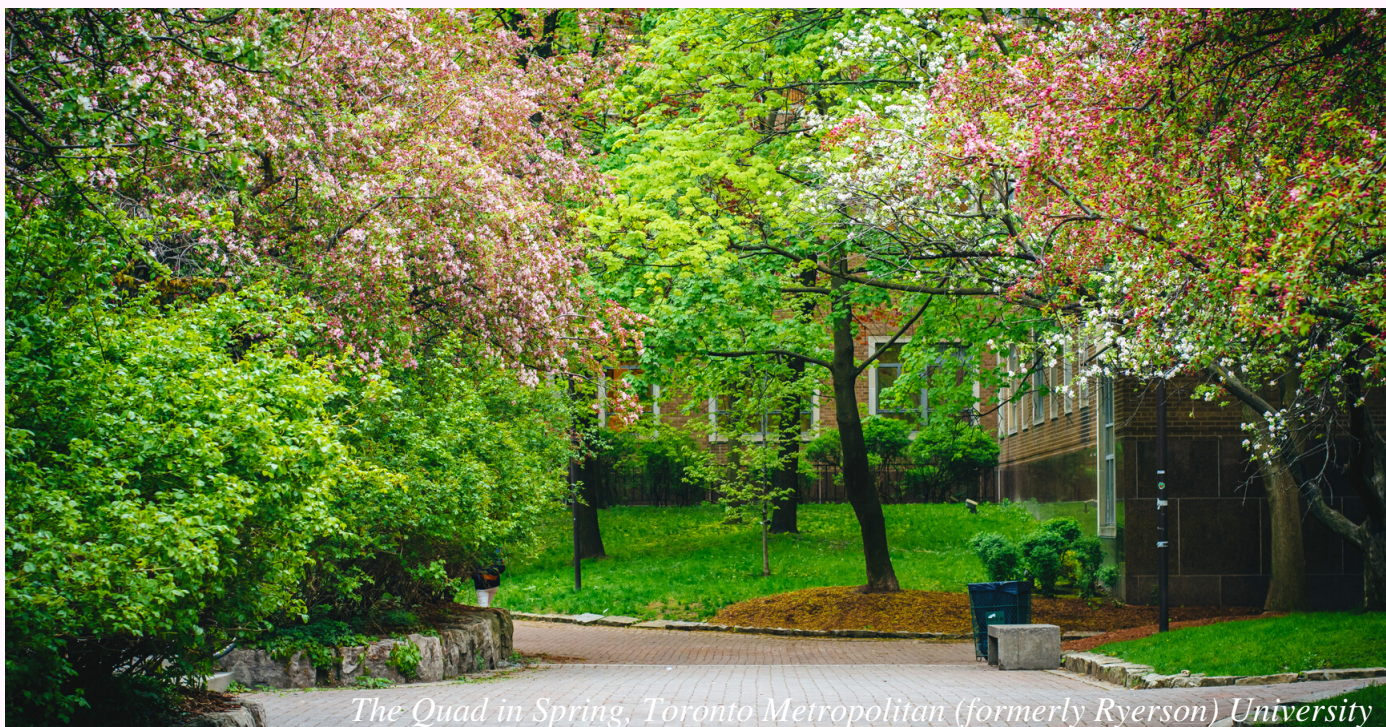


*Living***LIFE** NEWSLETTER

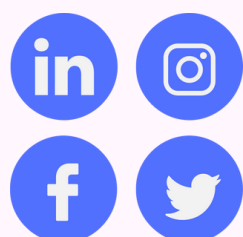


The Quad in Spring, Toronto Metropolitan (formerly Ryerson) University

STEPS INTO SPRING

A check of The LIFE Institute website will open your eyes to how activities have transformed during this year. **You may be surprised at the number of in-person activities.**

Though Zoom remains an important vehicle to deliver LIFE's classes, planning persists and **more in-person activities and seminars continue to be offered.**



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 Toronto Metropolitan (formerly Ryerson) University's G. Raymond Chang School of Continuing Education

**Toronto
Metropolitan
University**

**The Chang School
of Continuing
Education**

IMPORTANT DATES TO REMEMBER

AGING AND BRAIN HEALTH; FREE LECTURES EXCLUSIVE TO MEMBERS OF THE LIFE INSTITUTE

Tuesday, June 7 and 14
(see details on LIFE website)

