



LIRA NEWSLETTER

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



March 2020

Vol. 27 No. 1



Spring Semester begins March 9!

*Join us for the Town Meeting
Wednesday, March 4, 2020
10 AM to Noon*

*University Crossing, Moloney Hall
220 Pawtucket Street, Lowell, MA
Shuttle bus from tsongas Parking Lot*

*Guest Speaker, Professor Muhammed Arif UJ Alam,
Assistant Professor Computer Science at UMass Lowell
Come hear about our new Spring Schedule.
Sign up for classes and have some refreshments.*



Details for Town Meeting

On Wednesday, March 4, the Town Meeting will be held at University Crossing, Moloney Hall, 220 Pawtucket Street, Lowell, from 10 a.m. to noon. A shuttle bus will be taking us from the parking lot at the Tsongas Center to University Crossing. The first shuttle will leave at 9 a.m. **sharp** and return for a second trip at 9:30 a.m. **sharp**. The return to the Tsongas parking lot will leave shortly after the end of the meeting.

There is no need to bring any refreshments; coffee and snacks will be provided by Community Relations.

If you are not able to attend the Town Meeting and wish to sign up for courses and/or trips, please ask someone to do it for you. The deadline for payment of a trip is in this newsletter.

Hope to see you all there!

2020 Nominating Committee

Members of the Nominating Committee this year are Richard Grove, Bob Hanlon and Carol McCarthy. All LIRA officers (President, Vice President, Secretary and Treasurer) serve one-year terms and may be reelected. We will be electing a new slate of officers at the May Annual Meeting. If you wish to nominate a candidate for any of these positions, please let the nominating committee know as soon as possible.

Peter Sebelius

Elders Climate Action

"Climate Conversations" is an informal group sponsored by Elders Climate Action (ECA) and the Chelmsford Public Library. We meet on the second Thursday of each month in the McCarthy Meeting Room to share our concerns about Climate Change. Meetings will include guest speakers, film screenings or book discussions to provide information and stimulate conversations on what we can do as individuals and as a community to reduce climate change and promote climate change legislation. Public invited.

Check the library's calendar for more information on this and other climate related programs.

[Discussion about pending legislation on climate change.](#)

Kathy Cryan-Hicks

Speaker for Town Meeting, Professor Mohammed Arif UI Alam



Dr. Alam is an assistant professor in the Computer Science department at University of Massachusetts Lowell, where he leads the Cognitive Ubiquitous Computing and Systems (CUBICS) laboratory.

He received his PhD in Information Systems from University of Maryland Baltimore County in 2017. He worked at IBM T. J. Watson Research Center for 2 years as a Research Staff Member under MIT-IBM Watson AI Lab and served as a Research Affiliate at MIT Media Lab as part of his role at IBM.

His research interests cover ubiquitous computing and applied AI on human cognition that leverages a network of connected biomedical devices, sensors and AI aided cognitive systems to help people with disabilities.

He is a Co-PI of Canada's Aging and Technology Network (AGE-WELL NCE) grant which aims to develop a mobility self-monitoring tool for older adults and their caregivers.

He is a member of technical program committee of IEEE PerCom (Industry), PerIoT, SmartComp and ICDCS (edge computing).



Just a reminder that Daylight Savings Time begins on Sunday, March 8. Set your clocks ahead one hour.

125 Years Ago – When Coburn Hall Opened

Coburn Hall is the oldest building on the UMass Lowell campus having been constructed in the 1890s for what was then Lowell Normal School. Located on South campus, the building was for many years the ONLY building on South as the Normal School became Lowell State Teachers College and Lowell State College. During the last two years, the building has undergone extensive renovations to conform to ADA requirements including upgrades on the exterior and interior of the building, an elevator and a 14,00 square foot addition on the rear of the building which includes both classroom and office space.

Associate Professor Marie Frank from the Art and Design department explained the history of the building and the unique art that is a part of it in a presentation to LIRA on February 12th. The most fascinating part was the story of the large mural that spanned the upper part of the walls in a large hall on the second floor. While doing research for an update of her pictorial history of the University, Prof. Frank was combing through old yearbooks and found several pictures of events that took place in the hall. What could clearly be seen in the pictures was a mural that Marie never remembered seeing even though she had taught and had office space in Coburn. Consultation with other faculty confirmed that they had never seen it either. As part of the restoration and renovation of the building, an art conservator was hired to determine if the mural still existed and if it could be repaired. It was still there, and Procobene and his team were able to use duct tape (yes! duct tape!) to gently strip away the overpaint and reveal the boldly colored and detailed brushwork underneath which they painstakingly restored. The original mural was painted as part of a WPA project during the Depression years. It focused on education in Lowell, its people and culture. Our tour of the building also included a stop at the main entrance of Coburn where additional murals of Lowell's famous Mill Girls grace either side of the stairway.

Susan Lemire



The next newsletter will be out on May 1, 2020; the deadline for news items is April 15, 2020. 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

Holiday Party 2019

It was a full house and the weather cooperated! President Peter Sebelius welcomed all our guests and thanked all those that helped to make the party a success. Thanks to Debbie Sebelius and her team for setting up the room and adding a brightly wrapped gift of a puzzle to the center of each table. We had a delicious array of goodies that covered two long tables. Bob Hanlon reviewed what would be coming up in our Winter Intersession with hopes that we don't have to cancel too many! Peter gave many "thank-yous" to all the facilitators, presenters, professors and coordinators of our fall semester.

Janet Redman, co-chair of the Scholarship Committee, Peter Sebelius, and members of the committee: Margie Berenson and Barbara Murch awarded the five \$1500 scholarships as described in an article in this newsletter.

