

LIRIC

The Happening

A Member of **Road Scholar** LLI Resource Network
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LIRIC's JANUARY SESSION HIGHLIGHTS By Linda Whetzel

The Curriculum Committee is changing the January sessions format to include only two sessions, one at 11:00 a.m. and one at 1:00 p.m., with two classes at each session running concurrently, so that, unfortunately, people will have to choose which class to attend.

The 11:00 a.m. class will be called *At Home and Abroad* and will feature: Greg Koster on January 5 & 12 talking about river and ocean cruising; Don Fowley, long-time Horn & Hardart employee, speaking on January 19 about the automat we all remember; and an assortment of LIRIC members – some from Europe, some from the U.S. -- reminiscing about their hometowns on January 26. For this last one, everyone in the room is invited to talk about their own hometowns. At the same time (11:00 a.m.), we're offering a *Creative Writing Class*, led by Diana Spyropulos, for those who wish to work on writing short stories.

The 1:00 p.m. class is called *Murder in the Afternoon*. It will feature: true-life murders in Westchester on January 5, presented by Rick Leibert; discussion of a mystery novel, *The Two Minute Rule*, by Robert Crais, presented by Cathy Behrend on January 12; selected short mystery stories (distributed on January 12 for discussion on January 19), presented by Linda Whetzel (we urge people to read the novel and the short stories for maximum enjoyment of the class); and a mystery play called *Trifles*, on January 26, which will be a dramatic reading by LIRIC's Monday afternoon play-reading class. Jeanie Ritter's *Art Workshop* will be presented concurrently in the small room.

LIRIC MEMBERS MEET (AND EAT)

On December 1, at GOC, LIRIC held its semi-annual General Membership meeting. Chaired by President Chris McCormick, the membership accepted the By-Law revisions, accepted the May minutes, and learned about the open position of Secretary on the Executive Board. In discussing LIRIC's 25th Anniversary Year (2017-18), an appeal was made for volunteers to join and even chair a 25th Anniversary Celebration Committee. The committee will consider various options, and formulate a plan to celebrate the anniversary. Both Chris and Vice-President Teddi Cerino stressed the importance of the committee, and the need for members to volunteer.

Linda Levine, Vice-President, reviewed the procedures for auditing a course at Iona in the Spring '17 term. This is one of the finest "perks" provided by Iona to LIRIC members. The auditing sign-up will be on Wednesday, January 11th between 10am and noon at McSpedon Hall, room 201. Linda suggested that interested members review the course offerings on-line at www.Iona.edu, and list several courses in order of preference, and bring the list to the auditing sign-up. As Suzanne Page later added, Iona provides a great deal to LIRIC, and all members should read the Perks and Privileges handout to learn what is offered.

A substantial part of the meeting was led by Curriculum Chair, Linda Whetzel who reviewed the winter session LIRIC course offerings. The 4 Thursdays-in-January sessions will begin January 5th. There will be an 11a.m.-12:15p.m. block, as well as a 1p.m.-2:15p.m. The courses include "At Home and Abroad", Creative writing (both at 11), and "Murder in the Afternoon" and Art Workshop (at 1). Details can be found in the brochure sent to each member. The Spring term will begin on March 3. Details will be discussed in the next issue of *The Happening*.

Suzanne stressed the importance of e-mail as a source for receiving information such as *The Happening* and other LIRIC news.

An important point stressed repeatedly is that LIRIC is a volunteer organization run by volunteers for its members. It is important that members volunteer and become involved.

At the conclusion of business, all who attended were treated to lunch featuring wraps, cookies and brownies as hosted by the Hospitality Committee. Thanks to Jerry and Cheryl Millman and Gail Apfel for organizing.

Auditing a Course At Iona- A Great Perk

As stated at the December Membership meeting, one of the great perks of membership in LIRIC is the option to audit a course at Iona each term. Auditing for the spring term will take place January 11,2017, at McSpedon Hall at 10 a.m.-12noon in room 201. Bob and Joyce Kent have audited many courses. The Question: What has the experience been like? Their answers:

I have audited courses at Iona for many years and my experiences have uniformly positive. I have audited courses in philosophy, history, economics, sociology and political science. Even more interesting to me than the knowledge gained has been listening to and finding out about my fellow students. I am encouraged by their commitment to social diversity, their tolerance of opposing views and their desire for a fairer and more just society. It's important that we older folks make an effort to interact with those just starting their adult lives. We have much to learn from each other.-Bob Kent

Here are my thoughts on my auditing experience:

I have been auditing courses since I joined LIRIC three years ago and they have given me an opportunity to "learn in retirement." I have selected courses in the areas of political science, media and sociology because I never had the opportunity to select them as a college student over 50 years ago! The students and faculty at Iona have been most welcoming and I enjoy interacting with them. The quality of the professors at Iona has been outstanding. As an added bonus, as an auditor, I don't have to write papers or take exams! -Joyce Kent

LIRIC's Trip To The Caramoor Holiday Tea Musicale

[Ed.Note. Once again, Gail Apfel reports for *The Happening*]

On December 7, 2016, we arrived at the stone pillared gate, and collectively sucked in our breath as our skilled driver negotiated the narrow opening that was constructed back in the 1920s. As we approached the arched entrance to the Rosen House, we were greeted by the knowledgeable and friendly staff of Caramoor. We had some time to spend in the gift shop and have fun spending money before being taken on a tour of the Italianate villa that became the Rosen's home.

