LEARNING INSTITUTE FOR ELDERS

April 2015

life.ucf.edu

Celebrating LIFE!
RICHARD TUCKER GERONTOLOGY AWARDS

Toya Albury  Biomedical Sciences  $7000.00
Norma Conner  Nursing  $2200.00
Michael Rupp and  Psychology  $1300.00
Jessica R. Michaelis
Ken Teter  Biomedical Sciences  $4500.00

Al Dallago Undergraduate Gerontology Research Award

Enrique Blanco  Chemistry-Biochemistry  $500.00
Rebekah Karadeema  Chemistry  $500.00
Jenna Levy  Biotechnology  $500.00

FAQ’s

Why does LIFE provide grants and awards to UCF faculty, staff and students?

The simple answer is because it’s part of our commitment under LIFE’s Partnership Agreement with UCF, recently signed and extended for ten years. LIFE agrees “to distribute annually a minimum of 50% of the annual excess income (membership dues) in grants and awards to units at UCF through various programs.”

However, a more complete answer reveals what a bargain we have struck with the University. They supply our meeting space, primarily in the Pegasus Ballroom, at no charge. LIFE members are given many perks with their membership. Using their student ID, they may get reduced tickets to athletic events, discounted theater tickets, cut-rate parking passes, library privileges and a host of other UCF-related privileges. The Department of Psychology gives LIFE office space and allows us to print our monthly newsletter on their equipment. Life members can participate in research studies and are offered countless opportunities to engage in campus life. LIFE has found that the very best way we can honor our commitment is by providing faculty, staff and students with grants and awards, which is greatly appreciated. And that’s what a partnership is all about, isn’t it?
## COMPETITIVE GRANTS & AWARDS, 2014-2015

<table>
<thead>
<tr>
<th>Name</th>
<th>Department</th>
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<tr>
<td>Gammonley, Denise</td>
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<td>McKey, Randy</td>
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<td>Harvey, Charlotte</td>
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<td>Diversity &amp; Inclusion</td>
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<td>Bottorff, Kerri</td>
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<td>Ctr. For Successful Women Faculty</td>
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<td>Hsu, Yun-Ling</td>
<td>Performing Arts/Piano</td>
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<td>Leon, Ana</td>
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<td>Vasu, Subith</td>
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<td>Singh, Arvind</td>
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<td>Sims, Valerie</td>
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<td>Tobias, Scott</td>
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<td>Mishtal, Joanna</td>
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### DIRECTED GRANTS

<table>
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<th>Name</th>
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<td>Global Perspectives</td>
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<td>UCF Library</td>
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<td>Interdisciplinary Studies</td>
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<td>College of Sciences</td>
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**TOTAL:** $33,850
Hello, LIFE members!

Last month, I was fortunate enough to participate in an Alternative Spring Break trip with the Burnett Honors College here at UCF. Along with a group of 7 other students, I traveled to Pelican Island National Wildlife Refuge to volunteer for the week.

Born out of an executive order signed by President Teddy Roosevelt in 1903, Pelican Island is the oldest wildlife refuge in the United States. It is a beautiful place with a fascinating history. At the refuge, my fellow students and I worked from 9 in the morning until about 3 or 4 in the afternoon, helping out with a variety of different tasks. Our work ranged from beautification — repainting informational signs, and cleaning up areas of the beaches and the highways — to some slightly more labor-intensive duties, such as pulling out invasive plant species from wildlife trails and uprooting an old irrigation system. I learned a lot about the refuge, and about the function and importance of all of our wildlife refuges across the nation. With over 1,400 endangered and threatened species in the U.S. to date, these centers are vital when it comes to protecting our ecosystem.

On our last day of the trip, we got to travel to the Archie Carr Sea Turtle Conservation Center, where we learned about some of the research being done in the area by some of our very own UCF Knights to preserve and protect the different species of sea turtles on our coasts. It is inspiring to see how the effects of research and innovation at this university are reaching beyond the borders of Orlando.

I love being outdoors and I have always had a passion for volunteering, so this trip to Pelican Island was a real
treat for me. I forged close bonds with the other students throughout the week, and they were an amazing team to travel and work with. I am proud to be a part of the Honors College, and I look forward to more opportunities like this one in the future! Rest assured I will keep you updated 😊

Our student group with Doug (far right), a full-time volunteer at the refuge.

Until the next adventure,

-Amanda
Meeting Highlights – 4/2/15

What's Going On …

The LIFE 2015/2016 budget, finalized by Pat Fluno, reflecting the increase in the annual membership fee, was approved. Budget data is to be recapped in the April Newsletter.

Online membership renewal continues at a very good pace. As of the first of April, approximately 200 members have renewed through the PayPal process. Lucy Pulido and the Membership Committee continue to receive positive feedback on the ease of online renewal.

