

Lifelong Learning Institute Newsletters

Fall 2012

The LLI Chronicle Volume 3 Number 4

Nova Southeastern University

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Lifelong Learning Institute Newsletter

Nova Southeastern University College of Osteopathic Medicine

Volume 3, Number 4

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Fall 2012 - Welcome Week Issue

MAC Chairman's Report

By Stuart Farber, M.D., and Rudy Ameerally

"I have authorized it, and the architects are now finalizing plans for submission to the Town of Davie. I hope that construction can begin in December 2012," said NSU President George L. Hanbury II, Ph.D., at an August 29 meeting with the MAC and the LLI's director, Linda Maurice, on the vital subject of expansion of our LLI classroom.

This topic has been discussed at four separate meetings this year with President Hanbury and the college's dean, Anthony J. Silvagni, D.O., Pharm.D., M.Sc., FACP dist. The need for physical expansion resulted from our rapid surge in membership. Our current (July 2012) enrollment of 175, almost half of which joined in the last year, is the result of vigorous promotional efforts, especially the well-attended LLI Welcome Week events.

The current plan will increase our classroom size from 1,626 to 2,810 square feet. Construction is slated to take place at the end of the fall semester in December. Although this stop-gap solution should satisfy the LLI's physical space requirements for the immediate future, the LLI is part of the university's overall plan for a future Academical Village in which the LLI may enjoy a new permanent home.

Although this is the main news from the summer, the MAC also met to discuss other matters, including Fall Welcome Week. Lee Sacks, who will again be chairing the Welcome Week Committee together with Jill Cohen, Moe Weiner, and all the other volunteers, will be working tirelessly to create another successful program.

Finally, at the beginning of the fall semester, four MAC members (Jill Cohen, Lee Sacks, Moe Weiner and Stuart Farber) will complete our first term of office on the MAC. In early October, nominations to fill these four seats to serve on the MAC will be solicited from the membership, including retiring members who are eligible to serve again. Those interested in running or serving the membership in any other voluntary capacity should contact the LLI director or the MAC.

We would like to thank Drs. Hanbury and Silvagni for making the classroom expansion possible at this critical juncture for the LLI. I would also like to thank all the MAC members and the LLI director for their time and dedication to the members this summer. I hope everyone had a great summer and is looking forward to another stimulating year. The director has put together a fascinating program. As a result, the field trips, class-auditing opportunities, and everything else the LLI offers should yield a great experience for all.

LLI Coming Attractions

OCTOBER 16, 23, 30 and NOVEMBER 6
10:00-11:30 a.m.

"The Four B's – Barrymore, Bow, Bankhea, and Bogart"
Presenter: Kurt Stone

OCTOBER 15
12:30-2:00 p.m.

"World Series Baseball Preview"
Presenter: Dan Zachofsky

OCTOBER 17
2:00-2:30 p.m.

"Election 2012"
*Presenter: Mitchell Ceasar, P.A.,
Chair, Broward Democratic Party*

OCTOBER 23, 30 and NOVEMBER 6, 13
12:30 - 2:00 p.m.

"History: A Pursuit of Truth"
Presenter: Richard Corseri

NOVEMBER 13 and 15
10:00-11:30 a.m.

**"A Brief History of the Arab-Israeli Conflict
and Israel-Palestine 101"**
Presenter: Ira Sheskin



From the Director's Desk

By Linda Maurice



Welcome to the 2012-13 Lifelong Learning Institute academic year.

I hope everyone had a wonderful summer. Here at the LLI, we enjoyed one of our busiest summers ever, with class attendance averaging 40-50 members. We thank all our dedicated lecturers (including some members) for making the summer so memorable.

Now we dive into the program with exciting new lecturers added to the curriculum as well as familiar faces returning for another great year. Please be adventurous and sample new lecturers and new topics because one never knows what interests may be stirred. If you haven't yet audited a class in one of the university's myriad colleges, now is as good a time as ever to try. Both Heike Dosé and I stand ready to aid you in exploring this wonderful academic option afforded to LLI members.

