



AOC Newsletter – November 2009

Along with success comes a reputation for wisdom. Euripides

Senior Olympian and World Traveller talks about how she keeps her RA in check!

Longtime Fredericktonian, Helen Schley, resides in Myersville, Maryland on a four acre farm. At the age of 82, she is a senior Olympian runner, world traveler, and still mows her own lawn!

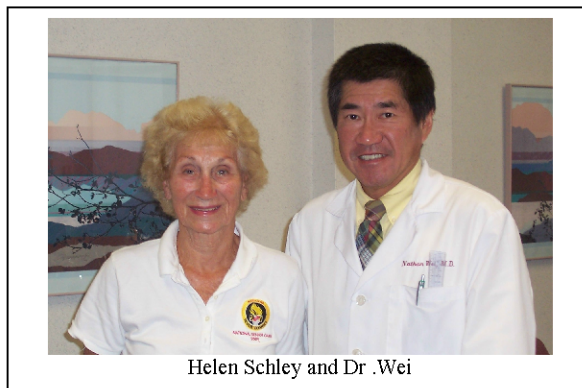
Mrs. Schley says, "I am the youngest of four girls. I was born and raised in New Market, Maryland in Frederick County. Both of my parents were college graduates, yet decided that dairy farming was how they would make their living. So they bought a farm, and my sisters and I grew up milking cows and keeping a garden."

Mrs. Schley continues, "I met my husband at a Saturday night dance, at what is now the VFW. He was a college student at the time and I was teaching school. We were married for 42 years." She adds, "I am a graduate of Western Maryland College (which happens to be the same college my father graduated from in 1908) with a biology major. I taught physical education with the Frederick County Public Schools for more than 32 years.

I have 5 children who are spread throughout the U.S. in California, Colorado, Virginia, Pennsylvania, and Maryland. They are all college graduates with extensive degrees. I also have 11 grandchildren, and three great-grandchildren."

Mrs. Schley is an avid traveler. She has travelled all over the world. Her most recent trips were to Thailand (March 2009) and Greece (May 2009). She has also travelled to China, Australia, Germany, Africa (safari) and Italy. And, she's been to Russia three times. "My favorite place so far is China... the Great Wall is just amazing to see! In January 2010, I will be going on a cruise to Antarctica to see the penguins, South America to Rio and the Iguassu Falls, and a stop at the Falkland Islands. In May 2010, I'll be in Oberammergau, Germany to see the passion play. This will be the second time I've seen it... it's absolutely wonderful."

Mrs. Schley was inducted into the Frederick County Sport Hall of Fame and the Senior Olympic Hall of Fame for Maryland.



Helen Schley and Dr. Wei

"I was diagnosed with rheumatoid arthritis more than 8 years ago. I tend to experience a lot of fatigue, however, I find an afternoon nap works wonders. I have also been diagnosed with stenosis and scoliosis. I manage to keep myself physically fit and active by running. Whenever I feel like I may be flaring, I rest. I train about every other day by running a few miles on a treadmill or on a track. For the past 15 years, I have been a member of a gym, and I work with a personal trainer two times a week. Most recently, I participated in the Huntsman World Games in St. George, Utah. I ran five races and earned 5 gold medals in the Nevada Senior Games in Las Vegas. I took three gold medals at the national Senior Olympics held at Stanford University in Palo Alto, California. My medals were in the 1500 (11:34), 800 (5:25), and 400 (2:15) meter races. I



also run locally. I have participated in the Brunswick Mile, the Woman's distance mile, and the local Jingle Bell Runs. At my age, I don't run long distances, and I look forward to the shorter runs."

Mrs. Schley concludes, "My goal is to keep on running and outlive my competition. It's getting tougher, but it makes me even

A medal machine from Maryland

Helen Schley already has two top finishes, and expects another today

By Kylla Sloan

Way out ahead of her competitors, Helen Schley, 81, of Fredrick, Md., Wasily won the gold medal in the women's 400-meter run event in the 80 to 84 age group at the Senior Games Thursday.

"I'm not going to let anyone take it from me this time," Schley said, regarding her new medal.

Earlier in the day, Schley won the gold in the 1,500m, with a time of 11:34, or so she thought. Apparently, another woman in the same age group had missed the heat, so she ran in a different one, faster than Schley, finishing in 8:32. Schley had to trade in her gold medal for the silver.

"I let them know that I didn't like it," Schley said, referencing her complaints to the Senior Games officials.

The gold in the 400-meter felt "damn good," she said, even more so because she knocked three seconds off her time, finishing one lap around the track in 2:22.

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An article about Mrs. Schley appeared this summer in the Senior Games Daily.

more determined to stay in the race.”

