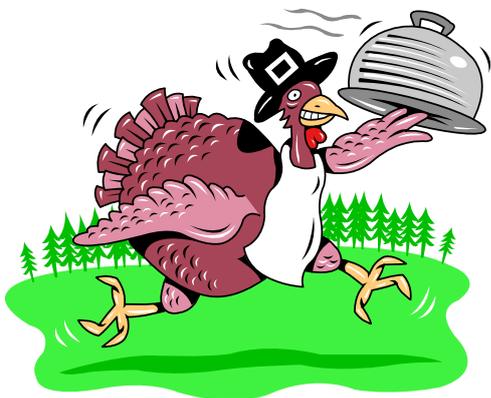


HAPPY
Thanksgiving



A FEAST for your eyes can be found on our website
www.life.ucf.edu
where the LIFEtimes can be viewed in color!

In this month's issue:

GAB
Inspired LIFE
LIFE Board meeting synopsis.
Directed Grants
A Wink at LIFE
LIFE out Loud
LIFE Jaunt
Learning Across the Disciplines; School of Medicine

Webmaster needed!
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Trivia Tangle.



Whew! It's hard to believe that this year's LIFE sessions began over two months ago! Time is flying by with the help of some wonderful class sessions put together by our Curriculum Committee.

Thanks to our LIFE members, The Knight's Pantry is a little better stocked and ready for those students who have a need of its offerings. Thanks to those of you who participated. Remember, although our Food Drive has passed, the demand for food and toiletries is an ongoing struggle for those the Pantry serves.

Items may be brought in any time and of course, monetary

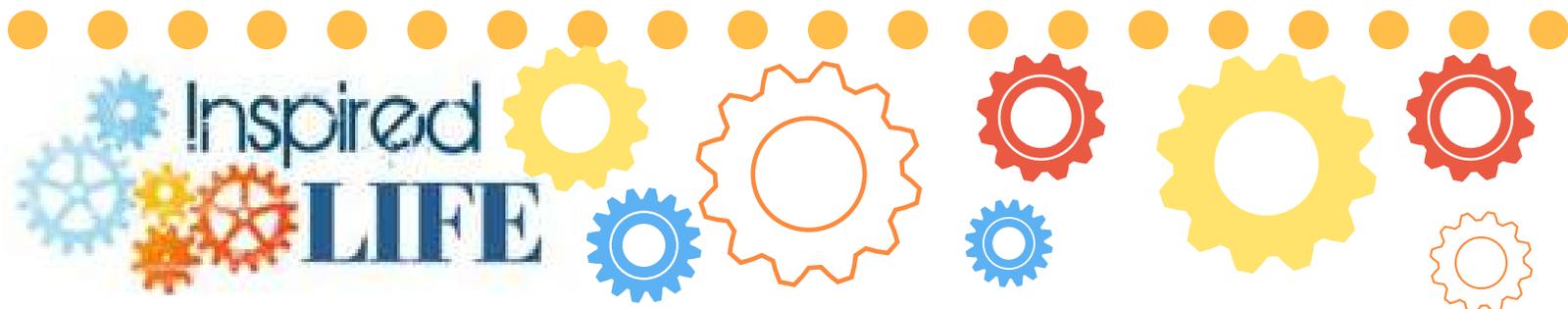
donations are also always welcome and put to good use!

With November comes another time for sharing. If you missed the photographic memories of last year's Toys for Tots drive, go to our LIFE website at life.ucf.edu and click on the January 2018 LIFetimes for photos of all the toys donated by our members. Look for information on this year's drive in this month's newsletter!

With Thanksgiving only a couple of weeks away, let me be the first to wish you a wonderful holiday! When I was an ESOL professor I spent time on lessons so my students could appreciate this

special day and what it means in American culture as we share good food, memories and appreciation of what we have. I am thankful to all my LIFE friends and the support each of you has shown for the LIFetimes... I am also thankful for Alli Moss without whom there would be no LIFetimes to read...my job is easy, I gather the articles. Alli is the one who makes each issue look good and then prints the many many copies that are handed out to members!

Enjoy your turkey, stuffing, mashed potatoes, candied yams, pumpkin pie....ooohhhh I have to quit...I'm beginning to salivate! Happy Thanksgiving to you all!



**"Do not try to live forever,
you will not succeed."**

**George Bernard Shaw
(1856-1950)**

This is somewhat of a discouraging message but not if you accept the fact that there are limits on longevity, meaning that life has finite limits. Of course, Shaw himself lived to a ripe old age. However, by recognizing that no one can live forever, you can avail yourself of the life you have, and enjoy it as much as possible.

