

President's Corner

I hope for everyone this past summer was an enjoyable one. It was certainly a hot one. Your new Council had its first meeting in September and welcomed first-time member Carolyn Rosenthal and returning members Helen Barton and Brian Beckberger. Anna Fleming from Human Resources also attended; Anna henceforth will be our principal contact person in Human Resources and we look forward to working with her to ensure a continuing strong flow of information between her department and our organization. At its meeting, Council approved the establishment of the Stuart and Paula Winn bursary that is described later in this Newsletter (see p. 2).



Council also received the news that Bob West has decided to step down as MURA's representative on the Pension Trust Committee and as MURA's auditor. Bob has served in these roles for a number of years and has always provided Council with full and informed reports on the Pension Trust Committee's work and on MURA's finances. All of us in MURA will miss his valuable contributions, and in thanking him warmly for his dedicated service we also wish him well in the future.

Enjoy the fall colours.

Les King, MURA President



MURA Christmas Lunch on Monday, December 5, 2016. See p. 6 of this issue for more information.

We also received an interesting report from our Volunteering Committee about the participation of retirees in mentoring students in the University's Discovery Program. The McMaster Discovery Program is a free, university-level, non-credit course offered to adults living in Hamilton who experience barriers to accessing higher learning opportunities. MURA's Volunteering Committee has been involved over the past year or so and recently assumed two new activities with the Discovery Program. Retiree Eleanor Frank will be acting as a mentor to help Discovery students who have completed the program to register in regular university courses and programs. Three faculty retirees will act as mentors to groups of Discovery students who wish to meet informally for discussions of readings, free discussions, mentor-led talks, or whatever suits the mentor and students. The Volunteer Committee hopes that this initiative will continue to evolve. This is but one activity in which retirees can participate; others are mentioned on pp. 4-5 of this newsletter and I encourage you to volunteer.

MURA is looking for a Trips Coordinator

MURA is looking for a volunteer to set up day trips for MURA members and friends. If you like to go on day trips with other retirees, please consider taking on this role.

You would work with other members of MURA's Trips & Special Events Committee to plan and coordinate one or more day trips per year. These might be to theatres or art galleries, but could include any activities of interest to our members.

If you would like to volunteer or to find out more, please send an email to mura@mcmaster.ca or leave a message at 905-525-9140 ext. 23171.

New Way to Request IT Support at McMaster

Since August 15th, there has been a new way to request services or get help from University Technology Services (UTS) at McMaster.

The new system provides the McMaster community with more convenient, self-service options. It will allow users to:

- Report new issues when something is not performing as expected,
- Submit requests to ask for a new service to be provided, or new or changed access to an existing service,
- See the status of previous issues and requests including comments and interactions,
- Add comments or additional information, such as screen shots, to outstanding issues and requests.

The new system is available via the UTS homepage or at: <https://servicedesk.mcmaster.ca>.

Users can log in to this Service Portal using their MAC ID and password (see page 5 of the Summer 2016 issue of *MURAnews* for information about ID and password).

Users can still reach the UTS Service Desk by email (uts@mcmaster.ca) and phone (905-525-9140 x24357) Monday - Friday 8:30 am - 4:30 pm.

Contacting MURA

Mail Gilmour Hall B108, McMaster University
1280 Main Street West, Hamilton, ON L8S 4L8

Phone 905-525-9140, extension 23171
(voicemail is checked twice a week)

Email mura@mcmaster.ca

Web Site <http://mcmaster-retirees.ca/>

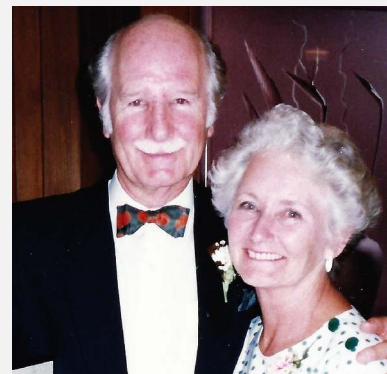
The Stuart and Paula Winn Bursary

MURA has established a new bursary, primarily funded by a bequest from the estate of Stuart and Paula Winn. Stuart was the principal founding member of MURA and its first honorary president.

