



ALP-HORN

**Summer
2015**

NEWSLETTER OF THE ADULT LEARNING PROGRAM

ALP ANNUAL MEETING

TUESDAY, JUNE 2, 2015

MAIN DINING ROOM, SEABURY, BLOOMFIELD CT

KEYNOTE SPEAKER:

JOSEPH WALTON

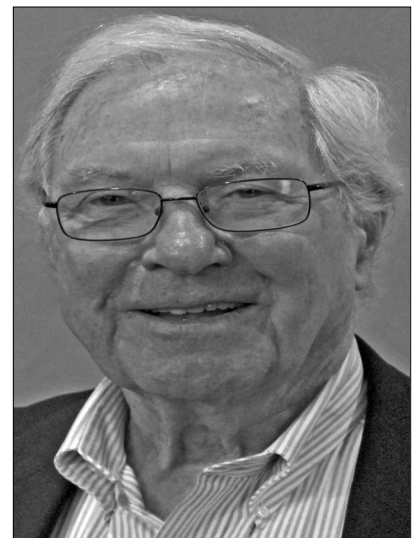
Continuing Care Retirement Communities(CCRCs)

Yesterday, Today and Tomorrow

Joseph Walton's background reveals a myriad of qualifications to present the real deal about residing in a Continuing Care Retirement Community. This is an organization that provides housing with a range of accommodations, and health services to elder people. Within a single setting, a resident can progress from independent living to a more restrictive housing environment, as his or her health care needs change. Typically, a CCRC has a formal contract with an individual or couple specifying the costs and level of services that will be provided. Such contracts can be perceived as an annuity for life-time health care.

Mr. Walton is a retired Cigna Corporation sales and marketing executive and former owner of an independent consulting firm serving benefit plan administrators in the United States and Europe. He was engaged in the development of alternative health care delivery systems and is credited with establishing a network of Western European insurers to provide health insurance for expatriate employees of American corporations.

Mr. Walton and his wife Patricia became residents at Seabury, a CCRC in Bloomfield, CT., in December, 2002. He has served as Resident Director on Seabury's governing board, Church Home of Hartford, Inc. and as a member of Seabury's Residents Council. Walton remains an active member of Seabury's Resident Health Services Committee.



His involvement in CCRC industry affairs includes service as Treasurer, Connecticut Continuing Care Residents Association (ConnCCRA) and as Treasurer and a board member of the National Continuing Care Residents Association. These organizations exist to promote, support and protect the lifestyle of CCRC residents. Mr. Walton is a co-author of a Consumer Guide that addresses the cultural, financial and health service aspects of CCRC living. The publication is intended to help readers make an informed decision as to whether a life care community is right for them, and if so which one.

Mr. Walton holds a Bachelor of Arts Degree in Economics with a minor in Speech and Public Debate from St. Ambrose University, Davenport, Iowa. He is a recipient of St. Ambrose University's McMullen award in recognition of living the mission of his school, "to enrich the lives of others." He served on the university's Vision 2020 strategic Planning team.



ALP ANNUAL MEETING SCHEDULE

June 2, 2015

10:00 a.m. - 10:30 a.m.	Registration	
10:30 a.m. - 11:30 a.m.	Keynote speaker	-Heritage Hall
11:30 a.m. - 12:15 p.m.	Annual meeting	-Heritage Hall
12:30 p.m. - 1:45 p.m.	Luncheon with celebration of ALP's 25th Anniversary -Seabury dining room	

Marking ALP's 25th Birthday June 2

Our Annual Meeting luncheon is always popular with ALP members for the chef-selected menu choices [see sign-up form/deadline date in this issue] as well as the opportunity to socialize while enjoying good food in Seabury's attractive dining room setting. At the June 2 luncheon this year a special recognition is planned. We will raise our glasses for a champagne toast to The Adult Learning Program for its 25 years as a successful ongoing lifetime learning organization run by volunteers from our own ranks. We proudly maintain our long-term affiliations with Road Scholar/Elderhostel and the University of Connecticut even as we changed our status this year to an independent non-profit organization. Luncheon attendees will get a chance to learn about ALP's history, honor the foresight and perseverance of its founders, enjoy a special dessert and take home a tribute to ALPers past and present as we observe our 25th birthday. Please fill out and send in the form to attend the celebration luncheon ASAP.

