



# LIFE Institute

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

LivingLIFE (formerly known as LIFElines) VOLUME 27, NO. 2

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## LivingLIFE

### LIFE Lessons – in 8 months!

Executive Director, Elisabete Way, welcomes all new members. Read her message below to find out why LIFE Institute is the premier 50+ learning program centre in Canada for active older adults.



In my last update I mentioned that our community is committed to providing the very best in 50+ programs. I also spoke about experiencing great **learning** and taking advantage of **socializing** and **contributing** so here is what we have been up to! In the last 8 months I have done all the above, as I learned from you and especially our volunteers, as I socialized every time I met a member or a volunteer, and hopefully I have started contributing to what in my humble opinion is a great community organization.

As mentioned before we were hoping to launch (or re-launch) the program -- LIFE*Travels* comprising LIFE*Air*, LIFE*Bus* and LIFE*Cruise*. But we need help – volunteers are needed to help launch this program. If interested please email me. One volunteer and myself cannot accomplish it alone.

Our Board is reviewing the last year of our Strategic Plan and preparing for developing our next 3-year Strategic Plan that will guide us from 2019 to 2023. We will be reaching out to you through a survey, to capture your thoughts, ideas and suggestions that will guide the plan. In the meantime,

Have some ideas? – send them to us at [ideas@thelifeinstitute.ca](mailto:ideas@thelifeinstitute.ca)

We have awarded the website and registration contract and are moving ahead with this initiative – we are confident that we will not only be able to improve our registration process but also have the added benefit of improving our communications, enhancing our social interactions, providing better support to our course leaders and enhancing our

## FAQs

Want answers fast? Check out the [Frequently Asked Questions](#) on the website. Most answers can be found online. Here are some examples:

- [Refund policy](#)
- [Can I claim LIFE courses on my income tax return?](#)

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## 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](mailto:info@thelifeinstitute.ca) or 416-979-5000 x6989.

10<sup>TH</sup> ANNUAL FESTIVAL  
**50+** PAST PRESENT FUTURE

The 50+ festival celebrates the continuing contribution of the older adult to culture, to society, and to life itself, and this year marks a decade of the festival. Join

services to you, our members.

And one of the most important functions of all is being able to reach out to those of you who offer to volunteer for us in a more timely manner. It is very frustrating that we need volunteers desperately and yet we have difficulty with our system in reaching out to those of you who have offered to volunteer as part of your membership form!

We are also taking your comments and suggestions seriously, especially those of new members. They will help shape future directions. We are presently looking at how we define our courses. We aim to improve our definitions, so you are better able to understand the course style being offered – whether lecture with some questions, lecture with some moderation, moderation, or interactive/hands-on style. So stay tuned.

The winter has been a wonderful time of learning about LIFE and looking for opportunities to strengthen and improve our programs. We thank all of you who have taken the time to offer us help, provide us with valuable constructive feedback, share your wisdom and most of all for your patience as we work to improve.

Elisabete Way  
[e\\_way@thelifeinstitute.ca](mailto:e_way@thelifeinstitute.ca)

## Partners in Learning: The 2018 LIFE Institute Student Awards

The 100th LIFE Institute Student Award was presented this year at the Partners in Learning event on March 20th. Since 1999, LIFE has granted these scholarships to Ryerson students in financial need who are committed to studies that will improve the lives of seniors. The 100 winning students have come from a wide variety of disciplines. This year was no exception: Journalism, Nursing Science, Psychology, Aging and Gerontology and Advanced Architecture.



*(L to R): Jenna Chiandet, 2015/16 LISA recipient, \*Adam Russell Chen, \*Alison Conway, Judith Levkoe, Past-Chair of LISA Committee, \*Sandra Hardy, and Dr. Julia Spaniol, Associate Professor and Graduate Program Director. Department of Psychology accepting on behalf of \*Erika Sparrow. \*2017-2018 LISA Award Winners*

Why did they choose to work with older adults? Their inspirations varied from living with grandparents to volunteering in a seniors' home and a chance research assistant position. However, the audience was moved by the students' accounts of the impact of

us **June 1 - 3, 2018** as we celebrate past perspectives, present positions, and future paths.

Don't Miss:

Special guest speakers **Bob McDonald** (CBC Radio) and **Jesse Hirsh** (Futurist and Digital Strategist).

Exclusive screening of ***Eleftheromania***, Winner, Best Drama, 2018 Toronto Shorts International Film Festival.

***Theatre of our Times***; three short works about the way we navigate life's challenges and absurdities written, performed, and directed by the Estelle Craig ACT II STUDIO.

