



# LIRA NEWSLETTER

LEARNING IN RETIREMENT ASSOCIATION  
Office of Community and Cultural Affairs – UMass Lowell  
Member of Elderhostel Institute Network  
Tel.: (978) 934-3135 Web: [uml.edu/community/LIRA](http://uml.edu/community/LIRA)

May 2013

Vol. 20 No. 2

It's almost  
**Summer  
Time!**

and time for a new Summer Intersession!  
Hear all about it at

## LIRA's Annual Meeting

Wednesday, May 15, 2013

10 AM to Noon

Alumni Hall

84 University Ave.

Lowell, MA

Shuttle bus from  
Perkins Street Parking Lot.

Election of Officers

Quilt Raffle

Refreshments

See inside for details.

*Keep your face to the sunshine  
and you cannot see the shadow.*

*It's what sunflowers do.*

*Helen Keller*



## History of Groton Place

Here is some historical background for the LIRA Nature Walk at Groton Place on June 5, 2013

(Excerpted from "People and Places of Groton" by Helen McCarthy Sawyer).

Fredrick C. Dumaine was a mysterious figure to the rank and file Grotonians, occasionally seen on horseback wearing a stocking cap and surrounded by two or three dogs whom he obviously adored. He took an active part in the Groton Hunt and is remembered by older Grotonians as a key figure on Thanksgiving morning when the group gathered at the Groton Inn in pink coats, hunting regalia, beautiful horses, and hounds straining at the leash. This was a gala affair and many townspeople turned out to see the picturesque sight.

Actually, Mr. Dumaine was a powerful, controversial, self-made millionaire, head of the Amoskeag Manufacturing Company in Manchester, New Hampshire, at one time the largest textile factory in the world.

If one drives down Long Hill on the way to West Groton, one comes to a sort of sanctuary by the side of the road called "Groton Place," now owned by the New England Forestry Foundation. This is a lovely spot and consists of 54 acres of land, formerly owned by Dumaine, extending from the rear of the main house to the river. His daughter, Betty, was made President of the Trust after her father's death and in 1975 gave it to the Forestry Foundation in the name of the Dumaine children. It is a peaceful spot enjoyed by the many people who walk through it. The brick entrance is impressive — a high wall with granite figures of pheasants and woodchucks on either end. A sign states: "The Groton Place, Wild Life Sanctuary, for the Benefit and Pleasure of the People of Groton."

A bit further into the grounds is a granite structure with figures of a dog and a fox on either end. Imprinted on this are the words: "In Memory of the Groton Hunt, Masters, Horses, Hounds, Foxes, for the Joyous Sport they gave."

Following a path to the river, one turns left and comes to stone benches and a mill stone. This is said to be the place where Dumaine's ashes were scattered and where his favorite horse, Pat Rooney, is buried.

*Dorothy Bromage*

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## A Missing Disk

Last year, we watched a video lecture series, "Stress and Your Body." As we went along, if someone missed one or more lectures, I loaned the disk that they needed. All of the disks were returned except one. The set is missing Disk 1, and I really would appreciate having it returned. If you look around the house, and that disk turns up, please contact me. We can arrange to meet or I'll come to your house. Nobody knows better than I how easy it is to misplace something that small or put another article on top of it. A return would have my gratitude indeed.

Dorothy Bromage  
8 Skyline Drive  
Billerica, MA 01821  
978-670-1269

## Chelmsford Library Lecture Series

The Lecture Series that the Chelmsford Library is running in conjunction with LIRA will continue this spring. Information about these lectures can be found on the library website.

[www.chelmsfordlibrary.org/programs/programs/friday\\_morning\\_lectures.html](http://www.chelmsfordlibrary.org/programs/programs/friday_morning_lectures.html)

Lectures scheduled are:

May 10, 2013: "Gardens by Design: the Life and Writings of Harold Caparn" by Oliver Chamberlain

June 14, 2013: "The Master Class: Living Longer, Stronger and Happier" presented by Peter Spiers

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## Thank you.....

Last fall, a guest speaker from the Center for the Study of Jewish-Christian-Muslim Relations at Merrimack College in Andover, came to a Great World Religions: Islam class. In appreciation to her for speaking to us, a \$100 donation was sent to the Center at Merrimack College. Following is the letter of thanks.

