



The LIFE Institute
The Chang School
Ryerson University
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Toronto ON M5B 2K3
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E: info@thelifeinstitute.ca
www.thelifeinstitute.ca

Important Dates to Remember:

WINTER 2022 COURSES VIEWABLE ONLINE

Monday, November 15

REGISTRATION FOR WINTER COURSES

Monday, December 6

WINTER 2022 SEMESTER COMMENCES

Monday, January 24

THANKSGIVING DAY / WEEKEND

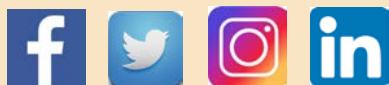
Saturday-Monday, October 9-11
NO CLASSES; Ryerson
University/The LIFE Institute is
closed

MID-YEAR CLOSURE

December 24, 2021 – January 4,
2022; Ryerson University/
The LIFE Institute is closed

Interested in Free Lectures, Events and Latest News?

Follow LIFE on
social media:



LivingLIFE

Volume 30, No. 3 September 29, 2021

Barbara Atlas, Member of LIFE Board



Barb Atlas

Why I became a LIFE Board member: I had read articles and facilitated projects which linked socialization and intellectual stimulation with brain health and aging. As a lifelong learner I was very excited to be part of LIFE, an organization that contributes so effectively to this process, through its lectures, clubs and walks which provide a venue for members to learn, socialize as well as contribute

through LIFE's active volunteer program. I wanted to be part of the journey as The LIFE Institute innovates, adapts and satisfies the learning and engagement needs of its growing membership.

What keeps me there: I am privileged to work with an amazing calibre of Board members who are innovative, competent, and very member oriented. As the COVID 19 world hit, LIFE worked very hard to develop alternative ways of learning and connecting for our members. As we continue to evolve, it is exciting to know that the LIFE Board is creative and adaptable and that we continue to explore a variety of means of connecting with our members and providing for their social and educational needs. As an aspect of those connections, I represent LIFE on the Third Age Network (TAN). It has been very interesting to meet, share information and learn from other Later Life Learning organizations.

TAN? What's TAN?

Cathy Spark. President of TAN

Thirty years ago, when The LIFE Institute's founding members built the organization from the seeds of an idea, one wonders if they knew that they were on the forefront of a lifelong learning movement, and that they would offer up a successful model that would inspire other organizations. In the last decade, in particular, growing numbers of like-minded individuals across Ontario have wanted to be part of lifelong learning groups where they could be exposed to new ideas, delve more deeply into the past, explore the future and, more generally, expand their minds in the company of similarly engaged individuals. While some educational institutions offered programs, they were expensive

THE LIFE OFFICE IS VIRTUAL

Due to the COVID-19
pandemic, the
LIFE office is virtual.

**VOICE MESSAGES ARE
RETRIEVED INFREQUENTLY**

The LIFE Institute Office
is available to assist
you via email:

info@thelifeinstitute.ca

**Monday – Friday
9 a.m. – 3 p.m.**

QUICK LINKS

[LIFE Website](#)

[Contact LIFE Office](#)

[LIFE Board of Directors](#)

[Clubs](#)

[Chang School Programs for](#)

[50+ Ryerson University](#)

[ACT II Studio](#)

UNSURE IF YOU ARE RECEIVING ALL OF LIFE EMAILS?

It is important to us that we
stay connected with you!

It has come to our attention
that some members are not
receiving all their email
correspondence. If you, or
someone you know, is not
properly receiving LIFE
membership and course
emails, please contact The
LIFE Institute Office, and we
will help to ensure that the
issue is resolved swiftly.

For assistance, please email
info@thelifeinstitute.ca

and often difficult to access. There were some volunteer-run options, but successful, dynamic ones were few and far between. Ten plus years ago, recognizing this, some members of the lifelong learning community in the GTA decided to form an organization for members of the 55+ community who sought help in establishing their own groups – and the Third Age Network (TAN) was born. Since its creation, TAN has grown to more than 30 member organizations across Ontario, with new ones joining every year. TAN offers each new member practical assistance in getting started and helps them to make valuable connections to other members and to external sources for information. Once a new group is up and running, TAN provides them with a strong network of fellow members, as well as opportunities for information sharing and benefits. While some TAN member organizations offer a mix of workshops, discussion groups, talks, walks and social events, others operate with lecture series being their main focus. As a result, both similarities and differences in approach provide a rich source of expertise, experience and lessons learned which can be shared across the Third Age Network. The lifelong learning 'world' is changing rapidly. Individuals are retiring sooner, and technology provides opportunities for viewing online or streaming across multiple locations. Each TAN member wishes to not only grow in size, but to develop and to stay relevant over time, and TAN provides them with a framework in which to do that. The networks and relationships developed among TAN members have proven to be even more valuable during the challenges that COVID brought with it. The solutions we develop together now will not only help us through a trying time but will provide the framework for a shaping of how lifelong learning will develop and the role it will play in the months and years to come.



