One hundred twenty members and Academy friends attended this year’s fall orientation! Executive Council Chair Jim Hartman opened the event with a welcome and moment of silence in observance of 9/11 and those Academy members and friends who passed recently. He then noted, “This fall we have the largest enrollment in our history!”

A.L.L. now has 295 members, 38 are new. Almost 260 members are taking classes.

Executive Director Jeff Shinaman was introduced and announced the signing of a long-awaited written agreement between the Academy and the college. It’s an exciting day for the Academy,” he said. “We are proud and grateful to be sponsored by SUNY Empire State College. Since our founding in 1992, the college has supported us and given us a home. They have offered us access to their campus with free office space, free classroom space and all the services that come along with it, including phone, internet, website, classroom and office equipment, janitorial services, classroom set-up, technical support and finance administration through the foundation. In return, the Academy promotes the college as our sponsor in everything we do. It’s in our logo, our publications and all communications. Our mutually beneficial relationship enables both the Academy and the college to fulfill our missions of providing lifelong learning. For 22 years this has been an unwritten understanding but much has been done to formalize our relationship in a written agreement. I’d like to recognize the

(continued on page 4)

NOTES FROM THE DIRECTOR—JEFF SAYS . . .

The Academy for Lifelong Learning at Saratoga Springs and SUNY Empire State College entered into a written agreement which formalizes the longstanding relationship between A.L.L. and the college.

The formal agreement strengthens our relationship with the college and will enable A.L.L. to better serve our members and the community. We are very grateful for Empire State College’s ongoing support and all of us at A.L.L. look forward to advancing our mutual mission of promotion and engaging in lifelong learning.

(continued on page 4)
Welcome back Academy Office Manager Vera Kasson from vacation in South Africa! “No one is happier to see her back than me,” said Executive Director Jeff Shinaman. “The Office volunteers and I did the best we could and appreciate all she does around here that much more.”

Thank you to Val Ayres, Alice Carroll, Scheryl Lomonico, Linda Yakatan, Sue Jorgensen, Louise Young, Ellen Gorman and Barb Schlusberg for filling in while Vera was away.

Join Vera Friday, October 17 at 2 PM, 113 West, Room 137 for photos and video of her trip. Go shark diving in Gansbaai with the Shark Lady (Vera did!), enjoy a safari at Aquila, a private game reserve in the Karoo conservancy to see the Big Five up close and personal, braai with locals, shop in a local outdoor market, learn about biltong and rooibos, attend a traditional African wedding in the bush, and much more!

RSVP to Vera at vera.kasson@esc.edu or 587-2100, ext. 2415 to reserve your seat.

“This shark grabbed the bait and was inches from me in the water; I could have reached out and touched it,” said Vera. “It was a real thrill and a fright to be so close!”

ACADEMY OUTREACH

Dr. Landry Lunch & Learn

If you haven’t yet registered for this special Academy outreach and educational program, do it now! Space is limited and filling up fast!

Friday, Oct 24 from 11 AM - 2 PM the Academy is host to Dr. Roger Landry for “Empowering Adults to Take Control of Their Own Aging” at the Holiday Inn, 232 Broadway, Saratoga springs. This friend and fund raiser, which includes lunch, is $25 for current Academy members and $30 for the public. Please join us by filling out and returning the registration form on page 6.

Sponsored by Prestwick Chase at Saratoga, the event features two presentations: “Ten Ways to Age Successfully” and “Keeping Our Minds Sharp” with a served lunch in between and a book signing following. Published in 2012, Dr. Landry’s book Live Long, Die Short: A Guide for Aging Successfully will be available for sale and signing at the event for $20.

Dr. Roger Landry is a preventive medicine physician who specializes in empowering older adults to take control of their own aging. As an author, lecturer, researcher and consultant, he has written extensively and is frequently called upon as a media consultant for successful aging. Dr. Landry is a powerful voice for what is possible as we age.

For more information on Dr. Landry and to see several brief videos, please to go www.droger.org.

Invite your family and friends, and see you there!