Wine Tips

*From a Tastings Column – February 2009
by Dorothy J. Gaiter and John Brecher*

What's the best glass? Drink your wine from a large glass (20 to 22 ounces) because it feels generous in your hands and you can swirl around the small amount that is poured into it. Look for clear, thin glass; a long stem; and a slight curve inward at the top. Look for inexpensive glasses so you don't worry about breaking them.

How do I remove labels? Most labels these days work with the oven method: Heat oven to 350 degrees. Turn it off. Put the empty bottle in for a few minutes until it gets really hot. Wearing serious oven mitts, carefully remove the bottle, lift a corner of the label with a fingernail or a knife and peel right off. If this doesn't work, try boiling it off. If all else fails, many wine stores sell large, sticky strips that basically peel the label off.)

Should I decant? Generally no. Enjoy tasting a wine from the first sip to the last and it will get plenty of air in those big glasses while we swirl. If we taste a wine and it's so tight that it needs decanting, we can decant; if we decant first and then find that the wine lost some fruit to the air, there's no going back.

Where should I store my wine? Find a place in the dark with a fairly constant, moderate temperature. The bottom of a closet is often fine. If you have fine wine you want to store for longer, investigate the purchase of a wine refrigerator.

What is the correct cellar temperature for wine? And, do whites and reds need to be different? Classic cellar temperature is about 55 degrees. Try keeping reds and whites at about 57 degrees, it's a good starting point for serving both. Most reds are served too warm and most whites are served too cold, especially at restaurants.

What is considered a good wine? Drink the wines you love and love the wines you drink. Don't let anyone, tell you what's good and what isn't. Check with your wine merchant on what is sold a lot, and what do they have in their store that might be around your price range?

What wineries should you visit? Whether you are going to Napa, Piedmont or Châteauneuf-du-Pape, the advice is the same: Drop into the little places you've never heard of. You are more likely to meet the actual owners or winemakers and have a better time. Plus, these are the wines you cannot buy at home.

Meditation: Take a stress-reduction break wherever you are...

By Mayo Clinic staff

Meditation can wipe away the day's stress, bringing with it inner peace. If stress has you anxious, tense and worried, consider trying meditation. Spending even just a few minutes in meditation can restore calm and inner peace.

Meditation has been practiced for thousands of years. Today, meditation is commonly used for relaxation and stress reduction. It's simple and inexpensive, and it doesn't require any special equipment. Plus, meditation can be practiced wherever you are— whether you're out for a walk, riding the bus, waiting at the doctor's office or even in the middle of a difficult business meeting.

Benefits of meditation

Meditation can give you a sense of calm, peace and balance that benefits both your emotional well-being and your overall health. Meditation can help carry you more calmly through your day and improve certain medical conditions.

Meditation and emotional well-being

When you meditate, you clear away the information overload that builds up every day and contributes to your stress. The emotional benefits of meditation include:

- Gaining a new perspective on stressful situations
- Building skills to manage your stress
- Increased self-awareness
- Focusing on the present
- Reducing negative emotions

Meditation and illness

Many healthy people use meditation as a way to relax the body and reduce stress. But meditation also might be useful if you have a medical condition, especially one that may be worsened by stress.

A growing body of scientific research is supporting the health benefits of meditation. But many of the studies aren't of high quality, and some researchers believe it's not yet possible to draw conclusions about the possible benefits of meditation. Some research suggests that meditation may help such conditions as:

- Allergies
- Anxiety disorders
- Asthma
- Binge eating
- Cancer
- Depression
- Fatigue
- Heart disease
- High blood pressure
- Pain
- Sleep problems
- Substance abuse

Be sure to talk to your health care provider about the pros and cons of using meditation if you have any of these or other medical conditions. Meditation isn't a replacement for traditional medical treatment. But it can be useful in addition to your other treatment.

There are many types of meditation and relaxation techniques with meditation components. But all share the same goal of inner peace. Ways to meditate can include:

- **Guided meditation.** Sometimes called guided imagery or visualization, with this method of meditation you form mental images of places or situations you find relaxing. You try to use as many senses as possible, such as smells, sights, sounds and textures. You may be led through this process by a guide or teacher.
- **Mantra meditation.** In this type of meditation, you silently repeat a calming word, thought or phrase to prevent distracting thoughts. Transcendental

meditation is a type of mantra meditation in which you achieve a deep state of relaxation to achieve pure awareness.

