LEARNING INSTITUTE FOR ELDERS

September 2015

Welcome SEPTEMBER
A warm welcome to new and returning LIFE members! I hope you all had a wonderful summer and are ready to enjoy once again your Tuesday morning treat--meeting friends and learning interesting new things at LIFE.

As your new president, allow me to tell you a bit about myself. I was born and raised in Williston, North Dakota (now called “Boomtown” as a result of all the oil activity). I married soon after high school and began raising a family. The opportunity to attend college didn’t present itself until I was in my early thirties. I attended the University of North Dakota where I received a bachelor’s and Master’s degree in English Language and American Literature.

Upon graduating, I embarked on an administrative career in academia, serving as Director/Dean of Student Affairs at a number of colleges and universities—UND School of Medicine, University of Arkansas College of Engineering, Texas Tech University Health Sciences Center and, lastly, MGH Institute of Health Professions.

In 2001, recently retired, I moved to Orlando to be near my daughter and grandchildren, who (Wouldn’t you know it!) moved to Kansas City three years later. It wasn’t long after that I heard about LIFE and was able to become a member (back in the days before there was a waiting list). For a number of years I have served as editor of the LIFE newsletter.

I enjoy reading, singing, gardening, theater and participating in LIFE, of course. As we celebrate LIFE’s 25th Anniversary, a year of great programming awaits us all, so let us begin . . .

Vonnie Bradbury, President
August, 2015
NEW SHUTTLE SERVICE FOR LIFE MEMBERS

Beginning August 25, LIFE will begin a pilot project of providing bus service to LIFE members who are disabled or have difficulty walking from the parking garages to the Student Union and back. Buses provide handicapped access. In order to avail yourself of this service, you will need to park in either the A or I garage. Proceed to the Lynx Transit Stop located in between the garages and wait for the bus under the overhang with benches. A smaller-than-average bus labeled “Shuttle” will arrive there, displaying “Black Route” in the window above the front windshield. That’s your bus!

Pick Up Times: 7:30 a.m. and 8:30 a.m.

Following the last class session, you will go to the Student Union stop on Aquarius Agora (where you will have been dropped off on arrival and is a short walk to the Student Union.) The Shuttle Bus will return you to the Lynx Transit Stop at the following times:

Return Times: 12:00 p.m. and 12:30 p.m.

For further information, go to the LIFE website: life.ucf.edu. Questions may be directed to Amanda who will be seated at an information table in front of the Pegasus during break temporarily or send your questions to her at amandamayer@knights.ucf.edu.

Vonnie Bradbury, President
LIFE@UCF
EXECUTIVE COMMITTEE

Secretary – Lee Cross
Minutes corrected and approved.

Treasurer – Pat Fluno
Treasurer reported a balanced budget. Approved. April Award Celebration came in under budget.

Vice-President – Vonnie Bradbury
All Student Union awards given out. “Celebrating LIFE” received positive feedback. New members in fall will be asked to fill out survey of interests/skills.

President – Judy Thames
Attended President’s Partnership reception. Met with Dr. Wang re: student assistant position. Attended conference planning committee, “Making Business & Communities More Age Friendly,” a partnership between Rollins & UCF.

EX-OFFICIO

UCF Academic Liaison – Elliot Vittes
Has accepted another position. New advisor will be announced in fall.

LIFE Liaison to UCF – Dick Tucker
Spoke about LIFE members access to UCF Library resources, which does not include remote access to library resources. LIFE members can make copies, check out materials, etc.

STANDING COMMITTEES:

By-Laws & Policies – Ray Jones
Suggested purchase of Drop Box to store documents.

Membership – Lucy Pulcido
487 members have renewed membership, leaving 337 on waiting list. Committee recommends adding 100 from wait list for total of 588 members for 2015-16. New member orientation on 8/18. Recommended spouses be required to apply at the same time—no more exceptions.

Curriculum – Aaron Liberman/Lee Cross
Classes begin August 25.

Safety and Health – Paulette Geller
Members have expressed concern about perfumes/colognes. Announcement to be made in the fall.

Grants & Awards – Vonnie Bradbury/Ray Jones
Dates not yet determine for grants and awards for fall. Al Dallago Award ($500) for undergraduate research has been awarded.

AV/Media Chief Tech Officer – Steve Hall
Committee headed by Jack McGuire reported on options available for remote access and overflow attendance. More research is needed.

