

University of Victoria Retirees Association

Elder Academy Report: 2018 AGM

General comments

This was another full year of offerings for the UVRA Elder Academy. So a big thanks to all the presenters who gave freely of their time and talents, to make the year a big success. The goal has been to offer a series each month from September until June. The reasons for the success of the Elder Academy were enunciated at the last AGM. I should recognize the invaluable help of Louise Schmidt who helped in so many ways, and especially in looking after all the registration. Leah Potter (IALH) also helped a great deal and especially in the setting up of the series on *preparing for dying*. The format of 4 related sessions, and especially on Saturday mornings, seemed to work well although other formats are now being contemplated. This year, we did offer two special events as part of the Elder Academy related to the arts. Two visits were organized to the Gallery and Studio of Maarten Schaddelee, who also gave generously of this time in sharing his home as well as his sculptures. We had set up a presentation by Robert Bateman, but unfortunately we had to cancel due to circumstances beyond our control. This was disappointing for everyone, as I appreciate we were all looking forward to the presentation. However, no-one was more disappointed than Bob, who has agreed to try and reschedule the presentation later in the year.

Historically, the UVic Elder Academy was to be a University program administered by them. However, it was suggested when the proposal was first presented that we affiliate with Continuing Studies, which the Board did not think was a good fit. The only other option at the time was to offer it as a UVRA program which we have done for the past three years. We were approached late in 2017 by the Dean of Continuing Studies to meet with her and several colleagues to discuss ways we could work collaboratively. Subsequent to meeting, they drafted a proposal for our consideration. The program committee met to discuss the proposal, and saw no advantage at this time in us working with them. The decision again was made for the UVRA to continue to administer the program.

Courses and Events offered September 2017-June 2018

1. "The Bacterial Colonists" presented by Ed Ishiguro (September, 2017).
Approximately 56 people registered for the series with an average attendance of 45-50. The response was very positive with lots of questions during and after the sessions.

University of Victoria Retirees Association

2. "How Physical Activity Can Improve your Health and Life" presented by David Docherty and Jochen Bocksnick (October, 2017). This series was offered at the Yakimovich Wellness Centre and averaged 50+ people at each session. The series was well received with many of the participants now becoming regular attendees at the UVRA Elder Academy offerings. Average attendance of 55.
3. "Our Changing Ocean" (November, 2017) presented by faculty and staff of the University of Victoria Ocean Networks Canada. Presenters included Maia Hoeberechts, Bob Crosby, Dwight Owens, and Dave Riddell. Average attendance was in the 50's.
4. "Becoming an artist". (January, 2018). Jennifer Waelti Walters kicked off the series in great form and told *herstory* in regard to how she became an artist in her own inimitable way. She was followed by Agnus Aninichuk who again enthralled her audience with personal stories and her print and collages. Fran Baskerville and April Caverhill completed this very personal and inspiring series. Average attendance was 35.
5. "Are you prepared for the inevitable?" (February, 2018). This was probably the most successful series presented so far by the Elder Academy, at least in terms of numbers. Presenters covered a number of topics related to death and dying and dealing with end of life and included Eike Kluge, Deanna Hutchings, Kelli Stajduhar, and Bill Israel and Penny Allport. Over 100 people registered for this series with attendance generally numbering 80-90.
6. "Getting fitter and stronger" (March, 2018): This series was partnered with Saanich Commonwealth Pool and the Cordova Bay 55+ Association. It was geared to a 55+ population who are already physically active and looking for ways to either increase their fitness or include some variety into what they are doing. It was offered off-campus at Cordova Bay Community Place. The series was presented by David Docherty and averaged attendance of 70+ for each of the four sessions.
7. We normally do not program any series for April, in that the Mastermind Series is offered at this time. However, two visits were arranged to visit the Gallery and Studio of Marteen Schaddelee which proved very successful with the maximum number of attendees (30) for both sessions. We also planned a presentation by Robert Batemen in May but as previously reported this had to be cancelled.
8. "How food can affect your health". (June, 2018). This series will be presented by Greg Mulligan who teaches the nutrition course for School of EPHE. This series will address the need for good nutrition, especially as we get older, as well as some of the myths and misinformation around diet. At the time of reporting, 45 people had registered for the series.

University of Victoria Retirees Association

The Future of the Elder Academy

I am stepping down as Chair of the Elder Academy Program Committee which I have been since its inception 3 years ago. It has been a really rewarding experience and the feedback over the 3 years has been extremely positive. The goal of the UVRA Elder Academy is to provide ongoing educational opportunities for a 55+ population, not confined to UVRA members, at an affordable price. I think we have fulfilled this goal. A new committee, along with a new chair, is currently being formed which may take the Elder Academy in new directions as I am sure the four part series is not the only format that will be successful. If you are interested in being on the committee I suggest you contact John Anderson, the incoming President. I would like to take this opportunity to thank all the people who have helped make the program a success and those of you who have supported the Elder Academy by attending the series.

I must say the experience has not been without its share of challenges. One of the biggest challenges has been getting volunteer presenters, and especially from the UVRA membership. My initial thought was that there would be many people, and especially professors, who wanted to continue to share their knowledge and expertise after retirement. This has not been the case for whatever reason with the notable exception of Ed Ishiguro who has given generously of his time and talents. I appreciate preparing four presentations may be onerous and that the new committee will come up with other options that may attract more volunteers. So please give some thought about getting involved in such a worthwhile program and in particular providing your ideas and talents. You will find it very rewarding.

Respectfully submitted,

David Docherty
Chair
UVRA Elder Academy Program Committee

UVRA Elder Academy Program Committee:
David Docherty (Chair), Louise Schmidt, Leah Potter (IALH),
Ed Ishiguro, Elizabeth McCarter, Juliana Saxton, June Whitmore