



Learning Institute for Elders

September, 2013

www.life.ucf.edu

Anyone who stops learning is old,
whether at twenty or eighty.
Anyone who keeps learning stays young.

--Henry Ford



Intellectual growth should commence at birth
and cease only at death.

--Albert Einstein

There are few things more pathetic
than those who have lost their curiosity
and sense of adventure, and who no
longer care to learn.

--Gordon B. Hinckley



The more I live, the more I learn. The more
I learn, the more I realize, the less I know.

--Michel Legrand

There is nothing more notable in Socrates
than that he found time, when he was an old man,
to learn music and dancing, and thought it time well spent.

--Michel de Montaigne



MARTY STEPS DOWN . . .

Dear LIFE Members,

As many of you learned last week, I have found it necessary to resign the office of President of LIFE@UCF due to continuing health issues. I truly regret having to make that decision but I believe it serves the best interests of the organization. I am simply not able, at the present time, to handle the responsibilities that go with the job.

It has been an honor and a privilege to serve you this past year and a half. I have made so many new friends and learned so much about the wonderful opportunities LIFE members have here at UCF. I hope you will take advantage of as many of them as you can.

I'm not going away. I'm simply going to devote all my energies to getting well so that I can rejoin you under happier circumstances. My thoughts will be with you on Tuesday mornings, whether I am there or not. And please accept my thanks for the opportunity to serve as your president. It has been a pleasure.

Marty Wienet

JUDY STEPS UP . . .

Dear Life Members,

I am looking forward to serving as the President of LIFE@UCF. I want to thank Marty for persevering with his support for

LIFE in spite of the pain he has had this past year. He will remain on the board as past president and has graciously offered me any help he is able to give. I so admire his determination to remain fully connected to LIFE@UCF.

As for me, I have so much enthusiasm for LIFE and its members. Ours is an all-volunteer organization which is amazing. I love being a student at UND again, enjoying all the benefits without the tests or grades! I graduated from UCF in 1973 as a middle-aged commuter student back when we were still FTU. My education here allowed me to support myself and my two sons who have since gone on to their own successes. As you can read elsewhere in this newsletter, I worked for many years in the aging services field. I married Dr. T. Byron Thames, a family physician, and we have a blended family of 5 children, 8 grandchildren and 5 great grandchildren.

Being involved with LIFE and all the great things we do here at the university is so exciting—terrific lectures with interesting speakers, an ever-growing membership of an amazing variety of interests and experience, and hard-working committees that keep expanding our opportunities. It is my hope to involve you in some of these opportunities. Be a student again—volunteer . . . participate in research projects . . . enjoy the many programs available to you in sports, art, theater, and music. Enjoy LIFE!

Judy Thames

Highlights of Board Meeting

May 6, 2013

EXECUTIVE COMMITTEE

Secretary – Alice Reinhardt

April board minutes approved with corrections re: Tucker Research.

Treasurer – Pat Fluno

Reported that Gerontology Research Awards have been paid. Technology expenses include a new PC for Membership Committee and an Adobe Acrobat program for Webmaster. 2013-2014 budget was presented and approved.

Vice-President – Judy Thames

LIFE classrooms have been reserved for fall. We may be able to have Pegasus for the fall banquet—TBA. Notes of appreciation sent to Student Union staff/personnel. Pizza parties and student awards gift cards distributed.

President – Marty Wiener

Marty thanked Judy for filling in during his recent surgery and recuperation. It was announced Pat James has resigned due to schedule conflicts. Several names are being considered to fill the empty slot.

EX-OFFICIO MEMBERS

Academic Liaison – Mike Hampton

Mike is working on accessing online campus teaching system for LIFE. Board thanked Mike for his help with Member Recognition Ceremony printing, etc.

UCF-LIFE Liaison – Dick Tucker

LIFE will be moving its office to a larger room in the psychology building which is considered a better location. Dick will give up his emeritus office and take a small space in the LIFE office.

STANDING COMMITTEES

Member Longevity Awards/Tucker Awards – Ray Jones

In his absence, Judy reported for Ray. A meeting will be held this summer to clarify goals for next year's research awards, with LIFE forming an ongoing relationship with provosts and deans to advertise the program, possibly a handout created to distinguish applied from basic research.

Curriculum Committee – Lee Cross

Lee reported we have an exciting line-up of programs for the fall. Topics include water, art, theater, human trafficking and UCF medical services.

Membership Committee – Gerri Jamieson

Kimmy Trivett was hospitalized and a get-well card was sent. An orientation is planned for new members. 453 membership checks have been received, with 194 names on waiting list.

Attendance Committee – Lucy Pulido

April attendance was 302, 305, and 325. It was moved that we increase our membership limit to 550. Motion carried.

Diversity – Judy Thames

Judy and Ian King attended Diversity Leadership & Mentoring Program graduation ceremony. Some discussion held on making a donation to the Diversity program since they are on a tight budget. No action taken.

