Inspirational Thoughts

“Anyone can grow old, whether at 20 or 80; but anyone who keeps learning stays young. The greatest thing in life is to keep your mind young.”

Henry Ford

“Wherever you go, no matter the weather, always bring your own sunshine.”

Anthony D’Angelo

“Don’t worry about the world coming to an end today – it’s already tomorrow in Australia.”

Charles M. Schulz

ANNOUNCING:
College of Sciences Distinguished Speaker Series Event

2015 HOMICIDE RISE AND THE ‘FERGUSON EFFECT’
Richard Rosenfeld, Ph.D.
February 22, 2017, 6:00 p.m.
Tuscaloosa Country Club
As a special treat for this February issue of LIFETIMES, our reporters went behind the scenes to learn more about Ana Maria Mesa, one of LIFE’s student assistants.

Shortly after she was born in Medellin, Colombia, Ana moved with her parents and older brother to the small town of Concordia, where her dad’s side of the family worked as coffee farmers. The atmosphere was so rural, Ana recalls, that mules were a common method of transportation, and Ana feels that growing up in this small town has helped her appreciate the beauty of living a simplistic life. Six years later, with her new little sister in tow, the family moved back into the city for a brief period, and then relocated to Miami, Florida, where Ana spent the rest of her childhood.

After graduating from high school, Ana received a full two-year scholarship to the Honors College at Miami Dade. Although she originally studied biology, she discovered her talent for accounting after participating in several business competitions, and ended up graduating from Florida Atlantic University with an accounting major. She also earned minors in Hospitality and Health Services Administration.

After college, having worked in the accounting field as well as at Walt Disney World through the Disney College Program, Ana realized her true passion for helping others. She began her Master’s program in Health Services Administration at UCF in the Fall of 2015, and will be graduating this May.

In between a busy work and school schedule, Ana enjoys baking, reading, and catching up on television shows. Although she considers herself a homebody, she does enjoy traveling and exploring nature, and tries to go on three different trips per year. During the past year, she traveled to Kentucky and Tennessee and visited the Great Smokey Mountains, and she eagerly anticipates what travel opportunities 2017 has in store.

In her role with LIFE at UCF, Ana serves mainly as the student assistant for the Curriculum Committee, whereby she assists the Chairman in creating the diverse lecture program that makes LIFE so educational, unique and enjoyable. She played a big part in the design and implementation of last semester’s curriculum survey, and she is additionally responsible for sending out the weekly e-mail blasts, communicating with committee members, updating the curriculum schedule, and several other support tasks.

An interesting fact about Ana is that, despite coming from a family of Colombian coffee growers, she doesn’t drink coffee at all. One of her dreams is to play Snow White at Disney World… and, on the subject of fairy tales, Ana will be getting married this upcoming May!

The hard work, dedication, and joyful personality found in Ana have made her an invaluable addition to the LIFE program.

Amanda Mayer
6 Reasons to Grow Old

By Paula Span

“There’s a shady side and a sunny side,” said Joshua O. Haberman, rabbi emeritus of Washington Hebrew Congregation in Washington, D.C. He was talking about old age.

To his own surprise, he recently turned 90, an event the congregation he has helped lead for 40 years celebrated with a dinner, music, prayers and thoughtful observations from the honoree.

Not every 90-year-old enjoys the good health and vigor of the rabbi, who still teaches and writes and agreed to fit in a phone interview after his half-hour of daily morning calisthenics. (“I jump around, but I’m not a fanatic.”) But it’s good to remember, with more than 1.5 million Americans having passed this once rare milestone, that extreme longevity has its compensations. Rabbi Haberman cites six.

Tranquility tops his list. “You have achieved in old age what you have wanted to, if you are fortunate,” he said. The important battles have been waged, the decisions made. “You no longer have to do the pushing, the striving, the struggle.”

Next, the cooling of passion. “You don’t rush to quick action,” Rabbi Haberman explained. “You’re more likely to stop and think.” These days he’s hardly indifferent to the world’s problems, he added, but he’s less inclined to think he can solve them, or that they’re soluble at all.

Number three: He’s learned “the art of submission.” Americans are activists by nature, but “more happens to us than we cause to happen,” he has found. “You have to accept the unalterable.”

Moreover, the rabbi confessed, he’s increasingly apt to consider the possibility he’s wrong, a gift of old age (fourth on the list) he labeled “liberation from the compulsion to set everyone else straight.” He has loosened up, he told me, since his more dogmatic youth.

