



Newsletter

The Association of Former PAHO/WHO Staff Members

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5th International Reunion 3–5 December 2014 in Washington, DC



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Message from the President



Dear Friends and Colleagues,

Tulips and azaleas are in full bloom here in Washington DC, and we are finally moving towards our summer months. We want to enjoy every moment of the sunshine and warm weather

but find ourselves already thinking about next December and the AFSM 25th anniversary celebration. When Hans Bruch, Helena Irwin, and others first discussed the possibility of an association comprised of former PAHO and WHO staff, they probably never dreamed that a small group of Washington-based members would grow into such a large and thriving international organization.

Hans and Helena were instrumental in setting up and conducting the initial committee that produced the first bylaws and budget. The first AFSM Board was comprised of seven members: Jack Anderson, Alfred Gerald, Federico Varela, Berta Chiari, Hans Bruch, Helena Irwin, and Edith Quinones. Hans Bruch was elected as AFSM's first president. Jack Anderson resigned during the first few years, and at that time it was decided to expand the Board to nine members who would each serve for three years. Jean Surgi, who had already served on the budget subcommittee of the founding committee, was selected to take Anderson's place. Jaime Ayalde joined the following year and was elected to serve on the Board for the 1993-95 term. Thankfully, he and Jean have been with us ever since.

From the earliest days, PAHO has worked closely with us and supported our efforts both monetarily and in kind. The Director's office door has always been open to us. Financial subsidies have been made available, and use of meeting rooms, as well as printing and mailing privileges, have always been extended to us. Indeed, it is the traditional support that we receive from PAHO that allows our activities to continue.

In our position as the official representative for PAHO/WHO former staff, we sit on the health surveillance committee. We participate in the yearly PAHO preretirement seminars. And we also have active involvement on the Global Standing Committee (GSC) in Geneva, which influences the

governance of WHO Staff Health Insurance. We coordinate our efforts with the PAHO Staff Association and with AFSM Geneva. All these efforts are made in order to represent, protect, and defend former PAHO/WHO staff.

Our biennial international reunions have enabled us to update former staff residing throughout the Americas on developments in PAHO, the United Nations and other matters of their interest. Former staff members are often still active within their own governments and they usually invite Country Representatives and Ministers of Health as well as other national and international authorities to join them at these events and hear of PAHO's active and former staff activities.

Our work with PAHO continues, as we consider our members to be part of the extended PAHO community. Our commitment to Health of the Americas as well as the wellbeing and success of the organization does not stop at retirement. We intend to continue being involved in the Institutional Memory Program, the SHI efforts, and wherever else the Organization requires support or we believe there is a contribution to be made by our members.

PAHO finances have undergone good years and bad years, but, up to today, the PAHO "family" has stayed alive and well. We have come a long way since the little social club that began 25 years ago and we expect to continue our historic relationship with PAHO well into the future.

We want to celebrate our 25 years of existence by coming together from 3-5 December. You have already received an announcement by mail; you will see another one in this Newsletter. We will have food, drink, music, and dancing. We will have an opportunity to hear our Director speak and also to converse informally with her. We will have active staff members tell us of their technical programs. And perhaps you might even have a chance to tell others what you personally did during your days with PAHO. Most of all, you will have the opportunity to see one another and to enjoy the company of good friends and colleagues.

See you at the reunion on Wednesday, 3 December!

Nancy Berinstein
President

PAHO Appoints a New Director of Administration: Gerald C. Anderson

On 1 March 2014, Mr. Gerald C. Anderson assumed the position of Director of the Office of Administration for the Pan American Health Organization.

Mr. Anderson has more than 30 years of experience working in international affairs. Since 2011, Mr. Anderson has served as Secretary for Administration and Finance at the Organization of American States (OAS), Washington, DC where he has advised the Secretary General and provided leadership and guidance to the Secretariat for Administration and Finance, including streamlining of OAS business practices, and leading information technology infrastructure upgrades.

Prior to this he was a career member of the Senior Foreign Service, and Deputy Assistant Secretary in the Bureau of International Organization Affairs (IO) for Economic and Social Policy in the United Nations system and other multilateral organizations, and for US foreign policy in the technical and specialized agencies of the United Nations since August 2006.

Mr. Anderson previously served as Director of the Office of Peacekeeping, Sanctions & Counter-terrorism (IO/PSC) in the Bureau of International Organizations Affairs, where he was responsible for development and implementation of US policy toward and funding of United Nations peacekeeping operations and sanctions regimes, including those relating to counter-terrorism.

