

## Class of 1971 50th Reunion Survey

# **Life, Health, Activities**

### Questions 24 through 37

Q24. Since graduation, what is the longest you have lived at any one address?

Q25. Have you ever lived outside the USA? Where and for how long?

Q26. How would you describe your overall health status? Comment on major health concerns or problems you've overcome.

Q27. What are your favorite forms of exercise or physical activity?

Q28. Name your two or three preferred sources for news — e.g., hard-copy print, on-line newspaper, TV, social media, etc.

Q29. Which digital devices do you use and how often?

Q30. Which, if any, social media platforms do you use?

Q31. Do you think the benefits of social media outweigh the personal privacy risks or broader political concerns?

Q32. Have your hobbies or special interests changed over the years, and how?

Q33. Where do you still want to travel when possible?

Q34. Do you volunteer, either on your own or with an organization? If so, for which causes or organizations, and in what capacity?

Q35. Is religion or spirituality an important part of your life? If so, how?

Q36. How important are fellow MHC alums in your social network?

Q37. Has technology (e.g., Zoom) changed that; i.e., do you now find yourself connecting socially more often with MHC alums?

**Q24. Since graduation, what is the longest you have lived at any one address?**

1-10 years — 5 (4%)

10-20 years — 27 (23%)

20-30 years — 37 (37%)

30-40 years — 33 (28%)

40-50 years — 13 (11%)

Other — 4 (3%)

Comments — 4

- bought my house in 1980, with my then boyfriend. I bought him out in 1984 or so. I have owned the house since, but moved with my daughter to Piedmont in 2007, so she could attend high school there. Because of tenants in my house, we did not move back until 2014. I am still here!
- Summers, 20-30. Academic years, 10-20 but not consecutively
- I have owned a residence for 34 years, first as a primary home and now as a secondary one.
- Tough question to answer! Twenty on the nose.

## Q25. Have you ever lived outside the USA? Where and for how long?

Yes — 38 (32%)

No — 81 (68%)

Comments — 40

- However, I have spent lengthy periods in France and lived with a Guatemalan family in Antigua for a month studying Spanish.
- Outside of continental US in Puerto Rico
- Canada and the UK but neither for long periods of time.
- 2 years in Greece - one year in Australia
- Months in Europe, months in Asia fell in my lap.
- In England and France as part of study abroad experiences
- Summer Study Abroad in Vienna, Austria. 3 1/2 months
- Junior year abroad, one year. Also various stints during sabbaticals and a Fulbright.
- Iran for 3 years during Revolution
- Italy 3 months
- A year sabbatical in England 1993-1994
- secondary residence in France since 1983
- Argentina; 1 year once and 6 months another time
- England, doing dissertation research for 15 months 1980-81.
- France, junior year
- Greece (junior year abroad); Italy (two months - summer internship after jr year abroad program); Argentina (two years while in Foreign Service); Canada (three years while in Foreign Service).
- My seven month participation in the independent study program has been my only experience living outside the US.
- 48 years in France
- 1 year in Cameroon, 1 year in Venezuela, monthlong stays in Costa Rica
- Kathmandu, Nepal for a year
- For months to years.
- I have lived outside of the US for much of my adult life, since 1976, and have dual US/Canadian citizenship. I have lived for brief periods of time in Germany (1 year) and The Netherlands (3 months), as well as back in the US (Ann Arbor, Boston, New York).
- 2 yrs in Paris and Bordeaux Region
- Four months in Switzerland; 8 months traveling around Europe
- for a summer in Germany
- Italy several times for 6 months each, Jordan for 9 months
- I did "senior year abroad" on my own to complete the credits I needed for graduation because I took a leave of absence to work in Boston my junior year. I studied European history at the University of East Anglia in Norwich England for the 1971-72 academic year. The school was recommended by Prof. John Teele.
- No, but I did spend a month at a time in a dorm in four different countries as a student/tourist.
- I moved to Canada in 1980 and have lived here ever since. I also owned property in Roatan (Island off Honduras) for a couple of years.
- Two years near Munich. A wonderful adventurous time
- Paris, 1 year (Junior Year); Senegal, West Africa, 2 years (Peace Corps), Hong Kong 2 years and Singapore 1 year (Chase Manhattan Bank)
- In England twice for a year each time, in Ireland for six months and many other separate months, in Trinidad for six months

Q25. Have you ever lived outside the USA? Where and for how long? (continued)

- Six years, Europe
- Argentina for one year once and another time for 6 months
- For eight months in Mexico in 1973
- Before college
- Spain (4 years); Argentina (6months)
- In Italy, just for two months, and in Chile for 6 weeks.
- Canada since 1992
- Canada from 1979 to 2001 - 21 years

**Q26. How would you describe your overall health status? Comment on major health concerns or problems you've overcome.**