The Executive Board had a productive meeting with UCF President Whittaker who expressed an interest to hear how LIFE might be incorporating UCF's Goal to promote diversity and inclusion. The Curriculum Committee has completed the Spring Schedule and is now working on the Summer and Fall Class Schedules. The newly formed Public Relations Committee presented two goals – revision of the LIFE@UCF Brochure and creation of a 4-color annual report - which were approved by the Board.

These publications will allow us to share LIFE's contributions to UCF and the local community as well as showcasing our membership's activities. Directed Grants – it was approved unanimously to allocate \$24,600, doubling last year's grant allocation, to UCF Directed Grants. Life's \$10,000 donation to UCF Celebrates the Arts triggered a matching donation from another philanthropic source! Additionally, thanks to a three-year fundraiser, instituted by Dick Tucker to benefit gerontology, LIFE has established two (2) \$1,000 annual scholarships for UCF students pursuing a Minor in Aging Studies. Thanks for

another successful Knight's Pantry drive – 418 lbs. of food items and \$939 in cash donations were collected! New volunteers are making a big impact to the Curriculum and Experiential Learning Committees. LIFE and the Burnett Honors College are working to develop a program, Lunch with LIFE, where Honors College students can attend a lecture followed by a lunch and discussion with LIFE members. Finally, preparations for "Showcase 2019" in the spring have begun.

UCF Unit

Amount

Global Perspectives	\$2000
Parking Services	\$2000
UCF Library	\$1000
Psychology Dept.	\$1000
Student Union	\$2600
Interdisciplinary	
Studies Dept.	\$1000
Honors College	\$1000
College of Medicine	\$1000
College of Sciences	\$1000
Athletics	\$1000
Center for Success	
of Women Faculty	\$1000
UCF Celebrates the Arts *	\$10,000*
To be determined	\$1000
Total:	\$25,600

2018 Directed Grants

*LIFE Grant triggered a matching grant from another source resulting in a \$20,000 combined grant

**2018 Total for UCF Directed Grants is more than double the 2017 appropriation.



a Wink at LIFE:

05

a moveable (mental) feast: UCF's portable days

by Diane Wink

In UCF's early years faculty often traveled across campus to classrooms distant from their offices. The long walks helped promote aerobic health and ensured most everyone knew the layout of the campus. Often the destination was a classroom in a classic Florida portable. One collection located near the site of the current CREOL building even had its own soda machine and bathroom. Each classroom was tricked out with slide projectors though their use was problematic because of sensors which turned on the lights. To darken the room everyone needed to stay perfectly still. It seemed even feet on the floor kept the lights on. Some students tried to levitate off the floor but none succeeded. Those portables lived up to their name when they up and moved to vacant scrubland along Libra Boulevard. It was clear they would remain a long time when the site was fully landscaped. Despite the influx of humans, some Florida wild life, particularly a

hive of bees, remained. This caused at least one faculty member to wear bee netting on the way to class. Those portables were put to rest when construction of the Hercules/Nike/Neptune housing complexes commenced. Also different, were classes in the original Wayne Dench Center, a two building complex which housed multiple athletic offices. The football program staff along with the athletics' weight room occupied one of the buildings which also housed a classroom which could be split in two by closing a thin accordion-like divider. The screen for showing transparencies and slides was usually rolled up on arrival. Only the tallest of the tall could grab its tiny string and pull it down. One day, after a failed leap, a shorter member of the faculty missed the string and hit the screen roller causing the screen to crash to the floor. ...was a fun way to meet then head football coach, Gene McDowell when he ran into the room from his

adjacent office. The then School (now College) of Nursing held courses there for many years. One summer the walk over required crossing Gemini Boulevard during its reconstruction to become the multilane thoroughfare it is today; something particularly challenging when teaching obstetrics and carrying a birth demo pelvis, with attached newborn doll, to class. When there were classes on both sides of the thin room divider students could hear both lectures making note taking hard - were they to write down key principles for coaching a HS sports team or the recommended way to assess a newborn infant? Class breaks were fun since students had to pass the adjacent weight room to get to restrooms and soda machines. But, was a good way to see who was doing all the grunting heard during class. Over time, some nursing students got so used to taking tests to the sound of athletes being encouraged to "do one more" they wanted to make a recording to play during their licensing exam.



