity Alliance</td>
<td>“Addressing the Social Determinants of Health Among the Resettled Refugee Population.”</td>
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<td>March 25, 2019</td>
<td>Patricia Snyder, former Artistic Director, New York State Theatre Institute</td>
<td>“A History of the New York State Theater Institute.” Ms. Snyder is a recipient of a Three Voices grant.</td>
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<tr>
<td>April 8, 2019</td>
<td>Jeff Quain, Governor’s Representative for the Capital Region</td>
<td>“Governor Cuomo’s Legislative Agenda for the Capital Region As His New Term Begins with an All-Democratic Legislature.”</td>
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<td>May 6, 2018</td>
<td>Tina Lee, Community Education and Outreach Manager, National Alliance on Mental Illness</td>
<td>“Bringing Mental Illness Out of the Shadows and Into the Light.”</td>
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All programs are free and open to the public. All programs are held on Mondays at 1:30 p.m. in the Emeritus Center, Room 134, University Administration Building (UAB), 1215 Western Avenue, Albany unless otherwise noted.
**News You Can Use**

**Bringing Older Americans Back into the Fold - The NY Times**
When you look at what developmental research on happiness and purpose in later life shows, it fits together like a piece in a jigsaw puzzle.

**These 4 New Yorkers Are Experts in Living, What Do They Know That We Don’t?**
In 2015, we began following six people over age 85. Last year the four remaining showed that old age is not what you think.

**Small modular houses may offer alternatives to older adults**
*NPR, 12/27/18*
The University of Southern Indiana is experimenting with small houses designed for the elderly to maintain independence. The school is considering building an inter-generational village.

**Why the world needs to rethink retirement**
*NY Times, 12/4/2018*
Aging populations and decreasing birthrates are spurring countries across the globe to reassess how retirement works – and what needs to change in order to extend the benefits available today to future retirees.

**The secret to a long, happy, healthy life? Think age-positive**
*CNN, 1/3/2019*
We've long been told to respect our elders. But now there is scientific evidence that respect can potentially save lives among the elderly and keep them both physically and mentally healthy.

**Finding female friends over 50 can be hard. These women figured it out.**
*NY Times, 12/31/18*
Many studies have concluded that friendships are vital to a person’s well-being, and this is especially true for older women.

**Loneliness peaks at three key ages, study finds -- but wisdom may help**
*CNN, 12/20/18*
Rising rates of loneliness may not be news, but the three periods when it peaks may come as a surprise: More people reported feeling moderate to severe loneliness during their late 20s, their mid-50s and their late 80s than in other life periods.

**How to Dodge a Market Dip That Threatens Your Retirement - The NY Times 1/7/2019**
The recent volatility in the stock market can make older investors feel vulnerable. Here are some strategies to make sure your money lasts as long as you do.

**New Emeriti**

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**Useful Links for Retirees**

- Medicare Information
- NY State Commission on National and Community Service
- TIAA-CREF
- NYSUT Retirees and Retirement
- AROHE

**FOR FUN:**

- Think like a 94 year old genius
- 50 Ways to live longer
- How to live to 100 and enjoy it
Volunteer Opportunities at UA

The University welcomes expressions of interest in volunteer service from emeriti faculty and staff. There are a variety of opportunities for mentoring, sharing your experience through guest presentations, and participating in campus activities. Please contact Willam Hedberg in the Provost's Office (whedberg@albany.edu) to discuss your particular interests.

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