

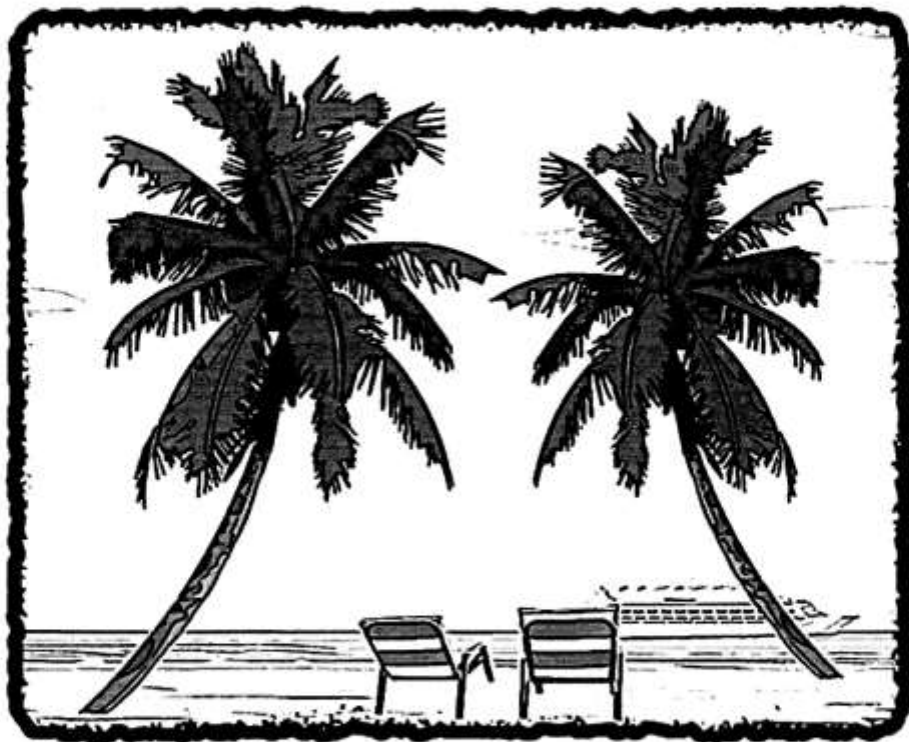


# Learning Institute for Elders

April, 2013

[www.life.ucf.edu](http://www.life.ucf.edu)

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SUMMERTIME . . .

AND THE LIVIN' IS EASY

## Highlights of Board Meeting

April 1, 2013

### **EXECUTIVE COMMITTEE**

#### **Secretary – Alice Reinhardt**

March minutes approved as distributed.

#### **Treasurer – Pat Fluno**

Pat reported the balance in the Grants & Awards account will be rolled over to the 2013-2014 budget for a total of \$40,000. Discussion re: allowing \$6000 for hearing assistive equipment. It was noted that \$1700 has been budgeted for computer equipment to be used by Membership Committee. Budget approved.

#### **Vice-President – Judy Thames**

In her absence, Judy left information on dates and arrangements for the spring Student Union bagel party and student awards.

#### **President – Marty Wiener**

Past president, Phil Easterling, conducted the meeting in Marty's absence.

### **STANDING COMMITTEES**

#### **By-Laws/Policies – Ray Jones**

It was noted that we do not have a rule on a quorum for board meetings. Ray will propose a policy statement at next board meeting.

#### **Gerontology Awards – Ray Jones**

Two awards, totaling \$8100, have been approved. Poster awards will be selected next week. General discussion on ways to promote and publicize these research awards to attract more applicants.

#### **Curriculum – Lee Cross**

Our last meeting of the year will be in the Cape Florida room.

#### **Membership – Gerri Jamieson**

Currently, 43.9% of total membership have renewed.

#### **Past Presidents – Phil Easterling**

Joan Hansen will continue as telephone liaison with Phil backing her up when she is away.

#### **Grants & Awards – Doug Garner**

Discussion was held on increasing the \$2000 current maximums for individual awards in order to increase the pool and make the awards more desirable. Increase up to \$5000 was approved.

#### **Membership Recognition Ceremony – Judy Thames**

Ray (reporting for Judy) said plans are being finalized for April 16 meeting 10- and 20-year certifications are being signed for presentation.

#### **Audio-Visual – Steve Hall**

Steve is continuing research on the ear microphone issue.

**Attendance – Ludy Pulido**

March attendance: 387, 405, 330 and 260.

**Newsletter – Vonnie Bradbury**

Newsletter will come out the last day of class, April 16.

**OLD BUSINESS**

**Special Events Coordinator**

There is a growing need for someone to handle special events, i.e. fall luncheon, spring awards, etc. Decision will be forthcoming at next board meeting.

**NEW BUSINESS**

**Membership Safety**

Pat James suggested we think about having a special session on “member safety” in lieu of recent campus events. Rick Schell in the president’s office has been approached about this.

