



Learning Institute for Elders

January, 2014

www.ucf.edu

**CONGRATS,
KNIGHTS!**



52-42



Champs!

August, 2013

Tonight an incredible journey begins as UCF Knights Football embarks on its 2013 football campaign. I want a win against Akron University for my birthday. Got it. . . . On to Florida International University in Miami. A short trip but a big win for the Knights. . . We're underdogs now as we move on to Happy Valley (Penn State). Treated well by fans before the game and respected after a big win by UCF. . . Next comes Memphis and they had the blues after UCF won another. . . Then came a trip to play the sixth-ranked Louisville Cardinals. The House of Cards fell and the Knights came back home with a victory. . . We stumbled against the South Carolina Gamecocks, losing by a mere 3 points. That will be our last loss of the season. . . Connecticut, Rutgers, Houston, South Florida and Southern Methodist all go down as the Knights Charge On! . . . Eleven wins and one loss by three points and an invitation to play Baylor University (ranked 6th) in the Fiesta Bowl.

December, 2013

On the plane Sunday afternoon from Orlando to Phoenix, Knight fans seemed to be everywhere. On arrival in Phoenix we ran into Knights everywhere from car rental counters to restaurants to local attractions. You could feel the excitement and everyone had a positive attitude concerning the game.

The Phoenix area is called the Valley of the Sun, and there were plenty of Baylor Bears on the prowl. They forgot it was December and they should be hibernating.

But our Knights defanged them Bears and they quietly went away, with tails tucked between their legs.

January, 2014

An incredible group of Knight fans energized the stadium and the athletes did as they were trained to do. Expected to lose by 17 points, they grabbed the attention of the nation with a 52-42 victory. Over 50% of these student athletes made the honor roll while excelling on the field.

Everywhere we went, people spoke so highly of our Knights and the way they conducted themselves. I have never been prouder to be a part of the UCF community because we won both on and off the field. President John Hitt, our cheerleaders, and others served the Phoenix area by taking a half day to pack food for hungry children. The Valley of the Sun never shined as bright as it did when reflected off the armor of The Knights. Yes, we are GOOD KNIGHTS!



Contributed by Lynn Trivett

You can't buy the exposure of getting on prime-time TV on New Year's night.

—John Hitt, UCF President

Happy New Year!

Highlights of Board Meeting

November 4, 2013

EXECUTIVE COMMITTEE

Secretary – Alice Reinhardt

Minutes approved.

Treasurer – Pat Fluno

Reported the new computer purchased for President will be listed as LIFE inventory. \$40,000 moved into checking account for grants and awards expenses. Report approved.

Pat introduced Alan Finfer, chair of the Audit Committee, who reported everything is in order. Audit Report approved by board.

Board approved an increase of \$1000 to the Grants/Awards budgeted amount.

President – Judy Thames

It was announced that Peter Venezia has resigned from the board due to conflicts in scheduling.

550 lbs. of food, plus \$50 cash, was collected during Knights Helping Knights campaign. Lynn Trivett is chairing this effort.

John Ciesko is in charge of organizing visits with UCF departments to provide insight into LIFE's mission and purpose.

EX-OFFICIO

UCF Liaison – Dick Tucker

Report given on sports program and efforts to spread information re: LIFE.

UCF Foundation – Don Hale

Don addressed the UCF capital campaign presently underway to raise 500 million dollars. Board members are invited to attend an estate-planning seminar in January.

UCF Academic Sponsor – Mike Hampton

Mike is taking the technology course for providing our classes offsite.

STANDING COMMITTEES

Membership – Clay Craft

It was reported that the transfer of membership chair to Clay from Gerri Jamieson was going smoothly.

Audio-Visual – Steve Hall

Steve reported FM radio doesn't work in Cape Florida but the sound is better in that room.

Curriculum – Lee Cross

LIFE will enjoy 4 weeks of music programs in February. Cost of piano in Cape Florida room is covered in budget.

Special Events – Carol Parker

Carol summarized plans for the G/A banquet on November 26. Board approved menu selection of chicken instead of lasagna, with the extra cost absorbed by LIFE. Tony Waldrop, Provost, will be the guest speaker.

Grants/Awards - Doug Garner

58 applications have been received. Applicants are well-qualified and selection will be difficult. Several applications may fit gerontology criteria better.

Nominating Committee – Lucy Pulido

Two vacancies exist on the board due to Peter Venezias' resignation and Norman Sandhaus' retirement. Current members up for re-election to a 3-year term include: Steve Hall, Judy Thames, Ray Jones, Lucy Pulido and Beverly Bressant. Sarah Wieder and John Braun served on Nominating Committee with Lucy and Beverly. Election held at Annual Meeting on November 26.