**The Gould Street Anniversary Party** with free food, music, and pop-up entertainment.

A **cocktail and d'oeuvres reception**, filled with the sounds of the 18-piece Hurricanes Dance Band.

For full program details and to register visit [fiftyplusfestival.ca](http://fiftyplusfestival.ca)

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## OUR NEW LOOK

As noted in the previous Newsletter, the I.T. Committee is developing an updated website for LIFE. At the same time, the Newsletter Committee has

being chosen for the award. Greater than financial assistance, is the encouragement and confidence that winning brought to them. ". . . I think I really began to believe in myself; . . . to put myself out there and be vulnerable. I felt like I . . . can dream big and make changes."

One of this year's recipients, Alison Conway, is herself a senior. Her studies in architecture began after post-retirement employment at a co-op housing project. At the end of her speech, Alison left LIFE members with a rousing call to action:

*"Locally, seniors have work as members of the village that raises and provides a welcoming community for children. Provincially, seniors have work speaking out and acting for justice, equality and fairness. Globally, seniors have work as elders to take action on environmental challenges so children inherit a healthy sustainable world. Personally, seniors have work being members of a caring, kind and engaged community."*

## Roughage Meets Rooftop



Ryerson Urban Farm turned the roof of the George Vari Engineering and Computing Centre at Ryerson University into a viable urban farm that produced more than 8,000 lbs of vegetables last year.

While the Andrew and Valerie Pringle Environmental Green Roof was originally implemented to help manage building temperature and reduce storm water run-off, the green roof provided fertile ground for an ingenious idea: to transform the space into an edible garden that supplies the campus with fresh vegetables. It's a

great example of how the Ryerson community used ingenuity and drive to transform a large space into something deliciously useful.

At Ryerson, we work together to grow opportunities and feed change on our own campus and beyond.

*This article is from Ryerson University's [Mind and Action](#) web page. For more information on the Ryerson Urban Farm please visit: <https://ryersonurbanfarm.wordpress.com>*

## Photography Club Exhibition

Last summer, The Chang School's Special Projects Coordinator reached out to LIFE's photography club regarding the exhibition space in the building. The club held a competition and the selected photos are showcased on the south wall of the main floor of The Chang School (297 Victoria Street).

scheduled release of a new format of the Newsletter for the next edition. It will be in dynamic FlipBook layout which is simpler to access and easier to read. Hopefully, you will all approve.

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**ACT II STUDIO STRATFORD  
FESTIVAL BUS TRIP -  
DEADLINE TO PURCHASE  
TICKETS EXTENDED TO  
THURSDAY, MAY 10**

There are still seats available on the bus trip to Stratford to see *Coriolanus* by William Shakespeare. This is a must-see - a stunning production by genre-defying director Robert Lepage explores the age-old tensions that still tear at the heart of democracy. **The trip is on Wednesday, June 13, 2018 at 2 p.m., Avon Theatre, Stratford.** The bus leaves at 9:30 a.m. sharp. Vrenia Ivonoffski's will be giving her always informative lecture outbound and leading the lively discussion on the return trip - the time flies by and one is almost sorry when the destination is reached.

Price: \$125 per ticket- to purchase visit [www.act2studio.ca](http://www.act2studio.ca) or [CLICK HERE](#) for direct link to Arts People ticketing site. If unable to purchase online, tickets are also available at the ACT 2 Studio office.

For more information and to

Next time you are on campus, please come and admire the talent of some of LIFE's very talented members. Ten photos were selected. One of the winning exhibitors, **Edward Zamble**, is highlighted below. Edward founded the LIFE Photo Club.



Consuego Windmills

Jet-lagged and near exhaustion on the way to his destination in southern Spain, Edward found himself in a small town called Consuego known for its ancient windmills. Somewhat reluctantly he took his camera as he walked around, shot a few perfunctory tourist mementos and then noticed an unusual conjunction of lines from the set of windmills, the path uphill, and a jet contrail coming out of the afternoon sun. He stared at the scene and contemplated the composition for several moments, waiting until a single passing person was in position to complete it as he had envisioned, then pressed the shutter and rushed to catch the rest of his group.

Edward Zamble first experienced the magic of photography at age 10 and pursued the art episodically thereafter, but career and family commitments took precedence until retirement from his full-time position. Since then he has worked to develop his skills, using almost exclusively digital techniques and largely documenting the created human environment. Edward provided the impetus for the creation of the Photo Club some 4 years ago to recruit and amplify the substantial interest he had perceived among LIFE members.

