



# Learning Institute for Elders

November, 2011

[www.life.ucf.edu](http://www.life.ucf.edu)

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*May your stuffing be tasty  
May your turkey be plump,  
May your potatoes and gravy  
Have nary a lump.  
May your yams be delicious  
And your pies take the prize,  
And may your turkey dinner  
Stay off of your thighs.*

*--Author Unknown*

# Highlights of Board Meeting

## November 7, 2011

### **EXECUTIVE COMMITTEE**

#### **Secretary – Alice Reinhardt**

Minutes approved. No correspondence reported.

#### **Treasurer – Ian King**

Financial reports were approved. Issues with previous months' reports were resolved. Net income reported of \$55,005.47 since August 1.

There was discussion of records storage and board policy with regard to the “Cloud” presently being used to store treasurer's report. Ray Jones offered to draft a policy for record retention and asked for input re: current practices.

#### **Vice-President – Marty Wiener**

No report

#### **President – Phil Easterling**

A request from UCF Psychology to utilize the meeting space currently allocated to LIFE was approved.

### **STANDING COMMITTEES**

**Audit** – The committee will complete its work upon receipt of requested data, according to Dan McNutt, chair.

**Grants & Awards** – Chair Doug Garner reported 57 applications totaling \$90,000 in requests have been received. Amount budgeted totals \$30,000 plus \$1000 returned from the previous year's awards. Burt Blau was commended for preparing the spreadsheet application summary for the committee.

**Nominating** – Chair Ludy Pulido presented a slate of nominees to the board. For reelection: Phil Easterling and Vonnie Bradbury. For first-time election: Pat James, John Ciesko, Paulette Geller, Patricia Fluno, and Judy Thames. The slate of nominees was approved. Names will be presented to the LIFE membership at the December 6

business meeting.

#### **Membership – Betty Ingham**

Betty reported some misunderstandings regarding bringing guests to LIFE. Jones will clarify our policy on this matter.

#### **Curriculum – Pat James**

Next semester's curriculum is almost final, with most Fall 2011 lectures also scheduled. She reported the committee needs new members. Chuck Fritz commended Pat for her fine work as chair.

### **AD HOC COMMITTEES**

#### **Newsletter – Vonnie Bradbury**

While scheduled to come out on the 2<sup>nd</sup> Tuesday of the month, there will be a one week delay to allow inclusion of important notices to the membership. The November issue will be the last newsletter of the semester.

#### **Dr. Richard Tucker Gerontology Research Award – Ray Jones**

Policies governing these awards were discussed and approved. First award will be made in April, 2012. See summary printed elsewhere in newsletter.

#### **Attendance – Lucy Pulido**

Average October attendance = 370.

#### **Job Descriptions – Alice Reinhardt**

Board members have received a draft of their job description, based on committee assignments and/or office. Once approved, they will become a part of board policy.

#### **Diversity Week - Judy Thames**

Judy reported a successful week. She and Dick Tucker will be meeting with the UCF Diversity Committee in the near future.

#### **Audio/Visual – Steve Hall**

Little response to offer of purchasing hearing

assistance equipment (at member's expense). A Communications faculty member has offered to advise us in determining needs and appropriate devices..

### **Safety – Judy Thames**

The policy is in place. However, Judy is doing some further checking on evacuation of disabled LIFE members from the 3<sup>rd</sup> floor, if necessary.

### **Sunshine Chuck Fritz**

Cards have been sent to three LIFE members: Mary Casey, Paulette Rosenberg, and John Pellosie.

### **Alternate Locations – Vonnie Bradbury**

No report. Committee will meet in January to consider what options are available. Phil has been investigating the possibility of broadcasting lectures. Earlier attempts were not successful, it was reported.

### **NEW BUSINESS**

Athletic Department has agreed to make brief presentations/announcements before class.

Chuck Fritz will handle mail pickup when class is in session.

knowledge or connection to UCF professors, schools, programs, research projects, etc. would also be helpful.