It is important to note that on-site renewal assistance will end on April 21st. However, members can still renew online through April 27th. After that date, registration will be opened to those on the waiting list. There are 307 names on the waiting list.

Steve Hall and the AV/Technology Team continue to research and evaluate the ability to broaden our reach to members by enabling real-time broadcast of presentations to overflow rooms in the Student Union. Sound and slide presentation capability are currently an achievable goal.

The Website Team, Ray Jones and our Honor College Student Assistant, Amanda Mayer, want to remind members to check out the web site for all LIFE information. All PowerPoint presentations, provided by presenters, are available on the site, as well as event information. The LIFE website is your link to what's going on at UCF as well. Ray welcomes comments.

LIFE's participation in the Veterans History Project continues. Marty Wiener encourages member participation. Even if your experience is non-combat related, it's important to record those life occurrences during your or your loved one's military involvement.

What's Coming Up …

LIFE at UCF turns 25 in February 2016!

The 25th Anniversary Celebration planning continues. Preliminary development topics include event format, guest list, speaker selection, and an oral history project. All volunteers are welcome to help make this a memorable event. Vonnie Bradbury is ready to sign you up!

Interested in finding out about the LIFE guest speakers for the fall? Well, the Curriculum
Committee has already finalized that schedule. Aaron Liberman and Lee Cross have lined up presenters who will provide a series of diverse, interesting and timely topics. The fall schedule is already posted on the web site; check it out.

**How Are We Doing ...**

The Strategic Planning teams, under the wise and benevolent leadership of Basil Pflumm, continue to hone and refine each of the seven long range goals.

Each team is currently developing objectives, action steps, resources needed, proposed budgets and time-lines for each goal. The goals are reflected, in part, in the rationale for the membership dues increase reported in last month's newsletter.
2015-2016 LIFE Budget by Category

Income

$ 86,730

Expenses

Awards:
Includes the 25th Anniversary event, Gerontology Awards, Dallago Student Awards, Directed Grants, Grants & Awards, Knights Helping Knights, Student Union Awards
Total Awards: $62,650

Curriculum:
Includes Honorariums and Supplies
Total Curriculum: $6,100

General and Administrative:
Includes Administrative Asst., Insurance, Supplies, Telephone, Support Activities
Total General/Admin: $6,324

Membership:
Includes all associated costs; PayPal, Technology, Passes, Student ID/Data (now includes not only a pin number for each member but a NID number, all of which must be tracked and provided by the membership committee)
Total Membership: $14,125

Other Committee Expenses:
Including Newsletter, Secretary, Treasurer, President
Total Committee/Other: $315

Total Expenses: $89,514

Net Income -$2,784
And the adventures continue....

Since I wrote you last, I have explored some truly marvelous places. A day after my boyfriend's arrival into Barcelona, we hopped onto a plane and headed off to Ireland! Dublin was a bit of a shock because when I pictured Ireland, I expected green rolling pastures and rocky cliffs which is not what you find in Dublin. It is an industrial but lively city with a rambunctious nightlife. However, as some of you may remember, I turned 21 during the fall semester so it was a real treat to experience my first Guinness from the brewery itself up in the skybar that overlooks the entire city with a 360 degree view. We didn't spend much time in Dublin before taking a bus across the country to Galway, a college town with a much more authentic Irish feel. The people you encounter in Ireland are the most delightful you will ever meet. On two separate occasions we found ourselves lost wandering the city and would pause for no more than 10 seconds to look at our map before a stranger would approach us asking if they could help. In one instance a man rode by on his bike and immediately circled back towards us yelling, “You look a little lost, friend! Can I help you?” It rains 2/3 of the year in the country and the people say if you keep smiling that the rain will stay away which may be the reason for their friendly dispositions. The next day we took an 8 hour guided tour by bus to the Cliffs of Moher and various other scenic stops. This was the Ireland I expected to see, and so
much more. We experienced the luck of the Irish and had glorious weather. Hands down, Ireland was the most beautiful country I've seen yet and if you ever find yourself in Europe you must do yourself the favor of visiting.

The following week I took him to some of the popular attractions of Barcelona as well as the little nooks and crannies where only the locals inhabit. One day we rented a Vespa and rode up the mountain of Tibidabo where a massive cathedral and several rides such as a Ferris wheel hang over the city.

That weekend we left for Nice, a small beach town in the South of France. Though it was chilly and rainy for the majority of the time, we still had a wonderful get-away and it was very relaxing way to end his stay.

What's next? This Thursday I start my spring break where I will be backpacking through Italy and Greece for 12 days with a classmate from Chicago. Best wishes to you and your loved ones as you finish the semester. Arrivederci for now!