**E-mail blasts**

Members need to be reminded to update their contact information

*Special-Called Board Meeting*

*April 9, 2013*

In President Wiener’s absence, Vice President Judy Thames called the meeting to order. A quorum of the board was present. Ray Jones, chair of the Gerontology Research Awards committee, reported on the outcome of the awards for UCF student research “Poster Forum.”

Ray recommended two \$500 awards: one for a study of resistance training related to improvements in senior citizen driving; the other for a study of ultrasound in the improvement of muscle strength. No undergraduate research awards will be given this year; however, the committee will give special recognition for a basic (not applied) research study on pancreatic cancer.

The awards will be presented on Tuesday, April 16, along with the graduate faculty awards. 10- and 20-year membership recognition pins will also be handed out.

Final spring board meeting will be held on May 6 at 9:00 a.m.

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**ANY CHANGES?**

Please provide any changes that have occurred, or will be occurring, with your basic information: address, telephone number, e-mail address. It is important that we have the accurate information on record. Thank you for your attention and consideration to this matter.

Membership Committee

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**HAVE A GREAT SUMMER!**

# GERONTOLOGY AWARDS

April 16, 2013

## GRADUATE RESEARCH FORUM (GRF)

### GERONTOLOGY AWARD

**Kyle Beyer \$500**

"Resistance Exercise Training & Cognitive  
Function in Elders"

Conclusion: Older adults who undergo 6 weeks of resistance training may experience improvements in specific aspects of cognitive function and reaction time. Resistance training may therefore be an effective means to slow age-related declines in cognition and reaction.

**Edward Robinson \$500**

"Ultrasound Determined Muscle Quality is  
Associated with Neuromuscular Fatigue &  
Mobility in Older Adults"

Conclusion: Significant correlations were observed between echo intensity (EI), a non-invasive measure of muscle quality, and neuromuscular fatigue (NMF).

**Veethika Pandey**

### **SPECIAL RECOGNITION AWARD\***

Purpose: Results from these studies will help us understand the role of tumor

microenvironment in the progression of pancreatic ductal adenocarcinoma (PDAC) and whether drugs can modify the microenvironment leading to reduced tumor growth.

\*Research considered outside purview of LIFE program but worthy of special recognition.

## RICHARD TUCKER GERONTOLOGY

### APPLIED RESEARCH AWARD

**Denise Gammonley \$4100**

"Biopsychosocial Functioning,  
Neighborhood Connection and Anticipated  
Engagement with the Neighbors Network"

Purpose: Examine how biopsychosocial factors (perceived health status and social support) along with neighborhood connection factors (attachment and neighboring) contribute to older adults' anticipated engagement—aging in place.

**Xinliang "Albert" Liu &  
Latarsha Chisholm \$4000**

Purpose: Identify procedure-specific complications that result in hospitalization and ER visit after outpatient colonoscopy. Do race/ethnicity and socioeconomic status affect the occurrence of complications.



## Preserving Your Life Story . . .

It was Grandma Jenny's 100<sup>th</sup> birthday celebration in Seattle. My wife, Judy, suggested I take along the tape recorder to get her life story. But I didn't and how I wish I had! She's been gone for over 15 years now and I know so little about her life.

If I had it to do over again, I would make a film about her long life, using her voice and photos. I'd ask her what it was like to raise 9 children, one of whom was my father. I would listen to her stories and encourage her to talk about being a young girl in a different age, her dreams, her disappointments. My cousins and I would have a valuable piece of family history to pass on to our children and grandchildren.

Feeling the weight of this missed opportunity, I got interested in recording people's life stories. Over the past five years I've had the privilege of making many such films. I interview my subjects, scan in their photos and favorite songs, etc. I then edit the film, saving it on a DVD which can be duplicated for as many family members as they wish.

Three of the people I have interviewed have since died. In these instances, the family played the film at the reception following the service. The families were so grateful that Grandma or Grandpa's story did not pass away with them.

Most of us probably intend to tell our story . . . someday. But someday never comes. Only about 1% of the population gets around to it. I was interested in a comment Ed Haddad made in one of our LIFE classes recently: "It's so important for our grandchildren and great grandchildren to know about our lives; once we're gone, our history goes with us."

Don't wait until health issues or other circumstances prevent you from leaving a record. Preserve your life story. Your family will be grateful.

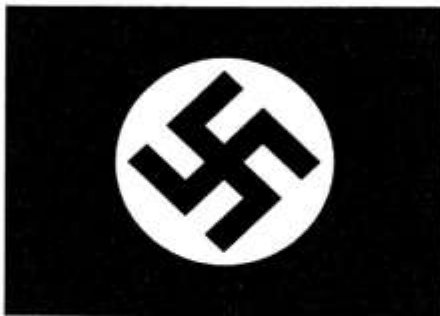


Roy Scherer

## IT WAS 1939 . . .

*and one of our LIFE members, Edna Harrison, was living in London. She has written a book about her experiences and has agreed to share some of what she remembers with us. Here's an excerpt which will be followed—in the fall—by a more extensive look at what she saw, what she felt, what she learned. (vkb)*

Although Prime Minister Chamberlain had promised peace in our time, as 1939 unfolded, Hitler marched into more countries



There was a flurry of activity to prepare for possible air raids. Basements of large buildings were turned into air raid shelters, windows were taped to protect against flying glass, and sandbags appeared around entrances.

