



Learning Institute for Elders

September, 2011

www.life.ucf.edu

LIFE Members – 10 years



photo by Norman Sandhaus

10-Year Members: Barbara Anklam, Fred Anklam, Raymond Beloin, Marian Besst, Burton Blau, Martha Bradford, Jo Ann Brennan, Carol Canon, Mary Ann deVillavilla, Dorothy Freeman, Charles Fritz, Pat Fritz, Ray Jones, Sandy Jones, Kay Marin, Alice Reinhardt, Allen Reinhardt, Isabelle Seiken, Edward Wieder, Sara Wieder, Hazel Will, Henry Will, Marge Williams, Robert Williams, Herman Wittig

20-Year Members: Albert Dallago, Jeannette Dolny, Donald Rupp, Richard Tucker

Highlights of Board Meeting
August 22, 2011

EXECUTIVE COMMITTEE:

Secretary – Alice Reinhardt

Minutes of the April 25 board meeting and special April 26 membership meeting were approved. Alice presented several issues which have arisen as she updates Executive Committee job descriptions.

Treasurer – Ian King

Report approved, upon reconciliation of membership items with Chairwoman's figures. Budget for next fiscal year approved, which shows an increase of \$14,800 in income over last year and an increase in expenses of \$16,070, which includes \$10,000 allotted for Gerontology Research Awards.

Vice-President – Marty Wiener

A Sanford-Burnham tour will be announced at the first meeting. Campus tours for new members will be scheduled during cooler weather.

President – Phil Easterling

Phil urged members to recruit nominees for board appointments; election to be held in November. Vice President will preside in Phil's absence during September.

EX-OFFICIO:

UCF Representative – Martha Hitt

Martha announced that UCF has 74 National Merit Scholars, the second highest number among Florida state universities and a big increase over last year. The President is especially proud of this accomplishment. She also reported the National Science Foundation has awarded funds for science majors to live together in UCF dorms, take classes and do research together.

Academic Sponsor – Mike Hampton

Mike reported over 58,000 students registered at UCF this fall. LIFE ID's are ready. Personal ID numbers required in some places, not all.

STANDING COMMITTEES:

Membership – Betty Ingham

There are 499 paid members, with 74 names on the waiting list. Membership list will remain closed. Betty will need help at the registration desk.

Curriculum Committee – Pat James

The fall schedule is in place, with the final meeting of the semester and luncheon to be held on December 6. Pat announced she will retire in December. There was some discussion about who should be the liaison with the Student Union and it was determined that the Vice-President will handle room reservations but the Curriculum Chair will be a member of the board. Pat also reported she had received requests for another poetry workshop and she would like to offer writing classes. Request approved.

AD HOC COMMITTEES & SPECIAL ASSIGNMENTS:

Newsletter – Vonnie Bradbury

Newsletter will continue to be distributed on the second Tuesday of each month. Those wishing to submit material should do so by the first Tuesday of each month.

Safety Issues – Judy Thames

Judy will meet with Student Union personnel after January 1 to update policies.

LIFE Legacy – Ray Jones

The committee is refining application letters and drafts of a policy for the *Dick Tucker Gerontology Award*.

Grants & Awards – Doug Garner

Phil announced that Doug will continue as Chair. Letter and application form have been prepared and will be sent out electronically to all UCF departments on September 15. It was noted by Ian King, Treasurer, that the conditions of one of the 2010 research awards were not met. He was advised by the board to request the return of grant amount from UCF Foundation.

Attendance and Greeter – Lucy Pulido
474 was the highest attendance recorded last semester. Numbers fell toward the end of the term.

Telephone Committee – Open
Maggie Harris cannot continue to check the LIFE answering machine. There was some discussion about canceling the service. Alice will monitor for a month and report activity.

Historian – Dell Shadgett
It was determined that it is unnecessary and duplicative for the Historian to keep a copy of board minutes. Alice will meet with Dell to discuss what needs to be kept.

Diversity Week – Judy Thames
Judy and Dick Tucker have been meeting with the campus committee about re-establishing a relationship with the Office of Diversity. Judy suggested LIFE participate in events planned from October 17-21. 1) Participate in opening breakfast and buy a table for \$250. 2) Take part in canned food drive with “Knights Helping Knights.” 3) Present a session about LIFE during their educational sessions (ageism). Proposed an ad hoc committee be selected by Judy. Motion approved.

Sunshine – Pat Fritz
Chuck reported for Pat. Betty Howe has not been well and has been made an honorary member.

CAMPUS WALKING TOUR

**Tuesday, September 27
12:15-2:30
Meet at Pegasus Ballroom
Student Union**

Tour the campus and discover the many amenities available to you as a LIFE member! We'll visit the Visual Arts building, Performing Arts complex, Honor College, Music Department, Library and Theater. **Don't miss it!**

Questions? Contact Marty Wiener
407-628-0134

“Knights Helping Knights”

Tuesday, October 18



UCF celebrates “Diversity Week” each year and this year LIFE members are asked to support this effort by donating non-perishable food items or canned goods to the Knights’ pantry. The pantry is a great help to students who are experiencing delays in receiving their monthly grant or support checks.