As Dr. Stuart Farber reported in his MAC chairman's message, we are very excited to announce that the LLI will be expanding its classroom in December 2012. The 2011-12 academic year concluded with 175 members—a 40 percent increase over the previous year—making this expansion a crucial necessity for our continued growth and future. We thank Drs. George Hanbury and Anthony J. Silvagni as well as Cecilia Rokusek, Ed.D., R.D., and a host of other NSU administrators for their wonderful, unwavering, and continued support of our program.

I also extend a special thanks to our wonderful MAC. We couldn't do any of this without you.

We look forward to an informational and exciting 2012-13 LLI academic year.

(Don't forget to like us on Facebook, follow us on Twitter, and watch snippets of our lectures on YouTube. If you need help finding these sites online, we are here to help.)

LLI Mission Statement

Nova Southeastern University's Lifelong Learning Institute (LLI) provides a vibrant educational environment for mature adults in South Florida. Programs promote intellectual stimulation, physical well-being, and social growth that enrich the lives of its members and the community.

LLI Newsletter

The LLI Newsletter is a joint venture of the LLI director's office and the Members Advisory Committee (MAC, which is a group of seven members elected by the membership each to serve a two-year term. Every October, half of the MAC members end their terms of office and nominations and elections are conducted by the director's office for replacements. Its purpose, as stated in its bylaws, is to represent the interests of members to the director and to the university via the dean of the College of Osteopathic Medicine, and to recommend initiatives to enhance the LLI experience for the membership.



LLI-YMCA Enhance Fitness

By Barbara Norgren

How much exercise do I need to do for health and fitness?

The American College of Sports Medicine and American Heart Association recently published guidelines for physical activity in older adults. The LLI's fitness program, which is administered by the YMCA, incorporates the four elements recommended for the one-hour class, which takes place three days a week from 2:15 to 3:15 p.m. every Monday, Tuesday, and Thursday. Following is a summary of the recommendations:

Aerobic exercise (e.g., walking, jogging, dancing, biking, swimming) to lessen fatigue and shortness of breath: To promote and maintain health, older adults need moderate-intensity aerobic physical activity for a minimum of 30 minutes, 5 days each week, or vigorous-intensity aerobic activity for a minimum of 20 minutes, 3 days each week. Moderate intensity is when you feel "warm and slightly out of breath," and vigorous is when you feel "out of breath and sweaty."

Resistance exercise (weight lifting and calisthenics) to prevent loss of bone mass, build muscle, and improve balance: Older adults will benefit from exercises that increase muscular strength and endurance for a minimum of two days each week. It is recommended that 8 to 10 exercises be performed on two or more non-consecutive days weekly, using the major muscle groups.

Flexibility exercise: To maintain the flexibility to stay limber for regular physical activity, adults should perform stretching and bouncing routines at least two days each week, for at least 10 minutes a session.

Balance exercise: To improve the quality of walking and reduce risk of injury from falls, older adults should perform exercises that maintain or improve balance.



WRITERS' CORNER

What's in My Garden?

By Betty Strother Hill



Every garden is different, as anyone who digs in the dirt knows. Weather, soil, nutrients, and busy critters play their parts in the growing of plants; and there's more. My three small garden areas reflect some childhood memories. When I pull weeds from my entrance, I'm reminded of Aunt Georgia hoeing weeds in her vegetable garden in West Virginia. My herb garden in the atrium brings memories of my grandmother and shelling peas sitting on the back-porch swing after picking them from her vegetable patch. When the azaleas and bromeliads bloom outside the living room, I think of dad enjoying his rose garden in South Carolina.

During the Second World War, people in Columbia, South Carolina, who had access to vacant plots, planted "Victory Gardens." Ours produced phenomenal eggplants: too beautiful to eat and at the same time, too delicious not to eat. Children were quarantined to their own neighborhoods because of polio epidemics, so in summer we gardened and created recipes in each other's kitchens. Our "eggplant googomie" would have rivaled Julia Child's ratatouille.

