Members of the NSU-COM Lifelong Learning Institute are a diverse bunch. With almost 300 members enrolled during the 2015–16 academic year, many wonder how the LLI meets the needs and interests of its membership. The answer is short. While our program will never meet 100 percent of the needs and interests of our membership, we strive to structure a stimulating and diverse schedule each year.

How do we accomplish this? We ask members what and who they would like to add to the program. In response, we offer an annual survey.

- **E-valuations:** Under the guidance of the LLI MAC (Member’s Advisory Committee) and its current chair, Stuart Farber, M.D., started a system of weekly emailed evaluation forms that made responses modern and easy. If you would like to receive the weekly forms, please see Heike in the LLI office.
- **Hardcopy speaker evaluations:** For those not comfortable with the emailed version, there are forms available in the back of the LLI classroom. It’s an easy way to give immediate feedback once class is over.
- **Annual survey:** During the month of May, LLI members have the opportunity to rate many of the speakers they have heard during the year. The survey also includes the options for suggesting new topics.

All of the above methods produce important information that is used to create the next year’s curriculum. While many members (101 out of 286 members this past year submitted annual surveys) participate in the evaluations and surveys, we would like to receive more responses—both positive and negative. It is obviously impossible to make everyone happy all of the time, but armed with data, we can do our best to create a balanced and varied class schedule.

This is YOUR program. We want your input. Keep sharing your responses.

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**FROM THE DIRECTOR**

Linda E. Maurice, M.A.

In 1966, when he became the second president of Nova Southeastern University, Abraham S. Fischler, Ed.D., had a vision of an educational environment to accommodate birth through late adulthood. The Mailman Segal Center for Human Development was created to anchor the younger end of that spectrum, and in 1977, Fischler launched the Lifelong Learning Institute—then known as the Institute for Retired Professionals—for the continuation of education into adult maturity.

As our beloved LLI approaches its 40th anniversary, and the 2016–17 academic year begins, I reflect on this program’s exceptional growth. Last year concluded with almost 300 members. We have relationships with two dozen off-campus locations (independent living communities, 55+ communities, municipalities, and community centers). Years ago, there was no summer program, and now we have a thriving, well-attended program featuring a class or activity most days of each week. We also have an LLI first—a real regional campus that is growing and thriving in Aventura, hosted by the wonderful Aventura Turnberry Jewish Center.

As we prepare to recognize this milestone anniversary, I can’t help but wonder what the LLI will look like on its 50th anniversary. While there are dreams for the LLI’s future, its reality is in your hands—the current members and the people who will soon become members. Only your continued dedication and commitment to this program will ultimately steer the LLI to even greater heights.

Wishing all of us a healthy and educationally challenging year.
This past spring, the Lifelong Learning Institute hosted the Exceptional Theater Company’s (ETC) two-day workshop, “To Think That We Thought That We’d Never Be Friends,” based on Mary Ann Hoberman’s book of the same title.

The workshop, presented by Debra Lombard, the ETC’s executive director, included 27 young adults with varying disabilities, as well as 20 older adults. The ETC is a nonprofit organization whose mission is to use the power of theater to energize and motivate children, teens, adults, and seniors with disabilities to achieve creative expression.

Workshop participants created an original musical play using Hoberman’s enchanting story that focuses on how people with differences interact while sharing a goal of peace. The process included writing a script, choosing songs, developing characters, selecting costumes, and making scenery and props. Using the various abilities of the participants, the workshop built relationships between the two groups. The LLI members were impressed with the skills of the ETC actors, dispelling the belief that people with disabilities were not capable of offering a high caliber of acting and imaginative skills.

The second day of the workshop began with a typical start-and-stop dress rehearsal, leaving some to wonder if the performance would be successful. There was no need to doubt, however. That afternoon, the audience witnessed an amazing 40-minute production with both comedic and serious moments. Many in the audience were brought to tears. At the end of the performance, the audience asked questions and complimented the actors.

