

# Social Relationships and Health Project Newsletter

Study of Social Relationships and Health

Volume III, Issue 2  
Autumn 2004

## Pets are Social Creatures, too!

### Cats Aren't Loners After All

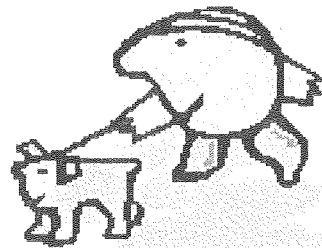
The notion that cats are loners has persisted throughout the centuries. Perhaps this is due to the fact that cats are solitary predators, unlike dogs who are pack hunters. In the wild the dog's survival depends on his ability and willingness to work as a member of a team to run down prey. The cat, on the other hand, doesn't have to associate with others to obtain a meal. In fact, the cat's method of hunting which involves stalk, hide-and-wait, and pounce can not be successfully practiced in a group. However, when cats are provided with ample food and shelter and there is no need to compete with other cats for the basic necessities of life, they have proven to be highly social animals. Their sociability is often overlooked by humans because the cat's greetings and displays of affection are so subtle. A nose touch, a slow eye blink, a tilt of the tail, is not nearly as obvious as the well understood face-lick of the dog, but it is just as sincere and deliberate. Friendly, relaxed, confident cats are not necessarily born that way, but with attention and handling they can become so.

(Excerpted from [http://www.catsinternational.org/articles/getting\\_a\\_cat/your\\_cats\\_social\\_life.html](http://www.catsinternational.org/articles/getting_a_cat/your_cats_social_life.html))

### The Social Life of Dogs

Your dog is a social being, just like you! He loves walking in the park with you, playing ball or chase with you, and just being with you. Even when he's lying around the house or the backyard having a snooze, your dog is well aware of your presence, or absence, and appreciates every minute you spend with him. If you have a family, your dog loves being part of your family and no doubt has a special relationship with most, if not all, of the family members. Dogs really can be a man's (or a woman's or a child's) best friend. They rarely ask for anything. So long as you feed them regularly, and show them some love and attention, they're happy. And a happy dog is the first step to a healthy dog.

(Excerpted from [http://www.dogbreedz.com/dog\\_articles/article.cfm/ArticlesID/51](http://www.dogbreedz.com/dog_articles/article.cfm/ArticlesID/51))



## Year 4 of the Social Relationships and Health Project Gearing up to Start!

In January we will begin year four of our study. So far some of you have already made your appointments for the new year. For those of you who have not received a call yet, we will be contacting you in the upcoming months. Please let us know if you have a new address or phone number so that we don't lose contact with you. Feel free to call us to schedule if you know when you would like to come in.

You can call us at (773) 259-3473, or email [SRHstudy@health.bsd.uchicago.edu](mailto:SRHstudy@health.bsd.uchicago.edu) with your updated address, telephone, or other contact information.

### Inside this newsletter:

<i>On the Road to Improving Traffic Safety</i>	2
<i>In the Kitchen</i>	2
<i>Quotes &amp; Jokes</i>	3
<i>Word Search</i>	4
<i>Our Contact Information</i>	4

## On the Road to Improving Traffic Safety

### Facts regarding traffic accidents

Worldwide, 1.26 million people died as a result of road traffic injuries in 2000. The economic cost of road traffic injuries is \$518 billion per year, according to the World Health Organization.

Traffic crashes are the leading cause of workplace deaths, accounting for 23.5 percent of civilian worker deaths in 2000, according to the National Institute for Occupational Safety and Health. More than half of these victims were not wearing seat belts at the time of the crash.

Only 75 percent of drivers wear seatbelts. In fatal crashes, 30 percent of occupants not wearing seatbelts are ejected from the car and 73 percent of them are killed. But only 1 percent of occupants wearing seatbelts are ejected in crashes.

Children should graduate from child safety seats to belt-positioning booster seats at 40 pounds and use them until they are 4 feet, 9 inches tall. Booster seat use reduced injuries to children by 59 percent compared to seat belts alone.

Roadway fatalities increase when speed limits are raised. States that raised limits to 75 mph in 1995-96 recorded 38 percent more deaths than states that didn't change their limits. Meanwhile, automakers have increased the average horsepower of new cars by 65 percent since 1980.

(taken from Facts of Life May 2004 Vol. 9 #5 Center for the Advancement of Health)

## In the Kitchen—Tortilla Soup

### Ingredients:

#### Part 1

1 chicken (2½ - 3 lbs.), cut-up and skin removed  
 2 ribs celery, cut into chunks  
 1 med. onion, quartered  
 1 large carrot, quartered  
 2 sprigs parsley  
 2 tbs. chicken soup base  
 1 teas. lemon-pepper seasoning  
 1 large clove garlic or granulated garlic to taste

#### Part 2

1 large can of creamed corn  
 1 10oz. can of Rotel tomatoes, crushed  
 ½ cups half & half cream  
 2-4 tablespoons minced cilantro

#### Part 3

1 cup shredded cheddar cheese  
 1 cup shredded Monterey Jack cheese

### Preparation and Cooking:

Combine all Part 1 ingredients in a large stockpot and cover with water by about 2 inches. Bring to a rapid boil; lower heat to a simmer and cook for about 1 hour until chicken is tender and falling off the bone. Strain and reserve the broth. Tear pieces of chicken into small pieces. Set aside.