LUNCHEON

The luncheon connected with The Annual Meeting will begin at **12:30, June 2**, in the Seabury dining room. It **must be preordered and prepaid** (see below). Members pick up luncheon verification at tables outside Heritage Hall before the morning speaker and meeting. If attending only the Luncheon, verification materials will be outside the dining hall at 12:15 p.m.

To make your reservation for lunch please send your check for \$13.00 per person (payable to ALP) along with your selection of entree to the ALP office (Attn: Bertina Williams, ALP, Hartford County Extension, 1800 Asylum Avenue, West Hartford, CT 06117-2600 to arrive by Thursday, May 21.

Name(s) _____

Phone Number _____

Luncheon Choice(s) _____

Check 1 (one) entree selection per person below (2 checkmarks for that entree if 2 people want it). Salad, a dessert birthday cake, champagne to celebrate ALP included. Return this form with your check as directed above:

_____ Roast Salmon Fillet with Lemon Dill Cream

_____ Cider Glazed Chicken Breast with Sweet and Sour Apple Relish

_____ Penne Pasta tossed with Broccoli Rabe, Roasted Tomatoes, Basil and Garlic

All served with vegetables and Marble Rye Bread.

PARKING AT THE ANNUAL MEETING

Because there will not be enough parking places at Seabury to accommodate all the attendees at the Annual Meeting and Luncheon on June 2, we must all park at the Beth Hillel Synagogue. This parking lot is near Seabury, just west on Wintonbury Avenue. **Please park behind the building to leave space available in front for people taking part in activities there.** A Seabury shuttle will be available at three times to fit the day's schedule:

9:30 a.m. until 10:30 a.m. (synagogue to Seabury for the 10:30 a.m. keynote speaker and business meeting)

12:30 p.m. until 1:00 p.m. (Seabury to synagogue if not attending Luncheon)

2:00 p.m. - 2:30 p.m. (Seabury to synagogue after Luncheon)

No parking will be available at Seabury for this event unless you have a handicapped permit.



Who Are You, Please

Do you wear your ALP name tag? Have you lost it? Our organization encourages members to meet each other as well as learn together. Name tags facilitate this. Also, both Seabury and Duncaster request ALP members wear name tags in their facilities. If you can't find yours and want to receive a duplicate, leave Bertina Williams a phone message (860-380-5038) or email and you're all set!

ALP NOMINATIONS 2015-2016

POSITION	CONTINUING IN OFFICE	TO BE ELECTED (Two Year Term)
CO-CHAIRS	David Winer	Robert LaPorte
TREASURER		Robert Hewey
SECRETARY		Ann Winship
ALP-HORN EDITOR		Gwen Sibley
WEBSITE MANAGER	Robert Ellis	
CURRICULUM CO-CHAIRS	Shirley Dudley	Richard Woodring
COMMUNICATIONS CO-CHAIRS		Marnie Clark Shirley Morrison
MEMBERSHIP CO-CHAIRS	Paula Fisher	Agnes Pier
AT-LARGE REPRESENTATIVE (Seabury)	June Johnson	
AT-LARGE REPRESENTATIVE (Duncaster)		Jim Yaeger

GENEROUS FRIENDS

Shirley Dudley
Eleanor Caplan
Shirley Leong
William Howes

THANK YOU!

NEW MEMBERS

Peggy Miller	Bloomfield	Samuel Billings	West Hartford
Peter Milliken	Bloomfield	Paula Lucafo	West Hartford
John Moore	Bloomfield	Sandra Morgan	West Hartford
Marion Moore	Bloomfield	Jeffrey Morgan	West Hartford
Joyce Katz	Bloomfield	Sally Sarkissian	West Hartford
Ann Winship	Bloomfield		
Pat Fresk	Bloomfield		
Thomas Porter	Bloomfield		
Nancy Reed	Bloomfield		
Cecilia Mickey	East Hartford		
Fay Smith	Glastonbury		
Lawrence Smith	Glastonbury		
Gemma Baker	Granby		
Judith Keppelman	Hartford		
Henry Johnson	Unionville		
Jeanne Johnson	Unionville		

CHOICES

Jackie Mott Brown, April 2014

Why is this so difficult, such a simple little assignment? "Write a short memoir for next Tuesday. It may be published on the Internet so edit closely," our professor said calmly. I looked around the room full of bright, articulate seniors, pen and paper ready. Each one of us having enough to fill an encyclopedia set Adding up all of those long, interesting lives, we could write forever and keep you on the edge of your seats.