Funding for the project was provided in part by the Broward County Board of County Commissioners as recommended by the Broward Cultural Council. Lombard has received funding for the 2016–17 cycle to continue the workshop in spring 2017. Members of the LLI are welcome to participate.
Chair yoga is a great form of exercise for individuals of all ages and fitness levels. The benefits of yoga for both body and mind have been well documented for centuries, as the discipline improves strength, flexibility, and balance and reduces stress and anxiety.

Through the relaxing chair yoga sequence learned at the Lifelong Learning Institute, yogis will connect with their bodies using light stretching and deep-breathing exercises.

With regular yoga practice, individuals can improve their overall health to strengthen all bodily systems—stimulating the circulatory and lymphatic systems to risk of heart attack and stroke, as well as creating an efficient and powerful immune system. Through poses focusing on deep breathing and spinal twists, individuals can increase blood flow and rid the body of harmful toxins. Balancing poses help to strengthen proprioception and aid in the prevention of falls. The series of poses in chair yoga are also specifically designed for body alignment, which is very beneficial for individuals suffering from constant back and neck pain.

A common symptom of misalignment is when one side of the body is weaker and tighter than the other. Chair yoga poses specifically target these problem areas by improving strength and flexibility, providing the body with the proper tools to heal itself. The hour-long yoga session ends with brief mediation to help melt away tension, offering great benefits to the mind. Meditation has been found to not only reduce stress and anxiety, but is also effective in sharpening cognitive abilities such as learning and memory.

Yoga is special because it is an individualized practice offering numerous health benefits, while allowing individuals to connect with themselves and their body at their own pace. At the end of every class, we close with the word Namaste to recognize the beauty within all of us as we come together and experience the euphoric feeling achieved through yoga.
FIELD TRIPS
• To sign up for field trips, please see Kiersten outside Beth or Heike’s office from 9:30–10:00 a.m. or noon–12:30 p.m. If she is unavailable, please see Heike.
• For updates on field trip dates, costs, deadlines, etc., please check the field trip board on the far wall of the classroom. Information will also be emailed in the LLI weekly email announcements and listed each morning in the announcement slides.

LLI MEMBERSHIP DIRECTORY
• New members should fill out a contact information form if they are interested in being included in the Membership Directory.
• Current members who would like to update or change any of their information in the directory should see Kiersten.
• We are beginning a digital directory that includes photographs of our members for name-to-face references. If you are interested in including your picture, please see Kiersten to get your photo taken.

AUDITING CLASSES
• Currently, there are two ways to view courses for auditing.
  1. Course Wizard—This is the older version and is currently being updated. You may visit this site at fcas.nova.edu/coursewizard/.
  2. WebSTAR—A newer and easier way of viewing classes. Directions for viewing courses on WebSTAR:
     A. The website link is webstar.nova.edu.
     B. Click “Class Schedule”
     C. Then “Select by Term” (Winter 2017 is the next term available for auditing classes.)
• Once you know which classes you would like to audit, submit your request to Heike through email or in person. Winter 2017 auditing requests will begin in October.

INTERNET ACCESS
• You can connect to Wi-Fi under “Guest.” Any other Wi-Fi, such as “NSU” or “Nova,” will not work because that choice is reserved for students and staff and faculty members.

HOW TO REACH THE LLI
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Watch highlights of LLI classroom lectures on YouTube at http://www.youtube.com/LLINova.
Instagram: nsulfllllearning

The LLI Newsletter is a product of the LLI Members Advisory Committee and is designed and edited by the NSU-COM Office of Medical Communications and Public Relations.

LLI Mission Statement
Nova Southeastern University’s Lifelong Learning Institute (LLI) provides a vibrant educational environment for mature adults in South Florida. Programs promote intellectual stimulation, physical well-being, and social growth that enrich the lives of its members and the community.