



Newsletter of the UCONN ADULT LEARNING PROGRAM

ANNUAL MEETING AND LUNCHEON

Thursday, June 8th, 10AM-1:30PM, Seabury Chapel and Main Dining Room

ALP's Annual Meeting will be in person, and again we will enjoy a tasty luncheon provided by the Seabury staff. For those of you who are not Seabury residents, the following protocol will help you to attend the meeting and/or the luncheon (see *page 2 for your luncheon reservation*).



- Parking will be directed by Seabury staff at the entrance to the Seabury grounds.
- The pedestrian entrance will be through the front main foyer; identification and body temperature will be verified.
- All attendees must wear their Covid masks until sitting down for the luncheon.

If you are unable to attend in-person, you can still attend the meeting and hear our guest speaker by using the Zoom platform. E-mail invitations with the Zoom Link will be sent to the entire membership. Among the business matters to be discussed and voted on during the meeting will be the new 2023-2024 budget and the election of new members joining our Board of Directors.



Dr. Ruth Mitman to be Guest Speaker. Ruth Mitman, PhD, founder and president of The Mitman Group, is a 50-plus market advisor with over 25 years' experience studying the mature market. A PhD graduate in Gerontology and Education from Michigan State University, Dr. Mitman has a very diverse professional background in the fields of gerontology and education. As a national speaker, trainer, and consultant for various companies, she helps increase their market share by understanding and speaking to the needs of older customers. She has been a Corporate Gerontologist and Educational Consultant for the Hartford Financial Services Group and served on the faculty of the College of Lifelong Learning at Michigan State University. She was also an instructor at the Institute of Gerontology at the University of Michigan and a consultant for AARP.

Dr. Mitman's topic for our Annual Meeting will be – *Successful Aging: Maintaining High Cognitive & Physical Function, Avoiding Disease & Disability, and Continuing to Enjoy Engaging With Life.*

ANNUAL MEETING AGENDA

Thursday, June 8, 2023

Attendance may be in-person or via Zoom

10:00 Registration for Luncheon (Details below)
10:30 Keynote Speaker – Seabury Chapel or Zoom
11:30 Business Meeting – Seabury Chapel or Zoom
12:15 Luncheon – Main Dining Room

LUNCHEON

Our luncheon will begin at 12:15 pm in Seabury's Main Dining Room. To help defray the cost, there will be a **\$12 per person fee that must be pre-paid by May 31**. Please pick up your verification-of-payment sticker at one of the tables outside the Chapel before the meeting begins at 10am. If you are attending only the luncheon, you can obtain your verification-of-payment sticker outside the main dining room starting at 12 noon.

To make your reservation, please go to the ALP Website (alp.uconn.edu); select "Special Events" from the drop-down menu under Registration; click on "Annual Meeting Luncheon" and follow the instructions to submit your payment. You may also make a reservation by completing the form below and sending it with your check (payable to ALP) to the ALP Office: Adult Learning Program, Hartford County Extension Center, Exchange Building – Suite 262, 270 Farmington Ave. Farmington, CT 06032 (Attn: Jenny Gaines). **Using either method, your reservation and payment must be received before Wednesday, May 31.**

PLEASE PRINT

Name(s) _____

Phone Number _____ Please check here if driving to event _____

ALP LUNCHEON 2023

\$12 per person

Select your choice of first course and entrée.

First Course - Select one

- _____ Chilled Asparagus Soup with Lemon Cream, or
_____ Watercress, Endive, Golden Beets, Blueberries & Goat Cheese
with Lemon Honey Vinaigrette

Entrée - Select one

- _____ Pan Seared Salmon with Brown Rice Pilaf, Spinach and Orange Fennel Salad, or
_____ Chicken Picatta with Mashed Potatoes & Garlicky Broccolini

NEW MEMBERS

We rely on new members to keep the ALP Program alive and well. The following individuals made the choice to join ALP last semester. We welcome them with open arms and hope they will continue to enjoy their ALP experience.

▪ **Cathy & Jim Mieczkowski** ▪ **Borden Painter** ▪ **Patricia Reilly** ▪ **Penny Sullivan**

