



LIFE Institute

in partnership with Programs for 50+ at Ryerson University's
G. Raymond Chang School of Continuing Education

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Events

New Ideas Day

Are you an out-of-the-box thinker? Do you have exciting ideas that LIFE should consider? Then come to the New Ideas workshop and bring your toolbox full of innovative suggestions that LIFE could use for future planning. This will be a working session. We expect that you will roll up your sleeves, be an active participant and stay for the entire program. Bring your new ideas and energy. Let's use the day to develop your ideas. The key questions for this workshop will be sent in advance. A working lunch is included.

Space is limited so please register by May 5, 2016

Date: Tuesday, May 17, 2016
Time: 10:00 a.m. to 2:30 p.m.
Location: POD 250
To Register: [CLICK HERE](#)

*Living*LIFE

Important Announcement About Membership Renewals

The LIFE Institute needs to adapt to its own success

Our membership is growing more quickly than the number of courses that we can offer at this time. We are evolving to provide more and better courses. In the meantime, we are changing the registration process to make sure we serve our current members. So read the following announcement and mark the key dates on your calendar.

As usual, membership for the next academic year will open July 1, but only for current members who are renewing their membership. The enrollment for new members will not open until August 8. By then, we will be able to estimate the number of members that we can accommodate in our Fall courses. We will only accept new members if we can establish that there is sufficient space for them in our program.

As a current member, you have an advantage, but only if you make use of it. Make sure that you renew your membership by August 7.

If you want to see the Fall course list before you renew, it will be available in the first week of August.

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Did You Know...

In a recent LIFE survey, (sample size 584) 75% of the respondents did not want to expand or change their involvement with LIFE. For the remaining 25%, the majority would be interested in volunteering at a special event (47%), volunteering on a committee (29%) or leading a class (17%), with 8% indicating that they would consider being on the Board of Directors.

Quick Links

[LIFE Website](#)

[Contact LIFE Office](#)

[LIFE Board of Directors](#)

[Clubs](#)

[Chang School Programs for 50+](#)

[Ryerson University](#)

[ACT II Studio](#)

FAQs

Want answers fast? Check out the [Frequently Asked Questions](#) on the website.

GET INVOLVED

LIFE Institute is a volunteer-run organization. Almost everything we do is done by volunteers. This includes the board, the committees, moderating and being a class host. As a result, volunteer opportunities occur frequently.

VOLUNTEER OPPORTUNITY: Help Us Welcome New LIFE Members

Last summer, through a new pilot project, over 146 new LIFE members received a personal phone call welcoming them to the organization.

New members were given information about LIFE's courses, our clubs, our special events and, of course, how to navigate our course registration process. This pilot was so successful that we have decided to expand it and make sure all our new members who join LIFE for the first time have the opportunity to hear from one of our volunteers. This work can be done from home and an orientation and script will be provided.

If you are interested in joining this group of callers, **please contact Susan Zimmerman** at the LIFE office (416-979-5000, ext 6989) or send her an e-mail at s_zimm@thelifeinstitute.ca.

Our current membership is now at 1814 and is projected to reach 2000 by September 2016. Did you also know that the LIFE Board and its subcommittees are working hard behind the scenes to accommodate this growth and to use it as an opportunity to creatively expand our quality programming as our membership increases?

The Fall 2016 LIFE Calendar will be posted on our website the week of August 2. Enrollment begins the week of August 15.

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Partners in Learning

On Wednesday, March 23, more than 100 guests and members enjoyed LIFE's signature event, **Partners in Learning**, where we awarded five Ryerson Students with \$1,000 LIFE Institute Jack Brown Award bursaries, in recognition of their interest in assisting older adults.

This event is so important because it brings together all aspects of LIFE:

- *Our long-standing partnership with Ryerson*
- *Affirmation of our charitable/philanthropic status*
- *Our love of learning*
- *The joy of recognition and celebration*

We heard from each of our students who told us how they became interested in seniors' issues and how their studies will equip them for the challenges ahead. Each of the students, their family members and guests were hosted by a member of LIFE's Board of Directors, who regard this as a great opportunity to understand how we contribute to the lives of Ryerson's students.