*On behalf of our students and faculty, I wish to express my deepest appreciation for your recent contribution to Merrimack College. Every gift represents a commitment to Merrimack's mission and students. Your gift provides Merrimack's students with scholarships, extraordinary academic opportunities, and improved campus facilities ensuring a transformative college experience in the Catholic and Augustinian traditions.*

*Most Sincerely,*

*Barry F. Sullivan*

*Senior Director of Advancement Services*

*Merrimack College*

*North Andover, MA 01845*

In appreciation for Professor Juliette Rooney-Varga speaking to us at the Winter Intersession, we donated \$100 to the Climate Change Initiative. The letter of thanks follows.

*Please accept my sincere appreciation for your recent gift to the University of Massachusetts Lowell. Your support allows the University to carry out our mission of a top-notch education that helps our students become work ready, life ready and world ready. The investment of alumni, friends, parents, corporate partners and faculty and staff help UMass Lowell continue our tradition of excellence.*

*Philanthropic support is more important than ever as we strive to improve student success, enhance our academic programs and continue to invest in our facilities. Your giving has a significant and positive impact on all aspects of our institution. In the end, we're all here to support future generations as they pursue their dreams.*

*On behalf of the entire UMass Lowell community, thank you again for your generosity. Your commitment reinforces the positive steps we are taking to make UMass Lowell the very best it can be.*

*Sincerely,*

*Edward Chiu*

*Vice Chancellor for University Advancement*

*Designated for Climate Change under the direction of Dr.*

*Rooney-Varga - \$100.*

# Turkey: Its Heritage

Recently it was with a renewed sense of wonderment watching my photos during the illustrated talk about Turkey. Last spring, once again I toured with Road Scholar on a 2000 mile sojourn of the region of Anatolia in Asia Minor and Istanbul in Europe. Of the numerous cultures beginning with Assyrian trade colonies (1365-1074 BCE) to present day Turkey, the study tour focused on 6 empires. Lectures, exploring a number of archaeological sites, and museum visits, afforded insights into the Hittite (1400-1200 BCE), Hellenistic (333-30 BCE), Roman (30 BCE-395 AD), Seljuk (1071-1253), Byzantine Period (330-1453), Ottoman era (1299-1923) and present day Turkish Republic.

There were small, appealing objects in museum like the Hittite sculpture of the deer flanked by oxen, adopted as the symbol of the capital, Ankara. In Cappadocia while walking among eroded ancient volcanic formations, fairy chimneys, we stopped where a talented craftswoman had set up a table with mirror and was selling colorful, irresistible crochet jewelry. On massive columns inside Hagia Sophia in Istanbul, there was the beauty of calligraphy inscribed in gold on camel skin medallions with the names of "Allah", "Mohammed" and caliphs. Topkapi too had tiles of decorative handwriting on walls. The white on royal blue background glazed ceramic tiles in the sultan's bedroom were memorable.



Perge and Ephesus were cities recycled by both Greeks and Romans. The most vivid example in Perge were huge, circular stone city gates of the Greeks with marble Roman columns between. Ephesus was adopted as a key location for commerce and culture by both nations. Later, Seljuks restored the magnificence Roman theatre in Aspendos, recognizing it as a gem acoustically as well as for its size. The Basilica Cistern built by a Byzantine emperor, brought together 336 marble columns for the underground reservoir. Today, it still supplies water to Istanbul. Retaining names of at least two Greek and Roman deities has been made easier. In Ephesus, the location of the Temple of Artemis, once a wonder of the ancient world, was pointed out as we rode by. The goddess later was honored by Romans as Diana. The Boston Museum of Fine Arts returned the marble

head of the hero Heracles, later Hercules in 2011 after 30 years of negotiations. Coincidentally it is called "Weary Hercules". The style of Greek sculptors was admired and copied. Especially during the Caesars, the "Marble City" of Aphrodisias saw beautiful architecture constructed and decorated with magnificent friezes, and statuary.



Connie at the Roman Ionic capital from temple of Aphrodite in Aphrodisias.

Conflicts were inevitable during these eras which writers, composers and artists later recorded. Hector Berlioz in act one of *Les Troyens* focused on after the Greeks left the giant wooden horse. In 1915 the Dardanelles again was important in the devastating battle of Gallipoli which is memorialized by Aussies and Kiwis in "Waltzing Matilda". Eugene Delacroix painted "The Taking of Constantinople by the Crusaders" (1204) and "Families (Greeks) Awaiting Death or Slavery" (1824).

Being in Istanbul in April enabled me to delight in several experiences: seeing blooming red tulips, part of the tourist logo of the nation, dolphins returning to the Bosphorus, and in the Spice Market, a set for a sequence of the latest James Bond movie *Skyfall*. I had been to Istanbul in 1961 but it was this journey which was the more rewarding.

