

NEWSLETTER

OF THE ASSOCIATION OF FORMER STAFF MEMBERS



VOLUME XV, NO. 3

DECEMBER 2004

SPECIAL EDITION - COLOMBIA



Alvaro Uribe in front of the PAHO headquarters in Washington D.C.

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ATTENTION: THINGS FOR YOU TO DO!

UN Pension Fund Certificate of Entitlement: You should by now have received and returned the UN Pension Fund Certificate of Entitlement in order to ensure that your pension will continue. If you have not received the Certificate, or if you have misplaced it, you should ask for another form immediately (Tel: 212/963-6931) and mail it to:

The Secretary
United Nations Joint Staff Pension Fund
Room S-635
New York, NY 10017, USA

Payment of AFSM Dues: Please look at the label on this mailing and note the date in the upper left corner. This indicates the year through which AFSM dues are currently paid.

If the date is 2002 or earlier, your dues are seriously in arrears and should be paid if you want to remain a member of AFSM and to continue to receive its mailings.

If the date is 2003 or 2004, you are still a member in good standing, but you owe the dues for those years.

In either case, your dues for 2005 are also now due. Once you have paid up your arrears for previous years, you can choose one of the following options for current and future dues:

US\$ 10 to pay your dues through 2005
US\$ 50 to pay your dues through 2013
US\$100 to pay your dues for life

You are encouraged to opt for a 10-year or lifetime membership, instead of annual membership. This way your membership is assured, and the discounts in dues are considerable!

Address Corrections: Please let us know if there are any errors in your address as shown on the label on this mailing. **Also, we again remind you to send us your e-mail address if you have one, so we can get news to you on a more timely basis.**

Newsletter: Language Preference: The Newsletter is published in English and Spanish. It is being distributed to members according to their country of residence. Let us know if you would prefer to receive your Newsletter in Spanish rather than in English.

GOOD NEWS CONCERNING MEMBERSHIP IN THE PAHO/WHO FEDERAL CREDIT UNION!

PAHO retirees have always been able to continue their membership in the FCU in their retirement as long as they chose that option at the time they retired. Surviving and dependent spouses and children also have had the option of continuing membership. However, up to now, if they did **not** choose to continue membership at the time of retirement, they were **not permitted** to join at a later date.

Now the FCU has advised the ASFM that this policy has been changed. **A retiree of PAHO may now choose to join, or rejoin, the Credit Union at any time during his/her retirement years.**

How to Join

In Person: To join the PAHO/WHO Federal Credit Union, you must do the following:

- Bring in a government-issued photo ID (to comply with the USA Patriot Act).
- Bring proof of eligibility in the form of a copy of your retiree staff ID and number and a copy of your passport or ID from your country. If you are eligible for membership through a family member (the **primary** member is the PAHO staff member or retiree; **immediate family members** are defined as spouse, children and parents; and **extended family members** are defined as brothers, sisters, uncles, aunts, grandparents, grandchildren, nieces, and nephews.), please have your sponsoring family member complete a family eligibility card and bring it with you when you open the account.

- Bring a check for at least \$5 (or the same in cash) to meet the minimum balance requirement for the share account.

By Mail: Print and complete the application form. (Be sure to sign it.) You can request an application form by calling the FCU at 202/974-3453 or by fax at (202) 659-4513. Then you should send:

- your application
- a copy of government-issued photo ID
- proof of your eligibility (see above)
- a check or cash for US\$5 or more to meet the minimum balance requirement for the share account.

Also eligible for membership are associations of retired PAHO staff members in the Washington Metropolitan Area and in the countries of the Western Hemisphere, such as country branches of the AFSM.

The internet address of the FCU is:

www.pahofcu.org

The telephone number is: 202/974-3453

The fax number is: 202/659-4513

The mailing address is:

PAHO/WHO Federal Credit Union
2112 - F Street, NW, Suite 201
Washington, DC 20037-2761

The lobby hours are:

Monday - Friday, 8:00 am to 2:00 pm.

**TAKE NOTE! YOU MAY
BE ELIGIBLE FOR MEDICARE**

Former PAHO/WHO staff members who live in the United States should know that they are eligible for Medicare Part B even if they are not eligible for Social Security retirement benefits.

Medicare is a health insurance program for people age 65 or older, younger people with certain disabilities, and people with end-stage renal disease (permanent kidney failure requiring dialysis or a transplant).

Medicare has two parts, Part A (Hospital Insurance)

and Part B (Medical Insurance). You are eligible for premium-free Part A if you are age 65 or older and you or your spouse worked and paid for Medicare through payroll taxes for at least 10 years. If you (or your spouse) did not pay Medicare taxes while you worked, and you are age 65 or older and a citizen or permanent resident of the United States, you may be able to buy Part A. However, the monthly premium (\$375 in 2005) is so high that it does not seem reasonable to do so if you have WHO Staff Health Insurance (SHI).

While most people do not have to pay a premium for Part A, everyone who wants Part B must pay for it. Premiums are the same for persons eligible for Social Security benefits and for those who are not. The monthly Part B premium for 2005 will be \$78.20 and will be deducted from the Social Security check. If you do not get Social Security, Medicare sends you a bill for your Part B premium every three months, but it gives you the option to have the premium deducted monthly from your bank account.