AD HOC COMMITTEES

Strategic Planning – Basil Pfumm
Minor changes made. Final plan will be presented in August.
College Letters Coordinator – Gloria Jones

Shared feedback from Dean Michael Johnson who referred to LIFE as a “jewel in the crown of the university.”

Diversity/Legacy – Ian King

LIFE recognized at Rosen College event for our support of the peer-mentoring program. Vonnie and Lucy attended a recent Legacy celebration.

Old Business

Recommendation by Ian King to combine grants and awards programs tabled until August meeting.

New Business

Judy Thames announces she will be stepping down as President of LIFE effective August 1. Vonnie Bradbury will become the new president. Ray Jones will become Vice President.

Highlights of Board Meeting

August, 2015

ANNOUNCEMENTS

Appointment of Ray Jones as Vice-President approved by Board.

Dr. Claudia Schippert, Interim Dean of Interdisciplinary Studies, was introduced as the new UCF Academic Liaison.

Gloria Jones has resigned from the Board; John Ciesko is excused fall semester.

SPECIAL REPORT

Jack McGuire reported that the Division of Instructional Resources can stream and film our sessions in real time at predetermined cost. Jack, along with Board members Tim and Steve will come up with a plan to handle overflow attendance. The Curriculum Committee will address the intellectual property issues.

EXECUTIVE COMMITTEE

Secretary – Lee Cross

Minutes approved as presented.

Treasurer – Pat Fluno

Treasurer’s Report approved. Need expressed for assistance with tax prep each year. Judy and Aaron will forward names to Pat to investigate for next fiscal year.

Vice-President – Ray Jones

Ray announced he will fill position until January at which time a new VP will be elected. Secretary, Lee Cross, has agreed to assume responsibility for By-Laws and LIFE Policies.

President – Vonnie Bradbury

The family of deceased Rick Petterson has donated his membership dues ($150) to LIFE’s competitive grants awards. It was suggested that the Board should create a policy for handling these gifts. LIFE will give $500 to the Knights Helping Knights Pantry to help struggling students cover food expenses until their financial aid checks arrive. The newly-established Shuttle Service for LIFE members was explained. 25th Anniversary of LIFE@UCF will be celebrated February 2, 2016. More details elsewhere in the newsletter. Discounted tickets to SeaWorld and Disney are no long available. Efforts will be made to restore this LIFE benefit.

EX-OFFICIO

UCF Liaison – Dick Tucker (Judy Thames reporting)

CCRC is planning a 2019 opening of Legacy Point. They are working on an Affiliation Agreement with UCF and its departments. There will be an orientation for LIFE members from 12-1 on February 2.
STANDING COMMITTEES

Membership – Lucy Pulcido
489 returning members and 98 new members totaling 587, with 220 on wait list. 70 new members attended orientation. Amanda will maintain weekly headcount.

Curriculum – Aaron Liberman
Announced full schedule for fall semester. Committee sends letters of appreciation to speakers.

Grants and Awards – Ray Jones
Prior to Ray’s report, Ian King presented a rationale for a revised distribution of the monies allotted between competitive grants and gerontology awards. Request denied.
Ray recommended that $30,000 be allocated to the Directed and Competitive Grants and Awards, $500 per semester to the Al Dallago Award and $20,000 to the Richard Tucker Gerontology Awards. Approved. Deadlines for application were announced. Board members should contact their assigned Deans and ask them to disseminate the information. Judy will contact Foundation representative in each college.

AV/Media – Steve Hall
Will check with Student Union to ascertain everything is ready to go.

AD HOC COMMITTEES

Strategic Plan – Basil Pflumm
Reviewed changes to plan since last May and will devise an implementation process. Recommended that a permanent Standing Committee report on strategic planning. Approved.

Diversity/Legacy – Ian King

Met with Karen Morrison, reviewed Diversity Week activities. LIFE will be represented at Opening Ceremony – Legacy.

NEW BUSINESS
““Boomers and Beyond” is the name of the conference targeting business community re: being more age-friendly with a growing older population. UCF and Rollins have partnered on this endeavor. Judy and Vonnie participated in initial planning.

Lynn Trivett presented a check in the amount of $500 to Jessica Robertsm Pantry manager, on behalf of LIFE@UCF.

In addition, Lynn announced that LIFE would once again participate in the effort to restock the Pantry shelves with food (nonperishables), personal care items, and school supplies:

SEPTEMBER 29, 2015

MARK YOUR CALENDARS!
Volunteering

IF you need a reason, countless studies have found that volunteering benefits people, physically and psychologically.

