

# TEK RETIREE NEWS

ExTek

Tektronix  
Retiree  
Volunteer  
Program



Web Page: [www.TekRetirees.org](http://www.TekRetirees.org)

A Newsletter for and by Tek Retirees

February 2015

## Credit Union Luncheon Update

The First Tech Federal Credit Union agreed to provide space and partially fund a luncheon for the Tek Retirees, however we needed to do the leg work to make it happen. This would include coming up with the rest of the funding, planning and ordering food from a vendor. In order to determine the cost we would need to know how many would attend which would require sending out a notice in our TRVP newsletter. Since no one has volunteered to manage this project we decided to not do a luncheon at this time. This does not preclude a luncheon at a future date. If there is anyone who would like to champion a luncheon please let us know at [tekretirees@tektronix.com](mailto:tekretirees@tektronix.com).

## Tektronix Plastics Department

(Continued from Nov 2014: [TekRetirees.org](http://TekRetirees.org))  
by Al Foleen

In the late seventies we had a very severe snow and ice storm. I asked my wife if she wanted to go to work, she said yes. I drove her to work and I decided that I had some reports to finish so I drove over to Vancouver. When I got there the place was dark. No electricity. Rick Meyer was standing in the dark doorway when I drove up. I was going to go home and he said no-way. Bert Hippe had purchased a new 50 ton molding machine and it was on its way. About this time the phone rang, it was the railroad company telling us that the molding machine was on a flat car. They would stop the train for two hours to give us time to unload the machine. Rick jumped in his car to find out what needed to be done to get the molding machine off the flat car. Fortunately Bert, who was snow bound at home and of no help, had made prior arrangements with a moving company. When Rick got there the moving company was at the railroad waiting to unload the machine. They didn't let a little snow and ice stop them. Because of the weather there was no traffic to bother them going down the highway to the plant. As they were unloading the machine at the plant the lights came on. About this time the phone rings and it was the set-up engineer from the company to install the

new machine.

He was stranded at the airport. He could not find a taxi driver to take him to Vancouver. Rick drove over to pick him up.

When the engineer was installing the machine he was telling Rick and me what he was doing. This made no sense to us because neither Rick nor I were going to operate the machine. After a long phone call to the company they decided that the engineer could stay over an extra day to teach Bert and the machine operator how to run the machine.

The plastic department stayed in Vancouver until it was decided to purchase all the needed plastic parts. The company then sold all of the molding machines and related equipment and eliminated the plastics department.

(this is a nice volunteer opportunity. ed.)

## Habitat for Humanity International

121 Habitat Street  
Americus, GA 31709  
(229) 924-6935 x2551 or x2552  
[publicinfo@habitat.org](mailto:publicinfo@habitat.org)

An estimated 5.4 million American households face worst-case housing needs, according to the U.S. Department of Housing and Urban Development. Receiving little or no government housing assistance, these families are unable to find a decent place to live at a price they can afford to pay.

More than 1,500 Habitat for Humanity affiliates are at work in the United States, building houses in partnership with people in need of decent, affordable housing. Habitat houses are purchased by families at prices affordable to low-income Americans, thanks to the donated labor of Habitat volunteers, the support of partner organizations and the no-profit, no-interest terms of every Habitat for Humanity mortgage.

Habitat for Humanity has helped

change the lives of more than 30,000 American families since its first U.S. affiliate was founded in San Antonio, Texas, in 1978. Habitat affiliates build in all 50 U.S. states, the District of Columbia, Puerto Rico and the U.S. Virgin Islands. Each affiliate is an independent, locally managed organization which coordinates local construction and selects partner families without regard to race, religion or ethnic group. Use our **affiliate search engine** to locate a US Habitat affiliate near you.

Volunteers are vital to Habitat's mission. The vast majority of Habitat's work is done by volunteers, either on construction sites or in other areas. "We welcome people from all walks of life to help us build homes for families in need." **You don't need construction experience** to volunteer with Habitat, just a willingness to learn. If you don't know how to do a task, we will train you.