You can sign up for Medicare Part B during an initial enrollment period which starts three months before you turn age 65 and ends three months after the month you turn age 65. If you miss that time you can enroll during a general enrollment period, 1 January-31 March of each year. Part B coverage will then start 1 July of the year in which you sign up. If you enroll more than three months after you turn 65, your Medicare Part B premium will go up 10% for each 12-month period that you could have had Medicare Part B but did not take it. You will have to pay this extra amount as long as you have Medicare Part B.

If you have Medicare Part A and/or Part B, Medicare becomes your primary insurance. Part B bills for outpatient services (physicians' care, lab and other tests, etc.) go first to Medicare, which has set amounts for services which providers may charge. Medicare pays a portion of these charges to the provider. The remainder of the Medicare-approved amount is forwarded to Blue Cross-Blue Shield, which manages our SHI. Since the SHI covers up to 80% of the Medicare-approved amount, and since Medicare usually pays more than 20% of it, you end up not needing to pay anything.

Medicare Part B does not pay for dental and prescription services, but WHO SHI does: Claims for dental services should be submitted directly to BCBS; prescription drugs are handled by PharmaCare.

Each former staff member is urged to consider whether or not Medicare Part B might be a good personal choice for himself/herself. It is difficult to know how much uncovered expense an individual might have in later years, but if you decide to join you should do so by age 65 to keep the premiums at a minimum.

If you have questions about your eligibility for Medicare Part A or Part B, or if you want to apply for Medicare, call the Social Security Administration or visit their web site (www.medicare.gov). The toll-free telephone (1-800-633-4227) is available 24 hours a day, seven days a week; you can speak to a Customer Service Representative in English or Spanish.

Proposed AFSM Reunion

At the very successful and well-attended reunion of retirees held in Washington in conjunction with PAHO's centennial celebrations in 2002, participants were eager to see this become a regular event, and proposed that the next reunion should be held in 3 years, that is, in November/December 2005, perhaps in a country other than the US.

The Board of Directors of AFSM is beginning planning for this event, and would like members to make suggestions on where this reunion might be held. Ideally it would be in a city that is easily accessible by air for retirees located throughout the hemisphere. In addition, it would be helpful to identify a local group of colleagues willing and able to help with the preparatory work, including liaison with the local PAHO authorities.

Please send your suggestions, and expressions of interest in attending, to President Jaime Ayalde at his e-mail address: jayalde@aol.com, or by mail to AFSM c/o PAHO, 525-23rd St., NW, Washington

DC 20037-2895. You are reminded that participants who plan to attend will pay their own expenses. Spouses are welcome.

NEWS FROM COLOMBIA

UNITED NATIONS PENSIONERS ASSOCIATION, COLOMBIA CHAPTER (ASOPENUC/AFICS)

Agustín Lago Arroyo

With the approval and support of the UNDP Country Office in Colombia, the association was founded on 23 May 1994. We currently have 94 members. Our founding members are Tomaso Cassiello (DOAT/DTC1), Alfonso Durán (A/FOD), Javier Franco (A/FOD), Eduardo Guerrero (UNESCO), Agustín Lago Arroyo (PAHO/WHO), Lilia Perdomo de López (wife of a UNDP expert), Néstor Martínez (A/OD), Alfonso Mejía (PAHO/WHO), Emiro Pineda (UNICEF), Carlos Rigeros (A/FOD), Héctor Rubio (A/FOD), Abelardo Santos (A/FOD), Jorge Tavera (PAHO/WHO), and Alvaro Uribe (PAHO/WHO).



Ours is a goodwill association, made up of people residing in Colombia who have worked at any United Nations agency and receive a pension from the United Nations Joint Staff Pension Fund.

Our association was created to represent our collective interests. It is a non-profit legal entity, whose objectives and operations are in keeping with the Colombian Constitution, the laws of the Republic, and the by-laws of the association.

ASOPENUC has legal standing throughout Colombia, and its headquarters is located in Santafé de Bogotá, D.C.

Objectives and Goals

1. To cooperate, insofar as possible, toward achieving the objectives contained in the United Nations Charter, especially those pertaining to peace and national development;
2. To advise associates and keep them informed about matters related to pensions, health programs, and other matters of interest;
3. To facilitate a sense of solidarity among its membership; to promote camaraderie among members and to create a permanent link with local associations and current staff members of the United Nations and other multinational organizations; to encourage its members to participate in programs and activities of interest, especially those of a professional, recreational, and cultural nature; to maintain relations with sister associations, especially the Federation of Associations of Former International Civil Servants, AFICS/ FAFICS.

The permanent bodies of ASOPENUC are:

- Assembly,
- Board of Directors,
- Auxiliary committees
- Auditor

Members of the current Board of Directors:

- **Chairman:** Alfonso Benedetti
- **Vice Chairman:** Arturo Posada
- **Secretary:** María Helena Barrera
- **Treasurer:** Luisa Fernanda Eberhard
- **Assistant Treasurer:** Ada Valdés
- **Auditor:** Emiro Pineda
- **Assistant Auditor:** Stella de Lenz
- **Members:** Hernán Navarro, Guido Ordóñez, and Rubén Ultría.

Auxiliary Committees include:

- Committee on Social Welfare and Human Relationships
- Committee on Information and Health Promotion
- Committee on International Relations

Meetings of the Assembly are held in the Conference Room of the United Nations Development Program, at the kind invitation of the Resident/Humanitarian Coordinator of the United Nations system.