Connie Lanseigne-Case

## Richard and Nancy Grove, Member Spotlight

Richard and Nancy Grove joined LIRA in 2011 after they moved from Westford to North Chelmsford. Richard is a member of the LIRA Executive Board and has been nominated to be Vice President. They both enjoy the many educational and cultural opportunities that LIRA provides. Bob Farrant's history courses are special favorites: US Labor History and the Lawrence textile strike (Spring 2012) and Immigration and the Merrimack Valley (Spring 2013). Richard participates in the Great Decisions group and likes learning about other



countries and foreign policy challenges. Last year he presented two sessions on Cybersecurity as one of the Great Decisions topics. It was an excellent opportunity to combine his professional experience as a software engineer at DEC with current information about Internet and cybersecurity issues. He is looking forward to presenting the Great Decisions topic on "China in Africa" in the fall of 2013.

Richard and Nancy described their October 2012 trip to China at an Intersession meeting in February. Their Road Scholar trip included visits to Beijing, Xi'an, Shanghai, and a cruise on the Yangtze River through the Three Gorges. There were many opportunities to meet ordinary Chinese citizens. China is a dynamic country that has made great progress in the last 30 years of economic reform. 300 million people joined the urban middle class but 600 million still live in rural poverty. Everywhere there is new construction: highways, high-speed rail, new apartments and office buildings, and lots of cars and traffic. The China-United States relationship will be of great importance in the 21<sup>st</sup> century.

Richard and Nancy are celebrating their tenth wedding anniversary this year. Richard's first wife Karen and Nancy were high school friends in western Pennsylvania. Richard, Karen, and Nancy all studied at Carnegie Tech (now Carnegie-Mellon University) in Pittsburgh, PA. Richard received BS and MS degrees in mathematics, Karen a BS in mathematics, and Nancy a BA in nutrition. Nancy did a dietetic internship at Massachusetts General Hospital and received an MS in community nutrition from the University of Tennessee. Richard and Karen married in 1965 and moved to Massachusetts in 1971 when Richard began working as a software engineer at DEC (in the old woolen mill in Maynard). Karen later studied for the ministry at Andover-Newton where she received an M.Div and was ordained as a Lutheran pastor in 1987. She served several congregations in the area until she was diagnosed with ovarian cancer in 1999; Karen's death occurred two years later in 2001. Nancy and Richard were married in 2003.

In 1971 DEC had 7500 employees and annual revenue of \$150 million. It was an incredibly exciting and dynamic company. Richard was project leader for a five-person group that wrote an optimizing FORTRAN compiler for the DEC PDP-11 16-bit

minicomputer. Several years later he was FORTRAN project leader and a software architect for DEC's 32-bit VAX computer family and VMS operating system. VAX and VMS fueled explosive growth for DEC, reaching 125,000 employees and \$14 billion annual revenue in 1987. The DEC software group had strong cooperative teams and developed many innovations. It truly was a "Great Place to Work". Richard had the opportunity to work with outstanding engineers developing exceptional software and hardware. From 1985 to 2002 he led a group of 25 engineers that

developed a new globally optimizing compiler system for DEC's Alpha family of 64-bit RISC microprocessors. The compiler system supported ten different programming languages and worked on several computer architectures: Alpha, MIPS, Intel x86 and Itanium. In 2002 Richard and his team joined Intel where he was an Intel Fellow until his retirement in 2007.

Richard and Nancy are members of Trinity Lutheran Church in Chelmsford and are active in a number of community groups. Richard was president of the congregation for six years and served on the board of Lutheran Social Services of New England. Nancy was nutrition manager for the MGH Health Centers in the early 1990's and she was involved in starting a soup kitchen in Chelsea where she volunteered for more than 20 years. She continues her concern for feeding the hungry as a volunteer at Table of Plenty in Chelmsford.

Richard and Nancy have three sons and four grandchildren. They enjoy spending time with their grandchildren and they enjoy travel to new and interesting places. Both have a long-standing interest in Japan and China. Nancy lived in China for three years as a young child and she lived in Japan for three years as a Navy wife. Recent trips to Japan and China provided an opportunity to reconnect with these countries and gain new insights about their histories, cultures, and contemporary issues.