The bursary, with a projected annual value of \$1600, will be granted to students in the Department of Health, Aging, and Society who demonstrate financial need. Preference will be given to students enrolled in a Gerontology program.

During his 21 years at McMaster, Stuart held administrative positions in the Registrar's Office, the School of Nursing, and in Education Services in the Faculty of Health Sciences. He was actively involved in the operation of McMaster's MD program. Stuart retired in 1989.

Stuart was a McMaster alumnus (Class of 72) and in 1982 was awarded the Alumni Association's highest honour, the Distinguished Service Award.



Let Us Know If We Can Stop Mailing *MURAnews* to YOU

Please help MURA's budget by opting out of the postal mailing of *MURAnews*. Email Helen Barton at barton@mcmaster.ca or call her at 905-528-8951.

You can print your own *MURAnews* from the PDF copy we send by email, or just click the link in the notification email and read online.

Older Adult Peer Connector Program at the Hamilton Public Library

The Older Adult Peer Connector Program is offered by the *Hamilton Public Library* in partnership with the *Hamilton Council on Aging and Information Hamilton*. It is designed to improve access to information about community and support services for seniors in Hamilton. The program officially began in the spring of 2015 with initial funding provided by the *Ontario Trillium Foundation*.

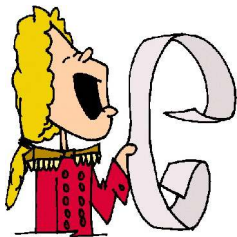
Peer connectors are volunteers over the age of 50 who assist seniors in the community to access information and services that support day-to-day life and improve overall health and well-being. Since starting their placements this past May, volunteers have answered a wide variety of queries; the majority of these were about activities for seniors to get involved with, such as computer classes/computer literacy, recreation, and seniors' groups. Other questions dealt with issues regarding housing options in Hamilton, housing conditions (e.g., tenants rights) and issues with bed bugs. Volunteers have also assisted family members

of older adults deal with financial issues (e.g., credit counseling) and accessible transportation arrangements such as DARTS.

Seniors seeking information or assistance can access the Older Adult Peer Connector Program by contacting their local library branch and asking if there is a peer connector on site. As the program is still unfolding, with ongoing volunteer recruitment and training, there may not always be a peer connector available to help you at your local branch. In that case, you may contact Cadi Obermeyer, Volunteer Coordinator, Hamilton Public Library (Phone: 905-546-3200; Email: cobermey@hpl.ca).

The program is actively recruiting additional volunteers. If you are interested in helping, please see the listing under Volunteer Opportunities on page 4 of this issue of *MURAnews* or go to:

<http://www.hpl.ca/volunteer/older-adult-peer-connector>.



Know your Benefits

Your McMaster Retiree Group Life Insurance

Do you know how much McMaster retiree life insurance coverage you have?

To make things easy for the executor of your will, you should keep a copy of your McMaster life insurance documents with your important papers, such as your will and other insurance policies. The Human Resources office will be pleased to provide you with a copy if you need it. Contact the Human Resources Service Centre by phone at 905-525-9140, ext. 22247.

McMaster Post-retirement life insurance coverage varies.

If you retired before age 65 and collected your pension immediately you were eligible to keep the coverage

you had as an active employee until you turned 65. If you made this choice, you would have agreed to pay the full premium for as long as you kept the coverage. At 65, or an earlier age you elected, your coverage would reduce to a paid-up Life Benefit of \$5,000. (Note that Survivor Income Benefit and Optional Life coverage cease at retirement.)

If you retired before age 65 and chose not to keep your pre-retirement coverage, you were eligible to immediately receive a paid-up \$5,000 Life Benefit.