**Going batty:
members met special
guests Wilbur and Boris
at the lecture on
October 30.**



by Sam Shutt

You might not have known this, but a lot of non-living objects are actually either male or female.

Tires: Tires are male because they go bald easily and are often over inflated.

Hot Air Balloons: Also, a male object, because to get them to go anywhere, you have to light a fire under their butts.

Sponges: These are female, because they are soft, squeezable and retain water.

Web Pages: Female, because they're constantly being looked at and frequently getting hit on.

Trains: Definitely male,

because they always use the same old lines for picking up people.

The Remote Control: Female.

Ha! You probably thought the answer was male; but consider this: It easily gives a man pleasure, he'd be lost without it, and while he doesn't always know which buttons to push, he just keeps trying.



Cornell Museum
LIFE members attended a docent-led tour of "Dangerous Women" paintings at Cornell Museum. These paintings depict well known biblical women, from Judith to Salome. Elizabeth Coulter provided much background information and led a lively discussion. Cornell Museum is truly a small gem. This exhibit will be open until December 12, 2018. Be sure to mark this event on your calendar.

The museum is free, open to public Tuesday through Sunday, and provides museum tours on Saturdays at 1PM, unless otherwise noted.

Orlando International Airport Art Tour
LIFE members were treated to an astounding tour of magnificent and well thought out art for the traveler who is arriving or departing the airport. Art of many different mediums was displayed, including mosaics, terrazzo, and fiber art. In addition, LIFE participants rode the new fast trams to where Terminal C is being built, and where C-side parking is operational. This is the side where the trains will arrive, once that link has been established. If you have an opportunity to visit the airport, look around and enjoy!



Members enjoyed a tour of the Orlando International Airport's art collection.



by Denise Kay, Ph.D., Assistant Professor at the College of Medicine

Jill Beals, a UCF physical therapy doctoral student, smiled as Don, her 79-year-old volunteer, talked about his love for hiking and kayaking. “It sounds like you’re pretty active,” she said.

“Probably too active.” Don replied, pointing to the left foot he bruised on a recent river rafting trip.

Don’s job this day was to help UCF healthcare students better understand how to care for active older adults. He talked to them about his prescriptions (he’s not on any), his social life (he has a girlfriend) and how much time he spends in the sun. The exercise was part of UCF’s interprofessional education program (IPE), now in its fifth year, which brings together students and faculty from UCF medical, nursing, physical therapy, social work and counseling, and the University of Florida’s pharmacy programs. The goal is to develop students’ communication and teamwork skills so they work better with other healthcare professionals in the real world of medicine. This particular IPE experience was unique because students worked with real people, not actors. The volunteers were part of the Learning Institute for Elders (LIFE) at UCF group, which provides educational experiences for adults ages 50 and older. LIFE members said they volunteered because they hoped their lifetime experiences – medical and otherwise – would help train

tomorrow’s healthcare providers. Groups of interprofessional students interviewed each volunteer and then worked with multidisciplinary faculty members to create individual wellness plans for each volunteer. For Don, students wanted him to be aware of his risk for skin cancer because of his lifetime of outdoor activity.

“You said you got burned a lot as a kid and had a lot of sun exposure,” Sohum Patel, a third-year medical student, told Don. “We know that exposure in your teens and 20s is the most significant risk factor for late-age skin cancer. So that’s just something you’ll need to consider as well.”

Several students said the hands-on, interdisciplinary experience taught them what other experts bring to the table when it comes to healthcare. “They asked really important questions that maybe I wouldn’t think to ask,” said Anh Truong, a physical therapy doctoral student. “If the patient’s hip hurts, or if they’re falling all the time, well, those are things I can help with. But counselors, for example, talk more about coping strategies

and the patient’s support system, which are other factors that can affect treatment outcomes.” By working with older adults, students said they were able to dispel their own misconceptions about aging. “Our client was 80 years old. She biked 30 miles a week and walked five miles a day,” said Patrick Healy, a UCF nursing student. “So I learned to never assume that older adults are sedentary, and to always ask about what’s going on in their life, because some of them are more active than even we young people are.” Students in the program are able to learn how lifestyle choices affect quality-of-life as a person ages, said Dr. Denise Kay, who oversees the IPE program. And that’s knowledge that they can pass on to their future patients. “Beyond genetics, you can see the kinds of things these seniors are doing,” Dr. Kay said. “It’s the habits that you develop today that will determine whether you’re going to be biking five miles a day or climbing Mount Everest when you are their age.”



