

**APPROVED MINUTES OF THE MEETING
LIFESPING BOARD OF DIRECTORS
September 13, 2022**

PRESENT

Susan Poretz, President
Natalee Rosenstein, Vice-President
Maureen Bybee, Secretary
Laura Phillips, Registrar & Task Force for Online Learning
Connie Cuttle, Curriculum Committee Coordinator
Susan Davis, Membership Coordinator
Susan Krompiew, Program Support Coordinator
Lee Gable, Member-at-Large and Class Managers Coordinator
Diane McDowell, Member-at-Large
Leslie Surprenant, Member-at-Large
Lydia Edelhaus, Member-at-Large Elect

ABSENT

Peg Nau, Treasurer
Maureen Huben, Hospitality Coordinator
Anne Miller, Member-at-Large

This regularly scheduled electronic meeting of the Board was called to order by Susan P at 9:34 p.m.

- A. Minutes of August 9, 2022
 - a. **A MOTION** to accept the minutes of the August 9 meeting was made by Susan K with a second by Natalee.
 - b. Without discussion **MOTION accepted.**

- B. President's Report (See attached) and General Updates
 - a. Susan P read a congratulatory message she received from Connie Catalinotto regarding Connie's continuing positive experience with Lifespring.
 - b. Susan recognized Laura's work as Registrar over this past year and especially with this fall's registration.
 - c. Susan referred Members to read Rich's updated audio-visual reports.
 - d. She also reiterated her concern that "first come, first served" registration does not include 1st priority for those who actively volunteer service to Lifespring.

C. Old Business

a. Registration (See Report)

Laura provided the following new registration information for our fall semester Zoom and in person classes.

The first day of registration was very active -116 people registered on Sept 7. Since then it has become a trickle and we have a total of 142 now registered.

Timely and appropriate e-mail reminders to register will be sent to those who are eligible but unregistered.

REGISTERED	COURSE	NOTES
36	A1 Opera as politics	
45	A2 Totalitarianism	
21	A3 End of Life	
21	B1 Healthy you	
48	B2 Philosophy	
27	B3 Senior Fitness	
7	C1 Painting	(closed-limit of 7 by instructor- 3 more on the wait list) CLOSED
8	C2 Creative Writing ...Certain Age	(Limit 24)
25	C3 Jews and Baseball	(Zoom but limit of 25 by instructor) CLOSED
10	D1 Memoir Writing- Moskowitz	(CLOSED -limit of 10 by instructor) - one on the wait list
23	D2 Theater History	
	PERFORMANCES	
36	P1 Oct 6 Duo	39
36	P2 Oct 21 Bard	40
35	P3 Nov 4 Spanish Dance	36
44	P4 Nov 10 Surprise	47 CLOSED

Susan D. noted the record number of new members. Connie suggested ideas for expanding in-person opportunities to be discussed in the Curriculum Committee.

9-13-2022

- b. WJC - report by Natalee – Natalee suggested a refreshment table outside the WJC for the first week. WJC has agreed. Leslie offered to set up an EZ up awning over the food table if someone can provide the awning. We can use the Sanctuary sound system. Rahel of WJC will handle the door after 11:30 classes begin. Rahel is reluctant to move the large screen TV on which the WJC is dependent for their services by Zoom. Laura will confer further with Rahel to see if an agreement can be reached.
 - c. Covid policy - currently Lifespring COVID protocols are stricter than WJC as per Susan P. Natalee suggested that we extend reminders regarding submission of vaccination status for the spring to those who did not submit proof of vaccination for the fall so that they could register for the spring.
 - d. Behind the Door Committee – (See report) Laura noted that we have volunteer door openers and table sitters for our in person classes but not for performances. Laura asked for volunteer door openers for the performances from those present. Maureen B, Susan K, Leslie and Natalee volunteered as door openers or table sitters as needed. We still need some additional “table sitter” volunteers for the four performances. Laura described the “mop up” function and noted that we will need additional volunteers for this as the semester progresses. Discussion of the many situations that volunteers might address followed.
- D. New Business
- a. Events Coordinator – Susan P. called for Board Members to send e-mails to her recognizing Colleen’s service to Lifespring. More complete recognition will be given at the annual meeting.
Susan P noted that we do need to seek an Events Coordinator. She offered a brief description of the Events Coordinator responsibilities. Laura noted that we do not necessarily need a current Board member to serve as Events Coordinator. If someone becomes the Events Coordinator they automatically become a member of the Board. Self and other nominations for Events Coordinator may be sent to Susan P.
 - b. Curriculum Committee
 - i. The Spring 2023 calendar is set with online classes beginning Monday, April 17 and in person classes on Wednesday, April 19.
 - ii. Susan P called for discussion of possible policy or procedural changes as Lifespring offerings have grown beyond what was once two 6 week semesters of courses that met one time per week plus a few Winter Presentations. These changes have increased the responsibilities and workload for many but especially the Curriculum Committee, the catalog and the Registrar.