(L to R) Virginia Bosomworth, President of LIFE Institute, 2015-16 LIJBA Winners; Katherine Nguyen, Lina Kontoh, Adam Jefford, Sasha Mallya & Dr. Marie Bountrogianni, Dean of The Chang School
(Two additional award winners absent from the photo are Jenna Chiandet and Isaura Menezes.)

Among our guests were the Dean of The Chang School of Continuing Education, Marie Bountrogianni, and Ryerson Vice-Provost of Students, Heather Lane Vetere, who told us about the projects she has undertaken to learn and understand more about the life of a student through her immersion as a Fashion Student and a member of the Ryerson Rams Girls basketball team.

Quotes from LIFE Volunteers:

"Volunteering is never easy because it is work. However, LIFE is based on the premise that, as much as possible, we are self-sufficient – which means 'I've got your back,' and 'You've got mine". And, not surprisingly, volunteering is like running a marathon, in that while the preparation is work, the warm feeling of accomplishment upon completion is well worth the price."

-Rick Payne, Class Host, Moderator

"As a member of LIFE, I have met many interesting people that I might not have met anywhere else. I enjoy the breadth of programming and the idea that I can be learning about world history in one class and expanding my level of consciousness in another."

-Sharon Zeiler, Current Board Member, Chair of the Calendar Committee

This brings us to a total of 90 students who have received LIFE Bursaries in the 20 years that we have been awarding them. Our goal is to reach 100 by next year!

As a LIFE member you can contribute to our Fund by going to our website (www.thelifeinstitute.ca) and clicking on **Donate**. Tax Receipts are sent out for all donations over \$25.

Judith Levkoe
Chair, LIFE Institute Jack Brown Awards Committee

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Report on Programs for 50+

Ryerson Names New President



We are delighted to report that Ryerson University's Board of Governors has appointed **Dr. Mohamed Lachemi** as the university's 9th president and vice-chancellor, effective April 4, 2016.

An award-winning teacher, mentor and professor of civil engineering, Dr. Lachemi is well known for his pioneering research in high-performance materials and advanced technologies. He held a Canada Research Chair from 2002-10 and served in progressively senior roles at Ryerson including Dean of the Faculty of Engineering and Architectural Science, and Provost and Vice-President Academic where he became familiar with our Programs for 50+ as he shepherded a new Academic Plan.

Most recently he served as the interim President and Vice-Chancellor.

During his time at Ryerson, Dr. Lachemi has welcomed talented new scholars and students to the school, overseen the creation of a new Faculty of Science, fostered ground-breaking partnerships such as the Institute for Biomedical Engineering and Science Technology (iBest) with St. Michael's Hospital, and been instrumental in the success of innovation clusters led by the Digital Media Zone (DMZ).

The DMZ has served as the catalyst for Ryerson's signature entrepreneurial zone learning model, which has grown to 10 distinct zones across the university.

We are particularly pleased to have Dr. Lachemi as our new President as he is very supportive of our programming and recognizes the importance of demonstrating true, life long-learning opportunities at Ryerson.

50+ Festival is coming June 1 through June 4!



The annual 50+ Festival gets underway Wednesday, June 1st with an incredible line-up of speakers, lectures, music, film, storytelling, theatre and even puppetry – all geared to new ideas, new programs, and new possibilities to celebrate aging.

Our keynote address will introduce the **National Institute of Aging** – a brand new initiative at Ryerson focusing on rethinking aging today. Other special guest speakers will look at aging from choice and decision making, to challenges of the informal caregiver, to some key topics for conversation for LIFE members and your families.

Among our featured lecturers will be **Professor Arne Kislenko, Olivier Courteaux, Dr. David Chandross**, and an appearance by the renowned opera lecturer **Iain Scott**.

This year for the first time we have three well-known partner guests – **Toronto International Film Festival**, the **Royal Conservatory of Music**, and **Ageworks**. Of course **Theatre Out of the Box** will bring to life another great set of plays written, directed and performed by our Estelle Craig ACT II STUDIO students.

Here's your chance to try **Tai Chi**, socialize with others and even enjoy some 'retro' **Folk singing** – just a small sample of the very full and wonderful 50+ Festival program.