The government supplied many shelters for homes. We received an Anderson Shelter. Concrete was poured in a large hole in the back garden and a galvanized iron shelter was erected. Two feet of earth covered the top and sides, and we clambered over

sandbags to get in through a stout door. This shelter did not protect against a direct or near hit, but it would protect against falling debris, such as bomb fragments or pieces of anti-aircraft shells. A big danger was from "bomb blast," which would kill people—they would be found "frozen" in the same position they were in when alive.

When the war began, all church bells ceased to ring. In the event of an invasion by sea or air, the church bells would ring as a warning to citizens. An air raid siren would wail to warn of an impending attack; a continuous wail would signal the "all clear." With the war clouds looming closer, preparations against air attacks moved quickly.

The Central Telegraph Office, where I worked, was a hub of activity. Everyone was pressed into helping with the work volume. The Medical Department was asked to release me temporarily so I could help sort the incoming masses of telegrams. Priority telegrams were pulled out and ordinary messages left until later. The excitement was intense, with messages arriving from overseas and telegrams calling up some reservists (National Guard).

The spring of 1939 Germany marched in and occupied Czechoslovakia. In April, Britain and France pledged their support to Turkey, Greece, Romania and Poland if attacked by Germany or Italy. Without a declaration of war, Germany invaded Poland on September 1, 1939. Two days later,

Britain and France declared war on Germany.

September 3 is a day very clear in my memory. It was a Sunday morning and we all gathered around the radio to hear the prime minister speak. A message had been sent to the German government requesting a reply by 11 a.m. When a reply was not received, the prime minister stated we must now consider ourselves at war. We were speechless. Would London be attacked by parachutists and bombed to ruins like Warsaw?

A few minutes later the air-raid siren sounded, and we were in a panic. Did we go to our shelter or wait and see if we heard planes? It remained quiet and most people ventured out of the house and stood at the garden gate talking. A short time later the "all clear" sounded. Apparently an unidentified plane had crossed the coast.

The British and French armies slowly began to move, with British troops sent to France and French troops taking up positions in the Maginot Line. It was quiet until 1940, which was a good thing, as it gave us time to start preparing against Germany's mighty military machine which had been building up for several years.

At work I would spend one week in the Medical Department and the next week in the basement underneath the King Edward building. Of course, if a warning sounded, everyone would proceed to the shelters in the basement. As postal workers, we were sent to the top of a small brick building.

This was a gas chamber. We had to put our gas masks on and walk through the chamber. Frightening, but not as frightening as if it had been a real gas attack!

Later in 1940, our position became worse when Russia invaded Finland. Germany pushed through Holland and Belgium into France, who capitulated. May, 1940, the British army was encircled, their only escape route through the port of Dunkirk. This was one of our finest days; large and small craft set off across the English Channel to bring back many of our soldiers, as well as Belgium and French troops who were being strafed on the beaches by the Germans.

Hitler now turned his full attention to the British Isles. The Luftwaffe began by attacking shipping and coastal defenses, followed by 16 days of attacking airdromes. On September 6, London became the chief target and was bombed continuously for two months.

*--Edna Harrison*







## It's Family Reunion Time!

There are 14 cousins in all. I guess I should say there *were* 14 cousins. Dale died a few years ago. Otherwise, all present and accounted for, even though we range in age from 62 to 91!

Eleanor is the 91-year-old and her mother lived until she was 103 so she's good to go for several more years. Betty, the next oldest, is a survivor, having outlived a husband and several children. Nyla had a nervous breakdown and a couple of bad divorces, but she's playing bingo and volunteering at her church these days. Barb and Bev are sisters and good friends, a small miracle considering how they used to fight with each other. Dennis has been battling cancer for several years but keeps on truckin'. The four "Clark girls" as we call them, are spread out around the country. Gordon, my little brother, just moved from our hometown to a Minnesota lake and that's where we'll meet..

We all grew up in the same little town, all but four of us within a few blocks of each other. Grandma and Grandpa were there too. Countless family gatherings—birthdays, holidays, picnics, potlucks. Come July, we'll do it again. Food, fun, and family. And stories. Lots of stories. Memories in the making. (VKB)

Call it clan, call it a network, call it a tribe, call it a family.

Whatever you call it, whoever you are, you need it.

—Jane Howard

Betty thanks you . . .

*A very large thanks to the LIFE members for all the get-well cards. I never thought cards could mean so much or do so much to help with recovery, but they do. I'm now in therapy and the doctor feels I'll make a full recovery. When I fell, a very kind man kept my shoulder from hurting, but I never got his name. I would like to thank him for his kindness. As soon as I can drive, I'll be back at LIFE.*

—Betty Ingham