Knights Helping Knights – Judy Thames

Judy announced that LIFE's contribution to free food distribution to students is greatly appreciated by staff. It was agreed to provide a \$500 donation in August at opening of classes to help students make ends meet until their financial aid checks arrive.

Audio Visuals – Steve Hall

Ear mikes will be supplied by UCF. Steve will continued looking at audio-enhancing sound equipment since this item was approved as part of the budget.

OLD BUSINESS

Endowment Fund

Following discussion, it was agreed that LIFE's goals do not include the raising of funds, particularly from outside sources, and thus we will not consider an endowment at this time.



LETTER OF APPRECIATION RECEIVED . . .

On behalf of the *Central Florida Society for Neuroscience*, we would like to extend a warm thank you for your assistance in advertising our recent **"Music and the Brain"** event. We were excited to see a number of LIFE members . . . their support contributed greatly to the event's success.

**Central Florida Society
for Neuroscience**

2012 C. Colburn Hardy Older Advocate Award presented to Judy Thames



For the past 14 years, an outstanding elder person living year-round in Florida has received the above award for statewide volunteer efforts demonstrating vision, advocacy and leadership with the growing elder population in Florida. The award is Florida's highest recognition of volunteer advocacy on behalf of older persons.

After a successful career working on behalf of seniors in Central Florida, Judy continued her advocacy efforts into retirement in 2000 as a visible and tireless community and state volunteer activist. A past president of Florida's AARP, she has worked on such social impact issues as transportation and mobility programs for older drivers. She has testified before the state legislature on long-term care and nursing home quality control issues. Her leadership demonstrates her passion for ensuring that older Floridians are able to enjoy healthy, involved and productive lives.

"Judy represents the true spirit of the C. Colburn Hardy Older Advocate Award," said Dorcas R. Hardy, daughter of C. Colburn Hardy, former commissioner of social security, who presented the award.

Highlights of Board Meeting

August 19, 2013

EXECUTIVE COMMITTEE

Secretary – Alice Reinhardt

May 6, 2013, minutes approved. No correspondence.

Treasurer – Pat Fluno

Treasurer's report approved.

Vice-President – Judy Thames

Judy reported 22 out of the 30 class sessions will be held in the Pegasus, with the remainder in the Cape Florida room on 3rd. Final meeting of the semester will be November 26. Judy discussed the ongoing Veteran's Oral History Project at UCF and the board approved \$500 in funding to help with expenses. UCF Office of Diversity initiatives includes Legacy students in need of school supplies. Board approved \$500 expenditure which will support 5 students. LIFE is also supporting the *Knights Helping Knights* program with a \$500 donation. A canned food collection will be held during Diversity Week in October.

President – Marty Wiener

No report.

EX-OFFICIO MEMBERS

UCF Liaison – Dick Tucker

Student enrollment numbers will not be increasing this year, which stand at about 60,000. Season football tickets will continue to be offered to LIFE members for \$66. Lifelong-Learning program at Rollins College beginning this fall using a

different format, small classes. Not expected to impact LIFE membership.

STANDING COMMITTEES

Membership - Gerri Jamieson

Orientation for incoming new members was held recently with 50 attending. Parking passes and ID tags were handed out at that time. 75% of those on membership waiting list chose to join. However, 160 still on waiting list. **Please note: ID office has moved back opposite bookstore location.** Thanks to Peter Venezia for taking over phone duty during the summer. Gerri commended Bill & Chris Myers for hours of work preparing the computerized membership list as well as Valerie Taylor for behind-the-scenes efforts. Gerri and her committee were commended for an exceptional job.

Gerontology & Grant Awards – Ray Jones

Committee will meet soon to plan increased marketing efforts in advertising these awards.

Medical School Tours – Clay Craft

First tours scheduled for October 11.

Curriculum – Lee Cross

David Bottomly visited the meeting to present request from UCF Urban Planning class to attend LIFE sessions related to Florida water (if held in Pegasus) on 8/27 and 9/10. Approved, but board would like an estimate of number who will be attending to plan seating.

OLD BUSINESS

LIFE Membership Survey – Ian King presented history and purpose of survey efforts in the past. Dick Tucker pointed out the university may have programs or survey instruments that could be useful. He and Ian will look into the matter. It was emphasized that the board intends that the WEB version of the survey be optional. It was mentioned that LIFE members were recently polled regarding interest in a retirement center near the UCF campus.

NEW BUSINESS

Marty Wiener, LIFE president, resigned his office due to recurring health issues, effective August 20. He will remain a member of the board. Judy Thames, currently vice-president, will take over his duties as president until the next regularly-scheduled election. Marty was thanked for his service to the board and to the organization.

NEWSLETTER SUBMISSIONS

Those wishing to submit announcements or information for the newsletter should do so by the 1st Tuesday of each month.