Mark your calendars and watch for more details coming out soon! Some presentations are free, and a few are ticketed but either way you must register on our website www.fiftyplusfestival.ca to attend.

Sandra Kerr
Director, Programs for 50+

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On Being A Course Moderator **Bob Fabian on Being a Course Moderator**

Bob Fabian joined LIFE several years ago. He retired after a career that began as an academic and ended as a consultant. In retirement,

he paid attention to urban planning, especially in his downtown Yonge Street neighbourhood. That led him to offer a LIFE urban planning course. It was a natural step from there to offering courses on philosophy and music. He keeps his hand in the technology game with LIFE Computer Club presentations.

LIFE: Bob, why did you decide to become a moderator at LIFE?

Bob: Years ago, I recognized that teaching a course was a great way to learn. In my 3rd Age, presenting LIFE courses gives me the opportunity to explore material that I find interesting, without worrying about academic preparation or professional credentials. That exploration of personally interesting material is what sets LIFE classes apart.

Thus far, I've had the opportunity to lead LIFE classes on philosophy, urban planning, technology and music. Leading LIFE classes doesn't demand formal preparation – LIFE is about shared exploration of interesting material. Successful LIFE classes do need to educate, but they also need to engage and entertain.

It's the combination of education, engagement and entertainment that makes LIFE rewarding for those who lead the classes and those taking the classes. It's a fit, proper and satisfying experience for those in their 3rd Age. I strongly recommend it.

LIFE: What do think makes a good LIFE moderator?

Bob: I want the moderator to be enthusiastic and actively exploring the material. Volunteers may lack some of the polish of paid ("professional") lecturers, but their enthusiasm can make all the difference. The difference can show in the engagement that is found in the classroom.

For me, volunteer moderators present the best LIFE classes. It's what sets LIFE apart. It's why I keep coming back to take LIFE classes.

LIFE: How do you prepare your class material to ensure that it is neither too long nor too short?

Bob: There's no standard for how much material is covered in LIFE classes. They need to educate, engage and entertain. And that simplifies preparation. Start with more than enough material. If it's running too long, skip or continue next week.

Success isn't based on how much material is covered. If the class engages and is entertained, it will be judged a success by the participants. And the people in the classroom are the only judges of success. It's really a positive difference from high school or university.

Moderators are a crucial component of LIFE's ongoing success – as Robert Fabian says, it's what sets LIFE apart. As our membership has grown, so has our need for moderators.

If you are interested or would like more information about becoming a moderator, please contact

**Susan Zimmerman at
s_zimm@thelifeinstitute.ca or 416-979-5000 ext. 6989.**

Getting to know the LIFE Board

In the next few issues of *LivingLIFE*, we'll be getting to know our Board members through a series of questions we asked so that our LIFE members can have an opportunity to get to know our board volunteers. Here's what we asked:

- 1) What interested you in becoming a LIFE Board member?
- 2) What is one thing that people may not know about you, that you want them to know?
- 3) What has been your favourite or most memorable experience as a Board member so far?

Here's what we found out:

Barbara Atlas

On becoming a LIFE Board member:

I had read some articles linking socialization and intellectual stimulation with brain health and as a lifelong learner I was very excited to be part of an organization that contributes to this process. I wanted to be part of the journey as The LIFE Institute innovates, adapts and satisfies the engagement needs of its growing membership.

What people may not know about me:

I am part of a project team at Baycrest doing research into brain health, cardiovascular risk and diet. We ran a pilot in the fall and one of the members of the team, using team data, wrote an abstract which was accepted as a poster for a symposium taking place this summer in Toronto and I am cited as one of the authors in the Abstract.

My most memorable moment so far:

I have had many memorable moments being part of The LIFE Institute. The latest was being a hostess at the *Partners in Learning* event that took place this March. It is at this event that LIFE Institute recognizes Ryerson University students with a bursary in recognition of their commitment to pursue careers that enhance the lives of seniors. It was so meaningful to have the opportunity to meet and chat with the students and their families and to hear about the students' achievements in their various fields. It was an occasion that truly enhanced the connection with LIFE, Ryerson and the students we intermingle with as we attend our courses.