*Richard Grove*

### Donkoh-Halm Project

In Bob Farrant's history class on April 22, Gordon Halm spoke to us about his journey from Winneba, his hometown in Ghana, to Lowell. He mentioned that his family and church supported an Anglican school in his hometown. Through the Donkoh-Halm project, headed by Gordon Halm, the school receives assistance in the form of books and classroom supplies. Children in the community whose families are unable to afford to send them to school receive scholarships, books, uniforms and encouragement. Donations may be made to the project by writing a check to the Eliot Presbyterian Church. Indicate that it is for the Donkoh-Halm project and send to the church at 273 Summer Street, Lowell, MA 01852.

## The Climate Change Initiative

On February 20, 2013, Professor Juliette Rooney-Varga, Director of the UML Climate Change Initiative (CCI) addressed the LIRA members during their weekly program at the meeting room in the campus Recreational Center. Their CCI program is committed to examining all factors causing climate change, its impact, mitigation and the future of societal adaptation. Dr. Rooney-Varga presented many of the causes and some ongoing solutions as well as what the future world will be like if climate change is not addressed; She made the program interesting by using video clips, demonstrations and interaction with the audience. Her passion and enthusiasm for the subject including her delightful and magical personality made an immediate connection with the audience. Overall general raves were received for the meeting.



*Marjorie Short*

## Member News

Illness, injuries and sad news have struck LIRA members again.

We are very saddened to learn that Toby's husband, Larry Hodes passed away on April 3, 2013.

We extend our deepest sympathy to Toby and her family.

Christine Eliopoulos has had a long hospitalization and is back home recuperating.

During that time, she also suffered the loss of her brother, Michael. We offer her our condolences.

Martha Hill has recently undergone a surgical procedure. After some time in rehab she is now recuperating at home.

Joan Kerzner is doing well and continues to recover from her ankle fracture with the help of physical therapy.

We wish them all a full recovery.

If you know of any member who would like to be remembered by LIRA please contact me and I will send cards.

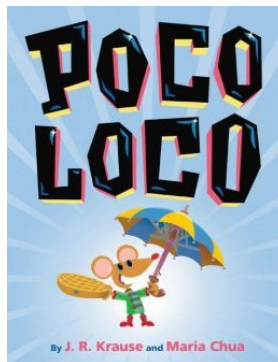
My email address has changed: si.allard@aol.com. You can also reach me on my cell phone: 978-606-9353.

*Simone Allard*

From Simone Allard:

A note of thanks for all the get well cards and phone calls that I received from LIRA members during my hospitalization for shoulder surgery. I am still in recuperation mode and very busy preparing to move on May 1st.

I hope to rejoin LIRA in time for the summer intersession.



New Children's Book  
by John Krause

LIRA members Betty and Gene Krause are proud to introduce a new bi-lingual children's book, *POCO LOCO*, by their son John Krause and his wife Maria Chua. It's his first children's book about an unusual raton who invents whacky things. The raton gets the characters out of trouble with another crazy invention, just in time to save the day! You can find more information online at Amazon/childrens.

John is not new to media production with his many years of experience as a designer, working with his fellow Chelmsford High School classmate Lance Wilder on the production of "The Simpsons" television show. In the show, they use architectural references to the Chelmsford original Adams library and fire station and other local area landmarks.



Gene and Betty Krause

Great animator! We wish John and Maria success on their new publication.

*Marjorie Short*

## Remembering Larry Hodes

Larry Hodes, LIRA member since 2000, died on April 3, 2013. He had many health issues in the past year, but miraculously had always bounced back, except for this last time. Larry and Toby met as engineering students at UMass Lowell. He was very encouraging and supportive to all Toby's activities, including LIRA. Family was very important to him and he enjoyed being a wonderful husband and father; he was very proud of his three daughters and their accomplishments. He spent many hours volunteering at his Synagogue, always offering to help with their many activities. Our deepest sympathy goes out to Toby and her family.

A donation of \$50 has been given to the LIRA Scholarship Fund in his name. For those of you who missed the obituary, it is reprinted below.

HODES- Lawrence "Larry", 84, of Haverhill, formerly of Andover. Past 30 year employee of Western Electric, active member of Bnai Brith and Temple Emanuel, Andover. Entered Eternal Rest April 3, 2013. Devoted husband of Toby (Koffman) Hodes. Beloved father of Karen Hodes, Melissa & her husband Jay Friedenber and Bonnie Hodes. Also survived by his family Harold Sisken, Joan Kalin, Estelle Goldin and Barbara Natrillo. Services at Temple Emanuel 7 Haggetts Pond Road (off Route 133) ANDOVER on Friday April 5 at 2:30 PM. Interment in Lawrence. Condolence calls may be made at his late residence following the burial until sundown, continuing Saturday evening 7-9PM and Sunday 1-7PM. In lieu of flowers, expressions of sympathy may be donated Temple Emanuel.