HELP WANTED

LIFE is searching for a new webmaster for our website. If you are interested, either stop by the Welcome desk and leave your name and contact information or call Leslie Collin at 407-823-5433 or email her at leslie.collin@ucf.edu.

GREAT NEWS! We asked George Weremchuk, Associate Professor of Music (Saxophone) to let us know how the wonderful Saxophone Quartet, who entertained LIFE member with their extraordinary talent, did in the state round of the MTNA competition. He emailed us the fantastic news that our UCF Saxophone Quartet won the state round of the MTNA competition!! George shared, “I could not be more proud of their effort!!” As LIFE members, we too, are delighted!





60,088 miles: Donna & Bruce Mylrea

In 1991, in semi-retirement, we decided to tour the US in a mini motor home. Didn't want to tow a car, so decided on a stretched Dodge high-top van. Bought a new van, no seats or any interior (except a temporary metal driver's seat). We designed the interior, took the plans to a custom shop, and several months and quite a few dollars later, had our dream vehicle. After a few local trips to test it, we left Orlando July 10, 1992. On July 28, 1996, (4 years and a month later) we arrived back home, having travelled 60,088 miles.

The van was never back in Orlando during that period, but we made many flights home to take care of business, check the house & grandchildren, etc. Lucky for us, Continental Airlines had a program for seniors that, for a reasonable fixed annual fee, you could fly anywhere at any time on Continental. You wrote your own tickets from a booklet they supplied. During the

four years we made 42 round trips on Continental to Orlando from wherever we were at the time, and back to the van parked at some airport, hotel, or relatives. The map below shows most of our stops during the trip. We started up to the northeast, as far as Nova Scotia, then across the country and back a couple of times. We had a general rough plan of the overall route, but mostly decided the route depending on what we wanted to see, as we were not on any timeline.

Visited friends and relatives all over the country, and a few of them and grandchildren joined us for a week or so of touring. Most nights we stayed in motels and inns, although we had a bed and basic bathroom facilities and stayed in the van in national parks and such. We kept a daily diary, and based on the first year's sample, we were on the road 54% of the time, and at

home 46%. On the road we were in motels/inns 62%, camping: 15%, and at friends/relatives' homes: 23%.

So many highlights to cover, but some are: Skied: Sun Valley; Vail; Jackson Hole; Keystone; Park City; Solitude; Alta; Brighton; Deer Valley; Beaver Creek; Breckenridge; Copper; Snowbird; Telluride; Steamboat Springs; Grand Targhee; Crested Butte; Angel Fire; Red River; Aspen; Snowmass; Big Sky; etc. (that's why so many dots near Denver, which was the top fly-home city). We ran the NASTAR slalom races where available.

Fish (mostly fly) and golf: Anywhere there was water or a 9-hole course. Montana most fun for fly fishing but got a big Northern Pike near Ely, Minnesota.

National Parks: Yellowstone, Carlsbad Caverns, Yosemite & Grand Canyon are, of course, spectacular, but Bryce, Glacier, and Canyon de Chelly were our favorite sleepers.

Presidential Libraries/museums:

Truman, Johnson, Roosevelt, Nixon, Reagan, and Eisenhower were excellent. Spent two days at the Eisenhower because of his personal WWII exhibits. We also stopped at innumerable state and local museums/events. The Royal Tyrrell Museum of Paleontology in Drumheller, Canada was outstanding; as was the Permian Basin Petroleum Museum in Midland, Texas, plus many Native American Museums and sites.

