"The more you thank life, the more it gives you to be thankful for."

-Unknown
This past year, the LIFE Board of Directors voted to establish a special 3-year fund-raising program to enhance the Richard [“Dick”] Tucker Gerontology Award Program. This program was established to provide grants to UCF faculty and students and to conduct research across a wide range of topics related to aging. This special fund-raising campaign was begun to both honor Dick for his extensive contributions to LIFE over the past 25 years, as well as enable LIFE to enrich the amount of dollars available for this program over a three-year period by $30,000, while also establishing several scholarships for students interested in studying aging.

Dick Tucker began his career as a faculty member in the UCF Psychology Department in 1972 and later provided valuable leadership for over 13 years as Chair of the Department. He provided the inspiration for, and was a co-founder of, LIFE at UCF 25 years ago. Dick continues as an active member of LIFE (the only current 25-year member), and serves as the Liaison between the Board and UCF administration. We hope that all members of LIFE will want to contribute to this important program. Additional information about how the Tucker Gerontology Award Program has led to significant new understandings of the aging process through research will be provided in the coming weeks.

**Good news...** you can contribute to the enhancement of this important award program and the addition of new scholarships!

Donations by check can be made to LIFE@UCF, with “Tucker Grant/ Scholarship Fund” in the notation line. Checks can be given to any Board member, or mailed to the following address:

The Learning Institute for Elders (LIFE) @ The University of Central Florida, Inc.

PO Box 161390

Orlando, FL 32816-1390

*You may choose to donate one time per the above, or make a three year pledge. To contribute to the 3 year pledge, please visit:*

https://life.ucf.edu/donate-to-life/

**THANK YOU** for supporting research on aging & student scholarships. Stay tuned in future issues of LIFE TIMES to find out how your donations are being put to use.

**LIFE at UCF, Inc.** is a Florida State Charity with tax exemption registration number **CH48018**.
Among the many smiling faces and eager learners filling the Pegasus Ballroom each Tuesday morning, you may have met Bonnie and Alan Finfer. This father-daughter pair of LIFE members spoke with our reporters, offering a glimpse into their unique backgrounds and their involvement with LIFE.

With a 13-year career with West Publishing under his belt, Alan moved to Orlando after the passing of his wife. He joined LIFE in 2012, and has been an active member ever since.

Ann Funk, a friend of Alan’s and longtime LIFE member, balanced her time between LIFE classes, serving as an airport greeter and volunteering at Give Kids the World, among many other engagements. Ann and Alan married in 2014, on Alan’s 80th birthday.

Alan’s daughter, Bonnie, has a passion for education. Holding a Ph.D. in Educational Leadership with a focus in Special Education, she worked as a special education teacher and administrator beginning in 1981, and retired two years ago. A newcomer this fall semester, Bonnie is currently enjoying her first year as a LIFE member. She skillfully fits Tuesday morning sessions into a busy schedule that includes dancing, volunteering, taking water aerobics, and coaching special Olympics athletes.

Bonnie and Alan, each bringing their unique interests and involvements to the table, perfectly exemplify the thriving character of the LIFE program, and demonstrate its ability to cross generational lines. And, just as they contribute their own talents and personalities to the organization, they receive different joys from it.

Alan loves LIFE for the diversified learning that it offers to members. Each week, he says, brings the thrilling opportunity to learn about anything from “arts to zoology,” and he always leaves with new information and an active brain.

Bonnie praises the socialization aspect of the LIFE program, and thoroughly enjoys interacting with fellow members in the lively and buzzing atmosphere of UCF’s campus. She also appreciates the student “perks” offered to LIFE members, namely access to the performing arts events, as she is a big fan of orchestra, theatre, jazz, and ballet.

The Finfers, with their involvement in the community and their spirit of curiosity, are the quintessential lifelong learners, and the LIFE program is proud to count this father-daughter team among its members.

Amanda Mayer
Master Class: Living Longer, Stronger and Happier

LIFE PRESENTATION:

Master Class: Living Longer, Stronger and Happier
Thursday, December 8, 2016
10:00 - 11:30 a.m.
Barbara Ying Center
University of Central Florida

Speaker: PETER SPIERS, Senior Vice President of Marketing and Strategic Outreach Road Scholar

Author: Master Class: Living Longer, Stronger and Happier

“Through inspirational stories from active seniors, supported by the latest research in the fields of psychology and neuro-science, ‘Master Class’ shows how to build an enriching lifestyle on the foundation of favorite activities. Spiers provides easy-to-follow charts that allow readers to break out of their daily routines into Moving-Thinking-Socializing-Creating. By filling the gaps with a selection from 25 “master activities” such as learning a musical instrument, playing tennis, volunteering and more, they'll create a happy, holistic, brain-healthy lifestyle that's rich and meaningful.”

and

“The History of Lifelong Learning”

Instructions:

This presentation is limited to LIFE members only. The meeting room only has 120 seats. To attend you must sign up on our website, life.ucf.edu.

