

**APPROVED MINUTES OF THE MEETING  
LIFESPING BOARD OF DIRECTORS  
October 12, 2021**

**PRESENT**

Susan Puretz, President  
Natalee Rosenstein, Vice-President  
Maureen Bybee, Secretary  
Laura Phillips, Registrar & Task Force for Online Learning  
Connie Cuttle, Coordinator of Curriculum Committee  
Susan Davis, Membership Coordinator  
Maureen Huben, Member-at-Large and Events & Services Co-Coordinator  
Lee Gable, Class Managers Coordinator  
Susan Krompier, Program Support Coordinator  
Diane McDowell, Member-at-Large  
Anne Miller, Member-at-Large  
Leeanne Thornton, Lifespring Member  
Fran Jacobsen, Lifespring Member

**ABSENT**

Leslie Surprenant, Member-at-Large  
Peg Nau, Treasurer (who was able to join us for the last few minutes of the meeting)  
Colleen Greco, Co-Coordinator of Events and Services

The meeting was called to order at 9:32 a.m. by Susan P. Susan introduced Fran Jacobsen and Leeanne Thornton.

**A. Approval of Minutes for September 14, 2021**

**MOTION TO APPROVE** the minutes of the September 14, 2021 meeting was made by Diane and seconded by Maureen H. With no discussion, **MOTION APPROVED, unanimously.**

**B. President's Report and General Updates:**

- a. Resignation and appointment: In a written message to Susan P. Lucy Stagich has resigned from her Member-at-Large position on the Board for personal reasons. Lucy expressed her gratitude for the opportunity to serve. Susan has appointed Lee Gable to complete the vacant Member-at-Large position. Lee has accepted the appointment. Laura made a **MOTION** with a second by Natalee that the Board approves the appointment of Lee Gable to complete the term vacated by Lucy as a Member-at Large serving until July 31, 2023. **MOTION APPROVED unanimously.**

- b. Phone Monitor update: Susan P has asked Greta Hutton, who monitors our phone in Town Hall, to check for messages frequently during the beginning of our current semester. She has agreed.
- c. Contact information for board members. Susan P. requests approval to send this contact information to all Board Members. Board Members are reminded to not share this information with anyone other than fellow Board Members. The Board approved the distribution of the list following a final accuracy review of the information by the individual Board Members.
- d. Update on Library plaque and plant: The latest edition of *Hudson Valley One* includes a picture of Laura, Susan P and Jen Russell announcing the gift from LS to the Library in recognition of the work of the LS Taskforce.
- e. Walk in Nature – Susan P sent an updated list of local walking locations to all of our members with an encouraging note.
- f. Compliments received from Presenters: – In a note to Susan P., Ed Erde complimented the Task Force, especially Anne. He also publically thanked the Task Force on the first day of class. Michael Simpler by e-mail and on Zoom recognized the Task Force for all the help he received in preparing and presenting. Jack Luskin by e-mail, complimented the Taskforce and expressed his enjoyment at working with Leslie.
- g. *News and Views* –Susan G was in touch with Susan P by e-mail. Susan G acknowledged reading the comments regarding her inquiries about the *Newsletter* from the Board in last month's minutes. Susan G. asked some remaining specific questions of the Board. Does the Board share her perceived lack of interest by the general membership in the Newsletter? Could we conduct a survey to assess interest? Does the Board think the Newsletter is sufficiently important to the organization to continue publishing?

Discussion included ideas for how we might obtain useful information regarding actual readership of and interest in the newsletter. It was also noted that what now appears as disinterest may be related to our current virtual rather than in-person community. When we met in person, there was generally some conversation among members in the hospitality suite after the newsletter was published. Board Members often refer new or potential members, presenters and other interested parties to *News and Views* on the website for a sense of who and what is Lifespring. It is important as a recruitment and orientation tool. 9 of the 10 Board Members and one guest in attendance read the last *News and Views*. Board Members again suggested inclusion of more personal interviews

and interactions in future publications.

Susan P will communicate to Susan G the consensus that the Board wishes for a newsletter to continue and that it serves a positive function for Lifespring. Board Members felt that the timing for a survey was not propitious. Better timing would be a survey or another measure of interest immediately after or included in the next newsletter.