If you retired at age 65 or later, you were eligible for a Life Benefit of \$5,000, at no cost to you. You also had a choice of converting your pre-retirement insurance to a private user-pay insurance plan within 31 days of your retirement date.

As well as knowing what McMaster life insurance you have, you should also make sure that your beneficiary information is up-to-date, particularly if you have had a change in family status. To make a change to your named life insurance beneficiary please visit:

<http://www.workingatmcmaster.ca/retirees/>

to print a copy of the Life Insurance Beneficiary Form. Once complete, please forward the original to Human Resources, CSB 202. For more information, contact HR at 905-525-9140, ext. 22247.

Volunteering Opportunities



Hamilton Police Services (HPS)

Ancaster Crime Prevention Centre. The Ancaster Crime Prevention Centre situated in Tisdale House, 413 Wilson St. E., Ancaster welcomes new volunteers to their programs which are offered days, evenings and weekends.

- **Children's programs:** Child Ident Fingerprinting and Read to a Volunteer
- **Office programs:** Stolen Auto Callbacks, Traffic letters, Aggressive Driver Hotline
- **Traffic programs:** Stop Sign Runner, Red Light Runner, Lock it or Lose it, and Speedwatch
- **Community programs:** Clothing Drive, Ancaster Food Drive, community bbqs and Ancaster Heritage Days.

The application form is available on the HPS website at <http://tinyurl.com/HPS-volunteer-application> or at any HPS station.

Your application can be emailed to lporthouse@hamiltonpolice.on.ca or dropped off at any HPS station to the attention of "Laurie Porthouse - M.A.T.A."

If you have questions please contact Laurie at lporthouse@hamiltonpolice.on.ca or 905-546-3397.



Older Adult Peer Connector Program — Hamilton Public Library. Please see p. 3 of this issue of *MURAnews* for a description of the Older Adult Peer Connector Program.

Volunteer Qualifications

- Suitable for those 50 years+
- Exceptional interpersonal, communication and teamwork skills
- An understanding of seniors' needs
- Ability to provide information and referral services without personal judgment
- Strong English language skills; additional language skills an asset
- A Criminal Record and Judicial Matters Check is required (dated within 12 months)

Volunteer Responsibilities

- Maintain professional boundaries and confidentiality
- Assist older adults in obtaining information and referrals related to community resources, support programs and services available to seniors

Time Commitment

- Training (two hours twice a week for two weeks)
- Placement (two - four hours per week)

Program Location

- Various library branches
- Approved community locations – e.g. Senior centres

To volunteer or find out more, please contact Cadi Obermeyer, Volunteer Coordinator, Hamilton Public Library (Phone: 905-546-3200; Email: cobermey@hpl.ca).



needs volunteers for Meals on Wheels & the Adult Day Care Centre.

VON Hamilton has a role for YOU... **You can make a difference for someone in need in our community.**

VON Hamilton values and appreciates the caring volunteers who are the heart of their organization. Orientation, training and ongoing support is provided.

Meals On Wheels: Deliver hot or frozen meals at lunchtime to home-bound individuals in Hamilton and Stoney Creek. Both drivers and servers are needed one day or more per week, Monday to Friday.

Adult Day Centre: Assist staff with helping people who can benefit from a day away from home with organized programs and activities. You can help in the garden, the kitchen, or one on one with clients, one day or more per week, Monday to Friday.

Join the team today, become a VON volunteer!
Call 905-522-0053 or email voncsshamilton@von.ca



Exam Hospitality 2016 @ McMaster.

Volunteers are being welcomed to help out for exam drop in this December. We are looking for cookie donations (store bought or homemade, but not peanut butter cookies please). We also welcome individuals who would like to spend time with students dropping in for a coffee break from studying. The shifts are from either 5:30-7:30 p.m. or 7:30-9:30 p.m. We host from December 9th until Dec. 20th not including Saturday Dec. 10th and Saturday Dec. 17th. Contact: Amanda Crossley at chaplain@mcmaster.ca if interested.

