



LIFetimes

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Whooooo.....hoooo.... Happy October LIFE members!

It's not only the annual return of Halloween that's scary! Do any of you also find it amazing...and yeah, a bit scary that time is flying faster than a witch's broom attached to a flux capacitor! YIKES... guess this is

the place that I can show my age! "Wait a minute doc. Wait a minute Doc, are you telling me you built a time machine out of a DeLorean?" We've been back in session for two months and it's only another 5 weeks, or so, before we break for the Holidays! BUT... before that happens... there are tons of things happening on and around campus for LIFE members!

1) I recommend you take advantage of the many research opportunities in which our members can participate. What a pleasure it is to help in these research projects! If you haven't had an opportunity to participate in any of these studies, SIGN UP! They are amazing!!!!

2) Add to that, this fall we have had the largest number of Trippin' events that has ever been offered. The committee has listened to you and has increased the number of participants either through events that can accommodate larger numbers and/or offering multiple times for the same events. Watch for the weekly eblast on Tuesday afternoons and... SIGN UP!

3) Of course, each week we can participate in two wonderful lectures, courtesy of our Curriculum Committee. Do them a favor and use the link in every Tuesday's eblast to answer a few survey questions...it takes less than 3 minutes and the committee finds this info invaluable as they continue to schedule and bring us fantastic classes! SIGN IN and answer!

4) If you missed last year's Annual Report for LIFE, Jack has asked that it be reprinted in this issue of *LIFetimes*.

Happy Fall, Ya'll! -Gail





Hello LIFE members. I hope everyone has been enjoying the wonderful programs we've had so far for the Fall 2022 semester. One of the highlights among several surely was the presentation by Linda Gooch, a 42-year Knight as a cheerleader and Cheerleader and Spirit Team head coach. What an incredible surprise for us when at the end of her presentation she called in the current cheerleaders and Knightro to teach and lead us in a Knight cheer! I know your Curriculum Committee is hard at work creating another great schedule for us for Spring 2023....it should be out on the web later this semester. For those of you who are brand new to LIFE or missed it last month, I've put LIFE's Annual Report for 2021-2022 into the newsletter again this month...see it below. You have a lot to be proud of as a LIFE at UCF member.

ANNUAL REPORT 2021-2022

GENERAL

- Fall 2021 represented a huge breakthrough in the history of LIFE at UCF. For the first time in its history, LIFE created multiple ways that its membership could participate. First, LIFE was back live and in person on the campus of UCF for the first time since the Covid Pandemic shut LIFE down in March 2020. Additionally, with technology learned during the Pandemic, LIFE was able to "live stream" all presentations from the Pegasus Ballroom in the UCF Student Union to its members wherever they were and to record all presentations and upload them to YouTube where they were available to members to see at any time on their devices.

- LIFE counted 789 members in 2021-2022 with a total budget of \$163,400.

- LIFE provided a total of \$7,000 in honorariums to LIFE speakers

- LIFE gave \$18,290 in research grants to UCF Faculty doing research on projects related to gerontology topics. These grants supported researchers in the School of Kinesiology and Physical Therapy, College of Biomedical Sciences/College of Medicine, Dixon School of Accounting, and the Department of Industrial Engineering & Management Systems.

- LIFE provided \$1,000 in an undergraduate Scholarship grant, and gerontology research grants [\$750] to two additional UCF undergraduate students.

- LIFE provided \$24,000 in Appreciation Grants to a wide variety of UCF schools, colleges and units who continue to provide generous support to LIFE. These grants included gifts to: the College of Undergraduate Studies, UCF Student Union, UCF Parking, College of Arts and Humanities including a special donation to "UCF Celebrates the Arts," College of Sciences, Office of Global Perspectives, the UCF Library, UCF Pantry, etc.

○LIFE again provided an incredible number of toys for the UCF Police Toys for Tots campaign plus \$1400 in cash donations. LIFE also generously supported the UCF Pantry with both Fall and Spring donations of food and money with over 500 lbs of food and donations of \$5,435.

CURRICULUM.

- LIFE had 52 presentations during our Fall 2001 and Spring 2002 terms with 62% of these presentations by UCF Faculty.
- UCF presenters included faculty from: Florida Space Institute, School of Visual Art & Design, College of Undergraduate Studies, College of Arts & Humanities, College of Sciences, College of Community Innovation & Education, College of Nursing, College of Business, College of Engineering & Computer Science, Rosen School of Hospitality Management, Nicholson School of Communication, UCF Arboretum, Office of Global Perspectives, and the National Center for Forensic Science
- The highlight of the year for our members was a presentation by UCF President Alexander Cartwright to kick off the Spring term. Dr. Cartwright is the first UCF President to present to LIFE at UCF.
- Presentations covered a wide and diverse range of distinct topics -20 distinct discipline areas: Art/Design, Biology/Botany, Astrophysics, Music, Musical Theatre, Theatre, Psychology, Medicine, Engineering/Hydrology, 3-D Prosthetics, Disaster Management, Food Science, etc.
- The LIFE Tripp'n Committee scheduled 8 successful Field Trip experiences which involved over 200 LIFE Members. Trips were completed to: UCF Library, 2nd Harvest Food Bank, Audubon Birds of Prey Center, White Oak Conservatory, Orange County Court House, Leu Gardens, Dr Phillips Steinmetz Hall, and the Mount Dora Canal Boat Tour.

