



HURA news

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You and Your MEDICINES As You Age

The Food and Drug Administration advises that the more you know about your medicines and the more you talk with your health care professionals, the easier it is to avoid problems from the use of medicines. Normal body changes caused by aging can increase the chance of unwanted or even harmful drug interactions.

As you get older, body changes can affect the way medicines are absorbed and used. Changes in the digestive system can affect how fast medicines enter the bloodstream. Changes in body weight can influence the amount of medicine you need to take and how long it stays in your body. The circulatory system may slow down, which can affect how fast drugs get to the liver and kidneys. And the liver and kidneys also may work more slowly, affecting the way a drug breaks down and is removed from the body.

Drug interactions can cause one medicine not to work as well or even make one medicine stronger than it should be. For example, you should not take aspirin if you are taking a prescription blood thinner, such as warfarin, unless your health care professional tells you to. If you have high blood pressure or asthma, you could have an unwanted reaction if you take a nasal decongestant.

And some medicines also may affect the way nutrients are absorbed or used in the body.

Have you ever said or heard someone else say "I can't drink the way I used to"? As you grow older, your body may react differently to alcohol. And

mixing alcohol with some medicines may cause you to feel tired and slow your reactions. Keep in mind that some problems you might think are medicine-related, such as loss of coordination, memory loss, or irritability, could be the result of a mix between your medicine and alcohol.

Most side effects are not serious and go away on their own; others can be more bothersome and even serious. Keep track of them to help your doctor know how your body is responding to a medicine. New symptoms or mood changes may not be a result of getting older, but could be from the medicine you're taking. If you have an unwanted side effect, call your doctor right away.

All medicines count. Tell all of your health care professionals, including eye doctors and dentists, about the medicines you take, both prescription and over-the-counter (OTC) medicines, such as pain relievers, antacids, cold medicines, and

laxatives. Don't forget to include eye drops, dietary supplements, vitamins, herbals, and creams or ointments.

It is easy to forget these when you are sitting in the doctor's office. It is helpful to keep a written list of your

Normal body changes caused by aging can increase the chance of unwanted or even harmful drug interactions.

COMING EVENTS

Tuesday, March 15,

2:00-4:00 Reception for HURA members and friends who are retirees from the University's libraries. (See the flyer elsewhere in this issue.)

Wednesday, April 20,

9:30-2:30 Edward M. Kennedy Institute for the U.S. Senate; tour and lunch. (See the flyer elsewhere in this issue.)

Tuesday, May 3, 11:00-2:30

HURA Annual Meeting. A conversation with the Honorable Deval and Mrs. Diane Patrick, moderated by University Marshal Jackie O'Neill. A formal invitation will be mailed to HURA members.

Thursday, May 12,

8:00 p.m. Boston Pops John Williams' Film Night. Boston Pops Laureate Conductor John Williams shares the podium with Boston Pops Conductor Keith Lockhart for this signature concert. The brilliant composer and conductor behind films including *Jaws*, *Star Wars*, *Indiana Jones*, and *Harry Potter* brings you a night of some of the most memorable movie music film clips of all time. This is a concert not to be missed! A separate registration flyer will be sent in early April.



Memories of Eating Out in Harvard Square

Those of us who worked on the Cambridge side of the University campus have our own memories of Harvard Square. Finding a place to enjoy a meal was never a problem.

I was a child in the 1950s growing up just outside Harvard Yard. While I was in elementary school, my parents often took my sister and me to the Hong Kong Restaurant, where we enjoyed what was for me exotic food and a special treat. I spent more time in the Square when I was in high school in the early 1960s. Before heading home, my friends and I would stop for an ice cream or a Coke at Brigham's. You could literally look in any direction and find a spot for a quick bite to eat.

