

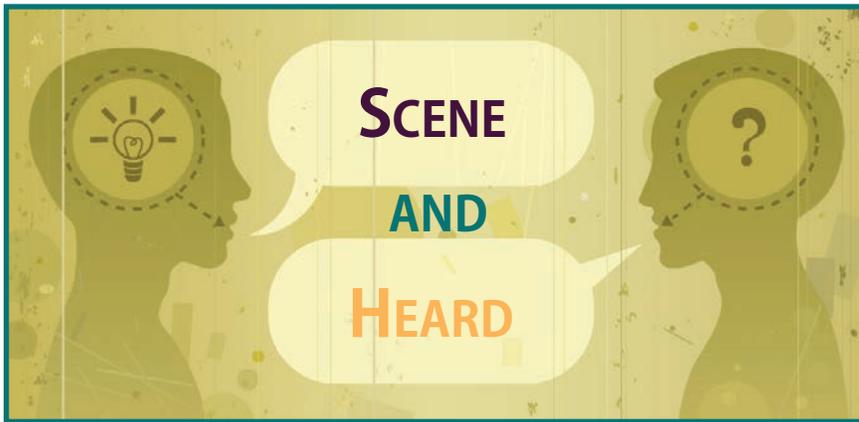
# LIFELONG LEARNING INSTITUTE NEWSLETTER

Nova Southeastern University College of Osteopathic Medicine

VOLUME 2, NUMBER 7

PUBLISHED BY THE NSU-COM LIFELONG LEARNING INSTITUTE

FALL 2011



**Understanding Monetary and Fiscal Policy** – On August 16 and 18, Manuel Carvajal, Ph.D., gave an engaging two-part lecture on monetary and fiscal policy. Members present during the lecture were enthralled by the informative scope of the discussion and Dr. Carvajal's grasp of the topics. Read more about Dr. Carvajal in the *Profiles* section of this newsletter.

**Presentation of the Members Advisory Committee (MAC)** – On August 11, the Members Advisory Committee met to review LLI achievements and recommendations for future projects. LLI members have the opportunity to attend a MAC presentation and discussion on September 15.

**The Practice of Osteopathic Physicians** – On August 23, the dean of the College of Osteopathic Medicine, Anthony J. Silvagni, D.O., Pharm.D., M.Sc. FACOFP *dist.*, explained the differences between a D.O. and an M.D. Doctors with either degree are both fully qualified to practice and prescribe medicine. However, osteopathic physicians practice holistic medicine, viewing all parts of the body as a unified whole. They take a "hands-on" approach to enable the patient to self-heal using a process called osteopathic manipulative medicine. Those who attended this presentation were impressed with Dr. Silvagni's knowledge and outlook on this significant distinction in the medical training provided at his college.

**These classes are only a sampling of the thought-provoking offerings at the LLI.**

*The LLI Newsletter is a product of the LLI Members Advisory Committee. Content is provided by Dennis Simunek.*

## LLI COMING ATTRACTIONS

**Socrates Café and More**  
In September, the LLI schedule will include Socrates Café with Valerie Pellegrini and Eli Kavon. This term, Socrates Café participants will discuss "Religion and State Relations."

**No Classes September 26-29**  
No classes will be presented this week because the LLI staff will use the time to prepare the full program agenda. Starting Monday, October 3, the LLI resumes with classes Monday through Thursday, two lectures each day.

**Welcome Week Preview**  
The fall session officially starts on October 10-13 with Welcome Week preview presentations by Dustin Berna, Ph.D., Judith Etzion, Ph.D., Eli Kavon, Stephen Levitt, Ph.D., Marlisa Santos, Ph.D., Vince Toscano, Ph.D., David Yuen, Edith Bergman, and Maxine Jordan, among others. The week is free and open to the community. Spread the word and bring guests to experience all the LLI has to offer.