Or, perhaps you have some ideas that you would like to see developed as a member of the committee which meets roughly 3 times per semester for one hour following classes. Any other needed contacts with the committee are made online.

Committee members find it very gratifying to work on this most important assignment.



## **NOMINEES for LIFE@UCF BOARD OF DIRECTORS**

Vonnie Bradbury

John Ciesko

Phil Easterling

Patricia Fluno

Paulette Geller

Patricia James

Judy Thames

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## **CURRICULUM COMMITTEE SEEKS NEW MEMBERS**



Are you interested in helping engage speakers for our lectures and assisting with future scheduling? Then you need to contact Pat James, chair, at [patjames@me.com](mailto:patjames@me.com).

Likely candidates for this committee would include LIFE members who consider themselves information gatherers and those who enjoy attending various community lectures. A

# Confronting Ageism at UCF: *Learning Institute for Elders*



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*This is a summary of the presentation made by Richard D. Tucker, Professor Emeritus of Psychology and one of the founders of LIFE during Diversity Week 2011.*

*Aging is more than a biological process. It's also a matter of Attitude. We live in an "ageist" society and those of us in that aging demographic must swim upstream against the current of ageism.*

*It was Dr. Robert Butler who, in 1969, coined the term and defined it as "a process of systematic stereotyping and discrimination against people because they are old." One could draw comparisons between ageism and the other "ism's": racism or sexism.*

*This stereotyping has implications: it allows the younger generation to see older people as different from themselves and to cease identifying with elders as human beings. This can occur from lack of knowledge and/or insufficient contact with a wide variety of older people.*

*Ageism, like all prejudices, can influence the behavior of the victims as well. Elders can themselves adopt a negative perception of self and even collaborate with the "enemy" in perpetuating these negative images.*

## **THE CAT IN THE HAT**

(on aging)

I cannot see  
I cannot pee  
I cannot chew  
I cannot screw  
Oh my god, what can I do?  
My memory shrinks  
My hearing stinks  
No sense of smell

I look like hell  
My mood is bad—can you tell?  
My body's dropping  
Have trouble pooping  
The Golden Years  
have come at last  
The Gold Years  
can kiss my ass.

*(Adapted from Dr. Seuss, obviously)*

*So, how to confront ageism. Tucker offers four possible solutions: 1) Education – separate myth from reality; 2) Encouragement – seek more opportunities for interaction between generations; 3) Models – cultivate positive images of successful and productive aging; and 4) Membership – join Learning Institute for Elders. (A little free advertising never hurts!)*

## **MYTHS vs. REALTY**

### **To Be Old Is To Be Sick . . .**

Don't confuse the effects of disease with the effects of aging. There is "normal" aging and there is the change due to Disease, Disuse, Misuse and Abuse. Likewise, do not confuse "decline" (normal) with "dysfunction" (disease). Decline in maximum functioning begins somewhere between 20 and 30 years of age!

The "cohort effects" of aging can be illustrated by comparing your parents/grandparents aging to your own. In 1957, 55% of older adults had lost their teeth; today that number is 25%. And the percentage of 65+ who reside in long-term care facilities is only 5%.

### **Secret to Successful Aging: Choose Your Parents Carefully**

Contrary to popular belief, only 30-35% of the physical effects of aging are due to genetics. It is estimated that 50% of the mental processes of aging are due to genetics. The reality is that the older one gets, genes become less important and lifestyle becomes more important. It's not just a case of nature vs. nurture, but how genetic dispositions interact with environmental factors.

## **The Horse is Out of the Barn: Too Old to Do Anything About My Health or Aging**

It turns out there is much more “behavioral “plasticity” in aging than we previously thought. Training may take longer and gains may be slower, but changes CAN occur in normal aging.

## **You Can't Teach an Old Dog New Tricks**

We might need more cues to remember, but it's still there. As evidence, it is reported that the 55+ set is the fastest growing segment of computer/internet market. Additionally, lifelong learning programs have grown from 50 in 1990 to over 400 today. Research confirms we continue to generate NEW brain cells with mental stimulation. And isn't it good to know that while dementia does increase with age, it is NOT inevitable.