#### **Photography Club**

Are you interested in photography as an art form? Do you want to be able to make better images? Our meetings feature discussions of ideas and techniques, equipment, computer software, common problems, etc. We include sharing and constructive feedback for each other's images, and sometimes group shoots or gallery visits. On occasion we have guest speakers come in to talk about topics of interest to our members. The club is aimed at those who already have some experience making photos, but LIFE members at any level of expertise are welcome. A schedule of topics will be chosen at the beginning of each term. We currently have close to 50 members.



purchase tickets, [CLICK HERE](#)

## HAVE A LOOK

With our current issue, we hope to keep you up to date on events at LIFE. However, the previous 7 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](#).

## 50+ Lecture Series

### Crisis In Catalonia –Why does it Matter?

Close to 200 people gathered on Sunday February 11 to listen to an intriguing perception about the “Crisis in Catalonia – Why does it matter?”, one in a series of lectures presented by Programs for 50+ in The G. Raymond Chang School of Continuing Education at Ryerson University. These lectures focus on social justice and current events issues and are open to the public.

**Dr. Olivier Courteaux** spoke to an almost full house at Ryerson, focusing on the historical roots of the recent Catalonia crisis in Spain. Catalan pro-independence forces and the Spanish central government have been on a collision course since the end of the Franco dictatorship. He reflected on some of the past problems and situations leading up to the current crisis, addressing the question whether or not a solution was possible through compromise. It was an engaging and vibrant session with many questions and comments.



Dr. Courteaux is a popular lecturer in the LIFE Institute and has taught at various Canadian Universities including Ryerson and the Royal Military College of Canada. He is the author of several books including *The War on Terror: Canada’s Dilemma* (2009) and *Canada Between Vichy and deGaulle: 1940-1945* on Franco Canadian relations during the Second World War.

There are usually 3 to 4 lectures over the academic year and the last one for this year was in April.

### Music Program



**Love, Anger and Tragedy: The brain basis of emotion in music.** Attendants at the first music lecture in Programs for 50+ Music Program packed the First Evangelical Lutheran Church sanctuary to hear an exciting operatic and scientific tour de force.

**Dr. Frank Russo**, professor of Psychology at Ryerson University presented a look at how our emotional response to music seems to tap into something deep and universal in everyone. Mezzo soprano **Beste Kalender** sang excerpts from various arias composed by Schoenberg, Bizet and Mozart among others. She was accompanied by **Geoffrey Conquer** on the piano and after each rendition, Dr. Russo explained how the emotions expressed through the music is captured in the brain. It was truly a fascinating look at how we hear and interpret music both scientifically and emotionally and how our emotional response is triggered in the brain.

### Pilot 50+ Choir

Have you ever wanted to join a choir? We can help you get started! The Pilot 50+ Choir debuts this summer with a 6-week session. Designed to welcome all voices, weekly rehearsals will include warm-up exercises, lots of practice time, a variety of music, and light refreshments. This open and friendly atmosphere is the perfect place to enhance your singing and meet new friends. For more information contact Programs for 50+ and

Community Engagement: 416-979-5103

### **Understanding Today's Music**

Do you want to learn more about today's music and what makes it so popular? Join us for a 4-week session that is part music appreciation and part critique. Together we will listen to the top three songs on the Billboard Charts from 2010-2017 and discuss the melodies, messages, and motives therein. Not only will you gain a better understanding of today's music, but you might also expand your own musical interests. For more information contact Programs for 50+ and Community Engagement: 416-979-5103

### **Walk for Success**

A seven-week course designed to inspire you to make a lifelong commitment to your body and your health. Built as a repeat of last year's opportunity to take part in the Scotiabank Toronto Marathon 5k Walk, this year's course will allow you to participate in the Beaches Jazz Run. Each week includes a 45-minute training session on the indoor track at Ryerson Athletic Centre (RAC), and a 45-minute workshop to understand motivation and create new habits. This course is led by motivational and physical training experts, **Deb Kozlowski** (founder and owner of Deb K Fitness) and **Susan Sommers** (author of *Love your Body...Embrace Your Life!*). For more information and to register visit <https://ce-online.ryerson.ca/ce/calendar/default.aspx?section=course&sub=0&mode=course&ccode=CSHW%20100>

### **Join Team Caring Clown in the Toronto Challenge 2018!**

Caring Clown is a unique, hands-on program that trains older adult volunteers to bring cheer to residents in long-term care homes. Each year, the Caring Clown program raises money by participating in the Toronto Challenge; an annual fundraiser event organized through the Toronto Long-Term Care Homes and Services that raises money for community agencies to improve the quality of life for older adults with dementia and Alzheimer's disease. Show your support for the Caring Clown program by registering to walk/run with Team Caring Clown in the Toronto Challenge on Sunday, June 10th. For more information visit [ryerson.ca/ce/tccc](http://ryerson.ca/ce/tccc)

## **Empowering Seniors to Age with Confidence**

Ontario has a new plan to help seniors lead independent, healthy and active, safe and socially-connected lives.

