

# OCT 8th SENIOR DAY BROUGHT SMILES TO SENIORS

Oct 8th was a beautiful Fall Saturday with gentle sunshine and over 120 seniors share this day with Indiana Association of Chinese Americans (IACA) at the Chinese Community Church meeting hall. In the early morning, the volunteers started to prepare delicious lunch for over 120 senior attendees. The dishes included Tofu soup, Asian cabbages salad with sesame seeds, roasted chicken, cold-noodles with special sauces, tofu delights, Chinese greens stir fry, green beans, buns with creamy filling and moon cakes. The success of the 2016 senior day event was contributed by many volunteers and community organizations including the Chinese Community Church, Indiana Association of Chinese Americans, ICCCI choir, Indianapolis Chinese Orchestra and individual volunteers.

Special thanks to the entertainment program leader Dr. Peggy Hu for coordinating variety of wonderful performances such as magic show, Beijing opera, Cantonese opera, dances from traditional Chinese to Tango, and group singing. Also, our appreciation goes to our lunch preparation leader Ms. Jingli Zhang for her planning and getting many volunteers together to cook and to serve the seniors. Special thanks to Asian Cuisine 台湾小吃. Many seniors came to us after the event and said in Chinese, "When will be the 2016 Senior Day because we are already doing the count down for the date to come".



Happy Seniors dancing the 'Mother hen protecting her chicks from the fierce eagle'



86th Street Seniors Choir



Cheers for Red lantern dancers



Seniors are being served a delicious lunch

# 40th INDY INTERNATIONAL FESTIVAL 2016

The Indy International Festival, returns Thursday, November 10th through Saturday, November 12th at the Blue Ribbon Pavilion, Indiana State Fairgrounds, 1200 E. 38th Street, Indianapolis. This event presents the unique opportunity to travel the world in just a few steps. At every turn, a different culture is represented with colorful displays, traditional dress, music, movement and dance, and food and drink. The Main Stage provides non-stop entertainment that is based on art, culture, and expression from all corners of the globe. Students and children are given special attention in one of the most concentrated cross-culture learning experiences available anywhere.

The International Festival is an annual celebration of central Indiana's rich ethnic and cultural diversity. Hosted by the Nationalities Council of Indiana, Inc., this year marks the 40th annual event. More than 50 ethnic or national affinity organizations plus other groups, businesses, and individuals interested in

focusing on central Indiana's diversity will host booths at the event.

Local ethnic performing groups that are part of the Nationalities Council will present music and dance from America, India, Burma, China, Latvia, Lithuania, Scotland, Japan, Philippines, Germany, Spain, Ireland, Tibet, Ethiopia, Turkey, Norway, Korea, Estonia, Liberia, Nigeria, Mexico, Venezuela and France.

Advance discount tickets for \$ 6.00 may be purchased from all the member organizations of Nationalities Council of Indiana, Inc. or call Alma Smith (NCI Treasurer) 317-442-7039 or email her: treasurer@nationalitiescouncil.org or buy it online: [https://on.spingo.com/e/40th\\_indy\\_international\\_festival](https://on.spingo.com/e/40th_indy_international_festival)

General Admission is \$10.00. Tickets for children 7-12 are \$8.00. Children 6 years and under are free. General Public Hours for the Festival are 2 P.M. - 9 P.M., Thursday and Friday November 10th & 11th; 9 AM- 9 PM Saturday, November 12th.



# STATE SUPERINTENDENT CANDIDATES to DEBATE

The candidates for Indiana's Superintendent of Public Instruction are set to debate later this month. Democrat Glenda Ritz and Republican Jennifer McCormick will meet October 17 in Fort Wayne to discuss education issues in Indiana.

The debate is scheduled for 12:00 p.m. at the Walb Student Union on the campus of IPFW. It will be moderated by Claire McNerny from Indiana Public

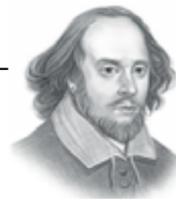
Broadcasting and Eric Weddle from WFYI.

Ritz is looking for her second term as state superintendent, after defeating incumbent Tony Bennett in 2012. McCormick, currently the superintendent of Yorktown Community Schools, was named the Republican nominee in June.

The debate will be broadcast on local public radio and television stations at various times.

# SHAKESPEARE: THE SECOND CHILDHOOD

"The nearer people approach old age the closer they return to a semblance of childhood, until the time comes for them to depart this life, again like children, neither tired of living nor aware of death."  
~Desiderius Erasmus



Dr. Patrick Lau was born in Hong Kong and immigrated to the U.S. after high school. He retired from the VA Northern Indiana Health Care System where he served as Chief Radiologist and moved to Florida with his wife in 2011. He was an active member & contributor of IACA and ICMA while in Indiana. Dr. Lau is also a scholar of art and literature and a prolific writer, he has been a dedicated columnist for Indy Asian American Times since 2010.

Second childhood is an idiomatic phrase to depict the period of cognitive decline of an old individual, typified by childlike judgment and behavior; and a situation describing elderly with declining mental capabilities and they necessitate care comparable to that of children. It is also construed that the second childhood is a stage of life where the lifecycle reverts to its beginning.

"All the world's a stage" is a phrase in the speech of a play, "As You Like It", composed by William Shakespeare. The speech metaphorically compares the world to a stage as well as life to a play. During his lifetime, each human character has various roles to play. The entrance of a man's life is his birth and his exit, his death. The speech also classifies the seven stages of human's life: infant, schoolboy, lover, soldier, justice, old man, and second childhood.