SPECIAL ASSIGNMENTS

Attendance-Month of October: 344, 334, 328, 314 and 374

Diversity Week – Dick Tucker stepped in and presented the program when speaker did not show.

Car-Fit – Clay Craft: New program offered to enhance driving skills among elderly will be offered January 26.

Honors Program – Cliff Reback: Working with Dr. Wong re: spring program.

Veterans Oral History Project - Marty Wiener: Sign-up sheets for interviewers and veteran volunteers will be available in January. Project conducted in February.

Toys for Tots – Dick Tucker: Bring toys on November 26.

Highlights of Board Meeting

January 6, 2014

EXECUTIVE COMMITTEE

First order of business: Lucy Pulido presented the slate of officers for 2014— Judy Thames, president; Vonda Bradbury, vice-president; Alice Reinhardt, secretary; Pat Fluno, treasurer. Slate approved. Lucy introduced new board members Aaron Liberman and Basil Pflumm.

Secretary – Alice Reinhardt

Read thank you's from UCF Foundation for our gifts in memory of Louise Blau and Dot Freeman as well as Knights Helping Knights contributions. A pin was presented to the president from UCF Nursing School for our contributions. Minutes for 11/4/2013 were approved.

Treasurer – Pat Fluno

Reports approved.

Vice-President – Vonnie Bradbury

Vonnie thanked board for vote of confidence. Reported that student union staff parties were held in fall. \$50 per school calendar month continues to be awarded to the Student Worker of the Month. Board meeting location will move to UCF Regional Campuses Administrative Offices on Research Parkway beginning in February.

President – Judy Thames

Judy presented an annual report and a list of goals for 2014, including updating our 5-year partnership contract with UCF. Dr. Liberman will be liaison to the UCF Medical School. Board members need to respond to UCF Fdn. invitation to estate planning seminar; Alice will send reminder.

EX-OFFICIO**Liaison to UCF - Dick Tucker**

Dick reported on Al Dallago's passing and his role in LIFE as a charter member and former president. Scholarship monies have been received in his memory and Dick and Ray Jones will make recommendations re: use of the monies.

STANDING COMMITTEES**ByLaws/Policies – Ray Jones**

Ray proposed not giving undergraduate research poster awards and instead providing grants for the undergraduate research program—one \$500 research grant three times a year. Approved.

Membership – Clay Craft

Membership activities are going smoothly.

Audio/Technology – Steve Hall

Steve still needs help before LIFE classes. Burt Blau also needs a tech person to help handle the LIFE website in his absence.

Curriculum – Lee Cross

Spring curriculum in place. Arrangements still pending for class location during Spring Break since Pegasus will not be available.

Special Projects – Carol Parker

Carol reported on the Grants/Awards banquet. 174 present with 32 recipients. Power Point presentation was a great addition to program and Carol was thanked for a job well done.

Attendance – Lucy Pulido

November attendance – 5th-359, 12th-395, 19th-337 and 26th-334.

Veterans Oral History Project – Marty Wiener

A sign-up sheet will be available for veterans and interviewers to volunteer on Tuesday.

Newsletter – Vonnie Bradbury

May need help with newsletter, depending on extent of new duties as VP.

SPECIAL ASSIGNMENTS**Diversity – Ian King**

Ian described the Legacy program which assists underprivileged minority students. Ideas are being formulated as to how we can participate in this program.

CarFit – Clay Craft

Trainer for CarFit program in Florida—Fran Rogers—presented details of the event which will take place on January 21 at Gate 13 outside the stadium. Everyone is encouraged to sign up for this free program.

UCF College Deans' Meetings – John Ciesko

John is coordinating information meetings for board members with college departments. John will send out sign-up sheet and Ray has Power Point handouts for board members' to use in presentation.

IT'S TAX TIME!

Alan Finfer has graciously offered to assist LIFE members with their tax preparation. He can't guarantee that you'll get money back but he's offering his services free of charge. You can't beat that!

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AWARDS/GRANTS

LUNCHEON

November 26, 2013



ALBERT DELLAGO

Charter Member of LIFE@UCF



IN MEMORIAM

1929-2013

A Tribute

By Dick Tucker

Al Dallago was not just a charter member of LIFE@UCF, he was part of the organizing committee that planned and executed its very creation back in 2004. A recent retiree after a long career in Sears management, Al also had been recently widowed. While attending a support group for widowers, he heard about a lifelong learning program being planned at UCF. He volunteered to assist with formidable organization issues, including marketing, curriculum development, scheduling and budget. His applied experience was invaluable.