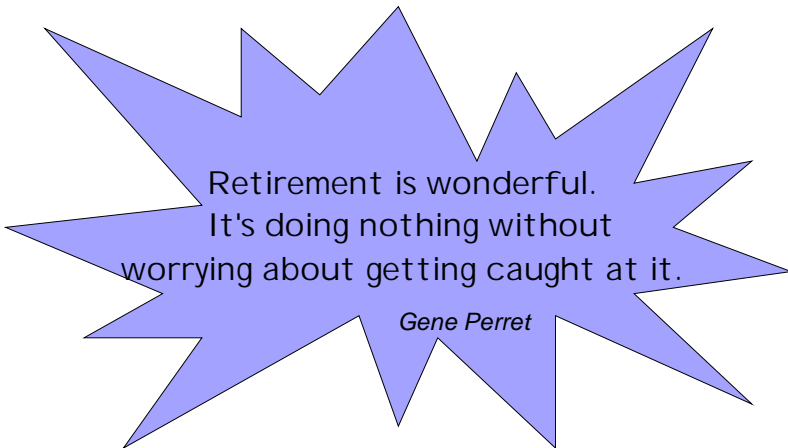
Volunteering Opportunities continued on next page



The Hamilton Cancer Assistance Program

(CAP) urgently needs volunteer drivers. CAP is a community-based, not-for-profit organization that provides free services for individuals affected by cancer who live in Hamilton and surrounding communities. Services include transportation to and from cancer-related medical appointments, loans of home health equipment, provision of personal care and comfort products, and limited access to parking for appointments at the Juravinski Cancer Centre and Hospital. The organization is primarily volunteer driven, with over 170 volunteers working alongside four staff members.

Volunteer CAP drivers provide transportation to and from cancer-related medical appointments to residents of the greater region of Hamilton. Volunteers can choose the days and times they would like to drive. Drivers are needed from 6:00 am to 8:00 pm, Monday to Friday. To review the detailed position description, including screening requirements, please visit <https://cancerassist.ca/volunteer/> or contact Becky at 905-383-9797 ext 102.



Become a Research Participant at McMaster's NeuroFitLab

Researchers at the NeuroFit Lab, located in the Ivor Wynne Centre at McMaster University, are conducting research to examine the interplay between physical exercise and brain function.

Ongoing studies examine the impact of exercise on cognition in older community members, with the goal of understanding how exercise changes the brain to

improve cognitive outcomes. This research will help inform how to effectively implement an exercise program for older adults to optimize brain function.

You can contribute to this important research by volunteering to participate in studies. Simply contact the NeuroFitLab. They can determine whether you are eligible for any current studies, or can add you to their contact list so that you can become a participant in the next available study.

You can contact the NeuroFitLab by:

Phone: (905) 525-9140 ext. 23616

Email: trainthatbrain@gmail.com

For more information, visit the NeuroFitLab website at neurofitlab.ca.

House Bequeathed to McMaster Will Be Used to Develop Technology that Enables Older People to Continue Living at Home

A lifelong supporter of his alma mater, Mac alumnus Ernest Kay has left a bequest valued at more than \$1.8 million to the University. In addition to his library collection and funds to augment a scholarship he established in 1999, Kay bequeathed his Westdale home.

Qiyin Fang, Canada Research Chair in Biophotonics at McMaster, will lead a unique research project that will retrofit the interior of the house to develop and test smart technology designed to enable older people to live in their homes longer. "This will be a living laboratory," says Fang, who anticipates the renovations will be completed and the research will be underway using volunteers in early 2017.

You can learn more about Ernest Kay and the living laboratory by visiting:

<http://dailynews.mcmaster.ca/article/mac-grads-1-8-million-bequest-include-s-his-library-his-scholarship-fund-and-his-house/>.

If you do not have access to a computer and would like a copy of the article posted on McMaster Daily News, please leave a message on the MURA phone (905-525-9140 extension 23171) and we will print a copy and mail it to you.