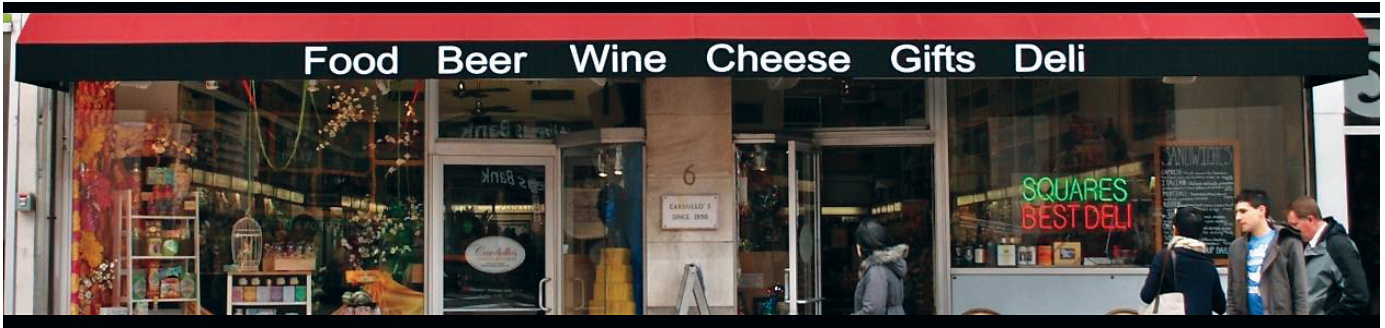
In 1969, I found a position as Secretary I in the University Development Office, on the 4th floor of the recently built Holyoke Center. The late 1960s and early 1970s was a time of unrest in the Square with protests against the government and its handling of the Vietnam War. But, for the most part, the Harvard community went on with its daily activities. We spent lunch time roaming the bookstores and occasionally eating out.



The Square offered many options. For an upscale meal, Henry IV on Winthrop Street offered fine cuisine. Or you could go for a burger and fries at Charlie's Kitchen on Eliot Street. A plate of egg foo young and rice was a deal at Young and Yee on Church Street. If you didn't have time to eat out, you could stop at Cardullo's to pick up a sandwich. Corned beef on rye was my favorite. Elsie's on Mt. Auburn Street was famous for its Roast Beef Special, but ordering it was a challenge, given the crowd of people shouting their orders.

Many would seek out burgers and comfort food at Bartley's, Hazen's, or Hayes-Bickford. On the corner of Massachusetts Avenue and Boylston Street was The Tasty (great frankfurt-





ers), or you could enjoy good German food at the Wursthaus, owned and managed by Frank Cardullo. Walking farther toward the Charles River and the MTA Rail Yard, there was Whitney's, frequented by the locals. On the next block stood Grendel's Den, with its unique architecture, serving up European fare for reasonable prices.

Like spokes of a wheel, other busy streets with restaurants radiated out from the Square. Brattle Street had its own flavor. Favorites like Cardullo's, with its upscale deli food and specialty items, was just up the street from Schrafft's, Brigham's, and Woolworth's with its iconic lunch counter.

Everyone had their own favorites. Chez Dreyfus on Church Street was popular for a more expensive treat of French cuisine. By contrast, the Waldorf Cafeteria on Massachusetts Avenue was an inexpensive place to satisfy your appetite. Sometimes I craved a hot fudge sundae, and then it was time for a walk to Bailey's (formerly Schrafft's) on Brattle. There is some debate about whether Brigham's or Bailey's had the best sundae, but I loved the way the hot fudge overflowed the side of the dish onto the plate at Bailey's.

In 1976, I moved to a job in Massachusetts Hall and met a dear friend and colleague, who loved to eat out. We ranged far and wide in the Square. On hot summer afternoons we would treat ourselves to raspberry lime rickeys at Brigham's. Often

we would go to Ferdinand's on Mt. Auburn Street, where she would have the chicken livers while I indulged in the black squid-ink pasta. The new Post Office sits near the spot where Ferdinand's stood. And across Mt. Auburn Street, we would enjoy Wiener schnitzel at The Swiss Alps (which replaced the old Cronin's).

We went to Upstairs at the Pudding on Holyoke Street for homemade

Italian pasta against a backdrop of rich green walls covered with posters from the Hasty Pudding Theatricals. Another option was One Potato, Two Potato where you could always get a hearty and inexpensive lunch. The Hong Kong was just down the block. Café Pamplona was and remains a wonderful spot on Bow Street to sit out on the patio and enjoy the Pamplona Special, a slice of pork with pickle and cheese on grilled French bread. Pizza could be had at Regina's on Holyoke Street. Farther on toward Central Square we would savor the grilled trout at the Dolphin. I cannot forget The Spaghetti Emporium on Dunster Street. There you could eat a good meal while enjoying the stained glass windows depicting

Bruins great, Bobby Orr, and other characters from the 1970s like Spiro Agnew and Patti Hearst.