Charlotte Snider

On becoming a LIFE Board member:

I am very interested in life-long learning and love engaging in discussion on a wide range of issues. Having taken courses at LIFE, I realized that there are many like-minded people in the membership. The organization was and is experiencing rapid growth, which

inevitably leads to the need for planning for and implementing change – something which I did lots of in my past working life. I view working on the Board of LIFE as an opportunity to be involved in, and hopefully help to further develop, a vibrant organization!

What people may not know about me:

When our daughter was seven years old we travelled and lived on our boat for a year. Having acted as her teacher and thereby becoming a Grade 3 student myself, by the end of that year I am not sure who was more happy to have passed Grade 3...me or our daughter!

My most memorable moment so far:

At our recent Strategic Planning Session each Board Member shared a story about something they were proud of having accomplished in the past. This was such a wonderful and surprising experience! We are very fortunate to have such capable, experienced and modest people on the LIFE Board!

Monty Hyde

On becoming a LIFE Board member:

My wife joined LIFE when she retired. I joined to accompany her to social events. I applied to join the Board when I saw that the rapid growth in membership was creating a need to change the way the organization is governed.

What people may not know about me:

I published my first novel, *Burdock*, through Friesen Press, and am two-thirds finished writing the sequel.

My most memorable moment so far:

The high calibre of Board members and the quality of Board meetings.

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LIFE and the Third Age Network (TAN)

Growing Together



How do we best communicate to government and other groups in society that we 50+ adults need to exercise our minds and bodies, and to build social connections in order to age in a holistically healthy manner?

Part of that answer may lie in the **Third Age Network (TAN)**. TAN's dual objectives are to strengthen existing member organizations and to build new ones. TAN started about eight years ago, and has 26 member organizations (including The LIFE Institute) with 10,000 active participants in Ontario. Its goal is to have 50 member organizations with a total of about 25,000 active members in the near future.

Judith Levkoe is Vice-President of TAN, and is on its Strategic Planning Committee. She is a vital link between The LIFE Institute and this umbrella organization. She is a self-proclaimed “change agent/shit disturber.” Judith has generously shared her observations regarding organizational growth and change:

On the benefits of networking:

- Networks allow us to achieve some of the benefits of scale and to manage comprehensive approaches to social problems.
- Networks generally create value for individual members as well as for the network as a whole in a reciprocal relationship.

On the values and abilities of networking:

- Networking allows a group to embrace emergence rather than predictability.
- The infusion of new ideas, and cross-fertilization of new concepts is easier in this format, as organizations in isolation often continue to do things the same way they always have.

In summary, membership in TAN allows for mutual support, a cooperative approach in researching issues of importance to its members, and most significantly, an environment where creativity can flourish for the benefit of all concerned.

For more information, follow this link to TAN: www.thirdagenetwork.ca

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In Memoriam, Errata and The Back Page

In Memoriam

Lucy Sonia Alt died at the age of 84 on March 8, 2016 – International Women’s Day. One of her friends thought that was fitting, as Lucy was so international in her outlook. She was predeceased by her husband of 48 years, Walter Alt. She had three children – Marlene (husband Doug), Leslie Alt, and Robert Alt (wife Risa), along with two younger sisters, Irene Guberman of Winnipeg and Dorothy Paudler of Toronto. Lucy also had four grandchildren: Aaron, Karlie, Nicholas and Elias. To her last days, Lucy was active, outgoing and popular – whether it was dining with friends, going to the movies and the Stratford Festival, viewing operas on film, or participating in the many classes she took at the LIFE Institute. Lucy also took on the role of Class Host for one of her LIFE courses. But, as daughter Marlene concludes in her eulogy, exceeding everything, Lucy was the grand matriarch of the Alt family, a loving mother, sister and Bubbi to her four grandchildren – a truly remarkable woman.

Errata

Our apologies to **Mary-Jill Blackman**, who, in our last issue, was missing from the LIFE’s 25th Anniversary Committee photo and very much a part of this special event. Sorry we missed you MJ – you were a valuable member of the team.

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To make sure this newsletter is interesting and useful for members, we welcome your feedback.

We also invite members to submit story ideas for consideration by the Editorial Committee and to join the committee if you have the urge to let your inner writer shine.

Please send your feedback or story ideas to Susan Zimmerman, at s_zimm@thelifeinstitute.ca.

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