1. A description of the evolution of the outdoor walks and live performances created for this semester followed.
 2. Natalee spoke to the transformation of Lifespring as a result of the Covid pandemic. Her concern is how can Lifespring survive, flourish, adapt and respond to its members and continue to thrive. She also noted that LS must address any chaos resulting from changes so that our volunteers and members are not overwhelmed with new unmanageable responsibilities.
 3. Laura noted the extra time and energy that was required to register people for this year's one time September events and recommended that these types of events move to oversight by Events Coordination with a simpler registration process similar to that for the Winter Presentations.
 4. Susan P seeks a policy decision from the Board regarding whether LS should change its programs from the traditional two semesters with winter presentations to additional offerings.
 5. A discussion of the current purpose of Lifespring as included in the newly revised and approved bylaws followed.
 6. Laura asked that the discussion return to the question of appointing an Events Coordinator and reviewing procedures such as scheduling to allow for new educational and experiential opportunities.
 7. The issues raised in both discussion threads remained unresolved.
- E. LLI DEI 2nd meeting on September 12: Reported by Connie that most LLI's find hybrid courses technically challenging. Socialization which has been impacted by Zoom classes remains a goal/concern for all the LLI's. In person classes on college campuses are also limited by available physical space. All local LLI's are overwhelmingly White perhaps due to word of mouth as a primary recruitment method. Connie noted the following efforts by the DEI group that could be beneficial to LS as we examine ways to diversify our membership and offerings:
- a. a shared Presenter registry including Presenters from the last 3 years who agree to be listed. Bard, Marist and Vassar are working on a pilot registry to be shared among themselves,
 - b. sharing Zoom classes/webinars among cooperating LLIs,
 - c. The "Who, Us?" 2 hour workshop will be offered to LLI representatives to the DEI group,

- d. diversifying membership is built on creating partnerships, relationships and networks with new “groups.”

Maureen B. made a motion to adjourn. Lee seconded the motion. Motion unanimously approved. Meeting adjourned 11:50 a.m.

NEXT MEETING:

October 11th, 2022 (on Zoom) at 9:30 am

Maureen G. Bybee,
Secretary

AGENDA
BOARD OF DIRECTORS
September 13, 2022

A. Minutes: August 9, 2022

B. President's Report and General Updates:

1. A recap of things since our August meeting

C. Old Business

1. Registration -- update
2. WJC -- update
3. Covid policy -- update
(vis a vis requirements and opportunity to submit vaccination status)
4. Behind the Door Committee -- update

D. New Business (Looking Forward)

1. Events Coordinator
2. Curriculum Committee -- update
 - a. Calendar in: Program for the Spring dates:
Monday, April 17 = zoom, Wednesday, April 19 = in person
 - b. Discussion of "What is a course?" and "What is a semester?"
3. DEI -- Update and Issues

NEXT MEETING:

October 11th, 2022 (on zoom) at 9:30 am

**REPORTS TO THE BOARD
SEPTEMBER 13, 2022**

PRESIDENT:

I write this report on September 7th at approximately 9:20 am -- after just having sent in my registration for our Oct/Nov courses and events. While I know/understand the “fairness” of the current first-come, first served procedureI was in knots all morning because I was signing up for some limited classes.

Again, intellectually I understand our registration process, however, I think it is unfair!!!!!!!!!!!!!!!!!!!!

The members of the Board, members of the Curriculum committee, and members of the Task Force go over and beyond “working for Lifespring.” That should be rewarded in not just a verbal thank you, but in something concrete.

I am suggesting that if we are doing the same type of registration for Spring, 2023 (and hopefully it will NOT be the same “first come/first-served), but if we are...then (to paraphrase George Orwell’s quote in Animal Farm)

“while all members in Lifespring are equal, some are more equal.”

I would like to see the above mentioned group of hard workers (Board Members, members of the Curriculum committee, and members of the Task Force) get minimally thanked by allowing them to register before the rest of the members.

I will bring this up at the Sept Board meetingsince I really do not want to develop ulcers over this non-issue (☺)

And ending my report on a ‘POSITIVE’ note.....I am so proud and honored to be part of Lifespring and I thoroughly appreciate the hard work of everyone that has gotten Lifespring to where it is today!!!!!!

