



Stuff Worth Knowing!

LIFEtimes

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As we complete our first semester, I hope you have fond memories of the incredible array of topics provided to us by the **Curriculum Committee**; thanks to Bob Shannon and his committee. Also, a shout out to those of you who filled out the suggestion form for possible future speakers.

Kudos need to go out to Deb Barton and Jayne Leach for spear-heading an immensely successful drive for **The Knights Pantry**.

I would be remiss if I forgot to mention Kim Bowers who with donations from many LIFE members, to **Toys for Tots**, will make the Holidays much brighter for a number of local children!

Naturally, I cannot forget my (personal favorite committee). Call me biased...I don't care! **The Trippin through LIFE** group has gone above and beyond this semester trying to find fun experiential events for our members! We've worked hard to make it possible for more members to participate. In fact, look further in this newsletter for two very special events coming up in January. Both were created after members saw presentations and asked if we could do Trippin' through LIFE events! You may go into your Member 365 accounts and register for either/both of these activities NOW!

As I am typing this up, well over 400 reservations were made for Trippin' events this semester! WOW! I couldn't be more proud of the work the committee has done! If you happen to see, Lisa Warren, Betsy Fulmer, Carol Guerra, Lisa Mausner, Sheri Dyer, Sheila Anderson or Wendy McCleskey, thank them! They make the fun happen for YOU, our LIFE at UCF members!

Enjoy this small vacay from our Tuesday meetings and come back refreshed and ready to roll on January 16! Happy New Year to all of you!
-Gail





As a youngster, Guy Lombardo was the familiar face I saw on a 12-inch black and white TV every New Years Eve. And there were only three channels to choose from. How far we've come. But the strains of *Auld Lang Syne* still come to mind as I recall the band leader waving that big baton when the clock struck midnight.

Here's my wish for you; a healthy, happy and prosperous New Year. May life treat you and yours kindly. And may LIFE...at UCF be something you value and appreciate, along with all the blessings of the season and New Year. Thank you for your support and participation. -Rich



Nick Guerra Committee Chair

The Membership committee participated in the 50+FYIEXPO at Winter Park in October. We spread the word by presenting LIFE at UCF to over 70 people. We plan to attend this EXPO again next year.



MEMBERSHIP in LIFE has



Keep reading!

Membership cont. -Nick Guerra

TELL YOUR FRIENDS ABOUT LIFE AT UCF and its many benefits by sending them the Prospective Member invitation at <https://lifeatucf.org/prospective-new-member-application>. Word of mouth and personal referrals generate the greatest number of new LIFE members. So, reach out to your friends and spread the good word about the benefits when joining LIFE at UCF.

SO, WHAT ARE THE BENEFITS OF BEING A LIFE MEMBER? In addition to 50 exciting presentations, LIFE members get a UCF vehicle parking pass, a UCF LIFE Student ID that allows us, in-person Library access, (but not access to online database/journals), as well as many arts events either free or at reduced cost and admission to most athletic events. There is a charge for football. Basketball tickets are free but limited to the student section, entrance is not guaranteed; however, LIFE members can still purchase a ticket for a guaranteed seat! We also have the chance to make friends as we volunteer, participate in research opportunities, and attend a variety of “Trippin’ through LIFE” events.

SO HOW DO WE MEET NEW FRIENDS AT LIFE? Carol and I have been UCF Football season tickets holders for several years. We are always running into LIFE members at the games. We are also season ticket holders at the UCF performing Arts Theater. Just like football, it makes the evening complete to socialize with our LIFE friends at the performances. Because of LIFE, we have extended our social group with hiking & cycling friends, real estate connections, church friends and friends who enjoy live theater.

SO HOW DOES A LIFE MEMBER VOLUNTEER? Carol and I both serve on the LIFE membership committee along with 7 other wonderful volunteers. We make sure that renewing and new members receive their name tags and parking passes. We also participate with New Member Orientation and staff the membership desk at each class to record guests’ names, answer questions of members, and assist in any onsite member registration or other needs as they arise. We have met so many interesting members by serving on the membership committee. One of the best ways to give back and to have a voice in LIFE at UCF is by serving on a committee. If you would like to volunteer to serve on a committee, contact

Jacqueline.Ulacia@ucf.edu or call 407-823-5433.