## **SUMMARY:**

### **What are the Ingredients for Successful Aging?**

- Avoid disease
  - Maintain high cognitive and physical functioning. **USE IT OR LOSE IT!**
  - Maintain your self-efficacy
  - Actively engage with life
- AND
- Be thankful for LIFE @ UCF

According to Tucker, ageism is still pervasive in our society and widely tolerated. Older adults are among the most common disseminators of ageist humor, buying into the myths of aging. Changes come with consciousness raising, just as they have with issues of racism and sexism. There has been considerable progress over the last 30 years, but we still have a ways to go.

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## **CALLING ALL VETERANS!**

The UCF Department of History is conducting a **Community Veterans History Project** and wants to interview you!

You can register online and fill out the *Biographical Data Sheet*.

E-mail, fax or mail to:

RICHES of Central Florida  
4000 Central Florida Blvd.  
Colbourn Hall, Room 551  
Orlando, FL 32816-1350

Fax: 407-823-3184

or

RICHES@mail.ucf.edu

Contact Laila Miletic-Vezjovic,  
Head Librarian, for more information



407-823-2788

### **Florida Fallen Hero Quilt Project On Display UCF Library**

**November 1-30, 2011**

More than 300 men and women from Florida have fought and died in Iraq and Afghanistan since 2001. The project, begun in 2005, creates memory quilts of 30 squares each, every square bearing the name of a deceased FL service member. Nine quilts have been completed, with enough names to finish two more. The whole exhibit will become part of the permanent collection of the Museum of Science & History in Jacksonville. Stop by the library and check it out. *Donations welcome.*

For more information, call 321-269-2613.



**ANNUAL GRANTS & AWARDS BANQUET**

**Tuesday, December 6, 2011**

**Noon**

**Pegasus Ballroom**

**\$30,000**

**in**

**Grants & Awards  
to be distributed**

**\$16.00 per person**

**Sign up at Membership Desk by Nov. 29**

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**GRANTS & AWARDS  
2011**

**Competitive Grants totaling \$23,300**

Dr. Alvin Wang Honors College	\$1,500.00
Dr. Jason Martin Library - Curr. Mat. Ctr.	\$1,000.00
Mr. Jeff Moore Music-Band	\$1,000.00
Dr. Ken Teter Burnett School of BioMed. Sc.	\$1,000.00
Dr. Linda Walters (kayak donation) xxxxxxxx Biology	

Dr. Margret Zaho Visual Arts & Design	\$1,000.00
Dr. Connie Goodman Teaching, Learning & Leadership	\$ 500.00
Dr. Tosha Dupras Anthropology	\$2,000.00
Dr. Charlotte Harvey Comm. Sc. & Disorders	\$ 900.00
Mr. Willis Chico, Jr. Knights Helping Knights	\$ 500.00
Dr. Hakan Ozoglu History	\$1,000.00
Mr. Steven Spencer Visual Arts & Design	\$ 500.00
Mr. Joo Kim Visual Arts & Design	\$ 600.00
Dr. Janet Whiteside Comm. Sc. & Disorders	\$1,000.00
Dr. Janet Whiteside Comm. Sc. & Disorders	\$ 750.00
Dr. Kiminobu Sugaya College of Medicine	\$ 500.00
Dr. Michael Rovito Health Professions	\$ 500.00
Mr. Lorraine Scholler College of Medicine	\$2,000.00
Dr. Philip Peters Visual Arts & Design	\$1,000.00
Dr. Thomas Mullin Comm. Sc. & Disorders	\$1,000.00
Ms. Carla Poindexter Visual Arts & Design	\$ 500.00