A representative from Community Teamwork, Inc. of Lowell, Cynthia Perrone, thanked us for all our donations of hats, mittens and books. LIRA received a very warm Thank You note from Community Teamwork. "It was such a pleasure attending LIRA's holiday breakfast. All that your organization does is amazing. Thank you for all of the great donations. Many children will be happy. Have a great Holiday Season. Cynthia Perrone." Thanks to Kathy Forstey for coordinating this effort.

Our Consumable Auction raised \$560 for the Scholarship Fund. Thanks to Sheila Pariseau for running the auction. Sheila had many helpers passing out the prizes – thanks to Jackie Carr, Kathy Forstey, Marge Nardini, Bob Pariseau and Esther Wikander.

Thanks to all for their contributions of food, consumable auction items, buying raffle tickets and donations of books, hats and mittens. It was a great party and best of all – no snow! Below is a collage of the party from photos taken by the UMass Lowell photographer and Jeri Durant.



LIRA Scholarship Awards

At the 2019 Holiday Party the Scholarship Committee thanked the LIRA membership for their very generous donations to the scholarship fund and holiday raffle, and to the Executive Board for their support during the year. Patty Coffey and Christopher Wilkinson of UML's Community and Government Relations Department and Michelle Smith of the Financial Aid Office were acknowledged and thanked for the large number of applications received, their guidance and help to make the scholarship selection process run smoothly.

We were delighted to introduce scholarship recipients and present them with certificates. Introductions of students were made by Janet Redman to Veyli Ortis Solis (Criminal Justice), Barbara Murch to Sophie Combs (History & French), Margie Berenson to Madeline Morales (Biology), Janet Redman to Carmen Tang (Nursing), and Peter Sebelius to Michaela Gimias (Chemical Engineering). Scholarships are awarded to Junior and Senior students based on community service and maintaining a GPA of 3.0 and higher. Each were awarded framed certificates which reflected the \$1500 deposited into each of the students' accounts. The recipients spoke about their work and future plans and members had the opportunity to meet them after the awards.

The Scholarship Committee
Janet Redman and Dee Sferrino - Co-Chairs
Margie Berenson
Alan Kent
John Mamalis
AlanMcKersie
Barbara Murch



From the President

I am looking forward to our spring program, it is shaping up to be another exciting and educational semester. Thanks go to Bob Hanlon and the Curriculum Committee for assembling the program for the spring and for the excellent Winter Intersession program we have just completed.

I would also like to take this opportunity to recognize an outstanding LIRA volunteer who will be stepping down after over 19 years as editor of the Newsletter and Chairman of the Newsletter committee. When she started, Jeri Durant would write all the articles herself and publish the Newsletter monthly! More recently, Jeri was instrumental in the transformation of the Newsletter from a mailed paper version to its current incarnation as a web based, electronically distributed document. As Newsletter editor, Jeri collected, edited and organized all the articles for the LIRA Newsletter ensuring the articles are grammatically and logically correct and that they comply with University Style requirements.

In her capacity as Newsletter Committee Chair, Jeri has also served on the LIRA Executive council for that same period. In fact, the original incorporation documents from 2002 list Jeri as one of the founding directors (now executive Council) of LIRA, Inc. She is an outstanding example of a LIRA volunteer who has contributed well above and beyond for our organization.

Jeri, I cannot begin to tell you how much your dedication and service to LIRA has meant to our organization over the past 19 years. She has been Newsletter Editor for four LIRA Presidents!

If you are interested in helping with the newsletter, please let me know.

The success of our organization depends on the participation and volunteerism of all our members. There are many ways each of you can help: from facilitating a class, joining a committee, coordinating a class or field trip to bringing refreshments. There are six standing committees: Curriculum (including Arts and Music), Newsletter, Hospitality, Publicity, Membership, and Scholarship. Except for the Scholarship Committee, every committee needs additional help. Additionally, LIRA is looking to create a Technology Support committee whose members will help set up and debug audio, visual and the laptop computer and operate the University Suites lights for our classroom meetings.

Please contact any of the committee chairs or me with your interest in volunteering. There is also a space at the bottom of the class signup sheets we distribute at Town Meeting on March 4th. I hope to see everyone at the Town Meeting.

Peter Sebelius

Ask a Muslim Anything

On January 8, Robert Azzi, a Muslim American columnist and editor spoke to approximately 60 LIRA members. Robert talked about his life, his faith, and the Middle East. This was a question and answer program and LIRA members had lots of questions. Robert explained about how Muslims practice their faith and about what Shira law is all about. He talked about his years spent in the Middle East and how life there is different today. He explained about how the different branches of Islamic faith came about and how they exist today. He explained about groups such as ISIS that wish to impose their version of Islam through force. At the end of the program, LIRA members had a clearer understanding of Islamic faith and life in today's Middle East.