In 4 cups of the reserved chicken broth, boil about 1 ½ lbs peeled potatoes until tender. Remove from heat. Do not remove the broth....mash up the potatoes and add all Part 2 ingredients.

Add enough of the reserved chicken broth to thin out the soup to the desired thickness. Simmer on low for about 15-20 minutes. Taste and correct seasoning. Be careful of adding too much salt.

Moments before serving, stir in all of Part 3 ingredients. Continue to simmer until cheese is melted and chicken is heated through.

### To Serve:

Ladle soup into deep bowls. Garnish with a dollop of sour cream, chunks of avocado dipped in lemon juice, slices of black olives and a small handful of thin corn tortilla strips that have been deep fried.

This recipe is from a free soup cookbook sampler on the internet, [http://www.healthrecipes.com/free\\_ebooks/soup.pdf](http://www.healthrecipes.com/free_ebooks/soup.pdf)

## Feeling Old?

### Quotes & Jokes About Aging

“Nature gives you the face you have at twenty; it is up to you to merit the face you have at fifty.”

- Coco Chanel

“True terror is to wake up one morning and discover that your high school class is running the country.”

- Kurt Vonnegut

“I prefer old age to the alternative.”

- Maurice Chevalier

“To me, old age is always fifteen years older than I am.”

- Bernard M. Baruch

“I have everything I had twenty years ago, only it's all a little bit lower.”

- Gypsy Rose Lee

“Age is a question of mind over matter. If you don't mind, it doesn't matter.”

- Satchel Paige

### Laughter is Healthy

The following one-liners are taken from <http://www.humor.ch/jokes/kimage.htm>

There are three signs of old age. The first is your loss of memory, the other two I forget.

Middle age is when work is a lot less fun - and fun is a lot more work.

Statistics show that at the age of seventy, there are five women to every man. Isn't that the darndest time for a guy to get those odds?

Middle age is when it takes longer to rest than to get tired.

By the time a man is wise enough to watch his step, he's too old to go anywhere.

Middle age is when you have stopped growing at both ends, and have begun to grow in the middle.

Billy Graham has described Heaven as a family reunion that never ends. What must hell possibly be like? Home videos of the same reunion?

A man has reached middle age when he is cautioned to slow down by his doctor instead of by the police.

You know you're into middle age when you realize that caution is the only thing you care to exercise.

Don't worry about avoiding temptation. As you grow older, it will avoid you.

The aging process could be slowed down if it had to work its way through Congress.

You're getting old when getting lucky means you find your car in the parking lot.

You're getting old when you wake up with that morning-after feeling, and you didn't do anything the night before.

The cardiologist's diet: if it tastes good, spit it out.

It's hard to be nostalgic when you can't remember anything.

### Middletons

8 November 2004





Study of Social Relationships and Health



THE UNIVERSITY OF CHICAGO

Institute for Mind & Biology  
940 East 57th St.

Phone: 773-259-3473

Fax: 773-702-6898

Email: SRHstudy@health.bsd.uchicago.edu



### Word Search

Find the list of words/phrases we have supplied—see if you can find them all! We've included explanations so you might just learn something about the study along the way!

B Y H X Y J Y N W T Z F A P O T T H D  
 R E W T W J M R H Q Z N G K H S O C R  
 O J T F O Y J P X V K G R V V I N T E  
 L R N Y U A N Y U L T X N G Y E O A X  
 J A C E R U S S E R P D O O L B M W E  
 F H N H A M Q B Q Y U P T R M P E N L  
 H W C I G V R J R W Q H T Q E U T C A  
 R S E C D A I T K V L G U T J K E J N  
 A V O W C U E L I U A E B F K F R D D  
 Z S T H J M T E A R N J K Q I R G Q M  
 A N I Z O A E I F S B O C P G K L Z A  
 D A N R J N D I G O D S A E E Q I Z R  
 L Z I I M P E D A N C E L O Z G W Z Y  
 L P S J H L J R L I O Q B W D X O Q L  
 S H B I D L I C N E P L T U C S F U A  
 L I M B B I G X K G V H A N B N A B N  
 Y J H N V C H M I W R N Y Z J I K S D  
 S O C A R Z Y H X N B J U S B A P L C

- ANKLE BRACHIAL:** A blood pressure ratio that indicates whether there are clogged arteries in the leg
- BLACK BUTTON:** Button pressed before calling 4-5264 on the keypad when arriving at the lab
- BLOOD PRESSURE:** reported as two numbers, systolic and diastolic
- DREXEL AND MARYLAND:** The two streets between which the parking lot is situated
- EKG:** Electrocardiogram. Used to create a record of electrical events of the heart muscle
- GARFIELD:** The exit used to visit the lab when traveling via the 90/94
- IMB:** Institute for Mind and Biology. The building in which this study is conducted
- IMPEDANCE:** Used to measure proportion of body fat
- IRB:** Institutional Review Board. A university committee responsible for approving study protocols
- LONGITUDINAL:** The type of study this is, that tracks the same people over time
- NIA:** National Institute on Aging. An agency that provides funding for this research project
- PENCIL:** Writing tool used when filling out the nutrition questionnaire
- SALIVA:** Collected to measure stress hormones
- SPIROMETRY:** Test used to measure lung functioning
- TONOMETER:** An instrument used to obtain beat by beat blood pressure readings
- WATCH:** Gift from year two used during the at-home component