

# Par for the course: Going golfing regularly can increase lifespan

By Nancy Clanton  
The Atlanta Journal-Constitution

Those 25 million Americans who take to the golf course each week just might outlive us all.

New research suggests hitting the links at least once a month can lower the risk of death in older adults.

“Our study is perhaps the first of its kind to evaluate the long-term health benefits of golf, particularly one of the most popular sports among older people in many countries,” said Dr. Adnan Qureshi, lead author and executive director of the Zeenat Qureshi Stroke Institutes and professor of neurology at the University of Missouri in Columbia. Playing golf can reduce stress and provide needed

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— Dr. Adnan Qureshi

exercise. Because of its social nature and controlled pace, the researchers found, people continue to play golf even when they’re older and even after suffering a stroke or heart attack.

Researchers analyzed data from the Cardiovascular Health Study, which is a population-based observation of risk factors for heart disease and stroke in adults 65 and older.

For 10 years, participants

had extensive exams each year and clinic visits every six months. After the 10 years, participants were contacted by phone to determine health status.

Of the 5,900 participants, 384 were golfers. Of those golfers, 8.1% suffered a stroke during the follow-up, and 9.8% had a heart attack. But when researchers looked at death rates, the golfers’ was much lower — 15.1%, compared to 24.6% for nongolfers.

“While walking and low intensity jogging may be comparable exercise, they lack the competitive excitement of golf,” Qureshi said. “Regular exercise, exposure to a less polluted environment and social interactions provided by golf are all positive for health.

Another positive is that older adults can continue to play golf, unlike other more strenuous sports such as football, boxing and tennis. Additional positive aspects are stress relief and relaxation, which golf appears better suited for than other sports.”

The research was presented Thursday at the American Stroke Association’s International Stroke Conference in Los Angeles.

“The U.S. Department of Health and Human Services Physical Activity Guidelines for Americans does not yet include golf in the list of recommended physical activities,” Qureshi said. “We are hopeful our research findings could help to expand the options for adults to include golf.”

## MENTAL HEALTH

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Wyden spoke with teachers and students from the Sources of Strength class, which is an elective students can take to learn how to be peer leaders and help support their classmates through tough times with a compassion, strengths-focused approach.

The students offered a few suggestions for ways to help improve students’ mental health — some of which tied into legislation Wyden said he is already in the early stages of creating.

- Expansion of peer-based mental health programs to all districts

Many students emphasized the impact Sources of Strength has had on improving their mental health

and the culture of peer support at the school. They said having enough funding devoted to districts bringing in programs like this one would have a huge impact on not only students’ well-being but also their grades and path to graduating on time. Some students involved with the program have gone from having more than 10 D’s and F’s to none.

“I think Sources is something that definitely needs to be spread,” said senior Brennen Croy. The program has helped Croy better support friends and find support as well. “It’s just to show people, I’m here,” Croy said.

- Start talking mental health in elementary school

Discussions about mental health are not happening soon enough, students said.

Because of this, Bethel has a curriculum built to bring the Sources of Strength program into its elementary schools starting next school year.

“The program is really eye opening, because people have more in common than they think,” said Mariah Gates-Ray, who is a senior and plans to work with the new implementation of the Sources of Strength program in elementary schools.

Wyden said he plans to approach the finance committee with the idea of providing more mental health resources and programs in primary grades.

- Create a school-based shelter Student Lia Wasson proposed creating a house (or shelter) just for students in Bethel who are homeless, as a way to eliminate barriers

to getting an education and that particular stressor. This was met with enthusiasm from adults in the room, including County Commissioner Pat Farr.

Wyden was also on board and noted that the idea tied into legislation he plans to propose called the “Decent, Affordable, Safe Housing for All Act.”

“What I hope to be able to do ... is in 2021, we would roll back some of the tax breaks that the people at the top got, and states would get a chunk of money each year,” he said. “The first three years would be devoted to ending childhood homelessness, that you would get a decent shelter over the head of every child.”

- Business partnerships to supply other basic needs

Students also noted other basic needs that impact mental health and stress on students, such as food, clothing and shoes. Wyden said there could be an opportunity to partner with Oregon-born companies such as Nike and Columbia to help ease these burdens.

- Provide free, compassion-based solutions

One student also noted that some mental health resources point to things that cost money, such as therapy. This could prevent some students from seeking the help. They suggested recreating suicide prevention programs to be less focused on solutions that come at a price to the person who needs it, and highlight other resources that are based off “genuine care and concern,” that are also free.

