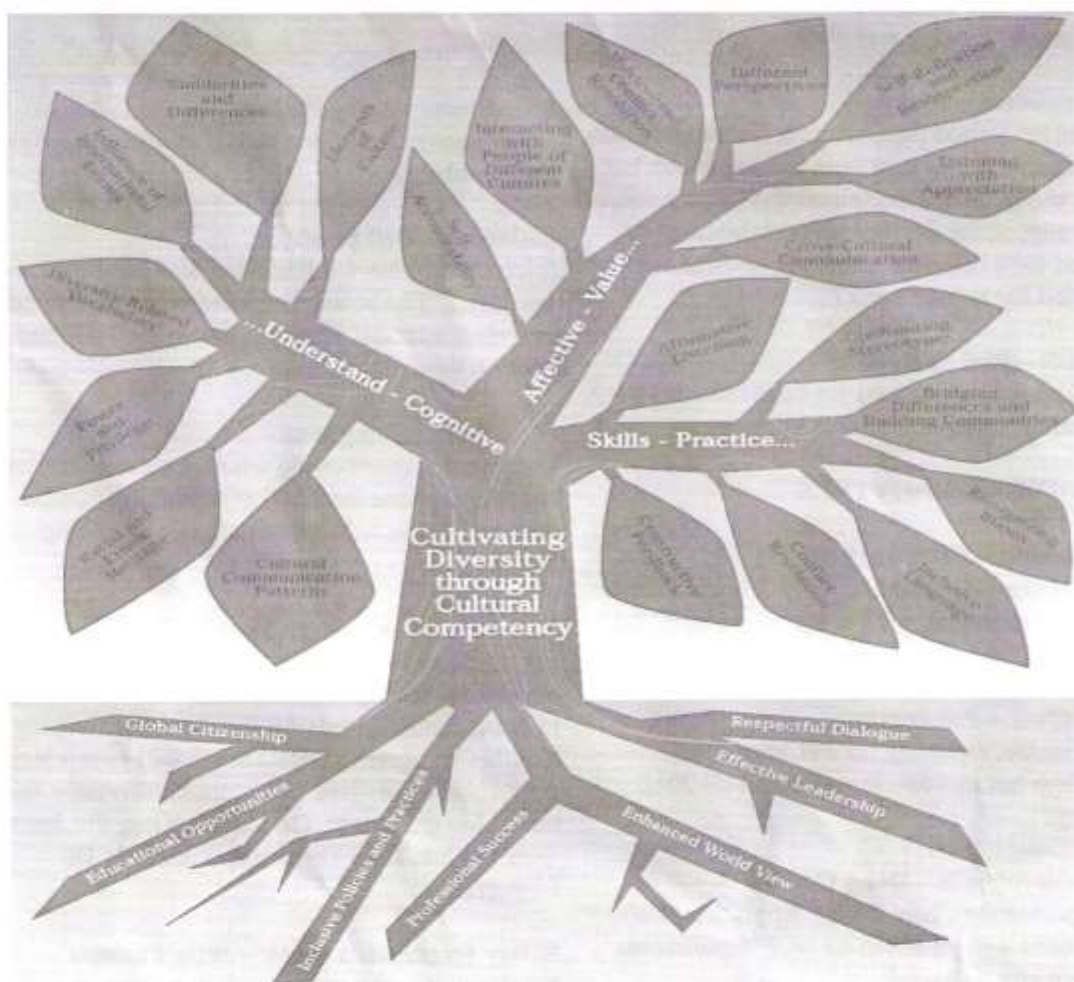




Learning Institute for Elders

October, 2011

www.life.ucf.edu



DIVERSITY WEEK

October 17-21, 2011

For information on Diversity Week activities, call 407-823-6479 or visit www.diversity.ucf.edu



UNIVERSITY OF CENTRAL FLORIDA
OFFICE OF DIVERSITY INITIATIVES

Highlights of Board Meeting
September 12, 2011

EXECUTIVE COMMITTEE

Secretary – Alice Reinhardt

Minutes of the previous meeting were approved.

Treasurer – Ian King

No report as treasurer was absent.

Vice-President – Marty Wiener

40 members toured the Burnham Research facility on September 9. 60 members had signed up but did not show. Marty explained this creates some inconvenience for the tour givers who have prepared for a certain number. A new-member tour is planned for September 27.