### **C. Board Reports:**

- a. Susan P reminded us that there is a “healthy” balance of almost \$22,000 noted in the Treasurer’s report. This balance includes \$7,300 in Membership fees. Natalee suggested that we could use some of our funds to support the technical needs of the Registrar and the Taskforce. After consultation with Google, Laura, as Taskforce Coordinator, recommends that we convert our free Google e-mail accounts to paid Google email accounts. The cost would be approximately \$30.00 per month. This would address the recent concern that some of LS e-mails from the Registrar’s account were not received by members. In response to Connie’s suggestion that Lifespring use a paid You Tube account for better access to videos in classes, Laura has spoken with You Tube. You Tube does not support download of a video to a computer which would be the most useful for our presenters. YouTube downloads are designed specifically for the app not a computer. Laura has discovered a work around for the use of YouTube videos on a computer without ads so at this point she does not believe it is worthwhile to pursue use of the YouTube app.
- b. Laura, as Registrar, additionally reported that 3 people dropped Philosophy allowing 3 members on the waiting list to join. The add/drop period is ended.

### **D. Old Business**

- a. Fall 2021 Update

Susan called for reactions from Board Members regarding this semester’s courses so far. Roaring 20’s, Philosophy, Chair Yoga, and Irene’s course from Mexico all received rave reviews from Board Members. A hearing impaired LS member reported to Lee that she hears better in Zoom courses than our previous in-person classes. Susan D described one hearing impaired member’s use of Bluetooth technology to allow him to

clearly hear and participate in our courses that include music. Anne recognized Natalee for her “brilliant”, spontaneous calling of fictional plays in the Baseball course. Diane suggested that an article describing how to use your hearing aids and Bluetooth technology to enhance your experience on Zoom could be interesting for the newsletter. Board members were enthusiastic about providing information to our hearing impaired members regarding any assistive technologies for use in our courses or presentations in the newsletter or by other means prior to the start of a new semester.

- b. Volunteer Responses: Natalee reported that 29 people indicated an interest in volunteering. Thank-you notes were sent to all who responded. Three people indicated their future interest but are unable to volunteer now. One person who specifically expressed interest in the Curriculum Committee has been invited to attend their next meeting.
- c. Open Board meeting November 9<sup>th</sup> planning committee (see attached report) - Susan P opened a discussion about the upcoming open board meeting. The discussion included responses to the attached suggestions from the Ad Hoc Planning Committee. Topics discussed included agenda items, format of introductions by all attending, announcement of plans for the spring 2022 semester, publicity for the open meeting, purpose and structure of the breakout rooms, start time and length of the meeting, need to announce spring 2022 plans to the full membership following the open meeting.

#### **E. New Business**

- a. Spring 2022 – deferred.
- b. Task Force - Connie and Laura have APPROVED a letter to be sent to new LS members from Spring '21 and Fall '21 inviting their participation in the Taskforce.

Natalee made a **MOTION TO ADJOURN** with a second by Susan K. **Unanimously approved.**

#### **NEXT MEETING:**

November 9<sup>th</sup> (Open Board by Zoom) at 9:30 am

**AGENDA**  
**LIFESPRING BOARD OF DIRECTORS**  
**October 12, 2021**

**A. Minutes: September 14, 2021**

**B. President's Report and General Updates:**

1. Resignation and appointment
2. Phone Monitor update
3. Contact info of board members
4. Update on Library plaque and plant
5. Walk in Nature update
6. Compliments received from Presenters
7. News and Views

**C Board Reports:**

**NOTE:** Format for the meeting will be changed. We will skip most of the oral reports and focus on specific Old and New Business items. Any questions about items in the Board Reports previously distributed for this meeting will be handled by special request.

**D. Old Business (Looking Backward)**

1. Fall 2021 Update with 2C's (Compliments and Complaints)
2. Open Board meeting November 9<sup>th</sup> planning
3. Volunteer Responses

**E. New Business (Looking Forward)**

1. Spring 2022
2. Task Force

**NEXT MEETING:**

November 9<sup>th</sup> (Open Board by Zoom) at 9:30 am

10/12/2021

**REPORTS TO THE BOARD  
OCTOBER 12, 2021**

**(Note: Blank spaces after a committee indicates that there was no activity and thus nothing to report)**

**PRESIDENT:**

Question: Why (oh why) must I say the same thing each month ---

Answer: Because there is only a limited way of my saying:

“I am continually and constantly impressed with YOU my fellow Board members. What a “crew” that I am fortunate to have working alongside of me.”