I thought of five stories right off, but not for the Internet, thank you. I could write about the time a fox rounded the corner of our summer cottage as I was watching our brook rushing over the rocks after the nights' rainstorm. I sensed something and turned to see him a foot away. He raised his head and stared into my eyes for a moment I stared back surprised but not afraid, for some reason. He was smaller than I expected and quite well mannered. He nodded, or it seemed like a nod to me, and continued his journey up the deer trail. Wild animals have no fear of me. Maybe they think I too am a wild animal only taller.

Or, I could write about my daughter, Randy, ordering a cemetery stone for her father many years after he was cremated. It was a small granite stone with "RICHARD L" etched into it. When we stopped to pick it up, I was introduced to the cemetery supervisor.

"I am so sorry for your loss," she said to me emotionally. I was startled. I'd been divorced forty four years ago. No one had ever said that to me.

"Thank you, that is very kind," I answered, Surprised to be so touched.

Richard L was to be laid by his mother in the Cortland Cemetery, Randy thinking they should be together, until Richard L's best friend, Butch, old but still sharp, yelled, "For God's sake NO! His mother was a mess. He wouldn't want to be there. Take him out to the lake; put him up in the woods up by the outhouse. The view is nice. He loved it out there. DO THAT!" So that afternoon Richard L was placed on the stern seat of the boat and rowed a half mile down the lake. Randy lugged Richard L up the stone steps, all the way past the outhouse and placed where he now watches the brook flow peacefully over the rocks. Oh I can't write that. People would think my daughter a bit strange and sacrilegious!

I do have a memory about a morning at the lake when I took my coffee out to the picnic table to sit in the first patch of morning sun. An insect found the sun too and rested only six inches from my cup. He is not a bold-faced homet--too skinny, not a paper-nest wasp or a mud dauber--too scrawny; looks like an alien with a string attached from upper body to tail. He is just a nice fat bee who quickly started to groom. I know cats groom, but bees? He somehow lifted his right side leg to scratch the black part of his body, repeating then with his left. Now, the rascal put his nose down on the table and back side way up. Using his hind legs he smoothed down the ruffled black part. With dance moves he next lifted his front legs way up and over to iron down the yellow area. Fascinated, I wondered if he was vain or just getting ready for work? Do all bees groom each morning? Anyway, he groomed for a good ten minutes while I watched; me just being me and he

just being a bee. It was a silent closeness.

I wouldn't dare explain this in writing. People would stare and say, "She likes to watch bees groom. Oh my!" they'd whisper and roll their eyes.

Maybe I should write about my stuffed animal friends I talked to when eight and mad at my brother? People love little girls.

But then my pesky mantra sang out: the biggest risk in life is not to risk at all. That does it! I must relay that special time when the bee and I shared a warm patch of morning sun. It is worth the risk.

Do I Want to be Like Pepper?

Glyn Dowden

I observe my cat and wonder.
Then think, yes but what if I
was neutered
didn't like my owner
had to eat the same lousy food each day
had to stick my arse in gravel
threw up hair balls
had no friends
never had a date
never went to Disney
was a Republican
wanted to murder the dog next door
ate their budgie
dreamt of fish and fries
was short sighted
lost one ear in a fight
didn't have an iPhone
was scared of mice
scared of policemen
scared of the dark.
There is much to consider before becoming a cat.



Editor's note: The above poem and essay were written for ALP courses. Many of the pieces prepared for ALP courses can be found on our website at www.alp.uconn.edu.

**ALP: ADULT LEARNING
PROGRAM**

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West Hartford, CT 06117-2600
Coordinator: Bertina Williams
860-380-5038 (Hours by appointment)
E-mail: alp@uconn.edu
Co-Editors: Jim Yaeger, Gwen Sibley

Meeting Place:

Seabury
200 Seabury Drive
Bloomfield, CT 06002

What Is ALP?

ALP is a participatory organization, directed by its volunteer members, open to adults interested in academic learning. Members design and lead programs on a variety of subjects. It is a partnership 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 us at www.alp.uconn.edu

ALP'S ANNUAL MEETING

TUESDAY, JUNE 2, 2015

10:30-1:45PM

Main Dining Room

Seabury, Bloomfield, CT

Featured Presentation

CONTINUING CARE RETIREMENT COMMUNITIES
YESTERDAY, TODAY AND TOMORROW

**Opportunities to socialize with old friends, make new friends
and enjoy lunch together**