



NEWSLETTER

THE ASSOCIATION OF FORMER PAHO/WHO STAFF MEMBERS

VOL. XXVIII, NO. 2

APRIL 2017



No Title



No Title



Stochastic Curves

Paintings by AFSM member Manuel Kulfas

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President's Message



Dear colleagues, friends and members of the Association,

I hope this message finds you enjoying good health, well-being and joy. Continuing with the goal of encouraging the participation of the members, the Board of Directors has reaffirmed its interest in including more contributions of various kinds from members of the Association in our newsletter. You will find on the front page of this issue, 3 paintings made by our dear friend and member, Manuel Kulfas, as well as a short story, "The Morning Appointment", written by our Board member Hernán Rosenberg.

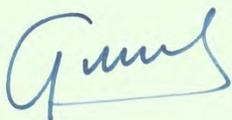
If you have an original article that you wish to share, please let us know. If you should read an article that you liked or think it would be important that others read, please send us the source or the internet link. If you have thoughts or anecdotes of any kind, please send them. If you have poems, stories, photographs, paintings that you would like to share with others, do not hesitate to send them. We will publish as much as we can, with the same interest and with the same enthusiasm that you put into your contributions. Please do not limit your creativity.

Another aspect of the newsletter that we would like you to use frequently is that of sending us "Letters to the Editor". Through your letters, you can establish a dialogue with the newsletter, and in this way the Editorial Committee will come to learn what you like, what you don't like, what you would like to see published or what concerns you might have about the newsletter or about the Association.

Finally, in order to give you the opportunity to express yourselves, we will change the "President's Message" page to an "Editorial" column, so that any of you can contribute to it, with the approval of the Editorial Committee.

To more that you contribute to the production of the newsletter, the more useful it will be and the more it will be appreciated by the members of the Association.

My best wishes to you all.



Staff Health Insurance and Pension Update

By Carol Collado



Staff Health Insurance

As promised in the last Newsletter, we are bringing you more information about the changes to be expected this year in our Staff Health Insurance.

There has been a lot of inquiry regarding several items in the newsletter you received from SHI HQ in December. Included was an annex with a message from your retiree representatives on the GOC and GSC in which you were encouraged to give your email to the Secretariat and to share it with your representatives. Globally over 300 of you responded. We want to clarify several things and types of emails shared: a) a registered email with SHI is only for SHI to share information with the participant and to notify him or her of important information. b) If you, as a participant, wish to authorize your spouse or someone else to have contact or interchange directly with SHI, even to request information on your behalf, legally SHI must have written permission from the participant. c) In the event that the participant is disabled or incapable of managing the insurance him or herself, SHI requires a representative named through a legal document called Power of Attorney in which the participant names a responsible person who can intervene on his or her behalf for all SHI matters. The emails you have provided to AFSM are only for the use of AFSM and for sharing information with you. If you agree, then they are listed in the directory where other AFSM members can also see them, once they have entered passwords.

Many of you have also inquired about the new online submission of claims. The aim of SHI is to have all regions on board by the end of this year. The submission by Internet is felt to be more equitable and better at preserving privacy. The Region of the Americas is the last region to be incorporated, and it is estimated to take place in the Fall, perhaps starting in September. There will be further notice and training before it is implemented. Several people have asked if they are still able to submit claim forms via pouch. This option will be open to those who need it. Those in the USA will continue to be covered by a third party administrator (Presently Aetna).

After the GOC meeting in late April, you will receive an updated Rules version which will take effect as of 1 July 2017. Please read this document carefully and have it readily available to refer to when needed. We mentioned in the last AFSM Newsletter some of the changes expected. We have one piece of good news about this. It was recommended that the calculation of catastrophic would change from the current rolling base to a calendar base. After further examination, a number of people, including your retiree representatives, raised objections to this since the calendar base calculation did in fact penalize the participant in almost all cases. The Secretariat responded to the objections, in spite of the fact that it had been approved by the DG, by doing a number of simulations to make an informed decision about what would be best. It agreed that

indeed the participant did not benefit from this change, and so at present this change will not take place in July 2017. The topic will be discussed in the next GOC meeting and most probably be remitted with analysis to the DG for a final decision.