Prior to becoming Office Director, Mr. Anderson served as Political Counselor to the US Ambassador in Warsaw, Poland from 2000-2004 and promoted the development of Poland's alliance with the U.S., bilaterally, within NATO and in coalitions of the willing in Afghanistan and Iraq. In the US Embassy in Tel Aviv, Israel from 1997-2000, Mr. Anderson served as principal point of contact with the Israeli Knesset and government on peace-process and political-military issues. Other assignments included Deputy Political Counselor, US Embassy Warsaw, Political Officer in the US Embassy in Seoul, Korea, Special Assistant to

Secretary of State George Shultz, Operations and Line Officer in the Executive Secretariat, and rotational service in consular, political, and management roles in the US Consulate General in Jerusalem.



Prior to joining the Foreign Service, Mr. Anderson served in the United States Peace Corps in Benin, West Africa, and in the International Trade Administration of the US Department of Commerce.

Mr. Anderson, a national of the United States of America, has a Bachelor of Arts in International Studies from Bradley University, Peoria, Illinois (1976). He received a Diploma on

French Civilization from the *Universite de Paris III (Sorbonne)*, Paris, France (1975), and a Masters of Arts in International Economics from the Johns Hopkins School of Advanced International Studies (1980). He is married and has three children.

Mr. Anderson can be reached at Headquarters in Washington, DC at telephone (202) 974-3412, and by e-mail at andersong@paho.org. ■

Health Insurance Update

by Carol Collado

We would like to introduce this theme with a few reflections. First and foremost, our insurance is a self-funded one which is able to provide benefits because all of the participants contribute towards its continuation and health. We believe that the insurance offered by our SHI is one of the best in terms of benefits and costs involved. Sometimes in the light of some bureaucratic problems or increases in premiums we might lose sight of what we have.

For example, in several recent international meetings in Washington DC, former staff participants from different associations¹ discussed their health concerns and the types of coverage offered their former staff.

There were a number of differences identified. Some organizations have their former staff in a separate policy from the active staff, and others offer different optional plans. There were differences in the number of years needed for coverage, preventive measures, co-pays, deductibles, and catastrophic management, among others. The conclusion at the end of the day was that the WHO/PAHO insurance was by far the most comprehensive and those of us covered should feel privileged.

Looking at it from a cost viewpoint, we certainly can count our advantages. In the US, Brazil, and other countries where the health systems are highly developed and costly, comparable insurance coverage for a small family would only be available at the highest tiers of insurance companies, it would be a private endeavor, and it would cost in the neighborhood of US\$1,200 - 1,500 per month!!!

Counting our blessings does not mean that we are not constantly striving to make it better yet. In our last newsletter we reported on the new system of governance put into place in Geneva with the General Oversight Committee and the General Standing Committee. These groups have continued to work on our behalf, and they have been reviewing both the participants' needs and desires and the need to continue strong management practices so that our benefits continue. The retiree representatives continue to work on behalf of the interests of former staff, and there has been some participation by participants through the email available to all for expressing concerns: shi.retirees@gmail.com. Some concerns are easier to deal with than others, but your comments are studied, and sometimes they are taken directly to those who can resolve them while others are put on the agenda for discussion by the committees.

One major concern on which the retiree representatives have been working is to make the same information available to retirees that is available to active staff. We are pleased that the SHI (Staff Health Insurance) Geneva has now supported the development of a link that will make the new January '14 SHI rules and other pertinent SHI information accessible to retirees in a timely manner. The website <http://extranet.who.int/shi> can be accessed with the following login: SHIretiree and with the following password: SHIretiree. Presently, the 2014 Rules are there in English and French, with the Spanish version soon to follow. Other pertinent information will be posted at the same time as the staff

is advised. Congratulations to those who have worked diligently to make this a reality!! Another issue brought up by many is the availability of long-term care (LTC) coverage. A thorough study on the subject is being recommended.

For those of you in the US, a major concern for some is that most of the other international organizations are now financing their participants' subscriptions to Medicare Part B. Given that this has produced considerable savings for those organizations, the AFSM Board as well as the Regional Surveillance Committee have been actively promoting that this option be studied by PAHO. We are pleased to report that after several years of being on SHI's agenda, and much lobbying, the study was included in the SHI audit recently completed by AOL-Hewitt for PAHO. It will now go through PAHO's internal financial and SHI examinations, and we expect to have some concrete recommendations later this year.

Another aspect about which several US participants have inquired is the Affordable Care Act, otherwise known as Obamacare. One of its provisions to take effect this year is that those whose primary insurance does not conform to the minimum standards will be penalized. The WHO/PAHO insurance does not conform because it does not cover young adults up to 26 years of age. For several years, AFSM, in conjunction with the PAHO/WHO staff association, has been lobbying SHI, the PAHO Administration and the Finance Office to deal with this matter, and we were told that ongoing negotiations were taking place with the State Department in order to obtain a waiver.

As of this writing, we have been informed unofficially that PAHO's insurance will be considered by the American government to meet minimal standards. We are awaiting the official confirmation.