DEVOTED DONORS

Although ALP is a non-profit organization run by volunteers who selflessly contribute their time and energy to the success of our program, we also rely on the "generosity of others" to keep us afloat with financial contributions that help pay for our operating expenses. The following is a list of those "others" to whom we are very grateful. During the spring semester, they contributed a total of \$1,685 and we thank them: ▪ Roger Albert ▪ Paul Bayliss ▪ Al & Marilyn Boehm ▪ Ingrid Boelhouwer ▪ Anne Brock ▪ Ruth Budlong ▪ Liz Burke ▪ Dixon & Carolyn Clark ▪ Ian Clark ▪ Marjorie Clark ▪ Donna Cote ▪ Davida Foy Crabtree ▪ Helen Cross ▪ Alice Cruikshank ▪ Shirley Dudley ▪ Connie Dunham ▪ Beth Ellison ▪ Julie Fewster ▪ Louise Fisher ▪ Sally Foster ▪ Austra Gaige ▪ Deirdre Gilbert ▪ Sylvia Gingras-Baker ▪ Arnold Goldstein ▪ Patricia Goldstein ▪ Connie Grandy ▪ Jack Gregory ▪ Tom & Gloria Gworek ▪ Rosemarie Hargrave ▪ Jane Harris ▪ Patricia Hensley ▪ Beth Horlitz ▪ Katherine Ill ▪ Christine Johnson ▪ Nancy & Theodore Johnson ▪ Janet Jones ▪ Steven Law ▪ Ruth Leggett ▪ Billie Levy ▪ Paula Lucafo ▪ David Lund ▪ Judith Martindale ▪ Errol & Carol Matzke ▪ Hugh McLean ▪ Marian Moore ▪ Jane Newpeck ▪ Doris Nussbaum ▪ Martha O'Donnell ▪ Catherine Pepin ▪ Brenda Pfeiffer ▪ Joan Phelps ▪ Agnes Pier ▪ Jean Ravalese ▪ Ralph Redman ▪ Zellene Sandler ▪ Phyliss Satter ▪ Anne Schenck ▪ Lynn & Sharon Scull ▪ Eleanor Sulston ▪ Barbara Taylor ▪ Richard Wenner ▪ Stephanie White ▪ Ann Winship ▪ Richard Zimmerman

Jack Gregory, ALP Co-Chair, Stepping Down in June Due to Bylaw Term Limits

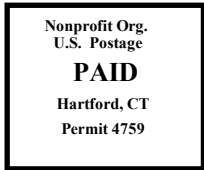
by Carol Simpson



Jack Gregory is retired, but he likes to keep involved. Jack was recruited into the position of Board Co-Chair for ALP in 2019 when he was attending a ROMEO group meeting (Retired Old Men Eating Out) in Windsor. Jack had attended ALP classes, but says he was “not looking for a new job.” Still, he says he “feels good about the improvements” made while he presided during the difficult years of COVID. Under his leadership, and with help from his fellow board members, ALP stayed afloat via Zoom, bylaws were updated, and a new Memorandum of Understanding was approved with the University of Connecticut.

Jack enjoys presenting programs in ALP as well as co-chairing the Board. He has conducted two Great Courses on DVD on the historical topics of The Black Death and America’s Founding Fathers and looks forward to leading more. He enjoys researching and presenting supplementary local information to augment the recorded lectures.

In his free time, Jack enjoys his five grandchildren and playing chess online – internationally! He and his wife Pam have been members of Seabury at Home since 2014, and he is now a member of the Seabury at Home Executive Council, where he promotes ALP membership. Despite stepping down from his co-chairmanship of ALP, we look forward to Jack’s continued participation in ALP for years to come.



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ALP Managing Editor: Carol Simpson

ALP is a self-governing, non-profit organization composed largely of retired people who share a common interest in ongoing education. Members participate in courses presented by fellow members and guest lecturers on a variety of subjects. It is associated with the Department of Extension at the University of Connecticut and is one of more than 400 Lifelong Learning Institutes in Retirement affiliated with the Road Scholar Institute Network. **Visit our website often at <http://alp.uconn.edu>.**

Meeting Place
Seabury
200 Seabury Drive
Bloomfield, CT 06002



LOOKING AHEAD TO THE FALL SEMESTER by Libby Merrow

While most people are trying to get skinnier, we ALPsters are striving to broaden ourselves ... broaden our minds, that is. Next fall, we will have a variety of twenty-four courses to choose from! Some presenters are familiar favorites, some are new stars. You will be able to satisfy your curiosity about things you didn't even know you were curious about.

- How about history? Would you like to try Irish History in Song, Hartford Basketball, the Walt Disney Empire, or Silk?
- We offer the biographies of two Italians, Houdini and Mussolini.
- Musically, we will compare Bach, Hayden, Verdi and Wagner and closely study Brahms's Requiem.
- Poetically, we will read e.e. cummings, W.S. Merwin and Wallace Stevens.
- In imagination, we will travel to four Scottish Islands, Costa Rica and the Slater Museum in Connecticut (which has casts of the world's most amazing statues).
- If you like botany, how about Old Growth Forests, Hydroponic Gardening (could you grow your own?), or Invasive Plants in Connecticut?
- You would really like to learn about nearby archeological sites of Native Americans. How about long-distance swimming?

Your time will be well spent with ALP next fall.

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