Years later, in 1967, my husband and I moved from an apartment we'd been renting from our friend, Bill, into a larger one. The new building seemed barren after living with all the lush growth of Bill's property. I planted cuttings from him and other friends under the windows that overlooked the canal. From our apartment, I overheard one of the tenants out by the pool say, "What kind of nut moved into that end apartment? She keeps putting sticks into the ground." Well, those sticks grew into beautiful shrubs.

Later, the woman in the house next door made it clear that she did not like cats, so I had to protect my cat, Sam Hill, from the witch. I built a hedge with

cuttings from friends, from the canal all the way to the street, about 100 feet of various kinds of Aralia. I also planted a banana tree and a calamondin tree in that hedge. The landlord didn't mind. In shady spots, I planted pepperoni cuttings from another friend who no longer abides this earth. Our friendship continues to live in my garden.

In 1969, on a flight from Hong Kong to Singapore, my husband and I were served pomelo, a large, delicious grapefruit-like fruit. My serving had some seeds. I wrapped them in a cocktail napkin and stuffed them in my handbag. A few weeks later, I planted them in a pot of dirt. All five seeds sprouted. Twice, I transplanted them to bigger pots. I gave four to friends who had yards and senses of curiosity. I planted one near the canal. I saw it five years ago (in 1995) as friends and I passed in a boat. The tree, full of fruit, was as tall as the three story apartment building. It had been there 25 years.

In 1977, we bought a townhouse in Plantation that had an atrium filled with rocks. Outside our living room we had the

option of building a screened porch. Instead, we grew a garden. Twenty years later, friends call it Betty's Rainforest. It now has a tree that provides shade for the orchids that seem to like it there as well as herbs I use for cooking. It provides cuttings for friends.

I still remember a friend from Chicago walking in Miami International Airport with bags of plants and cuttings swinging from his arms. He looked like a shrub walking down the concourse. When I saw him years later in Chicago, some of the cuttings were plants growing in window pots.

My gardens constantly remind me of friendships. I have one of Alice's white orchids planted in a clay pot that she molded in a pottery class. She gave me a shamrock plant 10 years ago on St. Patrick's Day. It thrives in my kitchen garden in spite of the Florida heat. In the tree I also have a couple lovebirds she made in a ceramics class. Alice died three years ago, but our friendship lives on in my garden and my heart.

Several years ago, my friend Nancy and I went to St. Petersburg to help move her stepmother Edna into a retirement home. We returned with the car loaded with plants. In my atrium garden today I have orchids from Edna, which have multiplied and been shared with many friends through the years. Edna's orchids are growing all over Broward County, and there's one in Key West. I also have some of her anthuriums that have grown into colossal plants. When they bloomed, Alice used to call them "obscene" and Polly called them "boy flowers."

What's in a garden? Beauty, bounty, wonder and mystery, challenge, expectation, memories, friends remembered, and lots more.

(Items are submitted by members to the Writers' Workshop, which is moderated by Maxine Jordan. Writers read their creative pieces, which are then critiqued at the monthly class.)

Art Day at the LLI with Conni Gordon



Happy October Birthdays

Madeline Hicks
Cecelia Solomon

LLI Welcomes New Members

Steven Gordon
Richard Rudow

Help Wanted

The *LLI Newsletter* is looking for interested volunteers to help coordinate and edit the publication. See a MAC representative or the LLI office for additional information.

LLI Tribute Fund

HONOR - REMEMBER - SUPPORT

The 2011-12 LLI academic year saw the launch of a new tribute program designed to provide members with a format to honor or remember friends and loved ones. Additionally, tributes can be directed toward general support, scholarships, or the Lifelong Learning Institute Speakers' Fund. During the May-August 2012 time period, the LLI received donations from the following individuals:

- General Fund -

Mr. and Mrs. Bernard Levine
(in honor of Ralph DiSanto's 90th birthday)

Myrna Grosholz
(in memory of her husband)

- Scholarship Fund -

Linda Maurice
(in honor of Edith Lederberg)

The LLI Newsletter is a product of the Lifelong Learning Institute's Members Advisory Committee.

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Coming Attractions - Linda Maurice and Heike Dosé

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