Lots of love,

Jessie
Sandy Jones was a remarkable and talented woman, who devoted her life to her family, her country, her music, and the art of glass, fabric and yarn. “Sandy” was born in Orlando, Florida, and grew up in St. Petersburg, Florida, graduating from Boca Ciega H.S. in 1958. She started playing the piano at age 6, and was very active with school choirs and all school musical shows, becoming a very accomplished piano accompanist.

After high school she attended Florida State University, majoring in music and business. Unable to finish her degree because of finances, she moved to Washington, DC to be near her future husband and worked as a stenographer under J. Edgar Hoover at the FBI headquarters.

She was married in October 1960 at the US Naval Academy to then Ensign Raymond Jones. For 34 years, Sandy was an extraordinary Navy wife, supporting her husband’s submarine career during the Cold War era. She held the family together during his 19 extended deployments on five strategic missile and three attack submarines. From Ensign’s to Admiral’s wife, she was very active in supporting other Navy wives and their families through her initiatives and direct intervention while husbands were at sea.

Additionally, she worked as a stenographer, executive secretary, bookkeeper, and successfully managed her own beautiful needle point store. She was a voracious reader, especially historical novels. Hobbies included dress and stained glass. In all of her 31 Navy as a piano teacher, church organist and and accompanist for numerous opera the USA. Included 3 more major moves across the Florida in 2000. Sandy continued her she pursued with a passion. In Orlando Weavers and active in LIFE at treasurer, and secretary over many the USA.

Civilian life commenced in 1994 and country before the family retired to music, and specialized in quilting, a joy retirement she was a member of UCF, serving as board member, years. She was also the first chairperson of the LIFE/UCF Honors program.

In addition she was very active with the UCF music programs for over 10 years where she was able to pass on her significant experience to the students. She donated up to 5 days a week accompanying many voice and instrumental students and the UCF Opera program in classes, rehearsals and performances. Her support and pragmatic advice will be remembered by many students.

When asked about her life she wrote: “I have lived a very eclectic life, and my husband and I are known as Renaissance people. We know how to adapt while always exploring and learning.” She worried about the future of this country, and especially about the education system that has little time for learning common sense, common values, and art. She was concerned that “the technical isolation toys of today have caused us to lose team conversation, verbal skills, and the art of valued communication in everyday conversation.” She believed each of us can always do better, each can always improve and each can grow as a human being.

Sandy is survived by husband Raymond Jones, her daughter Cheryl Harrington, son Steven Jones, grandsons Ross and Sean Harrington, brother Larry Powell and nephews Jeremy and Jonathan Powell.
TO ALL MY FRIENDS AT LIFE . . .

Year 2014 was probably the very worst year of my life. My daughter, Debbie, was diagnosed with a malignant brain tumor in December 2013. We were in and out of hospitals most of the following year. Debbie put up an extraordinary fight, but the tumor won. Without the support of friends and family, I don’t think I could have survived. I want to thank all the kind people of LIFE for their good thoughts and prayers, especially my dear friends: Gina, Ursula, Janet, Sarah, Elinor and Dick.

Thanks again,
Betty Ingham

THE DASH

By Linda Ellis

I read of a man who stood to speak at the funeral of his friends.
He referred to the dates on her tombstone from the beginning…to the end.
He noted that first came the date of her birth and spoke of the second with tears,
But he said what mattered most of all was the dash between those years.
For that dash represents all the time she spent alive on earth,
And now only those who loved her know what that little line is worth.
For it matters not, how much we own, the cars, the house, the cash.
What matters is how we live and love and how we spend our dash.
So think about this long and hard, are there things you’d like to change?
For you never know how much time is left. (You could be at “dash mid-range.”)
If we could just slow down enough to consider what’s true and what’s real,
And always try to understand the way other people feel.
And be less quick to anger, and show appreciation more
And love the people in our lives like we never loved before.
If we treat each other with respect and more often wear a smile,
Remembering this special dash might last a little while.
So, when your eulogy is being read with your life’s actions to rehash,
Would you be pleased with the things they have to say about how you spent your dash?

[Poem read by Pastor Thomas Hensley at Debbie’s funeral.]
HELP WANTED

Editor, LIFE Newsletter

LIFE is looking for an Editor who can oversee the monthly publication of our LIFE newsletter. The Editor would be assisted by Gloria Jones and Amanda Mayer. It’s a great opportunity to get to know LIFE members and use your creativity. I have loved every minute of it, but I’ve got too much on my plate. Give it a whirl! You’ll be glad you did!

Vonnie Bradbury
Editor

Assistant to Special Events Coordinator

We will be celebrating our 25th Anniversary in February 2016. Lots of planning will go into this special event and we need someone to assist Carol Parker. Special Events Coordinator, with the many, many details such an event entails. It is hoped that this person would consider assuming the Coordinator position at the end of next year.

"Volunteers are not paid -- not because they are worthless, but because they are priceless."

Membership Dues Deadline For Current Members

April 21

$150 per person