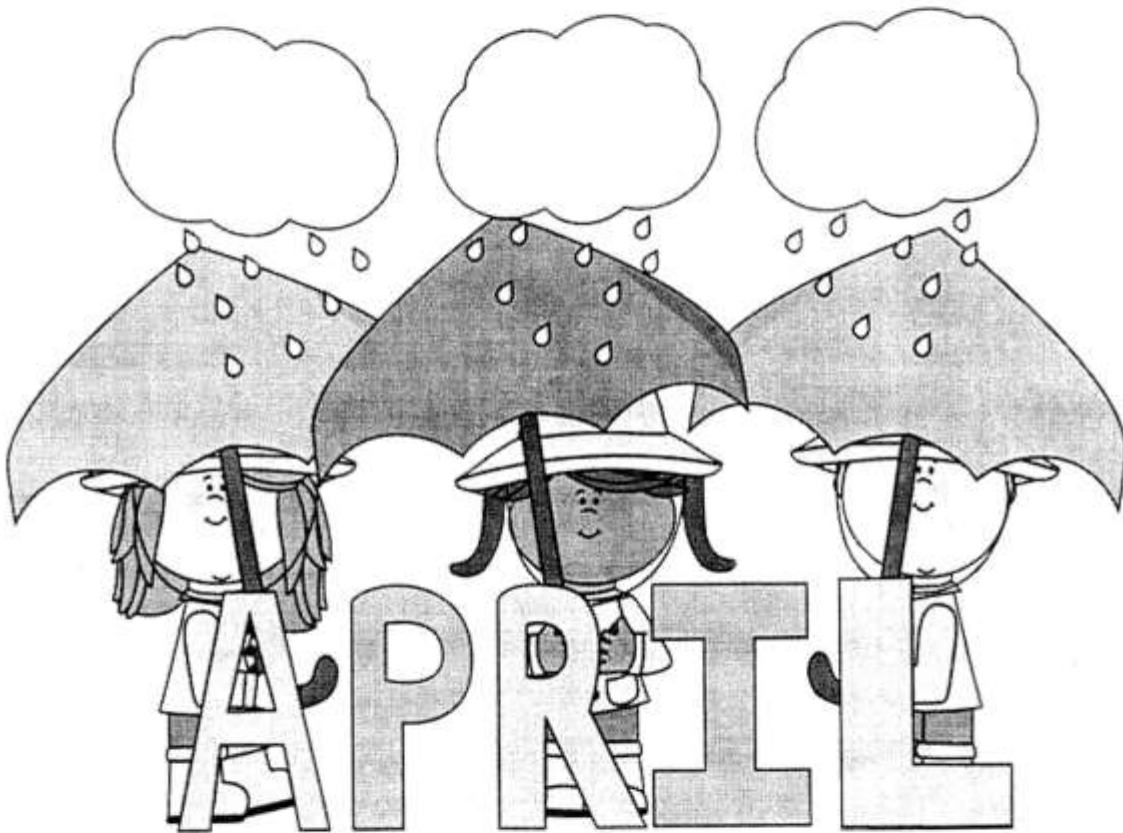




Learning Institute for Elders

April, 2014

www.life.ucf.edu



It is spring again. The earth is like a child that knows poems by heart.

--Rilke



**RICHARD TUCKER GERONTOLOGY
APPLIED RESEARCH AWARDS
2014**

Three years ago, the LIFE Board of Directors established the above research awards program, with the idea of stimulating gerontology applied research here at UCF. The program continues to grow and we are pleased to announce the winners of this year's competition.

RECIPIENT: Laura Pooser, College of Arts & Humanities

AWARD: \$9,250

RESEARCH: **Arts and Wellness: Implementation of Artist's Toolkit to Improve Caretaker Connectivity with Alzheimer Patients** – to provide for the development and hosting of a website to bring art resources to caregivers.

RECIPIENT: Dr. Maren Fragala, College of Education and Human Performance

AWARD: \$5,000

RESEARCH: **Gender Differences in Muscle Quality in Aging** – to evaluate older adults muscle mass, quality and function in order to better understand and evaluate these physical attributes and promote wellness.

RECIPIENT: **Dr. Daniel Paulson, Department of Psychology**

AWARD: **\$4,950**

Research: **Biological Data Equipment to Support Correlation Studies with Later Life Decline** – to purchase equipment to support his research into Vascular Burden (hypertension, diabetes, cardiac disease and others).

RECIPIENT: **Dr. Mariana Dangiolo, Director Geriatrics and Palliative Care Curriculum**

AWARD: **\$4,000**

RESEARCH: **Medical Student Home Visit Research for Quality of Life Improvement** - to foster improved geriatric health education for medical students through her project of involving students with independent living seniors.

RECIPIENT: **Joanna Lewis and Dr. Mark Neider, Psychology**

AWARD: **\$2,250**

RESEARCH: **Evaluation of Age-Related Changes in Multitasking, and Attention Capture to Develop Improvement in Cognition** – to investigate three areas characterizing cognitive and perceptual changes associated with aging and to determine if relaxation-based intervention will improve cognition.

The process of scientific discovery is, in effect, a continual flight from wonder.

–Albert Einstein

The only real voyage of discovery consists not in seeking new landscapes but in having new eyes.

–Marcel Proust

Highlights of Board Meeting

March 3, 2014

EXECUTIVE COMMITTEE

Secretary – Alice Reinhardt

Alice reported correspondence received: thank-you from Joyce English for LIFE gift to Foundation in memory of her husband, Frank; an e-mail from Doug Garner resigning as Grants/Awards chair. Outgoing correspondence included: thank-you to Winter Park Fdn. for \$500 gift to support CarFit event; thank-you to Buckingham family for gift in memory of Al Dallago; and card sent to Pat and Kermit James. February minutes approved.