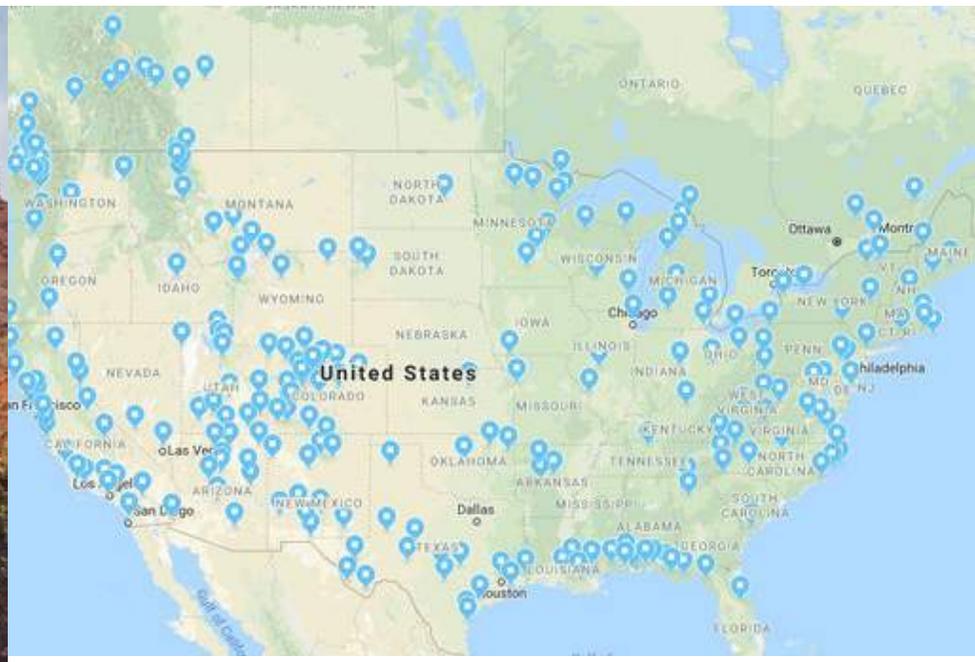
Scenic drives: My notes keep saying "this is the best yet", but the Banff-Jasper highway in Canada would be hard to beat; although the Beartooth Highway in Montana/Wyoming and the Highway to the Sun would be close. We needed to use many ferries during the trip, and

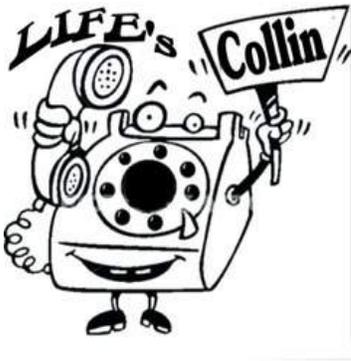
generally scenic, they were pleasant little mini-cruises that relaxed us from the long drives.

Genealogy: Donna's main hobby, so we stopped in many small-town courthouses, historical societies, libraries, and cemeteries, so she could pour over yellow documents in wooden file drawers in search of her relatives (and mine). The big stops were several visits to the Mormon library records in Salt Lake City. I got out of her way by going to Utah's many wonderful nearby ski resorts. Mishaps: Quite a few cold weather issues with the van, including several frozen batteries when we returned to Denver after a week or so at home. (To start in below-freezing, spray WD40 in the carburetor

and stand back.) We shared driving, about a two hour stretch each. Once, I was driving as we left a store and I noticed several people waving their arms frantically and laughing. Looking in the rear-view mirror I saw Donna running down the sidewalk and waving for me to stop. Apparently, she was not in the back when I took off!!

Misc.: America's Cup Yacht Races in San Diego; Napa Valley Wine Auction; delivering the grandchildren to camp in North Carolina; the 1996 Atlanta Olympics, and a side trip to France and England on our Continental passes. The USA and Canada are truly magnificent, and this was a wonderful period in our lifetime of travels.





It has now been almost 5 months since I started working for LIFE. Just recently, one of LIFE's busiest volunteers asked me what I found to be the most surprising part of my job. This was not very easy to answer. Is it the amazing curriculum that is meticulously planned to appeal to our membership? Is it the focus the membership committee needs to keep track of renewals, tracking a wait list and reaching out to new members? Is it the coordination of our eblasts, newsletter and website?

How about the focus on the safety of our members when an emergency alarm goes off in the Union? LIFE has a lot of moving parts – and each month I seem to learn about another aspect to this job. I love that I get to wear so many hats and be a part of an organization that sets goals and constantly evaluates how we are doing.

I am so impressed with many of the things this organization does, but I am most proud of the culture of giving that permeates every aspect of LIFE. This isn't something that is on my "to do" list – as it already being done. Since the Fall semester started, you all have helped raise money for UCF's Knight-Thon by supporting our Student Assistant; you have collected dry

goods for the Knights Helping Knights Food Pantry; you are planning a Toys for Tots campaign and you eagerly volunteered to help the College of Medicine with their IEP program. Many organizations strive to create a culture of giving that I see weekly at LIFE. I think this sense of community is what makes LIFE so unique.

There is no easy answer to what the most surprising aspect of my job is. It's everything I expected it to be and so much more.

I love inspirational quotes and I carry a small notebook with me, so I can jot them down when I come across something that inspires me (and of course to remember it!).