Bob Hanlon



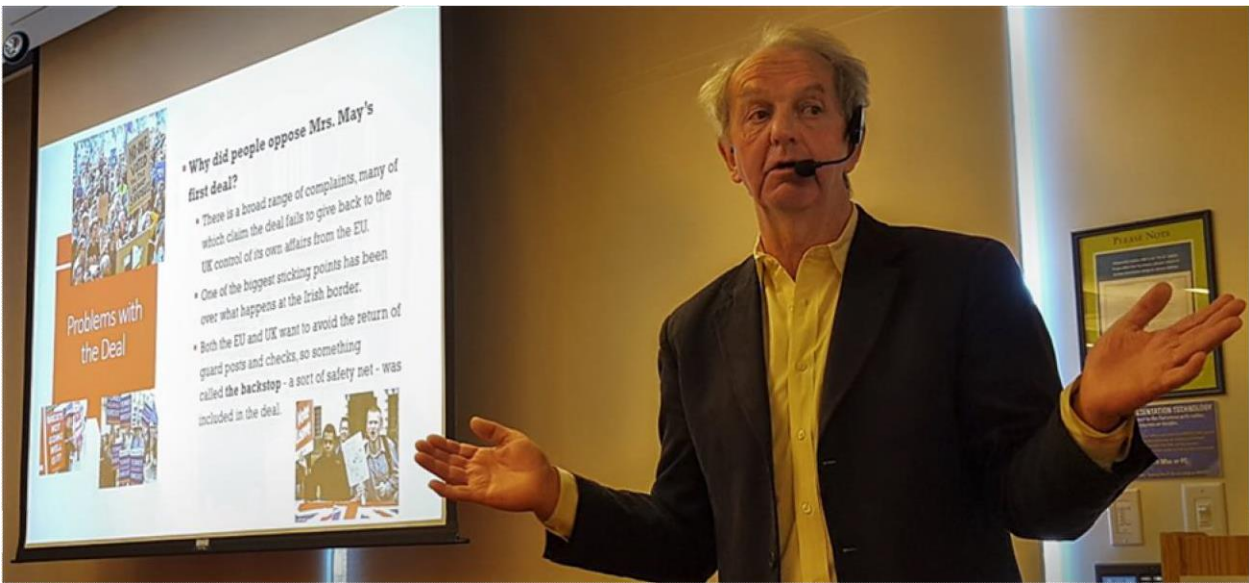
UK Elections and Brexit

On January 22, Emeritus Professor John Wooding presented a highly informative and entertaining program on the December UK elections, history of Brexit, and the challenges that lie ahead in actually implementing Brexit. In a June 2016 referendum Britain voted to leave the European Union; 51.9% voted to leave the EU, 48.1% voted to remain. In March 2017 Prime Minister Theresa May triggered the two-year process to leave the EU. After failing several times to gain Parliamentary approval Theresa May resigned in July 2019 and Boris Johnson became Prime Minister. In December 2019 the UK voted overwhelmingly for the Conservatives giving Boris Johnson a strong majority in Parliament to “Get Brexit Done”.

Key issues in the election were immigration and free movement of people within the EU. 75% were in favor of reducing immigration. Majorities want to eliminate free movement of EU citizens to the UK, stop EU migrants from using the National Health Service for free, and reduce migrants’ welfare benefits. Almost half think the EU “is undermining Britain’s distinctive identity”.

Brexit occurred January 31, 2020. During a one-year transition period Britain must resolve many difficult problems. It must avoid a physical barrier with customs checkpoints between Ireland and Northern Ireland. It must negotiate new trade deals with the EU, the US, and other countries. Professor Wooding concluded by listing a large number of possible causes of Brexit and the rise of nationalist populism: working class folks left behind, decline of manufacturing, growing and massive inequality since the 70’s, fear of immigrants, rise of the gutter press and social media. Many of these have echoes in the United States.

Richard Grove



Directory Changes

The following is a list of the new members to the directory since December 2019. An updated directory will be emailed to you after the March Town Meeting.

New Members:

Margaret Martin: 978-458-0567
John O’Neill: 978-870-6428
Martin Stankard: 978-692-9144

Chelmsford Library Lecture Series

The Chelmsford Library Friday afternoon Lecture Series is jointly sponsored by LIRA. All three of the lectures are on subjects from LIRA's Great Decisions foreign policy discussions.

Friday March 13, 1:00 PM

Human Trafficking presented by Assistant Professor Amber Horning-Ruf, School of Criminology & Justice Studies, UMass Lowell. Almost every nation has enacted laws criminalizing human trafficking, and international organizations, governments, and NGOs sponsor a large variety of projects to curb trafficking and slavery. Billions of dollars have been allocated to these efforts. What is the international community doing to combat slavery and trafficking? What are the experiences like for those being trafficked?

Friday April 10, 1:00 PM

India and Pakistan presented by Keith West. India and Pakistan have had a fraught and complicated relationship for most of their existence. This lecture will explore a bit of the history between the two nations, then focus primarily on the issues each faces currently and the challenges the future is likely to bring both for the countries individually, and for their relationship with each other and the world.

Friday May 8, 1:00 PM

Northern Triangle presented by Keith West. The "Northern Triangle" containing Honduras, Guatemala and El Salvador is one of the poorest and most troubled regions in Latin America. People fleeing poverty and violence there have increasingly undertaken a perilous journey north, hoping to find sanctuary and asylum in the United States. This lecture will provide some background on the troubles facing the region, explain the nature of the current situation, and examine possible responses by other countries in the Americas - the US and Mexico in particular.

Check the library's website for more detailed information.

[Chelmsford Library Lecture Series](#)

Moses Greeley Parker Lectures

The following is a calendar of events for the 2020 Parker lecture series held on the day, time and place noted. The lectures are free and open to the public. Descriptions are not included this time because of its length. Full descriptions can be found at the Pollard Library, Lowell, on the website [Parker Lecture Series](#) or the file can be emailed to you by contacting Jeri Durant: jeridurant@gmail.com

Thursday, February 20, 12 p.m. – UMass Lowell Inn and Conference Center
Robert Dietz Ph.D. "The Housing Affordability Crisis"

Saturday, March 7, 2 p.m. – Boot Cotton Mills Museum Events Center - **Gwendolyn Quezaire-Presutti**
"Can't Die But Once" Harriet Tubman, a singular, complex character, a woman.