Once he fiercely opposed young people living together outside marriage, for instance. He still opposes it but less vehemently, especially since several of his own children cohabited before they wed. “Conditions in the world have changed; women are economically independent,” he explained. “Singlehood for women is different than a century ago.” I could practically hear him shrugging on his end of the phone line.

The fifth benefit of growing old, “one of the most important marks of maturity,” is gratitude. “I’m more conscious of the little favors people do — the driver who stops and lets me cross the street, the newspaper man who brings my paper directly to the door,” Rabbi Haberman said. He feels more aware of humanity’s interconnectedness. “I am a zero by myself.”

Concluding the list: greater involvement with his family, including his wife of nearly 65 years, four children (one rabbi, two spouses of rabbis, one civilian), 15 grandchildren and nine great-grandchildren.

Yes, he does think about death, but he doesn’t pretend to understand it and he’s not afraid of it. “I believe in the eternity of existence,” he said. “We remain part of this universe.”

Each night before bed, he recites in Hebrew lines from the hymn “Adon Olam,” based a passage from Psalm 31: “In God’s hand I entrust my spirit, when asleep and when awake/My body and spirit, God is with me, I shall not fear.”

“And I leave it at that,” the rabbi said.

Originally published in the New York Times

https://newoldage.blogs.nytimes.com/2009/06/22/6-reasons-to-grow-old/comment-page-5/?_r=0
Member Spotlight:
“HOW DID YOU AND YOUR SPOUSE MEET?”

“We met at church; I was parked and putting on some lotion because my hands were dry, when some of my jewelry slipped off and fell into the street. He happened to be walking by and picked it up for me, then we struck up a conversation. We sat together in church, and he mentioned that he would soon be teaching a class about Thomas Jefferson. I was the only one who showed up!”
- Carolina and Ken Lofgren, married 21 years

“We met at a hamburger stand in Long Island, New York in 1965. I was younger than him, and he had a car, so I asked him if he would drive me to my friend’s beach party. That was 52 years ago, and the rest is history!”
- Linda and John Gallagher, married 49 years

“We met in high school! It was 1958, at St. Martin’s in Detroit, Michigan, where we were both students at the time.”
- Carol and Tom Koza, married “going on 52” years

“We met while running the 11-mile loop in Winter Park. We got to know each other at breakfast one morning after the run.”
- Richard and Rose Reeves, married 27 years
“We met at the University of Michigan, at the Baptist Student Union. We were both American Baptists and believed in the importance of attending church – not all that common for many college students—and that’s how we got to know each other. Our first date was at a sort of “beatnik” party- it was fun!”
-Dana and Alice Schmidt, married 54 years

“We were both in the travel business; I had a company based out of Europe, and Judy was a travel guide. We saw each other at a lot of travel shows. I tried to hire Judy, but she refused my offer... nevertheless, we eventually got married!”
-Roy and Judy Scherer, married 25 years

HIGHLIGHTS OF LIFE BOARD MEETING
Monday, February 6, 2017

EXECUTIVE COMMITTEE

Secretary – Lee Cross - Lee-passed around a form for board members to sign off on a Conflict of Interest form.

President – Vonnie Bradbury announced that Ray Jones will be chairing the LIFE Officers Nominating Committee. She also announced that Aaron was resigning from the Board. The President will appoint a replacement for Aaron.

Amanda, Ana, and Allison are putting together plans for “Celebrate LIFE” for our final meeting on April 18th, with advisory assistance from Carol Parker and Vonnie.

EX-OFFICIO REPORTS

Academic Sponsor – Claudia Schippert – Claudia gave an update on our classes on April 11th at Dr. Phillips. She is anticipating that the buses will pick up LIFE participants at 9 am. Jeff Moore will address the group at 10 followed by a presentation by Claudia Lynch, Assistant Professor and Coordinator, Stage Management. Her topic will be “From Script to Stage.” We will take a brief break at noon and then watch the performance of, “Once in the LIFE,” an exclusive world premiere in the Pugh Theater. Bus arrangements are pending.
STANDING COMMITTEES

Curriculum – Jim Burr - Jim reported that the Curriculum Committee is working on scheduling for the Summer 2017 session as well as the Fall 2017 semester. The committee is planning 6 summer sessions on the UCF campus, and 5 sessions at the medical school. The classes at the Medical School will be held on alternate Fridays. Specific dates, times and locations being finalized and will follow.