Again, the insurance is ours to use and preserve. We shall be active in maintaining its health! ■

1 (1818 Society [World Bank], IMFRA [International Monetary Fund], the Asian Development Bank, AFICS [Association of Former International Civil Servants], AROAS [Association of Retirees of the Organization of American States], and the International Development Bank

5th International Reunion

Special Announcement

PAHO/WHO AFSM

is Celebrating its

25th

Anniversary!

3–5 December 2014 in Washington, DC

Rooms are reserved at the State Plaza Hotel for our out-of-town guests at \$130.00 per night, plus DC tax, for 3-5 December 2014.

Please refer to "PAHO/WHO AFSM celebration" when making your reservations. Their phone number is (202) 861-8200.

A welcome reception for all participants will be held at the State Plaza Hotel on Wednesday evening, and the General Meeting with special guest speakers will be held on PAHO premises on Thursday and Friday, 4-5 December 2014. More details will follow.

There will be cocktails, dinner, and dancing immediately following our meeting on Friday, 5 December 2014, at the State Plaza Hotel.

**If you are interested, contact Sylvia Schultz
at: myfoothome@hotmail.com or (703) 273-7252.**

DR. MARIA ISABEL RODRIGUEZ

As retirees, we are often asked about “life after PAHO.” This is the story of one retiree who found a way to keep her commitment for health and development very much alive.

Maria Isabel Rodríguez began early to show her dedication to demonstrating the power of knowledge put into action. Shortly after receiving her Doctor of Medicine degree in her native El Salvador, she began teaching and researching in the field of cardiovascular physiology. She moved to Mexico after several years to do post-doctoral studies in these areas. There, she began an involvement with medical education reform, another area which would become a lifelong cause.



Returning to El Salvador, she continued her research while teaching at the School of Medicine at the University of El Salvador, and shared her experience and thoughtful reflections in the process of medical education reform, changing the essence of medical studies through extensive changes in both the educational content and processes. During these changes in the educational process, several additional themes emerged which would become lifelong dedications: the importance of the student or young learner as the center of the educational process and the need to stimulate scientific information and development as the bases for progress. Her leadership was recognized and formalized with her appointment as Dean of the Medical School in the 1960s, the first woman to be so honored. During her tenure, the school was involved in scientific development and educational reform, not only in El Salvador but also internationally.

Alas, leadership is not always a comfortable seat, and in the early 1970s political conflict forced

Dr. Rodríguez to leave El Salvador. In 1972 she joined the Pan American Health Organization as Medical Education Advisor for Zone II, covering Mexico, Cuba, Haiti and the Dominican Republic. From her base in Mexico, she worked with other advisors in a multidisciplinary team, spearheading the “new” reform for the education of health professionals and the transformation of the university experience. Emphasis on research was an integral part of this process, as were the importance of social development, an appreciation for the learning experience on the part of the student, and well-prepared faculty, who saw their mission as facilitators of the educational process in addition to transmitting knowledge. In Mexico, many of these ideas came to fruition in the creation and development of the Autonomous Metropolitan University and especially its Master in Social Medicine. The establishment of research and teaching centers and of the associations of health professional schools all benefited from the insights and work of Dr. Rodríguez.

In 1978, Venezuela became her base, and promoting the processes of educational reform and research continued as she expanded her work to include other Andean countries. Alma Ata and Primary Care demanded a new examination of health professional education and the analysis of the process of health and illness, with all of its implications including social determinants. What has become known as the integration of teaching and service was introduced within the reforms, and the role of the university in the process of development became an important concentration for her work. The scientist in her continued to urge that knowledge availability was critical, stressing the

importance of well-equipped university libraries in the health field.

In 1980 Maria Isabel moved into yet another leadership position, that of PAHO/WHO Representative in the Dominican Republic. In addition to the duties of this office, she stressed the values of primary health care in the development of services and sought to stimulate health research, post-graduate and specialty training, and inter-university cooperation, as well as technical collaboration among countries in health.

PAHO then called Dr. Rodríguez to Washington to coordinate a program for the formation of technical, professional and administrative personnel in the PAHO representations in the Member Countries. After two years, she became the first coordinator of the new vanguard program for young multidisciplinary professionals, the Training Program in International Health. This program was dedicated to the formation of young professionals with a broad perspective including multidisciplinary approaches, analysis of the evolution of global and regional trends, and health as critical for development. It stressed the ability to think critically and strategically regarding the challenges facing health and development and the utilization of research as a basis for action. During the ten years that Dr. Rodríguez coordinated the program, 79 professionals participated, many of whom are now showing their own leadership in the countries of the region and beyond.

