

The Gables Messenger

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The Secret to Living Longer May Be Your Social Life

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Yesterday, I came across a 2017 TED Talk that had close to 2 million online views. The subject matter was longevity, and the speaker was Susan Pinker, a developmental psychologist.

For those of you unfamiliar with TED Talks, TED is a nonprofit devoted to spreading ideas, usually in the form of short, powerful talks, typically 18 minutes or less. TED began in 1984 as a conference where *Technology, Entertainment and Design* converged, and today covers almost all topics—from science to business to global issues—in more than 100 languages.

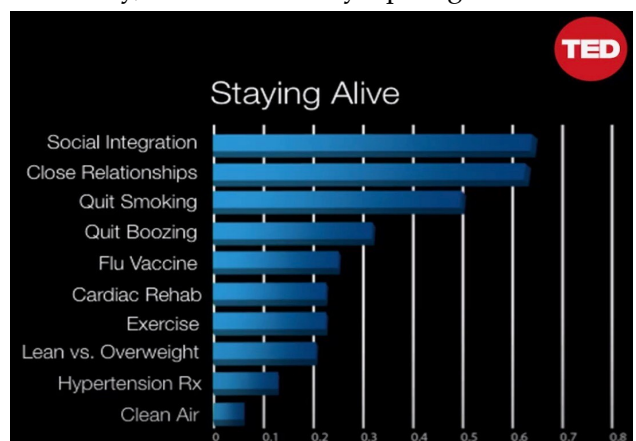
The catalyst of the study—what it takes to live to 100 or beyond—stemmed from wondering why super-longevity was common in Sardinia, an Italian island in the Mediterranean. Not only did men live as long as women (in developed countries, women live an average of six to eight years longer than men), but there are ten times as many centenarians in Sardinia as there are in North America.

Though all of the fascinating details are too involved to outline in-depth here (I will leave a few copies of the transcript by the bulletin board in the lobby for those interested in reading the entire TED Talk), here are some interesting conclusions from the study.

It wasn't having access to clean air, exercising, being a healthy weight, or not smoking that

determined longevity. The top two predictors of longevity were directly related to a person's social life: close relationships and social integration.

According to Pinker, *close relationships* refers to the small clutch of people you can count on no matter what, and the term *social integration* "...means how much you interact with people as you move through your day. How many people do you talk to? And these mean both your weak and your strong bonds, so not just the people you're really close to, who mean a lot to you, but, like, do you talk to the guy who every day makes you your coffee? Do you talk to the postman? Do you talk to the woman who walks by your house every day with her dog? Do you play bridge or poker, have a book club? Those interactions are one of the strongest predictors of how long you'll live." This study strongly supports what many of us witness right here at The Gables: A friendly, social community equals good health!



New Residents

John Jensen

Background: John was born and raised in Greenwich, Connecticut. After graduating from Greenwich High School, he attended Dartmouth College and attained a degree in Economic Geography.

Following graduation, John went to work for Sinclair Refining Company, where he worked for about one year on the Indiana Toll Road in Chicago before being drafted by the military in 1959. At a St. Louis recruiting center, John signed up for the U.S. Navy's Officer Candidate School. He spent four months in Newport, Rhode Island, to become an officer with the rank of ensign, before being assigned to the aircraft carrier USS Independence. After serving in the military for his required three years, John went back to work for Sinclair Refining, and then moved on to Mobil Oil Company in Philadelphia where he was a supervisor in their accounting and computer center for about ten years. John's last job before retiring was with the U.S. Treasury Department in Washington, D.C. as an audit manager. He was with them for approximately 20 years. John relocated to Vermont to live closer to his daughter and her family. He has one son, one daughter and three grandchildren.



Interests: Golf, watching sports, monitoring online investments, and visiting with his family.



Robert & Connie Catherman

Bob and Connie were born and raised in Williamsport, Pennsylvania. Though they both attended Williamsport High School, they did not know each other during that time as they were in different years. They ended up meeting after college when they both were working at Williamsport Hospital—Bob as an intern and Connie as a nurse. Bob had attended Bucknell University School for his undergrad and then Temple University School of Medicine, becoming an MD and specializing in Forensic Pathology.

Connie went to the Williamsport Hospital School of Nursing to become a registered nurse.

Bob's work history includes being a forensic pathologist for the Armed Forces Institute of Pathology and working in the Office of the Medical Examiner in both Miami, Florida and Philadelphia, PA. Connie was a stay-at-home mom for their three children, volunteered for the PTA, and was on the board of directors for the Visiting Nurse Association, Gloria Dei Lutheran Church, and Housing for the Elderly. Bob and Connie have four grandchildren.

Interests: *Bob*—Skiing, golf, fishing, birding, choral singing. *Connie*—Skiing, golf, birding, quilting and needlepoint.

*The Gables also welcomes Ferguson & Jane McKay and Robert Eaton.
They will be profiled in our next newsletter.*