Deadline to sign up is December 1!
Announcing the 2\textsuperscript{nd} Biannual Road Scholar LLI Resource Network MEMBERSHIP SURVEY

Dear LIFE members,

I hope you will take the time to complete this survey, which will provide your officers and Board of Directors with valuable information which we can use to serve you better and make LIFE@UCF even better than it already is. Thank you so much!

-Vonnie

WHY DO THIS?

1) Your participation will not only give us a portrait of the LIFE membership, but will also provide a composite portrait of older Americans who participate in lifelong learning programs.

2) We will receive a detailed demographic and attitudinal profile of both our membership and prospective members.

3) We will also receive a national LLI membership profile in order to make comparisons.

WHEN?

Sometime during the week of November 14, 2016, with completion date in early December 2, 2016. Specific information and instructions will be sent to each of you via Email Blast.

HOW?

LIFE will send out an email with an embedded link to the survey. LLI Network \textbf{will not} have access to our email list.
By their nature, crises are shocking, threatening, and require an immediate response. These characteristics make crisis communication difficult on many levels. Crises create a high demand for information in a context with equally high uncertainty and extremely short response times.

This presentation reviews the communication constraints of crises and provides recommendations for developing concise and impactful messages that can overcome these constraints. A highly practical, easily remembered, and easily applied model for crisis communication on all levels is presented and explained.

For more information and to RSVP, visit: [www.sciences.ucf.edu/dss](http://www.sciences.ucf.edu/dss)
**Highlights of the Curriculum Survey**

Before getting into the heart of the recommendations, the Curriculum Committee members wish to express their thanks for the nearly 45% of our membership who responded to this survey. You gave us your thoughts and suggestions, along with 26 single-spaced pages of comments that will help us as we move forward. And for the benefit of that feedback, we are very grateful.

**TOPICS:**

Part of the survey addressed the likes and dislikes of various general topics. Here are those results with the most desired topic at the top of the list, descending in interest to the least desired topic.

- **Most Liked** Subject: Wellness (Medicine & Fitness)
  - Current Events
  - History
  - Emerging Technology
  - Science
  - Art
  - Music
  - Psychology & Personal Growth
  - Theater
  - Religion and Philosophy
  - Politics
  - Literature
  - Community Issues
  - Business & Economics

- **Least Liked** Subject: Engineering

Consequently, more of our sessions will be devoted to those subject areas in the top half of the list, with fewer sessions devoted toward the bottom half.

The most frequently used word in the Comments sections was “varied,” or derivatives of that word when describing what you value the most about our lecture offerings. Please be assured that we will not only continue to schedule a high degree of variety, but will seek to broaden that effort.

Some of our members indicated they’d prefer more subjects of an “academic” nature. However, about an equal number indicated interest in hearing lectures that are not academically oriented. We are thankful for the comments of so many of you who expressed understanding of the difficulty of trying to satisfy so many members.

Regarding the scheduling of topics, many indicated a preference for scheduling similar subject matter over a period of time rather than scheduling in “blocks” of time. It’s important to remember that many times our scheduling is subject to the availability of speakers. In other words, their schedules do come into play. That said, we will keep a closer eye on that issue to bring about more varied scheduling.
**Speakers:**

Our mission is to always bring the best speakers we can. We feel that a great speaker with a mediocre topic is better than a mediocre speaker with a great topic. Many of you commented that you felt that LIFE should always engage our own speakers. Your Curriculum Committee agrees, and we are working toward that end.

Although our presenters have been instructed to allow 15 minutes for questions at the end of their presentation, a few lose track of time. We can, and will, do a better job of ensuring both shorter introductions, and, allowing time for questions at the end.

There were also some critical comments about speakers who seemed to have a monetary or self-serving interest in presenting their material. We try very hard to avoid this, but occasionally it just happens. And there are times where we feel the information holds enough value to allow a little leeway. As with the item above, we can and will do a better job of screening for this situation.

A comment that was made by many who completed the survey bears repeating: “A great variety of speakers and most of them excellent. The subjects that I think I will not be interested in prior to the program end up being some of my favorites. So, I did not like to choose categories I did not want - because it is good to learn about everything.”

Once again, our sincere gratitude to you for your response to our survey. We always welcome constructive suggestions. Curriculum is a dynamic thing and should always show movement and shifts with each passing season. In order words, share your ideas. Our goal as the Curriculum Committee is to meet the needs of the most people possible.