## Many Opportunities Beyond Construction

Volunteers contribute more than muscle. Creativity, strategy, and technical skills are among the many invaluable traits volunteers bring to the organization. With a minimal staff, Willamette West Habitat for Humanity depends upon volunteer committees for support with projects like Family Selection, Family Partnering, Public Relations, and Volunteer Coordination.

## Habitat for Humanity

We also offer opportunities in our Habitat ReStore, a volunteer-run building materials recycling center.

## You Choose the Time Commitment

As a volunteer for Willamette West Habitat for Humanity, you can choose to volunteer as little or as often as you would like, from several days a week to once a year. All of these positions are a tremendous help that directly or indirectly result in the construction of simple, decent homes.

(continued on page 3)

## TekWeek 40 Years Ago

condensed by Gary Hoselton

**Activities!** \* Two Tek musical groups provided beer garden entertainment at Hillsboro's Happy Days celebration. "Four Grand", composed of Joe Peter and John Gibilisco (Lab Oscilloscope Group) and Mike Hathaway (Digital Manufacturing), played rock and roll, and "Ann & Lin", who were Ann Walker and Lin O'Toole (DPO/NDI Marketing), sang pop and folk music accompanied by a 12-string guitar. \* Tek Scuba has a divers' information retrieval system to match divers with a buddy or a group. \* The Tek Rock Club has added new books to their library. \* The "Hits and Misses", captained by Karen Stratton, won the Tek Mixed Softball League, being undefeated for the season. \* Tek's can see the World Football League's Portland Storm play Hawaii and New York for half price, \$3.75 reserved, and see the amazing Portland baseball Mavericks play rival Seattle Rainiers for \$2 box seat; all games at Civic Stadium. \* Enjoying moderate southwesterly winds, Bob Verrinder (Digital Measurement Prod-

ucts) sailed his Hobie 16 to victory in the annual TekS'I Timothy Cup Race. Jack Peasley (Storage CRT Production) in a Sunflower was runnerup, while Larry Adams (5000 Series) sailing an Aqua Cat placed third. Fifteen skippers competed.

### Trading Post (40 years ago!)

BANTY CHICKENS: 12 week old, \$1.75.

Crab apples for jelly, 75¢ per box.  
645-0123

SHAG CARPET: 130 yards, blue and avocado, VG cond., \$4/yd. 246-4567

WIG: dark brown gypsy, \$12; cluster of ringlets, \$5. 648-8901 after 4

3 BR HOUSE: builtins, w/w, fam room, fp, garden space, near Tek. \$25,900.  
636-2345

RENT 2 BR DUPLEX: water and garbage paid, walk to Tek, \$145/month. 644-6789

'74 PINTO WAGON: radial tires, radio, rack, 6000 miles, \$2700. 646-0123

'63 TEMPEST: convertible, 4 cylinder, new top, 4 speed, \$450. 648-4567

FREE BABY CATS: adorable, will deliver to Tek. Call Mary ext. 7808

**Frederick A. "Fred" Lenczynski** — d. 07/26/2011; at Tek: 27 years; retired Feb 1984

Frederick A. Lenczynski, 83, formerly of Secane, Pennsylvania, a retired sales manager who ran the electrical-engineering lab at Villanova University and taught computer courses, died of pneumonia Tuesday, July 26, at Broomall Nursing & Rehabilitation Center. Mr. Lenczynski grew up with 13 older siblings in Chester and graduated from St. James High School there, where he was an All-Catholic football player. He then served in the Army Air Force as a radar instructor at bases in Mississippi and Illinois. After his discharge, he studied engineering at what is now Drexel University and worked for Shallcross, an electronics-equipment company in Folsom.

In 1956, he joined another electronics equipment company, Tektronix. He started out as a field engineer for the firm in Montgomery County and eventually was promoted to district manager. He was the company's top salesman for 10 consecutive years, his son Bill said. He had an

outgoing personality and "never met a stranger," his son said. After retiring from Tektronix in the mid-1980s, Mr. Lenczynski oversaw the electrical-engineering lab at Villanova for 10 years.