## Details for Annual Meeting

The Annual Meeting will be held in Alumni Hall on 84 University Avenue, Lowell on May 15 from 10 a.m. to noon. The hall is part of the Lydon Library and the entrance to the hall is on the left as you are facing the building. A shuttle bus will be taking us from the parking lot to Alumni Hall, leaving us off in the front of the building. The shuttle will be running from 9:15am to 1:00pm for as many trips as needed.

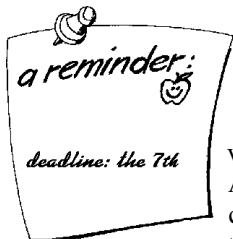
**Parking is in the Perkins Street Lot.** This is the lot where we normally park when we attend classes at the Rec Center. The bus will be on Riverwalk Way right in front of the entrance to the lot. You should use your hangtags in this parking lot.

Along with the election of officers and reviewing the summer schedule, we will also be raffling off the beautiful lap quilt that Jean Schott made to benefit the Scholarship Fund. Raffle tickets have been sold throughout the spring session and will also be sold at the Annual Meeting. Tickets are \$1.00 apiece or 6 for \$5.00.



It has been decided to bring homemade goodies for the meeting. If you would like to volunteer to bring some kind of finger food (fruit, cheese and crackers, cookies, etc.), it would be appreciated.

Hope to see you all there!



The next newsletter will be out on September 1, 2013; the deadline for news items is August 7, 2013. I would like your articles a little earlier because I will be on vacation on the second and third week of August. Please remember that the coordinators are now responsible for getting someone to write an article about their program, if you want something to appear in the newsletter. Articles may be given to me at any time before the deadline.

*Jeri Durant*

## Slate of Officers for 2013-2014:

The Nominating Committee would like to present the 2013–2014 nominations for officers of LIRA to be voted on at the Annual Meeting. All nominees have agreed to serve if elected.

President..... Toby Hodes  
 Vice-President..... Richard Grove  
 Secretary..... Shirley Mitchell  
 Treasurer..... Ron Cannistraro

**Nominating Committee**  
*Connie Lanseigne-Case, Chairman*  
*Ann Dahlman*  
*Carol McCarthy*



## Time for a Change

If you want to remain current with LIRA members, take pen or pencil in hand and make the following changes in your membership list.

### **New Members**

Barbara O'Keefe  
 17 Phillips Dr  
 Westford, MA 01886  
 978- 692-3717  
 olgxr2@aol.com

James F Kelly  
 45 Shawsheen Rd Unit #6  
 Bedford, MA 01730  
 781-862-2894  
 email: jfkGolf320@aol.com

Susan Sheedy  
 2 SmokeRise Dr.  
 Chelmsford, MA 01824  
 978-256-5068  
 sue.sheedy@verizon.net

**Phone Change:**  
 Simone Allard:  
 (cell) 978-606-9353

**Email Change:**  
 Simone Allard:  
 si.allard@aol.com

### **Member Renewals**

Irene & Charles Ballantine  
 2 Village View Rd  
 Chelmsford, MA 01824  
 978-256-1293  
 ireneballantine@verizon.net

## Newsletters on Website

The newsletter will appear on the website in color, around the first of the month. If you would prefer to read them there instead of getting a hard copy, please let Shirley Mitchell know.

The website for the newsletter is  
[www.uml.edu/community/LIRA/newsletters.html](http://www.uml.edu/community/LIRA/newsletters.html)



## Reminder

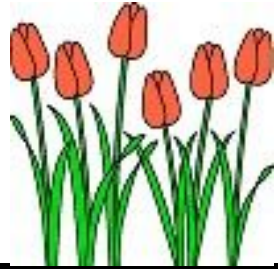
The information session for ReServe, Inc. is on Tuesday, May 14 in Framingham. "ReServe Inc., a nonprofit that puts adults age 55 and up to work in schools, government offices, and community agencies. ReServe matches people - often recent retirees or unemployed older workers - with part-time jobs, paying them \$10 an hour for their help."

This quote was from a Boston Globe article by Megan Woodhouse.



If you would like further information, please contact LIRA member Barbara Kager, 978-937-2894, or email: [barbarakager@yahoo.com](mailto:barbarakager@yahoo.com).