MURA Christmas Lunch

**Monday, December 5, 2016 at 12:00 Noon
CIBC Hall - McMaster Student Centre**

RSVP by Friday, November 18, 2016

The Annual Christmas Lunch will be held on campus again this year. The University President's office has generously subsidized the expenses for this event, which is keeping the cost to retirees to an amount similar to past years.

We have once again booked the CIBC Banquet Hall in the Student Centre for this year's Christmas Lunch. We will have two lines of buffet tables for quick service.

The lunch buffet will be a traditional Christmas menu consisting of freshly baked rolls, salads, veggies & dip, roast turkey with sage dressing, baked ham with raisin cider sauce, roasted potatoes, and fresh mixed vegetables. All this will be topped off with assorted tarts, festive cookies, a fresh fruit platter, and tea and coffee.

There will be a cash bar with both alcoholic and non-alcoholic choices for your pre- and post-lunch enjoyment, while you chat with fellow retirees in this festive season.

We will also have many draw prizes for you to win.

The price is \$18.50 per person. Please be advised that you must pre-book and pay for the Christmas Lunch by Friday, November 18, 2016 and should make your booking as soon as possible. We will try to accommodate everybody who wants to attend, but seating is limited to **200**. You will not be able to pay for your meal on the day of the event.

Please fill out and send in the Booking Form (on p. 10 of this issue of *MURAnews*) along with your cheque by Friday, November 18, 2016.

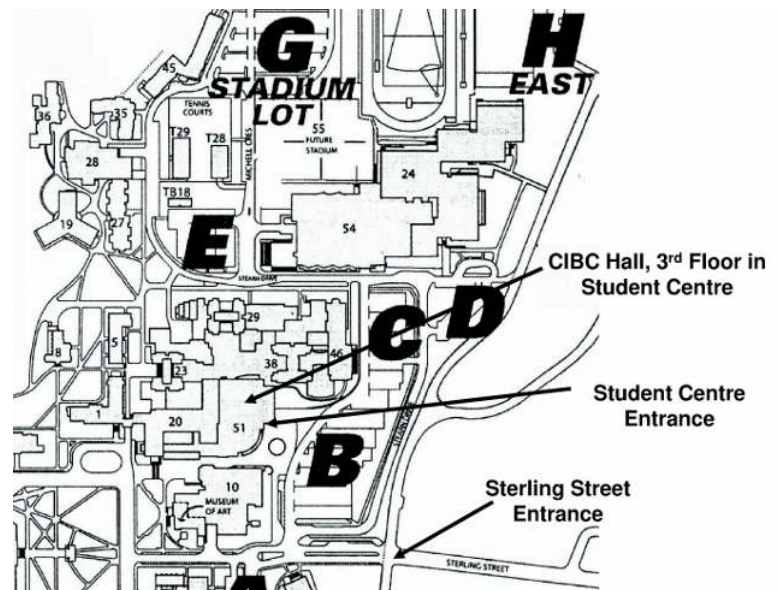
For information, contact Gail Britton (905-627-4539 or britton@mcmaster.ca.)

Complimentary Parking MURA thanks Parking Services for their generous support

Retirees will have access to Parking Lots C, D and E, all close to the Student Centre. Come on campus via the Sterling Street entrance. Lot G — the underground Stadium lot — may also be used if the closer lots are full.

Retirees who do not have a McMaster parking permit and transponder may park in any of these lots showing "Visitors - Open". Take an entry ticket from the machine as you enter. **Then be sure to pick up an "Exit Ticket" from the check-in table at the lunch location.** Insert the Exit Ticket at the exit gate to "pay" for your parking when you leave your parking lot. Retirees with valid transponders may park in any lot that shows "Transponders - Open".

For the mobility impaired, if you have an Ontario Accessible Parking Permit and require reserved accessible parking, please be sure to tell Gail in your RSVP. Reserved parking will be provided in Lot C close to the Student Centre. Parking staff will be on duty to assist with accessible parking in Lot C. Please have an Ontario Accessible Parking Permit on display in your vehicle.