APPLE TREES FOR NEW MEMBERS

Third Age Press gave complimentary copies of the 20th Anniversary edition of The Apple Tree to new members at the fall orientation. If you are a new member, and haven’t yet picked up your copy, stop by the office! We’re saving an Apple Tree for you!

UPCOMING EVENTS

Save These Dates!

October 5—Boomers Expo—12 PM to 5 PM, Saratoga Springs City Center (A.L.L. will staff a booth)

October 13—Columbus Day—office closed—no classes

October 17—Vacation with Vera in South Africa—2 PM—113 West, Rm 137

October 24—Lunch & Learn with Dr. Roger Landry. (see left), $25 for A.L.L. members. Starts at 11 AM with two 45-minute presentations, lunch in between and a book signing at the end.

November 2—Daylight Savings Time ends—Turn Clocks Back 1 hour

November 2—Chronicle Book Fair—11 AM—4 PM, Queensbury Hotel

November 7—Day trip to the Clark Museum in Williamstown, MA with lunch @ the Williams Inn (see page 3)

November 11—Veterans’ Day—office closed—no classes

November 18—Safe Talk with Laura Marx—9:30 AM-12:30 PM, 113 West Ave, Rm 142. American Foundation for Suicide Prevention

November 27—Thanksgiving—office closed—no classes

December 5—Holiday Luncheon - 11:30 AM at Longfellows

December 13—Barnes & Noble Bookfair for A.L.L.

December 24, 25 and 31—Christmas and New Year’s Holidays—office closed—no classes
COMMITTEE NEWS

Sheryl Egger, Membership Co-Chair tells us . . .

As we move into a second month of fall membership, the committee has several activities planned to promote and benefit membership. On October 5, we will promote the Academy at the Boomer Expo at the Saratoga Springs Civic Center from 11 AM–5 PM. If you have not attended before, you should! October 24, we will participate in the visit of Dr. Roger Landry, a preventive medicine specialist, who will empower us to age with purpose. Our committee will be in attendance November 2 at the Chronicle Book Fair at the Queensbury Hotel in Glens Falls. Our table will be one among 120 authors and organizations promoting the Adirondack area. You will want to bring your wallet November 2 and again on December 13 when we will have our book fair to promote A.L.L. at Barnes & Noble in Wilton. Many of you may want to volunteer December 13, and if you do, please contact Louise Young (306-6092) or me (Sheryl Egger 581-0683). Our Special Interest Groups are active and we have attempted to contact any of you who signed to join while at the brunch September 11. Thank you for attending a very successful brunch!

Librarian Skills Needed!
At your leisure, organize and archive A.L.L. photos, news articles, books, & brochures. Organize special event photo boards. Preserve history; call the A.L.L. office today!

Facebook Face Lift!
The Academy Facebook Page could use a little help! We’d like to keep our social media active and need someone to make regular postings of photos, events and announcements. If you are interested—whether you’re qualified or not right now—call the office!

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ROAD TRIP!
THE CLARK MUSEUM

Join the A.L.L. Event Planning Committee Friday, November 7 for a day trip to the newly renovated Francine & Sterling Clark Art Institute in Williamstown, Mass.

Your motor coach leaves the back parking lot of 111 West Ave at 9:30 AM and returns at 6 PM. $50 for A.L.L. members (and $55 for non-members) includes transportation, lunch at the Williams Inn (with same management and food as the well-known Red Lion Inn in Stockbridge), admission to the museum for your docent-led tour and access to hiking trails in their newly renovated park-like setting.

Seats are limited and selling fast! Contact the A.L.L. office to register. Call Linda Yakatan at 289-5244 with questions.

THIRD AGE PRESS

The Third Age Press is accepting new submissions for publication consideration in The Apple Tree until Dec. 1, 2014. Please send digital photos and all writing to Val Ayres at vsayers23@gmail.com.

Criteria for acceptance continues to be a challenge with so much writing appearing on internet blogs. Third Age Press will accept work that has appeared previously in digital form, and will continue to only accept writing that has been unpublished in print form, with rights to publish elsewhere reverting back to the author after publication in The Apple Tree.