Stage 1, Infancy: He is a baby who is totally dependent on others to take care of him. He is crying and vomiting in the nurse's arms. Stage 2, Childhood: he appears as a schoolboy carrying his schoolbag. He is reluctant to leave his comfort zone at home to attend school. With a shining morning face signifying the dawn of life and the child's innocence, he walks very slowly to school. Stage 3, Lover: He is in his late teenage. His primary interest is courtship with girls. He sighs sounding like a furnace, probably over lost love. He expresses his feeling to his lady friend through poignant poems and songs.

Stage 4, Soldier: He is a young man and a courageous soldier. He wears a beard; he is hot-tempered and quarrelsome. He is an ambitious warrior enthusiastically seeking honor, glory and recognition by displaying exceptional valor. He is even ready to face a cannon's mouth, putting his life on the line.

Stage 5, Justice: He is middle aged, playing his part as an intelligent judge. He has accumulated a great deal of wisdom through learning and experiences; so he can cite and quote examples and instances while hearing cases. He has also acquired wealth and high social status. His round belly indicates that he is fond

of dining on good foods; evidently a sign of prosperity. He is well-dressed with severe eyes and beard of formal cut.

Stage 6, Old Man: He is a frail elderly man, wearing slippers, glasses on his nose, and his cheeks are saggy. His body shrinks; he looks like an emaciated 'clown', and his pants are now very loose. In addition, his once strong manly voice has turned into a childlike high-pitched voice.

Finally, Stage 7, Second Childhood: In the last stage of man's life, he loses all his teeth and his sense of taste for food. And his eye sight greatly deteriorates that he can hardly see. He is forgetful, suffering from mental dementia. Factually, he has lost everything including status and joy of life. He, consequently, is like an infant again, totally dependent on others to take care of him until he departs this world.

The scientific term for second childhood is dementia (previously labelled as senile dementia). Dementia depicts a set of symptoms encompassing memory loss, difficulties with thinking, problem-solving, language and social abilities severe enough to intervene with daily life. Dementia may also change patients' mood and behavior. Alzheimer's disease is the most common cause of a progressive dementia in elderly.

Research Psychiatry Professor Barry Reisberg, M.D. of New York University concurs that dementia is comparable to the second childhood as Shakespeare mentioned in his play. The patients lose physical and mental abilities in precisely the reverse order in which children develop them. And they ultimately revert to an infant-like state. Dr. Reisberg likens the Alzheimer's patients in advanced stages to children under age two; they can smile but incapable to talk or walk. He and his team characterize this process as 'retrogenesis'.

In the words of Aristophanes, an acclaimed comic playwright of ancient Greece, "Old age is but a second childhood."

# IU TOUTS FIRST HEALTH DATA SCIENCE DEGREE

The Indiana University Board of Trustees has approved two new degree programs, including one the university says is the first of its kind. Pending final approval by the Indiana Commission for Higher Education, the university will offer a master of science in anesthesia and what it calls the nation's first bachelor of science degree in health data science.

The health data science degree will be offered at the Richard M. Fairbanks School of Public Health at IUPUI. Dean Paul Halverson says the degree responds to regional and national needs for qualified data scientists, for which job listings have increased more than 2,000 percent in the past four years.

The program will also include computer science or informatics tracks, in which students can receive a minor in either computer science or informatics from the IU School of Informatics and Computing.

The IU School of Medicine in Indianapolis is offering the master's degree in anesthesia. The program, which lasts seven semesters, will allow anesthesiologist assistants to train to work in a team setting with physician anesthesiologists.



# HISTORY CENTER TO MORPH INTO MAD-SCIENTIST LABORATORY

Families will discover the science and history behind potions, brews and goos when the Indiana Historical Society (IHS) turns the Eugene and Marilyn Glick Indiana History Center in a mad-scientist laboratory. Registration is open for IHS's Science Spooktacular, which takes place from noon to 4 p.m., on Saturday, Oct. 29.

Families will get hands-on as they dissect "zombie-infected" brains with the help of BrainSTEM's Dr. Anne Need. Kids will learn how the brain works and how different medicines affect it. Other activity stations will include brewing ghosts and exploring the whys of glow-in-the-dark with slime.

In addition, Science Spooktacular will put many monster myths to rest. Hear the science and history behind many of the world's spookiest stories. Kids also will have the chance to create their own monster bookmarks.

As a treat for the adults, there is no reason to worry about the typical ups-and-downs of late October weather; all activities will take place inside the History Center, including trick-or-treating through the exhibits for old-fashioned sweets. Costumes are encouraged, but not required.

While visiting the History Center, guests won't want to miss IHS's newest Indiana Experience exhibit, You Are There: Eli Lilly at the Beginning. The exhibit takes visitors back in time to Colonel Eli Lilly's first laboratory, where employees are toiling in the business in distilling medicinal plants and herbs.

Science Spooktacular is presented by Franciscan Health Indianapolis, in collaboration with Central Indiana Science Outreach (CINSO). The program is included with admission to the Indiana Experience. Regular operating hours are 10 a.m. to 5 p.m., Tuesday through Saturday.

To register for Science Spooktacular or to learn about other IHS programs and resources



Democrat Glenda Ritz



Republican Jennifer McCormick