The benefits of giving are significant, according to studies: lower blood pressure, lower risk of dementia, less anxiety and depression, reduced cardiovascular risk and overall greater happiness.

Volunteering moves people into the present and distracts the mind from the stresses and problems of the self. An online study of 4500 adults found that people who volunteer have less trouble sleeping, less anxiety, less helplessness and hopelessness, better friendships and social networks and a sense of control over chronic conditions.

Even as a way to manage chronic pain, volunteering holds great potential.

Volunteerism may boost self-esteem and protect people from social isolation, both of which are linked to better health in older adults.

Doing volunteer work may also give older adults perspective on their own life struggles which can better help them cope with stress.

(excerpt: Terri Yablonsky Stat, Tribune Newspapers)

LIFE NEEDS YOU!

Check our website for opportunities where you can help  life.ucf.edu
Meet Phil and Grace Hampton, two active LIFE members who proudly sport their 10-year pins. But outside of Tuesday morning class sessions, you might find this couple deep underwater indulging in their favorite hobby: scuba diving.

Phil, a diver since his early thirties, has always had a love for the ocean. In high school, he recalls trying to make his own diving suit together with a group of friends because their school did not have any equipment. Unfortunately, despite their imaginative creation consisting of an oval washtub, a garden hose, and a glass plate hooked up to a tire pump, they never quite achieved a working model. But a few years later, during his three years of service in the U.S. Military, Phil was located in Hawaii where he learned to snorkel. His passion for the marine world reinvigorated, he decided to get scuba certified. Phil was one of just three individuals in his scuba class over the age of 30, and the only one of those three to complete his certification.

A rocket scientist by profession, Phil met Grace, an elementary school teacher, on a blind date, and they married 10 weeks later. Phil continued diving while Grace, raising their daughter, enjoyed following him around on his adventures. She had never been able to go underwater due to her perforated eardrums.

But when Phil was nearing retirement, Grace decided she was ready to “get on board” and begin diving with him. After a successful operation on her eardrums, she secretly began her scuba certification course while Phil was gone on a special assignment. Grace had been successfully concealing her plan until one night, when she recalls coming home from her class to discover that Phil had gotten back early. Her husband saw her in her wet gear from the dive, and the cat was out of the bag! She confessed that she had been taking classes, and by then she was nearly finished. She completed her certification soon after, and thus began the couple’s adventure-filled years of diving together.

The Hamptons now take two to three diving trips each summer. They most recently traveled to Belize, where they lived aboard the Sundancer dive boat for a week. Leaving from Belize City, they traveled out to the Great Barrier Reef, where they completed between two and three dives each day. For their next adventure, Phil and Grace are preparing to head to Bonaire for two weeks in September.

Bonaire is the couple’s favorite spot to dive, and they have been there almost 40 times. According to the Hamptons, there is always plenty to see at this spot.
regardless of how deep you go, which makes it accessible to divers of all skill levels. When ascending from a dive, it is necessary to take a 3-minute “safety stop” in order to allow the body to safely eliminate nitrogen, and Grace particularly loves Bonaire due to the abundance of ocean life and scenery that keeps her entertained during the stop. Belize is also among the Hamptons’ favorite dive spots, due to its unspoiled reefs and healthy, colorful ocean life. Phil says that Queen Angels are the brightest and most beautiful fish that he sees on his dives, while Grace loves observing the spotted, thumbnail-sized Juvenile Trunk Fish.

For the Hamptons, scuba diving is “all in the family.” By coincidence, their daughter, whom they introduced to diving, happened to marry a scuba diver as well. Phil recalls that his grandson was about as tall as an oxygen tank when he started diving too. Inspired by his parents and grandparents, he was certified as a Junior Diver at age 10, and was successful at such a young age due to his careful nature and good listening skills.

Phil and Grace, who are now 84 years old and have been together for an incredible 57 years, have learned a lot from their time diving. It has caused them to become more environmentally aware, as their experience has allowed them to see firsthand some of the damage being done to our oceans. Human pollution harms fish that keep algae growth in check, which allows the algae to grow unrestricted and kill off the natural reefs. Throughout the years, the couple says they have noticed a gradual decay in the reefs that they visit over time.