McMaster 2016 United Way Campaign

MURA member Martin Dooley, who is a member of the McMaster United Way Campaign Committee, has asked us to share the following letter with retirees.

Dear Fellow McMaster Retirees:

The United Way campaign is one of the most important ways in which the McMaster community engages with the communities of Burlington and Hamilton. Your donations fund 117 programs through 63 agencies. The specific goals of the UW campaign are all very worthy of our attention whether it be providing shelter to the homeless; meals on wheels to seniors; or homework assistance to children from low income families. Due to the decline in donations from other sectors, especially manufacturing, the campaign is more dependent than ever on McMaster's contribution. Our current McMaster campaign goal is \$325,000. We are excited to take our campaign to new heights, and it starts with help from you. Please add your support through a personal donation. The people accessing services are our neighbours, friends, and family. Learn about the work that your donation supports at:

www.workingatmcmaster.ca/uway

Thank you for considering a donation to the United Way of Burlington and Greater Hamilton.

*Nancy Gray and Bryan Mehi, Staff Co-Chairs
Kalai Saravanamuttu, Faculty Co-Chair*

News from CURAC Opportunities to Travel with Other University Retirees

MURA is one of the largest retiree associations within CURAC (College and University Retiree Associations of Canada). CURAC's primary aims are to promote communication among member organizations, share information, provide mutual assistance, and speak publicly on issues of common concern to its more than fifteen thousand members across Canada. Over the summer, CURAC volunteers have been busy working on behalf of college and university retirees.

CURAC's Health Care Policy Committee recently produced two bulletins: one on *Palliative Care/End of Life Care* (<http://www.curac.ca/wp-content/uploads/2016/5/BULLETIN12.pdf>) and another entitled *Taking the Pulse of Seniors' Health Care in 2016* (<http://www.curac.ca/wp-content/uploads/2016/8/Seniorscare2016.pdf>). The latter was sent by CURAC to the Council of the Federation comprising all 13 provincial Premiers, the Prime Minister and the federal ministers of Health and Finance. The bulletin sets out arguments for a National Seniors' Strategy that is supported by a multi-year, adequately funded Health Accord and urges us to communicate our concerns to elected representatives at both federal and provincial levels.

The Fall issue of the CURAC newsletter is available through the MURA web site ([\[retirees.ca\]\(http://www.mcmaster-retirees.ca\)\) as a pdf document to read online or to print at home. The newsletter contains summaries of the talks given to delegates at the 2016 CURAC conference as well as an account by CURAC President Ken Craig of the river cruise between Amsterdam and Budapest taken by several CURAC members in June. This cruise was the first group travel event arising from CURAC's affinity agreement with global tour company Collette. Given the success of the 2016 trip, two Collette tours will be designated as CURAC trips in 2017:](http://www.mcmaster-</p></div><div data-bbox=)

- A second *Legendary Waterways of Europe* river cruise, June 21-July 6th. For details, visit <https://gateway.gocollette.com/link/758699>.
- *Shades of Ireland*, April 24 to May 6, 2017. <https://gateway.gocollette.com/link/758614>.

MURA members and friends are welcome to find out more and to join these trips by contacting Newmac Travel at 604-745-0088 or newmactravel@nexioncanada.com.

If you do not have access to a computer and would like a copy of the CURAC newsletter or the bulletins described above, please leave a message on the MURA phone (905-525-9140 extension 23171) and we will print a copy and mail it to you.

