

March 18, 2017



COLUMBIA UNIVERSITY

Emeritus Professors in Columbia

EPIC News and Events

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From the President's Desk

Thursday morning, as I was racing through the snowy streets of Brooklyn to a morning physical training session, I came to a particularly challenging corner and hesitated, trying to figure out the path least likely to lead to a broken bone. A young man, who had suffered no similar hesitation, turned back, stretched out his hand and helped me across the less-than-Alpine peak. "Getting old," I said. He smiled. It was a symbolic moment for me in several ways: it demonstrated how even seemingly small obstacles become insurmountable barriers without appropriate support and also the potential efficacy of intergenerational collaboration. After crossing, I also realized that I could have done it by myself, and fairly easily, but had been held back by remembering the flop I took last year when injudiciously dashing around the icy streets. The interrelationship between expectations, self-appraisals, and our ability to get things done is pretty awesome.

I talked about the snowed in "outer borough" corners with Ruth Finkelstein, the dynamic associate director of Columbia's Robert N. Butler Aging Center, who came up with her usual creative response. The street corners were for her a study in urban planning: one mechanical solution to a problem (clearing snow) creating another – mounds of snow at the corners. "You have several solutions," she said. Have city workers dig out clear cuts; use a community-based approach to encourage and support residents to organize themselves and cut paths; or you can even be really 21st century and use software apps to guide the clearing process and map safe routes. EPIC looks forward to continuing to work with Ruth and the Center as we keep growing our activities.

Please join us in person, [or online](#), on Tuesday for Michael Susi's fascinating pictorial history of our upper Manhattan environs. Several copies of Michael's beautiful book will be given as door prizes. If you're not one of the lucky winners, we'll have copies available for purchase. Michael is offering an author's discount price of \$15.00 (cash only). If you are planning to be online for the first time, let us know and [we can give you some pointers ahead of time](#).

Have a good day!

Jeanne Mager Stellman, President, EPIC
Professor Emerita & Special Lecturer
Mailman School of Public Health

Tuesday, March 21 **"An Illustrated History of** **Morningside Heights in the 1890's"**

Michael V. Susi, author of two postcard history books, *Columbia University and Morningside Heights* and *The Upper West Side*, will give an illustrated talk on Morningside Heights in the 1890's and the early development of Columbia University on the Heights via the remnants of the Bloomingdale Asylum for the Insane.



11:30 a.m. - 1:30 p.m.
Faculty House, Seminar Room 2



Tuesday Talks address topics across the academic spectrum as well as issues of particular importance to the retired academic community. Attendees can continue their discussions in the Faculty Club, at a special EPIC reduced rate.

Guests welcome!

[Please click here for map.](#)

RSVP

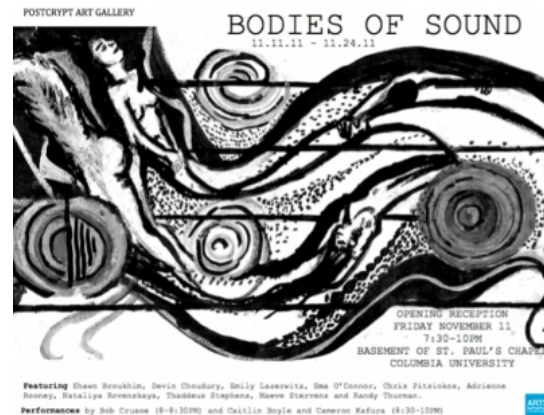
EPIC's Tuesday Talks are generally streamed online at

<https://columbia.adobeconnect.com/epic>.

If you need help getting connected, [click here for a useful guide](#) or [send us an email](#).

Thursday, April 6 "The Effect of Music-Movement Interactions on the Perception of Ballet: The Case of the *Rose Adagio*"

[Maeve Sterbenz](#), is a Ph.D. student in Music Theory at Columbia University, where she also did her undergraduate studies in music and physics. She is also a composer, working frequently (but not exclusively) in recorded sound and electronic music. She has studied composition and music theory with Tristan Murail, Brad Garton, Terry Pender, Joe Dubiel, Ellie Hisama, and David Cohen. Currently, Maeve's main compositional focus is her work as member of Auride Group, in which she collaborates with modern dancers. In both her music theory research and composition projects, Maeve is greatly interested in sound and the body, the interaction of technology with music making and listening, music and politics, feminist epistemologies, movement analysis, and the subjective and diverse nature of listening experiences. Maeve also teaches undergraduate music classes at Columbia, and she serves as a member of the editorial board for the Columbia Music Department's Peer Review Journal, *Current Musicology*.



12:15 - 2:00 p.m.
Ward H. Dennis Room
602 Lewisohn Hall
Guests welcome!

[Please click here for map](#)

Complimentary lunch provided

RSVP

First Thursday Graduate Student Talks are scheduled on the first Thursday of each month during the academic year. They provide advanced Ph.D. candidates and recent graduates an opportunity to make a generalist presentation on their research to a cross-disciplinary audience ready to listen carefully and ask good questions. EPIC members help give the Ph.D. students a useful learning experience and at the same time learn about something that may be well beyond their own scholarly interests.

Housing Mobility Program: Application Deadline for Final Round is April 6

The application deadline for the final round of the pilot Housing Mobility Program (HMP) is coming up on **Thursday, April 6, 2017**. This program offers tenants in Columbia housing financial support for moving out of Columbia housing or to a smaller apartment that may better fit their needs.

The program description, available [here](#), outlines the Program's parameters, describes eligibility requirements, and includes copies of the application. It also includes characteristics of typical "downsized"

apartments and information about professional organizers who help people move to a new residence.

After the conclusion of the pilot, The Office of the Provost will conduct an evaluation and decide whether the program will be continued. If you have questions or wish to learn more, please reach out to Carrie Marlin, Assistant Provost for Administration and Planning, at 212-854-0218 or cm3509@columbia.edu.

Join EPIC Yoga Fridays at 10:00 a.m.

Virginia Papaioannou, Professor of Genetics and Development and a registered yoga instructor, is offering yoga training to EPIC members **in Faculty House** (see signs in lobby for exact room location). The first class will be complimentary. After the first class, the fee will be \$40 for four classes, one per week, through May 26, 2017. [Please click here for more information about the classes, what to wear, and what to bring.](#) **Spring sessions: 3/17, 3/24, 4/7 and 4/21; and 5/5, 5/12, 5/19, and 5/26.**



Greet Spring calmer, more balanced,
more flexible....

Join us Friday mornings, 10 AM
At the Faculty House for
Yoga

Mixed level, beginners especially welcome. If you have never experienced the benefits of Yoga, this may be just what is needed for relaxation and rejuvenation of mind and body to live with equanimity

Taught by Ginny Papaioannou, registered teacher with the
Yoga Alliance Registry

Professor of Genetics & Development, CUMC



Sponsored by EPIC

Save the Date!

Annual Reception May 9, 2017



Save the date for the annual reception for retired faculty hosted by Provost John Coatsworth and EPIC. The reception will be held in Faculty House from 4:00 to 6:00 p.m.

On EPIC's Horizon

Tuesday Talk
11:30 a.m. - 1:30 p.m., Faculty House

April 25: Julia Doe, Assistant Professor of Historical Musicology: "The Pastoral Patronage of Marie Antoinette."

Follow Columbia Events & Video

It's easy to participate in Columbia events, whether in person or online. Learn about events from the university's [online calendar](#). Search for events by type, discipline, location, sponsor, and so on. [The Columbia University You Tube channel](#) gives faculty, students, and the public access to Columbia-produced videos of lectures and events.



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