



LIFE Institute

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

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HAVE A LOOK

With our current issue, we hope to keep you up to date on events at LIFE. However, the previous 5 issues of LivingLIFE are chock full of news, important information, and other items that will give you a well-rounded picture of the LIFE experience.

We invite you to have a look at these issues by going to the [LIFE website](#), clicking on [About LIFE](#), and scrolling down to *LivingLIFE* Newsletters.

*Living*LIFE

Welcome to the LIFE Institute

Welcome to LIFE...and for many, welcome back as we start another exciting year of learning coupled with the opportunity to make lasting connections with one another.

Founded 27 years ago, LIFE now enjoys a membership of 2,000 people between the ages of 50 and 96.

A few highlights about LIFE:

We have had a valued affiliation with Ryerson since 1990 that continues today through the Chang School for Continuing Education.

We operate as an independent, registered, not-for-profit, charitable organization.

Our member volunteers participate in a variety of ways such as: moderators or lecturers, committee members, class hosts, special events leaders and board members.

We employ a full time executive director and two part time staff.

We offer over 180 courses each year, ranging from 4 to 10 weeks in length, the majority of which are led by our members.

To date, the LIFE Institute has provided bursary awards to nearly 100 Ryerson students who have engaged in academic or volunteer programs focused on enhanced quality of life for older adults.

SAVE THE DATE(s)

Tuesday, October 24, 2017
2 PM - 4:30 PM
LIFE 2016-17 AGM
Stay tuned for registration information and materials.

Winter 2018 Calendar will be on-line at the end of November.

Registration for Winter Courses will commence December 4.

The Newsletter Committee is looking for submissions

If you have an amusing short story or poem we would like to hear about it.

Please send your story (no more than 100 words) to peteraustin388@gmail.com.

Note that the subcommittee's decision on whether or not to publish is final, and we also reserve the right to edit submissions.

Thank you!

Quick Links

[LIFE Website](#)

[Contact LIFE Office](#)

[LIFE Board of Directors](#)

[Clubs](#)

[Chang School Programs for 50+](#)

[Ryerson University](#)

[ACT II Studio](#)

This year during member registration, we provided a volunteer information form to encourage members to tell us more about themselves. Thank you to all who took the time to complete it. Rest assured that in the weeks ahead we will be in touch.

Technology Hiccups

Thank you for all your patience during this year's registration process. We thought we had the problem solved a couple of years ago but found that the combination of more courses and 2000 members over-taxed the registration system.



We know the root cause and will be working in the coming months to address this issue once and for all.

LIFE member wins Stella Award!

Stella Awards are given for one-act plays written by older adult participants in any of our Programs for 50+, and presented at the 50+ Festival in June.

The Stella Award was created in 2011 by Estelle Craig who, as a member of ACT II STUDIO, became more interested in writing plays than acting.

Estelle created the first Stella Award to encourage seniors to write plays that share their knowledge, wisdom and experience of life. Her family, through a donation to Ryerson University, provided the endowment for the award. Every year since 2011, awards have been given out to worthy plays.

This year, the top winner was Bernie Gelfand for his intriguing play "Hunger". Tied for second place were Paul Bilodeau and Hank Bordan. Hank Bordan is the first winner to come from the LIFE Institute!

Hank had never before submitted a play, and in fact had only written a "few ideas" for a play. With some encouragement, he decided to finish and submit a

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. If you are interested in volunteering please contact the LIFE office info@thelifeinstitute.ca or 416-979-5000 x6989.

Making The Most Of Your LIFE Institute Membership: The Ryerson Campus Experience

By Brad Fortner, LIFE Member

For me the value of a LIFE Institute Membership lies in accessing the true campus experience that a University provides. The great thing about The LIFE Institute is its affiliation with Ryerson University. That partnership draws attention to many free (and sometimes paid) events and services that make up a modern

play about the dilemmas families face in wanting to do what is best for their elderly parents/grandparents. His play is entitled “*So What Are We Going To Do About Grandpa?*”

This year was also the first in many years that Estelle Craig was present to give out the awards. Estelle is 102. A number of years ago a documentary featuring Estelle in her 95th year was shown on American and Canadian public broadcasting stations. If you Google her you can see the video. She continues to write, with the help of a caregiver, about her experiences as she ages.