Welcome New Members

Dusan Bajic, Facility Services
Laurie Barlow, Education Services
Sara DeSilvio, Pathology & Molecular Medicine
Monica Graham, Stem Cell Research Institute
Keith Kinder, School of the Arts
Karen Myles, DeGroot School of Business
Jeanne Norris, Facility Services
Barbara Nowacki, Medicine
Mary O'Connor, English & Cultural Studies
Anthony Petric, Materials Science & Engineering
Kristine Rogers, Nursing
Lynn Schneider, Health Sciences Library
Margaret Shkimba, Education Services
Debra Anne Stewart, Rehabilitation Sciences
Elizabeth Takacs, Chemical Engineering
Ruth Toth, Registrar's Office
Joyce Tryssenaar, Rehabilitation Sciences
Rosemary Viola, Communications Stds & Multimedia

and a belated welcome to:

Mahmood Akhtar, Medicine
Jill Davren, Student Financial Aid & Scholarships
Donna Funston, Student Financial Aid & Scholarships
Ron Goeree, Clinical Epidemiology & Biostatistics
Rose Gregor, School of Nursing
Henry Nelles, History
Albert Ng, Hospitality Services
Anna Robertson, Civil Engineering
William Scarth, Economics

Recent Passings

Robert Alden, Electrical & Computer Engineering,
May 23/16
Edward Ashworth, Anesthesia, Sept. 16./16
Allen Church, Hospitality Services, July 20/16
John Davies, Engineering Physics, July 25/16
Arthur Fellows, Security, Aug. 3/16
Tafila Gordon-Smith, University Library, Aug. 18/16
Elsa Gulbis, Purchasing Services, Aug. 5/16
Roza Malyj, Facility Services, Sept. 22/16

BERLIN TO VIENNA

Romance, Renaissance and Revolution

October 16 - November 1, 2017



Please join us as we explore the riches of Germany and Austria! Our journey begins on October 16, 2017 in Berlin where, after two days spent touring the city, we embark on a six-day Viking river cruise to Prague. After enjoying its sights for two days we will then embark on a seven-day land trip to explore the great historical and cultural landmarks of south Germany and Austria, spending four nights in Augsburg and then travelling to Vienna for three nights where the trip concludes on November 1. During both portions of the trip, Graham Roebuck, Professor Emeritus at McMaster University, will be speaking informally about the sites we will be visiting with a particular emphasis on their literary and historical significance.

Highlights

Wittenberg, Dresden, Nuremberg, Munich, Neuschwanstein Castle, Wachau Valley, Vienna Ringstrasse, Schönbrunn Palace (featuring a concert)

Optional day trip to Vienna Woods and Vienna State Opera performance on November 2.

Fares*

Cruise: From \$4474.00 CAD; Land: \$3299.00 CAD
*Pricing is per person based on double occupancy. Cruise and land excursion may be booked separately.

ONLY A FEW SPOTS REMAIN — BOOK SOON!

For More Information Contact:

Web: elizabethmccallum.cruiseshipcenters.ca

Email: emccallum@cruiseshipcenters.com

Telephone: 905-540-8747



TICO #5000074



News from Unifor5555 Retirees Chapter

[Note: This information is being published at the request of a MURA member who is working to form a retirees' chapter of Unifor 5555. This new group is open to any member who retired from MUSA, CAW Local 555 or Unifor 5555. The retirees chapter is being organized by Unifor 5555 and is completely independent of MURA.]

The Local held an inaugural meeting of its Retirees Chapter on the morning of Tuesday 22 September 2016. It was attended by 19 retirees, all of whom had a fun time reminiscing, catching up on what's been happening at Mac, seeing old friends and enjoying a lunch. All have committed to staying involved. However 25 retirees are required to start an official Retirees Chapter. Plans are underway to conduct an online survey to determine what retired members are looking for from their Retirees Chapter, and when and how often they prefer to meet. The founding members are also working on developing the necessary By-Laws.

If you know a colleague who retired from the bargaining unit and would like to become involved, please send their name and email address to retirees@unifor5555.ca. They will be added to the Retirees Chapter email distribution list so that they can be kept informed. They will always have the option to unsubscribe should they wish to. Those without email access are welcome to contact Maggie in the Unifor office at 905-525-9140, extension 21555.