***Ageing with Confidence: Ontario's Action Plan for Seniors*** recognizes that seniors will require different kinds of support at different times of their lives.

The plan expands the popular Seniors Community Grant program; providing more recreational, educational, and social programming for seniors across the province, while also expanding the network of Seniors Active Living Centres. In addition, the plan will create mentorship opportunities between seniors and youth to foster intergenerational learning.

*Aging with Confidence* responds to how seniors have said they want to live their lives, with independence as the top priority. It includes support for more “naturally occurring” retirement communities, where services can be brought into places where many seniors already live close to one another. These types of communities promote social interaction and fight isolation, allowing residents to stay in their homes longer and enjoy a higher quality of life.

Keeping seniors safe is another fundamental pillar of *Aging with Confidence*. The plan commits to launching a consumer protection program aimed at protecting seniors’ hard-earned money through education and awareness, as well as through enhanced assistance for seniors who have fallen victim to these threats or scams.

While seniors are living longer and healthier than ever before, it’s important the right care supports are available when they need them. The plan includes a once-in-a-generation investment in long-term care, creating 5,000 new long-term care beds over the next four years and more than 30,000 new beds over the next decade. In addition, a high-dose flu vaccine, specifically targeted to seniors, will be available free of charge starting in the 2018-2019 flu season.

“Seniors have spent a lifetime contributing to their communities and to the economy. It is our collective responsibility to ensure their changing needs are met,” says Minister of Seniors Affairs, Dipika Damerla.

After the successful launch of OHIP+ for children and youth under the age of 25, the program is now being expanded to everyone 65+. This year’s Budget changes the Ontario Drug Benefit program to make more than 4,400 prescription drugs free of charge for millions of seniors as of August 2019. There will be no deductible and no co-pay, regardless of income.

To learn more about *Aging with Confidence*, along with all the programs and services available for seniors, visit [Ontario.ca/AgingWell](https://Ontario.ca/AgingWell).

## Aging in Place



Many, if not most of today’s seniors wish to “age in place” – namely in the homes they are living in. However, for senior homeowners, often major adaptations will be needed in order to maintain their independence, and to deal with existing or anticipated mobility issues.

The Canadian Home Builders' Association (CHBA) views itself as "the voice of Canada's residential construction industry" –representing over 8,500 companies connected to the building industry.

### **The Home Modification Council**

The CHBA has recently established a new Council. It was created to help the industry address a major sub-set of Canadians – those requiring renovations so they can age-in-place, their caregivers, and persons living with disabilities - a large and growing segment of Canada's population.

#### **What will the HMC do?**

The HMC is focused on supporting the industry's capacity to provide aging-in-place renovation services for Canada's seniors, persons with disabilities, and their caregivers, including:

- Identifying and creating appropriate training and recognition for renovators.
- Providing technical information and resources on appropriate home modifications based on the needs of homeowners/customers.
  
- Connecting occupational therapists (OT's) with renovators and their customers, and supporting the important role OT's play in ensuring that appropriate renovations are specified.
- Providing access to trained architects/designers for renovators to call upon when their clients require specialized home modifications.
- Providing access/information about disability funding organizations for both renovators and homeowners so those in need can get the renovations they need.
- Providing information about government loans, grants and tax credits to help homeowners make their dollars go further.
- Connecting renovators and their customers to assistive device suppliers.
- Provide those that wish to age in place and their caregivers with easy access to industry professionals who have the expertise and resources they need.

#### **A Final Thought**

Professional aging-in-place renovations must address the challenges the customer is experiencing today. They must also anticipate how the client's condition will change over time, and address future challenges. This is where advice from the medical community and occupational therapists will make or break a renovation. The reason for doing a renovation is to improve one's quality of life today – and tomorrow. A well planned home modification done by trained renovators will help make that happen.

For further information, visit [www.chba.ca](http://www.chba.ca)



## In Memoriam and The Back Page

### In Memoriam

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

We remember:

**Patricia Fawcett**, died February 20, 2018

### THE BACK PAGE

To make sure this newsletter is interesting and useful for LIFE members, on behalf of the Newsletter Committee, we welcome your feedback.

We also invite members to submit story ideas for consideration by the Newsletter committee, or to join the Committee if you have the urge to let your inner writer shine. Please send your feedback to either Peter Douglas at [ptdins@sympatico.ca](mailto:ptdins@sympatico.ca) or to Ruth Lerner at [rzlerner@hotmail.com](mailto:rzlerner@hotmail.com).

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