Pension

The good news here is that starting in April this year there will be an increase of 3.6% in our pensions due to the cost of living increases.

Because of the delays in pension payments to new retirees last year and at the beginning of this year, there have been a number of petitions circulated for removal of the administrator. There are always some who think they could do it better. I myself received another complaint this week (probably the 4th or 5th in a short time period). We recognize that there have been problems, but we continue to trust the Board of the Pension Fund, which has not seen the need for administrative changes. We will continue to monitor the situation, especially regarding payments to survivors and newly retired pensioners and we will communicate with the Fund on your behalf when requested. *N*

Welcome to new AFSM members

José Lourenço Reis, from Brazil

María Cecilia Yépez de Gamarra, from Peru

Techno Tips

My \$5.00 Computer

By Antonio Hernández



The title is correct. The computer that I am using to write this article cost five dollars. The monitor is excluded from that price, but the computer can connect to any available television set or spare computer monitor.

I remember back in 1984 when I purchased my first IBM Personal Computer (PC). I was one of the early adopters and it cost me over four thousand dollars, with some software included. How could it then be possible that more than 30 years later you can purchase a more powerful and totally functional computer, with operating system and software, for a fraction of that cost?

There are several reasons that explain this:

- There has been a change from one transistor to several ones in a capsule or “Chip” and the large-scale-integration (LSI) of these components in one chip. Today this has evolved in a way that you can have systems (processor and peripheral components) fully functional in a chip.
- Large scale production of integrated electronic components drives down the cost of producing each chip.
- Moore’s Law: every 18 months, the electronic components in a chip will double.
- Engineers’ ingenuity

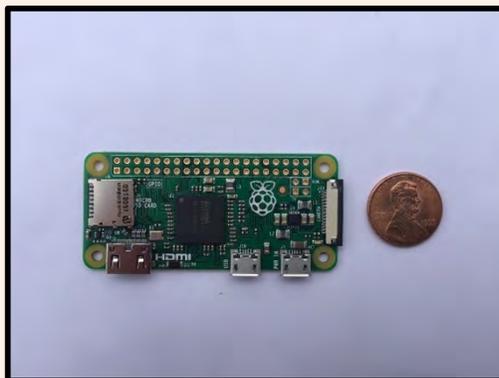
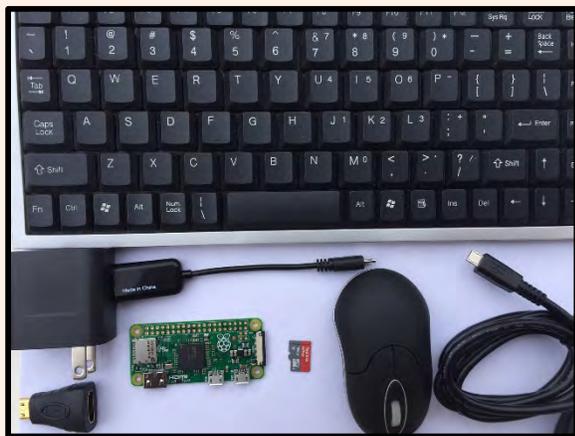


Figure 1. Raspberry Pi Zero

For these reasons, every day we have faster, more powerful computers with larger data storage capacities that you couldn’t have dreamed of when the first computers were available on the market. The use of personal computers has been pervasive in our everyday life due to the use of the internet and as a preferred mechanism for communication through email and electronic messages.

Throughout this fast evolution, one of the most important breakthroughs in the line of miniaturization was the production of the System on a Chip (SoC) Module, along with the idea of a professor at Cambridge University, who was looking for low-cost computer platforms for his students to get involved in computer science. With this idea in mind, he began a project in 2011 for production of 10,000 boards nicknamed “Raspberry Pi Model A.” The impact and demand for these boards was of such magnitude that, on its release day, mail orders were placed for 100,000 boards. <http://www.raspberrypi.org>

The objective of the project was to have a product available for under US \$30. This Raspberry Pi circuit board would include all the options to be used as a fully



operational computer, including general purpose processing capabilities, RAM - memory (Random Access Memory), video output HDMI (High Definition Multimedia Interface) with sound, camera serial interface (CSI), a SD (Secure Digital) slot for mini or micro card storage, a power socket, and USB connectors for the keyboard, mouse, and other USB devices.