JIM HARTMAN

Dear Friends,
I was very pleased with how we kicked off our fall semester. Firstly, we succeeded in our outreach effort this summer to increase our membership to be the highest ever in the history of A.L.L. Secondly, at our orientation, we not only were joined by several prominent Empire State College representatives to sign our first agreement with the college—which was truly great—but the room was packed with returning and new members! Almost 30 new members introduced themselves in impressive ways, with several who brought great humor, too! Thank you one and all for your enthusiasm, interest and great help!

As we continue our journey this fall, please remember that the executive council is your council, and I and our members will always be open to your suggestions and comments.

Again, thank you for all you do!

SARATOGA SENIOR CENTER NEWS

Lois Celeste at the Senior Center, 5 Williams St. here in Saratoga Springs is extending invitations for Friday, Oct 3

1-4 PM “Changes in Medicare” - An overview of Medicare benefits for 2015 from agencies that serve seniors. Presented by the New York State Wide Senior Action Council & The Saratoga County Office for the Aging.

2-4 PM “Health Expo” - Meet insurance representatives & pharmacist before Open Enrollment to get the coverage that meets your needs and your budget. Meet representatives from CDPHP, MVP, Epic, Fidelis, Walgreen’s, Blue Shield of NENY, Wellcare, Empire Blue Cross, United HealthCare.

These events are free & open to all!
A.L.L. WANTS TO KNOW

To better enable the Academy to know your preferences and needs, we’d like to pose a question or two here each month and ask that you send your response by snail mail (see address at left) or e-mail to: A.L.L. @esc.edu. Your responses, whether negative or positive, will enable us to plan study groups and events that members want and will enjoy.

1. We’re always looking for interesting study groups and leaders! Please let us know of anyone you think might be interested in being a study group leader or speaker. We’ll take it from there!

ORIENTATION (CONTINUED FROM PAGE ONE)

Academy members who helped lay the groundwork that has become the document we’re about to sign: Jo-Ellen Unger, Pat Davis, Corrie Bishop, Larry Lomonico, the past executive council members, and from the college: Sue McFadden, Mary Caroline Powers, Perry Valastro, Hugh Hammitt, Paul Tucci and President Merodie Hancock. Signing the agreement and representing the college is Vice President for Administration Paul Tucci. Representing the foundation is Director of Development and interim Director of the Foundation Toby Tobrocke, and me, Jeff Shinaman, Executive Director of the Academy for Lifelong Learning at Saratoga Springs.” The document was then signed.

Jeff asked the new Academy members to introduce themselves and let the audience know who they had heard about A.L.L. Gerald and his wife, who recently moved to Saratoga Springs from Mississippi, saw a flyer. Lillian, an alumna of the college, heard about A.L.L. from a neighbor. Pam, who recently retired and moved to Saratoga Springs from Pittsburgh, PA with her husband, saw an advertisement while reading a magazine at the library, and Mitch, a Saratoga Springs resident, said his wife told him all about A.L.L.

“Orientation was informative, festive and gave us a chance to meet study group leaders and catch up with one another,” said Marsha Fagan.

Many thanks to Sue McFadden and all the volunteers, especially the Event Planning Committee, the Membership Committee and Third Age Press for planning, welcoming new members and providing prizes. Thank you, too, to those who brought food and drink and Chip Beers for these photos!

At Left: Rita Carozza and former A.L.L. Executive Director Jo-Ellen Unger at Orientation as photographed by Chip Beers.

At Left Below: Smiling Barb McGrath and Liz Marcinko at check in.


Above Bottom: Linda Howe, Sally Hensley & Lou Tirelli. Welcome back Lou! We’re glad to see you!
TUESDAY SPEAKERS SERIES REVIEW

Reported by Doris Lazar

The first Tuesday discussion group was inspirational, educational, and enlightening. It was entitled “Suicide Prevention . . . Saving One Community at a time.” Presenters were Laura Marx, Executive Director, Capital Region American Foundation for Suicide Prevention (AFSP), and Lisa Riley, board President. The talk was interactive and the group expressed concerns and asked questions which were thoughtfully addressed. We learned that suicide is a serious public health problem which claims 32,000 lives annually. Suicide does not discriminate. It takes an enormous toll on family, friends, co-workers, and entire communities. Suicide sufferers need a message of hope. They are going through intense pain. Laura said that until there is open dialogue, we must lead the conversation together. Some helpful interventions include: showing that you care; listening carefully, but not offering advice; connecting sufferers to someone at AFSP who CAN help.

