



Learning Institute for Elders

October, 2012

www.life.ucf.edu

UCF Diversity Week:

20 *Outstanding* Years



October 15 - 19, 2012



UNIVERSITY OF CENTRAL FLORIDA
OFFICE OF DIVERSITY INITIATIVES

Highlights of Board Meeting *September 10, 2012*

EXECUTIVE COMMITTEE

Secretary – Alice Reinhardt

There was one correction to the minutes: students and faculty of Barnett School of Biomedical Sciences to be recognized as gerontology award recipients. Secretary will inform Historian Dell Shadgett that Board desires to continue position.

Treasurer – Pat Fluno

Board approved setting up reserve account for any unanticipated expenses, should they occur. Treasurer's report distributed and approved.

Vice President – Judy Thames

Knights Helping Knights Pantry greatly appreciated our \$500 donation which paid for 1000 lbs. of food/supplies for students. The number of sessions assigned to the Cape Florida Room has been reduced for both the fall and spring semesters. Board approved addition of March 5 to regularly scheduled classes. Diversity Week is October 15; two volunteers are needed to fill the LIFE table.

President – Marty Wiener

A search is underway for an Honors Program coordinator. The Special Events Committee chair, Carol Parker, is making arrangements for the Grants & Awards luncheon to be held Nov. 27.

EX-OFFICIO

UCF Representative – Martha Hitt

Martha expressed appreciation to LIFE for all we do for the university and for the students. She noted the significant contribution of Al and Nancy Burnett to UCF over the years—over \$15 million dollars in donations, including his initial gift to the Burnett School of Bio-Medical Science which was intended to be the first step in establishing a medical school. Mr. Burnett died this past week.

UCF Liaison – Dick Tucker

UCF football personnel are talking with LIFE and The Villages regarding an effort to fill the UCF stadium for the Thanksgiving Day football game. More information will follow. Speaking for Mike Hampton, Dick relayed Mike's appreciation for the board's attendance at his father's memorial reception and other kindnesses.

STANDING COMMITTEES

Grants & Awards – Doug Garner

Information and applications will be sent out this month to all UCF departments with regard to the annual awards process. October 26 is the deadline for applications. November 13 the committee will meet to make its selections. Doug thanked the Board for the \$5000 increase which will bring the total amount of awards to \$35,000.

By/Laws-Policies – Ray Jones

An extensive review of current policies and job descriptions was presented in preparation for the annual update in January. Board members are asked to review and provide any necessary feedback prior to the next meeting.

Curriculum – Lee Cross

A change to the schedule was proposed for October 2 to accommodate a request from Global Perspectives to present an ex-president of India as speaker. The first session would be on the 3rd floor and would begin at 8:45 a.m. The second session would be held in the Pegasus Ballroom at 10:15 a.m. following a half-hour break. Approved. Lee also requested the inclusion of March 5, 2013 on the meeting schedule which will be during UCF's spring break. Approved. Forms asking for topic/program/speaker suggestions were handed out and will be distributed at LIFE meetings.

Membership – Betty Ingham

Parking passes will be available until the end of September.

Newsletter – Vonnie Bradbury

Short bios from board members needed.

AD HOC/SPECIAL ASSIGNMENT

Audio-Visual – Steve Hall

All systems are working fine right now.

Safety – Paulette Geller

Some modifications to the chair set-up are being discussed with the Student Union crew to better serve wheelchair access.

NEW BUSINESS

Frank Burgos reported that some concerns had been expressed to him by LIFE members: a) large number of seats being saved for late-comers and b) impact of membership increase. A renewed effort will be made to encourage LIFE members to show consideration and cooperation regarding seating. In addition, attendance is being closely monitored to ensure that everyone will have a seat.



“Recognize yourself in he and she who are not like you and me.”

--Carlos Fuentes



“Diversity may be the hardest thing for a society to live with, and perhaps the most dangerous thing for a society to be without.”

--William Sloane Coffin, Jr.



DON'T FORGET!

Tuesday, October 16

Bring your cans and/or dry foodstuffs to class.

DIVERSITY WEEK

October 15-19, 2012

Diversity Lecture

by

Dr. Richard Tucker

“The Diversity of Aging: Exploring Myths and Realities”

October 16

1:00-2:00

Egmont Key (Room 224)
Student Union

“If man is to survive, he will have to learn to take delight in the essential differences between men and between cultures. He will have to learn that differences in ideas and attitudes are a delight, part of life's exciting variety, not something to fear.”