The beauty and the aim of the design was not only to have a fully functional computer, but also 32 (and later 40) points of connection GOPI (General Purpose Input/Output) to provide connectivity for operating electronic projects like robots or the ‘Internet of Things’ (IoT) developments and devices.

Part of the concept was to have a low-cost, functional computer that could use recycled or spare parts as key components like a keyboard, mouse, power adaptor, micro SD card, and monitors or a television set with HDMI inputs.

The open-source Linux was chosen as the operating system to drive the computer. It is recommended to use the “Raspbian,” that is a version of Linux based on Debian and optimized for Raspberry Pi. When you download the Raspbian version to set-up the system, the operating system includes: “Office Libre Suit” (the equivalent of Microsoft Office), and all other necessary software, such as a web browser, pdf reader, mail services, etc. The best part is that this is all available for free!

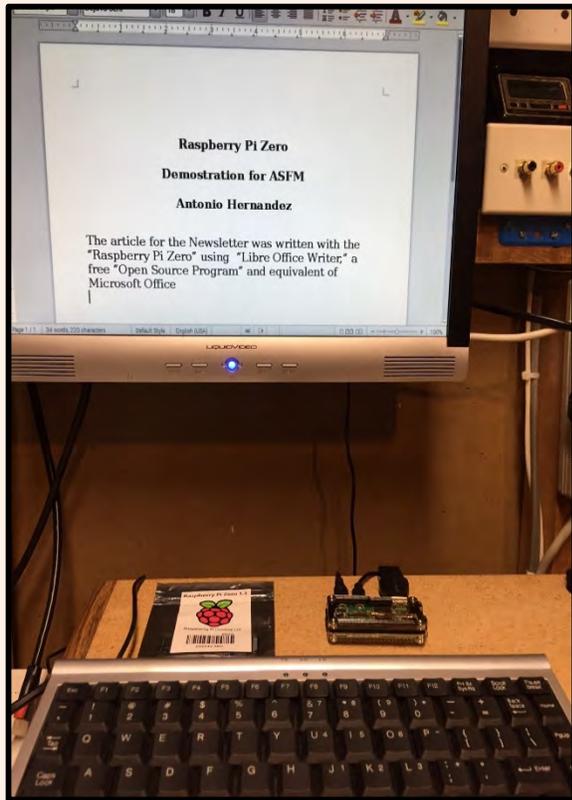


Figure 3. My \$5.00 Computer

During the lifespan of the Raspberry Pi Project we have seen the release of several subsequent models, each one with more speed, larger RAM (1 Gigabyte), and the addition of Wi-Fi and Bluetooth. These versions could easily replace your desktop or laptop computers.

The next step for the Raspberry Pi project was to reduce the cost, the physical size, and energy consumption of devices in the Raspberry Pi family by the end of 2016. They succeeded with these objectives in a package that is one-third of the size of the previous board (see Figure 1). Best of all, this comes at a cost of US \$5.00! To be totally honest, mine was free because it was included as a token in the December 2016 edition of Pi Magazine. Unfortunately, this offer has passed and anyone reading this will have to pay the five dollars.

If you happen to have some recycled or unused computers parts (as I did, shown on Figure 2), your total cost for a new computer will not exceed the aforementioned five dollars. If not, then you may need to spend additional money for the other parts and peripherals, which would still cost a lot less than buying a new PC or laptop.

If you have an additional five dollars to spare on top of that, you can upgrade to the Raspberry Zero-W, which includes Wi-Fi connection capabilities (internet access) and Bluetooth for wireless connection to devices like a keyboard and mouse.

As a final mention, I want to reiterate that this entire article was written and edited on my new five-dollar computer (see figure 3). **N**

Informational Seminar for Former Staff Members of PAHO in Peru

An AFSM-PAHO Collaboration

By Germán Perdomo and Valery Mesones



Being up to date on issues related to pension, health insurance and other issues is crucial for PAHO/ WHO former staff. This is a fundamental task for the Association of Former Staff and is part of the objectives within the AFSM Mission. This is why the newsletter is produced, publications are written and updated, specific reports are produced, news and



alerts are posted on the Association's Facebook page, important documents are included on the website and all kinds of information that is useful to members is sent by email, and by post when necessary.