Address of the ASOPENUC office:

Calle 98 N° 8-56; Bogotá, D.C.

Apartado Aéreo 90423—Telefax 2366252

E-mail: ASOPENUC@hotmail.com

My return to Colombia

Italo Barragán Arenas

Although it has now been nine years since my retirement, I retain my desire to work in the fields of health promotion and disease prevention, the diagnosis and treatment of disease, and rehabilitation—a desire that I attribute to the values inculcated at my alma mater, the Medellín School of Public Health, and contained the Strategic and Programmatic Orientations of PAHO, where I worked for 23 years.



On returning to my home town of Bucaramanga, I joined the faculty at the University as a way to instill in my students the love and sense of responsibility involved in the exercise of the profession, including the ethical and humanistic considerations that come with the territory.

I recall my professors insisting that respect for the life and inner being of each person is part of the

practitioner's spiritual essence: the caring doctor-patient relationship; consultations without time limits; treatment without reservations or constraints; personal and direct care-giving; health promotion and disease prevention; vaccination campaigns, and maternal-child care. However, it was quite disheartening on returning to Colombia to find the health system in crisis and the deplorable state of public health, attributable to the passage of Law 100/1993, which is clearly based on the current economic and political tenets of the neo-liberal model.

Law 100 was supposed to expand coverage through the so-called Health Promotion Companies (EPS) and the Administrators of the subsidized system (ARS). However, in practice it has resulted in frustration and is not the panacea envisioned.

Consequently, my professional life after PAHO changed completely, because in resuming the practice of medicine, and wishing to collaborate in disease prevention and control programs, I encountered a completely different situation: health had lost its social function. Today, health is viewed only as a good business. There is no quality control in health care. Patients have become numbers, doctor visits are limited to 15 minutes per patient, treatment is limited, the doctor-patient, doctor-institution, and doctor-social actor relationships have taken on a notoriously cold air, the practice of referring patients to specialists is discouraged or blocked, limited inventories of prescription drugs are maintained, and other questionable practices are followed to reduce health care and treatment and maximize the profits of the stockholders of insurance companies.

Consequently, there has been a marked rise in the incidence of both vaccine-preventable diseases such as measles, whooping cough, and neonatal tetanus, and communicable diseases, including malaria, dengue, yellow fever, pulmonary tuberculosis, leishmaniasis, and Chagas' disease—diseases that several years ago were on the way to elimination or even eradication, thanks to the effectiveness of the highly successful direct campaigns carried out in Colombia prior to 1993.

This situation is due to the lack of a central

command and the fragmentation of responsibilities, and, since there is no Ministry of Health *per se*—as it has been merged with the Ministry of Labor—there is no coherent, integrated, or collective implementation of health programs. Instead, these programs are implemented by public and private entities that do not require strict fulfillment of health promotion actions, do not precisely identify the target population, and do not monitor the frequency of administration, the dosage, or the quality of biologicals, thus reducing the role of health regulatory authorities to that of mere spectators and bookkeepers of unimportant figures, with the consequences that afflict us now. Under the new system, the fewer health actions taken and the fewer drugs and laboratory tests needed by the patient, the greater the profits.

In terms of EPS and ARS control, these systems possess excellent administrative and financial indicators, managerial criteria based on cost containment, and are adapted to rigid budgetary frameworks, whose interests are a far cry from those of the patients and closely respond to economic performance needs. The health indicators, however, are very deficient, since there are few evaluations to determine the incidence and prevalence of diseases, or of the positive and negative impact of preventive and curative care. Accordingly, the success of health care administrators is not measured in terms of lives saved, deaths prevented, or the reduced incidence and prevalence of disease, but cost savings and the bottom line.

There is no doubt that the economists have weighed in, and, more than a fundamental human right, health in Colombia is a very profitable business that must be fully exploited and managed very well.

In light of this situation, we are preparing future generations to face these new and unexpected challenges, which hold devastating consequences for the economy and the health of our communities.

An important decision

Elmer Escobar

My family and I made the decision to return to Colombia and settle in Bogotá. There we bought an apartment, and my eldest daughter, an architect, remodeled it for us. As we say in Mexico, *Our house is your house*. We'll see you there! Calle 92 #13- 21 Apto 501. Tels. (571) 616 2506 / 616 2942

We have lived through a great deal during these past three years, including the death of our parents, the wedding of our eldest daughter, our other daughter's road to employment, Blanca Mónica's social activities, and many family events from which we had been far-removed when we left our native country, such as births, christenings, graduation ceremonies, and weddings.

In terms of my professional life, I took a job for two years as an adviser to the Director of the National Health Institute, which gave me the opportunity resume work with zoonosis, malaria, the Expanded Program on Immunization (EPI), diarrheal diseases, and epidemiological surveillance—in short, with public health as a whole.

Later on, two colleagues and I founded the Associates of the National Health Institute. We are currently conducting a research project on health conditions among the displaced population in the city of Pasto. Our objective is to identify the barriers to health care service access encountered by this population, to solve problems that arise, and to help them change their conditions for the better.

I have made presentations at several conferences, seminars, workshops, and congresses, which has allowed me to keep up-to-date and to share some of my experiences during my 15 years at PAHO.