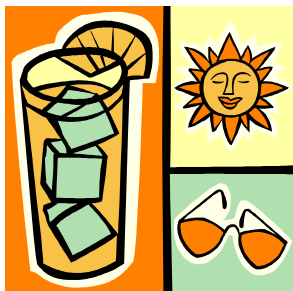
### **Newsletter Committee**

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 Jeanne Gunion, Member Spotlight  
 jgunion@comcast.net




# May 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
			<p>1 10am to Noon Great Decisions- Shirley Mitchell</p> <p>1-3pm Hadyn— Jeanne Gunion</p>	<p>2 Boston Symphony Open Rehearsal</p> <p>Meet at Hannaford at 7:15 am for bus.</p>	3	4	
5	<p>6 10 a.m to Noon Immigration-Bob Forrant 1-3pm Buddhism - Toby Hodes</p>	<p>7 10 a.m. to Noon Shakespeare—Frank Carroll 1-3pm —Physics in your Life—Emanuel Polizzi</p>	<p>8 10 am to Noon <i>Life and Art of James McNeill Whistler -</i> Jean Schott</p>	<p>9 10am to Noon Great Decisions- Shirley Mitchell</p> <p>1-3pm Hadyn— Jeanne Gunion</p>	<p>10 10 am to Noon Chelmsford Library Lecture Series—  <i>Gardens by Design</i> Oliver Chamberlain</p>	11	
12		13	14	<p>15 10 am to Noon  Annual Meeting Alumni Hall</p>	16	17 10 am to Noon Book Discussion  <i>The Buddha in the Attic—Julie Otsuka</i>	18
19	20	21	22	23	24	25	
26	<p>27 Memorial Day</p> 	28	29	30	31		



# June 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5 Meet at 10:30AM at Groton Place for Nature Walk - Carpool at Hannaford at 10AM	6	7	8
9	10	11	12 10AM at Indian Hill, Littleton Carpool at Hannaford at 9:15AM	13	14 Book Discussion— <i>Making our Democracy Work: A Judge's View</i>	15
16	17	18	19 10AM to Noon Fun Facts in Mathematics - The Rudeens	20	21 	22
23	24	25	26 10AM to Noon The Many Lives of Sherlock Holmes—Melissa Pennell	27	28	29
30						





# July 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4 	5	6
7	8	9	10 10AM to Noon Partly Cloudy with a Chance of Chaos - Peter Modica	11	12	13
14	15	16	17 2 Tours: 10AM & Noon: Frederick Historic Piano Col- lection-Carpool at Hannaford 8:45AM or 10:45AM	18	19	20
21	22	23	24 10AM to Noon  Hard Truth, Levity and Hope— Documentary film	25	26	27
28	29	30	31 7:45AM for bus at Hannaford  Museum of Science			

# Volunteers Needed

Hello! My name is Renee Morin, and I recently became the Volunteer Program Manager at Elder Services of the Merrimack Valley, Inc. (ESMV). ESMV is the Area Agency on Aging (AAA) and Aging Service Access Point (ASAP) for the 23 cities and towns that comprise the Greater Lowell, Greater Lawrence, and Greater Haverhill regions. We have many different programs within the agency that provide a variety of critical services to help older adults remain living independently in the community. Several of our programs which are listed below are supported completely by a dedicated team of volunteers. Each of these programs has specific participation guidelines such as time commitment, and training that volunteers are required to meet, offering people a variety of ways to get involved, and give back. We always welcome individuals who are looking to become new volunteers, and right now we are actively recruiting for our Friend in Deed, Medical Transportation, and Medical Advocacy Programs. If you or anyone you know is interested in volunteering with ESMV then please contact me directly at 978-946-1463 or [rmorin@esmv.org](mailto:rmorin@esmv.org).

## **Brown Bag Elder Food Program**

Assist with the assembly, and distribution of “brown bags” that are filled with free groceries for low-income elders.

## **Financial Resource Program**

Work with older adults to develop basic money management skills, and to access tools, and resources that are related to economic security.

## **Friend in Deed Program**

Provide companionship and assistance to isolated older adults by engaging in routine activities, which can include running errands (i.e. food shopping, going to the bank), completing household tasks (i.e. cooking a meal, sorting through mail), or participating in a social programming (exercise class, meal program).

## **Healthy Living Program**

Get trained to become a Healthy Living Workshop Leader to then co-lead classes in the community that are intended to assist people with becoming self-managers of their health.