Thursday, April 2, 6:30 p.m. – Whistler House Museum of Art
David P. Curtis & Judith Curtis "A. T. Hibbard, an American Master"

Saturday, May 2, 2 p.m. – Boot Cotton Mills Museum Events Center
Thomas Anderson "Bee MY Honey! – Honey Bees, Pollinator Health, and the Great Global Honey Scam."



The Annual Meeting will be held on Wednesday, May 13, 2020. The Summer Intersession begins on Wednesday, June 3, 2020.

Flight of Remembrance

Marina Kirsch came to the Learning in Retirement Association at UMass Lowell to talk about her book, “Flight of Remembrance” on February 5, 2020.

Marina’s talk focuses on the plight of her Latvian family who, because of their German ancestry and fear for their lives, had to flee in 1939 before the advancing Soviet Army to the only country that would accept them: Nazi Germany. Marina spoke about how her father was drafted into the Luftwaffe and her grandfather was responsible for quality control at a secret underground missile assembly plant during the war.

Wearing traditional Latvian dress made by her grandmother, Marina tells a compelling story of her family’s wartime experience living and working in Nazi Germany. She relates their desperation resulting from the devastation of the Allied bombing of Berlin during the war. Marina invited members to talk about their families’ experiences in Europe during and after World War II. Finally, she related her family’s path of immigration to the United States including a delay in Switzerland for her birth.



We enjoyed her talk and felt it was enlightening to learn about the experience of her family on the German side of the conflict.

Bob Fesmire

The Lowell Mill Girls Outside the Mills

Much has been written about the work of the Lowell Mill Girls: where they came from, their long work hours, the boarding-houses they lived in etc. But on January 29th a large crowd heard Prof. Bridget Marshall, Associate Professor of English at UMass Lowell, about a different aspect of the lives of the Mill Girls – what they did OUTSIDE the mills! The talk was focused on the early years of the mills, roughly 1830s to 1850s.



In a lively interactive presentation, Prof. Marshall first described what the girls were reading and writing. The *Lowell Offering* is well-known, but there were other newspapers, broadsheets, and books that were circulated among the girls in the boardinghouse – some perhaps a bit risqué!

Lowell had one of the first cemeteries in the “garden” style, and in good weather the girls often walked there with a picnic lunch to enjoy the fresh air, the trees and flowers and the art carved on many of the gravestones. In addition, the girls enjoyed shopping in the stores on Lowell’s main street and attending lectures and theater events. Prof. Marshall’s PowerPoint presentation included a copy of a receipt from one girl’s jewelry purchase that seemed to be quite extravagant, but our discussion led us to realize we had NO idea how long she might have been saving for those items!

Susan Lemire



The Raft of the Medusa by Theodore Gericault

Wreck of the Medusa

LIRA was pleased to host Charlie Mazel on 1/15 for his presentation on the Wreck of the Medusa. The presentation outlined the history of the wreck of the French frigate Medusa, the subsequent master painting by Theodore Gericault, and the modern day expedition to locate the wreck.

Charlie outlined the history of the wreck off the West coast of Africa and the turmoil it caused at the time as many lives were lost and the leadership was less than ideal. This uproar spurred Gericault to create his masterpiece using a dramatic style to capture a current day event. It now hangs in Paris in the Louvre.

Finally, he gave us a first person account of the 1980 expedition to locate the wreck and his involvement as the technical director. Included were descriptions of the then cutting edge technologies used to locate the wreck.

Charlie fielded many questions during the presentation and the feedback afterwards was very positive as the attendees were engaged and enjoyed this varied story of what now is a little remembered piece of history.

Bruce Magnuson

Notes about the Spring Session

All classes are meeting at University Suites, Room 106, 327 Aiken Street, Lowell, MA. If the location changes, you will be notified by email or phone. Morning classes are from 10 a.m. to Noon and afternoon classes are from 1 to 3 p.m.

Classes begin on March 9. Art & Music goes to the Boston Symphony on Thursday, April 2, so Thursday's **Great Decisions** class is on Wednesday, April 1 from 10 a.m. to Noon. **Masterpieces of Short Fiction** will also meet on Wednesday, April 1 from 1 to 3 p.m. There are no classes on Patriots' Day, Monday, April 15. **Pay careful attention to the dates of each class.** There are four single sessions on Tuesday afternoon and several four session classes.

Parking for the Tsongas Center is in the lot to the right of the building. Parking for University Suites is either in the East parking garage across from the Campus Recreation Center on Pawtucket Street or the Perkins lot at the bottom of Riverwalk Way. You will need your UMass Lowell ID to get into the garage and the Perkins lot. Make sure to use your hangtag wherever you park!

All classes are open to all LIRA members. If you are going to any of the bus trips or tours in the Art & Music program, you must sign up for those and make sure that the coordinator receives a check by the deadline. It is not necessary to sign up for those Art & Music programs that are in a classroom.

Member News

Good news for Deanne Sferrino who has successfully completed treatment for her illness and is now doing very well.

We wish her continued good health.

simone32allard@gmail - 603-943-7527

Newsletter Committee

Geraldine Durant, Editor

jeridurant@gmail.com

Marge Nardini, Layout and Reproduction

mnard1008@verizon.net

Charlotte Evans, Calendar and Distribution

chrnave@aol.com

Simone Allard, Member News

simone32alard@gmail.com

LEARNING IN RETIREMENT ASSOCIATION

University of Massachusetts Lowell

Lowell, Massachusetts 01834

Spring 2020 Schedule

Registration will take place at the Town Meeting on Wednesday, March 4 at 10:00 a.m. at University Crossing, Moloney Ballroom, 220 Pawtucket Street, Lowell. Each course description includes, after the title, the name of the person who is presenter or facilitator. Below the paragraph is the name of the course coordinator who makes the arrangements and has responsibility for carrying out details of the class. Questions may be addressed to the facilitator/coordinator or Bob Hanlon, Curriculum Chair.