--Gene Roddenberry

**MEET
YOUR
BOARD
MEMBERS . . .**

(CONTINUED)



ALICE REINHARDT

Years a LIFE member: 11
Occupation: homemaker, public relations and fund raising—Boy's Village/Ohio
Hobbies: sewing, decorating, knitting, cooking, piano playing, theater, singing, and golf
What I like best about attending LIFE: We hear interesting and educational lectures, get to know great people, and enjoy the extracurricular benefits at UCF. LIFE is just the best.



JOHN CIESKO

Years a LIFE member: 4
Occupation: 40 years in purchasing; military/industrial complex
Hobbies: gardening, tropical fish, spectator sports
What I like best about attending LIFE: Keeps me young.



R.ADM. RAY JONES

Years a LIFE member: 12
Occupation: U.S. Navy (submarines); nuclear power industry, DOE nuclear waste clean-up
Hobbies: astronomy, golf, fly fishing and woodworking
What I like the best about attending LIFE: information from programs and social interaction with classmates



ELIZABETH INGHAM

Years a LIFE member: 7
Occupation: accountant
Hobbies: knitting, gardening
What I like best about attending LIFE: topics and speakers



DON'T FORGET!

**ANNUAL AWARDS BANQUET
TUESDAY, NOVEMBER 27**



PHIL EASTERLING

Years a LIFE member: 10
Occupation: retail/wholesale auto parts pp.
Hobbies: computers, volunteering, keeping up w/ high school addresses
What I like best about attending LIFE: making new friends and activities



PAULETTE GELLER

Years a LIFE member: 6
Occupation: geriatric recreation specialty; older adult program; grant developer/manager
Hobbies: cooking, volunteering, grandparenting, reading
What I like best about attending LIFE: opportunities to explore new ideas, validate life experience, and meet many interesting people

**CAL FOR PAPERS, POEMS & STORIES,
ESSAYS AND GOOD JOKES
for
LIFE Newsletter**

Vonnie Bradbury, Editor
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PAT JAMES

Years a LIFE member: 9
Occupation: retired educator and group facilitator
Hobbies: gardening, reading, traveling
What I like best about attending LIFE: quality of the lectures and the social opportunities
LIFE affords my husband and me as a couple



DICK TUCKER

Years a LIFE member: 21
Occupation: professor/psychology; aging & longevity initiative director; LIFE @UCF founder and UCF liaison
Hobbies: community volunteer—turtle nesting, council on aging, friends of Canaveral
What I like best about attending LIFE: the enthusiasm of all members and their interaction with UCF; students

Highlights of Board Meeting
September 24, 2012

EXECUTIVE COMMITTEES

Secretary – Alice Reinhardt

Minutes approved. A thank you note was read from Linda Walter, UCF marine biology department, for a LIFE award.

Treasurer – Pat Fluno

A memorial gift of \$100 was sent to the UCF Foundation in honor of four deceased members (\$25 for each). Treasurer's report was approved. Annual audit will be done Tuesday, October 9.

Vice-President – Judy Thames

Work continues on providing adequate seating in the Cape Florida room on 3rd floor. A room has been secured for the Grants & Awards Committee on November 13.

President – Marty Wiener

No report.

EX-OFFICIO

UCF Liaison – Dick Tucker

A social work student will assist with collating and analyzing data from the LIFE membership survey as a service-learning project.

STANDING COMMITTEES

Policy/By-Laws – Ray Jones

Work continues on refining board policies and procedures.

Grants & Awards – Doug Garner

Applications are coming in. The committee will meet on November 13 to select recipients.

Curriculum Committee – Lee Cross

Programs are in place for fall semester Lee extended thanks to Pat James for all her work on the fall schedule.

Membership – Betty Ingham

405 parking passes have been distributed. Twelve new members have not yet appeared. Total membership is currently 529. Ray Jones stated about 30 people have not picked up their 10- and 20-year pins.

Newsletter – Vonnie Bradbury

October issue will come out on the 9th.

AD HOC/SPECIAL ASSIGNMENT

Honors Program – Roy Scherer

Marty reported that **Cliff Reback** will be the new chair, replacing Roy who will be retiring from the board.

Medical School -

No tours scheduled at the present time.

Greeting/Attendance – Lucy Pulido

Report on recent attendance: August 29 – 417; September meetings: 11th - 388; 18th - 355; and 25th – 356.

Diversity Breakfast – Judy Thames

The LIFE table for the breakfast to be held on October 15 is filled. October 16 is the due date for food/dry goods donations to "Knights Helping Knights" Pantry.