He was past president of the Primos-Secane Civic Association and was a founding member of the Primos-Secane Swim Club in Clifton Heights, which held its first organizing meeting in his living room in the early 1960s. Mr. Lenczynski had been president of three computer clubs and a tropical fish club, his son said. In 1996, he taught a night course, "Personal Computers for the Novice," at Boscov's Department Store in the Granite Run Mall. He told The Inquirer he had previously taught the course at a Boscov's store in Delaware, demonstrating on a computer and using a large television screen. Many of his students were people who had little or no knowledge of computers and had to use one at work, he said. He was always quick to assist with

computer problems at Our Lady of Fatima Roman Catholic Church in Secane, his son said.

Mr. Lenczynski's birthday was Feb. 29, and he enjoyed being a leap baby. "We gave him a Sweet 16 party when he was 64," his son said. In addition to his son, he is survived by his wife of 60 years, Mary McGowan Lenczynski; sons Fred and Michael; a daughter, Debbie; and three grandchildren. A Funeral Mass (will be) was said at 12:30 p.m. Saturday, July 30, at Our Lady of Fatima Church, 1 Fatima Dr., Secane. Friends may call from 11:30 a.m. Burial was in St. Charles Borromeo Cemetery, Drexel Hill.

**Philadelphia Inquirer, The (PA)** - July 29, 2011



**John Addis** writes that the original obituary was rather sparse and "I received a more complete obituary from Harry Mayo (hlmayo2@gmail.com), and it is worth sending out separately."

## Charitable match \$ to go away!

Effective January 1, 2015, Tektronix will no longer match retiree charitable donations as part of the Tektronix Matching Gift Program. The Tektronix Foundation has decided to focus more money directly on education and non-profit social service organizations within our communities. Thank you for your cooperation and understanding in this matter.

(con't from pg 1)

### Washington County ReStore

13475 SW Millikan Way  
(corner of SW Millikan Way and  
SW Hocken Ave)  
Beaverton, OR 97005

503.906.3823

This is the old Tektronix building 002

### Living to one Hundred (100)

*from the Harvard Health Letter*

**They have a positive outlook.** Perls says centenarians seem to have personalities that shed stress easily. An inability to control emotional stress has been linked to memory loss and heart disease.

**They are friendly and maintain close ties with family and friends.** Not surprisingly, positive relationships are associated with lower rates of depression. And lower rates of depression may result in lower rates of heart disease.

Many researchers think that people could add up to a decade to their lives if they emulated the centenarians. And, from what we know so far, they aren't doing anything mysterious. They're simply following the standard health commandments: don't smoke, keep trim, get exercise, manage stress, and avoid social isolation.

Forget about Generation X and Generation Y. Today, the nation's most intriguing demographic is Generation Roman numeral C -folks age 100 and over. In the United States, the number of centenarians doubled in the 1980s and did so again in the 1990s. The total now! exceeds 70,000. By 2050, according to mid-range projections, there could be over 800,000 Americans who celebrate the (continued on page 4)

## Death Notices November, December 2014; January 2015

We are no longer able to get death notices or length of service information from the Tektronix data base.

We would appreciate any assistance retirees or members of their family can provide us. We have posted here the information we found in obituaries, newspapers or from family members or friends who have notified us. In order to ensure accuracy in our reporting we need: the name spelled out, date of birth and date of death. Also, we like to include their length of service at Tektronix when possible. To ensure accuracy in our reporting please leave your contact information - name, email, and/or phone number in case we have any questions.

The newsletter staff is in the office on Wednesday from 10:00 a.m. to 3:00 p.m. each week. You may call us on Wednesdays or leave a voicemail any time at 503-627-4056.