Parking for on campus programs is in the garage directly across the street from the Rec Center, in the Perkins Parking lot and in the parking lot at the Tsongas Arena. Your ID is needed to enter the garage and the Perkins lot. **Please use your parking hangtags wherever you park.**

Spring study groups will meet at the University Suites, 327 Aiken Street, Lowell, MA, Room #106. **Pay careful attention to the dates of each class.** There are four single sessions and several four session classes.

NOTE: There are NO classes on Monday, April 20, Patriots' Day

Location of classes will sometimes change so watch for announcements.

MONDAY

CSI Lowell – The Science of Forensics Part II

Facilitator: Peter Sebelius*

Eight Mondays, 10 a.m. - Noon: March 9, 16, 23, 30, April 6, 13, 27, May 4

This is a continuation of the DVD course begun last fall and will run for 8 weeks. The course introduces the field of Forensic Science using real casework to illustrate its principles. After a quick review of what has been covered in part I, we will move to Forensic Engineering looking at Structural Failure, including the World Trade Center collapse, and vehicle accidents. We will learn about the science of death, and decomposition. Additionally, we will study Forensics in the courtroom, Psychology and Psychiatry of criminal minds and many other topics. The class will culminate with an analysis of several murder cases and how forensics played a role in solving and convicting the killers.

Fighting Misinformation: Gaining Media Literacy

Facilitator: Bob Fesmire*

Four Mondays, 1 - 3 p.m.: March 9, 16, 23, 30

Democracy depends on a well-informed, discerning electorate, equipped to judge the validity of the information available. Misinformation, Fake News, Deep Fake Videos, Bots, Bias, and more – we all have a mountain of information coming at us each day. Learn how our brains deal with it, not always in the best way. See how to value some and discard other information – rationality. Learn how journalists and professionals vet data. This course will provide techniques and tools to help everyday people like you become better consumers of news. This courseware is being used in over 100 countries around the world.

With Age comes Wisdom: Some of the Time

Presenter: Dr. Arnie Kerzner

Four Mondays, 1 - 3 p.m.: April 6, 13, 27, May 4

In this program, Dr. Kerzner will discuss the new research on how Wisdom is part of maturation. Many traits are required to develop such Wisdom, but one of the major ones is Common Sense, in which the elderly excel. With age thinking becomes more three dimensional utilizing the Past, Present and Future as ways to manage stress. Can wisdom be learned; how much of it is Genetic, and what parts of the brain 'light up' during Wise Decision making? This will be an interational program responding to every member's questions and comments – with lots of fun as part of Dr. K. trying to be wise!

Coordinator: Sally Coulter*

TUESDAY

Getting Your Legal House in Order

Facilitator: Bob Hanlon*

Eight Tuesdays, 10 a.m. - Noon: March 10, 17, 24, 31, April 7, 14, 21, 28

The law impacts nearly every aspect of our lives, yet we seldom stop to reflect on the tools, documents, and procedures that allow our society to function. Property and contracts, insurance and credit, taxes and estate planning: These issues may be intimidating but getting on top of your legal affairs is one of the best things you can do for yourself and your family. This course from Elder Law expert Sally Balch Hurme gives you a practical, accessible, and encouraging look at what you need to do to secure your finances, your home, your health care, and your future.

Evolution of the Universe: it's beautiful history

Presenter: Professor Bob Gamache

One Tuesday, 1 - 3 p.m.: March 10

We will trace our dynamic view of the evolution of the universe using data gathered since the beginning of humankind. Where do stars come from, and atoms and molecules that fill the universe? And solar systems and planets? We will look at life and its origins.
Coordinator: Suzanne Gamache*

American Heritage Museum

Presenter: Dr. Patricia Fontaine

One Tuesday, 1 - 3 p.m.: March 17

This session will be in preparation for our trip this summer to the American Heritage Museum in Hudson MA. The American Heritage Museum's focus is the technology of World War Two: the military industrial complex, concentrating on Lowell, of the new armaments and inventions that changed the landscape of war and led to the Allies victory.
Coordinator: Nancy Pitkin*

Discovering New England Stone Walls

Presenter Kevin Gardner

One Tuesday, 1 - 3 p.m.: March 24

Kevin Gardner explains how and why New England came to acquire its thousands of miles of stone walls, the ways in which they and other dry stone structures were built, how their styles emerged and changed over time, and their significance to the famous New England landscape.

Kevin's informal talk covers a few of the main topics of his book about New England stone walls, *The Granite Kiss*. During his presentation, Kevin occupies himself building a miniature wall or walls on a tabletop, using tiny stones from a five-gallon bucket. Copies of the Granite Kiss will be available for sale as well as copies of his most recent book, *Stone Building – How to Make New England Style Walls and Other Structure the Old Way*. There will be opportunity to ask questions about your own projects!

Coordinator: Susan Lemire*

Self-monitoring of functional and cognitive health of older adults using wearables

Professor Mohammad Arif UI Alam

One Tuesday, 1 - 3 p.m.: March 31

Problems with everyday physical (walking, driving) and mental ability (stress, depression) are common in older adults and can negatively impact health and social functioning. Although physical and mental ability is a critical indicator of health, older adults are not typically involved in monitoring or assessing their own ability. However, studies show that older adults expressed a clear interest in self-monitoring their physical and mental ability as part of their health. Today, there are no wearable technologies that comprehensively monitor physical ability (mobility) or mental health contexts (stress, depression) and that are valid for predicting important health outcomes.