In 1994, Dr. Rodríguez retired from PAHO and returned to El Salvador, and yes, there is a life beyond PAHO! After serving the University of El Salvador as an ad honorem professor and researcher, she was elected in 1999 to the first of two terms as Rector of the University, once again the first woman to hold this position. The importance of a broad perspective, the educational processes centered on the student, the role of the university in the development of society and research continued as core issues. An ambitious

undertaking, “Toward the Unity and Academic Transformation of the University at the Service of the Nation,” was begun. This project moved the university into an actor of service for development, which defends the right of the society to live in peace and dignity and enables youth to find opportunity within the country for their development rather than having to emigrate. The university accomplishments earned her an overwhelming 95% support for a second four-year term. In these eight years, 1999-2007, the student body tripled in size as did the university’s budget, and the faculty won the implementation of a university career and merit system. For the first time, a budget was created for research, which included a policy of subsidies and support for the development of Research Centers of Excellence, strengthening of the Talented Youth Program, and a massive project of new building and reconstruction of the University’s facilities, over 80% of which had been destroyed by war and earthquakes.

And life beyond PAHO continues. In June 2009, as a new government took its place, Dr. Maria Isabel Rodríguez was appointed Minister of Health of El Salvador, yet another first as a woman in this position. From that post, she is overseeing the transformation of the sector into an integrated, universal health system based on justice and high quality, using a rights-based approach grounded in primary health care to intensify and sustain the pursuit of equity, solidarity, social participation, and broad intersectoral work.

Her honors, premiums, and formal recognitions are too many to mention, are global in nature, and reflect her many passions: humanitarianism, education as process of preparation for development, primary health care, women’s rights, multidisciplinary approaches, the development of youth, and research. She has shared her knowledge and experience in more than 100 publications and looks forward to publishing more in time to come! ■

Mario Boyer resignation from AFSM Board received

Mario Boyer has submitted his resignation letter after many years of valuable service to the AFSM Board. We shall miss his company and his good counsel. In accordance with the AFSM Bylaws, Marilyn Rice has been appointed to take his place until the general elections in December 2014. ■

Reminder: AFSM Newsletter will Only be Available Electronically in the Future

As has been mentioned in previous AFSM newsletters and other communications with the membership, AFSM can no longer continue to provide our membership with a paper copy of the newsletter due to budgetary considerations. We will continue to prepare the newsletter in the format to which you have become accustomed, but after the one that will be produced following the big 25th anniversary celebration in December, we will only distribute the newsletter electronically. For this reason, it is more important than ever that you ensure that your personal e-mail contact information is correct. Please check the latest membership directory you received (dated January 2014). Any changes or additions should be sent to: Hortensia Saginor at isaginor@aol.com or hortensiasagi@gmail.com.

We recognize that there may be a few of our members who do not have e-mail communication. Therefore, if a member specifically requests that (s)he receive a black and white printed copy of the newsletter, then we will print one from a desk top printer and mail it via the US postal system. However, you will have to contact Hortensia Saginor to make this request at either of the e-mail addresses above or at her mailing address: 4620 North Park Avenue, #1507W; Chevy Chase, MD 20815, USA.

Thank you for your understanding and support during these difficult financial times. We will continue to strive to provide you with the best possible newsletter, news and communications. ■

AFSM Chile Chapter



We are in the initial stages of our proposal to establish this Association in Chile. The initiative proposes, among other objectives, to strengthen ties of solidarity and friendship among group members, together with the development of activities in the health, social, and cultural domains. This initiative has the broad and generous support of Resident Representative and Management staff of PAHO in Chile.

The transitional Board is comprised of the following members: Adriana Gómez, César Gattini, Eduardo Alvarez, and Alfredo Ballevena. ■

AFSM Colombian Chapter

Raul Londoño, President

The Colombia Chapter of AFSM maintained its dynamic activities in support of its members and of public health in general. The eighth meeting of the Colombia Chapter was held in the PAHO/WHO Representative's office in Bogota, with Gustavo Mora as President and participation by Dr. Gina Watson, PAHO/WHO Representative in Colombia, her team and Colombia AFSM members.

Dr. Watson expressed her interest in maintaining an interactive process that will take advantage of the experience and the knowledge of PAHO/WHO retirees in offering technical cooperation by the Pan American Health Organization.

The activities that were highlighted included:

- Creating focal points in Bogota, Cali, Medellín, Cartagena and Bucaramanga
- Conducting informational, cultural and leisure activities
- Offering opportunities for positive participation of spouses
- Holding periodic meetings with the support of the AFSM Board, the PAHO/WHO Representation, and the Credit Union
- Establishing a relationship with the Association of Former United Nations Staff – ASOPENUC
- Recognizing former staff members who have passed away.

Treasury: (in Colombia pesos)

Income	\$ 1,021,025.94
Debits	\$ 124,933.60
Balance	\$ 896,092.34

The group of voluntary aid supported the dining room, “Maria is My Mother,” by feeding 230 elderly homeless and the “House of the Hope” by offering beds, blankets, sheets, pillows, and mattresses to people over 55. Each room has a closet where the elderly can keep their belongings. Additionally, armchairs and a television have been put in two rooms to offer recreational space. Supper was provided by the Tequila Museum’s Credit Union. The gathering of friends was very warm and included 30 people. It was a pleasant opportunity to share experiences, to savor Mexican food, and to listen to mariachis music.