The Brattle Theatre area offered a variety of dining options with

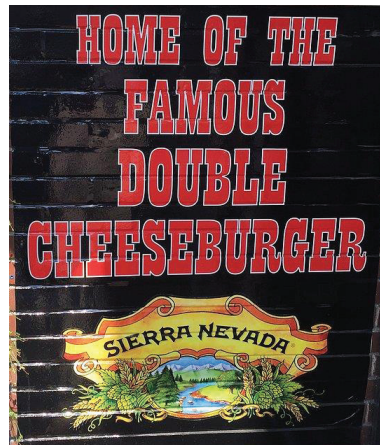
Casablanca for great burgers and Caesar salad under the watchful eyes of Humphrey Bogart and Lauren Bacall and others from the movie. The Blue Parrot Coffee House, above The Idler, was another great

place to meet. The Harvest, located in the alley between Brattle and Mt. Auburn Streets and decorated at the time with Marimekko designs, still offers good, hearty New England fare.

Other restaurants to remember from those days are Club Passim for food and entertainment, Café Mexico on Winthrop Street across from Pinocchio's—with its

thick pizza—and Duck Soup, which offered more than just soup. I am sure I have left out many other favorites, but I hope this will provide the gourmand in all of us some memories and just a taste from the menu of the options we had way back then.

*Bev Sullivan, HURA vice president
Photos courtesy of the Harvard Square
Business Association*



Borderline Personality Disorders

David Ogilvy, whom *Time* magazine called the father of advertising, once said: “Develop your eccentricities while you are young. That way, when you get old, people won’t think you’re going gaga.”

Though not limited by age, borderline personality disorders (BPD) may seem to be more common in older people. Once thought to be nearly untreatable, BPD can be addressed by psychotherapies focused on the symptoms and underlying etiology. The Personality Disorders Institute at the Weill Medical College of Cornell University hosts an excellent website that provides an overview of BPD and one particular treatment for it, Transference-Focused Psychotherapy. On the site, readers can learn about the labile emotions, stormy relationships, self-defeating behaviors, and troubled identity that define BPD. The description of the treatment itself, with its focus on exploring and promoting change within these same four areas, is also a great read. The Radio Interviews section is another interesting resource featuring several researchers on BPD, Transference-Focused Psychotherapy, and related topics.

You may not be able to change someone whose behaviors are “odd,” but it may be reassuring to know that the condition has a name. Visit the Personality Disorders Institute at <http://www.borderlinedisorders.com>.

From the *Scout Report*

Sixth Edition of Harvard Resources for Retirees

The latest edition of HURA’s Resources book has been mailed to all

HURA members. It describes in detail the myriad benefits that accrue to benefits-eligible Harvard retirees. As benefits change, every effort will be made to report them to you through the E-List and the HURA website at hura.harvard.edu. Benefits do change over time, and you should always check with the Benefits Office (617-496-4001), your service provider about the current status of those benefits, or the department providing the services.

Since the first edition in 2004, a booklet of 12 pages has grown to 58 as descriptions of more benefits and more details have been added. Changes for future eligibility of new employees and new retirees for Harvard’s Post-Retirement Health Plans are described in an Appendix that is new to this edition. And a detailed description of the new HarvardKey, which replaces the old PIN system, is included for the first time.

If you did not receive a copy, contact Membership Secretary Carleen Farrell at 617-285-9390 or HURAmembership@gmail.com. Non-members may purchase a copy for \$15 (the price of HURA membership) plus postage and handling, \$2.50.

Some of the Values of HURA Membership

In addition to *Harvard Resources for Retirees*, a \$15 value (plus postage of \$2.50), the *Harvard Health Letter* subscription is a \$20 value and the H&R Block tax preparation discount is worth \$20.

