



MARIST COLLEGE Center for Lifetime Study Chronicle

Summer 2020

Marist College Center for Lifetime Study

OFFICERS (2020-21)

President: Bob Nasser
 VP Admin: Jack Fein
 VP Curriculum: Leonard Turkenkopf
 VP Public Info: Lauren Muffs
 Secretary: Dewey Lee
 Treasurer: Roger D'Aquino

COMMITTEE CHAIRS

Connections: Jim Temple
 Classroom Support: Leathem Mehaffey
 Finance: Anne Sileno
 Member Services: TBD
 Membership: Barbara Carpenter
 Office Support: RongYi Pan
 Special Events: Mary Lou Davis
 Barbara Marmillo

COUNCIL AT LARGE

Michael Cowan
 Kenneth Knapp
 Betsy Kopstein-Stuts
 Joe Lombardi
 John Marmillo

Greetings from the CLS President

First, I want to thank all of you who showed support for CLS by preserving your membership. It was encouraging to see the response which will go a long way to provide programming this fall.



I hope you are all well and are finding safe ways to take advantage of the summer weather. We are living through a time unlike anything in our memories, except for those who can remember the impact World War II had on everyone's lives.

Today, as was the case in WWII, there were essential workers who played significant roles in keeping the country safe and caring for those at home. Americans were called upon to make personal sacrifices for the benefit of all. Presently, we are reminded daily of the sacrifices being made by healthcare workers. Other essential workers provide needed services in areas such as childcare, agriculture and food, transportation, critical manufacturing and retail.

One group, for which I am particularly grateful, is the workers who shop for those who can't due to health or safety reasons. This was important during the early stages of the pandemic when the medical profession was in the early stages of understanding the virus. I have used this service and perhaps many of you did as well. I was impressed with the care the shoppers took trying to find the requested items or suitable replacements.

Although not as critical, CLS has its share of essential workers. You have all seen the catalog of courses for the fall. An excellent collection of offerings has been put together. This is only possible due to the efforts of the curriculum committees, and other members who enlisted the speakers to provide the classes.

While it may not be the same as being at Locust Grove, it provides the educational stimulus that we all seek and an escape from the daily bombardment of terminology like pandemic, COVID-19, social distancing, ventilators, etc. Now we can consider subjects like suffrage, chamber music, black literature, photojournalism, and macroeconomics to name a few. These are options to distract our minds for a few weeks.

In addition, there are two special events in September. First is the Convocation which will feature Marist Professor Thomas Zurhellen who will talk about his walk across the country to combat veteran suicide and homelessness.

Later there will be a panel discussion on Affirmative Action moderated by our own Dewey Lee, Council Secretary.

Please enjoy the fall courses and events. I wish you and your families good health and safety.

Best regards,

Bob Nasser

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CLS Chronicle

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Meet Our New Council Members



Leonard Turkenkopf

Len was born and raised in Brooklyn, NY (b. 12/6/1941). He moved to Poughkeepsie, October of 1964, to join IBM and brought his bride, Iris, to Poughkeepsie in July of 1965. He joined CLS in the fall of 2014 after teaching a course – *“The Economy: Where are we, how did we get here, and what are we going to do about it?”* – in the fall of 2013. Len has been a member of the A/V committee since he joined CLS and joined the General Science sub-committee of the Curriculum Committee two years ago. Len also served as co-chair of the CLS 25th Anniversary Committee and recently taught a course on *“the History of Money”*.

Len and Iris have been married for more than 55 years and have two children and 3 grandchildren. Len has been active in the community, including leadership in the local B’nai B’rith Lodge, Board of Trustees of Vassar Temple and Board and Treasurer of Congregation Shir Chadash. In addition to driving for Meals on Wheels, Len has helped to bring into existence the Volunteer Action Center (where he served as its third president) and Hudson Valley Home Matters (where he served as Vice President (two terms), Treasurer, and chair of the following committees: executive, nominating, finance).

In Len's new role as Vice President for Curriculum, he brings a desire to share in the experience of learning and wishes to provide a wide range of courses and topics to the members of CLS.

Dr. Jack Fein, Esq.

Dr. Fein is current VP for Administration. He has been a member of CLS for eight years and previously served on the Science Curriculum Committee.

Dr. Fein is a retired neurosurgeon. He graduated from the NYU School of Medicine and trained there in neurosurgery. He was Associate Professor of Neurosurgery at Albert Einstein Medical Center in New York. His major interest is in the field of cerebrovascular surgery and is the author of scholarly articles and textbooks in the field. He is Past President of the New York State Neurosurgical Society. In 1985 he established a private practice in Dutchess County at Vassar Hospital, St. Francis Hospital and at Westchester Medical Center. He also studied law at Pace University School of Law and obtained a JD degree and Health Law Certificate.