Intellectual contributions of the members

Gustavo Mora: published a document entitled “Wisdom.”

Alvaro Uribe: gifted two documents, the first entitled “An anecdotal stroll through the development of my friendship with the opera,” and the second, “My admiration of Shakespeare.”

German Mora: presented a work on his experience with Reike and a detailed description of this healthy technique.

Yolanda Ruan: presented two documents related to the right to die with dignity, entitled “Right to die with dignity: a systematic review of the state-of-the-art up to the present time.”

Plan of work 2013-2014

- Promote friendship and solidarity among the members.
- Promote the health, well-being and quality of life of retirees and their families.
- Strengthen the relationship between PAHO and the Association of Former Staff
- Field day in Tíbar, Raul and Mariela Londoño’s country house in the Subachoque countryside.

Election of Board of Directors

Raul Londoño, President;
Maria Cristina Taborda, Secretary;
Aurora Montoya de González, Treasurer.

We are thankful to AFSM/PAHO and all the members for their magnificent collaboration which has helped to keep us together and in solidarity, and we hope we can continue to count on your continued support. ■

Welcome to New AFSM Members January to May 2014

From the Washington, DC Area

Eduard M. Harkness
Gloria Morales

From Other Countries

Alba Berenice Calderón Fernández – El Salvador

Errata

On page 6 of the January ‘14 ASFM Newsletter under the heading “Update on UN Pension Fund” it states that the assets of the Fund are USD 450 billion. Please forgive the typographical error where the \$ became a 4. The true number is USD 50 billion.

Health Information Tips



Travel precautions for seniors

From the US Centers for Disease Prevention and Control

With a little planning and some caution, seniors can safely visit almost any destination. This is particularly true for caution that should be taken when seniors travel to developing countries where medical services may be limited.

All travelers, including seniors, should see a doctor for a pre-travel visit, ideally 4–6 weeks before they travel, although even a last-minute visit can be helpful. The doctor should be told about illnesses the traveler has and medicines he or she is taking, since this will influence medical decisions. In addition to providing vaccines, medicine, and advice for keeping healthy, a doctor can conduct a physical exam to assess a senior's fitness for travel. Seniors should consider their physical limitations when planning a trip. Seniors with heart disease, for example, might choose an itinerary that does not involve strenuous activities. Seniors may also have a hard time recovering from jet lag and motion sickness, so they should take these factors into account when planning a trip.

Before travel, seniors should have information about their destination that could affect their health, such as the altitude and climate. They should be aware of whether the destination is prone to natural disasters, such as earthquakes and hurricanes, since seniors may have more problems in those extreme situations.

Vaccines

Before travel, seniors should be up-to-date on routine vaccines, such as measles/mumps/rubella and seasonal flu. Some of these may be considered “childhood”

vaccines, but the diseases they protect against can be common in some countries. More than half of tetanus cases are in people over 65, so seniors should consider getting a tetanus booster before they travel.

Seniors should also receive other vaccines recommended for the countries they are visiting. These may include vaccines for hepatitis, typhoid, polio, or yellow fever.

Use of some vaccines may be restricted on the basis of age or chronic illnesses. Yellow fever vaccine, for example, should be given cautiously to people older than 60 years, and it should not be given at all to people with certain immune-suppressing conditions. Seniors should discuss their detailed travel plans with their doctors and, if necessary, alternatives to vaccination.

Medication

A doctor may prescribe medicine for malaria, altitude illness, or travelers' diarrhea; seniors should make sure the doctor knows any other medications they take, to watch out for possible drug interactions. Travelers' diarrhea is common and may be more serious in seniors, so seniors should also follow food and water precautions.

In addition to medicine prescribed specifically for travel, seniors are likely to take other medicines regularly, such as medicines for high blood pressure, diabetes, or arthritis. They should plan to pack enough medicine for the duration of the trip, plus a few days' extra in case of travel delays.

Prescription medicine should always be carried in its original container, along with a copy of the prescription, and all medicine should be packed in carry-on luggage, in case checked luggage gets lost. ■

Scammed

by Nancy Berinstein

Have you ever received an email from a friend frantically informing you that she is in another country, has fallen ill, and has no money? Or perhaps the friend informs you that something terrible has happened to her family and she desperately needs money to remedy the situation. Many of you are now nodding your head and saying yes, indeed you have received such messages.

Why, in fact, you have recently received an email from an AFISM Board member who has apparently encountered bad luck in Manila and Madrid within the last few months. In such cases it is best not to respond but, rather, to delete the email from your computer. If truly worried about your friend, then make a phone call to him/her or the family. Remember that such emails are among the most common ways to fool someone into parting with his/her money.