On occasion, I meet up with our common friends, almost all of whom live in our beloved Colombia, including Alvaro Moncayo, Norberto Martínez, Lolita Ortiz, Rafael Sandoval, Rodrigo Guerrero, Helena Restrepo, Julio Burbano, Jaime Estupiñán, and Raúl Londoño.

Finally, a message for all you: Colombia is changing, and changing for the better. Things have

improved a great deal of late. When in Colombia, please give us a call and we can get together!

My experience at PAHO/WHO

Luis Carlos Ochoa Ochoa

My first contact with the Pan American Health Organization was through a scholarship program in 1960 to study public health administration in São Paulo, Brazil. I subsequently participated in various meetings sponsored by PAHO/WHO. Later on, as Vice Minister of Health of



Colombia, I had occasion to represent the country at the meetings of the Governing Bodies in Washington, D.C.

I joined the Pan American Sanitary Bureau to work on a health services project in Argentina. After four years as head of Area IV, serving the four Southern Cone countries, I was transferred to Guatemala as director of programs for Central America and Panama, where I served an additional four years. At the end of that term, I was assigned to Headquarters in Washington, D.C., where I was initially responsible for the Division of Disease Control, after which I headed up the Division of Health Services Infrastructure. Subsequently, I became the Bureau's Operations Officer, and, finally, was named Assistant Director, which was the final post of my career with the Organization.

I had the privilege of working under Dr. Abraham Horwitz, Dr. Héctor Acuña, and Dr. Carlyle Guerra de Macedo, and of sharing responsibilities with Dr. George Alleyne and Dr. Mirta Rosés, both of whom later went on to head the Organization.

I had many gratifying and notable experiences, but it is with special pleasure that I recall my participation in the International Conference on Primary Health Care, in Alma-Ata (1978), in the preparation of global documents on Health For All in the Year 2000, and in the evaluation of the first

ten years of the primary care strategy (Riga, U.S.S.R.). I also found especially gratifying my experience as chairman of the WHO working group that studied documents for the World Health Assembly, and the opportunity to travel with the group for a 1-month visit to the Republic of China.

I went back to Colombia with the intention of turning to personal matters again and enjoying a life free of institutional commitments, but, alas, it was not to be. At the request of the ministers of health of the Andean Group and the then director of PAHO, Dr. Guerra de Macedo, I continued to collaborate from Medellín on Andean Cooperation in Health (ACH), a position that I held until being named Health Secretary of Antioquia. At the conclusion of the administrative term, I served the Ministry of Health of Colombia as an adviser and later put my experience to work once again for my city and country as Secretary of Health of Medellín.

From the academic standpoint, I have always been on the faculty of the National School of Public Health of the University of Antioquia, my alma mater, where I continue to serve, albeit in a limited capacity, as I want to devote more and more time to my private life. I perform some ad-honorem consulting and support services for public sector entities, which I find very gratifying.

I do my best to stay current on the life of our Organization and particularly of its Representative Office in Colombia. I consider my service to such a prestigious organization as PAHO/WHO, with its noble, humanitarian purpose, one of the most stimulating experiences of my lifetime and a source of immense pride and satisfaction.

My children—one in Colombia, another in Venezuela, and the remaining four in the United States—have jobs that allow them to lead a good life and support their families. We visit them often, and in so doing I have the opportunity to visit the Headquarters of our Organization, because even 13 years into retirement from the Pan American Sanitary Bureau, I am still linked to it spiritually and emotionally.

My wife Amparo and I, and our children, fondly recall our experiences over the years. We lead modest

lives, we do our best to grow old with dignity, and we give thanks to God for all He has given us in this life, and especially for our experiences at PAHO/WHO.

The music in retirement

Helena E. Restrepo

Music is the mysterious revelation of the highest knowledge, a divine cult ... Only music, with the exclusion of all the other arts, is capable of expressing a beauty that produces a physical effect, it you snatches you up entirely and brushes the celestial plane.

Thomas Mann: *Dr. Faustus*

How little is needed for happiness! The note of a bagpipe suffices. Without music, life would be a mistake.

F. Nietzsche: *Twilight of the Idols, Maxims and Arrows, No. 33.*



Growing up, my childhood and adolescence were filled with music and paintings because my father's side of the family—the Espinosas'—are a family of musicians and painters. The demands of medical school and professional practice were keeping me away from the piano, as it became more and more difficult to devote sufficient time to study the instrument, given the demands of my career. On several occasions, while still in Washington, I attempted to take up the piano again, but was unsuccessful because I simply did not have the time. However, I have always taken advantage of the opportunities life has offered to quench my thirst for the arts in all of their manifestations. I held season tickets to Kennedy Center opera and concert performances, and on the few occasions I had to travel to New York City I always made sure to go to the Metropolitan Opera and Lincoln Center. I fondly recall that on one such occasion I broke my own record by attending two operas on the same day—and without so much as a yawn! Whenever I travel I do my best to take in any concerts or cultural events I encounter along the way, including special exhibitions and museums. For me, living in Washington, D.C. with its rich museum legacy has been one of the greatest privileges I have

experienced.

