



# MARIST COLLEGE

## Center for Lifetime Study

### Chronicle

Spring 2021

#### 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
Scholarship:	Ken Knapp
Special Events:	Mary Lou Davis Barbara Marmillo

#### COUNCIL AT LARGE

Michael Cowan  
Ken Knapp  
Betsy Kopstein-Stuts  
Joe Lombardi  
John Wargo

Look what we accomplished! It's amazing what has happened in a little over a year. Who would have believed that a group of seniors would embrace a new technology to keep CLS alive?

The journey started with the cancellation of the 2020 spring semester due to the pandemic. We had no idea how we would be able to continue to have CLS. Many weeks of meetings transpired filled with brainstorming, what-ifs, how-tos, and new ideas.

We became acquainted with Zoom. Zoom? No one was familiar with Zoom. No one imagined how it would transform CLS.

First the fall classes which, despite a few wrinkles, proved to be surprisingly successful.

- Next the winter semester, which provided a short but well received series of classes.
- Now the spring semester. It has been perhaps the most successful of the virtual offerings. Some classes which would have been oversubscribed in the past, now had upwards of 200 attendees.

There are many people who are responsible for this success:

- First, many thanks to the members who stayed with CLS and were able to adapt to the Zoom environment. I'm sure many of us received welcome assistance from children and grandchildren.
- On the technology side, a number of volunteers from the AV committee and membership at large worked together to make a successful virtual environment, for the benefit of our members.
- The presenters and class managers who worked together to make the successful Zoom presentations.
- The curriculum committees who assembled a wonderful selection of classes and speakers for the enjoyment of all of us.
- Finally, this entire transformation would never have been as successful as it was without the extraordinary support from Robin Will, our Administrative Coordinator.

What's next? We now look forward to the future and what that will bring to CLS. The health and safety of the membership must be the top priority. The possibility of having in person classes in some form is real, as is the possibility of hybrid classes. The decision of how to proceed and what will be offered will be announced as soon as possible.

Now that a large number of us have been vaccinated and some venues are opening, I hope you are able to spend more time enjoying the opportunities afforded us by the good weather. I wish everyone a pleasant spring and summer. Stay safe.

*Bob Nasser*



# MEMBER CORNER



## CLS Welcomes New Members

Katherine Anson	Janice Miller
Regan Backer	MaryJane Montalto
Geraldine Di Pompei	Gerald Ottaway
Robert Exelbert	Darlene Pfeiffer
Carlton Good	Elizabeth Richardson
Ramona Harrison	Veronica Schepis
Rosemary Horton	Dominic Schepis
Shaileen Kopec	Tracy Stopa
Richard Mattocks	Rosanne Strecker
Nancy McKee	Julie Thomas-Brill
Nancy Michaelis	Frederick Wilhelm
Lizabeth Miedowski	Sharon Wilhelm

## ~ IN MEMORIAM ~

### CLS mourns the loss of fellow members

Albert (Al) Bauman (May 2021)

Gordon Foster (April 2021)

Paul Trotta (March 2021)

Eileen Zipes (March 2021)



## Membership Renewal for the 2021/2022 Year

On Friday, April 30<sup>th</sup>, the CLS office sent out a personalized email to all current members about renewing membership for the coming 2021/2022 year.

\* **Dues are \$240 for the 2021/2022 year (July 1, 2021 to June 30, 2022).**

\* **Renewal starts on Monday, May 3<sup>rd</sup> at 8:00 AM  
ends on Friday, June 18<sup>th</sup> at 12:00 noon**

\* **Payments are due by Friday, June 18<sup>th</sup>**

The membership renewal process is now electronic, no more paper! And, the process is similar to the class registration process, so everyone should feel somewhat comfortable navigating to the website and completing the electronic form.

Click the link/URL below to access the **Membership Renewal Form:**

<https://www.marist.edu/professional-programs/cls/membership-renewal>

**Don't delay, renew today and mail in your payment!**



# MARIST

**Center for Lifetime Study**

## **2021 CLS Annual Meeting**

**Tuesday, June 29, 2021**

**2:00 PM – 3:30 PM**

**Event Coordinator/Emcee:** Jack Fein, VP Administration

**Guest Speakers:** Senator Chuck Schumer (*Pre-Recorded*)

Chris Silva, Bardavon Executive Director

### **Presentations by:**

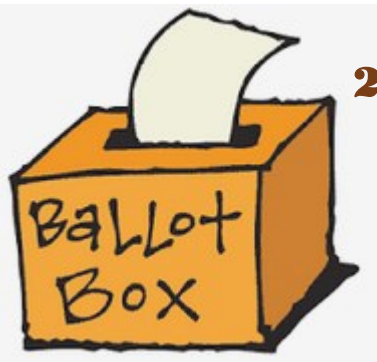
- ♦ CLS President, Bob Nasser
- ♦ VP Administration, Jack Fein
- ♦ VP Curriculum, Leonard Turkenkopf
- ♦ Membership Chair, Barbara Carpenter
- ♦ CLS Treasurer, Roger D'Aquino
- ♦ Classroom Support/AV, Leathem Mehaffey
- ♦ Public Information Chair, Lauren Muffs