A telephone call from your bank might tell you that there is a need to discuss one of your investments, but before they proceed they must verify that they are speaking with the correct person. All you have to do is provide your birthdate and identification number in order for them to discuss this confidential matter with you. They may even provide you with the phone number of their office and your particular case number so that you can return their call at a more convenient time. Be cautious and do not use the phone number that they provide since it may simply go to the phone of the perpetrator and not to your actual bank.

Your writer had this happen and was amused that the same scam artist called me twice in one week. I had already reported the call to my bank's fraud department and hearing his voice again caused me to laugh. When he realized what he had done he immediately hung up. I was fortunate. I had read about such cases and therefore declined to provide information. Instead, I called my bank using their official phone number and not the number that the

caller had provided. I learned that my suspicions were well grounded and that the call was part of a nationwide scam. Apparently there are thousands of such calls being sent to unsuspecting potential victims each week.

And then there is the email and attachment from your computer server officially informing you that your last payment to them was rejected by the bank. They request that you complete the attached form providing your correct billing address and bank account number so that they might remedy the situation. You are informed that, if you do not respond, they may terminate your computer and television service. The message is written well and has what appears to be the official name and logo of the company. Again, do not complete the form. Instead, call your server to report the strange email and to learn if there have been any problems with your payments.

Many of us have been approached on the street by someone who claims to have lost a wallet and needs money for transportation to a doctor's office or to go fetch his/her child at school. Such a situation is common and usually easy to identify. However, scam artists are becoming far more sophisticated these days and can approach victims through telephone and electronic devices that are often difficult or impossible to trace. Even well-educated and well-traveled individuals are often fooled by an email supposedly sent by a friend or a trusted bank. If an email message seems strange to you, then do not hit the reply button. Delete it without opening any attachments.

Beware of providing your name, birthdate, social security or other identification numbers. Think carefully about who, why, and how someone is asking for such information. Remember that it does not take much more than a birthdate and a social security number to enable someone to do great damage to your credit status and financial well-being. ■

What's Age Got to Do With It?

by Maria Dweggah

I recently took a trip to Orlando, Florida to visit some friends who had bought a house there. I was invited to a dance party at one of those gated communities for “active” adults. The music was 50s and 60s and the lead singer was from a 50s girl group from New Jersey, platinum blond hair, mini skirt, deeply tanned, great legs, great voice and as lively as if she were a teenager again. This was a whole new scene for me and I kept looking around and thought to myself, “hey, there is life after retirement, after all! And maybe I can find a reason to come back.”

I was eying a nice looking gentleman sitting not far from my table, a full head of curly blondish white hair, deep tan, muscular, bright blue eyes, wearing one of those “on the waterfront” Brando style t-shirts. When I asked about him, I was told it was the singer’s boyfriend and that he was 82! She herself, I was told was in her early 70s. All around me were active adults in their late 60s, 70s and 80s dancing up a storm and being quite demonstrative in their feelings for each other. “Wow”, I said to my host, “look at how they’re dancing, so great that they can still be so lovey dovey on the dance floor after so many years together.” “Honey” someone said to me “they’re probably married, but not to each other.” I think my mouth fell. “You mean they date at that age?” “Honey, look around.”

Several major surveys, including the National Social Life, Health and Aging Project and the



National Survey of Sexual Health and Behavior, report that among people age 60 and older, more than half of men and 40 percent of women are sexually active.¹

I am really naïve, really...I guess living in Switzerland all these years and a shel-

tered work life at WHO, seldom getting out and having friends younger than me, I never really gave this much thought. But how refreshing it was to see people my age and older getting out there and having fun, reliving their youth, you might say, or doing what was not possible years ago with family responsibilities and all. And then, my friend whispered, “why do you think Florida is the capital of STD²s?” “Well”, I said, “why?” “Well, look around.”

So, I did some on line search, contacted Dr Beard who shared an article with me from the Bulletin, also contacted UNAIDS; and, yup, there is a not so negligible increase of STDs among older adults, not only in Florida and other states with retirement communities but also here in Switzerland and also in retirement homes as well. We live longer, we are healthier, we travel more, we can’t get pregnant (well not us women), Viagra gives the added long lasting punch, and there is a second chance of life, and maybe if we haven’t died by then, we can still believe we are immortal.

We are after all from the “love generation” before AIDS, not really used to condoms. And, as with the younger generations, the “it’s-not-

going-to-happen-to-me attitude”, kicks in, especially after a few of those colorful drinks they serve. Important to note is the fact that our physicians, clinicians, generalists and social workers do not question us about our sexual life, nor do we volunteer that information. Neither group is comfortable in talking about sex in general and protected sex in particular. Caregivers must be aware of these trends and not overlook STD screenings when treating older patients. Consequently, while younger persons get bombarded with prevention messages on safe sex, our older age group is left out.

