

W a ' a RAQ? It was a long and thoughtful process, but what was formerly referred to as the "Emeritus College" is now a "partnership" between RAQ and the University, and I was pleased to sign

the Statement of Intent in late November. (\$ \$)

I . . . \$ (\$,)

\$. . . \$,

. \$ (\$, -) - .

\$

improves the way we feel and function (yes, gets you out to more good RAQ events) and slows the advance of many chronic illnesses, such as heart or lung disease, diabetes, or osteoarthritis. Exercise maintains balance and strength, meaning fewer falls. The Internet under "Exercise and the Elderly" has links to some very good medical advice.

Walking is great exercise, but in winter, you have to be more inventive. Try a line-dancing class at the seniors' centre or walk in the mall. If there are stairs where you live, go to the bottom, use the handrail for balance, and go up and down the bottom step. Get up from a chair a dozen times or so without using your arms. If disabilities such as joint problems keep you from doing this kind of aerobic exercise, try chair exercise or health recovery classes at Tai Chi. Before starting anything more rigorous than walking, check with your doctor, of course.

Why is strength training vital for seniors? Muscles waste by 15 to 30% per decade as we age, more for women than men. One study found that 45% of women over 65 and 65% older than 75 could not lift 10 pounds! Independence also means being able to lift yourself if you fall. Start lifting weights (3 or 5 pounds) at home. Increase gradually. Get instructions from your doctor or the health unit.

For flexibility and balance, Tai Chi or Yoga work very well, but so does stretching and balancing on one foot at home.

Here's one more thought to motivate you: We all paid into the pension plan; let's keep it paying out as long as possible!

ARLENE AISH \$

By now you will have received your

!!! We have an 'Academic Partnership' with the University

(NOVEMBER 26, 2007) A Statement of Intent has just been signed between the Retirees' Association of Queen's (RAQ), represented by President Arlene Aish, and Queen's University, represented by Vice-Principal (Academic) Patrick Deane. This Statement proposes that a partnership be established for the mutual benefit of the University and its retired faculty and staff. The partnership will complement and dovetail with many of the present and future programs and activities of RAQ and is intended to become a full-fledged complement to Queen's existing academic infrastructure and programs.

It makes sense, however, to begin modestly and to proceed in step-by-step fashion towards full growth. Current plans will be revised in light of experience and changing conditions.

This partnership is intended to foster and support the continued scholarly and creative lives of retirees, promote the continuing sense of membership in the "Queen's family" and, through its programs, benefit the University and the community. It will not sever the relationship between the retirees and University departments, but will act as a resource for departments and the University as a whole. Through this partnership, and any formal facility that develops, it will be a whole

What's a name?

Our new partnership (and a physical facility that may become its home) should have a name. The RAQ Executive has rejected "Emeritus College" as not being inclusive enough, and we are searching for a better name. We invite your suggestions, both for a name and for activities that might be supported by this partnership. To spur your creativity, we offer a prize of dinner for two at the University Club for the best name suggested (judged by the RAQ Executive). Please send your suggestions by January 31 to RAQ

Mac *-C* Ha, B410

Q ' U

K, ON, K7L 3N6

or to Henry Dinsdale at

_____@_____.

W a

A group of 17 members met at Jake's Pub in the