Within AFSM we are already accustomed to these tasks. However, on Thursday, 2 March, something unusual and very enjoyable happened that we wish to share with everyone. On that day, an informational session was held at the Peruvian Representation for former staff who are living in Peru and their families. This would have been nothing special if not for the fact that it was carried out on the Internet, with the participation of the PAHO Representation, the



Association, PAHO Headquarters and the Credit Union. Some people were in Lima, others in the PAHO Office in Washington and I was at my house in Virginia.

The seminar, which was held in the PAHO Auditorium in Lima, aimed at strengthening the knowledge and skills of our colleagues and their families as well as at providing them with detailed and up-to-date information on various topics

such as the Pension Fund, the Credit Union and Health Insurance. From the PAHO Office in Peru,

Mrs. Ana María Frixone, the Administrator, welcomed the participants to the Seminar; Mrs. Violeta Egúsquiza Chief of Finance Unit, participated; Ms. Valery Mesones, Chief of Human Resources, was responsible for organizing and coordinating the session; and Mr. José Villanueva provided technological support. Participating from PAHO Headquarters were: Vivian Huizenga and Omarys Nieves from the Office of Finance, Ana María Falquez and Andrea Robles from the Office of Human Resources. Patricia Ilijic, Executive Vice President, spoke on behalf of the Credit Union, and Carol Collado and Germán Perdomo spoke on behalf of the Association.

The seminar was focused on how to resolve conflicts related to pension, health insurance, and bank deposit accounts for both health reimbursements and monthly pension payments. Likewise, it provided information about the mandatory procedures that need to be followed when a pensioner dies, in order to guarantee the continuity of the benefits of the surviving spouse. For each topic, participants' questions and concerns were resolved.

Twenty people participated and this is the first time that an informational meeting of this type has taken place in the Peru Office. All the retirees and their families were very satisfied, and their words of gratitude touched the hearts of the organizers. We understand that there are plans to do more, both in Peru and in other PAHO offices, and, of course, the Association will be prepared to participate with enthusiasm. **N**



The Morning Appointment

By Hernán Rosenberg



Jacques Chaudière left his plush apartment in the Rue de Calvin in the South side of Lake Geneva, and walked to the corner to wait for the number 5 bus that would show up at exactly 8:27 and deposit him a hundred yards from his office in the Rue de Lyon. Private Bank Chaudière & Frères had been founded by his great grandfather in the XIX century. It was still functioning in the same building in which his great grandfather had leased a floor at that time. Of course the electronic and communications equipment they had now were the stuff his great grandfather would have assumed to be a Jules Verne invention. But the closed personalized attention to very wealthy clients strictly by family members or very close associated had remained the same. And in spite of changes in regulations and World connectivity, Jacques saw no reason to change this.

He took advantage of his 15 minutes comfortable bus ride to check his agenda in his Samsung Galaxy 8 smartphone. Nothing out of the ordinary except for a meeting with a Mr. Smith -obviously not his name- at 9:30.

At 9:30 promptly, Marie announced that Mr. Smith was here. Mr. Smith entered with the cup of strong espresso Marie had routinely offered. A very tall gentleman, about 40 years old judged Jacques, from Western Africa by his accent.

“Mr. Chaudière, as you probably guessed my real name is not Smith, but Odwan Uhuru. I am the head of the Central Bank of Togo, attending a meeting on corruption and transparency here at the UN.”

“Go on”

“In that line. I need the names of all Togolese that have accounts with you. We know there are quite a few, and we need to make sure they pay taxes as it is due legally”

“You know there is such thing as banking secrets”

“Yes, but since the US enacted the FACTA countries can request this information”

“Right, but this is Switzerland, not the US”

“Well, USB and several other big Swiss Banks have complied with the US requests”

“Sure, they can lose their license to operate in the US if they do not. We are just a Swiss Bank, so no US license at risk”

“And what about the ruling of the Swiss Bank Authority asking banks to comply?”