President – Phil Easterling

Phil asked for suggestions for board nominees. A nominating committee will be appointed.

STANDING COMMITTEES

Membership – Betty Ingham

Total membership stands at 499. 55 new members have been attending, with some “snowbird” yet to arrive..

Curriculum – Pat James

Judy Thames, reporting for Pat, stated the committee has met and is well into Fall 2012 planning.

Grants & Awards – Doug Garner

Phil reported for Chair Doug. Applications and instructions will go out to all UCF departments electronically this week.

Newsletter – Vonnie Bradbury

Newsletter will come out the second Tuesday of each month. Submissions from the members are always welcome.

Past Presidents – Chuck Fritz

Chuck asked that we re-introduce the policy of

reserving seats in front for the hearing-impaired. Howard Kichler will save 10 seats beginning tomorrow, and Phil will make an announcement to that effect.

LIFE Legacy – Ray Jones

Ray outlined Dick Tucker's recommendations for the proposed awards. Those recommendations are being carefully considered as the committee works on a proposed set of guidelines. A final report will be forthcoming. Phil thanked the committee for their work.

Attendance – Lucy Pullido

Attendance at first three meetings averaged over 380 members.

Historian – Dell Shadgett

A job description for Historian was presented and discussed. The board discussed ways to save our historical material digitally. Steve Hall will report back on this.

LIFE Office Telephone -

The board is questioning whether there is sufficient need for a phone line. Alice is tracking number of calls and Steve will investigate our technological options.

Diversity Week – Judy Thames

LIFE will pay for a table of 10 for the Diversity Breakfast on October 17. Members will be asked to bring canned goods for the “Knights Helping Knights” program. Dick Tucker will give a lecture. An ad hoc committee for future involvement will meet after the event: Dr. Valerie King, Pat James, Dick Tucker, Judy Thames and possibly Dr. Lieberman.

Safety Evacuation Week – Judy Thames

No changes to the current safety policy. A simplified version will be printed in the newsletter. Defibrillators will be located.

By-Laws and Policies – Ray Jones

Ray recommended job descriptions be included as policy, not by-laws. Alice suggested an orientation be held the end of January for new board members. She continues to work on updating descriptions.

Me & My M&M's

I have always liked M&M's,
the most diverse
multicultural
integrated candy in the world.

You have your
red ones
your
yellow ones
your
blue ones
your
orange ones
your
brown ones
and your
green ones.

All in one package
All co-existing together.

One color doesn't think that it
is superior to the other.

One color doesn't discriminate
against the other.

All colors are the same
size
shape
and weight.

All colors look different on the outside,
but have the same ingredients on the
inside.

M&M's all have the same flavor
and they all taste
G-o-o-o-o-o-o-o-d!

Not all M&M's are perfect though.
Some have nuts!
In the real world we call them
racists and bigots

Wouldn't it be nice if like M&M's
our prejudices melted into the abyss
like chocolate melts in our mouth
and all people were judged by
what was inside rather than
the color you see on the outside?

If candy can be prejudice free
Why can't we???

--Dr. Marilyn Kern Foxante



DON'T FORGET!!

*Bring your cans or
other non-perishable food
products to class
on*

**Tuesday
October 18**

Diversity Week 2011

Highlights of Board Meeting
October 3, 2011

EXECUTIVE COMMITTEES

Secretary – Alice Reinhardt

Minutes of September 12 approved. There was no correspondence.

Treasurer – Ian King

Report temporarily tabled so Ian can investigate budgetary procedures.

Vice-President – Marty Wiener

Marty reported that 60% of those who reserved a spot for the campus tour appeared. It was suggested Marty bring this to the attention of the membership.

President – Phil Easterling

Phil asked for 6 board nominations. Lucy Pulido is chair of this year's nominating committee, along with Judy Thames and Steve Hall. Last board meeting of Spring 2012 was changed to April 23.

STANDING COMMITTEES

Membership – Betty Ingham

Betty announced she has 2 parking permits on hand and expects 18 more members to arrive. She reported that discrepancies in counting 20- and 10-year members came about when new members could join in January. Resolution will be forthcoming.

Curriculum – Pat James

Spring schedule of classes is nearly complete. She gave an overview of future programming. It was reported that Mary Casey and Frank Burgos are retiring from the committee. There was discussion of presenting special awards to certain deserving members at the April meeting.