Excellent — 65 (55%)

Good — 53 (45%)

Poor — 0

Comments — 43

- Very good. I have been lucky and have been very healthy most of my life. So far, other than occasional low back pain that is eased with the help of a chiropractor, I have been very healthy.
- Breast cancer
- In my head, I feel young, but since I had a hysterectomy and early-stage breast cancer along with some arthritis, I'm definitely not
- Cancer.
- I had Guillain-Barre Syndrome 7 years ago, but otherwise am very active and in excellent health.
- I am reasonably healthy.
- I have two chronic conditions( rheumatoid arthritis and osteoporosis) that are being managed.
- I was in the excellent category until arthritis started eating away at my joints. One replaced hip, another on the way. Thank heavens we live in the era of such options!
- In good shape except for some very unwelcome arthritis
- I survived stage 3 colorectal cancer when I was 57. It was a challenging year of chemo, radiation and several surgeries. I've been in remission ever since.
- Infertility - totally and sadly changed my view of my future; may have contributed to divorce. Chronic unusual pain condition which was a challenge at times.
- seizures, a few broken bones
- I actively avoid the medical establishment.
- arthritis/knee replacement
- Parkinson's disease diagnosed 2014
- I've been anosmic (no sense of smell) or hyposmic (limited sense of smell) for most of my life. Recognizing and dealing with these disorders has been enlightening/challenging. Because I can't smell or immediately identify what I think I smell, I'm unaware of my surroundings, and sometimes, in danger. No bad smells, no good ones either. As for taste, anosmics can distinguish salty, sweet, sour, bitter, umami, but not flavor. To me, all nuts tasted the same. All red wines tasted the same. Anosmia can result in anhedonia and depression. In 2008, I had three surgeries to remove growths from the wall of my esophagus. For a week, I couldn't talk or swallow. I had a feeding tube for a couple of months. (FYI, "drinking water" through a feeding tube is superior to normal drinking.) Happily, the surgeries were successful.
- I'm very lucky — and I guess also reaping the benefits of finally starting (20 years ago) to eat healthily and exercise regularly.
- Fortunately I have not had any major health challenges to date.
- One hip, one knee replacement, aortic valve replacement
- my body is older than my spirit
- I take no medications of any kind and have no major (or minor) health concerns at present.
- I have some chronic health issues.
- I have been cancer-free for 14 years now, having chosen to have bilateral mastectomy after being diagnosed in 2006 with Stage 0 (non-invasive) breast cancer (picked up on a routine mammogram).
- I'm in good health for my age. I discovered in 2009 that I have the BRCA2 genetic mutation which gave me very high risks of breast and ovarian cancer. I had prophylactic surgeries. In 2017, after several years of leg and back pain, I had successful spinal surgery.

Q26. How would you describe your overall health status? Comment on major health concerns or problems you've overcome. (continued)

- I'm diabetic but controlled. No other medical issues.
- Breast cancer 10 years ago resolved now.
- Though I have had a spinal fixation and a stroke. I function sub par for my age, though I function nonetheless
- In 2004 I was diagnosed with the heart disease that ran in my mother's family. She had survived her "sudden death" experience but died of congestive heart failure less than 5 years after her diagnosis. I had a defibrillator implanted, but the medication I have been taking has stopped the disease from progressing. I am not only still alive, I am still asymptomatic. I have had 1 "sudden death" experience, which happened while I was asleep. Instead of dying, I was shocked and everything was fine.
- So far so good
- Covid is not helping!!! Gaining weight. High blood pressure and cholesterol
- except for a bout of cancer- melanoma
- Good with the qualification "for someone my age"
- From the outside it might seem excellent since I do what I want to be able to do--tennis, golf, etc. But I'm dealing with PMR (inflammatory arthritis) not always easy.
- Breast cancer (mastectomy & reconstruction) 2001; Acute myeloid leukemia (2015); ankle replacement (2019); knee replacement (2020)
- I have been living with incurable ovarian cancer for the past two and a half years.
- Chronic back pain- it's always there, but I have learned many coping strategies.
- I just had a knee replacement, but otherwise I'm good.
- Very Good - but I could be in much better shape if I exercised
- cancer, hip replacements, recovery from injuries sustained in car accident
- Cancer, twice.
- mostly osteoarthritis, of course weight gain!
- Mostly osteoarthritic issues in my knees and shoulders, the result of a very active athletic life.
- left hip replaced; significant osteoarthritis in hands especially (since 1984)