Respectfully submitted and in solidarity,

Susan Puretz, President

VICE PRESIDENT:

No report
Natalee Rosenstein

TREASURER:

See final page of these Reports for the Treasurer's MONTHLY report chart.

Peg Nau

REGISTRAR and On-line Task Force Report:

Lifespring has a record 203 members for the year 2022-23.

9 paid by check

9 past presenters with free membership

11 jumpstarters with free membership

174 paid by credit card

There are 72 new members – another record.

Of all members enrolled, 160 provided proof of COVID vaccination and booster.

Registration for outdoor classes was held from August 20-28. A total of 46 people signed up

13 Tai Chi

18 Walk into Autumn

5 Esopus Creek Walk Sept 8th

10 Esopus Creek Walk Sept 15th

After registration closed, we allowed those who had signed up for one course to sign up for an additional course by email and ended up with 11 for the September 8th walk and 7 for the Sept 15th walk (3 dropped).

I printed nametags for all members who had presented proof of vaccination and Lee Gable assisted by tearing apart and stuffing the badges so they are ready for the October/November semester.

I have been meeting with the behind the door committee to discuss greeting and managing the in-person participants. I plan to have multiple member lists printed out for the WJC door opener/greeter and the welcome table and class managers in the foyer.

The email with the link to the registration form for all the October/November classes was sent to all members at 9:00 am on September 7. This is our first large scale experiment with in-person classes, first-come, first-served registration and COVID verifications. I will provide an update on the registration numbers next week at the board meeting.

We have at least one more task force volunteer for the future – thank you Maureen Bybee! I still plan on contacting our new members after classes start to ask for volunteers for fall training for the taskforce.

Laura Phillips

STANDING COMMITTEES

CURRICULUM:

With the exception of one performer who is scheduled for a Covid booster in late September, all in-person presenters have confirmed three vaccinations per the LS COVID Policy. The in-person course on Othello scheduled for the Fall Semester has been canceled due to the presenter's health issues.

Course planning for Winter Presentations, the February Mini-Series and the Spring 2023 courses is underway. To date we have one confirmed two-day February course and three on-line Spring 2023 courses confirmed. Outreach to potential presenters continues.

Respectfully submitted,

Connie Cuttle

EVENTS and Services nee EVENTS and HOSPITALITY:

Two (2) Nature Guided Walks are scheduled at Esopus Bend Preserve. Dates are September 8 & 15, 2022. Updates on the attendance at the Sept 8th walk will be provided at the Board meeting.

Maureen Huben (temporarily handling these events).

MEMBERSHIP:

I think we should all be delighted with our enrollment statistics....I know I am! I believe that 72 New Members and over 200 members in total is a new record! Once the new members have settled into their Lifespring experiences,(in-person, on Zoom or both), we should consider ways that we can check in with them, perhaps offer some sort of open meeting, or even tap into the their interest in becoming a volunteer for Lifespring. All suggestions and ideas would surely be appreciated. I have already sent a special welcome letter to the New Member that was, I hope, both informative and helpful.

It has been very gratifying to work with Laura, Lee, and Maureen H. as we re-imagine the WJC lobby space and the role of the Welcome Table folks for the WJC classes and performance.

A special thanks to all those who have worked tirelessly to put this semester together and get it ready for take-off!

Susan Davis,
Membership

PROGRAM SUPPORT:

Laura and I are in contact about the chair arrangements for the classes and I will f/u with Rahel for this.

I am preparing the signs for the classrooms and will be ready to hang them.

I will also assist the presenters/new members to find their classes as needed on day one (1) and

I am also planning to get masks and hand sanitizer for the welcome desk.

Susan Krompier

MEMBERS AT LARGE:

From Leslie Surprenant:

In casual discussions as I bird, walk or do some other outdoor activity with older people, when I happen to mention LifeSpring, people have heard of it - or comment how interesting it sounds.

I then tell them a bit more.

It has been a pleasure to meet a couple new members in the Walking into Autumn special event this month. I continue to contribute efforts as a member of the Curriculum Committee and keep an open ear and eye for opportunities to diversify our membership and presenters.

AV

As some may know, the Davis members are both immuno-compromised, and will not participate in live classroom events until the Covid risk is less worrisome, but we remain dedicated to our support of Lifespring. This fall, classes have been planned to avoid the need for AV support, but there has been concern that some presenters' voices may be too hard to hear.

With that in mind, and as plans developed for the fall, 2022 semester at the WJC, I went looking for a simple solution to amplify a live presenter's voice that would not need an AV support person to setup and assist in usage - kind of a DIY system. Many folks have seen the device that Roberta Gavnor has used in her Tai Chi classes, and I evaluated that device and found one that I believe would be better for our WJC classroom situation.