Walter and Lucie Rosen had been living in New York City in the early 1920s. He was a banker and successful lawyer. Both were musicians, and he was an avid collector of fine and decorative art. The country house had been Lucie's idea. She wanted a home where the couple could entertain on a scale larger than their townhouse allowed.

The Rosens fell in love with the Italianate cedar garden at Caramoor and purchased the estate in 1928. They razed the property's derelict main house, with plans to erect a grand home, an American palazzo based on those they had seen in Venice. The Great Depression caused them to reconsider and scale back their plans. Walter converted the already completed farm complex into a Mediterranean-style villa with a central courtyard.

It took seven years to convert the farm complex to the sumptuous villa it is today. Yet from the moment its doors were open, the Rosen House welcomed guests. The Rosen House regularly accommodated the Rosens' parties, dinners, concerts, and their famed masked balls.

High tea was always served in the enormous living room, as it was on our visit. We were seated at large round tables where we were served an assortment of tea sandwiches and luscious desserts. During our repast, we were entertained by Kimberly Hawkey, vocals, and Assaf Gleizner on piano, in a 45 minute concert of seasonal music. At the conclusion of the tea we were escorted to our waiting bus for our return trip to the Iona campus.

LIRIC DINES AT THE DAVENPORT

Adjacent to the Long Island Sound, under a beautiful, clear, sunny sky, LIRIC held its semi-annual luncheon at the Davenport-On-The-Sound on

December 13, 2016. Arranged by Frank and Barbara Mohalley, 114 guests enjoyed hors d'oeuvres during the cocktail hour along with a large dose of mingling.

President Chris McCormick greeted one and all, and thanked a long list of “presenters” involved in the Fall, 2016 term, as well as LIRIC Committee leaders. Professor Fran Bailey a member of the Iona Advisory Committee, also addressed the attendees. Later, Father Nick from GOC spoke, and cited the energy that having the LIRIC program at the church has brought.

The meal, a choice of beef, cod, eggplant or chicken was served, along with dessert. All in all, it was a lovely way to spend a December day.

LIRIC CELEBRATES SILVER

By Gail Apfel

This year (2017-2018) LIRIC will celebrate its 25th, or Silver anniversary. We hope to plan several events, trips and programs to commemorate this milestone.

A steering committee has been formed, and we would like input from the general membership to make this an extraordinary year.

Any member interested in being part of LIRIC CELEBRATES SILVER, should contact Gail Apfel, gdapplehead@optonline.net, or leave your name and contact information in the LIRIC suggestion box found on the center table at the Greek Orthodox Church.

Help us make this celebration memorable.

A Transition Continues...

by Bradley Hochberg (aka. son of William Hochberg)

In the last issue of *The Happening*, I introduced my recent transition as full-time, live-in caregiver for my father in New Rochelle. Moving from Western PA and disrupting priorities at that time to new priorities at this time. I wrote that I take this new role as an elder caregiver seriously. What does this mean? It means many things. In the last article I talked about providing a sense of independence for my father and how that is important for both of us. In this article, I want to talk about resources to help with this role, and how my background as a project and systems engineer have been put to use.

Taken from the Fearless Caregiver Manifesto printed at Today's Caregiver

(www.caregiver.com), “I will fearlessly seek out other caregivers or care organizations and join an appropriate support group; I realize that there is strength in numbers and will not isolate myself from those who are also caring for their loved ones.” For me, this means a twelve month crash course in elder caregiving and aging-in-place. Beginning with a caregivers support group meeting twice each month at a nearby medical center. Reading books with titles such as: Idiots Guide to Caring for Aging Parents; The Fearless Caregiver; and Caregiving, the Spiritual Journey of Love, Loss, and Renewal. Then working my way through the myriad of federal, state, and local support services for the elderly. Such as, Veterans Affairs, Medicare, NY State Dept. of Health, NY State Epic, Westchester County Departments of Social Services and Senior Programs, to name a few. Private groups such as, Parkinson's Disease Foundation and American Parkinson Disease Association. Ongoing engagement with family members.

I have even considered a post-masters certificate on the subject. I like to learn and to improve myself as do the rest of us here at Liric. After this twelve month crash course what are some of the highlights regarding resources. First, there are plenty of programs and resources for the elderly in Westchester County. Indeed, the County has a national reputation for its elderly programs and its successes. The challenge is perseverance. Since I am not going any place I have plenty of patience and a “can do” attitude to work my way through these intersecting and at times conflicting governmental programs. Our tax dollars are hard at work for us. Next, trust your instincts. I read books, peruse articles, surf blogs on caregiving. But, temper all this with instincts. They know you, your loved one, and the situation best. And lastly, do not take No for an answer. I am good at this one. My email tagline reads, “People who say it cannot be done should not interrupt those that are doing it” by George Bernard Shaw. Sometimes a *No* from an institution or even a family member does not mean “no”—it may mean don’t give up. A transition continues...