Grants & Awards - Ray Jones - Ray reported that the Richard Tucker Gerontology Applied Research Awards Committee reviewed 15 applications for a total of $121,291. Five projects for funding were recommended and approved for a total of $25,350 as follows:

   Dr. Ladda Thiamwong-School of Nursing “Development of a Fall Prevention Program for Older Adults: A Pilot study” $2650

   Dr. Joshua Trouche-Department of Communication Sciences and Disorders, “App-Based Language Maintenance Therapy in Dementia” $3300

   Dr. Jane Cosby –Department of Communication Sciences and Disorder, “Speech Perception, Cognitive Processing and Self-Reported Communication Abilities in Older Adults with Hearing Loss: Following Aural Rehabilitation/Auditory Training” $7500

   Dr. Nicole Dawson-Department of Health Professions, “Investigating the Impact of an Innovative Intergenerational Physical Activity Program on Older Adults and Children 8 to 11 Years Old” $4900

   Dr. Helen Huang- Mechanical and Aerospace Engineering, “Brain Dynamics of Walking in Older Adults” $7000

Newsletter – Jim Burr reported that the LIFE TIMES Newsletter will be distributed to Deans and Directors occasionally, as a new procedure, beginning with January’s issue.

Policy & By-Laws – Lee Cross presented a draft policy for announcements by non-UCF groups during the morning announcement period which was approved as follows: “The morning announcement period prior to the beginning of classes each Tuesday will be reserved for UCF-affiliated events/organizations. Outside groups may place approved pamphlets/flyers in the hall on a one-time basis approved by the Vice President. Displayed material should not contain inappropriate language nor espouse a political agenda of any kind."

AC HOC COMMITTEES

Nominating Committee – Jack McGuire - Jack presented slate of proposed new board members: Arnold Bierman, Todd Bowers, Ida Cook, James DeRose, Jean Siegfried, and Diane Wink. The slate will be presented to membership at the annual meeting 4/18.

Special Projects/Experiential Learning – Marie Ruckstuhl suggested 4 different opportunities for LIFE participants during the spring: Cornell Fine Arts Museum, Morse Museum, Audubon Center for Birds of Prey, and Premier Boat Tour (Mount Dora). It was suggested that we have individuals sign up to see the level of interest and to eliminate the Morse Museum in that most people had probably been there. Marie will provide sign-up sheets for events on 2/14.

Meeting Adjourned
**ANNOUNCEMENT: SUMMER CLASSES**

The Curriculum Committee is pleased to announce that we will again be hosting a variety of summer classes for LIFE Members on the UCF campus, as well as a variety of medical/wellness topics at the College of Medicine facility in Lake Nona.

Classes on the UCF Campus will be held at **1:00 p.m. at a location to be announced** on the following Fridays:

- Friday, May 12
- Friday, May 26
- Friday, June 9
- Friday, June 23
- Friday, July 14
- Friday, July 28

Classes at the **College of Medicine** facility will be held at **10:30 a.m.** on the following Fridays:

- Friday, June 2
- Friday, June 16
- Friday, July 7
- Friday, July 21
- Friday, August 4

*Stay tuned for specific topics and subject matter!*

**UPCOMING LECTURE SCHEDULE**

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<tr>
<td>2/28</td>
<td>9:00 AM</td>
<td>CF</td>
<td>Opera Workshop</td>
<td>Thomas Potter</td>
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<td></td>
<td>10:30 AM</td>
<td>P</td>
<td>Cell Phones, Computers and Human Trafficking: How to Stay Safe</td>
<td>Ted Reynolds</td>
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<td>3/7</td>
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<td>CF</td>
<td>The Latest and Greatest in Alzheimer's Research</td>
<td>Dr. Ira Goodman, M.D.</td>
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<td>Audubon Center for Birds of Prey</td>
<td>Michael Goldman Education Manager of the Audubon Center for Birds of Prey</td>
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<td>3/14</td>
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<td>Projections for the Economy as a Result of the Election</td>
<td>Sean Snaith, Ph.D.</td>
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<td>Theatre</td>
<td>Vandy Wood</td>
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<td>3/21</td>
<td>9:00 AM</td>
<td>P</td>
<td>Technology and Personal Health</td>
<td>Jeff Levine</td>
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<td>10:30 AM</td>
<td>P</td>
<td>A Love-Hate Thing: When Adult Children Refuse to Accept Responsibility</td>
<td>Kathryn Brohl, M.A., LMFT</td>
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**CALENDAR**

- **February 28**: Curriculum Committee Meeting (11:45 am SU 225)
- **March 6**: LIFE Board Meeting (9:00 am Psychology Dean’s Conf. Rm)
- **March 14**: Copy deadline for March issue of LIFETIMES