It's branded as the Zoweetek Voice Amplifier Model ZW-S615 and uses a headset mic that wirelessly sends the voice signal to the amplifier/speaker which can be over 100 feet away from the presenter. The amplifier/speaker weighs less than half a pound and can be placed away from the presenter, somewhere close to the audience. It also comes with both a carry strap and a belt clip that makes it easily portable, such as for a hike.

It sells for \$55 on Amazon, and is described on https://www.amazon.com/dp/B07KJ3TD6W?ref=ppx_yo2ov_dt_b_product_details&h=1

I have purchased one for Lifespring, and have been impressed by its performance and fit with our needs. I thought that a 2nd system might be ordered if enrollments and room assignments make that a smart choice. Part of that determination depends on whether the WJC audio system in the Sanctuary / Social Hall can be used by Lifespring.

It came with user manual, but I thought we needed an improved version that had a description with drawings and a quick step-by-step list of how to use it, so I spent some time and created a pdf for that purpose. I've put a copy as a shared file on the google drive associated with the lifspringtaskforce2 gmail account and it's set up as accessible by anyone with the following url:

<https://drive.google.com/file/d/1N19PrEuvmYYI4trBOAIQTNaaXcSzmAoZ/view?usp=sharing>

Alternately, send me an email and I'll gladly attach a copy to a reply.

Rich Davis

richdavis@earthlink.net

The following is an update from Rich re a purchase he made for Lifespring that did not get into the August Board reports

The wireless mic I purchased for Lifespring is described on the Amazon website at https://www.amazon.com/dp/B07KJ3TD6W?ref=ppx_yo2ov_dt_b_product_details&th=1.

And also on the Zoweetek website: <https://zoweetek.cn/product-item/zoweetek-voice-amplifier-with-uhf-wireless-microphone-headset-10w-1800mah-portable-rechargeable-pa-system-speaker-for-multiple-locations-such-as-classroom-meetings-promotions-and-outdoors/>

Some highlights:

- System includes 4 parts:
 - base amplifier / speaker which weighs ~ 6.7 ounces (0.42 Pounds including the battery), and has its own lithium rechargeable battery (no AC power needed except for advance charging)
 - UHF wireless headset with a rechargeable lithium battery
 - alternate wired mic which plugs into the base amplifier / speaker
 - AC charger to charge both the base and the wireless mic
- Base amplifier / speaker features:
 - battery charge good for 12-15 hours; charge time 3-5 hours
 - sound coverage 5300 sq ft - eg. 53x100 ft room
 - can be carried with a neck strap or placed on a surface
 - receives signal from wireless headset mic that can be 130 feet away from base
 - frequency response rated from 90 Hz to 18,000 Hz
 - output power rated at 10 watts
- Wireless mic features:
 - headset has on/off switch and volume control
 - can be up to 130 feet from base
 - should be kept 2 feet from base to avoid howling

When I first tested it in June, I was impressed by its strength and clarity - especially since it only cost \$55.

I'm sure that if we can use the built in sound system in the Sanctuary, the quality will be better than the Zoweetek. We should press to find out if we can use that system.

I had planned to acquire a 2nd system if the enrollments indicated that it would be useful - it was delivered the day after ordering, so lead time is not an issue.

The system comes with a user manual, which I plan to use as the basis for a customized version for our Lifespring users. I think we should have a designated Lifespring person that takes it home each week, charges it, delivers it on class day, and briefs new users prior to live classes, but I don't know how this can be handled since I cannot be there.

Rich Davis

richdavis@earthlink.net

CLASS MANAGERS:

Class managers have been reinstated for tai chi and in person classes. We set up a committee to review the job description due to Covid.

The first day, the volunteer "door opener" will greet the member and make sure that the member is on the enrolled list. The Door Opener will direct the member to the class manager at the welcome table. The class manager will check off names on the class list and hand out name badges.

Otherwise, the role remains the same in the class room. During announcements, there will be Covid reminders .

As soon as I have a class list, I will assign class managers. I will have a meeting to explain their duties.

Lee Gable

PUBLICATIONS COORDINATOR

Fall Course Catalog

Online updates were made to the catalog to reflect changes:

In the first performance concert,

Correcting a typo in a presenter name,

Reflecting the cancellation of the Othello Zoom course because Rosemary Deen is in the hospital and was kind enough to email and let us know we should cancel. What a wonderful woman!

Lifespring newsletter, News & Views

Still Planning for fall 2022

Flyers

No flyers at this time.