## **Q27. What are your favorite forms of exercise or physical activity?**

- swimming and walking
- I generally do a brisk walk every morning. I will sometimes use the elliptical that we bought last year when my daughter was here for six months, but that not as much as I should
- Hiking, jogging
- Walking, swimming, kayaking, hiking.
- don't like to exercise but I try to walk
- Walking; tennis
- Tri training: biking, swimming and now, slogging (slow jogging). And walking. I walk all the time.
- I ski, hike, bike, snowshoe and do just about anything to enjoy the outdoors. I used to climb and have also been paragliding several times.
- I have a working and effective exercise routine that I am faithful to.
- Figure skating, hiking, tennis
- Hiking, walking.
- Walking.
- Swimming, walking, and bike riding.
- walking, kayaking, snowshoeing, swimming
- Walking and golfing
- Dancing still owns my body.
- Gym (prior to COVID); walking/hiking; gardening
- walking
- Line dancing - started after retiring from full time employment.
- Pilates
- swimming
- swimming and hiking
- Yoga, walking, biking.
- walking, yoga
- Walking
- Fast walking, hiking, elliptical trainer; pilates
- walking, working out
- Taking my dog for walks, gardening
- Dancing until COVID hit. 'Can't wait to resume that. I do have a daily exercise routine which I do at home.
- horseback riding
- Outdoor work, swimming, hiking
- I've become too sedentary this last year - trying to walk more, gym with trainer 2x a week for years
- Aerobic, and now at this age ....quick walking;
- Hiking in the US and abroad.
- Used to be running now walking and hiking
- Walking, tennis, biking
- hiking, yoga, walking
- Walking
- Walking, spinning, tai chi
- Yoga
- walking
- tennis, walking, aqua aerobics, circuit exercise (strength and flexibility)
- Walking, gardening, kayaking
- Walking, and pre-pandemic, an exercise class for old ladies

Q27. What are your favorite forms of exercise or physical activity? (continued)

- dancing, stretching, walking — and I found a super fitness place about 10 years ago that was designed for kids with learning issues, making brain/body/balance/coordination/bone density/cardio exercises fun. (I couldn't do somersaults in junior high but did one at age 69; wow!) Perfect for aging adults!
- Gardening, long hikes and walks, and bicycling.
- When younger, aerobics, now Walking and yoga
- Walking, hiking, canoeing and swimming.
- Walking, golf
- walking
- Used to be horseback riding and tennis. Now walking, gardening and some yoga.
- Walking yoga
- walking
- When I turned 60, I decided to join a gym and take weight training with a personal trainer 2 hours/week. This continued right up until COVID. I hope to return once we are all vaccinated. I also love to walk. Taking long walks around our neighborhood has been a lifesaver during COVID.
- walking
- Walking.
- Running, bicycle riding, swimming, yoga, walking, hiking
- I love to swim, but haven't been to lakes or the ocean in recent years (and I don't like chlorinated pools) so I haven't enjoyed this sport in some time. I confess that currently I'm pretty much of a couch potato; however, I know that "if I rest, I rust", so I'm definitely planning to take yoga classes (something I've always wanted to do) when the pandemic is over). Hold me to it!
- Biking, paddling & swimming. I miss dancing, skiing and snowshoeing
- Walking, biking.
- Walking, Yoga, Pilates
- I'm a walker ... occasionally. In general, I don't get enough exercise.
- walking, swimming
- Aerobics/strength training/Pilates/swimming
- I love hiking.
- I don't regularly exercise, but walking is my favorite option.
- None. I do it but don't like to.
- Walking swimming gardening
- If I still could, I love dance, water exercise. But these are very limited now. I do still walk around for short bouts, and with a cane.
- Walking, Pilates, yoga
- My favorite forms of exercise are walking and yoga.
- Walking and hiking. When I get an opportunity to swim, I enjoy it very much.
- walking
- Walking. Had to give up tennis unfortunately.
- hiking, swimming, snowshoeing
- exercise class.
- Yoga, gardening, walking
- Walking, bike riding and yoga (I really hate gyms).
- walking
- Horseback riding, cross-country skiing, swimming, hiking, gardening
- walking, aqua aerobics
- Swimming, bike riding
- walking, biking, kayaking, playing golf
- walking yoga
- Zumba is by far my favorite. I've been doing this consistently for over 10 years. I also enjoy walking and running.
- Dancing, Zumba, yoga



Q27. What are your favorite forms of exercise or physical activity? (continued)