Or you may send an email to:  
tek-retirees@tektronix.com

### Donald W. Backstrand

— d. 04/22/2013; at Tek: 25 years

### Patricia A. Backstrand

— d. 05/16/2013; at Tek: 11 years

### Jessie L. Bollinger

— d. 09/05/2014

at Tek: 26 years; retired May 1983

### Lou Bride

— d. 11/22/2014

at Tek 24 years; retired March 1979

### Jean Camille (Hadden) Boswell

— d. 12/28/2014; at Tek: 30 years

### Judy B. (Hanson) Bullock

— d. 11/19/2014

### Dora Pauline Cook

— d. 07/24/2014

### Linda Lee Duling

— d. 07/31/2014

at Tek: 38 years

### Goldie Greco

— d. 12/02/2014

### Gordon Michael "Mick" Haney

d. 08/18/2014; at Tek 20 years

### William D. Harrison

— d. 11/04/2014

### James G. Heisler

— d. 10/24/2014

### Emery Robert "Bob" Jackson (ret. 1983)

— d. 01/19/2014; At Tek: 29 years

### Lily Kee

— d. 11/15/2014

at Tek: 13 years; retired Nov 1993

### Richard D. McGarvey

— d. 11/23/2014

at Tek: 15 years; retired Sept 1984

### Ivan L. Pankey

— d. 11/14/2014

at Tek: 23 years; retired Apr 1995

### Carol Rash

— d. 12/20/2014

### Michael J. Ruscigno

— d. 11/18/2014

at Tek: 26 years; retired May 1983

### John H. Seger

— d. 11/08/2014

At Tek: 27 years; retired Sept 1989

### Judy B. Simonson

— d. 11/19/2014

### Vera Stupers

— d. 12/01/2014

at Tek over 30 years; retired May 1996

### Thomas Scogin

— d. 07/12/2014

### Gary Allan Swain

— d. 08/08/2014

### Harvey A. Swenson

— d. 11/17/2014

at Tek: 19 years; retired Apr 1986

### William F. "Jack" Taylor

— d. 10/30/2014; at Tek: 12 years

### James K. Theabolt

— d. 11/02/2014

at Tek: 25 years; retired March 1994

### Carol L. Whitmore

— d. 05/27/2011

at Tek: 22 years; retired May 1983

### John Raymond "Jack" Weigand

-- d. 01/05/15; many yrs @ Tek, Mt. Hood

### Marjorie Ilene Wold

— d. 01/05/2015

at GAF, then Tek; retired in 1989

### Shelby (Stevens) Zook

— d. late 11/2014

## RETIREE BENEFIT INFORMATION & ADDRESS CHANGE PROCEEDURE

### Retiree Medical and/or Life Insurance

Anyone who is a past employee with Retiree Medical and/or Life Insurance will need to request information or make changes in writing to A & I. You must include your signature and Social Security number.

### Tektronix Post Employment Services

A & I Benefit Plan Administrators, Inc.

1220 SW Morrison St., Suite 300

Portland, OR 97205-2222

Toll Free: 1-800-778-7956

Fax: 503-228-0149

### 401k Benefit

Anyone who has a 401k benefit must contact Fidelity for information or to change their address directly with them at:

1-800-835-5092

### Cash Balance Plan

The Cash Balance Plan has been transferred to Danaher Pension Plan Processing Center with Hewitt. Questions or changes should be directed to:

1-800-580-7526

### Tektronix Retiree Volunteer Program

M/S 22-037

PO Box 500

Beaverton, OR 97077 - 0001

Phone: 503-627-4056

Email Address:

Tek-Retirees@Tektronix.com

## Tek Retiree News

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century mark. Studies show the same trend in other industrialized countries and recently in China. Indeed, demographers are now counting the number of supercentenarians, people age 110 and over.

The swelling population of people age 100 and over has given researchers an opportunity to answer some of the most fundamental questions about human health and longevity: What does it take to live a long life? How much do diet, exercise, and other lifestyle factors matter compared with "good" genes? And, perhaps most importantly, what is the quality of life among the "old old"? Does getting older inevitably mean getting sicker, or can people remain productive, social, and independent on their 100th birthday and beyond?

(to be continued in the May issue)

### Editorial

*by Gordon Long*

I thank John Addis for providing the obituary for Fred Lenczynski, even though it is from 2011! I am amazed how much some people get involved and love it.

It is sad to have the Gift Matching program go away! Check out the Oregon Cultural Trust. They allow swapping your state taxes for a charitable contribution. The limits are \$1000 a couple, \$500 for a single person. There is plenty of time to file but the checks must be for 2014. Next year??

Tek is now a "great grandfather" for many companies. Bruce Hofer will be telling the Audio Precision history in a future issue. A-P started in 1984 would you believe?

The continuation of the living to age 100 article is available in the "on-line" edition.