Professor Alam will introduce his research of the latest advancements in wearable technology to understand how mobility, stress, depression etc. change over time in older adulthood, and how that affects important health outcomes. This project will develop a wearable technology tool for ability (physical and mental) self-monitoring by older adults and their caregivers. CUBICS (Cognitive Ubiquitous Computing and Systems) lab and CGRP (Center for Gerontology Research & Partnerships) will collaboratively design and develop the study in collaboration with LIRA volunteers. CUBICS lab will be responsible for developing wearables-based intelligent technology and CGRP will assist with real deployment of the technology among LIRA community.

Coordinator: Peter Sebelius*

Women in American History

Four Tuesdays, 1 – 3 p.m.: April 7, 14, 21, 28

Professor Michael Pierson

This course surveys the history of women in the British North American colonies and United States from 1600 to the present. It examines women as a distinct group and the things that have brought them together, as well as the divisions among women that have limited their abilities to unite. The history of American women includes many topics from social practice and gender ideologies to economics and law. We will be particularly interested in the emergence and growth of women's public presence in all aspects of American life, on their political activism before and after the vote, and on the strategies employed by women who worked for a more just and equal society. Along the way, we will enjoy lively discussions and be able to share our ideas and experiences.

Day 1: Women in the Colonial and Revolutionary eras.

Day 2: Women and the emergence of "Civil Society" (1790-1865).

Day 3: Progressive Era women and the campaign for the vote (1865-1920).

Day 4: Emancipation is more than Equality, and we don't even have that (1920-2020).

Coordinator: Bob Hanlon*

WEDNESDAY

Art & Music

Seven Wednesdays, March 11, 18, 25, April 8, 15, 22, 29

One Thursday, April 2

Please see the attached schedule for dates, times, topics, presenters and coordinators of the Art & Music series. The indoor classes will be held at University Suites.

THURSDAY

Great Decisions

Seven Thursdays, 10 a.m. - Noon: March 12, 19, 26, April 9, 16, 23, 30

One Wednesday, 10 a.m. - Noon: April 1

Great Decisions is America's largest discussion program on world affairs. The program involves reading the Great Decisions Briefing Book, watching the DVD and meeting in a discussion group to discuss the most critical global issues facing America today. Two weekly two-hour sessions explore each topic in depth. Great Decisions topics for the spring are: *Climate Change*, *Artificial Intelligence and Data*, *Northern Triangle (El Salvador, Guatemala, Honduras)*, *Human Trafficking*. Briefing books are available for \$20.00.

Facilitator: Richard Grove*

Masterpieces of Short Fiction: A Great Courses video lecture series.

Three Thursdays, 1 - 3 p.m.: March 12, 19, 26

One Wednesday, 1 - 3 p.m.: April 1

Coordinators: Beverly and Kimball Rudeen*

The course introduction states, "Imagine that, in one sitting, you could enter a world of imagination and witness the triumphs, tragedies, errors and epiphanies that arise in the lives of ordinary and extraordinary people."

This course will require members of the class to select a short story, watch the video and prepare to lead a half hour class discussion. Notes, discussion questions and the video will be provided.

There are 25 short stories from the nineteenth and twentieth centuries, to be investigated in the videos. Come and select a story that you have read or one that you have always wanted to read. It promises to be an interesting and informative class.

The Age-Friendly University Initiative: Opportunities and Challenges

Presenters: Prof. Ramraj Gautam, Prof. Carol McDonough, Assoc. Prof. Margaret Knight, and Prof. Karen Melillo

Four Thursdays, 1 - 3 p.m.: April 9, 16, 23, 30

Prof. Ramraj Gautam from the School of Nursing and Center for Gerontology Research and Partnerships and three other members of the Center will offer a four-week course to introduce the Age-Friendly University Initiative and other topics of interest to an aging population. The first week will explain the history of the concept of the Age-Friendly University and the Opportunities and Challenges here at UML. Prof. Carol McDonough will offer a class on Technology and Aging; Assoc. Prof. Margaret Knight will discuss Depression in Older Adults; and the topic for Prof. Karen Melillo, Director of the Center, will be Promoting Cognitive Health.

Coordinator: Susan Lemire*

FRIDAY

Book Discussions

Coordinator: Sheila Pariseau*

Four Fridays, 10 a.m. – Noon: March 20, April 17, May 15, June 19

March 20 – *Celestial Bodies*, fiction by Jokha Alharthi

Facilitator: Steve Buccieri*

April 17 – *The Fifth Risk*, non-fiction by Michael Lewis

Facilitator: Nancy Pitkin*

May 15 – *Say Nothing: A true story of murder and memory in Northern Ireland* by Patrick Radden Keefe

Facilitator: Susan Lemire*

June 19 - *The Nickel Boys*, fiction by Colin Whitehead

Facilitator: Wendy Stanley*

* Indicates LIRA member

Art & Music Spring 2020

Programs on March 11, 18, and April 15 will be held at University Suites, 327 Aiken Street, Room #106, Lowell, MA from 10 a.m. to Noon. The BSO trip is on **THURSDAY**, April 2. There will be sign-up sheets for tours at the March Town Meeting. If you cannot attend, you may ask someone to put your name on the list for your choice of tours. If there is a cost, payment can be made when you sign up or mailed by the deadline given. A 24-hour notice must be given for a refund.