I will leave you with one of my favorites by Maya Angelou: "I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." LIFE is always looking for volunteers to help with our committees. Please reach out to me at Leslie.Collin@ucf.edu for more information.

sincerely,

Leslie Collin

LIFE Program
Coordinator

did you know?

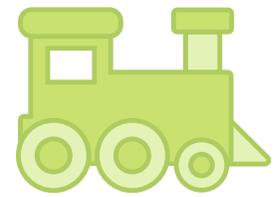
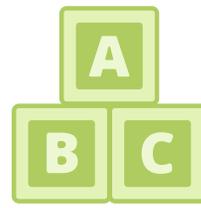
Student Union Guest Services and Lost & Found 407-823-0001 in the Atrium of the Student Union
The Student Union Guest Services desk serves as the information hub for our facility. Guest Service employees are at the desk to help

answer questions and provide assistance to students and clients. In addition, the Guest Services Desk is the location of Lost & Found. Items lost in the garage or outside the Union may be located through the UCF Police Department Lost and Found. The

UCF Police Department is on Libra Drive on the main campus. The office number is 407-823-5622.



toys for tots



12

Our annual Toys for Tots drive in association with the UCF Police Department and the United States Marine Corps has been scheduled for today, November 13; but if you forgot your toy, or monetary, donation, don't despair! We will also be accepting toys and/or checks next Tuesday, November 20! Lots of Central Florida children are already dreaming about a "red truck".

Interesting fact: December 20 of last year, our Marines flew two flights of huge cargo planes to Puerto Rico, delivering over

30,000 toys, books, and games to the children of that hurricane devastated island. I would like to think that among those 30,000 toys were some of our hundreds and hundreds of toys that you all donated last year, and that somewhere in there was a bright "red truck"! Thanks for your caring and support!
Kim Bowers

feeding frenzy:

The Food Drive for the Knights Helping Knights food pantry was a HUGE success! LIFE members donated 418.2 pounds (2,164 items) of food at 3 locations, Garage H, transportation circle and the Pegasus Ballroom as well as \$1,239 in cash donations.

Paige, the Knights Pantry manager shared some stats. She spends \$2,100 every 2 weeks to purchase food. 4,000 students used the Pantry in September, or about 14% of UCF's undergraduate student population.

Results of our Knights Helping Knights food drive



Trivia Tangle

This month's Trivia Tangle comes, not as a crossword puzzle, but as a reproduction of an online Twitter feed, found by, none other than our fun LIFetimes contributor, Diane Wink.

NOTE: the included photos are NOT necessarily clues for the question each is next to!



1. Where at UCF is the seal you are not supposed to step on?

- a) Teaching Academy Building
- b) Classroom Building 2
- c) The Library
- d) Student Union



2. When was the University established?

- a) July 5, 1963
- b) June 25, 1963
- c) August 15, 1963
- d) June 10, 1963

3. What was Knightro's girlfriend's name?

- a) Glycerin
- b) Golden Girl
- c) Titanium
- d) Knatalie



4. What is the UCF/USF game known as?

- a) The Running of the Bulls
- b) The War on I-4
- c) Knight Destruction
- d) The Big Rivalry

5. What is the name of the Knight statue in front of the stadium?

- a) The Charging Knight
- b) The Golden Knight
- c) The Knight in Shining Armor
- d) The Central Florida Knight



6. What is the name of the Alumni Center

- a) Cypress Alumni Center
- b) UCF FAIRWINDS Alumni Center
- c) Spectrum Alumni Center
- d) Brighthouse Alumni Center

7. How many colleges are there?

- a) 32
- b) 13
- c) 18
- d) 27



8. What is the official name of the "breezeway?"

- a) The John T. Washington Center
- b) The Coulborn Center
- c) The John C. Hitt Center
- d) The Charles Millican Center

9. Back when the university was founded, where was the old student union?

- a) Ferrell Commons
- b) The Breezeway
- c) Millican Hall
- d) The Venue



10. What year was the College of Medicine founded?

- a) 2010
- b) 2006
- c) 1999
- d) 1987



1. Student Union (check out the huge seal in the middle of the rotunda...but DON'T step on it! 2. June 10, 1963 3. Glycerin, who made her debut at Homecoming in 1996 4. The War on I-4 5. The Charging Knight 6. UCF FAIRWINDS Alumni Center 7. 13 8. The John T. Washington Center 9. Ferrell Commons 10. 2006