“That applies to public banks. We are private, you did not even see a sign in the door. Clients are by invitation only”

“You know I can circulate the word around that your bank refuses to cooperate among other central banks”

“We do not have country accounts precisely to avoid political pressures”

“I can evenaffect the safety of your employees”

“We are used to personal threats in this business”

“So, you will not give the list in spite of all the risks you face for it?”

“You said it Mr. Uhuru. Now if you allow Ms. Marie to escort you out...”

“Well there is one more thing”

Jacques did not expect this. He took a long sip of his own espresso to compose himself. He was not used to this level of aggressiveness.

“And that would be?”

“I want to open my personal account in the bank” **N**

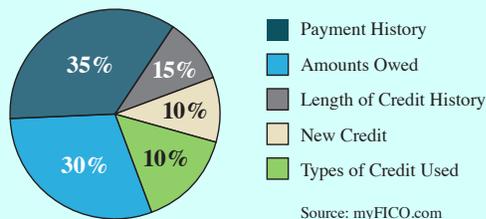


CREDIT REPORTS. WHAT IS YOUR NUMBER?

WHAT IS YOUR NUMBER?

Data from your credit report goes into five (5) major categories that make up a FICO score. The scoring model weighs some factors more heavily, such as payment history and debt owed. FICO scores range from 300 to 850, where a higher number indicates lower risk.

Here's a display of the FICO scoring model:



IMPORTANT TIPS ON IMPROVING AND MAINTAINING A CREDIT SCORE

Payment History Tips

- Always pay your bills on time.
- If you have missed payments, get current and stay current.
- Be aware that paying off a collection account will not remove it from your credit report.
- Understand that closing an account doesn't make it go away or help raise the score.

Amounts Owed Tips

- Keep balances low on credit cards and other "revolving credit" — high outstanding debt can affect a credit score. Your credit utilization ratio is key — the higher the percentage, the worse for your score.
- Pay off debt rather than moving it around via balance transfers.
- Don't open a number of new credit cards that you don't need, just to increase your available credit.

Length of Credit History Tips

- If you have been managing credit for a short time, don't open a lot of new accounts too rapidly. New accounts will lower your average account age, which will have a larger effect on your score, if you don't have a lot of other credit information. Also, rapid account buildup can look risky, if you are a new credit user.

New Credit Tips

- Do your rate shopping for a given loan within a focused period of time (the model distinguishes between a search for a single loan and a search for many new credit lines, in part by the length of time over which inquiries occur).
- Opening new accounts responsibly and paying them off on time will raise your credit score in the long term.
- It's okay to request and check your own credit report — this won't affect your score, as long as you order your credit report directly from the credit reporting agency or through an organization authorized to provide credit reports to consumers.

ACHIEVE FINANCIAL WELLNESS

We want to help you live financially well, that's



why PAHO/WHO FCU has partnered with GreenPath Financial Wellness, which is a free money management and financial education program that can help you plan ahead, boost your credit, and pay off debt fast.

Learn more at www.PAHOfcu.org

Health Tips: Secrets of Longevity

By Gloria A. Coe



During the years between 2000-2007, National Geographic and the National Institute of Aging of the National Institutes of Health (NIA/NIH) gave Dan Buettner and a team of researchers grants to answer the question: *What are the secrets to a long and healthy life?* European researchers estimate 20% - 30% of life expectancy is linked to genes; but in fact, traditional community culture, family, diet, exercise, smoking, religion, inclusion of the elderly, and lifestyle have a much greater influence on longevity.¹

Buettner is a National Geographic fellow and a New York Times bestselling author. He and his team studied longevity hotspots globally to understand the cultural characteristics of people who live more than 100 active years in good health. After several years of study, the team identified five “longevity oasis” blue zones so named because they were circled on a map with a blue pen. Blue Zones are a demographic and/or a geographic area where clusters of people live measurably longer healthy lives and their longevity data is corroborated.²

The five longevity oasis blue zones are:

1. ***Icaria, Greece*** is a small mountainous island, where most households grow their own organic pesticide-free food. Their days are comprised of working in the garden, tending to their animals who yield meat and milk, and most have at least one occupation such as beekeeping or fishing. Their diets are based primarily on foods from plants such as olive oil, red wine, herbal teas, garbanzo beans, black-eyed peas, lentils, and fish; supplemented by a limited amount of sugar, dairy products and meat that are usually eaten at Christmas and Easter times. Their daily