- **Mindfulness meditation.** This type of meditation is based on being mindful, or having an increased awareness and acceptance of living in the present moment. You focus on what you experience during meditation, such as the flow of your breath. You can observe your thoughts and emotions but let them pass without judgment.
- **Qi gong** (chee-kung). This practice generally combines meditation, relaxation, physical movement and breathing exercises to restore and maintain balance. Qi gong is part of traditional Chinese medicine.
- **Tai chi** (TIE-chee). This is a form of gentle Chinese martial arts. In tai chi you perform a self-paced series of postures or movements in a slow, graceful manner while practicing deep breathing.
- **Yoga.** You perform a series of postures and controlled breathing exercises to promote a more flexible body and a calm mind. As you move through poses that require balance and concentration, you're encouraged to focus less on your busy day and more on the moment.

Message in a Bottle

By: [Charles Fishman](#)



- Americans spent more money last year on bottled water than on *ipods* or movie tickets: \$15 Billion. A journey into the economics--and psychology--of an unlikely business boom. And what it says about our culture of indulgence.
- We pitch into landfills 38 billion water bottles a year -- in excess of \$1 billion worth of plastic.
- 24% of the bottled water we buy is tap water repackaged by Coke and Pepsi.
- Millions and millions of dollars are spent on advertising campaigns to give consumers the perception that bottled water comes from some pristine mountain spring or magical underground aquifer, assuring purity and quality. The fact is that bottled water is oftentimes little more than just tap water in a bottle.
- There are no regulations or requirements that bottled water be any higher in quality than tap water, and according to some recent studies, it may often be of lower quality.
- The fact is that people pay from \$1 to \$4 a gallon for the perception of higher quality, when in fact the quality of bottled water is at best unknown! Over

90% of the cost of bottled water is in the bottle, lid and label.

- Americans pay top dollar for bottled water, which costs up to 1,900 times more than tap water and uses up to 2,000 times more energy to produce and deliver.
- Over the past several years, however, bottled water has been recalled due to contamination by arsenic, bromate, cleaning compounds, mold, and bacteria.
- City tap water can have no confirmed E. coli or fecal coliform bacteria. FDA bottled water rules include no such prohibition (a certain amount of any type of coliform bacteria is allowed in bottled water).
- City tap water, from surface water, must be filtered and disinfected. In contrast, there are no federal filtration or disinfection requirements for bottled water.
- Most cities using surface water have had to test for Cryptosporidium or Giardia, two common water pathogens that can cause diarrhea and other intestinal problems, yet bottled water companies do not have to do this.
- City tap water must meet standards for certain important toxic or cancer-causing chemicals, such as phthalate (a chemical that can leach from plastic, including plastic bottles); some in the industry persuaded the FDA to exempt bottled water from the regulations regarding these chemicals.
- With home water filtration you can conveniently refill your own bottles... at home... with great-tasting, healthy water for less than 10 cents a gallon instead of dollars per gallon.
- Millions of plastic water bottles are discarded into the landfills, contaminating our natural resources. A single home water system can keep thousands of plastic bottles from ultimately polluting our environment.

Pumpkin Delight



INGREDIENTS

- 1 (3 ounce) package instant sugar-free vanilla pudding mix
- 1 1/2 cups skim milk
- 1 cup pumpkin puree
- 1 teaspoon pumpkin pie spice
- 1 1/2 cups lite frozen whipped topping
- 1 (9 inch) low fat graham cracker pie crust

DIRECTIONS

1. In a mixing bowl, combine the pudding mix and milk and beat until well blended. Blend in the pumpkin, pumpkin pie spice and fold in whipped topping.
2. Spoon into pie shell and chill.
3. Top with low-fat whipped topping for garnish.
4. Sprinkle a little ginger on top if desired.

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AOC OFFICE REMINDERS

November 26th and 27th
Office closed for Thanksgiving

December 24th and 25th
Office closed for Christmas

Wei's World

So I've discovered social media. If you're not familiar with this, its a way to stay in touch with people and seeing what's happening in their lives and it allows them to do the same with you all via the internet. It can be very valuable or it can also be a tremendous waste of time.

Valuable because you can quickly let a lot of people know what's happening to you during an important event. An example would be the day one of my sons was in an auto accident and my father fell and broke his hip. [I wrote something about it on Facebook and I got many inquiries within about an hour... and phone calls from friends later on].

A waste of time if you spend your whole day just jabbering about nothing at all which is actually quite easy to do.

I do know some people take it to the extreme. For example, letting people know that I'm brushing my teeth now, I'm about to take a shower, etc. As the kids say, TMI (too much information!)

By no means am I a web geek. In fact, I'm closer to being a technoflop. I don't even know how to use the DVD player at home.

But I have to admit, this social media is interesting since people you haven't been in touch with for years will all of a sudden appear. Its amazing.

The other day, I was doing a stem cell procedure on a patient and he was using Twitter- one of the social media- to let all his followers know what was happening. He was giving them a minute by minute account of the whole procedure. And I think that was pretty amazing.

So I guess its like anything in life. Use it in moderation.



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