At least one TV series is taking a lead in breaking the taboo of sex among the older generation. If you have been following “Emmerdale” the second longest running soap opera after “Coronation Street,” you can get a sense of what is going on out there. Here is a brief summary of the latest drama. “Val (the wife) found out that a man she had a fling with on holiday (Ian) is HIV positive. Distancing herself from her husband (Eric), it’s not long before he ends up in the arms of another woman - none other than Val’s own sister, Diane. But when Diane finds out the awful truth, will she be able to be there for her sister? It looks as though she might have her own worries after spending the night with Eric (the husband).”

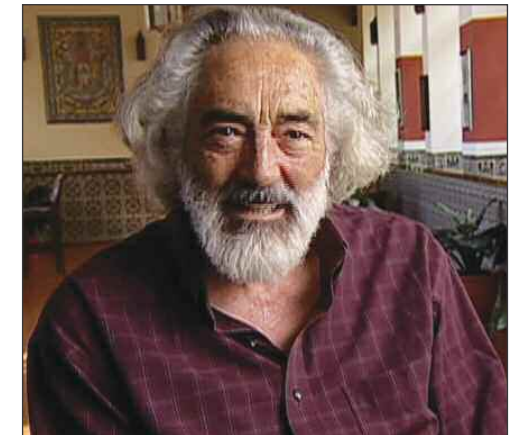
I wish to thank Dr John Beard, Department of Ageing and Life Course, WHO and UNAIDS for their helpful assistance. ■

— Reprinted from the AFSM Geneva Quarterly News with their permission.

¹Ezekiel J. Emanuel, “A concern at any age”, New York Times, January 18, 2014

²Sexually Transmitted Diseases

Remembering Our Colleagues



Miguel Angel Márquez

A brother to all

1934-2014

by José R. Teruel

Miguel was an exceptional human being in every sense of the Word, as all of you agree.

He is, paraphrasing Tomás Borges, "... a person that never dies".

— Libia Victoria - Havana, 13 February 2014

On 3 February 2014, in the cold winter of Washington, I received, along with many other friends, the sad news of the death of Dr. Miguel Angel Márquez. I began to reflect upon and remember all the many moments I shared with this great friend and brother to all. Emotionally I accepted the request of PAHO’s AFSM to write this article for our newsletter and register some brief information about him. There is so much to remember...

“...we believe that this lifelong brother has left us a great legacy; most of us hold within ourselves many of his reflections, his ways of speaking and telling of the most important and yet the most simple and mundane of things, our shared moments, ideas discussed and projects undertaken

with passion and energy, his commitment to health for all and through all and in all, through parties, laughter, celebrations...”

(Mirta and Antonio Periago)

Miguel A. Márquez was born in Cuenca, Ecuador, on 20 March 1934. He studied medicine at the school in his hometown, and after graduation he became interested in the field of pathology, taking specialized courses at the Universidad de Antioquia, Colombia (1961-1962) and subsequently a refresher course at the Universidad del Valle, Colombia (1965). He always had his native city, Cuenca, and his country, Ecuador, deep in his heart, but he had great love for our Latin America and for the poor throughout the world. In his studies of anatomy and pathology and in the necropsies performed, Miguel observed not just the damage left by a disease, an infection or tumor, but also all traces of poverty in people who had suffered damage and inequities in their lives. This had a great influence on Miguel and it motivated him to dedicate himself to educating young professionals in social medicine and looking for the way to make care accessible to all.

He was recognized for his work with the Ecuadorian Association of Schools of Medicine, of which he was Executive Secretary. Dr. Ramón Villareal, Chief of PAHO’s Department of Human Resources, recognized Miguel’s vocation and dedication and encouraged him to join the Organization. Miguel began his work in PAHO on 9 November 1970, first in Central America in the Guatemala office (former Headquarters of PAHO’s Zone III covering Central America), where he remained until 28 February 1972. The first evaluation of his work, done by Dr. Ramón Villarreal and dated 16 July 1971, said:

“In my opinion, Dr. Miguel Márquez has launched impressive work ... and his knowledge of medical education, his great zeal in his work and his personality foretell that his activities in countries ... will have major implications for the development of education in health sciences...”

On 1 March 1972, Dr. Villarreal requested the move of Dr. Márquez to PAHO’s Headquarters in Washington, DC, to work at the regional level, directly in the Department of Human Resources. Miguel was transferred and developed his work as a specialized Medical

Officer, in the field of medical education, until 31 January 1981. During these eight years of intensive work, he visited the countries and stimulated the training of auxiliary health personnel, which was his field of special dedication. Stimulating discussions took place within the Department of Human Resources, where he was working with several other specialized professionals. They had the opportunity to discuss the need for universal health coverage and training and support staff of different professions in the health field. There was a constant concern for meeting the need for changes in the training of health professions to increase the theoretical and practical integration and the true commitment for health and well being of the people in the developing countries. In particular, Miguel spent many hours and much effort on the publication of the Department’s journal, “Medical and Health Education.” He also participated in the activities of PAHO’s Staff Association.