But I always longed for the free time retirement brings to allow me to delve further into music history and appreciation, and to expand my knowledge of other arts. Upon arriving in my native city of Cali, Colombia, I found cultural life to be relatively poor—poorer than I remember during my days as a student. The financial crises have decimated state contributions for the arts everywhere—not to mention other reasons more local in nature, a topic I'll save for another day—and are responsible for the current scarcity of quality cultural events. Fortunately, I have friends and family who are very knowledgeable in matters of music and painting, so I made up my mind to seek them out and to attend conferences, talks, concerts, and events related to my interests. I had the very good fortune to get reacquainted with one of the most knowledgeable people in the area of music history and appreciation, Prof. Pilar Lago, who has authored several books and enjoyed a distinguished career as a pianist and professor of music at the Universidad del Valle. Over the past six years I have been blessed to with opportunities to benefit from her vast knowledge, attending her conferences and excellent courses that would no doubt be appreciated in cities all over the world.

In addition to her enjoyable lectures, those of us who participate in these activities benefit from Prof. Lago's abundant collection of videos, DVDs, and CDs, as well as the collections of some of the students, including mine. Another PAHO retiree, Martha Ligia Fajardo, has also joined in these activities. Like me, she finds these activities to be an unparalleled way to enjoy this stage of our lives.

I have been fortunate enough to participate in courses that not only relate musical aspects, but that also take into account a full description of the environment, as well as the social and political contexts of the music that grew out of each historical period. Accordingly, we have studied the evolution of classical music and its relation to other artistic manifestations and to societal changes. We have explored the different styles of music, delving further into the Baroque, Classical, and Romantic eras, and contemporary music. The origins of harmony and counterpoint have helped us better understand

and appreciate the music we listen to. On some occasions topics have been expanded using concepts from psychoanalysis (Óscar Espinosa). One such case was a course on opera and psychoanalysis in which we analyzed the characters of father figures, women, and jealousy in several works. We have studied opera from its beginnings, examining the specific characteristics of each period and composer through the present. We enjoy modern operas as well—a new field for me—such as those of English composer Benjamin Britten. We have learned to appreciate not only the quality of the artists' performances, but other elements that determine whether a production is successful or not, such as set design.

The relationship between music and the European nationalist movements was another topic we savored, examining the particular features of the music in each region or country (i.e., Nordic, Russian, German, and Slavic). To give an idea of the innovative topics so deftly handled by Prof. Lago, I cite a course she taught on the parallelism between painters and musicians representative of specific periods and of well defined schools; for example, between Debussy and Monet, representatives of impressionism in music and painting. There was a delightful course on the music of Venice that was thoroughly enjoyable, which gave us an appreciation of the artistic splendor that flourished in that enigmatic city's past—that unique setting where so many famous composers lived and had their works performed for the first time under the direction of important conductors. The relationship between the "word" (i.e., the content of texts) and music was presented magnificently, illustrating the importance of the word in the religious music of some composers and in several modern works such as John Adams' *El Niño*. Recently, we had another innovative course on the influence of Goethe's *Faust* on music, including operas, *lieder*, symphonies, and oratorios inspired by that classical work of German literature.

It goes without saying that different coursework areas have referred me to readings that have personally enriched and delighted me in another area of universal art, literature. In fact, I looked forward to the free time afforded by retirement to embark on such pursuits. Some examples of

interesting biographies of important figures in the music world that I have sampled include Alma Mahler, Clara Schuman, Maria Callas, Glen Gould, and Leonard Bernstein, not to mention Werther and Goethe's *Faust*, Mann's *Dr. Faustus*, and Dumas' *Lady of the Camellias*.

This brief space is insufficient to communicate the immense pleasure I derive from these and other activities that put us in contact with music, either directly in our homes or group meetings.

To conclude this brief essay on my experiences with the musical world in this golden age of my retirement, I would just like to say that the sense of liberation one experiences as the result of this deep and intimate contact with the good music of the ages is the best prescription for enjoying these years to their utmost. Accordingly, I invite you to seek out that spiritual and physical enrichment, as Mann said, which is always present in music.

Retirement blues?

Álvaro Uribe

There are some people who, though in the prime of their careers, view their retirement age approaching with fear, sadness, and even anguish. Over my career at PAHO I have seen some of my colleagues overcome with these intense emotions and feelings, which alternate with feelings of satisfaction at the prospect of finally having free time to devote to their families. But because retirement also signals the abrupt culmination of the intense and productive "glory days" of their working years, of participating in important decisions, and of frequent trips to other countries, it is only logical to wonder whether the sudden change of pace might not be accompanied by somber forebodings. Some folks think of retirement as a kind of premature death. In fact, in some people the level of depression generated can be so great that death within the first five years of forced retirement is not uncommon. Obviously, in



such cases one must seek out a speedy and effective solution to counteract the imminent danger. Many people again offer their services and agree to take on short-term consulting projects, sometimes working so frequently that they wind up filling up all their retirement time for many years more. In such cases it is not uncommon for death to surprise them once again performing some type of official activity. Other folks take up their former occupations in their countries of origin or affiliate themselves with a teaching post, academia, research, or the writing/publication of essays and books.