He is currently active as an officer and Board member of the Dutchess County SPCA, the Animal Law Legislative Committee of the New York State Bar Association, and the Jewish Federation. He and his wife Karin have developed eighteen perennial beds at their home in Poughkeepsie and invite visitors when it is safe to do so again.



CLS Welcomes New Members



Linda Adam
Nance Almazar
Kathy Aman
Barbara D. Arnold
Sylvia Bostic
Helen Corporan
Shirl Davis-Susser
Caroline DiCocco
Louis J. DiCocco
Patricia Dinges
Lynne DiPaola
Donna Dworak
Rhonda Eickman
Jane Ertman
Victoria Fox
Holly Greer
Kathleen Gromyko
Donna Hanna

Jacalyn Kahn
Sally Ann Kemink
Charles John Kinn
Kathleen Kofsky
Stuart Kofsky
Carolyn Lampack
Harvey Lederman
Suzanne Letterii
Maureen Logan
Mark Logan
Mary Marshall
James Meade
Jeanine Nearing
Glenn Noakes
Jane O'Brien
Doris Perez-Maldonado
Eric Perfecto
Linda Perfecto

Miriam Pickett
Charles Shanes
Frederick Skelding
Ellen M. Smith
Kathleen Spencer
Howard Spilke
Pamela Spilke
W. Richard Stark
Pasquale Tempestilli
Rosemarie Tempestilli
Margaret (Pegeen) Wall
Thomas Wall
Nancy Wells
Janice Williams

In Memoriam

CLS mourns the loss of fellow members

John (Skip) DeGilio (Feb. 2020)
Allen Fink (Feb. 2020)
Diana (Dina) Gleeson (Aug. 2020)
Catherine Gregory (Mar. 2020)
Lila Matlin (Mar. 2020)
Mary Louise Van Winkle (Mar. 2020)
Elizabeth (Betsy) Vivas (May 2020)

~Names above reported by fellow members

Special Events for Fall 2020

Fall 2020 Convocation

Thursday, September 3, 2020

Start time: 10:30 am

Keynote speaker: Thomas Zurhellen

Event coordinator: Jack Fein, CLS VP Administration

Zoom link: Distributed on Mon. August 31st

Fall Convocation will take place on September 3rd at 10:30 am. We will be using the Zoom platform with opportunities for questions and answers.

The Convocation program will feature introductory remarks by CLS President, Bob Nasser and Dr. Dennis J. Murray, President of the Marist College. Our featured speaker Tommy Zurhellen, Associate Professor of English at Marist College will then share and describe his adventures in vivid detail.

Last year, he completed an epic 2800-mile cross-country walk to raise awareness of the difficulties our heroic veterans endure. He walked from Portland, Oregon to the Marist College Campus in Poughkeepsie over a five-month period. This achieved nationwide attention and was celebrated in the press and the media. This is an unusual and inspiring story.

Tommy has a rich academic background and is known for his writing adventures. Tommy is the author of the *Messiah Trilogy* and winner of three medals at the Independent Publisher Awards. He is the Commander of VFW Post 170 in Poughkeepsie, NY.



Affirmative Action and Diversity: A moderated panel discussion

Friday, September 11, 2020

Start time: 10:00 am

End time: 11:30 am

Panel members: Brian Robinson, CEO, Equitable Future

Mike Gonzalez, Senior Fellow, The Heritage Foundation

Moderator and Coordinator: Dewey Lee

Zoom link: To be distributed on Fri. September 4th

In case you haven't noticed, race relations have been a hot topic in our country. We are pleased to announce a moderated discussion on Affirmative Action and Diversity. We will be using the Zoom platform and there will be opportunities for questions and answers.

Two speakers will present different perspectives. Brian is the CEO of Equitable Future, a 501(c)(3) nonprofit based in Poughkeepsie that takes a multi-tiered approach to eliminating prejudice and racism by identifying and acknowledging inequality and inequities and conducting research into the mechanisms of bias, prejudice, and discrimination. Mike Gonzalez is a senior fellow with The Heritage Foundation, a conservative think tank in Washington, D.C. He writes and speaks on many topics, and has authored a book entitled, *The Plot to Change America: How Identity Politics Is Dividing the Land of the Free*.

The CLS Scholarship Fund

CLS is under the wing of the School of Professional Programs (SPP) at Marist College. CLS receives support in the form of office space, computers and technology support and a host of other necessary services. This support is essential to our ability to deliver quality academic programs while maintaining an affordable membership fee.