Treasurer – Pat Fluno

Basil Pflumm reported for Pat. Positive balance of \$4,100 shown. Monthly reports approved.

Proposed 2014-15 Budget – Income item remains unchanged. Changes noted: Reduction in Grants/Awards allotment, provisions for part-time student assistant and small addition to Curriculum for unexpected expenses. Final draft will be presented in April.

President – Judy Thames

Judy introduced Chris Washburn, new part-time student assistant. Chris' primary duties will be to assist Burt Blau and Steve Hall with audio-visual technology and website and to assist Vonnie Bradbury with newsletter while she recuperates. Judy

noted that the newsletter will require a permanent replace as Vonnie (as vice-president) has agreed to serve as chair of the Grants/Awards process. Chris asked for a maximum of \$150 to purchase the "Dreamweaver" program so he can access the LIFE website. Approved. Send website requests to chriswashburn@knights.ucf.edu who will forward to Burt. Approved. Question of LIFE records storage—digital and/or hard copy. Executive Committee will determine.

EX-OFFICIO

UCF Liaison – Dick Tucker

Dick reported the Psychology Bldg. Conference Room will be site for LIFE board meetings thru August. Discussion followed re: UCF graduate student at Stetson wishing to use LIFE members in his research. Dick, Aaron and Lee will screen such requests and bring valid proposals to the board.

STANDING COMMITTEES

By-Laws/Policies – Ray Jones

Ray presented a change to the By-Laws which, if approved by the board, would be presented to membership in April. For proposed change, see March newsletter.

Membership – Clay Craft

Clay reported that a printed dues-renewal reminder will be distributed at LIFE Tuesday meetings beginning March 25. An e-mail blast will also be sent. After April 30, those members not renewed will be put on the waiting list.

Grants/Awards – Ray Jones

Ray summarized a meeting re: modifications to awards process. Present: Ray, Doug, Dick, Judy, Vonnie and Lee. A proposal will be presented. It was also proposed that the board eliminate the clause in the Grants/Awards section of the policies that states the chairman must be a past president. Approved.

Ray reported the Gerontology Research Awards Committee has received 17 applications and will meet 3 Tuesdays in March for screening and interviews. On Tuesday, April 1, three 2013 grant awardees will report to LIFE about their use of funds. The family of Al Dallago has approved naming the undergrad grants the “Al Dallago Undergraduate Research Grant.” Al’s memorials will fund this program for two years. Ray asked for a line on membership form requesting contributions to our grants program.

Technology – Steve Hall

Steve questions the effectiveness of PowerPoint presentations on Tuesday mornings. It was agreed we will limit topics to those related to UCF—non-related items will go on the website.

Technology Series – Hewie Poplock

Hewie reported 60 people responded to his survey. He will lead four sessions this spring on Tuesdays after LIFE classes and evaluate where to go next. Hewie and others are also working on remote learning possibilities for LIFE classes.

Greeter/Attendance – Lucy Pulido

Lucy reported LIFE attendance as follows: Feb. 4-346, Feb. 11-402, Feb. 18-342, and Feb. 25-327

Veterans Oral History Project – Marty Weiner

Marty reported 20 LIFE members attended interviewer training last week. More veteran interviewee will be needed.

Newsletter – Vonnie Bradbury

Chris will be helping with the copying and distribution of the newsletter for the remainder of this academic year.

Legacy Committee – Ian King

Ian requested a \$500 donation for UCF Diversity programming. Executive Committee will consider and make recommendation.

Deans’ Office Visits – John Ciesko

Judy thanked John for coordinating board visits to UCF departments.

Medical School Liaison – Aaron Liberman

Medical School Tours are a work in progress, Aaron reported.

NEW BUSINESS

LIFE@UCF Endowed Medical School Scholarship

Clay presented a proposal from UCF Medical School staff for LIFE to endow a \$25,000 scholarship fund. It was noted that the board had determined in May, 2013, that

Board Minutes continued . . .

they would avoid all consideration of endowments and fundraising for five years. It was suggested that the Medical School present proposals for LIFE grants.

Partnership with UCF

Judy reported we are working with President's Office to renew our partnership agreement with UCF. Dick announced he is ready to bring a draft to the board which will include a request for a ten-year renewal instead of five and a change in our fixed \$20,000 contribution to a percentage of our overage.

You just gotta laugh . . .

Just before the funeral services, the undertaker came up to the very elderly widow and asked, "How old was your husband?" "98," she replied. "Two years older than me."

"So, you're 96," the undertaker replied.

She responded, "Hardly worth going home, is it?"

And laugh some more . . .

I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising. I decided to take an aerobics class for seniors.

I bent twisted, gyrated, jumped up and down and perspired for an hour. By the time I got my leotards on, the class was over

MEMBERSHIP AWARDS

2014

20-Year Members

Melvin Oyler Ursula Oyler

10-Year Members

Roger Belles

Hartman Canon

Karin Crosby

Grace Hampton Phil Hampton

Barbie Heller

Howard Herr

Jim Horne Margaret Horne

Gerri Jamieson

Howard Kichler

Dianne Leeds William Leeds

Sue Likon

Trudy Mader

Bob Osborne Virginia Osborne

Fall Classes Begin

August 19, 2014

HAVE A GREAT SUMMER!