Within our small group it was noted that almost all of us have been touched by suicide. AFPS believes that prevention of death by suicide requires greater public awareness, and the involvement of significantly more people and financial resources.

We were invited to join the Capital Region Walk for saving lives, Sunday morning, Sept 21 on the Saratoga Flat Track. The walk, like this talk, is a means to help save lives and prevent suicide while giving hope and help to those in need. Lisa helped us to see that we must act together to light a path out of the darkness that surrounds suicide.

Our group members suggested that Laura Marx and Lisa Riley be invited to speak again next term with the thought that reaching additional audiences will enable more to reach out to people impacted by suicide.

AFPS is working to make suicide prevention a national priority in order to reduce one of the leading causes of death in our country.

Check your November issue of A.L.L. the News for details of Safe Talk with Laura Marx, Tues., Nov 18, 9:30 AM to 12:30 PM, 113 West Ave, Rm 142. This special event is open to all members, but seats will be limited.

Tuesday Speakers Series is held Tuesdays at 11:30 AM, and good seats are still available. Topics in October and November are: The World of Jane Austen by Dr. David Shapard; Drug Free Treatment for those with developmental disabilities by Patricia Blackburn; Thailand—History, Culture and Current Events by Gerald Stulc, MD; and Valley of the 10 Springs Saratoga Springs by MaryAnn Fitzgerald.

A.L.L. member Pat Leonard tells us that Circle of Poets is an anthology by an eclectic group of fourteen poets of diverse backgrounds and ages, known as The Ode Folks. They meet monthly (when A.L.L. classes aren’t in session) in Saratoga Springs, NY to share and critique each other’s work. Continuing students of Janice Cutbush’s poetry writing classes offered by The Academy of Lifelong Learning, they have formed a strong bond of friendship. In this spirit, they present a selection of their poems. Circle of Poets is $10 and available on Amazon and at the Northshire Bookstore on Broadway in Saratoga Springs!

MEMBER NEWS

Get Well Wishes for Joan Weaver, who we’re told is in the hospital. Address card to Joan at: Brigham & Women’s Hospital, 75 Francis St., Boston, MA 02115

Sad News

A.L.L. member Elisabeth (Lee) Merritt’s husband Pete passed away. Our sympathies are with Elisabeth and her family.

HAPPY! HAPPY! HAPPY! HAPPY! HAPPY! HAPPY! HAPPY!

Congratulations to all A.L.L. members celebrating birthdays, anniversaries and special events during the month of October: you know who you are!

Send your news—birthdays, anniversaries, life events or any other occasion you’d like to share with your A.L.L. friends to: Academy.LifelongLearning@esc.edu for publication in A.L.L. the News!
The Academy for Lifelong Learning
at Saratoga Springs
Presents:

Lunch & Learn

Empowering Adults to Take Control of Their Own Aging
with

Dr. Roger Landry, Preventive Medicine Physician

Friday, October 24, 11 AM – 2:00 PM
Holiday Inn Saratoga Springs, 232 Broadway
11AM— Ten Ways to Age Successfully
12 Noon— Lunch served at your table
1PM— Keeping Our Minds Sharp

Public Welcome!

$30 includes lunch (Academy members: $25!)

With thanks to our sponsor:

Prestwick Chase
Dr. Landry Lunch & Learn

Registration: Name__________________________________________ Academy Member?_____

Address__________________________________________________________________________

Guest__________________________________________ Academy Member?_____

Phone or e-mail______________________________________________________________

Please indicate luncheon choice:
(All served with mixed green salad, hot & cold tea & coffee)

_____ Chicken Parmesan with Pasta

_____ 3-Cheese Lasagna (Vegetarian)

_____ Baked Sole Filet with Potato

Send registration and check made out to:
Academy for Lifelong Learning
111 West Ave, Saratoga Springs, NY 12866
518-587-2100 x 2415 www.esc.edu/all