There is no doubt that the productive period of human beings does not end at age 60 or 65, much less by a decree or executive order for mandatory retirement. The proficiency acquired over years of preparation and practice adds up to a very valuable storehouse of knowledge, which, unfortunately in many cases, goes to waste. Still, the practice of working until one drops dead, of leading the existence of a professional workaholic, also winds up becoming an exhausting burden, which, in the long run, becomes a source of frustration, especially when our working skills begin to go south, oftentimes without our realizing it. Those who continue to pursue professional work as a way to counteract the undeniable nostalgia people are left with once their career ends at an international organization such as PAHO/WHO have only two alternatives: they either give into the pain and die prematurely, or opt to occupy their time with old interests. What is certain is that everybody must occupy his or her time with something. I know of retirees who devote their time to gardening, horticulture, stamp collecting, golfing, fishing, photography, painting pictures, carving, and social work—activities that are completely different from the ones they performed during their professional lives, which is not to say that these people feel less happy now than before. We know the word "hobby" means an activity done for pleasure's sake, the pursuit of an interest, without concern over how much time it involves. Take, for example, the use of personal computers. Those inclined to get into this activity—and I'm one of them—find an entire surprising world of illustrations, diversion, and personal satisfaction, which is hard to get from other activities. Exploring the myriad activities offered by Internet computing is definitely the road to

accessing a pleasant, surprising, and gratifying new world. For example, navigating through cyberspace is so exciting—perhaps as exciting as traveling through real space in a spacecraft. The Internet connects you to the entire world, where you can get the daily news from different countries, find out the latest on the war, learn about the most recent advances in science and technology, keep in touch with family and friends far away, see what's on at the movies, listen to radio, or play music. You can do your daily shopping on the Internet, send flowers, purchase opera or theatre tickets, and do all kinds of banking transactions. What can't one do with a PC? For instance, I decided to resume piano lessons and the PC made this task easier for me. In my opinion, the PC has rapidly become not only a business tool, but also the number one source of safe diversion in our times.

So what else can retirees do to stave off the retirement blues? I already mentioned above some of activities preferred by people who *really* retire—those who trade in their professional commitments and want to spend the rest of their days “working” on activities other than the profession they acquired in university classrooms. In this sense, I recall that during my days as a medical student I heard a professor warn students: “He who only knows medicine, does NOT even know medicine.” A wise observation. The humanities, arts, handicrafts, and sports are important fields of knowledge that are different from “professional” areas as such. By cultivating these fields, not only does the professional in question enrich his/her knowledge, but also this will help him later on, at the time when professional life takes a backseat. For example, I had two study partners who are performing brilliantly in private practice. One is a cardiologist and the other a traumatologist. One has already published several books on the history of the kings of France during the 17th and 18th centuries. The other did his specialization in Italy, and one day I happened to see him competing on a game show answering questions about Italian art of the Renaissance. Well, he won the big prize, beating out the other competing scholars.

In my case, now 15 years since mandatory retirement, I decided to revisit my old interest in

classical music and opera, so I began building a decent collection of the musical works of the great masters. I am happy with my results so far, with the exception of one big drawback. Unfortunately, in these times of rapidly changing technologies, I now own large quantities of old long playing records, cassettes, open reel magnetic tapes, Beta and VHS videocassettes, laserdiscs, compact disks, and now DVDs, the latest format! What a big mess and I need so much space to store so many things! In any event, it all brings me amusement and, of course, each format requires its own equipment. Consequently, I have all the different equipment for each format, and can only hope that the next change doesn't arrive too soon.

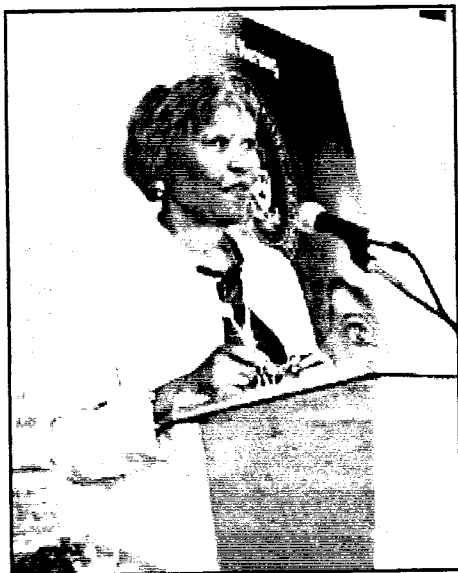
Because listening through sound equipment or watching TV screens is not enough for a real music lover like myself, I felt I needed to complement this passion of mine with live music, whenever the opportunity arises. This was an important consideration in deciding where to set up housekeeping in my native Colombia. Sadly, I reached the conclusion that my hometown of Bucaramanga was not up to the task of fulfilling my musical expectations, so I then decided move to Bogotá, with its three symphony orchestras, annual opera season, and many concerts of chamber, baroque, and other types of music, as it was the best choice to satisfy my musical appetites. Since moving to Bogotá, things have gone well, due mostly to the fact that 15 years ago my wife and I joined a group of music lovers that meets on Saturdays to enjoy performances or video performances presented by the member of the group that knows them best. In group, we study and discuss musical works, sometimes heatedly, but always respectfully. We have baptized our group meetings with the name “Euterpe,” which end with a kind of happy hour that we close with a glass of wine.