Dr. Valarie King, Director of The Diversity Initiative will be with us at 8:45 a.m. on October 18 to explain a little bit about Diversity Week and to receive our donations.

The Office of Diversity was formed by President Hitt in 1994 and the University’s strategic plan includes 5 goals, the fourth of which is as follows: *“To become more inclusive and diverse. Our students, colleagues and constituents represent diverse peoples and perspectives across multiple generations.”*

Diversity Week kicks off with a breakfast on Monday morning, October 17, with a national speaker. Tickets are \$35 and LIFE members are encouraged to attend. A series of lectures will be given throughout the week in the Student Union, one of which will be about LIFE @ UCF and ageism.

MARK YOUR CALENDARS!

For more information, please contact board member, Judy Thames or Dick Tucker.
thames1113@aol.com, rtucker@mail.ucf.edu

Highlights of Board Meeting
April 25, 2011

EXECUTIVE COMMITTEE:

Secretary – Alice Reinhardt

Minutes of April 4 meeting approved.

Treasurer – Ian King

Ian reported that \$4000 has been placed in LIFE checking account to avoid fees. Treasurer's report was approved.

Vice-President – Marty Wiener

Marty is organizing summer tours of the Burnham Research Institute and the UCF medical school.

President – Phil Easterling

No report.

EX-OFFICIO

UCF Representative – Martha Hitt

Mrs. Hitt thanked the entire group for its support of UCF. The campus is excited about the Tucker award recently created.

STANDING COMMITTEES

Curriculum – Pat James

Frank Burgos, committee member, announced Fall 2011 curriculum is completed and published. The committee is working on Spring 2012 lecture series. The president asked for ideas for music department presentations next spring.

Membership – Betty Ingham

As of today's date, 325 returning members are paid for the upcoming year. Certificates for the ten-year awards are in the works. Betty was commended for all her work on behalf of the organization. She announced that her term is ending in December, 2012.

Policies/By-Laws – Ray Jones

It was reported that all requirements for By-Law updates have been met. Membership will be asked

to approve changes/revisions (published in March LIFE newsletter) at the April 26 meeting.

AD HOC COMMITTEES

Newsletter – Vonnie Bradbury

The next edition of the newsletter will be out September 13. Published monthly, except for December and May, the newsletter will be distributed the second Tuesday of each month. Members are welcome to submit their ideas and/or contributions to the editor for consideration.

Honors Program – Marty Wiener

Marty announced the last program event—the etiquette dinner—will be held April 28. He's had good reports on all the honors college events.

LIFE Legacy – Ray Jones

While big gifts are currently being sought for the UCF Performing Arts building, Jones is exploring what our options might be for designating a small gift as part of a LIFE legacy.

Attendance – Lucy Pulido

Lucy reported 440 people attended the 20th Anniversary celebration. Average attendance during the semester was 338.

Audio Visual/Technical – Steve Hall

Steve reported having less time to show slides before LIFE begins due to earlier starting time. He asked the Curriculum Committee to convey to speakers what works best in providing technical support. Flash drives are most adaptable.

Sunshine Committee – Pat Fritz

Condolences sent to Julius Sain upon the death of his wife.

Telephone Assist – Maggie Harris

Few calls coming in at the present time.

Safety Committee – Judy Thames

Current procedures will be printed in September newsletter. There will be few changes.

UNFINISHED BUSINESS

Committee for Future Growth

Vonnie reported the committee feels that the Student Union is the optimum place for LIFE to be at the present time. The committee will reconvene in the fall.

LIFE Tucker Gerontology Award

Ian King presented a general outline for an award honoring Richard Tucker, with final criteria to be presented to the board in the fall. This award will be entirely separate from the LIFE Grants and Awards presented each December. Ray Jones asked for the board's approval of the committee's general plan, including amount of the award and its being designated for UCF faculty and students.

Other committee members include: Maggie Harris, Dick Tucker, Roy Scherer and Ed Haddad.

Membership Awards Ceremony

Final plans have been made for the awards ceremony. Norman Sandhaus will take a group photo. Alice is compiling the printed program and Dick will get them run off. Betty has purchased frames for the certificates which will be signed by the President. Awardees will be asked to sit at the front to expedite the process.

ITN – Judy Thames

There were no volunteers following ITN's presentation re: senior transportation service. Another appeal may be made next year with additional involvement from other organizations.

Diversity Week – Judy Thames

Judy is meeting with Diversity Week personnel and will report at the August board meeting.

NEW BUSINESS

Life Office – Dick Tucker asked to move his Emeritus office to the LIFE office in the Psychology building since departmental space is at a premium. Board approved.

Next board meeting will be August 22.

Meeting adjourned.