CANADA DAY WEEKEND

Friday-Sunday, July 1-3. NO
CLASSES; Toronto Metropolitan
University and The LIFE Institute
closed

FALL 2022 COURSES VIEWABLE ONLINE

Monday, July 25

CIVIC DAY HOLIDAY

Monday, August 1
Toronto Metropolitan University
and The LIFE Institute closed

REGISTRATION FOR FALL 2022 COURSES

Wednesday, August 3

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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*



CONTACT US

NEWSLETTER COMMITTEE

Ruth Lerner, *Chair*
Fran Bleviss
Peter Douglas
Carolyn Filteau

ONTARIO RECOGNIZES OUTSTANDING LIFE VOLUNTEERS

On Monday February 28, 2022 the Ministry of Citizenship and Multiculturalism held a virtual ceremony to recognize the hard work and dedication of volunteers in Ontario.

This year, The LIFE Institute nominated the following volunteers and celebrates their achievements and their award: Dennis Bockus – 5 years; Ginny Bosomworth – 10 years; Milvi Ester – 5 years; Alan Lavine – 10 years; Catherine Pitt – 5 years.



Alan Lavine.
2021 LIFE OVSA recipient;
10 years of service

We heard greetings from the Minister Citizenship and Multiculturalism, The Honourable Parm Gill on behalf of the provincial government and Legislative Assembly of Ontario. He thanked the volunteers for keeping to their positions over the past year, for showing selfless dedication to meaningful service, and for making Ontario a better place.

We also heard from guest speaker Aleena Needham from the Canadian Mental Health Association who spoke about the impact volunteerism has for all of Ontario.



Virginia Bosomworth
2021 LIFE OVSA recipient;
10 years of service

We were moved by highlights of those individuals who have volunteered for 60+ years of service within their community. We have celebrated our LIFE volunteers by featuring them during Volunteer Appreciation Week and we asked you to celebrate with us.

Congratulations Catherine, Alan, Ginny, Dennis and Milvi! You have supported us through your leadership, commitment, innovation, and with your continued and inspiring energy. You and volunteers like you help keep LIFE as the leader in Later Life Learning.

Thank you so much.

Denise Smith, Manager, Volunteer Services



Milvi Ester
2021 LIFE OVSA recipient;
5 years of service



Dennis Bockus
2021 LIFE OVSA recipient;
5 years of service



Catherine Pitt
2021 LIFE OVSA recipient;
5 years of service

Read more about The LIFE Institute recipients of the 2021 Ontario Volunteer Service Award and Volunteer Appreciation Week 2022

[LEARN MORE](#)

"I see volunteering as the perfect opportunity to use my on-the-job skills while continuing to learn through LIFE's courses."
- Catherine Pitt

DR. CARLENE BLACKWOOD-BROWN

INSTRUCTOR: **CYBERSECURITY SPRING 2022**

Happily married with two sons, Jamaican-born Carlene Blackwood-Brown came to Canada in 2005, after a short stint in the Cayman Islands. She is passionate about lifelong learning and enjoys imparting knowledge and conducting research about cybersecurity and privacy.



She first became involved with The LIFE Institute in 2017 while conducting research for her doctoral dissertation and was subsequently asked to develop and teach cybersecurity-related courses for the members. Among them are “Cybersecurity and You”, “Cybersecurity Skills for PC and Mac Users”, “Outsmarting Cyber-criminals” and “Cybersecurity Defense Strategy for Individuals”.

Carlene is very complimentary about her audiences, whom she describes as enthusiastic, appreciative, and engaged. She has found them to be interactive, respectful, fun and motivated to learn more. This Spring, her course highlights digital footprint and its impacts, assessing vulnerability to cyber-attacks and developing a cybersecurity defense strategy.

During the pandemic, in common with other LIFE classes, hers were converted to online. Carlene adapted quickly and became creative in keeping her students engaged while delivering the content and being mindful of the issues/challenges they faced. She missed the face-to-face but not the commute!

Future plans are to continue collaboration with The LIFE Institute developing and teaching courses and conducting research in which members can participate, and ultimately, benefit.

On a personal note, Carlene is active in her church community, providing technical guidance and managing capital projects. Following her passion for helping people, she is actively pursuing an initiative to return to Jamaica to give people there a second chance to achieve their childhood dreams. She is also the CEO/Director of Technologically Speaking Inc., a cybersecurity consulting and training company that caters to the cybersecurity needs of individual and organizations.

