

PROBUS CLUB OF MERCER ISLAND NEWS August 2010 Bulletin 267



I don't feel old. I don't feel anything until noon. Then it's time for my nap.

—Bob Hope

Probud member, Chuck Wischman M.D., spoke at our August meeting on the general topic of how we can get the most out of our first hundred years. And due to the enthusiastic response to his program and the fact that it was only partially completed at the August meeting, he has agreed to continue with his recommendations for staying healthy at our meeting on September first. Of course, this next part is entitled, "How to Get the Most Out of Your First Hundred Years. Part II".

The salient points from Part I:

- Use it or lose it
- Be an optimist
- Be active
- Eat well (but not too much)
- Walk around nude and you'll eat less

We can all subscribe to most of these. He admits to having a burning interest in quality longevity and in trying to instill that same enthusiasm in others. All this is partially due to graduation from the U. of Michigan Med School and a residency there in Internal Medicine, followed by 29 years practice as an Internist and Gerontologist at Group Health Cooperative. His general philosophy appears to be summarized in a poem he read to us and is reproduced on p.3 in response to a large number of requests. **Bring a friend, September 1, 1030 am at the Presbyterian Church for Dr. Wischman's recommendations for a long and healthy life.**

2010-2011 MEMBERSHIP DUES: PLEASE CLIP AND MAIL

MEMBERSHIP DUES are now payable for our next fiscal year starting July 1, 2010. Unbelievably, dues are still \$16 for an individual and \$30 for a couple, a steal. Check the address you prefer for newsletter delivery, make your check payable to Probud Club of Mercer Island, then clip and mail to PO Box 301, Mercer Island, WA 98040. See you at the next meeting and bring a friend, they'll appreciate it.

Name(s) _____

US Mail address _____

Phone _____ Amt Enclosed _____

e-mail Address _____

We've updated our Probus Board with the recent installation of Ron Kaufman as the new Membership Chairman for the coming year. Ron has held positions previously on the Board and brings a wealth of experience to the position. Welcome, Ron. That leaves the Programs and Trips positions still in need of leaders. Whether you have had the pleasure of serving on the Board in the past or have never served at all and feel the need to fill in your empty hours with rewarding experiences, contact Jim Horn, 232-2347 or e-mail him at: jimhorn1@comcast.net.

PROBUS BOARD for 2010—2011

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Now That I'm A Little Older

- My smiling and laughter lightens others' days
- My love of life gives hope to those following
- My playing and not needing to win gives my younger friends a new direction of sports
- My appreciating and not needing to win lends essence to sharing
- Noting most of us have more than we can ever use inspires me to leave enough for all *Now That I'm A Little Older*
- The simple joy of children resonates in my heart. Perhaps I am returning to their level
- The needless harming of any animal or the thought of wars makes me cringe. Could it be my own death is nearer
- I see so much I want to do and so little time. I become more interested in how I spend that time
- Locomotion causes lubrication so movement is better than rest. Tolerating and moving through pain is a definite gain to me

Now That I'm A Little Older

- Love and appreciation comes easier as there is shared history
- Old loves are soft memories that are part of the fabric of my life and are not to be forgotten
- Present loves are much easier with more living. The trials and tribulations are regulated to trivia in relation to the fullness of living they provide
- Creativity comes more readily as it has a life time of material to build on
- All days are great days as long as I am on this top side of the grass

Now That I'm A Little Older

- I give advice only when asked and preferably on the third request. It's better just to listen
- I can relax easier and have more fun as I know I'm not getting out of this alive
- Maintaining my health, fitness, and economic independence is a gift to myself and my loved ones
- I am writing more just for the fun of writing. Besides, I agree with the author
- I appreciate even more the magic of friends of all ages
- I laugh at myself more often and feel very blessed

Now That I'm A Little Older

Chuck Wischman 2/27/06