Third Age Network (TAN)
an association of lifelong learning groups in Ontario

Instructor Resource Program (I.R.P)

The Instructor Resource Program (IRP) is a newly developed program that operates as an additional support system for our instructors. The IRP works alongside the Curriculum Committee and LIFE Staff to ensure that the design and delivery of our courses meet the high standards our members expect and deserve each term. We can support new instructors by working one on one with them on the topics that may affect their course delivery. For example, an instructor may want advice from one of our IRP Volunteers on how to spice up course materials or how best to interact with our members during a course so that their course is interactive and engaging. We also work with returning instructors

GET INVOLVED

If you are interested in volunteering, please contact Denise Smith, Manager of Volunteer Services
d.smith@thelifeinstitute.ca

FAQs

Want answers fast?
Most answers can be found online. Here are some examples:

- [Refund Policy](#)
- [How to view your registrations on your iPad, iPhone, Android, or Desktop](#)

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:
www.thelifeinstitute.ca

#StaySafe
#StayConnected
#AgingStrong

and LIFE members who are interested in facilitating a course at LIFE in the future. Our amazing IRP Volunteers each come with their own set of skills, experiences and knowledge of adult learning and course design.



Dr. Patricia Comley Ed.D., PCC, CNTC is an Educator, Trainer, & Neuroscience Coach. Pat taught Psychology for 23 years at Ryerson University and enjoyed a long career with the TDSB as Head of Student Services, Secondary Level. She presently runs her own coach/trainer business, locally & internationally.

Dr. Neema Lakin-Dainow is an adult educator, researcher, and teacher. Her educational background includes a doctorate; an Ed.D. Adult Education and Counseling from the Ontario Institute for Studies in Education (OISE), University of Toronto, a B.Ed. and Teaching Certificate from The University of Toronto and Additional Qualifications Courses in Guidance and Adult Education from the Ontario College of Teachers.



Pat and Neema are both life-long learners and appreciate the co-operative learning partnership that is adult education. Our little mighty group is very excited to be able to work alongside the other amazing volunteers who contribute to the success of LIFE and its courses. Our volunteers not only sit on other committees and take courses, but they are LIFE members and are invested in making LIFE great.

For more information on the Instructor Resource Program please don't hesitate to contact Denise Smith CVRM, Manager, Volunteer Services at d.smith@thelifeinstitute.ca.

Spotlight on Shermeen Beg, Architecture Instructor

We are fortunate Shermeen Beg is teaching courses at The LIFE Institute. When asked how she came to Ryerson and The LIFE Institute, she told me of her life not only in Toronto, but earlier in Pakistan where she had been teaching in a university and had also been a practicing architect. She moved to Canada in 2013 and eventually began working at the Agha Khan Museum. She found her time at the Museum to be a tremendous opportunity to do something she really enjoyed. There she taught a six-week course on historic Islamic cities and another one about Istanbul. One of the participants in her class was



Shermeen Beg
LIFE Instructor

HOW TO USE ZOOM AS A LIFE STUDENT

The LIFE Institute's online courses are currently being offered via Zoom, a relatively easy platform in which instructors and members can connect and interact. These online courses are offered in a few different formats.

Read more here:

>> [ONLINE COURSE FORMATS AT THE LIFE INSTITUTE](#)

>> [Zoom For Participants](#)

>> [Zoom Etiquette and Best Practices](#)

[NEW >> LIFE's Online Code of Conduct](#)

[2022 Stella Award Call for Applications](#)

The Stella Award fosters and recognizes playwrights who have created an original one-act play. The winning play will receive a financial award. All original submissions and applications must be received by **Friday, February 25, 2022**, to be eligible for consideration.

To be eligible you must be a member/participant in The Chang School's Programs for 50+, The Estelle Craig ACT II STUDIO, or The LIFE Institute.

To apply for the 2022 Stella award, download and complete an [application form](#) and email it along with a copy of your play to mena.carravetta@ryerson.ca. Please note "**Attention: 2022 The Stella Award**" in the subject line.