To Join the Annual Meeting, click link below:

<https://marist-edu.zoom.us/j/89175176903?pwd=dzVOcXdvWWWh5U3YxZ2h3K3htbDZnZz09>

Passcode: 163073

Members will be able to submit questions using Q&A  
The 2021 Annual Meeting will be recorded and posted to the



## 2021/2022 CLS Council Nominations & Elections

The Nominating Committee appointed by CLS President Bob Nasser has completed filling the slate of candidates for the 2021-22 Council. Retiring from the council at the end of the fiscal year are Bob Nasser, President, Jim Temple, Chairperson of Connections, and Joe Lombardi, At Large. We would like to thank these members who have contributed to the administration of the CLS programs that we have all enjoyed.

Fourteen (14) members of the current council are being nominated to retain their current position, or to replace a retiring member. We are pleased to have four new council members who will be serving for the first time.

Our gratitude goes out to the members who served on the CLS council over the last two years in difficult times and have more than passed the test of leadership. A special thank you goes out to Bob Nasser, CLS president. Bob took the reins in the spring of 2019 and was immediately met with the challenge of replacing our administrative assistant who retired after 27 years with CLS. Immediately following this challenge, Bob was faced with leading CLS through the COVID pandemic. Together with a dedicated and motivated council and with the support of Marist and Robin Will, our administrative coordinator, Bob led the charge and propelled us into the world of Zoom academia. We are grateful to him and to all the CLS council members who believed in our organization.

As the chairperson of the Nominating Committee, I would like to recognize committee members, Kathy Dispensa, Mike Cowan and Madeline Whalen, who willingly took on a difficult task and did it well!

The following slate is submitted for your consideration prior to the election at the Annual Meeting.

Position (Current)	Candidate Name	Council Service
President (Bob Nasser)	Jack Fein	2 years
VP of Administration (Jack Fein)	Mike Cowan	2 years
VP of Public Information (Lauren Muffs)	Lauren Muffs	4 years
VP of Curriculum (Len Turkenkopf)	Len Turkenkopf	1 year
Chair of Membership (Barbara Carpenter)	Barbara Carpenter	4 years
Secretary (Dewey Lee)	Dewey Lee	4 years
Treasurer (Roger D'Aquino)	Roger D'Aquino	2 years
Finance Chair (Anne Sileno)	Anne Sileno	2 years
Office Support (RongYi Pan)	RongYi Pan	2 years
Member Services (Bob Kaminski)	Pegeen & Tom Wall	None
Classroom Support (Leathem Mehaffey)	Leathem Mehaffey	5 years
Connections (Jim Temple)	Glenn Noakes	None
Special Events (Mary Lou Davis)	Mary Lou Davis	5 years
At Large (Mike Cowan)	Pat Luczai	None
At Large (Ken Knapp)	Ken Knapp	4 years
At Large (Betsy Kopstein-Stuts)	Betsy Kopstein-Stuts	2 years
At Large (Joe Lombardi)	John Wargo	None
At Large (John Marmillo)	Bob Kaminski	5 years

Respectfully submitted,  
Merrilee Osterhoudt  
Nominating Committee Chairperson

## Looking Back & Forward at the Same Time

As I write this, we have just completed the spring 2021 semester at CLS and what a semester it was. We had sixteen lively and informative courses - all delivered online. COVID-19 threw us many curveballs, but we got through it all. There were many who made it happen, from the many committee people who planned and designed the courses to the presenters who presented remotely and did not get the normal classroom feedback. But one group did a yeoman's job, and I would like to single them out for special thank you. The class managers worked in an environment totally strange to them and, except for a few small hiccups, carried it off beautifully. So, for all of us I would like to publicly thank the following:

Audrey Walker	Linda Lebensold
Barbara Van Itallie	Martin Charwat
Ed Garber	Merrilee Osterhoudt
Ellie Charwat	Mike Cowen
Judy Rubenstein	Warren Buhler
Leathem Mehaffey	Wilma Schmidt

Looking to the new academic year, things will be in a state of change. During this past winter and spring, the four curriculum subcommittees worked hard planning and developing courses for the coming fall. Of course, when they started, the story of the pandemic was all bad and they planned for another semester of online classes. Now the story has improved, but we still do not know at what capacity Locust Grove (LG) will be able to open and how many of our members will have been vaccinated. Therefore, your council has taken several actions to address the situation.



First, the council formed a committee to investigate the technical feasibility of holding hybrid classes and by hybrid we mean classes where there are members both at LG and online at the same time and also presenters can be at LG or remote. Thanks to Ange Rappa, Leathem Mehaffey and Herb Sweet it was determined that we could pull this off. However, other logistical and administrative questions came up which need to be resolved before we can go forward with such an offering. Therefore, a second committee is now looking into these questions.