Originally, LIFE had a part-time paid administrator. When she left, Al—who was in his first term as president of LIFE, took on many of her administrative responsibilities.

And thus began LIFE's extraordinary tradition of self-administration.

It was during these early years that Al met Jane Tonkin at LIFE. They became not only a couple but active LIFE members, the first of a number of couples who met at LIFE and found new happiness and meaning for their lives.

From the beginning, Al was LIFE's most vocal cheerleader. He attended almost all of our marketing events to build membership. He provided the continuity for LIFE's move to the theater across the street, and—when the theater went out of business—he was very active in our again becoming LIFE AT UCF.

Al was very involved in all our athletic programs and was one of LIFE's first season ticket holders for football. I remember when UCF opened the football season in 2006 by hosting Villanova, Al's alma mater. (UCF beat Villanova handily but I don't think Al was too sad.) He also attended UCF Theater and other cultural activities open to the students. He referred to himself as a LIFE@UCF student.

On a number of occasions, Al was a guest presenter in my Psychology of Aging class where he spoke about lifelong learning and productive aging. He offered up many words of wisdom: "Don't stop learning." "Stay involved." "Treat others with the dignity you want for yourself." But he always closed with very practical advice—"If you don't go more than 10% over the speed limit, you'll never get a ticket."

Al is the only member of LIFE who served two separate terms as President. His first two years were in 1993 and 1994, critical years for a new organization. Seldom missing a class over the years, Al began to experience some challenging medical problems and wasn't able to attend. Once he was better, he returned with a walker. We were all so glad to see him back where he belonged.

We'll miss this charter member of LIFE. If I were to cite one individual who had the greatest impact on the organization for the longest period of time, I would have to put Al at the top of the list.

We will miss you Al, Al, but memories of your contributions and friendship will sustain all of us.

Al asked that, in lieu of flowers, donations be made to the Scholarship Fund, Learning Institute for Elders (LIFE@UCF), P.O. Box 161390, Orlando, Florida 32816-1390.

Because I could not stop for Death,
He kindly stopped for me;
The carriage held but just ourselves
And Immortality.

--Emily Dickinson

CarFit

fun * free * fast

Tuesday, January 21

UCF Parking Lot 7

[East of Stadium]

CarFit is a national organization designed to help mature drivers stay safe on the road. As we age, physical changes in vision, flexibility, strength, etc. may make us less comfortable in a car and may reduce our control of the vehicle. Simple solutions are available if you just know about them.

Volunteers check seatbelt use and fit, measure how far you are away from steering wheel, look at line of sight above the steering wheel, review position of mirrors, etc.

It takes about 20-25 minutes and you don't have to get out of your car.

CarFit will provide information about resources in your area and a copy of checklist of any recommendations.

Don't Miss It!



It's June 13, 2012, a bright, shiny morning. Sunshine reflects off the all-glass American Momentum and PNC building and floods the living room. A clear, blue sky surrounds those office buildings and the irregularly-shaped, 15-story Waverly and Paramount condominiums immediately outside. Beyond them is Orlando's signature landmark—Lake Eola. As I left our bedroom that first day, I was aware that I was no longer “in Kansas” or, for that matter, Oviedo. In the living room, Pat stood enjoying the view outside. Now months afterward, we appreciate even more that outside scene.

I have always lived in a house—until now—and Pat and I have lived in houses for 35 years. Now we live downtown in an apartment building that even has a church on the top floor.

What motivated us to become residents in an 18-story building in downtown Orlando? We all know that home ownership involves keeping up with the variety of “to-do” activities from top to bottom of one's home. Every year it became noticeably more onerous and difficult.

We moved to Oviedo twelve years ago on a lark and never regretted it. This time we applied some serious thought to this move into Orlando. While living in Oviedo, both of us on occasion needed medical service,

but nothing of great significance. At times we questioned what we would do in the future when those difficulties and infirmities got beyond us. So we started to explore the emerging health care and senior communities. Periodically, we and some friends would visit other senior residential communities on what we facetiously called our “free lunch” tours. By doing so, we developed an understanding of the variety of services each offered.

Finally, one morning over breakfast we concluded that it was time to act. We chose a residence in downtown Orlando within blocks of most every need we could think of. It offered all the on-site services and amenities we could want and, should the need ever arise, this facility could provide top quality nursing and rehabilitative care. Moreover, if there comes a time when I must surrender my driver's license, we will not be stranded. The new, free LYMMO bus service stops at the front door. The last hurdle we had to address was the downsizing and the actual move itself. Our assigned “stager” magically coordinated this phase for us.

We love our new living arrangements. How could we not love it? It even comes with complimentary bus service to and from LIFE classes on Tuesdays!

By Chuck Fritz