For more information, please contact Mena Carravetta:
mena.carravetta@ryerson.ca
416.979.5000 ext. 553850

Lawrence Altrows, a Ryerson University Professor. He was teaching Urban Planning at Ryerson and invited her to co-teach a course with him on Livable Cities. Subsequently, he introduced her to The LIFE Institute, and she began teaching one or two courses a year at the Institute on her own.

During the pandemic, Shermeen has taught a virtual course every semester and has found she can teach in an informal way, bringing her skills in "object-based learning" into the classroom. She applies a similar methodology teaching about buildings, where the class is taught how to analyze buildings just as they might a museum object. During this time, she has been traveling virtually with her class to a different country every week. In this way an ideal itinerary is created and opens other possibilities. Another passion in her life is traveling to share thoughts about architecture with others - a form of architectural tourism. One of her goals is to take a group of people on one of these trips. She feels this would provide a great deal of fun and knowledge. According to Shermeen, everyone has opinions about buildings and places. She hopes to help people see them from a different perspective, such as the uniqueness of Frank Gehry's buildings.

As far as teaching LIFE students is concerned, she finds the older the group the better the questions she receives. Students bring their own life and experience into the classroom and challenge her to look deeper. It is a mutual relationship that benefits both students and teacher.

The LIFE Virtual Coffee Break with Host, Harold Hutner



Harold Hutner
LIFE Volunteer

Retired accountant and member of Life for about 8 years, Harold says, "I've instructed various photography courses for LIFE and have been a student of other courses. When COVID-19 forced the lockdown of in-person courses, I transitioned courses I was teaching to a Zoom format and volunteered as a team member providing Zoom training to LIFE members. The LIFE Institute Virtual Coffee Break is a program created by and for LIFE members. I was part of the team developing the program.

Following a successful test run in the spring of 2000, I began to manage the Virtual Coffee Break Club, starting July 1, 2021. Virtual coffee breaks allow LIFE members to get together and socialize on a regular basis. Clearly, this is particularly important for LIFE members living alone.

Participants are encouraged to bring their own beverages to the Thursday weekly meetings at 11 a.m. Topics range from personal interests to politics, health concerns, environmental issues, music,

Danielle D'Amico, MA

PhD Student, Department of
Psychological Science
Stress and Healthy Aging
Research Lab,
Ryerson University

Seeking older adults 60+ to
participate in an online dissertation

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on
STRESS, LIFESTYLE, AND
COGNITIVE FUNCTION**

You are invited to
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research study on

**Stress, Lifestyle, &
Cognitive Function**



Participation involves:

- A short eligibility screener
- Online questionnaires about demographics/health, lifestyle, and stress
- Online cognitive tasks
- ~1-1.5 hours of time commitment

Must be:

- 60+ years old
- Have access to a reliable Internet connection

 bit.ly/StressAndAgingStudy 

This study has been approved by the Ryerson University
Research Ethics Board (REB 2021-105)



Link to the study:
bit.ly/StressAndAgingStudy

For more information, contact:
Danielle D'Amico
danielle.damico@ryerson.ca

books, and hobbies, among others. Surprisingly, we have not yet discussed coffee! When members register for a meeting, they choose two topics to be discussed. Based on the number taking part, we allocate separate break-out rooms to facilitate discussion. Two or three participants volunteer to moderate in their respective break-out rooms, and I'm grateful to them.

While some of the discussions may become heated at times, the group and individuals are generally respectful of the need for everyone to contribute. Having met virtually over the past year and a bit, some members look forward to an opportunity to meet face-to-face when it is safe to do so. Until then we will continue to Zoom.

I'm happy to have coordinated the virtual coffee breaks over the past year. I've had the opportunity to meet a great group of people I might not have met otherwise. New friendships have been made, in addition to some old friendships that have been renewed. Both are terrifically rewarding in our challenging times.

Do come join us for coffee!"

The LIFE Movie Club with Coordinator, Terry Poulton

Now in its tenth year, the current Movie Club succeeded a dormant earlier iteration in 2011, when lifelong film aficionado Terry Poulton joined The LIFE Institute and decided to become a club coordinator. She soon gathered scores of like-minded members, who enjoyed watching monthly matinees together at one of several downtown Toronto cinemas, as well as getting together afterward to nosh at nearby restaurants and enthusiastically chat about what they'd seen.