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114 Self-Help  
Group Meetings

114 Self-Help  
Group Meetings

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**PULL TABS ACCEPTED**  
AT THE FOLLOWING BAKER CITY LOCATIONS

- Baker City Herald
- Dollar Tree
- Black's Distributing
- Ryder Bros
- VFW
- Baker Elk's Lodge
- Main Event
- Lefty's Tap House
- Little Bagel Shop
- Baker City Fire Dept.
- Baker City Elks Club
- Lefty's Tap House
- Idle Hour
- Salvation Army
- Baker Co. Court House

**114 Self-Help Group Meetings**

**AL-ANON, Cove.** Keep coming back. Mondays, 7-8pm. Calvary Baptist Church. 707 Main, Cove.

**AA MEETINGS**  
Wednesday Nights, 7-8:15pm. Fort Union Grange Hall, corner of Mc Alister & Gekeler Lanes. For more info, call 541-786-1222

**NARCOTICS ANONYMOUS:**  
Monday, Thursday, & Friday at 8pm. Episcopal Church 2177 First St., Baker City.

**DO YOU HAVE..... HURTS, HABITS and/or HANG UPS?**  
12 Step Biblical Support Harvest Church 3720 Birch St. Baker City Thurs., 6:30 - 8:30 PM

**LA GRANDE NOW HAS A GAMBLERS ANONYMOUS MEETING!**  
Every Friday Night @5pm, 2107 Gekeler Ln, LG, Church of Christ basement. For more info please call 971-219-8411

**OVEREATERS ANONYMOUS**  
Tues., Noon - 1 PM Baker County Library (Archive Room) 2400 Resort St 541-540-5326

**OVEREATERS ANONYMOUS**  
Change Eating Habits Friday 8:45 A.M. Call 541-523-5128

**114 Self-Help Group Meetings**

**PARKINSON'S SUPPORT GROUP**, open to those with Parkinson's/Caregiver's. Contact Judith Sather at 208-855-9199. Group will resume the **Third Monday in April 2020 at 4:30pm at GRH**

**AL-ANON FAMILY GROUP** (support for family & friends of Alcoholics) Tuesday evenings Joseph Methodist Church (basement on northside) Joseph, OR 6-7pm. Contact 541-398-1398

**ALZHEIMERS-DEMENTIA** Support Group meeting **2nd Friday of every mo.** 11:30 am to 1:00 pm. 1250 Hughes Lane Baker City Church of the Nazarene (In the Fellowship Hall) 541-523-9845

**BAKER COUNTY AA MEETINGS BAKER CITY**

**MONDAYS**  
**Survivor's Group** 12 - 1:00 pm Baker Presbyterian Church 1995 4th St. (4th & Court, Side Door)

**TUESDAYS**  
**K.I.S.S.** (Keep it Simple Sister) 12 - 1:00 pm 1645 Eldon St. Eldon Court Apts Community Room

**WEDNESDAYS**  
**Survivor's Group** 12:05 pm Baker Presbyterian Church 1995 4th St. (4th & Court, Side Door)

**THURSDAYS**  
**Survivor's Group** 12:05 pm Baker Presbyterian Church 1995 4th St. (4th & Court, Side Door)

**FRIDAYS**  
**Been There Done That** (Grapevine Meeting) 5:30 -6:30 pm 2970 Walnut (Corner of "D" & Grove St.) Grove Apts. Community Rm

**A.A. Book Study** 6:00 - 7:00 pm

**SATURDAYS**  
**As Bill Sees It Group** 10:00 am 2970 Walnut (Corner of "D" & Grove St.) Grove Apts. Community Rm

**SUNDAYS**  
**Been There Done That** 5:30 pm 2970 Walnut (Corner of "D" & Grove St.) Grove Apts. Community Rm

**Questions call AA Hotline: 541-624-5117**  
[www.oregonaadistrict29.org](http://www.oregonaadistrict29.org)

**CELEBRATE RECOVERY**  
Calvary Baptist Church 2130 4th Street Baker City, OR **EVERY THURSDAY** Dinner at 5:30pm Class starts at 6:15pm

**WALLOWA COUNTY AA MEETINGS**

**Enterprise**

**MONDAYS**

- Enterprise Group 7:00 pm 113.5 E Main St.

**TUESDAYS**

- Enterprise Group 12 - 1:00 pm 113.5 E Main St.
- Enterprise Group 7 - 8:00 pm (Big Bk Study) 113.5 E Main St.

**WEDNESDAYS**

- Enterprise Group 7:00 pm 113.5 E Main St.

**THURSDAYS**

- Enterprise Group 12 - 1:00 pm 113.5 E Main St.
- All Saints (Mens Mtg) 7:00 pm 113.5 E Main St.
- Grapevine Meeting 301 S. Lake; 5:30 pm

**FRIDAYS**

- Enterprise Group 7:00 pm 113.5 E Main St.

**SATURDAYS**

- Enterprise Group 7:00 pm 113.5 E Main St.

**City of Joseph**

**MONDAYS**

- Grace and Dignity (Womans Mtg) Joseph United Methodist Church; 6:00 pm 301 S. Lake St, Corner 3rd & Lake/Side Stairs, Lake St

**WEDNESDAYS**

- Grace and Dignity (Womans Mtg) 12 pm 301 S. Lake St., Church Basement

**City of Wallowa**

**SUNDAYS**

- Church of Christ 504 w. 2nd St.; 5:00 pm

**SATURDAYS**

- Church of Christ 504 w. 2nd St.; 12:00 pm

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