We are indeed privileged to have such a valued, enthusiastic, and knowledgeable Instructor as Carlene to guide us through the complex web of the Internet and around its pitfalls.

Thank you, Carlene.

THE LIFE COMMUNITY IS STAYING CONNECTED

Explore interests and engage with others through LIFE's fascinating courses, clubs and other member-led programs.

Explore LIFE's online, in-person and hybrid courses and activities at:
thelifeinstitute.ca

#STAYSAFE

#STAYCONNECTED

#AGINGSTRONG

THE VIRTUAL COFFEE CLUB



Want more contact with friendly and interesting people? Join the weekly Virtual Coffee Break online at LIFE which is offered as a coffee house or pub where people drop in, join a discussion, and spend time with friends.

A retired accountant, **Harold Hutner** has been a member of LIFE for approximately eight years. During that time, he has taken and presented courses. At the start of the lockdown he joined a committee to assist LIFE members with Zoom and computer literacy to help take advantage of LIFE's online courses and clubs. The Virtual Coffee Break was created by LIFE members, because of the epidemic, to give them a chance to connect with other members at a time when in-

person get together were not possible. The club was launched on a trial basis in the spring of 2020 and went live weekly on July 2, 2020. As a member of the original committee, Harold was asked to coordinate and manage Virtual Coffee Breaks when it went live.

Participants bring their own coffee, tea or other beverages and a willingness to participate in the discussions of the day. Each week three possible topics are listed, and a topic of current interest may also be chosen as well. They may range from life in the city and things we enjoy, to politics, economics, health matters, books, music, theatre, and movies. Recent popular topics were: Tom Lehrer in the 1960s; Donald Trump; environmental issues such as global warming; Roe vs. Wade; the Russian invasion into Ukraine, and how far the world should go to protect Ukraine.

Each week between one and three discussion rooms are opened, depending on the number of participants (ideally 30). Harold says he is glad to have played a part in making the LIFE Virtual Coffee Break a reality. He has seen old friends reunite and others make new friends as a result of this opportunity to hang out on a regular basis.

When asked how he handles conflicting views as a moderator, Harold uses a simple rule of thumb: "be respectful and do not hog the screen". He makes sure everyone gets a chance to take part and does not hesitate to cut people off if they are preventing others from speaking. The first holiday season showed the importance of the club when participants asked to keep it going over the winter break.

There are no fees associated with the club; all one requires is a computer or tablet and an internet connection. To try out the Virtual Coffee Break, sign up on the LIFE [website](#). LIFE Virtual Coffee Breaks meet Thursdays at 11 a.m. When registering, indicate the topic you're most interested in discussing.

PLEASE DROP IN. THEY WOULD LOVE TO MEET YOU.

NEW CHAPTER - TORONTO METROPOLITAN UNIVERSITY



Names matter. They tell the world who we are and what we stand for. They communicate ideas, values and aspirations. They speak to the future even as they acknowledge the past.

A new name offers an invitation to be more inclusive, to imagine novel ways of thinking and creating — to open ourselves to new possibilities.

This is a new chapter for the university, informed by the pages that come before, but open to the opportunities that lie ahead. Now is a time to recommit to the values that define and invite the community to gather around a shared mission and to shape a future in which everyone belongs.

[Learn more about the renaming](#)

DR. RACHEL BAR - DANCER NOT DEMENTIA



Dr. Rachel Bar from Canada's National Ballet School has recently shared with The LIFE Institute her excitement about how people living with dementia can flourish through the creativity and imagination of dance. She herself has proved to be an exceptional person crossing boundaries and has used that experience and knowledge to help others explore new horizons.

Dr. Rachel Bar, Director of Research and Health at Canada's National Ballet School, is herself a graduate of the school, and danced professionally for several years, before attending Toronto Metropolitan University (formerly Ryerson) earning a PhD in Psychology followed by a Post-Doctoral Fellowship at Trent University's Centre in Aging and Society.

For Dr. Bar, it's all about playfulness and sociability, infusing a culture of dance while caring for a community of people living with dementia. Too often stereotypes and prejudices reduce the identities and experiences of people living with dementia to the diagnosis of dementia. Some of the barriers she encounters occur in cases, for example, where she has tried to set up a class and families say, "My mother is in a wheelchair, she can't dance". She challenges ideas about what people can do and what dance is. Family members suddenly find their loved ones having fun and expressing themselves in unexpected ways. Dr. Bar finds this experience very rewarding and confides how she used to teach in long term care homes once a week and found those classes to be the highlight of her week.