## Tektronix Retiree Volunteer Program

**M/S 22-037, PO Box 500**

**Beaverton, OR 97077 - 0001**

Quarterly Quote: G. Kelior on P.H.C. — With Lefty in a saloon talking up the barmaid. She says: Honey, I'm so old "my farts" are just dust!

### Marconi's Cronies

Meet the 2nd Wed of each month  
(except July and August)

12:00 p.m.

Details: Jack Riley: 503-235-5267

(no longer meeting — ed.)

### Previous Tek-Employees Luncheon

11:30 a.m. 2nd Monday monthly

Peppermill Restaurant

17455 SW Farmington Road #26B

(Corner of Farmington

& Kinnaman Rd)

Aloha, OR 97007

Details: Annetta Spickelmier

503-649-2491

### CALENDAR

### Redmond Breakfasts

8:00 a.m. 1st Monday monthly  
Shari's Restaurant; Redmond, OR

1565 SW Odem Medo Way

Spouses welcome

Details: Nick Hughes 541-548-1201

### TERAC

6:00 p. m.

Round Table — Beaverton

Weekly on Friday

### Tektronix Wilsonville

REUNION COMING SOON!

April 17<sup>th</sup>, 2015 4-7pm

McMenamin's Wilsonville Church

[rose.marshall@Innovationframeworks.com](mailto:rose.marshall@Innovationframeworks.com)

### READ YOUR TEK-RETIREE NEWSLETTER ONLINE

Would you like to help save postage and read your Tek-Retiree Newsletter on our webpage? Send your name, address, phone number and email address to: [mlscott@easystreet.net](mailto:mlscott@easystreet.net)

We will send you a notice when the newsletter is posted each quarter. If your email is changed or rejected for any reason you will receive one phone call to request an update. If you don't respond we will return your newsletter to the US mail list. To preview the web page and previous issues of the newsletter go to: [www.tekretirees.org](http://www.tekretirees.org)

Please send questions, information or correspondence not involving the newsletter online to TVRP at [tek-retirees@tektronix.com](mailto:tek-retirees@tektronix.com)



## Centenarian Studies

Most centenarians still die from heart disease, but they might have died much sooner without the medicines we now have to control cholesterol levels and hypertension.

## Diet and other choices

Diet and other health habits play a role. There are a dozen or so centenarian studies. A health-advice book has been published based on findings from the centenarian study in Okinawa, where the average life expectancy, 81.2 years, is the highest in the world. There are active centenarian studies in Italy, Sweden, and Denmark. For the most part, results from these studies belie the myth that the oldest old are doddering and dependent. Some harsh demographic selection may come into play. Frail individuals die sooner, leaving only a relatively-robust group still alive. In fact, one of the rewards of living a long life is that, 834,000 for the most part, the "extra" years are healthy years. Physical activity is a 447,000 recurring theme: the people 324,000 in these studies are walkers, bikers, and golfers. In Okinawa, centenarians do tai chi and karate. People who live to 100 and beyond exercise their brains, too, by reading, and playing j States, U.S. musical instruments. Some continue to work, an indication that our love affair with retirement may be a mixed blessing.

This isn't to say that centenarians escape unscathed. Although 75% of the people in the New England study were well enough to live at home and take care of themselves at age 95, this number dropped to 30% by age 102. About two-thirds of centenarians suffer from some form of dementia. Danish investigators, who have taken a decidedly less sunny view of extremely old age than their New England counterparts, published a study reporting that many of the centenarians in their study had cardiovascular disease (72%), urinary incontinence (60%), osteoarthritis of a major joint (54%), and dementia (51%). And life expectancy is short at 100. On average, centenarians will only live another year or two, although that might change as the size of the age group increases.

It is notable, however, that the period of serious illness and disability for the exceptionally long-lived tends to be brief. Aging experts say that compressing morbidity in this way should be our goal. The

Stanford researcher who coined the term, James F. Fries, has compared the ultimate in compressed morbidity to the "wonderful one-hoss shay" described in Oliver Wendell Holmes's poem "The Deacon's Masterpiece." The shay in Female Center the poem is a carriage built so carefully by the deacon that no single part breaks down for 100 years. Then it all "collapses "all at once, and nothing first/ Just as bubbles do when they burst. " Notwithstanding the Danish study centenarians approach this ideal, as they tend to live well into their nineties free of serious diseases such as cancer and Alzheimer's.