I volunteered to be a simulated patient at the UCF medical school and participated in a group providing assistance to UCF graduate students on resume writing and 30 second elevator speeches. It was so rewarding to provide students guidance week 1 and week 2 they

landed a job. Carol and I both participated in a couple of UCF research projects focused on extending a healthy life to assist the aging population’s physical health and financial wellbeing.



So, make the most out of your LIFE membership by meeting new friends, volunteering, attending Trippin’ events and spreading the word of the exceptional benefits that LIFE offers.



THE RAY JONES LIFE AT UCF VOLUNTEER RECOGNITION AWARDS

The **LIFE** ad hoc committee for the

“Ray Jones LIFE at UCF Volunteer Recognition Awards”

met on November 13th.

The committee reviewed and made recommended revisions in the Recognition Awards Policy. The policy outlines the procedures for nominating, reviewing, and selecting recipients for the

Annual Volunteer Recognition Award

[maximum of two awardees], and for the

Lifetime Exceptional Volunteer Award

[potential maximum of one awardee].

Criteria and nominating forms are now available to all members using the link below, on the LIFE website lifeatucf.org and in our LIFE Tuesday email.

[Ray Jones Volunteer Recognition Award – LIFE at UCF](#)

Nominations must be submitted by January 6, 2024.

Leslie Collin, Committee Chair
Jacqueline Ulacia
Vonnie Jones
Jack McGuire
Ed Schons

2024 Al Dallago Undergraduate Gerontology Research Grants

- Bill Myers, Chair Gerontology Research Awards



It is with a great deal of pleasure that LIFE announces the awarding of the Spring 2024

Al Dallago Undergraduate Gerontology Research Grants.

The Spring 2024 Al Dallago awardees who will receive a \$750 grant are:

- **Wesley Lim:** His project entitled "Examining the effect of artemisia annua extract in neuro2A cells" examines artemisinin as a potential candidate in future treatments of many neurological diseases, including Alzheimer's and Parkinson's. Mr. Lim is working to contribute to the link between traditional Chinese medicine and Western medicine.
- **Sydney Carey:** His project "Building community and resilience through an adapted, aphasia-friendly, chair yoga for people with acquired brain injury and their care-partners." Aphasia sufferers may experience communication impairments, especially in reading, speaking, and comprehension, as well as physical deficits that impact mobility and balance. The project aims to further explore how a virtual, adapted, aphasia-friendly, chair yoga program impacts psychosocial outcomes in people with acquired brain injury that results in aphasia, as well as how the program affects their caregivers.
- **Anna Schoenherr:** Her project, "In vitro binding affinity and kinetics analysis of novel JAK2 inhibitor 'Ruscholitinib.'" JAK2 mutations are among the most frequent in aging blood cells. The objective of this study is to use in-vitro enzyme analyses to test the efficacy of a novel inhibitor, "Ruscholitinib," using in-vitro analysis of JAK2 enzyme kinetics when exposed to Ruscholitinib. By testing the effects of the inhibitor on both the wild-type and the mutation, we can get an accurate picture of how these drugs might react inside the body, which, if successful, could lead to future drug trials.

The committee is also preparing for the receipt of submissions for the **Richard Tucker Gerontology Applied Research Grant Awards.**

Results will be included in the March 2024 newsletter.

CURRICULUM COMMITTEE



Do you have an idea for a future speaker?
Have you heard an excellent speaker who would be perfect
for a LIFE class?