**Friday, October 14,  
10 a.m. – Noon**  
**Monthly Health Symposium**  
Living Smart at the LLI - Navigating the Health Care System  
Presented by the NSU Geriatric Education Center (GEC)  
Don't miss this important and informative session featuring speakers Cecilia Rokusek, Ed.D., R.D., Stacey Pinnock, M.S.W., Nicole Cook, Ph.D., and Naushira Pandya, MD, CMD

## **Lourdes Perez, Fitness Instructor Nova Southeastern University**

Lourdes Perez, a Cuban American born in South Florida, entered the profession of life fitness training because she “loves working with people.”

“Helping people get stronger physically is a way of giving back to the community,” she said. Her life changed when she experienced losing her father to cancer. She says his passing prompted her to become more involved in serving others. In addition to helping people become fit, Perez has served in the community as president of the Davie-Cooper City Chamber of Commerce and also on the boards of the Davie-Cooper City Rotary Club and the Hope Outreach Center, which offers services for people who are unable to make ends meet due to job losses, disabilities, health crises, and other emergencies.

Perez has received numerous awards for community service, but she feels she really makes a personal difference by promoting physical fitness. She is currently employed by the NSU

RecPlex and is involved with creating programs to support healthy lifestyles for students. Young and old, all students need to embrace healthy lifestyles by complementing their intellectual development with activities to improve their physical health.

## **Manuel Carvajal, Ph.D., Professor NSU College of Pharmacy**

Dr. Manuel Carvajal is an academic and a prolific author. He has written eight books and 120 articles in his field of expertise. Dr. Carvajal has spent 45 years teaching at the college level. He enjoys living in Florida with his wife of 36 years and has two daughters and two grandchildren. “My happiness and fulfillment come as a result of equilibrium in all the aspects life: family, work, friends, and professional achievement,” he said.

Dr. Carvajal has been associated with NSU since 1977, in the days when the university was known simply as Nova University. He has worked in the College of Pharmacy since 1988.



Lourdes Perez and fitness program members



Dr. Carvajal

# MEMBER'S ADVISORY COMMITTEE CHAIRMAN'S MESSAGE

By Stuart P. Farber, M.D.

Upon becoming a Floridian several decades ago, my gauge of seasonal variation changed from climatic change to the shape of the ball that the pros were playing with. Since becoming a student at the LLI several years ago, my gauge changed again, this time to the number of days and the number of classes offered each day at the LLI. Summer must be ending, since these numbers are imminently changing.

As a year is ending and a new one is beginning, I have been asked to relate to the membership the activities and accomplishments of the Members Advisory Committee's first year of existence. In reviewing these events, it became clear what an incredibly active first year the MAC has enjoyed. I'd like to thank the members of the committee—Jill Cohen, Edith Bergman, Joy Gallimore, Moe Weiner, Lee Sacks, and Alan Neuman—all of whom have demonstrated remarkable dedication to the LLI and have put in innumerable hours and expended enormous effort in trying to improve a community that we all already love.

Historically, the MAC was born a year ago, in August 2010, out of an existential anxiety resulting from then director Ed Aqua's resignation. The dean of the Farquhar College of Arts and Sciences (FCAS), Don Rosenblum, came to the LLI on July 29, 2010, to publicly affirm his commitment to the LLI and fervently support the formation of a Members Advisory Committee that would

- serve as a direct conduit between the membership and university decision makers
- assure that members would be privy to accurate information
- ensure that the dean would have direct access to members' concerns

An election was immediately organized, and the first five members of the committee were elected on August 17, 2010, to be joined by two others, elected on November 2, 2010, when the snowbirds returned. The first MAC meeting was held on August 30. Guided by a set of bylaws that was drafted by the MAC and approved by a vote of the general membership, we devoted our efforts to our mission, as specified in the MAC bylaws listed below:

- to represent the interests of the membership to the university decision makers
- to represent the interests of the membership to the LLI director's office

- to receive unfiltered information from the university and the director's office to report to the membership
- to create initiatives to enhance the already excellent LLI experience

Our task list was generated by a meeting with the membership, the first of eight MAC membership meetings of the year, held on September 14, 2010. We divided the membership-driven tasks into two general categories—those involving the university and those involving the LLI locally. We are pleased that every item on the task list has been addressed and resolved or is in the process of resolution.