Grants & Awards – Doug Garner

Dick Tucker, reporting for Doug, reported applications went out on September 15 as scheduled to all deans and faculty. October 23 is

the deadline for submitting proposals.

Newsletter – Vonnie Bradbury

The October issue will devote some space to the diversity theme.

Richard Tucker Gerontology Award – Ray Jones

Ian reported for Ray and stated the committee's proposal will be e-mailed to board members with anticipated approval at the November meeting. A request for the immediate allocation of \$10,000, with up to \$9000 designated for applied research and the remaining \$1000 for undergrad/graduate research. Approved. Dick informed the board he sent out a "feeler" letter to some department heads inquiring about research currently being done on campus re: aging. Response has been immediate and encouraging.

Attendance – Lucy Pulido

Attendance the last two weeks was 370 and 368, indicating better attendance than last year. It was mentioned that the Key West room was a good alternative when the Pegasus is not available.

Diversity Week – Judy Thames

LIFE will have a full table at the breakfast and all arrangements are in order. Ad hoc committee recently established will meet in January. She complimented the UCF staff on this project.

Audio-Visual – Steve Hall

Steve has been researching hearing assist technology and discussed the issues involved. More research is needed before a decision is made.

Safety – Judy Thames

Chuck Fritz and Carolyn Fost are serving with Judy on the committee. Defibrillators are located at SU information desk and students are trained in their use. Judy reviewed the updated safety protocol with student union personnel. The evacuation plan for 2nd & 3rd floors considers needs of those in wheelchairs.

Old Business – Marty Wiener

Student of the Month awards for SU workers and pizza parties was revisited. 6 awards of \$50 each and 2 parties per year budgeted.

SAFETY/EVACUATION PLAN



The Safety/Evacuation Plan, updated in the fall of 2011, remains the same. The issues and concerns were discussed with Jenny Hartman, SU event planner, who assured us that, if there were an emergency/disaster, a plan is in place for the Student Union building.

Should one of our members have a health emergency, we can call 911, then the Student Union information desk at 407-823-0001. All SU building managers are trained to provide CPR, first

aid and automated external defibrillation (AED). Defibrillators are located at the information desk and are readily available for health emergencies.



EXIT in the event of fire, bomb threat, power outage, etc. The elevators stop running, emergency lighting is activated, and an alarm sounds which states "*an emergency has been detected, please leave the building.*" Members of the police and fire departments are in charge of the evacuation.

Persons in the Pegasus ballroom evacuate through the side doors into the hallways and out the nearest exits. In the event of fire, a partition in the hallway will descend from the ceiling to prevent entering into the atrium.

Persons in the Cape Florida room will exit the side doors and down the stairs located in the back hallway. Members of the police and fire departments and authorized UCF staff persons will sweep through all rooms, starting on the fourth

floor all the way to the first to assist with the evacuation of the disabled. They are authorized to override the stopped elevator if there is no fire. In case of fire, the stairwells are fireproof for up to two hours. This is the best place for the disabled needing help while waiting for firefighters to respond.

The method that is used to determine the capacity of a meeting room is "50 persons per door." For example, a room with eight doors has a 400-person capacity.

The safety committee members are Carolyn Fost, Pat Fritz, Chuck Fritz. These members, along with board members, will provide leadership during an emergency.

--Judy Thames
Safety Committee Chair

AARP FLORIDA ANDRUS AWARD

On Monday, October 10, **Judy and Byron Thames** were presented with the *Andrus Award* which recognizes those whose service honors the vision of AARP founder, Dr. Ethel Percy Andrus:

"TO SERVE, NOT TO BE SERVED"

Congratulations, Judy and Byron, on receiving this prestigious award.

Poetry for LIFE

A Workshop

Dates: 10/18, 10/25, 11/1, 11/8

Time: 12-1:20

Location: Teaching Academy 202A

Cost: \$30

CONTACT

Sarah Prevatt

sarahprevatt@yahoo.com

321-332-8771

JUST ME AND MY BIKE

Jack Elliott climbed on a bicycle thirty years ago and has been riding ever since. In 1961, an old college friend and his wife stopped for a visit. They were traveling in an RV with two touring bikes hitched on the back. "Try it," his friend said. Jack tried it and liked it . . . a lot!

What began as a spin around the block became a bike ride around the world. Jack toured all over North America and Europe. As a member of a bicycle adventure club, he took his first ride in 1983, part of a week-long tour in Albany, New York, averaging 50-75 miles each day.