Annual Banquet – Carol Parker/Eva Ann Foster

Co-chairs provided update on plans for the 27th annual banquet and clarified responsibilities.

Legacy -

Ray Jones and Phil Easterling met with UCF personnel concerning what we could contribute to the new performing arts building. State funding has been pulled at the present time, delaying the project by at least two years.

Gerontology – Ray Jones

Committee will be meeting soon to consider use of additional \$5000 LIFE allocation.

NEW BUSINESS

Vonnie Bradbury relayed a request from a LIFE member to consider supporting an **arts/crafts fair** which would display LIFE member's hobbies and creative efforts. The board did not see this as feasible at the present time.

Ian King proposed setting up an endowment fund. Marty asked for a detailed proposal at next month's meeting.



Discussion Group

September 18 - The Discussion Group tried to make a prediction for the 7th of November, the morning after *{the presidential election}*. We all agreed that it was too early to tell. Although most of the group was left wing, they thought the election was too close to call. They agreed Congress would stay the same and, with a House/Senate split, would remain a "do nothing."

September 25 - Members discussed the "12 minus-1" amendment to the Florida constitution. (#7 was omitted.) A copy of the amendments and an explanation was provided by the League of Women Voters.

*Submitted by
Ralph Schaeffler*

Book Nook

Read a good book lately? Share your find with other LIFE members. Submit title, author and a brief statement on why you liked it. We'll print it in the newsletter!

Quiet, by *Susan Cain*

Around the turn of the 20th century, our society moved from "a Culture of Character to a Culture of Personality," creating the "extrovert ideal." It also created a great deal of anxiety as Americans were all expected to become performers. I was relieved to discover it was okay that I don't like entering a roomful of strangers and that introverts have and do make significant contributions to our society.

-VKB, Editor

COULD BE HALLOWEEN

Yowling, prowling, growling cat
Why do you switch your tail like that?
Why do your eyes flash gold and green?
Could be—must be—Halloween!

Slinky, blinky cat,
Why do you arch your back like that?
What scary creatures have you seen?
Could be—must be—Halloween!



A Beautiful Woman

I was at my local supermarket one Sunday last summer. I often stop off there on my way home from church. I always go to the supermarket on my way home from someplace else—it saves time, car mileage, and gas.

A lot of people dress casually for church these days, but I like to dress up. I'm in my 60's, so perhaps I'm just old-fashioned that way. Also, I work from home, so just getting out of the house feels like a special occasion.

On that day, I wore a white cotton skirt imprinted with flowers with a lace design around the hem. I topped the skirt with an emerald green cotton-knit tank top. It was a perfect outfit for a bright summer day. My naturally-curly hair, once brunette, but now liberally sprinkled with silver, framed my face with soft ringlets. I had applied my makeup with a light touch—a bit of mascara, a dusting of pinkish blush, and a hint of rose-colored lip color.



I took my grocery cart from the front of the store and made my way up and down the aisles, stopping here and there to take items from the shelves and place them in my cart. When I got to the grains and dried beans section, I paused and studied the items intently. There were so many types and brands and sizes.

I was trying to decide which ones to buy, but I was also trying to decide which ones I would actually

use. I'm trying to eat more healthily and do more cooking from scratch, but the siren song of convenience foods so often entices me away from my good intentions.

As I examined the selection of grains and beans, I noticed that someone in one of those motorized shopping carts that the store provides for handicapped people had pulled up alongside me and stopped. I turned towards the cart and saw an elderly man—very thin, even gaunt looking—sitting at the wheel.

He had brown eyes and sparse brown hair. He had a weathered face, dotted with brown age spots. He had a face that immediately suggests kindness and goodness although it is hard to say just why he gave that impression. I think that it was something in the set of his eyes and mouth—a crinkling around the eyes and a slight upturn to the lips as if he was suppressing a smile. He was nicely dressed in a sport shirt and khaki pants. Perhaps he had dressed up because getting out of the house felt like a special occasion to him too.

I thought that he had stopped because he needed me to get something down from the shelf for him. I'm tall so people quite frequently ask me to get something from the upper shelves for them. Usually, it is not a man, but a short woman, making the request.

Before I could ask the man if I could help him, he spoke to me. He said, "A beautiful woman should always smile." Then he pushed the button on his cart, and sped off around the corner before I could answer.

Of course, as soon as he said that, a big smile broke out on my face. What woman doesn't like a man to call her beautiful, especially if she is of "a certain age?" I think I didn't stop smiling the entire summer.

—Catherine Giordano
LIFE member