Specifically, regarding the university, we were able to accomplish the following:

- establish and formalize permanent lines of communication between the president, the dean, the director, and the membership via the MAC, through regular periodic meetings
- initiate and successfully lobby for the further integration of the LLI membership into the university community, culminating in NSU student IDs and parking stickers
- lobby for enhanced auditing opportunities at the university

In addition, the MAC was contemporaneously apprised of the facts of the transition from the FCAS to COM (the College of Osteopathic Medicine, under the auspices of its Geriatric Education Center), and was able to transmit this information to the membership, allaying anxiety by keeping all informed.

The MAC was also able to respond to the desire of the membership to see growth and development of the LLI, and recognizing that this would require funding, the MAC initiated the process leading to the creation of the LLI Strategic Plan, which intimately involved the LLI with the Office of Institutional Advancement.

The above led to our relationship with Dave Dawson, executive director of the Office of University Relations, and the creation of a formal marketing plan designed by the university, funded by the university specifically for the LLI.

Additionally, the MAC responded to the desire of the membership to improve and diversify the LLI academic program. In the face of budgetary restrictions, the MAC asked the president of the university to use his influence to change the culture of the university faculty to make it advantageous to teach at the LLI. This initiative resulted in the president's

remarkable letter to the faculty members supporting the LLI and encouraging them to lecture at the LLI.

Through the above, the MAC has assisted in raising the profile of the LLI in the entire university community, which should, over time, encourage growth of the LLI and increase opportunities for its members.

Regarding the LLI locally, we were able to accomplish the following:

- successfully lobby for the continuation of the Enhanced Fitness Program
- establish the Field Trip Committee to help diversify the program
- address class conduct issues relative to speakers
- successfully lobby for the replacement of the chairs
- successfully lobby for improvement of the climate conditions of the room
- initiate electronic speaker evaluations
- actively pursue upgrading the academic program with the director
- initiate the member-driven *LLI Newsletter*
- initiate and successfully lobby for the update of the LLI Web page
- initiate and successfully lobby for the LLI reserved parking spaces

- collaborate with the director's office to establish the Hospitality/Welcome Committee
- establish and fashion a mutually beneficial relationship with the director's office through which members' local concerns could be addressed and initiatives could be realized

I think it is apparent that the MAC has been quite busy and has accomplished a great deal, on behalf of the membership, in this, its inaugural year. It should be noted that these accomplishments would not have been possible without the appreciation of the value of the LLI by all the parties we dealt with. Specifically, and most importantly, NSU President Dr. George Hanbury, who, by recognizing that the LLI fits into his vision of the university, has lent his unqualified support to the LLI. It is from his support that all else flows.

Additionally, we should thank Dr. Silvagni, Dr. Cecilia Rokusek, executive director of the GEC, Susan Pierce, vice president of the Office of Institutional Advancement, and Phillip Winter of the Office of Institutional Advancement for their support. Also, our thanks to our director, Linda Maurice, and Heike Dose, whose collaboration with the MAC has matured into a rather productive relationship, and whose thoughts and dedication to the LLI have been responsible for actuating the initiatives discussed above.

I know I speak for the entire committee when I say it has been a labor of love. We, as do the members-at-large, love all that the LLI represents and has to offer and look forward to seeing it continue to thrive as a resource for its members, the community, and the university. As the weather cools, the ball becomes elliptical and the number of LLI classes increases, so I am eagerly looking forward to what the new year has to bring.

## **NEW at the LLI**

**"Like" us on Facebook at – <http://www.facebook.com/llinsu>  
Follow us on Twitter at – "LLINSU" – <http://twitter.com/#!/LLINSU>  
Watch highlights of LLI classroom lectures on YouTube at  
<http://www.youtube.com/user/LLINova?feature=mhee>**

**EDITOR – SCOTT COLTON, B.A., APR  
DIRECTOR OF MEDICAL COMMUNICATIONS  
GRAPHIC DESIGNER – BRANDEE EVANS**