In appreciation for the support given to us by Marist College, CLS established the CLS Scholarship Fund in 2012. This Scholarship is earmarked to address the unique needs of adult students who are enrolled in degree programs at Marist College. Many of them face significant challenges as they balance education, family and work responsibilities, without access to the variety of financial aid afforded to most traditional college students. The Scholarship achieved endowment status in 2015 and the first annual award was made in 2016.



We are grateful to CLS members and supporters who have made generous contributions to the fund.

In 2019-20 two scholarships totaling \$5100 were awarded. For 2020-2021, \$3000 will be available. Marist College will provide applicant essays to the scholarship committee in mid-summer and a recipient will be selected.

Merrilee Osterhoudt is the current chair of this committee.

Committee members are: Leathem Mehaffey, Sue Blodgett, Alice Cirielli, Ange Rapa, and Bob Kaminsky.



CLS Members Collaborate with Marist College Doctor of Physical Therapy Program

A close collaboration between Marist College for Lifetime Study and Marist College has been evident since the inception of the CLS program. So it should not come as a surprise that another aspect of that relationship has taken off with CLS volunteers working in a 'lab' environment with the Marist 'Doctor of Physical Therapy Program'. The three-year doctoral program in Physical

Therapy is relatively new and will be graduating its first cohort of students in December 2020.

The idea of a collaborative venture first occurred to me when I attended a Golden Gathering at Arlington High School a few years ago and had an opportunity to speak with Professor Claudia Fenderson, the Program Director, and Yvonne Egitto, Clinical Assistant Professor of Physical Therapy also. The focus at that time was testing the CLS participants before and after classes on balance to measure improvement in balance, or the lack thereof. I presented the concept to the CLS Council and received positive feedback. I also had an opportunity to speak with Dr. Dennis Murray, at that time President Emeritus of Marist, who was also enthusiastic about the potential of such a program.

This past spring the program began with 7 CLS volunteers meeting with students in the doctoral program to give the students the opportunity to appreciate the wide array of health and fitness in the geriatric population. Further, depending on the lab, the volunteers will be provided with exercises designed to address their individual strengths, limitations and goals. This initial step, small as it is, is the first concrete step in what can become a more expansive program involving members of the CLS community who have issues with balance.

It is anticipated that a voluntary program, with any CLS member who has cleared their participation with their doctor, may access the benefits of working with students in the Marist PT program. Students would assess their strengths and limitations in balance and design exercises to improve balance. Since maintaining good balance is one of the most effective ways to reduce the incidence of falling as we age, it is a valuable ingredient in the mix that leads to a healthier, longer life.

The Physical Therapy students enjoyed working with the CLS members and gained a great deal of experience working with live subjects.

Joe Lombardi

Update: The above article was written for the Spring edition of the Chronicle; however, the decision was made not to include it at that time. The coronavirus changed everything, including the continuing of the 'lab' sessions with CLS members. I have been in touch with the Clinical Assistant Professor of Physical Therapy at Marist and it is anticipated that we can resume the collaboration in the Spring if conditions improve.

Duties and Role of a CLS Council Member-At-Large

The CLS Council is comprised of 18 members who are elected by the membership each year at the Annual Meeting held in June. These 18 individuals function as the governing body of CLS and are listed below:

- **Six Officers:** President, Vice-President for Administration, Vice-President for Curriculum, Vice-President for Public Information, Secretary, and Treasurer.
- **Seven Committee Chairs:** Membership, Finance, Classroom Support, Special Events, Connections, Member Services, and Office Support.
- **Five Council Members-At-Large.**

The CLS Bylaws (Article IV, Governing Body) spell out the particulars summarized above. The actual bylaws document is viewable on the CLS [Announcements](#) webpage under Member Links - [Organizational Bylaws](#). Additionally, the [Member Handbook](#) provides an excellent, succinct overview of the CLS Structure (pages 6 and 7) summarizing the areas of responsibility for the various committees reporting to their respective elected Council Officers or Council Committee Chairs. In Article VI of the Bylaws the explicit duties of each of the CLS Officers is listed. Relative to the exact CLS Committee descriptions – including both objectives and specific duties – one can view a document, entitled the [Marist College CLS Organization Committee Descriptions](#). Described in this document are a total of 13 operating committees that capture an additional 6 committees beyond those associated with the seven Committee Chairs that comprise the CLS Council mentioned above as well as those specific committees associated with 5 of the 6 CLS officers.