All of these are available at no cost to HURA members, which means that, for some, a \$15 HURA membership is worth as much as \$57.50 so far this year—not including the discounts for tickets to sports events, Boston Pops, free bus trips, and other subsidized HURA programs.

Edward M. Kennedy Institute for the U.S. Senate

A combination museum and educational resource, the Edward M. Kennedy Institute engages visitors in the legislative process through the Senate. The recently opened institute is as Kennedy loved it: a place where Democrats and Republicans debated passionately, but ultimately reached across the aisle to create laws to improve the nation and its people. He played a major role in planning the Institute before his death in 2009.

Its mission is dedicated to educating the public about the important role of the Senate in our government, encouraging participatory democracy, invigorating civil discourse, and inspiring the next generation of citizens and leaders to engage in the civic life of their communities.

HURA would like to introduce you to this innovative place and let you participate in the role of a Senator in the full-scale replica of the U.S. Senate Chamber. This will be followed by lunch and a tour to view mementos of Ted Kennedy’s political life in a replica of the senator’s office and the Institute’s exhibit halls featuring multi-media displays.

Harvard University Retirees Association

Invites Members and their Guests
for a Tour, Program, and Lunch at the

Edward M. Kennedy Institute for the U.S. Senate

Wednesday, April 20, 2016, 8:30-2:30

Registration deadline: April 6, 2016



The recently opened Edward M. Kennedy Institute for the United States Senate is dedicated to educating the public about the important role of the Senate in our government, encouraging participatory democracy, invigorating civil discourse, and inspiring the next generation of citizens and leaders to engage in the civic life of their communities.

The Institute is located on Columbia Point, Boston adjacent to the JFK Presidential Library & Museum

PROGRAM

9:30-10:00	Arrival
10:00-11:30	Senate Immersion Module; role playing activity; become a Senator for a day.
11:30-1:00	Buffet lunch in a studio room
1:00-2:30	Tour the Institute

Transportation options

- Bus: Complimentary HURA bus leaves from Alewife T Station at 8:30 a.m. Leaves Institute at 2:30 p.m.
- Subway: Red Line Subway to JFK/UMass exit and free Shuttle #2 to the Institute every 20 minutes.
- Drive: Rte 93 North to Exit 14 or 93 South to exit 15 to Morrissey Blvd. and follow directions to the free JFK Library/Edw. M. Kennedy Institute parking lot.

Send registration and check made out to HURA to
Sydney Fingold, 37 Winslow Street, Cambridge, MA 02138
617-547-4701 • fingold@comcast.net

Visit the Institute online at <https://www.emkinstitute.org/>

Total enclosed at \$45.00 per person: \$_____ Includes program, lunch, and tour

HURA Member Name _____ **Taking Bus from Alewife?** Yes ___ No ___

Email _____ Telephone _____

Guest Name _____ **Taking Bus from Alewife?** Yes ___ No ___

Email _____ Telephone _____

IMPORTANT: Please be sure to check **YES** if you are taking the HURA bus **From Alewife!**

Hand-Knit *Gifts of Love*



Each year members and guests who attend the HURA Holiday Luncheon at Oakley Country Club bring unwrapped toys, books, knitted items, and other children's gifts, which students from Harvard's Phillips Brooks House deliver to disadvantaged Boston and Cambridge children during the holiday season.

The generosity of folks at the luncheon is quite remarkable, but of special interest each year are the dozens of hand-knit mittens that HURA member Rose Eromin brings. Rose told her sister, Ruth Gray, how generous HURA members are with gifts. Ruth thought that was such a lovely thing to do, she offered to provide



some mittens. Rose says: "I was so pleased, thinking she'd be sending several pairs. I was amazed when she had packed over 75 pairs. That was 7 years ago, and each year the number has increased to 90 this year."

Ruth's daughter Joann says that

her mother, who is better known as Nonna, for the past 76 years has been knitting hats, scarves, mittens, blankets, and slippers. Her mother taught her at the age of 10, and she has not stopped knitting since. Growing up, Joann and her friends used the hill in Nonna's back yard as a place to gather for sledding. When their faces and hands got cold, the children ran inside to Nonna, who had fresh pairs of mittens, hats, and scarves ready to go.