Call for Special Meeting of Membership

April 26, 2011

The meeting was called by President Phil Easterling for the express purpose of approving changes in the By-Laws passed by the LIFE board on February 28. Major changes being considered were as follows:

"When an outgoing President's term on the board expires concurrent with his/her term as President, he/she shall then serve ex-officio on the Board of Directors for one more year."

"The terms of appointed Board members of one year or less do not apply to the term limits imposed earlier (see section 6.2)."

"Officers shall be elected from the Board membership."

"The slate of nominees for the Board shall be presented 14 days prior to the annual meeting." This deadline then becomes compatible with the timeline stated in Article 8.)

Other changes corrected typographical errors or omissions.

The changes as published in the March newsletter were approved. There being no other business, the meeting adjourned.

Alice Reinhardt
Secretary



FUNNY FOIBLES of the ENGLISH LANGUAGE

There is no egg in eggplant, nor ham in hamburger,
neither apple nor pine in pineapple.
And while no one knows what is in a hot dog,
you can be pretty sure it isn't canine.

English muffins were not invented in England
nor French fries in France.
Sweetmeats are candies while sweetmeats,
which aren't sweet, are meat.

We take English for granted.
But if we explore its paradoxes,
we find that quicksand can work slowly,
boxing rings are square, and a guinea pig is
is neither from Guinea nor is it a pig.

And why is it that writers write,
but fingers don't fing, grocers don't groce,
and hammers don't ham?

If the plural of tooth is teeth,
why isn't the plural of booth, beeth?
One goose, 2 geese. So, one moose, 2 meese?
Is cheese the plural of choose?
One mouse, 2 mice.
One louse, 2 lice.
One house, 2 hicc?

If teachers taught, why didn't preachers praught?
If a vegetarian eats vegetables,
what does a humanitarian eat?

Why do people recite at a play, and play at a
recital?
Ship by truck or car and send cargo by ship?
Have noses that run and feet that smell?
Park on driveways and drive on parkways?

How can a slim chance and a fat chance be the
same, while a wise man and a wise guy are
opposites?

When a house burns up, it burns down.
You fill in a form by filling it out
and an alarm clock goes off by going on.

You get in and out of a car,
yet you get on and off a bus.

When the stars are out, they are visible,
but when the lights are out, they are invisible.
And why, when I wind up my watch, I start it,
but when I wind up this essay, I end it!

--Author Unknown



The Senility Prayer

*Grant me the senility to forget
the people I never liked anyway,
the good fortune to run into the ones
I do,
and the eyesight
to tell the difference.*



ENRICHING OUR JOURNEY for LONG LIFE . . .

. . . was the title of a one-day conference offered on June 10 and 11 for seniors, near seniors, and those who care for them at the Canterbury Retreat & Conference Center in Oviedo. As one of the sponsors, LIFE sent two delegates—Alice Reinhardt and Vonnie Bradbury—to participate in the workshops presented by leaders in the field of senior services for Central Florida.

Dennis McCullough, M.D., a geriatrician and author of My Mother, Your Mother, was the keynote speaker. He began by talking about his own mother, her life and her eventual decline. He spoke of her well-meaning caregivers who were intent on keeping her active and alert and engaged in life around her, and he spoke of the family's realization that their mother was old and tired and she needed rest as much as anything else. They began practicing "slow medicine," allowing their mother to sleep as much each day as she needed to so that the precious time she was awake was meaningful. Dr. McCullough called it her "serenity period," a time when caring for her spirit was more important than caring for her body.

According to Dr. McCullough, *"The practice of Slow Medicine has taught me that it is wise to slow down and moderate the urgent pressures of decision-making that are often pushed prematurely on elders by society, the medical profession, worried friends and family. Well-intentioned, we want to make good and humane choices for ourselves and for those we love. We are worried by guilty feelings of neglect if we wait too long to act. We often experience nagging doubts of our adequacy in these new and very changed relationships."*

This approach, however, requires some advanced planning. Dr. McCullough recommends looking ahead if you can. We need to find our family's place in the journey, he says, so when the final stages of life are upon us or our loved ones, we have given some thought to these endings. Elder care decisions need to be paced, allowed to simmer on the back burner. We all want to be able to say, at the end of the journey, we did this right—for ourselves and for our loved ones.

Numerous workshops on various topics were offered throughout the day. Our own Dick Tucker was a panelist for a session entitled "The Aging Process."



BEYOND 9/11 Hope for Tomorrow

Hope
Knows no fear.

Hope dares to blossom
Even inside the abysmal abyss.

Hope secretly feeds
And strengthens Promise.

Let us not underestimate the power of hope
No matter how fleeting its life
It offers to us the most convincing
And fulfilling power.

Yesterday's failure
Must be forgotten.
Tomorrow's new hope
And new fulfillment
Must be cherished.

Hope is not a momentary flicker.
Hope is Eternity's slow, steady,
Illuminating and fulfilling height.

Hope is sweet.
Hope is illuming.
Hope is fulfilling.
Hope can be everlasting.
Therefore, do not give up hope
Even in the sunset of your life.

-Sri Chiamoy
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