



Stuff Worth Knowing!

LIFetimes

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Welcome to December

Our semester has come to an end. A semester that was filled with incredible lectures; lectures that we were able to see in person, via Zoom and/or on YouTube. These opportunities were made possible by the hard work of our wonderful curriculum committee, Leslie, our student assistants and the AV Team!

Also, our Fall Semester saw many new Trippin' through LIFE opportunities. These events, through December, have had over 350 LIFers scheduled to attend! The Trippin' committee already has at least 8 more Trippin' events scheduled for the Spring...Check the last page of this LIFetimes for signup information and/or a list of what is to come! Admittedly, I am a bit biased towards this committee...but they are some of the most hard-working individuals with whom I have ever had the privilege to work! -Gail

*Whether this season keeps you here in
Central Florida,
or sees your safe journey
elsewhere....
Happiest of Holidays to all
LIFE friends!*





**First LIFE class of
the New Year**

JANUARY 17,



Greetings LIFE at UCF members. We've had a great Fall term so far with many wonderful speakers on an incredibly diverse set of topics from high-speed laser communication of information to women's right to vote, to holoportation training of health care providers, to protecting the Florida blue scrub jay, to the midterm elections review, to many, many other great talks. We are almost to the holidays with the Spring schedule almost complete! We've got lots of great talks planned to include a return of one of our most popular speakers, Dr. Deborah Beidel, who will bring us up to date on the new work that UCF RESTORES has been doing. Additionally, we will have UCF's Jeff Rubert on Jazz combos, Robin Back from the UCF Rosen School of Hospitality Management on wines of the Caucasus Region, a UCF Theatre production introduction, and many, many more fabulous presenters and topics. The kickoff

presentation on January 17 will be a talk by Michael Preston, Executive Director of the Florida Consortium of Research Universities, entitled, "Florida Consortium of Metropolitan Research Universities: Turning Learning into Talent." LIFE Leadership is constantly looking for ways to enhance our members' experience. This Spring you will hear a lot about "Member365," a new software system that will allow our members to create their own LIFE portal where they can enter and change their contact information, more easily register, and pay for field trips, more easily renew their LIFE membership, and many other features which will help LIFE function more effectively and efficiently.

I hope all of you have a great holiday season....see you in Spring 2023!

LIFE Gerontology Committee Update

-Bill Myers, Committee Chair

Your Gerontology Committee is already working, getting ready for what it is hoped will be the receipt of a far greater number of applications than it had last year. The Board has budgeted \$29,500 to be distributed through the Richard Tucker Gerontology Research Award program to as many proposals as can be funded. But since not all the funds from 2022 were allocated, it may be possible to increase that amount if there are worthy candidates.

LIFE established the Gerontology Research Grant program to create more of this type of research by the UCF faculty. Over the past ten years, LIFE has helped researchers in almost 20 different departments, however the last two years have seen a significant decrease in applications.

Early in November an email was sent from our University Liaison officer, Dr. Wayne Bowen, to all appropriate departments informing them of the grant program and reminding them of the February deadline for submission. The next step involves visiting a number of departments to further promote this program.

Dr. Tucker himself, Ray Jones, the past chairman of the Gerontology Committee, and Bill Myers, the current chair, will make up a visitation coordinating committee. An analysis of the grants given out over the past ten (10) years has revealed several anomalies. For example, The College of Nursing, strong supporter of LIFE and a department in which several of our members volunteer, has received six grants over the past ten years, but only one since 2020, and received only one in that year.

The Psychology Department, home to Dr. Tucker, has received 10 awards overall, but only one each the past several years. The Department of Communication Sciences and Disorders has not had an award since 2018.

Hopefully our efforts will result in a large number of applications this February. We would like to see more projects like these: “Development of a Falls Prevention Program for Older Adults” (College of Nursing, 2017), “Eosinophils role on chronic inflammation and pancreatic cancer” (Burnett School of Biomedical Sciences, 2016), and “Brain Dynamics of Walking in Older Adults” (Mechanical and Aerospace Engineering, 2017). Even if there may not be enough money to support every request, what a nice realization it would be to know that so many UCF researchers are working in this important field.