Although they have had to adjust the depth and frequency of their dives with the passing years, the Hamptons remain as passionate about their hobby as when they first began. Phil has completed a total of 2,870 dives, and Grace is not far behind with 1,475. Grace is also an avid bicyclist on the side, completing about 100 miles every month. The couple cherishes the opportunity to continually learn about the underwater world, understand its organisms and their behaviors, and capture beautiful photos—all while enjoying the exhilarating feeling of being completely weightless. The Hamptons plan to dive for as long as they are physically able.

As for us in the LIFE program, we are grateful for the incredible diversity and unique talents of members such as Phil and Grace!

Amanda Mayer  
LIFE Student Assistant  
UCF Class of 2017
A Note from Jessie

Welcome back to classes, LIFE members! I am writing this final chapter of my semester abroad post de facto from American soil. As much as I enjoyed my time in Barcelona, nothing beats the feeling of coming home.

My spring break in Italy and Greece was an exhilarating trip with my classmate Elena, living out of our backpacks for almost two weeks. I still miss getting a gelato (or two) each day. Our adventure began in the Tuscan region in the North of Italy. We stayed in an area called Cinque Terre, meaning “Five Lands,” a collection of five small villages on the coast. Visiting Cinque Terre was like stepping back in time as there were few or no cars to be seen; the light and noise pollution was minimal. We even hiked along the rocky cliffs between two of the villages, which was exhausting but offered extraordinary views. From there we traveled to Florence after a quick pit stop to see the Leaning Tower of Pisa, if not solely for taking the cliché “leaning” photo. Then we continued to Rome where we were able to spend Good Friday in the madness of the Vatican City. That night we hopped on a plane and flew to the island of Crete in Greece. We stayed in a tranquil and isolated village on the magnificent coastline and it was the perfect break from the hustle and bustle of Italy. We ended our trip by spending the last few days in Venice, where of course we took a ride on a gondola.

Only two weeks later my boyfriend Luke made his second trip over to see me. The poor guy really never has time to suffer from jet lag because the next morning we were on a plane to visit his extended family in London. We were lucky enough to receive the “local’s tour” from his aunt and cousins seeing everything from Big Ben to the surrounding villages with rolling pastures and windmills. My favorite part was renting bicycles and riding through the parks over to Buckingham Palace.
We only had a couple of days back in Barcelona before heading off on our final journey to Morocco. The city of Fes was a labyrinth filled with thousands of small twisting streets crammed with vendors of every kind. Between the sights and smells, it was a scene straight out of Aladdin. After a day in the city, we took an overnight bus to the one street town of Merzouga on the edge of the Sahara desert. From there, the nomadic Berber people lead us through the desert on camels for an hour and a half. We sat on top of the breathtaking dunes to watch the sunset then headed to their camp where they prepared us dinner. Afterwards, they formed a drum circle and taught us their traditional Berber music. I never knew so many stars existed until I looked up at the night sky as they were the only light for miles.

I truly had the time of my life this past semester. I am incredibly grateful for all the support from LIFE in making these lifelong dreams of mine become a reality. Traveling opened my mind to all of the beautiful places and cultures in our world, but more importantly that there are more similarities shared between all of mankind than differences. My adventures are certainly not over as now my feet are itching with wanderlust for the next great journey. I wish you all the best with the coming year and will definitely be stopping by to pay a visit in the near future!

Lots of love,

Jessie
2015 Diversity Breakfast
Keynote Speaker: Sonia Manzano
Monday, October 12
8:00AM
Pegasus Grand Ballroom
UCF Student Union

For over 30 years, Sonia Manzano inspired, educated, and delighted children and families as "Maria" on Sesame Street. Named among the "25 Greatest Latino Role Models Ever" by Latina Magazine, Manzano broke ground as one of the first Hispanic characters on national television.

Throughout her career, she has continued to contribute to enriching diversity on television, on the stage and in the educational realm. The author of multiple books, she will release two new ones in Fall 2015, her memoir, Becoming Maria: Love and Chaos in the South Bronx (Scholastic), and Miracle on 133rd Street (Simon & Schuster). Her awards include: 15 Emmys as part of the Sesame Street writing team; the 2013 Pura Belpré Award; the 2003 Congressional Hispanic Caucus Award; and the 2003 Hispanic Heritage Award for Education.

Her favorite speaking topics are Latinos and the Civil Rights Movement; from the South Bronx to Sesame Street (A Puerto Rican Story); writing for children; and children and television.

Presented by the UCF Office of Diversity and Inclusion

For reservations and detailed Diversity Week information, please contact Katia.Pomp@ucf.edu or (407) 823-6740.

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www.diversity.ucf.edu

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