MEMBER NEWS UPDATE

Sadly, we have learned that **George Rainer** has passed away. George battled MS for over 60 years, never letting his disability stop him from being a member of the Curriculum Committee and performing his LIRIC duties, heading the Science Committee and teaching many classes on the environment.

George taught us all that having a disability need not limit oneself in any way.

Woe to the member who jumped up to help him as he made his way so laboriously ... his stern visage said quite plainly, "I'd rather do it myself" ... and he did.

We lost a man to remember.

Cheryl and Jerry Millman have emerged from a round of serious illnesses and surgeries. After a stay in sunny Florida, they look forward to handling the "Coffee AND" once again. During their absence Gail Apfel stepped in to see that members could continue to enjoy their coffee-time chats with one another. They feel that they are now ready to resume their LIRIC duties as Hospitality Chairs, perhaps for the January intersession, but for sure the Spring classes. We'll be pleased to see them back.

Lila Ogman, a former Board President and one of the "founding mothers" of LIRIC and still an active committee head on the Executive Board, is undergoing ground-breaking surgery in early January. Our thoughts are with her and her family at this difficult time.

Barbara Nissim is home recuperating and also celebrating the birth of her first great-grandchild Sloane. Congratulations and best wishes.

Ed.Note: Contact Barbara Moahalley@optonline.net or call (914) 576-2311 with news, good or sad, involving a LIRIC member.

WELLNESS TIDBIT- GET OFF THAT COUCH!

Until Ponce De Leon finds the Fountain of Youth, we are all on our own. In September, both Time Magazine and the AARP Bulletin featured stories concerning the benefits of regular exercise. Only 20% of Americans get the recommended 150 minutes per week of aerobic/cardio and strengthening exercise each week. AARP's article stated "if you really want to retain mental clarity and improve your odds of staving off dementia, researchers say, hit the gym." There is a proven relationship between regular exercise and brain power. Again from AARP, "regular exercise "enhances mental abilities, stops brain shrinkage, and promotes the formation of new neurons." Aerobic or cardio exercise creates a higher level of a protein brain-derived neurotrophic factor (BDNF) which help repair and protect the brain. Strength training helps by sending out pulses of blood to the brain.

Okay- this is what you need. For aerobic, 150 minutes a week (in segments as small as 10 minutes) of moderate intensity activity. What is moderate activity?- brisk walking, playing with grandkids, walking the dog, carrying heavy groceries, walking up stairs, mowing the grass, washing the car, as well as various exercise machines. For strengthening which builds muscle and prevents injury, yoga, tai chi, Pilates, light weights with more repetitions. A gym membership is not required. The benefits are great. Recent research linked exercise with less depression, better memory, quicker learning, and may delay or even prevent the dreaded Alzheimer's. It's never, never too late to begin. As the commercial says, "JUST DO IT!"

Member Liaison-Your Voice To The Board

Teddi Cerino, a LIRIC Vice-President also serves as Member Liaison. Any LIRIC member can offer suggestions, compliments or critiques through the Suggestion Box (located on the handout table in big room at the GOC), e-mail (Liric005@gmail.com), or in person by speaking with Teddi. She will bring these back to the LIRIC Executive Board for consideration. As Teddi says, "there are many reasons for suggestions and compliments and I will be happy to receive them all."

LEGAL TIDBIT- Who Will Speak 4 You?

No one wants to contemplate a time when you are unable to speak for yourself. But it may happen. New York State has a New York Health Care Proxy Law which allows you to appoint someone you trust to make health care decisions based upon your wishes when you are unable to do so. Your agent will act on your behalf so that health care providers are following your wishes.

The form is easy to complete with step by step instructions on the form https://www.health.ny.gov/professionals/patients/health_care_proxy/. No lawyer is needed, and it a LEGAL document as soon as it is signed by two witnesses who are not listed as your agent or alternate agent. It is a good idea to write on the form the following: "My agent and alternate agent know my wishes regarding artificial hydration and nutrition."

Before filling out the form, think about what you want if you are in dire medical circumstances. Consider what you want the health provider to do, and under what circumstances. Talk to your family, your friends, and especially to the

person that you want to designate as your health care proxy agent, and alternate agent even if the conversation is difficult. Make your wishes clear. Choose your agent wisely. Your agent should be readily available in times of emergency, understands your wishes and will abide by them, and is able to be your advocate. Make copies of your health care proxy and give one to your agent, your alternate agent, your doctor, your lawyer, and your family members. Keep a copy handy if you need to go to a doctor, or hospital. A copy of the proxy can be kept on your smart phone. There are even wallet size proxies which can be kept in your wallet or purse.

Your wishes are your wishes. Unpleasant topic, unpleasant conversation, but you do want your wishes to be followed, and given a voice, if you are unable to do so.