¹ <https://www.washington.edu/wholeu/2017/03/01/eating-for-longevity-its-more-than-you-think/>;

² https://en.wikipedia.org/wiki/Dan_Buettner

calorie consumption is low and their community social networks are strong. The Icarian culture venerates the elderly, who according to one author, “live like gods”, they nap every day, garden regularly, eat well, and virtually have no dementia.³

2. **Nicoya, Costa Rica** is a mountainous peninsula jutting into the Pacific Ocean, about 80 miles long and 30 miles



Nicoyan centenarian

wide. Its death rate of 0.71 is much lower than the rest of the country, a surprising achievement given the high life expectancy of Costa Ricans. The secret to living long lives is regular, low-intensity activity, staying close to friends and family, and consuming mineral-rich local waters. Older Nicoyans have their own garden where they grow their own food. Nicoyans have a deep faith in God, sleep eight hours a night and maintain a simple plentiful healthy diet of rice, corn, plantain, beans, and rarely eat sugar.⁴

3. **Ogliastra, Sardinia Region, Italy** is a province of a mountainous island, off the coast of Italy where residents are predominantly shepherds. They are culturally isolated and follow centuries of eating traditional foods. They remain close to their families and friends across their lifespan and take great pleasure sharing an evening together enjoying a glass of wine made from the local Cannonau grape. The central mountainous region of Barbagia is one of the lowest populated regions of Europe, has some of the longest-lived people globally, and the men have the longest longevity in the world. Their traditional meals are largely low-fat, low calorie, with little sugar and plant-based with their diets comprised of whole grains, beans, pecorino cheese from grass-fed sheep high in omega-3 fatty acids, homegrown vegetables and fruit; and, meat is generally eaten on Sundays and special occasions.⁵
4. **Okinawa, Japan** is a Prefecture comprising more than 150 islands, and the main island of Okinawa is approximately 70 miles long and 7 miles wide. The Ryukyuan people of Okinawa are among the longest living people in the world; the women have the longest longevity in the world. They have the highest centenarian ratios, 34 centenarian Ryukyuan per 100,000 people, more than three times the rate of mainland Japan. Almost all Okinawan centenarians have a garden; they eat primarily a plant-based diet, with 300 grams of vegetables a day. Meals of stir-fried vegetables, sweet potatoes, and foods made with soy, such as tofu and miso soup are high in nutrients and low in calories; they eat very little sugar, meat, dairy or eggs. The Ryukyuan practice Confucian *hara hachi bun me* or eating until they are about 80% full. Okinawans have strong social networks; older Okinawans readily articulate the reason they get up in the morning as a purpose-driven life with clear roles and responsibilities towards family, friends and community.⁶

³ <http://www.nytimes.com/2012/10/28/magazine/the-island-where-people-forget-to-die.html>

⁴ https://www.youtube.com/watch?v=KUh_YDcP41M, <http://www.welovecostarica.com/blue-zone-living-a-long-and-healthy-life-in-costa-rica/>

Información en español: https://www.youtube.com/watch?v=N_4C2hB6yXM; <https://www.youtube.com/watch?v=Uo87kRzTK34>

<http://www.revistautopia.com/Receta-Guanacasteca-para-vidas-largas-y-felices.aspx>

<https://www.casadellibro.com/ebook-el-secreto-de-las-zonas-azules-ebook/9786073142762/2970462>

⁵ <https://www.bluezones.com/exploration/sardinia-italy/>; <https://www.youtube.com/watch?v=RtsqvbbzpmM>; See more at:

⁶ <https://www.youtube.com/watch?v=to9rhIwWJg0>

5. ***Loma Linda, California, USA*** is the only longevity hotspot in the US It is a community of approximately 9000 Seventh-day Adventists. They live about 10 years longer than the rest of the US population and are primarily vegetarian, do not smoke or drink, exercise regularly, and rest on the Sabbath from sundown Friday to sundown Saturday. Sabbath observance provides them with an opportunity to attend church, spend time with family and friends, take walks in nature in the company of other Adventists, all of which tends to reduce stress and strengthen social networks.⁷