And I am not the only person recognizing how “great” you all are. Our presenters send me notes or make verbal comments during their zoom presentations – about how special it is to be presenting for Lifespring.

Susan Puretz

**VICE PRESIDENT:**

No report

Natalee Rosenstein

**TREASURER:**

The updated Budget Worksheet for August is attached on the **last page** of this report.  
Peg Nau

**REGISTRAR and On-line Task Force Report:****Registrar Report:**

We announced in classes and sent out a notice about add/drop on Oct 8. As of that date, there were 11 people who had made changes in their course schedules. Add/drop closes Sunday Oct 10 at noon.

The attendance for the first week of classes was as follows:

Monday		Reg	Attended
A1	Roaring Twenties	72	50
A2	Women in the Ground	26	Class starts Oct 11
B1	Philosophy	27	23
B2	Middle East	68	Class starts

			Oct 18
Wednesday		Reg	Attended
C1	Yoga	47	37
C2	Sustainability	42	38
D1	Global Reality	57	44
D2	Baseball	30	23

Laura Phillips Registrar

**On-line Task Force:**

For the first time, we experienced a problem with our email invitations being put into the SPAM folders of our Gmail users. I am aware of 14 people who seemed to have this happen. We had about 54 people using Gmail. It seems that when we sent multiple invitations for different classes at the same time, Gmail put the emails into SPAM. We have staggered the timing of our emails for the next weeks of classes to try and avoid this and I have warned people again to check their spam folders.

So far, we have not experienced any major technical problems with the Zoom classes, after one full week of the fall semester.

Laura Phillips, On-Line Task Force

**STANDING COMMITTEES**

**CURRICULUM:**

The Curriculum Committee has approved the following courses for the Spring 2022 Semester:

- Artificial Intelligence
- Economic Issues of the Day
- Understanding Equity
- FDR Museum
- Music, Dance and Spoken Word
- Philosophy in Literature
- Come Doo Wop with Me
- Opera as Politics VII: Diversity
- Zentangle Art

In addition, a 4-week walking course on Thursdays is confirmed with two leaders.

A tenth course under consideration (elder law issues) was tabled for possible consideration at a later date. The committee agreed that the Music, Dance and Spoken Word course will include one early evening live performance. Because the Zentangle Art course is limited to 12-15 participants, we will schedule two unlimited courses in the same time slot.

All three winter presentations are confirmed.

February mini-courses confirmed include: John Bowermaster, documentary filmmaker, a one-day course on Restorative Justice; and a two-session course from the Office of the Aging. Outreach is continuing to secure additional courses.

The CC came to consensus to skip programming the week of April 18th and 20th (originally to be skipped if we were meeting in person at the WJC) as it could still impact presenters and participants even if we are on Zoom re religious observances/family obligations.

The Committee agreed to add an additional process going forward to ensure that all presenters are in place for Fall and Spring semesters. Four weeks prior to the beginning of a semester, the CC coordinators will email each presenter a master course schedule chart showing Course Names, Presenters, Meeting Dates and Times. The email (a template will be developed and approved by the Committee at its next meeting) will ask

Respectfully submitted,

Connie Cuttle

#### **EVENTS and Services nee EVENTS and HOSPITALITY:**

Nothing new to report. The nature walks are on hold for now as far as this committee is concerned.

Maureen Huben and Colleen Greco

#### **MEMBERSHIP:**

A couple of weeks ago I got in touch with the 6 members of the 2020 Welcome Table/Membership Committee. One of the six did not rejoin Lifespring—and did not respond to my note. A second person did not respond to my email but has become a member. A third person is in the process of moving and will not be active with Lifespring until she gets settled although she did renew her membership. I received very pleasant notes from the remaining three. Everyone expressed gratitude for the opportunities Lifespring continues to provide and recognized the hard work involved. Two people said they actually enjoyed the Zoom classes but were anxious to get back to in-person classes when it is safe. The third responder isn't keen on Zoom but tries to take at least one course. I thought these responses were probably fairly reflective of our membership.....and helpful.