## **Medical Transportation Program**

Transport elders, and adults with disabilities to, and from medical appointments that they would have no other way of getting to.

## **Medical Advocacy Program**

Transport and accompany elders and adults with disabilities to medical appointments, and act as their advocate by coaching, supporting, and empowering them to take charge of their health care.

## **Ombudsman Program**

Work to protect the rights of residents living in nursing homes by talking, and listening to residents, along with mediating problematic situations that can arise between residents, and staff members at the facility.

## **Serving the Health Information Needs of Elders (SHINE) Program**

Become a SHINE Counselor, and provide unbiased and confidential information to Medicare beneficiaries that will help them to understand their Medicare insurance benefits, and/or other public, and private health insurance options.

## **Senior Medicare Patrol (SMP) Program**

Provide outreach, and education to Medicare, and Medicaid beneficiaries, family members, and caregivers on how to protect, detect, and report healthcare errors, fraud, and abuse.

## **Other Opportunities**

Assist departments within the agency with administrative tasks (filing, data entry, etc.), and development projects (mass mailings, planning/organizing events, etc.).

Renee A. Morin  
Volunteer Program Manager  
Elder Services of the Merrimack Valley, Inc.  
360 Merrimack St. Bldg. 5 Lawrence, MA 01843  
P- 978-946-1463  
F- 978-794-7546

LEARNING IN RETIREMENT ASSOCIATION  
University of Massachusetts Lowell  
Lowell, Massachusetts 01834

The 2013 Summer Intersession, given between semesters, offers to retirees and those semi-retired, a sample of LIRA's almost year-round program and friendly community. The program is planned and much of it provided by the members themselves. The general public is invited to all Intersession programs. The time for these programs is 10 a.m. to Noon, with two exceptions this summer. The indoor Summer Intersession programs will be held in the Talon Club Room at the Tsongas Center.

**June 5**

**NATURE WALK**

**Steve Sussman\***

Historic Groton Place is the site of this year's walk. Our path wanders among wild Rhododendron bushes, along the banks of the Nashua River and passes monuments of the Groton Hunt. Wear comfortable shoes; carry water and insect repellent. Thirteen years ago LIRA visited Groton Place and walked to the Groton School boathouse. After the walk we will gather for a picnic lunch near the parking area. Since no picnic tables are available, bring along a lawn chair or blanket. For carpooling, meet at Hannaford in Chelmsford at 10 a.m. The walk will start at 10:30 a.m. Get directions at the Annual Meeting May 15 or at Hannaford the morning of the trip.

Coordinator: Steve Sussman\*

**June 12**

**INDIAN HILL MUSIC, LITTLETON, MA  
Coffee with the Conductor**

The Orchestra of Indian Hill Music's conductor and Artistic Director, Bruce Hagen, and Concertmaster Alice Hallstrom will provide a morning of musical performance and lively discussion. Bruce will offer an engaging preview of the 2013-2014 Orchestra season, sharing a lively introduction to the featured orchestral works. Bruce's charismatic style involves the use of audio clips, demonstrations, and explanations to help the audience understand and appreciate classical music. Alice, along with accompanist Jenny Tang, will treat you to some gorgeous violin solos. Orchestra ticket raffle and subscription discounts will be offered. Carpool from Hannaford in Chelmsford at 9:15 a.m. Directions will be available at the Annual Meeting or at Hannaford the morning of the trip.

Coordinator: Marjorie Short\*

**June 14**

**BOOK DISCUSSION**

**Toby Hodes\***

*Making Our Democracy Work: A Judge's View*, non-fiction by Stephen Breyer

**June 19**

**FUN FACTS IN MATHEMATICS**

**Kimball & Beverly Rudeen\***

Kimball Rudeen and his wife Beverly will present a multi-media, hands-on, fun look at several branches of mathematics, such as topology, probability, number theory, and basic number systems. Included in the talk will be short biographies of some famous mathematicians and their work. Kimball is a retired software engineer and has a BA in applied math and MA in math and computer science. Beverly is a recent graduate from UMass Lowell with a BA in liberal arts. Beverly's background was in accounting and finance.