Website

Updates continue as needed. Susan Davis continues to liaison with David Cartmell.

Many thanks as always go to Anna Landewe for her flexibility, professionalism, and dedication to Lifespring.

Susan Greenstein



Goldenrod – Solidago species

(Poretz note---This does not contribute to pollen allergies!!!! Has gotten a bum rap for that)

OTHER REPORTS

AD HOC COVID PROTOCOL COMMITTEE

Job completed, task (after policy implementation in August) will end. Last time for being on the Board reports (☺) is this month (September).

No Report

MOVING FORWARD:

No report

Natalee Rosenstein, Vice President and chair of the Moving Forward Committee

SEC (Senior Education Committee)

No report

Susan Davis, SEC Chair

Behind the Doors Report

The committee has met twice since the August board meeting. At the first meeting, it was decided that at least for this semester, we would prefer to have a Lifespring member greet people at the door, rather than have a paid door opener.

For the six weekly Lifespring classes starting October 12, Maureen Huben has agreed to be the door opener/greeter prior to and during the first period class. Lee Gable has agreed to be the door opener/greeter for the second period class.

They will also remain in the lobby during the class period and function as a Lifespring Board on-site contact. Laura Phillips will also be there both periods weeks one and two for registration questions.

We will need extra assistance to check people in and hand out the COVID marked nametags.

Class managers will be in the foyer for the first week when we expect the most activity but we need an additional floater or two who will sit at a welcome table to deal with member questions and help people to find their classroom.

After the first week we need a person at the welcome table to hand out any remaining nametags and answer questions.

At the September 13 board meeting we will be asking for Lifespring Board volunteers to assist in the foyer or to substitute as door opener should Lee or Maureen be unable to attend.

In addition, for each of the four Thursday performances (Oct 6, Oct 21, Friday Nov 4, Nov 10) we are asking that a person from the board volunteer to be door opener/greeter for one or more of the sessions.

We recommend that the door opener/greeter be guaranteed a seat at the performance regardless of the performance class limits, and be free to leave the door and be seated when the performance has started. We plan to appoint managers to hand out nametags in the foyer from among participants who register for the class.

ALL OF THESE PLANS ARE DEPENDENT ON BOARD MEMBERS VOLUNTEERING – WE NEED LOBBY ASSISTANTS PRIOR TO EACH SESSION AND DOOR OPENERS FOR EACH OF THE FOUR PERFORMANCES. THIS SEEMS LIKE A VERY HOSPITABLE WAY TO GREET OUR MEMBERS, IN SPITE OF THE COVID RESTRICTIONS, AND WE HOPE THAT YOU WILL ASSIST AS YOU ARE ABLE.

The Ad hoc Behind the Door Committee is composed of: Maureen Huben, Lee Gable, Susan Davis and Laura Phillips.

		LIFESPING TREASURER'S REPORT														
		2022-2023														
		August 2022														
Prev Balance	\$ 19,852.28	Balances FWD														
Date		Amt Received From	Rent	Hospitality Costs	Thank you Gifts/Donations	Catalog design & print	Newsletter	Website Fees & Domain	Audio Video	Office Supplies	Annual meeting/Events	Library Setup	Misc	Program fees	Hospitality Donations	Interest
5/31/2022	\$	0.17														0.17
06/30/22	\$	0.16														0.16
07/29/22	\$	0.26														0.26
CC	\$	8,348.15														
08/29/22	\$	450.00												\$ 8,248.15		
														\$ 450.00		
Monthly Income			\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$8,698.15	\$0.00	\$0.59
EXPENSE																
07/06/22	\$	92.97	1349 Laura Phillips				92.97									
08/03/22	\$	306.25	1350 Anna Landewe										306.25			
08/03/22	\$	-	1352 Laura Phillips replacement 1348													
08/05/22	\$	176.80	1353 Laura Phillips					124.95		51.85						
08/05/22	\$	446.25	1354 Anna Landewe					52.50								
08/08/22	\$	3,300.00	1355 Woodstock Jewish Congregation	3300.00												
Monthly Expense	\$	4,322.27		\$ 3,300.00	\$ -	\$ -	\$ 393.75	\$ 270.42	\$ -	\$ 51.85	\$ -	\$ -	\$ 306.25	\$ -	\$ -	\$ -
End Balance	\$24,328.75		-\$3,300.00	\$0.00	\$0.00	-\$393.75	\$0.00	-\$270.42	\$0.00	-\$51.85	\$0.00	\$0.00	-\$306.25	\$8,698.15	\$0.00	\$0.59