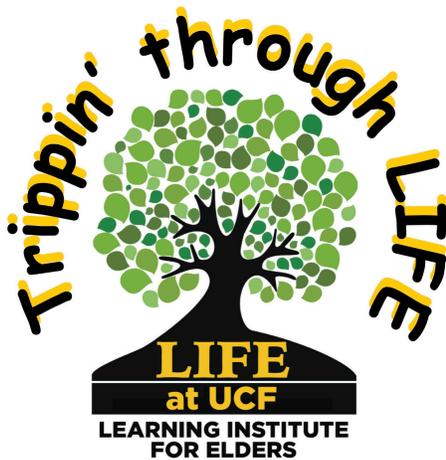
Fill out the form at

<https://lifeatucf.org/curriculum/suggest-a-speaker-members/>
to send your suggestion to the **CURRICULUM COMMITTEE!**

Every Tuesday afternoon, on LIFE meeting days, Jacqueline sends an email with announcements. Included in that email is a short, yet **VERY IMPORTANT** "survey link" so our members can let us know how much they enjoyed the day's presentations. We read and compile the information in every week's submissions. This helps us plan for our members' enjoyment when scheduling future speakers.

Please, take two minutes and fill out the survey each week!

- Bob Shannon and the Curriculum Committee



Even though the semester has come to an end...

Trippin' through LIFE
events continue into December...

Your hard-working Trippin' through LIFE Committee has worked overtime this semester planning fun and educational events for LIFE members.

We have had the most number, (EVER), of Trippin' events; attended by more LIFE members, (EVER). Thank you for signing up and attending the events we have been so happy to schedule for you!

This semester has been a learning curve. ... some challenges, but mostly great Trippin' events and a lot of fun and positive outcomes!

Whenever possible, we have booked multiple events if we were certain registrations would be brisk. We have tried to find events that could support a large number of members. We hope to continue finding and implementing Trippin' events that will appeal to the masses!

Check out the Trippin' through LIFE calendar at our LIFE website: lifeatucf.org
We have lots planned for the spring...and yes...we are already working on Fall!

We always have room for more individuals on our committee. More people mean more ideas! We LOVE ideas! And judging from the number of LIFE members who sign up for events EARLY in the morning, you guys LOVE ideas, too!

STILL to COME

November 29, 3:00pm
Holiday Decor at The Alford Inn
(with optional Happy Hour at 4:00)

December 13 & 19, 5:30pm
Winter Park
Holiday Lights Boat Trippin'

SIGN UP NOW

For the first
Trippin' through LIFE
events in 2024

Brevard Zoo Private Tour & Zoo Admission
January 22 10AM

Brevard Zoo Private Tour & Zoo Admission
January 22 1PM

Brevard Zoo Private Tour & Zoo Admission
January 29 10AM

Brevard Zoo Private Tour Zoo Admission
January 29 1PM

UCF Florida Interactive Entertainment
Academy
Friday, January 26 10AM



HOLIDAY EATING TIPS

- 1. Avoid carrot sticks. Anyone who puts carrots on a holiday buffet table knows nothing of the Holiday spirit. In fact, if you see carrots, leave immediately. Go next door, where they're serving rum balls.**
- 2. Drink as much eggnog as you can. And quickly, it's rare. You cannot find it any other time of year but now. So drink up! Who cares that it has 10,000 calories in every sip? It's not as if you're going to turn into an eggnog-alcoholic or something. It's a treat. Enjoy it.**
- 3. If something comes with gravy, use it. That's the whole point of gravy. Gravy does not stand alone. Pour it on. Make a volcano out of your mashed potatoes. Fill it with gravy. Eat the volcano. Repeat.**
- 4. As for mashed potatoes, always ask if they're made with skim milk or whole milk. If it's skim, pass. Why bother? It's like buying a sports car with an automatic transmission.**
- 5. Do not have a snack before going to a party. The whole point of going to a Holiday party is to eat other people's food for free. Lots of it.**
- 6. Under no circumstances should you exercise between now and New Year's. You can do that in January when you have nothing else to do. This is the time for long naps, which you'll need after circling the buffet table while carrying a 10-pound plate of food and that vat of eggnog.**
- 7. If you come across something really good at a buffet table, like frosted Christmas cookies in the shape and size of Santa, position yourself near them and don't budge. Have as many as you can before becoming the center of attention. They're like a beautiful pair of shoes. If you leave them behind, you're never going to see them again.**
- 8. Same for pies. Apple, Pumpkin, Mincemeat. Have a slice of each. Or if you don't like mincemeat, have two apples and one pumpkin. Always have three. When else do you get to have more than one dessert?**

HAPPY HOLIDAYS!!!