Opera generally, and especially my interest in the works of Richard Wagner, have inspired me to make repeated trips abroad in search of the musical programs I enjoy hearing. Consequently, I have had the opportunity to make four trips to Bayreuth, the temple of Wagnerian music, which is quite unusual given the enormous difficulty involved in obtaining tickets for that theater. The last time I was there it

was with my wife in 1996, after a long 11-year wait, throughout which time I was constantly looking for tickets, as I continue to do today. On occasion we go to the Metropolitan Opera of New York and the Kennedy Center in Washington, as well as Seattle, San Francisco, and Baltimore. Fortunately, our interest has not waned and it continues to be a great source of enjoyment for us.

I should mention something about reading, one of my other passions, but I have limited space. And, with respect to writing, I should only like to add in closing that I'm in the process of writing my memoirs on the PC, since as the song says "to remember is to live." But since this task is large one and will probably not get finished, I'm not worried. It is an activity I enjoy, now that I'm still able to remember many things. I have found that writing without pressure and deadlines is enjoyable, as is recalling old memories of my childhood, youth, and family. Writing is also good therapy to combat the solitude, depression, and bitterness brought out during the hard times in my country.

University of Toronto presents Una V. Reid the Alumni Lifetime Achievement Award



Dr. Una Reid, an active member of our Association and a former PAHO Regional Advisor in Nursing and Human Resources for the Caribbean Region, was recently honored by the Faculty of Nursing of the University of Toronto with its "Distinguished

Alumnae Lifetime Achievement Award."

Dr. Reid is a very well-known nursing professional in the PAHO region as well as at the global level for her work in the advancement of nursing education and human resources in general. She has carried out extensive research in the work force and migration area, and has been published in many nursing journals.

We congratulate Dr. Reid on this important award. It recognizes the importance of her contributions to the nursing and other health professions.

The following is the acceptance speech delivered by Dr. Reid upon receiving the award:

"Distinguished guests, fellow alumni, ladies and gentlemen:

I am very pleased and excited to be here with you and to express my gratitude for being the recipient of the 2004 **Distinguished Alumni Lifetime Achievement Award**.

It is very humbling to have my name associated with the names of past and present awardees. I thank all those who made this moment possible.

I realized that I have not kept in touch with this Faculty since graduation, but perhaps the following quote from the *Varsity Nurse*, 1971 (pp. 2 & 3) best describes me, and perchance others.

"... tread softly over quiet thoughts – look for us in hidden corners and in great, wide open places come upon us in differing moods transporting us from world to world.

... and yet look deeper and find that in each of us *because we are unique there is a small place reserved for the me nobody knows.*"

I am therefore grateful to the Honourable Syringa Marshall-Burnett, President of the Senate, Jamaica, and a fellow awardee for her perseverance in locating me for the nomination process for this prestigious award.

I began my journey in nursing at the Kingston Public

Hospital School of Nursing, Jamaica, which is now the Kingston School of Nursing, the first independent-type school of nursing in the Caribbean. The quest for knowledge was reinforced there and prepared me for the many professional goals that I established then. Among these goals were 1) to graduate of course, 2) to continue studies in nursing at a university in Canada, and 3) to engage in international work.

Over three decades ago, I graduated from this Faculty with a post-basic Bachelor of Science in Nursing. I entered with nervousness, but with anticipation and excitement. I graduated with enthusiasm, pride, energy, and inspiration for new professional directions.

I am as enthusiastic as I was then about learning, knowledge, nursing and its accomplishments and possibilities, and with a belief that I could and still can make a difference.

The Faculty of Nursing, University of Toronto programme of study, considered rigorous and demanding, established a foundation that has guided me along my journey, making it perhaps less arduous. It is a foundation of analysis, enquiry, a sense of commitment, innovation and creativity. These are essential to the profession of nursing. And in reviewing Dr. Carpenter's message in the *Varsity Nurse*, 1971 (p. 7), I can say that I have fulfilled the expectations of the University and indeed the Faculty.

I spent over a decade of my working life in Canada and most of that time here in Toronto.

But the greatest part of my professional life and indeed my greatest challenges has been with international work. Challenging? Yes, Rewarding? Yes. Regrets? No. And I would not exchange it for anything else if I had to do it all over again.

It has been a journey of many emotions, of humility, commitment, learning, achievements, met expectations, failures, rewards, friendships, mutual respect, and a profound respect for others' culture, values, capability, capacity, etc. Having an inquisitive mind and seemingly unlimited energy have served me well on this journey.

I have been very privileged in that I could and can practice in an area of nursing and the wider health system that I like and can make a difference, and very much hope that all of you are as fortunate. This is a special and exciting time for nursing. The challenges are many. Those of you who are still active in nursing, as well as new graduates and those preparing to graduate, I am certain you will be able to meet these challenges and help define or redefine a vision for the preferred future of nursing. The foundation laid by the Faculty will serve you well along your journey of discovery.

Receiving an award from one's alma mater is always an honor, and an enormously rewarding experience. Such recognition is significant and empowering because it suggests an insider's knowledge of that which is recognized, an appreciation of the challenges, the failures, as well as the accomplishments.

It is therefore with great pride, humility, and excitement that I accept this prestigious award, and with a profound sense of the responsibility that it bestows on me.

And I do so, on behalf of all my nursing colleagues, national and international. It is with an immense sense of appreciation that I accept this award on their behalf. They made it possible. I thank you."