- Curriculum Committee

**Highlights of LIFE November Board Meeting**

**November 7, 2016 9:00 – 11:30 AM**

**EXECUTIVE COMMITTEES**

**Vice-President – Aaron Liberman** reported LIFE received 33 grant applications this year, a 26.9% increase. There was a $11,000 increase in requested funding. Judy Luckett was recommended to be the reviewer from membership. The grant review committee will meet Monday November 21st 9 am in the Dean’s Conference Room in the Psychology Building.

**President – Vonnie Bradbury** – Vonnie represented LIFE at the following events: Diversity Breakfast, along with several other LIFE members; the 10th Anniversary of College of Medicine, along with Ian King (Medical School Liaison) and George and Dawn Sumrall, event ticket winners. She will attend the Thanksgiving luncheon hosted by Parking Services with Jim Burr and Ray Jones, where five student employees will be awarded gift card scholarships, part of Directed Grant allocations.
She announced that Ian King will be serving as a judge for a Legacy competition.

Vonnie and Dick Tucker will be meeting with President Hitt, on 11/18 to present the 2015-2016 LIFE Annual Report. They plan to highlight what LIFE@UCF has accomplished along with the support provided to UCF, and to provide an overview of future needs and growth potential for LIFE.

There will be a special LIFE session with Peter Spiers from Road Scholars on 12/8. Online registration will begin on 11/8. Anyone who wishes to attend must register.

Vonnie announced that Tim Matthews will chair the Membership Committee next year as Lucy will be going off the board. There is a need to recruit new members for the Membership Committee. The Board authorized the employment of a student assistant for the Membership Committee and to replace Amanda and Ana using reserve and allocated funding.

Vonnie will establish 3 ad hoc committees. The new Ad Hoc committees will be a Finance Review Committee that Ann Barretta will chair, a Public Relations Committee, and an Experiential Learning Committee.

Vonnie has appointed Richard Kushner to replace Paul Enchelmayer who is moving to Illinois. Richard has been a LIFE member for 10 years and is currently the LIFE photographer.

Vonnie encouraged board members to attend The Southern Regional Conference for Learning in Retirement. The conference will be July 30-August 1, 2017 at Eckerd College, St. Petersburg, FL

STANDING COMMITTEES

Curriculum – Jim Burr presented the results of the Curriculum Survey. He summarized the comments and felt that there were good suggestions for improvement. The top rankings of most preferred areas were: Wellness (Medicine & Fitness), Current Events, History, Emerging Technology, Science, Music and Art.

Gerontology Awards – Ray Jones reported there had been 1 submission. Deadline for submissions is Dec. 7th.

Strategic Plan – Basil Pfumm reviewed Goal 7.

Goal 7: Support leadership, board and committees with both volunteer and, when required, paid staff. Provide technical and administrative support for continuity of officers and chairs.

AD HOC COMMITTEES

Liaisons with Colleges – John Ciesko stated that the increase of grant requests this year supported the effectiveness of the liaison’s contact with the Colleges.

OLD BUSINESS: Vonnie pointed out that the last meeting scheduled was April 11 Dr. Phillips. She questioned whether we should schedule a meeting on 4/18. The only space available is in Key West. It was decided that we would schedule a program at 9 am and then follow up at 10:30 with a Celebrating LIFE devoted to honoring our 10 and 20-year members and the recipients of our research grant awards.

ADJOURNMENT The meeting was adjourned at 11:25.
**Holiday Thoughts**

*Melt away the chill of holiday stress; think warmly.*

Nothing puts your holiday spirit on ice like overwhelm, disappointment and resentment – and these things have a way of seeping in this time of year. It’s easy to blame what’s out there – but your response to the world around you is what counts. Get ahead of the curve by shifting your focus to what is working, what you do love and care about. This allows you to come from a place of warmth and acceptance and connection that can seal out the winter chill.

**All the holiday bells in the world can’t match the glory of a good, hard laugh; indulge often.**

You can get so caught up with getting it all “right” that you forget to enjoy any of it. At the end of the day, no one will remember what place settings you used, or even what you wore. They’ll remember what it felt like to laugh with you. Find every opportunity you can to do it, and do it often – not just because it feels good, but because it’s hard to take yourself too seriously or succumb to perfectionist tendencies when you’re in the grip of a satisfying guffaw.

source: http://www.huffingtonpost.com/mequilibrium/holiday-thoughts_b_4372623.html?slideshow=true#gallery/327727/2

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**Calendar**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>December 8</td>
<td>Peter Spiers event (by sign-up only)</td>
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<tr>
<td>January 10</td>
<td>First day of LIFE class for spring semester</td>
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<tr>
<td>January 17</td>
<td>Curriculum Committee meeting (11:45am, SU 225)</td>
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<tr>
<td>January 17</td>
<td>Copy deadline for January issue of LIFE TIMES</td>
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<tr>
<td>January 24</td>
<td>Knights Helping Knights Food Pantry drive</td>
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*Enjoy the break... see you next semester!*