Wednesday, March 11 –Slavery Didn’t End, it Just Evolved – Jesse Heines*

Attorney Bryan Stevenson has spent his entire career standing up for the rights of the poor, the incarcerated, and the condemned. He is the recipient of 40 honorary doctoral degrees, the author of *Just Mercy*, and the founder of the Equal Justice Initiative in Montgomery, Alabama. But more importantly, Stevenson has gotten over 140 people off of death row in a number of states and helped countless others who were wrongly convicted. Stevenson’s current focus is on getting people to face the history of discrimination in our country and how that history has led the United States to incarcerate 25% of the world’s prisoners while we are only 5% of the world population. That history has gone through four phases: slavery, lynching, Jim Crow segregation, and now mass incarceration. Perspective on these phases has led Stevenson to state that “slavery didn’t end, it just evolved.” This presentation will touch on each of the four phases, culminating in a look at the question: “What can we do about it?”

Coordinator: Bonnie Heines*

Wednesday, March 18 – The Faces of the American Revolution: Portraits by John Singleton Copley – Mary Woodward

Mary Woodward will join us again to present a lecture on John Singleton Copley. Copley was born in Boston of Anglo-Irish parents. His prodigious talent appears to have come naturally and without formal training. He rose from the son of a tobacco seller to move in Boston’s highest social circles. He painted the city’s influential men and women: Samuel Adams, Mercy Otis, and Paul Revere, to name a few.

In this talk, we will uncover how he became the portraitist of rebels and royalists alike in the 1760s and 1770s.

Coordinator: Suzanne Gamache*

Wednesday, March 25 – Museum of Printing Tour

The Museum of Printing in Haverhill, MA is dedicated to preserving the rich history of the graphic arts, printing and typesetting technology, and printing craftsmanship. In addition to many special collections and small exhibits, the Museum contains hundreds of antique printing, typesetting, and bindery machines, as well as a library of books and printing-related documents.

Our guided tour begins at 10 a.m. We will meet in the back parking lot at Hannaford in Chelmsford at 9:15 a.m. to carpool to the museum. Please contact Diane Baker (dianebaker515@gmail.com or 978-337-2580) if you can drive or if you have questions.

Admission cost is \$8 per person to be paid in person at the museum on the day of the tour.

Coordinator: Diane Baker*

THURSDAY, April 2 – Boston Symphony Orchestra Trip

A trip to the Boston Symphony Open Rehearsal will take place on April 2, 2020.

The program will be:

HK GRUBER: “Short Stories from the Vienna Woods”

GERSHWIN: “Piano Concerto in F”

RACHMANINOFF: “Symphony No. 3”

Tickets include bus transportation. \$30 for LIRA members, \$35 for non-members (if tickets are available). The bus leaves promptly at 7:15 a.m. from the back parking lot at Hannaford in Chelmsford. Bring a bag lunch. **Checks are to be made to LIRA, Inc. and are due no later than MARCH 24, 2020.** Please send checks to: Barbara Murch, P.O. Box 167, Westford, MA 01886.

Call 978-692-7798/978-273-0016 or email bmurch@comcast.net

Coordinator: Barbara Murch*

Wednesday, April 8 – And All That Jazz

We will visit Indian Hill Orchestra in Littleton for a lecture by Eric Kamen. What is that sound that captures our ear? Exploring the architecture of jazz harmony, melody, and improvisation. We know it when we hear it! We’ll get you started in understanding and appreciating the basics of this attractive art form that utilizes the same musical alphabet (the same notes/pitches) as “classical and popular music” to create a new idiomatic musical language.

The Program begins at 10 a.m. in Camilla Blackman Hall at Indian Hill Music, 36 King Street, Littleton, MA. It is on the ground floor and is fully accessible, as is a bathroom on the same floor. We will meet at **9:15 a.m.** in the back parking lot of Hannaford in Chelmsford to carpool to Indian Hill. Please contact Diane Baker (dianebaker515@gmail.com or 978-337-2580) if you can drive.

Cost is \$10 per person. Checks issued to LIRA, Inc. are due no later than Apr 2 and can be sent to: Diane Baker, 55 Virginia Ave, Lowell MA 01852.

Coordinator: Diane Baker*

Wednesday, April 15 – My Japan – Reflections on a 25 year Adventure of Living and Working in Japan. - Marie Gleason-Tada*

From 1971 to 1996, and continuing to now, Marie has had a unique experience with Japanese life and culture. Please join her as she shares her personal experiences along with insights into Japan's extraordinary history and traditions with the LIRA community.
Coordinator: Peter Sebelius*

Wednesday, April 22 – Tour of The Royall House, Medford MA

In the eighteenth century, the Royall House and Slave Quarters was home to the largest slaveholding family in Massachusetts and the enslaved Africans who made their lavish way of life possible. Today, the Royall House and Slave Quarters is a museum whose architecture, household items, archaeological artifacts, and programs bear witness to intertwined stories of wealth and bondage, set against the backdrop of America's quest for independence.

We will travel by bus for two guided tours scheduled at 10 a.m. and 11 a.m. The bus will leave at **9:15 a.m.** from the back parking lot of Hannaford in Chelmsford and will return at approximately 2 p.m. The cost for LIRA members is \$28 per person for bus and admission. (Non-member cost: \$33 if space is available). If desired, you may bring a bag lunch. **Checks payable to LIRA, Inc. are due no later than Apr 15** and can be sent to: Carol McCarthy, 398 Acton Road, Chelmsford, MA 01824, .978-256-5904.

Coordinator: Carol McCarthy*

Wednesday, April 29 – Cookie Matinee – “Erma Bombeck: At Wit’s End” at MRT

Merrimack Repertory Theater will perform a celebration of humorist Erma Bombeck. “*At Wit’s End*” rejoices in the life of a woman considered to be one of America’s funniest moms, who championed the everyday lives of housewives with a daring truth few of her generation were willing to tell.