Nonna says she knits to relax and to keep her hands busy. Never once has she taken money. Her payment is knowing her mittens make someone happy and warm.

Joan Bruce, 1929-2015

Joan Bruce of West Newton passed away on December 21, 2015, at the age of 86. She started working at Harvard in 1951 as a records clerk, following graduation from Goucher College in Baltimore, Maryland. By the time she retired in 1994, she was head of the Benefits Department in the Office of Human Resources. One of her contributions was to aid in the centralizing of non-mandated benefits so that all Harvard employees had those same benefits regardless of which department or school where they worked. After her retirement, the head of Harvard human resources called her back



to run the benefits department when it was between directors, and reported that she did an excellent job in her usual low-key and

non-threatening way.

Joan served on the HURA Board as a director from 1995 to 2001 and, at the urging of the Board, continued as an advisor from 2001 to 2007. Her background as a benefits professional served the HURA Board well, providing advice and information about retiree benefits.

In addition to her many long-term Harvard friends, Joan left behind her sister Nancy Tiffin and her husband James of Hingham, MA; their children Sarah Gioffre and her husband Scott of Wilton, CT; Anne Tiffin of Charlestown, MA; and Tracey Hogan and her husband Paul of Medfield, MA.

Harvard University Retirees Association (HURA)
invites its members who are
Retirees from the University's Libraries

to a HURA Reception at Gutman Library Conference Area
March 15, 2016 • 2:00-4:00



Visit with old friends and colleagues from the Library System.
Hear about the changes since you left and what's planned for the future.

COMMENTS AT 2:15

Introductions: **Malcolm Hamilton**, Past President of HURA

Donna Chiozzi, President of HURA

Sarah E. Thomas, Vice President for the Harvard Library and University Librarian and Roy E. Larsen Librarian for the Faculty of Arts and Sciences

Susan M. Fliss, Associate University Librarian for Research, Teaching, and Learning/Gutman Librarian

This event is free, but for our planning purposes and the creation of name tags we strongly urge you to **register by March 8** by sending this form in print or by email to

Malcolm Hamilton at MCH12938@comcast.net or by mail to
24 Elmore Street, Arlington, MA 02476
More information at 781-641-2942

If you know retired Harvard library staff who are not members of HURA, please invite them and add their names as your guests below.

Will you use free parking at the Broadway Garage? Yes No

HURA Member Name _____

Retired from which library, department, or school? _____

Email _____ Telephone _____

Guest Name _____

Retired from which library, department, or school? _____

Email _____ Telephone _____



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Retirees Association**
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HURA NEWS

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HURA E-List

Members receive up-to-date news and information mailed directly to their home computers.

HURA Website

A source of information and news at <http://hura.harvard.edu>.

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You and Your Medicines As You Age

Continued from page 1

medicines and why you are taking them, health conditions, and dates of inoculations that you can easily share with your doctors. Your primary care doctor should also know about any specialist doctors you may see on a regular basis. Mention your eating habits. If you follow or have recently changed to a special diet (a very low-fat diet, for instance, or a high-calcium diet), talk to your doctor about this. Tell your doctor about how much coffee, tea, or alcohol you drink each day and whether you smoke. These things may make a difference in the way your medicine works. But don't

stop taking the medicine on your own without first talking with your doctor.

Pharmacists can also talk to you about your medicines—how and when to take them, what side effects you might expect, or what interactions may occur. Read the instructions carefully that come with new medications.

As we age, our bodies change, but that doesn't mean we should suffer in silence when the problem may be solved simply by adjusting or changing the medicines we take.

Read more at <http://www.fda.gov/Drugs/ResourcesForYou/Consumers/default.htm>.

2017 Nominating Committee Report

Diantha Brown, chair of the nominating committee, has announced the following slate of candidates for election to the Board for the 2016/2017 Association Year at the May 2016 HURA Annual Meeting.

For second terms:

Donna Chiozzi, President
Beverly Sullivan, Vice President
Margaret Carayannopoulos, Director

For first terms:

James S. "Jamie" Hoyte, Director
Donna Levy Wray, Director