THE SECRETS OF LONGEVITY, as told by the centenarians from the five-longevity oases highlights the importance of traditional cultures where eating, exercising, working, family, community and religion are valued and cherished. Clearly, the lessons of the centenarians focus on the importance of:

1. Diet

- Plant-based meals, such as nuts, beans, fruits, vegetables, and very little sugar



- Animal-based protein: Buettner suggests about 3 ounces of fish/day, infrequent consumption of red meat such as 5 times/month, and with a serving size of 3-4 ounces
- Red wine in moderation
- Low calorie intake, and stopping eating when one's stomach is 80% full

A distinct version of the Mediterranean diet is followed on the Blue Zone island of Icaria, Greece. It emphasizes olive oil, vegetables, beans, fruit, moderate amounts of alcohol and low quantities of meat and dairy products.

Gianluca Colla/Courtesy of Blue Zones:

<http://www.npr.org/sections/thesalt/2015/04/11/398325030/eating-to-break-100-longevity-diet-tips-from-the-blue-zones>

2. Family, Religion and Community Cohesion

- Family comes first among centenarians
- 5 of 263 centenarians interviewed do not belong to a faith-based community. Religion contributes to a purpose-driven life and gives centenarians something to live for. Nicoyans call it *plan de vida*
- A social circle shapes healthy behaviors and prioritizes, among others, tobacco-free living, physical fitness, happiness, and the joy of being together with friends and family. The clear focus on family includes care, respect and a love for the older generation

⁷ [http://www.today.com/health/longevity-loma-linda-town-may-hold-secrets-long-life-1D80353425;](http://www.today.com/health/longevity-loma-linda-town-may-hold-secrets-long-life-1D80353425)

3. Exercise

Icaria, Nicoya, Okinawa, and Sardinia are rural mountainous blue zones, requiring lengthy walks to visit family and friends, and to tend their flocks and garden. Gardening requires exercise for the centenarian and minimal, if any, use of pesticides. Loma Linda centenarians regularly exercise especially on their Sabbath.

4. Reduce stress

The centenarians routinely take time during the day to nap, remember their ancestors, visit family and friends, and enjoy happy hour. Four of the five blue zones are remote, in many ways sheltered from postmodern 'progress' and not involved in political or family religious conflicts. Fortunately, exercise, healthy diets, and focusing on family, religion and community cohesion are all strategies to reduce and manage stress.⁸

In many ways, their life goal was not to become centenarians, rather they followed the traditions and lifestyles of their parents and grandparents in the early 20th century. The life stories of the Blue Zone centenarians give each us the opportunity to reaffirm the wholesome lifestyles of our own forefathers. Most of us have the capacity to live into our 90s, without chronic diseases, by slowly and surely adopting elements of the Blue Zone lifestyle. **N**

The full article is posted on the AFSM website.

For more information, please see:

- Dan Buettner's 2009 and 2013 Ted Talks –
https://www.ted.com/talks/dan_buettner_how_to_live_to_be_100;
<https://www.youtube.com/watch?v=ff40YiMmVkU>
- National Geographic slide show:
http://ngm.nationalgeographic.com/ngm/0511/sights_n_sounds/index.html
Para más información sobre las zonas azules, favor ver *Longevidad y zonas azules, Reflexión No.11 César A Fernández*: https://www.youtube.com/watch?v=Ep05TX05_tA
- <https://www.linkedin.com/pulse/conversation-series-part-2-getting-blue-zone-john-g-kelly-am>



Five generations of a Nicoyan family



Map of Nicoya

⁸ Buettner, Dan (2015). The Blue Zones Solution: Eating and Living Like the World's Healthiest People, National Geographic Books. ISBN 9781426211928