Tickets for the 2 p.m. show are \$16 each (includes coffee and cookies before the show). LIRA has pre-paid for a **limited** number of tickets so RSVP needed as soon as possible. Checks payable to LIRA, Inc. can be mailed to Diane Baker, 55 Virginia Ave, Lowell MA 01852 (dianebaker515@gmail.com / 978-337-2580) MRT subscribers can contact the Box Office directly at box_office@mrt.org about exchanging tickets for this performance; they can waive the upgrade charge if you let them know you are part of the LIRA group.

MRT is located at 50 East Merrimack St., Lowell, next door to the Lowell Memorial Auditorium. On street parking is available. Parking also in Davidson St. Lot across from the MRT (for a fee); the Lower Locks Garage at 90 Warren St. and/or John St. Garage (both \$5 with ticket stamped at theater). Each of these garages is about a 5-minute walk to the theater. You may also walk from the Tsongas Center if you have a parking tag there. It is about a 10-minute walk.

Coordinator: Diane Baker*

*Indicates LIRA member

LIRA's 2020 Spring Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
March 2	March 3	March 4 10 am to Noon Town Meeting University Crossing	March 5	March 6
March 9 10 am to Noon The Science of Forensics II 1 to 3 pm Fighting Misinformation: Gaining Media Literacy	March 10 10 am to Noon Getting Your Legal House in Order 1 to 3 pm Evolution of the Universe: It's Beautiful History	March 11 10 am to Noon Slavery Didn't End, It Just Evolved	March 12 10 am to Noon Great Decisions 1 to 3 pm Masterpieces of Short Fiction	March 13 1 pm Chelmsford Library Lecture <i>Global Sex Trafficking</i>
March 16 10 am to Noon The Science of Forensics II 1 to 3 pm Fighting Misinformation: Gaining Media Literacy	March 17 10 am to Noon Getting Your Legal House in Order 1 to 3 pm American Heritage Museum	March 18 10 am to Noon The Faces of the American Revolution: Portraits by John Singleton Copley	March 19 10 am to Noon Great Decisions 1 to 3 pm Masterpieces of Short Fiction	March 20 10 am to Noon Book Discussion <i>Celestial Bodies</i> by Jokha Alharthi
March 23 10 am to Noon The Science of Forensics II 1 to 3 pm Fighting Misinformation: Gaining Media Literacy	March 24 10 am to Noon Getting Your Legal House in Order 1 to 3 pm Discovering New England Stone Walls	March 25 10 am Museum of Printing Tour Meet at Hannaford's at 9:15 am to carpool to Haverhill	March 26 10 am to Noon Great Decisions 1 to 3 pm Masterpieces of Short Fiction	March 27
March 30 10 am to Noon The Science of Forensics II 1 to 3 pm Fighting Misinformation: Gaining Media Literacy	March 31 10 am to Noon Getting Your Legal House in Order 1 to 3 pm Self-Monitoring Health Using Wearables	April 1 10 am to Noon Great Decisions 1 to 3 pm Masterpieces of Short Fiction	April 2 BSO Open Rehearsal Meet at Hannaford at 7:15 am for bus to the BSO	April 3

Monday	Tuesday	Wednesday	Thursday	Friday
<p>April 6 10 am to Noon The Science of Forensics II 1 to 3 pm With Age Comes Wisdom: Some of the Time</p>	<p>April 7 10 am to Noon Getting Your Legal House in Order 1 to 3 pm: Women in American History</p>	<p>April 8 10 am And All That Jazz Meet at Hannaford at 9:15 am to carpool to Indian Hill Music</p>	<p>April 9 10 am to Noon Great Decisions 1 to 3 pm The Age-Friendly University Initiative</p>	<p>April 10 1 pm Chelmsford Library Lecture <i>India and Pakistan</i></p>
<p>April 13 10 am to Noon The Science of Forensics II 1 to 3 pm With Age Comes Wisdom: Some of the Time</p>	<p>April 14 10 am to Noon Getting Your Legal House in Order 1 to 3 pm: Women in American History</p>	<p>April 15 10 am to Noon My Japan: Reflections on a 25 Year Adventure</p>	<p>April 16 10 am to Noon Great Decisions 1 to 3 pm The Age-Friendly University Initiative</p>	<p>April 17 10 am to Noon Book Discussion <i>The Fifth Risk</i> by Michael Lewis</p>
<p>April 20 NO CLASSES TODAY</p>	<p>April 21 10 am to Noon Getting Your Legal House in Order 1 to 3 pm: Women in American History</p>	<p>April 22 10 am and 11 am Tour of the Royall House Meet at Hannaford at 9:15 am for the bus to Medford</p>	<p>April 23 10 am to Noon Great Decisions 1 to 3 pm The Age-Friendly University Initiative</p>	<p>April 24</p>
<p>April 27 10 am to Noon The Science of Forensics II 1 to 3 pm With Age Comes Wisdom: Some of the Time</p>	<p>April 28 10 am to Noon Getting Your Legal House in Order 1 to 3 pm Women in American History</p>	<p>April 29 2 pm Cookie Matinee-- MRT production of Erma Bombeck: At Wit's End Show at 2 p.m.</p>	<p>April 30 10 am to Noon Great Decisions 1 to 3 pm The Age-Friendly University Initiative</p>	<p>May 1</p>
<p>May 4 10 am to Noon The Science of Forensics II 1 to 30 pm With Age Comes Wisdom: Some of the Time</p>	<p>May 5</p>	<p>May 6</p>	<p>May 7</p>	<p>May 8 1 pm Chelmsford Library Lecture <i>The Northern Triangle</i></p>
<p>May 11</p>	<p>May 12</p>	<p>May 13 10 am to Noon Annual Meeting</p>	<p>May 14</p>	<p>May 15 10 am to Noon Book Discussion <i>Say Nothing: A True Story</i></p>