

*Living***LIFE** NEWSLETTER



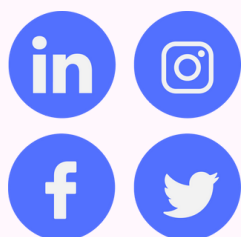
Lake Devo, Ryerson University

NEW YEAR NEW LOOK

The word is that New Year resolutions don't last long.

LivingLIFE has gone against the trend. We vowed to give a new look to our newsletter and here it is. We hope you like it.

Let us know what you think.



Interested in Free
Lectures, Events and
the Latest News?

Follow LIFE on social media.

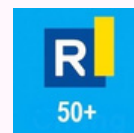
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The LIFE Institute

in partnership with
Programs for 50+ at
Ryerson University's
G. Raymond Chang
School of Continuing Education



IMPORTANT DATES TO REMEMBER

FAMILY DAY WEEKEND

Saturday-Monday, February 19-21. NO CLASSES; Ryerson University and The LIFE Institute closed

SPRING 2022 COURSES VIEWABLE ONLINE

Friday, March 25

REGISTRATION FOR SPRING 2022 COURSES

Monday, April 4

GOOD FRIDAY

Friday, April 15
NO CLASSES; Ryerson University and The LIFE Institute closed

SPRING 2022 SEMESTER COMMENCES

Saturday, April 30

VICTORIA DAY WEEKEND

Saturday-Monday, May 21-23
NO CLASSES; Ryerson University and The LIFE Institute closed

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LIFE CORE VALUES

LEARNING

We believe learning is core to healthy aging, and we strive to include educational opportunities in all we do.

COMMUNITY

We create a convivial environment that supports learning, builds relationships, and enables everyone to contribute.

INCLUSION

We listen to each other, seek to understand each other, and broaden our viewpoint. We welcome people of all backgrounds and abilities.

INTEGRITY

We are truthful and honest in all we do. When faced with difficult decisions and hard choices, we do the right thing.

STAFF

Deborah Bonk Greenwood, *Executive Director*
Rosanne Bernard, *Program Manager*
Denise Smith, *Manager, Volunteer Services*
Evette Glidden, *Office Administrator*



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Fran Bleviss
Peter Douglas
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REMEMBERING SANDRA KERR

News of the passing of the just-retired Director of Programs for 50+ at The Chang School came as a shock. She fostered innovative programs for seniors and championed volunteers at the Chang School.

Ginny Bosomworth summarizes her commitment thus: *"She was passionate in her beliefs that peer-led learning facilitated by older adults was invaluable to healthy ageing."*

Martha Wall remembers *"A passionate supporter of education in general and of the Chang School in particular"*.

Fran Gruber, first President of LIFE, says *"The first thing I think of about Sandra is...she made LIFE work."* *"Her commitment to later life learning was invaluable"* comments former President Jack Marmer. Rae and Geoff Arnold remind us she was instrumental in establishing the LIFE Institute Awards. Frances Smookler recalls how Sandra transferred much of the administration of Ryerson's own Seniors Program to LIFE, including the right to hire Ryerson professors to teach LIFE courses.

The LIFE Institute has lost a Seniors Learning pioneer.

"She was passionate in her beliefs that peer-led learning facilitated by older adults was invaluable to healthy ageing."

Read more of these tributes:

LEARN MORE



FEBRUARY AND FOREVER

Celebrating Black History Today and Every Day

Every February, people in Canada are invited to participate in Black History Month festivities and events that honour the legacy of Black Canadians and their communities. During Black History Month, celebrate the many achievements and contributions of Black Canadians and their communities who, throughout history, have done so much to make Canada the culturally diverse, compassionate, and prosperous nation it is today.

