



## Greetings from the Executive of the Mission Retired Teachers Association

It has been a tumultuous month, what with the disastrous weather and the resulting flooding that is piling tragedy upon tragedy. Here's hoping that our members are safe and dry. Please make an effort to reach out to colleagues who may be stranded or isolated in various areas that are impacted by road closures. While we have often been observers of weather-related tragedies in other parts of the country or world, it amplifies our empathy and need for community when it strikes in our own region. I can't help but think of all the people who will be spending Christmas as displaced persons, without their homes and many even without their livelihoods.

As many of you know, I have moved to Hornby Island, and will be stepping down as president of the MRTA after 8 years. As well, all other members of the executive have served for over ten years and would like to step back and have others take over their roles. Please consider running for a one-year term as a member of the executive. We work together as a team, and so none of the jobs are onerous. Present members of the executive will be happy to help you learn. Because of COVID, our gatherings have been limited. At this point, our main connections with members are Zoom meetings once a month and the monthly newsletter. Take care, Kate

### The Effects of Bad News on Mental Health

Sad/bad news inundating us can make us feel depressed. Depression can manifest itself in different ways, such as: a) a lack of motivation, b) not eating proper meals, c) not getting dressed, d) feeling isolated and alone, d) feeling powerless to change the situation, e) losing the desire to continue living. Here are some neuroscientific-based activities that can help lift mood to more positive affect: a) play your favourite music (and sing along or dance); b) reach out to a friend or colleague for a chat; c) watch a funny movie; d) write a letter or card of appreciation to someone you love (a grandchild, friend, neighbour); d) make a list of 5 things for which you are thankful; e) do a kind deed for someone, such as opening a door for someone at the supermarket; f) find a way to volunteer, which could be as simple as donating cleaning supplies to people whose homes were flooded. Please call someone, such as your physician, if you can't alleviate your depression.

### *In Memoriam*

**George William Taylor**, born in 1941, passed away November 15, 2021, after a courageous battle with cancer. George was a man of integrity and an avid outdoorsman, who embodied and fostered respect and stewardship of nature. He was a respected colleague at Mission Secondary and Hatzic Secondary, where he taught science and outdoor education for many years. <https://www.missioncityrecord.com/obituaries/george-william-taylor/>

**James Kenneth Mills**, born in 1945, passed away from complications of ALS on November 11, 2021. Jim was a gentle soul who taught, coached, and mentored countless youth for over 40 years in Mission. He will be remembered for his dedication, wonderful sense of humour, and his countless photos of students and school events.

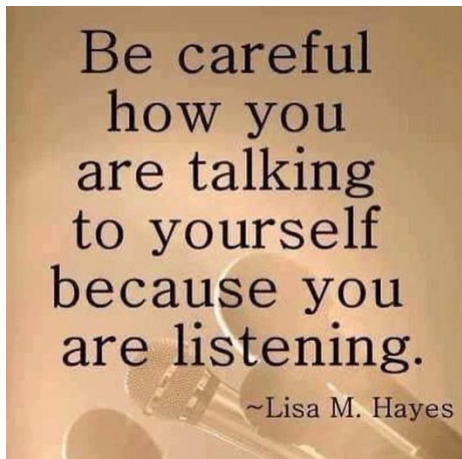
See [bit.ly/mills\\_j](https://bit.ly/mills_j)

# Mission Retired Teachers Association Newsletter



## CURRENT EXECUTIVE:

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Sec.-Treasurer: Bruce Gladwin      bglad@shaw.ca  
Members-at-Large: Sonia Elliot, Roberta Gladwin



## Health and Wellness Issue November 2021



### On-line Coffee Gathering

**Tuesday, December 7<sup>th</sup>, at 11:00 a.m.**  
Get your favourite beverage and visit with colleagues. An email invitation will be sent out. It's a fun way to catch up with colleagues, some who have moved to distant locations and can participate because it is online.

**Tako-Tsubo Cardiomyopathy (TTC) Syndrome**, also known as Broken Heart Syndrome happens when there is acute stress, often severe grieving, that presents as a transient failure of the left ventricle of the heart. The left heart ventricle balloons, and can cause: a) temporary and reversible heart damage, b) permanent heart damage, or c) death. TTC occurs in the absence of coronary heart disease. Why does this occur? The amygdalae (2 of them), which are the hubs of emotion in the limbic system in the brain, have direct connections via the vagus nerves, to the heart. When powerful negative emotions occur, it affects both the heart and the brain. In everyday life, powerful negative emotions cause the heart to beat in a temporary irregular pattern and negatively affect the rhythmic firing of neurons in the brain. This causes dysfunction in both heart function and brain function. Normally, this dysfunction is transient and temporary. TTC is often associated with both anxiety and panic disorder, as well as post-traumatic stress disorder. **What can be done?** Learn to recognize prolonged negative emotional states in oneself and others with whom you are close. Learn strategies that prompt return to homeostasis (normal functioning of brain and body) after powerful emotions. Encourage expression and discussion of feelings. Seek professional help if the anxiety, stress, or grief a) is acute and does not dissipate, and/or b) persistently causes disruption of normal daily life.