Next Deadline: October 1

Vonnie Bradbury, Editor

vonbrook@aol.com

CERTIFICATE OF ACHIEVEMENT AND MEMBERSHIP PINS PRESENTED

10 years

Francisco Burgos - Nydia Burgos

John Elliott - Marguerite Elliott

Lorraine Massi – Judy Scherer

Joe Tanner – Petra Tanner

Doug Garner – Kay Garner

Kermit James – Pat James

20 years

Carolyn Fost

Betty Howe

Carol Reagles

Agnes Ross

IN MEMORIAM

Claire Herr

Marte Bean

Lore Schindele

HEAR YE, HEAR YE . . .

Announcements:

The Breakfast Club – Some members of LIFE who once made up the Discussion Group celebrated the summer by having breakfast on Tuesday mornings. We will do it again during winter break. Anyone who wishes to join us, check with Ralph @ 407-617-7728.

SEASON FOOTBALL TICKETS – On sale now. \$66 for LIFE members.

OCTOBER 11 – Tours of the Medical School are scheduled. Check with Clay Craft for additional information.

OCTOBER 22 – Canned food collection for Knights Helping Knights as part of Diversity Week activities.

MEMBERSHIP COMMITTEE



Jo Green * Chris Myers * Gerri Jamieson * Valerie Taylor

A
BUDDING NEW AUTHOR



Catherine Giordano

It was only two years ago that LIFE member, Catherine Giordano, began writing and already she's a published author.

Each year sixty short stories/essays/poems are selected by *The Florida Writer's Association* for its annual anthology, with ten chosen for special merit. Catherine's short story, "The End of a Marriage," was ranked #2. The book, *It's a Crime*, will be released in October 2013.

In addition, her non-fiction story, "Figuring It Out," a story about how her son eventually learned the truth about Santa Clause, was accepted for an anthology, *Not Your Mother's Book-On Parenting*, to be released in September, 2013.

And she has another one in the works with the same publication—"The Accidental Kidnapper."

Catherine is president of *AnswerSearch*, a full-service market research company which conducts surveys/focus groups. She is also a public speaker, poet and blogger.



Below is one of Catherine's stories, published in the *Florida Writers* magazine-Spring Edition:

Yellow Bird

Even before we arrived at the restaurant, as we are walked from the parking lot, I heard the music—steel drums and a guitar accompanying a mellow baritone voice.

"Yell-low bird," he sang. He drew out the first syllable. My feet moved and my body swayed unconsciously in time to the music. I felt festive. I felt as if I had been transported to a magical tropical paradise.

My son and I walked up a few steps, onto the patio where the musicians played. The hostess approached us and asked where we would like to sit, inside or outside.

"Is there music inside?" I asked.

"No," she said. "Only on the patio"

It was December. December 12th 2009, to be exact. Even in Orlando, Florida, the air is a bit nippy in December. However, the heat lamps placed here and there throughout the patio alleviated the chill. It was easy to decide.

"Outside," I said emphatically. "I want to hear the music."

We took a table. The man playing the steel drum was slightly behind us, and the singer was in front of us. The singer wore a short-sleeved open neck shirt brightly

decorated with palm trees and pineapples.

My son and I sat in silence for a few minutes. The music took me back many years to my first visit to the Caribbean. I had just arrived in Grenada and found this small ramshackle bar near the yacht harbor. I sat at a table with some newfound friends, and we drank round after round of thirty-cent rum and Cokes.

A steel band was playing and a singer crooned "... up high in banana tree." His voice had a Jamaican lilt.

Then he sang, "You can fly away." And that was what I had done. I had flown away—away from civilization, away from responsibility, away from the grey skies of New York City in April. I was in my early twenties and carefree.

My son and I only had to wait a couple of minutes before the waitress came over to take our drink order. I said, "I'll have an iced tea—the Lipton's kind, not the alcoholic kind." There was just a hint of a sigh in my voice. My doctor had told me that I can't have alcohol so the endless rum and Cokes will be forever history for me.

My son took a little longer to decide what to order. I leaned into my son and whispered in his ear. "Have a rum and Coke." I told him. The price on the menus was \$7.99. He ordered a rum and Coke.

The waitress asked to see his ID. (My days of being carded are also history—my gray hair and wrinkles attest to my age.)

My son pulled out his driver's license and handed it to her. She did a double take.

The date of his birth is December 12, 1988.

"Oh, today is your birthday," she said. "You turned 21 today."

"Yes, I'm buying him his first legal drink," I said, emphasizing the word "legal."

--printed by permission
Catherin Giordano

[Catherine reviews HBO and Showtime shows on her blog:
<http://premiumcablereviews.blogspot.com>]



"Westerners tend to see learning as something people do in order to understand and master the external world. Asians tend to see learning as an arduous process they undertake in order to cultivate virtues inside the self."

--Jin Li
Cultural Foundations
Of Learning

FACES...