Estelle presented Hank with his award and reminded everyone that through the medium of theatre, the playwright has a great opportunity to pass on to the world the wisdom and experience of life as we age.

Congratulations to Hank, and I hope others will think about submitting something next year!

Programs for 50+

What’s going on in Programs for 50+ in The Chang School ?

LIFE Institute is only one of the many Programs for 50+ available to you through The Chang School of Continuing Education at Ryerson. While the exciting courses of LIFE cannot be beat, there are many other opportunities here to challenge yourself intellectually. And you don’t have to be a member of LIFE Institute to take part in any of these, so you can bring your friends! Have a closer look at these and other exciting programs by following the link: www.ryerson.ca/ce/programs50+

Film Club

Host Kevin Courier intrigues and challenges you to become more engaged in watching films throughout the academic year in the Film Club, a short series of four weekly Sunday afternoons. This first Film Club series, “*Time Waits For No One: A Study of Time and Movies*”, starts September 17th.

University. As a LIFE Institute member, you have access to much of it and I would encourage you to take advantage of it.

Ryerson Library: I'd suggest starting by getting a Ryerson Library Card. You obtain it by first getting your LIFE Institute Card from LIFE office and then visiting the Library's circulation counter. Having access to Ryerson's library is a world unto itself. You can --for example-- borrow a fully charged laptop computer (Mac or PC) for a four-hour period!

Student Learning Centre: I suggest taking the elevator to the 8th floor of the Student Learning Centre (SLC), which is on the site where Sam The Record Man once stood. Take the stairs down and walk through each floor to get an idea what's available to you as a student. On the third floor drop into the Digital Media Experience Lab (DME) and find out how you can access the knowledge and technology in the lab for any project based work you may undertake.

For more information visit our website home page www.thelifeinstitute.ca

Music Program

Many of us suffer from some form of hearing loss as we age. Recent studies in the Psychology Department at Ryerson have shown that learning to sing can actually improve your hearing.

Join us in this unique course that provides not only a chance to take part in a singing class, but also an opportunity to take part in a study on hearing loss and singing. If you decide to be part of the study, you will receive some added skill exercises through your home computer. Singing classes are offered on Wednesday and Thursday afternoons from 4- 6 p.m., starting Oct 4th.

50+ Lecture Series

We run three or four lectures over the year, usually on a Sunday afternoon. A small advisory team engages interesting and intriguing guest speakers to discuss current issues of the day. Our first offering will be Sunday October 22nd from 1:30- 3:30 pm.

Lifestyle and Wellness Programs

Walk for Success!

A pilot course started August 29 to build physical stamina and motivation with a goal to walk a 5k marathon in October.

Participants will learn different tools and techniques to help them keep mobile as well as increase motivation to improve your lifestyle. If it's successful we are hoping to run another in the spring. Watch for more news!



Humour, Health and Happiness

Wednesday, October 25, 2017 is the date for an exciting seminar presentation on humour and health. Dr. Marilyn Hadad, professor emeritus at Ryerson University, has taught and written extensively on the value of humour in life, and Dr. Mel Borins, a Family Physician on staff at St. Joseph's Health Centre, and an associate professor in the department of Family and Community medicine at U of T will introduce us to how and why humour and laughter are key to an engaging and



ACT II STUDIO presents
Gelato Fest.

October 13, 2017 2PM & 7PM
October 14, 2017 @ 4PM

Five original plays written,
directed and performed by
members of act 2
studioWORKS.

Location: St. Peter & St. Simon
the Apostle Church, 525 Bloor
Street East (nearest subway
Sherbourne) to see:

LETTERS FROM HOME

– Kay Randewich

FAMILY PASS

– Donald Baker

ROOM KARMA

– Paul Bilodeau

MARTIANS IN THE SALAD

– Krystyna Hunt

NIGHT SHIFT

– Pat Cochrane

Tickets \$20 general admission

To purchase tickets, [CLICK
HERE](#)

healthful life. Watch for further details about this wonderful seminar !