OTHER ACCOMPLISHMENTS & HIGHLIGHTS

- The Diversity & Inclusion subcommittee became the 7th LIFE Major Standing Committee with the addition of a Strategic Plan Policy/Goal 8.
- The combined actions of the Membership Committee, the Public Relations Committee, and the Diversity & Inclusion Committee, led to multiple diverse outreach contacts, activities, and presentations to groups all over Central Florida including retirement communities such as Legacy Point, Westminster, etc., and resulted in increased interest in LIFE and new members.
- Created Membership Work Group to explore and discuss future directions, opportunities, and options for recruitment of new members
- Began important reviews and revision activities to key LIFE documents such as the Strategic Plan, LIFE Policies, LIFE Organizational Chart. Strategic Plan Goal 2 was revised by the Finance Committee and a new Goal 8 regarding Diversity & Inclusion was created and approved.

- Began investigation of a new member data management software system to improve the efficiency, security, and effectiveness of membership data management.
- Created a LIFE Volunteer of the Year award and selected former LIFE President Ray Jones as the first recipient
- A special event of brief presentations and followed by a research poster session by Dr. Matt Stock's UCF Physical Therapy students.
- Had a wonderful end of year Awards Event with a special presentation/performance by Jeff Rupert and the UCF Student Jazz Group.

Prepared by Jack McGuire August 2022



You, yes you, are now a deputy of LIFE's **Public Relations Committee**. You don't get a vote, but you can do some important work on behalf of LIFE and its public relations effort. You can take pictures of our meetings, trips and other activities with your cell phone and post them to Facebook, Twitter or Instagram. You can "like" LIFE's Facebook page and share it with your contacts. You can send your LIFE photos to the PR committee at richardtsloane@gmail.com, and you can talk up LIFE among your friends and family. We are getting the word out to groups and people who aren't familiar with LIFE and you can be an important part of that effort. Questions and suggestions; anytime. Complaints: the PR complaint department is closed until after Christmas, way after. -Rich Sloane

**LIFE is social: go to our
Facebook page:**

**Learning Institute for
Elders at University of
Central Florida**



& "like" us!



**LIFE has a new
website:
<https://LIFEatUCF.org>**

**Tuesday
November 1
LIFE meeting**



**Donate:
Money
Toiletry Items
Non-perishable foods
Laundry soap**

If you assume that all UCF students are able to afford food, toiletries, laundry supplies, you would, sadly, be incorrect. Did you know - Each week The Knights Pantry sees 1,400 undergraduate students (or 14% of the University's population)? Students who live in cars. Students who may have housing, but the cost of a roof over their head, combined with tuition and books, leaves little in the way of money for food, toiletries and/or laundry supplies. Things we take for granted.

The Pantry is open Monday-Friday and students are able to pickup 5 items each day.

Twice a year, LIFE holds drives to help the Pantry accumulate supplies for UCF Knights! LIFE members - Please, give a monetary donation or food and/or toiletries.

Let's CHARGE ON to set a record donation of \$6000 and 600 lbs. of food!

Should you want to donate food, you may bring them on Tuesday, November 1 when you come to LIFE. There are three drop-off sites:

Garage H. Outside stairwell 2
The bus drop off area outside the Student Union
Outside the Pegasus Ballroom

However, should you prefer to give money or a check, please, know that for every dollar collected, the Pantry can stretch that dollar into \$3 worth of supplies. On November 1, there will be representatives from The Knights Pantry in front of the ballroom, ready to take your monetary donations and write a receipt.

OR if you'd rather, access

<https://foundation.ucf.edu/knightshelpingknights>

to make a donation, online.

There is a "comments" section on this online site, please, write that your are a member of LIFE in that box.

DONATE!



**You may use the links below, to signup
for any of the posted**

Trippin' through LIFE events!

Space is always limited, but all events have a "waitlist" option.

**All Trippin' through LIFE events are a benefit of LIFE
membership and are limited to
LIFE members only.**

Trippin' through LIFE at the Harry T. Moore House

October 27, 10am

<https://www.eventbrite.com/e/trippin-through-life-at-the-moore-house-in-mims-tickets-421413187187>

Trippin' through LIFE at the Guang Ming Buddhist Temple

November 3, 10am

<https://www.eventbrite.com/e/trippin-through-life-guang-ming-buddhist-temple-tickets-429728919767>

Trippin' through LIFE at the Orlando Wetlands Park

November 16, 8am

<https://www.eventbrite.com/e/trippin-through-life-at-the-orlando-wetlands-park-tickets-412317782587>

Trippin' through LIFE at the Orlando Wetlands Park

November 17, 8am

<https://www.eventbrite.com/e/copy-of-trippin-through-life-at-the-orlando-wetlands-park-tickets-412350761227>

Trippin' through LIFE with LIMBITLESS Solutions

November 18, 9:30am

<https://www.eventbrite.com/e/930am-trippin-through-life-with-limbitless-solutions-tickets-440291863817>

Trippin' through LIFE with LIMBITLESS Solutions

November 18, 11:00am

<https://www.eventbrite.com/e/1100am-trippin-through-life-with-limbitless-solutions-tickets-440326025997>