## Good Genes

Traits that run in families are not necessarily genetic. After all, often share the same eating habits, other so-called environmental factors that influence health. Still, similarities within families are often a good clue of a strong genetic influence, and longevity does seem to run in families. The New England Centenarian Study, for example, has found that its subjects were four times more likely to have a sibling who lived past age 90 than people with an average life span.

Now the search is on for genetic attributes. Researchers have previously identified some forms of a gene called apolipoprotein E that increases the risk of cardiovascular disease and Alzheimer's disease. Studies have shown that those dangerous variants are rare among centenarians. Scientists have had success building long life into some animals. They've genetically engineered worms to live six times longer. Certain mice genes have been mutated so the animals live 30% longer than normal.

No one has found such a mutation in people. But several years ago Thomas Perls, director of the New England study, and Louis Kunkel, a molecular geneticist at Children's Hospital in Boston, believe they got closer by identifying a section of chromosome 4 that may predispose people to long life. They made their discovery by scanning the genes of 137 sets of very old siblings – one person 98 with a brother who was at least 91 or a sister who was at least 95. The siblings shared this distinctive section of chromosome 4.

## Health Conditions

But genes aren't the whole story. Public health advances like sanitation and routine vaccination have greatly improved

the odds for long life. Indeed, it may be the intersection of genes with ever-changing health conditions that really determines how long we live. Today's centenarians may have survived so long partly because they had genes that protected them against infectious diseases prevalent in the early 20th century. Tomorrow's centenarians may need to have a different kind of genetic advantage attuned to 21st century circumstances. Medical interventions are starting to make a demographic difference, particularly with respect to mortality from cardiovascular disease, role, too. Okinawans lose their actuarial edge when they move to Western countries and, presumably, adopt a more Western lifestyle. Italian researchers reported that healthy centenarians had exceptionally high blood levels of vitamins A and E compared with healthy younger adults. The study didn't address, however, what causes high levels. Still, the authors theorized that vitamin-rich blood may both strengthen the immune system of these centenarians and defend them against damage done by oxygen free radicals, the reactive molecules that some researchers believe is the principal cause of aging.

It's not a centenarian study, but a large, long-term study of Seventh-Day Adventists in California has produced some valuable information about longevity because the Adventists, on average, live several years longer than their fellow Californians. By some reckonings, they even outlive the Okinawans. There is no reason to believe the Adventists have any special genes, so other factors probably explain their longevity. Researchers broke down their health habits in a statistical analysis published in the July 9, 2001, Archives of Internal Medicine. A great deal of physical activity, frequent consumption of nuts, not eating meat, and medium body weight each was found to add about 1.5-2.5 years of life.

Centenarians may well have a genetic head start on most of us, but in his 1999 book *Living to 100*, Perls argues that we can make choices that may help us catch up. Of course, we don't have complete free will over these choices; behavior of almost all kinds has a genetic component. Still, there are some lessons to be learned from the do's and don'ts of centenarians:

**..They don't smoke or drink heavily.**

**..Those who had smoked didn't do so for long.**

**..They gained little or no weight during adulthood.**

Being overweight makes people more vulnerable to many life-threatening illnesses, including heart disease, diabetes, cancer, and stroke.

**..They don't overeat.**

Okinawan centenarians consume 10%-20% fewer calories per day than typical Americans. And in animal studies, calorie-restricted diets have consistently increased the life span. The old Okinawans consume less fat, too. About 26% of their energy intake comes from fat, compared with 30% or more for Americans. And more of that fat is beneficial- omega-3 fatty acids and the unsaturated fats found in vegetable oils.

**..They eat many fruits and vegetables.**

The Okinawans have an average of seven servings a day.

**..They get regular physical activity for as long as they are able.**

Strength-building activities, such as climbing stairs or lifting small weights, are especially beneficial because they help slow the age-related loss of muscle mass.

**..They challenge their minds.**

Stimulating mental activity may help prevent age-related thinking and memory problems by stimulating communication between brain cells. Particularly among elderly men, decreased cognitive performance is strongly associated with mortality.