Coordinator: Russ MacLeod \*

**June 26**

**THE MANY LIVES OF SHERLOCK HOLMES**

**Melissa Pennell**

Sir Arthur Conan Doyle introduced the character of Sherlock Holmes in 1887's *A Study in Scarlet*. Holmes went on to appear in three other novels, including the popular *Hound of the Baskervilles* and more than 50 short stories. Conan Doyle tried to end Holmes' career and life in the confrontation with Moriarty at Reichenbach Falls, but reader demand brought about his return. Reader demand and fan interest has turned Sherlock Holmes into an immortal character. In this talk and discussion, we'll look at the original Holmes and at clips of some of the movie and television adaptations; we'll then consider the many authors, as well as film and television productions, that continue to invent new versions of Holmes and his detective career.

Coordinator: Ann Dahlman \*

**July 10**

**PARTLY CLOUDY WITH A CHANCE OF CHAOS:**

**An introduction to numerical weather prediction and its role in present-day meteorology with Peter Modica**

Present day meteorological forecast methods rely heavily upon guidance provided by computer models of the atmosphere. These numerical weather prediction (NWP) models have a rich history that predates even the development of the first electronic computers. This talk will present some of the historical foundations of present-day NWP leading to today's suite of forecast models. Mr. Modica will explain the major categories of today's NWP models and their operational implementations. He will also describe how our National Weather Service is structured to utilize and distribute this information. Concluding remarks will address some of the challenges ahead.

Coordinator: Mary Willis\*

**July 17**

**THE FREDERICK HISTORIC PIANO COLLECTION**

We travel to Ashburnham, Massachusetts to see the Frederick Historic Piano Collection. The Frederick collection is housed in the former Stevens Library, 30 Main St., Ashburnham, MA, next to the Town Hall at the junction of Rts 12 and 101. The time period of the collection is 1790-1907. Check the web site: [frederickcollection.org](http://frederickcollection.org). There will be two tours: the first at 10 a.m. and the second at Noon. (There is only so much room between pianos.) Carpool from Hannaford in Chelmsford at 8:45 a.m. or 10:45 a.m. Those wanting to go will be divided into two groups ahead of time. Directions will be available at the Annual Meeting or at Hannaford the morning of the trip.

Coordinator: Dorothy Bromage\*

**July 24**

**HARD TRUTH, LEVITY AND HOPE**

**Young Refugees in Lowell: Stories of Courage and Resilience**

*Hard Truth, Levity and Hope* is a touching short documentary film that explores the lives of refugee teens that have settled in Lowell, Massachusetts. An urban city, Lowell has been a refuge for immigrants since its birth. The latest wave of refugees are from camps in Nepal, Burma, Iraq, Somalia, Congo, Sudan, Ivory Coast, Liberia, and various other African regions. Having faced incredible atrocities in their homelands, and disparaging conditions in refugee camps, they have come to the United States seeking a new life, and a chance at peace and freedom.

This film follows the stories of six refugee teens who have come to Lowell with their families. They all attend Lowell High School. Many of them have faced significant gaps in their schooling, are learning English as a third, fourth, and sometimes even eighth language. We watch as they struggle to find their place in a world that is foreign to them, and ultimately succeed. The film was inspired by the experiences of Executive Producer Deb Fowler, an ELL teacher in the Lowell Public Schools. Through her work with refugee students, she learned of their poignant stories that pervaded every aspect of their lives. The perseverance of their spirits through such painful human suffering astounded Deb. The students were bursting to tell their stories; to be heard; to be seen as human beings by the people around them who often saw them as nothing more than a burden on our society.

The film was made by Connor Crosby, a junior at Lowell High School at the time (two years ago) using the wonderful resources at the Lowell High. Connor is currently a college student studying to become a documentary filmmaker.

Coordinator: Joan Kerzner\*

**July 31**

**THE MUSEUM OF SCIENCE**

Our bus will leave Hannaford in Chelmsford at 7:45 a.m. You will have the morning to enjoy the exhibit halls. Through exhibits and hands-on demonstrations, learn about some of the latest advances in medicine, nanotechnology, renewable energy, biology, oceanography and a host of other topics. In the afternoon, enjoy either an IMAX film or a planetarium show. Our bus back to Chelmsford will leave at 2 p.m. Lunch is on your own. The museum has a cafeteria serving salads (pre-made and salad bar), sandwiches, soups, pizza, burgers, tacos, etc. Cost of trip includes the show. It is \$30. for LIRA members and children. The cost is \$36. for non-members. Please send checks payable to Robert Hanlon, postmarked on or before July 15. Please indicate for each person whether you prefer to see an IMAX movie or a Planetarium Show. Tickets for your choice will be purchased ahead of time.

Coordinator: Bob Hanlon\*

\*Denotes LIRA member