However, it should be pointed out in none of the three documents mentioned above is a job description or duties for a Council Member-At-Large included. As the newest (September 2019) Member-At-Large Council member I felt it important to define these corresponding duties to get a better idea of what a Member-At-Large is expected to contribute to the function of the Council. To accomplish this, I carried out research leveraging Google searches to hopefully get some ideas for what generic Member-At-Large duties might be. The research turned out to be very productive and I was able to accomplish my desired task – a first pass description of a Member-At-Large duties specific to CLS needs. I circulated a write up to my fellow Council members to solicit their feedback and responses to these findings. The feedback was very constructive and I incorporated their suggestions into the duties description provided below.

Council Member-At-Large Duties

A Member-at-large serves as a liaison to the general membership. Duties change and vary as needed to fulfill Council requirements and address overall CLS organizational goals. A Member-at-large is expected to attend all Council meetings thereby obtaining an understanding of the-organization's administrative and operational direction, policies and issues. As new unassigned Council tasks arise, the President can assign duties to a Member-at-large. A Member-at-large should be prepared to transition into the role of officer or Committee Chair as vacancies arise if nominated consistent with having served a minimum one-year term on the Council as stated in the bylaws.

Duties

- Serve as a liaison to the general membership.
- Support the initiatives of CLS Officers and Committee Chairs as requested.
- Take initiative to undertake projects which enhance the ability of CLS to meet organizational goals with the Council's approval.
- If requested, assume an Officer or Committee Chair responsibility caused by-a mid-term position vacancy.

A Little Bit of Luck?

Wow! The last 18 months have had monumental impact on our dear Center for Lifetime Study. CLS has been one important constant in the lives of many of our members for decades. Each July and February we looked forward to the arrival of the latest catalog, and agonized over the choices we had to make of just 6 classes. We poured into the classrooms at the start of each semester with great anticipation. We coffee-klatched with old CLS friends and made new ones. And, we left the last day of each semester, knowing we would be back in just a few months.



Then came a dark cloud in the summer of 2019. We lost our Marist administrative assistant just as a new council was learning the ropes and deadlines were approaching for the transition to the new academic year – the catalog formatting and printing, mailings to the fall speakers, membership renewal letters.

Then we had a little bit of luck. Robin Will, a skilled administrator, joined our team and seamlessly took over the reins of the office. Deadlines were met and innovation began. The fall semester rolled out with most members never realizing the turmoil that our organization had faced. As we adjourned for the winter break, we looked forward to the coming spring semester.

Ah, but then came 2020 and COVID-19. As we anticipated the arrival of the spring catalog in February, none of us could ever have imagined just how profoundly COVID-19 would turn the world upside down, inside out and sideways. No one could have anticipated that we would be quarantined for months ahead, Locust Grove would close and Marist would send students and staff home. For the first time in our history, CLS spring semester was cancelled with no idea if a fall semester would be possible. Who could have imagined that, after 28 years, the future of our beloved CLS would be in jeopardy?

Then we had a little bit of luck. Zoom fell from heaven! We zoomed with family, we zoomed with friends, and yes, we zoomed with CLS! Held one of our most popular classes and had our annual meeting right on schedule. We couldn't coffee-klatch in person, but we could attend in our underwear and no one was the wiser!

Running an organization like CLS entails overhead all year long, whether there are classes or not. Locust Grove, always a wonderful partner, pledged to work with us to lighten the blow of the lost semester, but administrative costs still had to be met as we readied ourselves for a fall semester.

Continued ...

A Little Bit of Luck? *continued*

And, then we had a little bit more luck. With our financials in jeopardy, our members responded with love and a vote of confidence. The confirmation checks reserving memberships for the new scholastic year poured in. The faithful joined hands and said, “We’re in!” Speakers committed to teach in the spring, responded in numbers to move their classes to the fall.



The challenges continued. It was clear by early summer, that traditional classroom courses were not going to be prudent in the fall. And, again, *we had a little bit of luck.* The curriculum committee once again dedicated themselves to building a rich offering on Zoom. Many speakers graciously agreed to Zoom their classes. CLS is still in business, as strong as ever!

But, was it really a little bit of luck? Was it luck that we elected a council that was determined to keeping CLS true to our mission? During the winter months, as the outlook worsened daily, council members worked tirelessly, meeting weekly, working the phones, conferring with Marist. Was it luck that the Finance committee crunched numbers over and over to find ways to keep CLS afloat until we could return to “life after COVID”? Did Lady Luck lead the curriculum and the A/V committees as they worked the phone lines and investigated technologies? It certainly wasn’t *luck* that put the membership renewal checks in the mail.

The challenges aren’t over. We still have a virulent virus to fight and we don’t know what life will be like even 6 months from now. But we do know that we stand strong together. We believe in CLS and we are proud.

Merrilee Osterhoudt

CLS Past President