EXPLORE & LEARN:

<https://www.canada.ca/en/canadian-heritage/campaigns/black-history-month/about.html>
<https://www.sdhtoronto.com/blogs/news/sdhtoronto-black-history-events-in-the-gta-2022>
<https://blackhistorysociety.ca>

THE LIFE INSTITUTE STUDENT AWARDS

The financial challenges students face in pursuit of certificates and degrees can be a daunting hurdle in achieving their pursuit of higher education. Consequently, more than twenty years ago The LIFE Institute began an awards program to communicate to the Ryerson community the importance of contributing to the welfare of older adults, and to recognize outstanding students who take an interest in the needs of this important segment of society. This past November two Chang School students were granted awards. Here are this year's CED recipients:

Farah Imam, Mental Health and Addictions (1st Year)

As someone who assists older adults with the activities and tasks of daily living, Farah has first-hand experience supporting community members coping with mental health and addiction. Her current Mental Health and Addictions studies have enabled her to better understand the struggles that seniors face everyday. Farah's certificate will lend a better understanding to help seniors in marginalized communities and establish coping strategies for those suffering with mental health conditions and addictions, as well as identify concerns and safety risks a senior may be experiencing in their current living arrangement. Farah would like to transition to a case worker, gain experience in crisis intervention and ultimately pursue a Psychology degree. To hear Farah's in her own words, watch The Chang School Leader's in Learning event (4:45 minutes in): <https://www.youtube.com/watch?v=FZB1PiK7cMQ>



Serina Seguin, Public Administration & Leadership

A passionate regulated health care professional, Serina is a Radiation Therapist at the Northeast Cancer Center where she manages and coordinates health care services to a wide range of seniors across northern and rural Ontario communities. Her Chang School Public Administration and Leadership program is teaching her the innovative skills to provide the best possible client outcomes. As an undergraduate, Serina worked with the Canadian Red Cross as a Transitional Care Worker, helping seniors transition from hospital to home in a safe and secure way. Improving the health of Canadians in an effective and accountable manner is a high priority of Serina's and she hopes to one day become the Minister of Health, responsible for government policies and agencies related to the health of Canadians and seniors.

To continue providing this award, your donation to the Fund is essential.
Contributions can be made through The LIFE Institute's website.

Personal donations of \$20 or more will receive a charitable tax receipt.

<https://thelifeinstitute.ca/page/SupportScholarships>

CELINA CAESAR-CHAVANNES

INSTRUCTOR: **EQUITY, DIVERSITY, AND INCLUSION** FALL 2021

When asked the meaning of “Equity, Diversity and Inclusion”, Celina Caesar-Chavannes gives a memorably clear explanation. To paraphrase, she asks you to choose from a tabletop on which lie scattered seeds and nuts of all varieties. Normally, we pick our favourites and ignore the others.

Imagine if all were planted and given equally rich soil conditions and growing treatment. All would flourish, realizing the potential of each seed and nut.

Now imagine being in a world where justice removes barriers to blooming, where people have deep conversations about each other. Celina recounts seeing a video of the CEO of EBay and being moved by his deep humanity. She realized then how critical it is to be self-aware and “to get out of each other’s way”.

Her journey began in Biology and Health Sciences Management. This led to The Rotman Research Institute where the program head, Dr. Stuss, became an important mentor. Later, she turned to politics, becoming Member of Parliament for Whitby for four years (2015-2019). As a rookie she earned the distinction of Parliamentary Secretary to Justin Trudeau and later to the Minister of International Development.



Being the sole Black Woman Parliamentarian, Celina found the wheels of government moved far too slowly to make Equity, Diversity and Inclusion a reality for Canadian society.

Of her many awards and distinctions, The Champion of Mental Health Parliamentarian Award means most to her. Her own mental health struggle made her realize how critical it is to speak openly about “the need to be ok about not being ok.” The award proved that her colleagues in Parliament were really listening to her.

Since leaving government, Celina has explored many roads in search of “the abundant life”. Happily for us, one led to her teaching for LIFE. She speaks of learning from her students the need to reach people through their humanity, rather than through statistics and charts. Her three children and partner must really appreciate that part of her journey.

Continuing a thread which began years ago as a graduate student placement at The Baycrest Brain Research Lab, Celina is now pursuing a PhD in Neurology. She will explore the Science of she thinking with your heart and loving with your mind.

What an admirable goal for an utterly admirable woman!

THE LIFE COMMUNITY IS STAYING CONNECTED

Though the need to remain physically distant right now persists, many LIFE members are determined to remain connected during this difficult time by exploring new interests through LIFE’s fascinating courses, as well as engaging with others through clubs and other member-led programs. Explore LIFE’s online courses and clubs at:

thelifeinstitute.ca

#STAYSAFE

#STAYCONNECTED

#AGINGSTRONG

THE PHILOSOPHER'S CLUB



The Philosopher's Club is a new LIFE club that began in the fall of 2021. Started by LIFE members' Phyllis Ryall and Philippa King, and guided by the wisdom of Dr. Marianne Loranger, it is devoted to examining and discussing some of life's most thorny questions through a philosophical framework.