Terry Poulton
LIFE Volunteer

And then the COVID pandemic shuttered all their favourite haunts in March 2020 for what turned out to be a year of solitude. Technologically challenged, Terry was stumped about what could be done - until longtime LIFE member Robert Fabian volunteered to revive ensemble movie watching on small screens. With Zoom-Meister Bob at the helm, members enjoyed a raft of mostly black-and-white films, which were necessarily old because they had to be out of copyright protection to be legally shared online. It wasn't as enjoyable as before, but it was definitely nice to see tiny on-screen versions of the faces they'd been missing and then sharing comments about the movies afterward.

And now the cinemas have reopened. So, beginning in October, Movie Club members will resume the in-person experience. Hallelujah! As before, they'll do so on the first Tuesday of each month at 2 pm – unless no films we'd be likely to enjoy are

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.

screening, in which case Terry will postpone. About a week before each monthly outing, she will send what, where and when details to members and ask who plans to nosh-and-natter after seeing the movie (so she can make reservations).

What kind of films do club members prefer?

Check the club blog: www.lifemovieclub.blogspot.ca/.

Zoom Backgrounds

These days, it appears you have little choice, whether for business meetings, or family gatherings, coffee with friends, or the myriad learning and travel opportunities provided via Zoom.

Zoom has produced some inadvertently amusing moments, like the Quebec parliamentarian who appeared nude during a call, or an Ohio Senator, who thought he could convince colleagues he wasn't driving during a meeting, despite wearing a seatbelt while sitting in his home office (was he preparing for an earthquake??).

You can have genuine fun with your Zoom backgrounds: sitting in a lush, blooming garden (a photo from last summer), or in a Japanese teahouse, or visiting your favourite llamas, or in a lush, enchanted landscape. It's not hard to give yourself a new location:

There is a terrific Zoom Tutorial Video that takes you through the step-by-step of 'How To Change Your Virtual Background on Zoom' [CLICK HERE >> https://support.zoom.us/hc/en-us/articles/210707503-Changing-your-Virtual-Background-image](https://support.zoom.us/hc/en-us/articles/210707503-Changing-your-Virtual-Background-image)

The only caveat is that you may find an odd halo around your head, separating you from the background. Here are a few background samples:



How to Confirm Your Registrations, Invoices, Refunds etc.

Log-in to thelifeinstitute.ca using your username and password.

Go to your profile by selecting **My Profile** in the grey menu bar at the top of your screen.

At the top of the screen in your profile, you will see a message that says:

Welcome, Jane Doe

Click on the downward facing arrow and select **Invoices**.

The screen will update.

Select the **Event Registrations** tab.

When you select (click the link to) your course registration/event the screen will update with all the date, time information you require.

For more information, including diagrams and specific directions for tablets, phones, PCs etc., please view the online resource:

[How to Confirm Your LIFE Registrations Online](#)

If you have an image you particularly love, please send it to fbleviss@sympatico.ca, so we can publish more in the next newsletter.

Farewell to Zoe Bernard



Zoe Bernard

Congratulations and farewell to Zoe Bernard. Zoe has accepted the position as Development and Operations Associate with *The New Israel Fund of Canada*. Her last day with The LIFE Institute will be October 1st. Zoe has been acting as Office Administrator temporarily since February of this year.

We thank Zoe for her commitment, dedication, and talent that she demonstrated daily, always with a smile and positive attitude. Recently, Zoe developed and presented a two-part webinar series *An Introduction to Social Media*. This webinar series was highly received by many of you, as indicated in the webinar participant evaluations. Zoe, as you continue on your professional path, we wish you all the best for future success.

Welcome, Evette Glidden

Please welcome Evette Glidden to The LIFE Institute staff team. Evette has accepted the position as Office Administrator effective October 12th. Evette brings over 20 years of office administration and accounting experience to this position. In past, Evette held the position as Office Administrator for The Bata Shoe Museum along with having the privilege to be mentored by the late principal owner, Mrs. Bata. With Evette's talent and experience we're proud to have her as a member of the LIFE team. Working together we look forward to future successes.



Evette Glidden



2020 – 2021 BOARD OF DIRECTORS

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Lorne Bernstein, *Vice-Chair*
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to the Institute.*

The LIFE Institute is a Charitable
Organization R#891567646RR0001

In Memoriam

We are sorry to inform readers, the following LIFE Institute members passed away recently.

We remember:

- Maree Chamandy; May 21, 2021
- Roy Fischer; August 13, 2021
- Christine Lothian Phelan; September 18, 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.

THE BACK PAGE

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 Douglas at pt.douglas@icloud.com or Ruth Lerner at rzlerner@hotmail.com.