

Summer 2011

Happy Summer!

Welcome to the Summer **Senior Forum News!**
We'd love to have your views and contributions!
Send them to salis@findlay.edu, or mail/drop them to Nancy Leatherman in the Academic Affairs Office at UF. Winter 2012 article deadline is **January 1**.

It's natural to think of new beginnings in the spring and early summer. I experienced this when a robin built a nest on my back porch this spring. Wow! Did those birds grow fast once they hatched! Momma Robin worked herself skinny trying to keep them fed! Here are the three chicks a day before they all flew off, one at a time, led by the bravest. I was sorry to see them go!



Spring Forum Recap



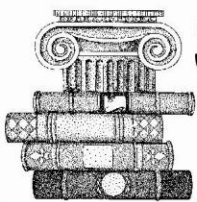
Carole Elchert made us think about what we see and why.



Ken Hammontree as Harry Truman complete with piano!



Gillian Graber, Phyllis Smith, Maile Doyle, and Jim Rooney present The Power of Positive.



Poetry Corner

The 12th century Chinese poet, Lu Yu, offers this portrait of the old man "**Written in a Carefree Mood**":

Old man pushing seventy,
In truth he acts like a little boy,
Whooping with delight when he spies some mountain
fruits,
Laughing with joy, tagging after village mummers;
With the others having fun stacking tiles to make a
pagoda,
Standing alone staring at his image in the jardinière
pool.
Tucked under his arm, a battered book to read,
Just like the time he first set out to school.

"Prayer for Senility"

God grant me the senility
to forget the people I never liked anyway,
the good fortune to run into the ones I do,
and the eyesight to tell the difference.

"My Get Up and Go Has Got Up and Went" (excerpt)

I get up each morning and dust off my wits,
Pick up the paper and read the 'obits',
If my name is missing I know I'm not dead
So I eat a good breakfast and go back to bed.

Looking Ahead

Fall 2011 marks our 20th Anniversary for the Senior Forum! Planning is going on now to make this a special session, and we have received some good suggestions for programs. For sure, we'll have at least one cake! Expect additional noon drawings for special prizes, including recognition of long-time attendees!

Reserve these dates: September 28, October 5, 12, 19, 26, November 2. The brochure will be out in mid-August!



Dueling dulcimers was one fun feature of The Dulcimer Gathering!



Dr. Richard Weisfelder, UT, leads a discussion on the Horn of Africa.



Gloria Burke shared some great tips on writing your memoirs.



Pastor Steve Edminston relates his personal experiences in Tanzania.



Wendene and Jerry receive kudos after performing Paddington's First Concert!



Lucy Anders sings her favorite songs as she looks towards college in the fall.

Did You Know?

- The University of Findlay's Summer Stock series opens June 15-18 at 8 p.m. and June 19 at 2 p.m. with **SNOOPY!!!**, based on Charles Schulz' "Peanuts" comic strip. All three productions this summer are musicals, including **Bye Bye Birdie** July 6-10 and **The Drowsy Chaperone** July 20-24. All performances are in the John and Hester Powell Grimm Theatre in Egner Center for the Performing Arts. Season tickets are \$35; individual productions are \$15 each. The box office is in the Alumni Memorial Union and can be reached at 419-434-5335.

- The University of Findlay ranks in the top tier of *U.S. News & World Report's* "**America's Best Colleges**" in the Midwest for 2008 and was named a Best Midwestern College for 2007, 2008, 2009 and 2010 by the Princeton Review.

UF has been recognized as one of "**America's Best Private Colleges**" by Institutional Research and Evaluation Inc., an independent research organization.

Factrivia

Your pet isn't the only one in the house with a shedding problem. Humans shed about 600,000 particles of skin every hour. That works out to about 1.5 pounds each year, so the average person will lose around 105 pounds of skin by age 70. (Gee, according to that, I should only weigh 50 pounds! D.S.)

Your nose is not as sensitive as a dog's, but it can remember 50,000 different scents. Experts claim that the Beagle sense of smell is around ten thousand times more developed than that of a human. It has been reported that beagles have sniffed out substances that were camouflaged with other smells and substances that had been washed off days before. In the canine world, the Beagle's sense of smell is superior even to most other breeds of dog; he is bested perhaps only by the Bloodhound.

Blood has a long road to travel: Laid end to end, there are about 60,000 miles of blood vessels in the human body. And the hard-working heart pumps about 2,000 gallons of blood through those vessels every day.

No wonder babies have such a hard time holding up their heads. The human head is one-quarter of our total length at birth but only one-eighth of our total length by the time we reach adulthood. (Interestingly, this proportion was one used by the early Greek sculptor Polyclitus who also specified that the width of a man's chest should be equal to the length of the forearm. D.S.)

Aging is not a disease. Primary aging results from an inborn genetic clock in combination with life-style. Secondary aging is caused by trauma and disease.

Only 5% of those 65 and over are in nursing homes. Even among those aged 75 or over, only 9% are residents of institutions. However, about 40% of the elderly spend time in a nursing home at some point in their lives. (Ithaca College Gerontology Institute.)

The English language originally delineated between women in different stages of life with the terms "maiden," "mother," and "crone." A maiden referred to a young girl who was unmarried, a mother referred to a woman in her child-bearing years, and a crone described a post-menopausal woman. (*Oxford English Dictionary*. 2nd ed. 20 vols. 1989)

Got Chores?

Chore Services, coordinated by Eric Powell at the Hancock County Senior Center, can provide assistance around the house. Some of the tasks they do:

- Simple household repairs and maintenance
- Heavy chores like window cleaning, washing walls
- Painting (indoors or out)
- Mowing, yard work, yard clean-up, snow removal
- Grocery order and delivery service
- Major home repairs and home safety improvements may be available for PASSPORT clients or through the Ohio Department of Development.

Clients pay cost of materials and supplies. Donations are encouraged to help cover the cost of labor.