On 1 February 1980, the new government in Nicaragua requested that Dr. Márquez be appointed as PAHO’s Country Representative in that country. This was recognition for his work with the Universidad de Nicaragua in Leon and an important project to build the Leon Hospital. He remained as PAHO Representative in Nicaragua until 31 May 1989. His work was of major importance to the building of the Sandinista Health System and the countless public health campaigns carried out by the new Ministry of Health. During this period, PAHO, under the leadership of Dr. Carlyle Guerra de Macedo, developed the special program of “Health – Bridge for Peace” in Central America. Nicaragua’s participation in this program was essential and Miguel was able to stimulate and develop activities involving Nicaragua with other countries in Central America.

On 1 June 1989 Dr. Márquez assumed the position of PAHO Country Representative in Cuba and remained in this position until his retirement from PAHO on 31 March 1996. He lived through the difficulties of representing PAHO during a period of great difficulty for the government and the Cuban people, for reasons well known. He planned and developed an appropriate management strategy for PAHO’s presence in the country and also stimulated and facilitated the participation of health professionals and scientists from Cuba in other countless high-level cooperation activities.

Miguel Márquez remained active and interested in social and health problems by participating in visits and consultancies in countless countries. With the help of Professor Rojas Ochoa and other colleagues, he coordinated a series of publications and updates. In 2013, with support from Professor Ochoa, he produced his latest anthology “Epistemic Stages in Formation of the Scientific Spirit in Health” (“Escenarios Epistémicos en la Formación del Espíritu Científico en Salud”) which contains an impressive collection of selected articles from known social scientists and health professionals.

Dr. Márquez received several honors for his career and work in the countries he served. Among those were the following: he was designated Honorary Dean of the School of Medicine of the Universidad de Cuenca in Ecuador and of León in Nicaragua. He also received recognition as Honor Academician of the Academy of Science of Cuba and the Carlos J. Finlay Award granted by the State Council of the Cuban Republic.

At the time of his death many of his closest friends sent brief comments that were full of emotion, love and friendship. Dr. José Luis Di Fabio, current PAHO Representative in Cuba, collected these messages and put them into a publication that was given to the family.

“We have tried to uphold the mission of the Organization and perform our work firmly based on principles and respect, in accordance with the different times and conditions in the countries in which we have served.”

— **Miguel A. Márquez** - message sent to all PAHO staff on 27 December 1995, closing the cycle of his working life (from the archives of Dr. Gustavo Mora) ■

In Memoriam

DEATHS REPORTED IN 2012, 2013 AND 2014
NOT PREVIOUSLY REPORTED

Colm Ocolman	14 November 2012
Iracy Handley	21 January 2013
Norma Soto Gomez	29 January 2013
Oddete de Jesús Costa	1 February 2013
Carlos Alberto Pacheco	23 February 2013
Eulalio Soler	5 March 2013
Florentino Garcia Escarponi	7 April 2013
Su Yung Liu 8	April 2013
Heidy Blennam	May 2013
Ana E. Mansilla	10 June 2013
Antonio Rodríguez	25 June 2013
Glenn Fleming	28 June 2013
Olivia Cáceres	28 June 2013
Flora García Early	28 July 2013
Nazahat Hamami	10 January 2014
Denise Millet Balbrune	18 January 2014
Mariko Isomura	21 January 2014
Miguel Marquez	3 February 2014
Joao Joaquim	16 February 2014
Rodolfo Mejia	22 February 2014
Eusebio del Cid	28 February 2014
Jorge Zuñiga	5 March 2014
Miguel Angel Aguilar Oliva	12 March 2014
Federico Palenque	3 April 2014
Luis Arcila Montoya	17 April 2014
Alfonso Ruiz	2 May 2014
Julian Rodriguez	6 May 2014
Manuelita Zephirin	8 May 2014
Ciro de Quadro	28 May 2014
Alvaro Uribe Acevedo	1 June 2014

CONDOLENCES TO AFSM MEMBERS

To Gerald Hanson for his wife Alba, who died on 2 April 2014

The Back Page

The AFSM Board and committee coordinators would like to know about the needs of its members. We might not be able to solve all your problems but we have resources that could be utilized. Also, we encourage your contributions to the Newsletter, either in the form of articles for publication or in comments about its contents.

To reach us, write to:

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525 23rd St NW
Washington DC 20037-2895

Contact Information

Please refer to your 2014 AFSM Directory and be certain that all your personal contact information is correct. We also encourage you to provide us with your email address so that important and pertinent information can be electronically mailed to you. Any changes or additions to your address should be sent to Hortensia Saginor (AFSM) by routine mail to PAHO Headquarters in Washington DC or, preferably, by email to isaginor@aol.com or hortensiasagi@gmail.com



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