McMaster Optimal Aging Portal

MURA members and friends are invited to a workshop about the McMaster Optimal Aging Portal at **1 o'clock on Thursday, November 10th at the McMaster Health Forum on the 4th floor of Mills Library** on campus.

You will learn how to use the McMaster Optimal Aging Portal, a web site that gives access to high-quality information that can help you remain healthy, active and engaged as long as possible, and to manage your health conditions. The Portal aims to be a trusted voice on healthy aging for the public. There are many other online resources that deal with health and aging available, but what sets the Portal apart from the crowd is its emphasis on providing only the best evidence, and telling you why it's considered the best. The Portal filters out the noise and makes it easy to understand

how scientific evidence and other types of information can help you.

Join us to find out about this excellent resource developed here at McMaster as part of the Labarge Optimal Aging Initiative.

To register for this MURA event, please contact Mary Johnston at johnston@mcmaster.ca or 905-627-1409.

Below is an excerpt from the McMaster Optimal Aging Portal Blog Post.

Exercise plays an active role in treating depression.

One of the important benefits of exercise is how it can enhance mood and a sense of well-being. Chalk it up to endorphins and other "feel good" chemicals in the brain that are released when we're physically active. But can it help with depression?



Depression is a widespread, chronic and often debilitating condition that is particularly common among older adults. To make matters worse, depression is a difficult condition to treat. Many people are reluctant to admit to a mental illness or don't respond well to treatment with medication.

A recent Blog Post on the McMaster Optimal Aging Portal highlights a review of 18 research studies including over 1000 older adults with depression. The review found that exercise does have a 'moderate' effect in helping to combat depression. The results are encouraging and support making exercise part of the treatment plans for older adults diagnosed with depression, or who are at risk of depression.

According to the evidence, all types of exercise are beneficial but "alternative" programs, such as Tai Chi and Qi Gong, were found to be most effective.

Depression can have severe consequences for older adults and better ways to diagnose and treat the disorder are urgently needed. Though it may not provide a cure, exercise can be recommended as an easy and safe addition to depression treatment — with few negative side effects and many additional benefits — to help reduce depression symptoms and promote a healthier outlook.

To read the full Blog Post (including more details on the supporting research evidence for this topic), visit www.mcmasteroptimalaging.org. Information about healthy aging you can trust.



These beautiful note cards were produced to celebrate MURA's 25th anniversary in 2010.

Stephanie Lisak, a McMaster retiree, very generously gave us permission to reproduce one of her original watercolour paintings, **Fall Colours at Mac**. The image depicts a particularly lovely view of the oldest part of campus. Pat Vinton, a photographer with Media Services at the University, donated her expertise to produce a very high-quality digital image. We are grateful to both for their support. The cards were printed at McMaster on 80 lb. textured paper,

which gives the effect of an original watercolour painting. The 9" x 4" card is blank inside and can be used for special occasions, for saying thank you and for other short notes. It could even be framed.

Cards are available at \$1.50 each. All proceeds go toward MURA's Special Projects Fund.

The cards are for sale at the MURA Christmas lunch and Annual General Meeting. They are also available by mail in packages of five or ten cards. To order cards by mail, please send your name, address and phone number to mura@mcmaster.ca or leave a message at 905-525-9140 ext 23171. We will let you know, based on your address and the number of cards requested, what the total cost including postage will be.



Booking Form for MURA Christmas Lunch



Monday, December 5, 2016, 12 noon
\$18.50 per person — payable to MURA

Book by November 18, 2016

To reserve seats for the Christmas Lunch, please complete this form and mail with a cheque payable to MURA to:

Gail Britton, 20 Autumn Leaf Road, Dundas, Ontario L9H 3V7

For more information, contact Gail Britton (905-627-4539 or britton@mcmaster.ca)

of persons _____ Amount (# of persons x \$18.50) \$ _____

Name _____

Address _____

Postal Code _____ Telephone # _____ email address _____

Name(s) of Additional Guest(s) _____

I have an Ontario Accessible parking permit and require reserved accessible parking:
Yes _____ No _____