Canada's National Ballet School co-developed *Sharing Dance Older Adults* with Baycrest. As part of this multidisciplinary team, Bar observes how dance exists across cultures. The Ballet School adapts the classes to many contexts; in community, at home, in long term care, seated, and standing. There are two versions of *Sharing Dance Older Adults* available from Canada's National Ballet School for people to benefit from depending on their abilities- **IN YOUR SEAT** and **ON YOUR FEET**.

These are accessible for all seniors from the following link.
[Sharing Dance Older Adults](#). You too can DANCE!

LEARN MORE

2022 PROVOCATION IDEAS FESTIVAL



The Provocation Ideas Festival is a venue for the public to engage in spirited discussion, debate, and exploration on important contemporary issues. With support from OCUFA, the 2022 festival is bringing together disparate voices working for positive change through engaging dialogue and evocative art.

The festival will feature panel discussions with some of Canada's most provocative thinkers, art exhibits that provoke new ways of seeing the world, and immersive events that help participants explore their shared connections.

All events are free of charge. [Discover the 2022 Provocation Ideas Festival](#)

FREE LECTURES FOR MEMBERS OF THE LIFE INSTITUTE AGING AND BRAIN HEALTH

The LIFE Institute is pleased to offer this lecture complimentary to all members.

Join us for this two-part webinar series where **Dr. Larissa McKetton** shares how participants can track and evaluate their brain health using a free, private, clinically researched Brain Health Assessment and Smart Tracker tool.

During the seminar, Larissa will discuss several ways to maintain and improve brain health. Learn more about the Brain Health Registry and how to join.

The presentation will be followed by Q & A.

This is a LIVE ZOOM PRESENTATION and will not be recorded. Link will be provided to all registrants by email.

Date: June 7 and 14

Time: Tuesday, 1 - 2 p.m.

Fee: There is no cost for this lecture, however, registration is required.

Registration closes Friday June 3



REGISTER ►

7-GENERATION



There are a lot of complex issues in our world right now. Brain research tells us that neuroplasticity slows significantly in your mid-20s and then ramps up again after 50 years of age. That means if you want creative insight, combining these age groups has a lot of power. The 7-Generation initiative reflects both the Indigenous concept of long-term, holistic thinking and the current demographic reality of more living generations than ever before in history. It's bringing generations together to explore big-picture ideas in ways that may reveal new possibilities around society's most pressing issues. This is your chance to connect your story with others to explore what really matters in lifetimes across generations.

The 7-Generation initiative explores interconnections across seven broad themes: Environment and Climate Change; Economy; Education and Lifelong Learning; Health; Community; Life Course and Aging; Indigenous Worldviews/Knowledge. There are a variety of learning experiences you can select, from 50/50 discussions (equally sharing time across generations) to Warm Data labs (a simple format probing transcontextual relationships). Participants can also contribute insights as Citizen Historian-Journalist-Philosophers (Citizen HJPs) as part of an international SenseMaker exchange (working with the Cynefin Centre in the UK). The initiative has been developed by the Legacy Project, a research, education, and social innovation group. Rippling out from Markham (partners include the City of Markham, Markham Public Library, York University, The LIFE Institute), it's open to all ages across the GTA.

7-Generation opportunities are like a big game of Connect-the-Dots – across generations, topics, ideas to create new possibilities. Members of The LIFE Institute can participate in special events and get front-of-the-line access. Check it out at 7GenerationMarkham.org

THE BACK PAGE



*Learning Is
ForEver*

2021 – 2022 BOARD OF DIRECTORS

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Lorne Bernstein, *Vice-Chair*
Eva Bell, *Secretary*
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T: 416-979-5000 x556989
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thelifeinstitute.ca

IN MEMORIAM

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

We remember:

- Geoff Arnold; January 29, 2022
- Rae Arnold; April 25, 2022
- Jonathan Fisher; May 7, 2022
- Glen Giddings; January 18, 2022
- John Rae; April 8, 2022

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.

Editorial Design: Rosanne Bernard, Program Manager, The LIFE Institute

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