Once a year the catalog would arrive and Jack would pick out 3 trips (sometimes 5) that looked interesting: Nova Scotia (3 times), Newfoundland, northern Virginia, Montana and up into Canada, South Dakota, Texas, to name a few. As a member of the Florida Freewheelers, he made several tours around Florida.



According to Jack, the nicest ride he ever took was from Land's End in southern England to John O'Groat, Scotland, a small town on its northernmost border. "Go any further and you'd be in the water," Jack said. The trip was 5 weeks long and 1100 miles. Jack was 79 years old.

One of the highlights of touring in England was stopping at one of the local pubs for lunch. A bowl of soup and a glass of cider hit the spot. It was also a chance to visit with the locals. After a full day of riding, the #1 rule was that the bikers could look forward to nice lodging in a hotel, a hot shower and a comfy bed. No "roughing it."



Not to be left behind, his wife, Marguerite, or "Reet" as Jack calls her, either drove or rode in the "sag wagon" on many or most of these tours. One might not think so, but her experiences were every bit as adventurous as Jack's. While driving in the French Alps on a narrow road with no guardrails, a little, red convertible came barreling toward

While driving in the French Alps on a narrow road with no guardrails, a little, red convertible came barreling toward her. To avoid a crash, Reet moved so close to the rock wall that the side mirror got knocked off and the passenger-side doors were jammed.

In Romania, while waiting for Jack's bicycle to be repaired, Reet was surrounded by little gypsy children begging for coins to buy ice cream. "All could have used a bath," she said, "but they were so appealing."

A Hungarian woman, who was waiting in line at the local bakery along with Reet, offered to show her the open air market. Noticing Reet was carrying a string shopping bag, she offered to carry it for her. "No, I'm young and strong," said Reet. "Well, maybe strong," was the reply. According to Reet, she fell in love with the woman then and there, and they kept up with each other for several years.

In the Texas Hill Country, one tour took them over a river into the Mexican desert for lunch. They rode donkeys to get there, the animals fitted with varying lengths of stirrups; one of Reet's legs was nearly dragging the ground, while the other was hitched way up. The polite way to describe the restaurant was "quaint," according to Reet, "but hungry people can't be choosers. Greasy tacos were just fine."

Bicycle touring clubs have what they call rider classifications--A, B, C, and D based on speed and distance. People self-determine which group they should be in. A "tourist class" was created in 1992, where you ride 10-12 miles an hour. Jack gave up his membership in

the Bicycle Adventure Club in 2006 but he's still a member of the Freewheelers and still rides. "At 91, I'm slower now," he says, matter-of-factly. "But, I've enjoyed checking out the countrysides, talking to fellow bikers and the people I've met along the way." What has he loved most about it? "Just sitting in the saddle and pedaling," he said.

MORE DIVERSITY WEEK 2011

"Confronting Ageism"
LIFE @ UCF

presented by

Dr. Richard Tucker

Tuesday, October 18
1:00 p.m.

Golden Key Room
Student Union

Grab a sandwich and come back for an interesting presentation by one of our own.



DIVERSITY:

The Art of Thinking Independently
Together

--Malcolm Forbes

MYTHS OF AGING



Here are some commonly held stereotypes of old age:

MYTH: All old people are the same.

REALITY: There is more variety among older people than among any other age group.

MYTH: The basic human needs of older people are different from those of younger people.

REALITY: Human needs do not change as we grow old.

MYTH: More than 50% of the elderly are senile.

REALITY: About 80% of older adults are healthy enough to carry out their normal activities.

MYTH: There is a lack of productivity with older people.

REALITY: While most older people are not in paid employment, they may have important roles as grandparents, caregivers, volunteers or in civic and social activities.

MYTH: All old people suffer from rigid thinking.

REALITY: There is the belief elders shy away from new technologies such as use of computers and the internet. Over 41% of those over 65 use the internet.

MYTH: As people age, their ability to learn often stops.

REALITY: Learning patterns may change and speed of learning may diminish but the basic capacity to learn is retained.

MYTH: All old people get depressed

REALITY: Most older adults, most of the time, are not depressed. Depression is NOT a normal part of growing old but rather an illness that needs to be treated. Age alone is not a risk factor for depression.

*—Dr. Simon Tan, Psy.D.
Stanford U. Med. Ctr.*