Nicoya diet



Nicoya – grocery shopping

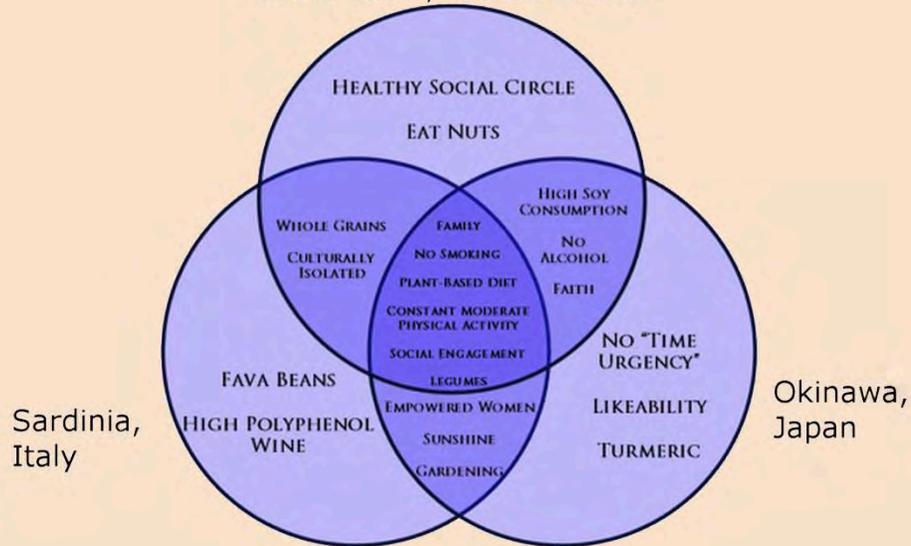


Nicoya – farmers' market



Nicoyan women distribute tiste, a drink made from rice and cocoa

Loma Linda, United States



A Venn diagram of Longevity Clues from Okinawa, Sardinia and Loma Linda

In Memoriam

DEATHS REPORTED IN 2017
NOT PREVIOUSLY REPORTED

Gabriel Schmunis

9 April 2017

Condolences to an AFSM member

To Iris Bradshaw for her husband James Bradshaw
who died on 24 March 2017

Things to Remember

Your opinion is important

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, send us an email to:

perdomog@gmail.com

or collado@verizon.net

You can also write to:

AFSM c/o PAHO
525 23rd Street NW
Washington DC 20037-2895

Contact Information

Please refer to your 2016 AFSM Directory and be certain that all your personal contact information is correct. We also encourage you to provide us with updates of your address, email and telephone, if there are changes, so that the Newsletter and other important information can be

sent to you on time. Any changes or additions to your contact information 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

PAHO/WHO AFSM Web link:

<http://www.afsmpaho.com>, and to register please use your email address as your ID and as password use: **Paho1902!**

To become member of the Facebook page of AFSM

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Officers

Germán Perdomo ('18)
President
(703) 310-7-13
perdomog@gmail.com

Carol Collado ('17)
Vice President
(301) 384-1212
collado@verizon.net

Enrique Fefer ('19)
Secretary
(301) 340-6799
enriquefefer2@gmail.com

Hortensia R. Saginor ('17)
Membership Officer
(301) 654-7482
isaginor@aol.com
hortensiasagi@gmail.com

Sylvia Schultz ('19)
Treasurer
(703) 273-7252
myfoothome@hotmail.com

Members-at-large

Marilyn Rice ('18)
(703) 426-8772
ricemarilyn2011@gmail.com

José Ramiro Cruz ('17)
(703) 729-0875
jcruz62004@aol.com

Hernán Rosenberg ('19)
(301) 983-5432
hernanrosenberg2@gmail.com

Gloria Morales ('18)
(301) 649-5179
glorianic@gmail.com

Honorary Members

Jaime Ayalde
President Emeritus
(301) 983-0569
jayalde@aol.com

Hans Bruch
Founding President
(301) 530-5450
hans.bruch@gmail.com

Nancy Berinstein
President Emeritus
(301) 229-3162
nancy.berinstein@gmail.com

Jean Surgi
Secretary Emeritus
(301) 762-7490
jayess1@verizon.net

Note: The term of each member of the BOD expires in December of the year in parenthesis.

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Bolivia Chapter
Horacio Toro Ocampo, htoroocampo@yahoo.com

Brazil Chapter
César Vieira, cesarvieira@globo.com

Chile Chapter
Alfredo Ballevena, aballevena@gmail.com

Colombia Chapter
Carlos Hernán Daza, cardazah@hotmail.com