Certainly, the interruption of normalcy by the Covid disease may well be the cause of LIFE having had only four (4) applications last February. Even so, LIFE is committed to fund research into issues that affect older people, and the financial support provided will help all senior citizens and their caretakers have a better, healthier life. So, if any member has an in with a department and/or knows of research projects that focus on gerontology and could use some help, please let us know.



Phone a Friend

LIFE members are our best source for recruiting. It's a proven fact; word of mouth and personal referrals generate the greatest number of new LIFE members. What's the bottom line? We need every LIFE member to spread the good word about joining. So, tap into your Rolodex and share the good news about LIFE with those friends you think would enjoy all the benefits of LIFE. There's a Prospective Member invitation at



<https://lifeatucf.org/prospective-new-member-application>

Copy the link, paste it in correspondence with the folks you'd like to see as members and sit back and watch the fun. By the way, if you have access to media such as community newsletters, why not place information there about LIFE.



-Kim Bowers

Once again, in November, LIFE Members' generosity took front and center stage at our annual Toys for Tots drive. Our members outdid themselves this year by bringing hundreds of toys to this week's LIFE session. In addition to the great toy haul (see below) members have donated almost \$1,800 (to date) to the Central Florida campaign in the name of LIFE at UCF! Our members' generosity will put smiles on the faces of many Central Florida children this Holiday Season! **Thank you, LIFE at UCF!**



If you weren't able to attend the LIFE sessions when we collected, but would like to donate here is our **donation link**...

<https://marinetoysoftots.salsalabs.org/2021marinetoysoftotscrowdfunding/p/lifeatucftoysoftots2021/index.html>

It will be active throughout the Holiday season for those members preferring to participate online! **On behalf of the thousands of families across Central Florida who benefit from Toys for Tots, thank you LIFE at UCF members!**



Knights Pantry Fall Food Drive -Debra Barton

Thank you! Thank you! Thank you!

Life members were very generous, again!

287.2 lb of food items were donated.

Plus personal care items and clothing

\$ 3,035 cash donations received

(when used at Second Harvest, each dollar is worth \$3.00!!!!!!)

And everyone paid attention -

NO expired foods were brought to campus! **Yay!**

UCF Accounting Department is still processing our checks. So please do not be alarmed if your check has not yet been cashed. It will be soon.

The Pantry and students are very thankful for our gifts. You can donate anytime throughout the year. There is a barrel in the Student Union to drop off items or you can take items to the Pantry. You can always generously donate to The Foundation!

Please look at the Knights Pantry page on <https://lifeatucf.org/activities-and-events/knights-food-pantry/> to learn more about this wonderful benefit for our UCF students who need a little extra help.



After you check out the “as of now” upcoming Trippin’ through LIFE events... don’t miss the next page that has a few photos of several of the Fall Trippin’ activities. Thank you to the wonderful photographers who sent me photos. NOTE: Make sure to click in the middle of the Buddhist Temple; an arrow will appear with a fantastic slide show that the Temple sent us after our fellow LIFers enjoyed their hospitality!

REGISTER NOW!!!!

On January 25, LIFE members will be able to tour the Orlando Water Treatment Plant on LB McLeod Rd. This Trippin’ through LIFE event is free, but you MUST register in advance:

<https://www.eventbrite.com/e/trippin-through-life-at-the-orlando-water-treatment-facility-tickets-469092637707>

These other events are in the works! Listen to announcements at LIFE meetings and/or check the weekly e-blasts for links once the Trippin’ event(s) go “live!” If I know the Trippin’ Committee...and yeah...I DO know them...there will probably be more surprises in store for LIFE members! Stay Tuned!!!!

Albin Polasek Museum: February 16th

Clean the World: March 10th

Tour of Nehrling Gardens and Home: TBA March

Second Harvest Food Bank: TBA

St. Johns Lunch River Cruise: TBA

UCF Backstage Theater Trippin’: TBA

UCF Athletic Facility Trippin’: TBA



December 2022



Buddhist Temple Trippin'
CLICK on the photo and then click on the arrow!



UCF Football Stadium Trippin'



Harry T. Moore Trippin'



Harry T. Moore Trippin'



UCF Football Stadium Trippin'



Orlando Wetlands Trippin'



UCF Arboretum Trippin'



Orlando Wetlands Trippin'



Orlando Wetlands Trippin'