Of the 15 new members, one has dropped all of the classes for personal reasons. Another seems to have continuing technical problems that, despite valiant efforts, do not seem within her technical abilities to surmount. At least 2/3rds of the new members came from those who had placed themselves on our Interest List. Several of them had been guests at Lifespring events over the past year. I am hoping to have a brief

information session for new members, perhaps on Tuesday, October 26th (TBD). Several new members had also expressed an interest in volunteering for Lifespring.

Laura has asked the Tech Hosts to welcome the new members at each of the first class sessions—thanks Laura!

Susan Davis, Membership Coordinator

**PROGRAM SUPPORT:**

No report  
Susan Krompfer

**MEMBERS AT LARGE:**

No report

***AD HOC COMMITTEES***

**AV**

Not much happening on the AV front - I did join Laura on a Zoom meeting with Chuck Mishaan who walked us thru the hybrid classroom setup they use at Bard, where the college has set up multiple classrooms with hybrid capability as part of their standard AV equipment. I've also watched a few YouTube videos on Hybrid Zooming.

Rich Davis

[richdavis@earthlink.net](mailto:richdavis@earthlink.net)

**CLASS MANAGERS:**

I have nothing new to report.  
Lee Gable

**PUBLICATIONS COORDINATOR:**

No report

Susan Greenstein

***OTHER REPORTS***

**Moving Forward:**

No report

Natalee Rosenstein

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**Suggestions for  
Lifespring's November Open Board Meeting  
from the Ad Hoc Planning Committee**

Diane, Connie, and Peg suggest the following ideas for our Lifespring's November Open Board Meeting.

To begin the meeting, all participants will be asked to introduce themselves, beginning with all Board Members. They will be asked to state their name, job or interest, and a fact about themselves. Board members are asked to model the format:

Good morning, My name is \_\_\_\_\_. My job was \_\_\_\_ or An interest of mine is \_\_\_\_\_. One fact about me is \_\_\_\_\_.

All Board Member are asked to keep their response concise so that you are speaking for about a minute or so. Connie has offered to facilitate the opening exercise.

After introductions are over, Susan will begin the Board Meeting. The meeting should be as simple as possible, avoiding any controversial issues. Susan should alert board members to please discuss any "problems" either at the October or December Board Meetings. An agenda and Board Reports for the October meeting should be sent to all attendees prior to the November Board Meeting. The actual board meeting should not be longer than 45 minutes.

After the Board meeting has ended, we suggest that Laura divide the large group into breakout rooms of 4-5 people. (This exercise will do two things: It will build community among LS members and between members and the Board; and it will provide the Board with insight into the various ways members find connection with the organization.) The activity should take between 20-25 minutes depending on the number of people who attend the Board meeting.

- Each group will answer a question such as - What are the top three "things" that mean the most to you about Lifespring? (If you are a new member of Lifespring, what are the top three "things" you are looking for in Lifespring?) or "What are the three things you like most about Lifespring?"
- These discussions will be limited to 8 minutes. Each group will select a spokesperson,
- After discussion ends, we will join together as a whole group and the spokesperson from each breakout room will briefly share some of the "things" members of her or his group identified.

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Before adjourning all attendees should be thanked and informed that they will be receiving a follow-up email in which we ask them to provide us further information in answer to one or at most two questions. Laura can set up a link where responders can write up to X number of words on line. This will make pulling together the responses easy to do. Susan P will ask them to please click on the link in the email and share their thoughts.

**Suggested:** We want to learn not only what interests you, but why you would like a course on a particular subject. Please tell us what topics for future courses are of greatest interest to you. Please be specific and include at least a sentence or two about why they are important to you.

**Example:** Suppose there is a particular book you would like to read, your response could be:

“I would like a course in which the members of the class read and discuss the book \_\_\_\_\_. I know some people, myself included, think this is a difficult book. However, I think there are others like me who have always wanted to read it. It would be great to have a class where people could feel comfortable asking questions and sharing insights about the issues the author raises.”

The follow-up email will include an invitation to volunteer, in any capacity they are comfortable, and an open invitation to attend future board meeting.