Mr. Mathew Marraffino \$ 350.00  
Psychology

Ms. Betsy Von Holle \$ 400.00  
Biology

Mr. Daniel Jones \$1,800.00  
Theater

Mr. Thomas Potter \$2,000.00  
Music – Opera

**Directed Grants totaling \$7,700**

Mr. Barry Baker \$1,000.00  
Library

Mr. John Bersia \$2,000.00  
Global Perspectives

Ms. Ina Carpenter \$1,200.00

Parking Services

Dr. Jeff Cassisi \$1,000.00  
Psychology

Ms. Suzanne Halpin \$1,000.00  
Student Union

Dr. Michael Hampton \$1,000.00  
Interdisciplinary Studies

Mr. Joe Hornstein \$ 500.00  
Athletics

**Competitive and Directed Grants = \$31,000.00**

**GRAND TOTAL given to UCF = \$300,000.00**

**LIFE Board Approves New  
Dr. Richard Tucker Award Program  
for Applied Gerontology Research**

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The Dr Richard Tucker Award Program for Gerontology Research became official on November 7. This program, named in honor of long-time LIFE/UCF liaison Professor Emeritus Dick Tucker, is designed to promote all aspects of applied research at the University of Central Florida relating to the scientific study of the social, psychological and biological aspects of aging.

This prestigious Award is open to all the University of Central Florida faculty members and students. This award will consider all UCF faculty-supported applied research in the area of Gerontology and includes proposed or in-progress research studies. As such, this award is intended to offer incentive and recognize Gerontology research studies at the University of Central Florida. Awardees will be encouraged to utilize LIFE members in their research studies and are asked to present their research at a follow-up LIFE classroom session. The awards will be announced and presented at the LIFE final class day of the Spring semester.

The program will consist of two parts: the Dr. Richard Tucker Gerontology Applied Research Grant and the UCF Graduate and Undergraduate Applied Gerontology Research Awards. The first is a competitive research grant for UCF professors and graduate students and includes grants up to \$9,000.00 for new or ongoing research studies in Gerontology. The second section is divided into two \$500.00 awards for UCF students entering gerontology research projects in the Graduate Research Forum and the Showcase of Undergraduate Research Excellence poster sessions. Winners will be recommended by the Gerontology Awards Committee and approved by the LIFE board.



**TOGETHER,**  
**FOREVER,**  
with **YOU . . .**

For as long as either one can remember, **Glen Dunlap and Mildred Searles** have known each other. They grew up together, rode the school bus together, attended high school together, and 65 years ago they promised to stay together “til death do us part.” On August 18, 1946, Mildred, in her Sunday dress, and Glen, in his best duds, were married at the Methodist parsonage in Conway. The groom was 19; the bride was 20.

How do you make a marriage last so long, I wondered. “Teamwork,” was their quick reply. Whether building a house, raising a family, or “putting Mama through school,” they did it together as a team. But that didn’t mean it was easy. During the early years of their marriage, they struggled to make ends meet. Glen was a skilled machinist; Mildred worked in personnel for the Air Force. The babies started coming and then tragedy struck: Glen’s mother broke her back and required constant care so the family moved into her home and Mildred juggled the duties of being a nurse, a wife and the mother of three small children. “Those were tough times,” she recalled.

But things got better, as they usually do. Ten years into their marriage, they were able to make a down payment on 20 acres southeast of Orlando at \$100 an acre. While they had a mortgage on the land, they were on the “pay-as-you-go” plan when it came to building their home. The “Glen & Mildred” team put up sheetrock, shingled the roof, laid the flooring. When they moved in, only the bathroom had walls. Glen had bought a Sears handbook and taught himself to wire the entire house. (Try doing that today!) They used an extension cord to plug in the refrigerator and the well. For furniture, they scoured the second hand stores (or raided the relatives’ attic, Glen says).

When the fourth (and youngest) child was 2 years old, Mama went back to school. She had been involved with the PTA and doing a little substitute teaching and the principal told her she really ought to become a teacher. So, the family sold a cow and cashed in a life insurance policy to make it happen. Starting at what was then Orlando Junior College, Mildred soon transferred to Rollins, which was the only college in the area at that time. Glen took over the cooking. (He makes a mean eggplant lasagna.) The kids pitched in and Mildred received her bachelor’s degree at the age of 35. At graduation, Mildred had the whole family stand up because “they were the ones who made it possible,” she said. The principal who had encouraged her to become a teacher gave her her first job.