It originated when Phyllis and Philippa met during one of Dr. Loranger's philosophy courses at the LIFE Institute and felt an instant connection to the subject. This happened pre-pandemic when classes were still being held indoors. Questions philosophers have asked through the ages such as, "what is the good life?", "what is a meaningful life?", are questions that Phyllis and Philippa have mulled over for a long time.

The club was born out of their desire to explore those and many more questions, and to encourage others who are interested to join the discussion with them. The club is not stuck in the past; it is looking at contemporary philosophers who are asking important questions today - ones that concern the environment, ethical behaviour, moral behaviour, the rights of the individual versus the rights of the collective, etc. There are no limits to the questions that are examined as club members suggest ideas they wish to discuss.

Please join us if this appeals to you; we welcome everyone who is interested in seeing where these philosophical conversations will take us. Meetings are held every second Friday of the month from 10 a.m. – 12 p.m.

NELLIE'S WELLNESS

As we're transitioning into a new year, it can be tempting to set daunting health and wellness goals that are un-maintainable. I've been there! As a Holistic Nutritionist, here are my favourite recommendations for boosting immunity and energy decreasing inflammation, and maintaining overall balance within the body that are simple to incorporate into your lifestyle.



GUT HEALTH is critical. The gut not only houses the majority of our immune system, it's considered our second brain, directly impacting mood and energy. Maintaining a healthy gut includes decreasing processed and refined foods/sugars, as well as consuming probiotic foods like sauerkraut, kimchi, kefir, probiotic supplements. Prebiotic rich foods such as garlic, onions, apples, asparagus, sweet potatoes and dandelion greens help support the gut by feeding *good* bacteria .

Adding a high-quality **VITAMIN D** supplement is crucial during darker months, due to lack of sun exposure. Additionally, getting outside first thing in the morning and having natural light hit your eyes helps regulate sleep/wake cycle, and balance the circadian hormones. This assures increased energy and more restful sleep.

I always speak of the importance of taking care of our physical, mental, emotional and spiritual bodies. We are holistic beings: everything is connected! Taking a few minutes in the morning and/or during the day, before bed etc. to connect with ourselves in silence has not only been scientifically proven to boost immunity, reduce inflammation and chronic stress, but also to build mental resilience. This practice promotes increased positive emotion, and an overall sense of connectedness to ourselves and others.

Finally, **BREATH-WORK** encourages relaxation, switching on the *rest and digest* nervous system, helping to reduce anxiety. The diaphragm is the main pump moving the lymphatic system (the body's sewage system) so deep diaphragmatic breathing assists in moving toxins and waste out of the body. Try box-breathing: breathe in for 4 counts, hold for 4, breathe out for 4, hold for 4. Bringing more awareness to our breath on a daily basis is a simple and accessible tool that does wonders to cultivate balance and harmony within the body.

- Nellie Labovitz, CNP, BHSc, BSc, Holistic Nutritionist: nellielabovitz.com

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*Learning Is
ForEver*

2021 – 2022 BOARD OF DIRECTORS

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IN MEMORIAM

WE ARE SORRY TO INFORM READERS
THE FOLLOWING LIFE INSTITUTE
MEMBERS PASSED AWAY RECENTLY

We remember:

- Gordon Cooper; October 28, 2021
- Roslyn Giller; October 31, 2021
- Sandra Kerr; November 6, 2021
- Andrea Kier; August 7, 2021
- Ronald Landsberg; January 21, 2022
- Peggy Porter; October 26, 2021

The **LIFECares** program sends cards to members who are ill, have suffered a bereavement, or are celebrating a special occasion. If you know or hear of someone who should receive a LIFECares card, contact The LIFE Institute office. Sharon Roebuck is our current LIFECares volunteer.

LivingLIFE is produced by volunteers Fran Bleviss, Peter Douglas, Carolyn Filteau and Ruth Lerner. To make sure it is interesting and useful for LIFE members, we welcome your comments and suggestions. We also appreciate story ideas for consideration. Please send them to either Peter pt.douglas@icloud.com or Ruth rzlerner@hotmail.com.

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