As a result of all of this, the recommendation was made that in an abundance of caution, the fall semester will be online, the spring 2022 semester will, we hope, be back to our normal in-person classes at LG. We will experiment with a hybrid model during the winter mini semester and if that experiment is successful, we might be able to add online to full in-person classes, allowing our snowbird members to not lose out on classes.

Leonard Turkenkopf, VP Curriculum



# Marist Doctor of Physical Therapy Program to Offer Free Function/Fitness Assessments



Members of the CLS have consistently answered the call of the Marist DPT Program by providing volunteers to participate in multiple labs associated with the course Lifespan Physical Therapy-Adult/Geriatrics. The experience and time offered to the DPT students by the many volunteers have been not only enjoyable for the students, but invaluable. Now it is Marist DPT program's turn to give back to the members of the CLS.

As his final Doctoral project, third year student *Kyle Dillon* along with his faculty mentor *Yvonne Egitto PT, DPT*, will be providing a physical therapy functional/fitness assessment to members of CLS. Participants will work with student and faculty volunteers to assess various areas of fitness and function based on current scientific evidence. Areas that will be assessed include: general muscle strength, muscular and aerobic endurance, flexibility, fall risk, and balance and gait assessment. Participants will be provided with assessment results as well as the expected results based on current evidence for gender and age matched peers. Information and resources will be provided that may help maintain or improve performance in each area assessed as well as overall fitness and functional mobility. While this is not a Physical Therapy evaluation/examination, rather a Physical Therapy Fitness Assessment, specific comorbidities, illnesses, diagnoses, or injuries will not be addressed during the assessment or in our recommendations, however, we will of course refer an individual to their physician should there be an area of noticeable concern found during the assessment.

This will hopefully become an annual event offered by the Marist DPT program to all community dwelling older adults in the area. It is anticipated that many participants will choose to return annually and Dr. Egitto is hoping to collaborate with the CLS on a research study based on this format in the future. This assessment day is scheduled for July 17, 2021 in the Allied Health Building of Marist College.

Note: The current session is filled. Members interested in being on an "alternates" list should contact Yvonne by email at [Yvonne.Egitto@Marist.edu](mailto:Yvonne.Egitto@Marist.edu).

Joe Lombardi, Council Member at Large

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*If you wish to read more about the Marist Doctor of Physical Therapy Program and its faculty, click the link below*

<https://www.marist.edu/science/doctor-physical-therapy>



*The next edition of the Chronicle is expected to be published in August. If you would like to write an article, please contact Lauren Muffs, Chair of Public Information no later than July 15<sup>th</sup>.*

*Lauren's email address is: [lmuffs@aol.com](mailto:lmuffs@aol.com)*

# *Prodding Your Muse*

## **Virtual Class-vs-Actual**



*by Barbara Mindel, Class Presenter*

Participants in my April/May *Prodding Your Muse* class were invited by the Chronicle to submit answers to the question, **“What have been your reactions to the past three seasons of Zoom classes?”** This feedback from participants choosing to participate is a cross section of interests and ages, intended to help guide CLS provide the excellence it strives to maintain at all times. In no particular order for the quotes below but rather in appreciation of their time to comment thoughtfully and candidly to help CLS, thank you Alice Cirelli, Vicki Fox, Barbara Schwitz, Nancy Gill, Murray Solomon, Ingrid LaPolt and Lizzy Vilanati.

\* *“Classes were an oasis in the desert of Covid. Most presenters were extremely well prepared; virtual offered the comforts of home; interacting in small classes offset pandemic sequestering; and I didn’t have to drive in bad weather. Great technical support to learn methods of Zoom.”*

\* *“Presenters need fast internet/broadband (better than DSL) if they are sharing film clips. They should have an alternative “up their sleeve” in case of technical problems. They and the Manager should not ignore chat comments “I can’t hear” or “It’s garbled.”*

\* *“Although I am immensely happy to be a member of CLS, I prefer in-person classes, the opportunity to discuss with a speaker after, the socializing between classes. Yes, we have technical problems with Zoom but in time and improved skills they should lessen.”*

\* *“During the pandemic, when I could not participate in my usual activities, I have been so grateful for CLS virtual meetings with all types of groups. Although I have enjoyed virtual, I look forward to meeting in person again.”*

\* *“Slightly skeptical at first about virtual classes, I’m pleased to say that mine left nothing to be desired. Kudos to CLS for choices of various classes, for Managers with tech expertise, for excellent Presenters who were knowledgeable and entertaining. A wonderful experience.”*

\* *“Zoom gives clarity to hear & understand speakers. But sharing of documents was often unsuccessful. Lack of socialization and snacks between classes is a negative. A suggestion: offer a video class with an expert discussing a controversial topic which will encourage class debate.”*

\* *“Zooming is very different. Although it is an important and necessary experience now, I miss in-person connections; it takes extra effort to reserve time slots; it’s more motivating to be in a classroom and “feel” the presence and reactions of others.*

\* *“I sorely miss “going to” rather than “launching” yet CLS’ success in continuing to offer us a variety of quality courses under the existing circumstances is something special.”*