While Glen continued to work and kept the home fires burning, Mildred taught school and completed her master's degree. She then moved into administration and was the first principal at Columbia Elementary in Bithlo. Over the next 23 years, she held numerous leadership positions in local, state and national education organizations, serving as president of the Orange County Classroom Teachers Assn. and the Florida Elementary Principals Assn. She was a founding member of the Florida Assn. of School Administrators and is a member of the Florida Assn. of Retired Educators, to name just a few.

Through all those years, they devised their own system of teamwork. "The first one home started dinner," Glen said. "Of course, I could always manage to be the last one home," Mildred added with a wink and a grin.

When Mildred retired, she wanted to travel. Glen wasn't a traveling man but he was willing to compromise. "OK, I'll take one trip," he said. Off to Egypt they went. By the end of the tour, he had signed them up for two more trips and they have been all over the world--an African safari, an Alaskan cruise, four Windjammer sailing voyages, 22 Elder Hostel trips, Central America, Turkey, Ecuador, Hawaii, China, India, Russia. And that's a partial list.

But maybe the best trip of all is just a short distance from home. Glen and Mildred have a get-away cabin on the St. John's River. The family gathers there, including the 4 children and spouses, 11 grandchildren and 4 great grandchildren, every 4<sup>th</sup> of July. The fishing's great and everyone pitches in with the chores. Teamwork, remember? And Glen and Mildred survey all they've accomplished . . . Together.

# NOTICE OF LIFE@UCF

## ANNUAL MEETING

**December 6, 2011  
10:30-10:45 a.m.**

**Cape Florida Room  
UCF Student Union**

A brief meeting to elect the Class of 2014 to the LIFE@UCF Board of Directors-- and to transact such other business as required by our by-laws.

This will be followed by an abbreviated class session—rumored to be remarks by one of Orlando's local TV news personalities, and

our annual Grants & Awards Banquet at 12 Noon.



**LIFE@UCF  
annual meeting report**

**November 30, 2010**

President Chuck Fritz called the meeting to order at 11 a.m. after establishing that a quorum was present (20% of total membership). Minutes of 12/9/2009 annual meeting were approved as published in the LIFE newsletter. Treasurer Kermit James presented his fiscal report for the year ending July 31, 2010. We have \$82,000 in cash, \$30,000 of which is in reserve funds. With \$31,990 being disbursed today for grants and awards, \$20,000 left

will be more than ample to meet our needs for the rest of the year. His report was approved.

The slate of board members nominated for a three-year term beginning January 1, 2011, was presented: Francisco Burgos, Raymond Jones, Lucia Pulido, Norman Sandhaus, Judy Thames and Steve Hall. Nominations were closed and the slate was approved by acclamation.

President Fritz reported that LIFE@UCF now has 500 members. He noted that we received 60 applications for grants and awards and approved 31. Chuck thanked all who had made his tenure enjoyable and recognized members leaving the board: Carolyn Fost, Dr. John Pellosie, Dee Burke, Ed Haddad, Kermit James, Gerry Jamieson and Ann Funk. He thanked the board officers and committee heads for their special efforts.

The meeting was adjourned after Dr. Dick Tucker commended Chuck for his service as president and commented on how unique our LIFE organization is—with volunteer administration and the presidency being an especially time-consuming job.

*Alice Reinhardt, Secretary*

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### LEARNING INSTITUTE FOR ELDERS AT UNIVERSITY OF CENTRAL FLORIDA

Statement of Cash Receipts & Disbursements

Fiscal Year Ended July 31, 2011

Cash balance, August 1, 2010	\$ 85,088
Cash receipts	\$ 63,441
Cash disbursements	<u>(\$ 46,841)</u>
Cash balance, July 31, 2011	\$101,688