LETTERS RECEIVED

Sumedha Mona Khanna

I just received the August Newsletter. I really look forward to receiving this Newsletter. It is like a letter from "home." Because no matter where I live, PAHO family is still like my family. Thank you all for making this special and dedicated effort to keep us informed of happenings in PAHO and especially about our old friends and colleagues. It is good to see some of the familiar faces too. It makes me wish I was living closer to Washington so I would have an opportunity to see some you more often. But you can't beat the California weather.

I was sad to read about Angel Quiros's passing. He was a wonderful and hardworking soul, always smiling while doing simple cleaning jobs. I have a

very fond memory of him when I was in the Washington office working as the chief of the Comprehensive Health Services Division. I often worked late in the office and he would come by in my office with his smiling face just to say hello or sometimes I would pass him on the stairs while walking to the garage. When I needed someone to help me with my garden at home he offered his services. He didn't want to drive his big car all the way to Virginia. So I used to pick him up and bring him back to the office. He loved working in the garden as he used to stay in a small place in the city. And his work was immaculate. Years after that whenever I visited PAHO if he was there he would greet me like an old member of his family. He taught me that no job in PAHO is a small job if you take pleasure in doing it.

On another note about my current activity, I just wrote a chapter on the Socio-Political Challenges of Integral Medicine for a book entitled, *Consciousness and Healing: Integral Approaches to Mind-Body Medicine*. The book is being published by Churchill Livingstone in October. I am continuing my work on integrating body/mind/spirit in daily life through women's circles on the beautiful Sonoma Coast and am working on my book on *Healing Well*. More about this later.

In Memoriam

Juan Manuel Ríos Islas	14 September 2004
Martin Katcher	23 September 2004
José Moreira	08 October 2004
Rodolfo Ubaldo Carcavallo	24 October 2004
Walter López	30 October 2004
Ramón Alvarez Gutiérrez	03 November 2004
Inés Campiña	23 November 2004
Abelardo Temoche	23 November 2004

REMEMBERING COLLEAGUES

A last goodbye to Inés Campiña

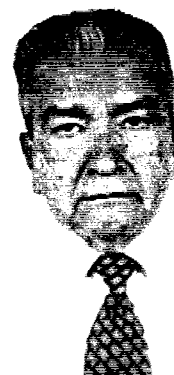
By Patricia Peterson

Inés Campiña died on 23 November 2004 in Orlando, Florida, leaving a gaping hole in our hearts. During her 40 years of service with PAHO – until she took early retirement in February 2002 – Inés was known for her dedication, skill, unique personality and great sensitivity. Always “Cubana” at heart, she was cheerful and had an indomitable optimism that helped her weather life's crises. She had many blessings, among them love not only for her family but for those of us who had the great good fortune to enjoy her loyal and true friendship. Inés was one of the group of women at PAHO who at a certain age became known as PAHO's “golden girls.” And what joyful times we shared, especially when she recounted her travels and shared her joy at being grandmother of little Matthew. Throughout her 62 years she lived life to the full, with an innate stoicism that never let her put off until tomorrow what could be done today nor ever to give in to life's adversities. Now Inés has answered the call of the Supreme Being and has found peace. Thank you, my dear friend, for your example continues to inspire us and your memory will be with us always.

Dr. Abelardo Temoche

by Hans Bruch

It is with deep regret that I report the death of Abelardo Temoche, who passed away peacefully on November 23, 2004 at Shady Grove Hospital, in Gaithersburg, Maryland at the age of 81. His wife Gladys Bartra and children María Rosa, Daniel, Michel, Gisele, and Hugo, and nine grandchildren and one great-grandchild survive him.



He requested his family to take his ashes to Perú to be buried in his hometown of Sechura, Piura. Mrs. Temoche returned to Perú on 8 December to fulfill his wishes.

His life was one of achievement, learning, and discovery. In 1948 he graduated as a medical doctor from the University of San Marcos in Lima, Peru. He traveled to Harvard University in Boston, Massachusetts in 1952-1953 and 1959-61 to study and earn the degrees of Master and Doctor in Public Health. In the interim (1955-56) he gained additional experience at the *Clinique des Enfants Malades*, Hospital Necker, Centre Internationale de l'Enfance, in Paris, France.

Shortly after his graduation as a medical doctor, Abelardo joined the Ministry of Health in Perú and for over 15 years he held diverse positions ranging from active physician in the field to Chief of the Statistics Division.

In 1967 he joined the Pan American Health Organization in Washington DC as a Medical Statistician. During the years he spent in Washington our families got to know one another and our children shared many escapades. My favorite memories of these times are of Abelardo, Federico Varela and I playing rocambo and the heated discussions that ensued.

From 1976 to 1983 Abelardo relocated to Geneva, Switzerland, where he worked in the Division of Health Statistics and Epidemiology at the World Health Organization. He retired from WHO in 1983.

During his long and productive life, Abelardo was an indefatigable traveler. He journeyed all over the world, in all kinds of transportation, to get acquainted with the ways other cultures lived, expressed themselves in arts and music, and understood the world. He also spent many hours on his hobbies, which included chess, photography, classical music, and opera. But his main love was learning, something he worked hard to pass on to his children. Today, it is his grandchildren's most valuable inheritance.

THE BACK PAGE

AFSM 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. We might either help in some way or refer you to the right source.

We would also like to have your input to the Newsletter, either in the form of articles for publication or in comments on the content: What kinds of articles do you like? Are there some that should be eliminated? Are we missing something that should be included?

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