Caring Clown Program

We have a unique and award winning program that uses fun and laughter to give back to others – our Caring Clown program. Caring Clowns receive training, and perform in long-term care facilities. If you enjoy the fun side of life and ever thought you might like to try clowning, these folks have a wonderful time using laughter to bring joy to others – a truly rewarding experience..



Getting to Know the LIFE Board

As part of our endeavor to help you get to know the LIFE volunteers who form the foundation of the LIFE organization, we asked **Ragip Yergin**, a relatively new board member, to answer a few questions for us:

Q.1. What interested you in becoming a LIFE Board member?

I became a LIFE member three years ago – initially taking courses and then gradually moderating courses. I also got involved at other events as a volunteer and was a panelist at a new members' event- encouraging our members to become moderators at LIFE. I liked the mission of LIFE – providing not only high-quality learning opportunities but also opportunities for personal growth and social interaction. When I was approached by the board nominating committee, I was happy to become part of this important mission. With my business background and past experience at various boards, I felt confident that I could contribute to this mission.

Q.2. What is one thing people may not know about you that you want them to know?

I am originally from Istanbul, Turkey, and have been in Canada for only three years now. I became a LIFE member through the internet even before

boarding the plane! I am happy to be in Toronto – definitely a multicultural, tolerant city - and LIFE is part of this unique culture.

Q.3. What has been your favourite or most memorable experience as a Board member so far?

There was a lot of hard work and I took a great deal of satisfaction in the committee works –especially on the policy, strategy, and governance issues. Being part of a team planning and defining the future of LIFE made me proud.

Thank You Volunteers... The Heartbeat of LIFE

LIFE’s inaugural Volunteer Recognition Event took place on June 22 at Ryerson. The guests were treated to a few hours of festivities and a decadent appreciation cake while enjoying a musical medley from **Jordan Klapman** on the keyboard.



After the guests had an opportunity to mingle with each other, **Ginny Bosomworth**, LIFE President, delivered a warm welcome and heartfelt thanks to each and every volunteer. Without volunteers, there would be no LIFE.

The highlight of the morning was the keynote speaker, Jim Rankin, a reporter/ photographer at



the Toronto Star, specializing in investigations, features and data journalism. The audience was enraptured by his presentation, including

a behind the scenes talk about his work on the Michener Award-winning investigative series into race, policing and crime in Toronto.

The event concluded with rounds of applause to recognize and appreciate each volunteer in the different LIFE groups - board members, moderators, class hosts, 7 different operating committees, club coordinators, and special projects.



An opportunity to connect and meet with other LIFE volunteers was enjoyed by all.

Life's Like That

A Prodigy

A prodigy was Marta;
At seven, she could spell
Geodic and Djakarta
And antiparallel.

At sports, she was a duffer
Who couldn't catch or kick
And hid behind a puffer,
Proclaiming she was sick.

She ran from high-school dances
Like Trump from humble pie,
Preferring the romances
Of Chrétien de Troyes.

As sexy as a sturgeon,
With all that fish's fizz,
She'd die, they said, a virgin
(The glamour girls, that is),

But no: she met a boffin,
The nerdiest of nerds,
Who spirited her off, in
A cloud of whizzy words.

Their daughter, Anastasia,
Who's homing in on six,
Can spell antonomasia
And geopolitics.

- Peter Austin

In Memoriam and The Back Page

In Memoriam

Unfortunately, over the past few months, two of our LIFE members passed away.

We remember:

Ann Jaffary, died August 12, 2017

Sheldon (Shelly) Manly, died September 14, 2017

THE BACK PAGE

Members of the Newsletter Committee include Peter Austin, Peter Douglas and Ruth Lerner. 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 Peter Austin, at peteraustin388@gmail.com.

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