- Swimming, kayaking, x-country skiing, hiking. Pilates
- Walking, working with a personal trainer on weight training.
- Swimming
- Tennis, paddle tennis, golf
- Golf, walking
- Hiking, walking, exercise classes, kayaking, cross-country skiing
- Honestly, none - I'm more of a couch potato. But I do enjoy gardening, walking (not hiking) and scuba diving/snorkeling.
- They were walking, tennis, hiking, cross-country skiing. Now mostly walking in every kind of weather
- Walking or slow jogging; swimming; exercise equipment; exercise routines.
- Hiking, gardening, light yoga
- interval weight training, white water kayaking and rafting, racquetball
- Walking
- I enjoy SCUBA and I used to walk and bike a lot. Hopefully, i'll be doing those things again.
- Walking
- swimming laps
- Snow shoe, cross country ski, playing with my 5 year old grandchildren- exhausting
- Walking.
- Does walking my two dogs count? (about 2 miles/day)
- Swimming and walking
- I play tennis in a women's over 70 league. I golf, walk, bike and swim.
- Couch potato
- Kayaking and gardening. Hiking and walking.
- walking, hiking, before Covid: going to the gym working out on weights and on row machine
- Hiking, swimming
- Hiking, canoeing. gardening. I swim laps but find them rather boring.
- Currently--walking with my dog and playing golf.
- hiking; walking; gym stuff; significant for my hands that I sew and crochet and knit, as well as cooking
- Walking and sex 😊

**Q28. Name your two or three preferred sources for news — e.g., hard-copy print, on-line newspaper, TV, social media, etc.**

- NYTimes online, PBS on tv
- For decades I subscribed to the SF Chronicle, delivered daily, but stopped with COVID. I get the online now, but rarely check it. I usually check the NEWS section on my iPhone first thing in the morning. I also watch the national news (CBS and NBC), sometimes MSNBC or CNN, and usually watch the local CBS nightly news.
- TV, hard-copy print
- Printed newspaper, TV network news, radio news, online subscriptions to reliable journals.
- newsprint, TV, online
- Newspapers (paper or on-line); TV
- New York Times, PBS and NPR
- NPR, my lovely Sunday New York Times, and the local Anchorage paper.
- I prefer several hard-copy print sources.
- local on-line newspaper, Washington Post on-line, NPR
- New York Times, PBS News Hour, Washington Week.
- PBS News (TV), our local paper (online) and the NYTimes (print)
- The New Yorker - every issue since we graduated. I also get The Washington Post online and the evening news on TV.
- on-line newspaper (NY Times) TV (PBS)
- TV and newspaper (print)
- NYTimes in print & online.
- NYTimes (print and on-line); CNN (on-line) MSNBC (TV, Rachel Maddow); Washington Post (on-line); New Yorker (print)
- NYTimes PBS, BBC, ABC
- hard-copy print, TV
- Hard-copy news and online versions from major news sources including major papers here and abroad and news organizations such as Law360 and Bloomberg.
- radio, print newspaper, online news sources. I don't use social media (but I joined Instagram to supervise an intern getting our department Instagram and LinkedIn up and running).
- The New York Times, PBS News Hour, CNN.
- hard-copy print and TV
- hard-copy print
- hard-copy and digital print; cable news (MSNBC)
- TV, hard-copy news papers, hard-copy mags
- TB and on line newspapers
- TV, email
- new york times CNN
- PBS Scientific American The New York Times
- on-line NYT, WaPo, MSNBC
- on-line new, TV, news magazines
- LA Times NY Times MSNBC
- Hard copy newspaper
- Hard copy print, digital news
- New York Times
- NYTs, local newspapers (all online)
- TV and online newspapers
- The New York Times, print
- CNN, New York Times, New Yorker Magazine, the Economist

Q28. Name your two or three preferred sources for news — e.g., hard-copy print, on-line newspaper, TV, social media, etc. (continued)

- NPR broadcasts are a primary source; also hard-copy news
- TV network news, on-line newspaper
- Online newspapers, TV, BBC World Service, Twitter
- on-line newspapers, TV
- PBS News Hour, The New York Times (edition), The Kiplinger Letter.
- On-line newspaper, TV
- Hard copy. Read the Week and listen to Public Radio.
- National public radio, PBS, BBC
- hard copy print
- hard-copy print, TV.
- Hard copy Newspapers TV news radio news
- hard-copy print and public radio
- We subscribe to the New York Times, the StarTribune of the Twin Cities, the St. Cloud Times (our local paper). We also watch a lot of MSNBC. I am not on Facebook--don't like much social media.
- on-line newspaper and tv news
- Washington Post online; TV.
- Print newspaper and online newspaper, TV
- hard-copy print (especially magazines) and public television programs--no Facebook or any other social media
- hard copy and public radio
- On-line newspapers, nightly television news.
- Hard copy print, on-line aggregators
- Mainly online newspapers. I tend to peruse several papers on my iPad for the first hour or so of my morning – The New York Times, The Washington Post, and AP. My husband I do, still, also enjoy watching nightly news on network TV (usually while eating dinner!).
- hard copy newspaper; New York Times
- TV, on-line newspaper
- On-line and print news, some TV, no social media
- TV, hard-copy newspaper, social media
- Online newspapers, CNN, local news
- Newspaper & TV
- On line newspapers
- On line. It helps when I can change the text size.
- New York Times, Washington Post
- Nation of Change and The Guardian
- Online New York Times, Washington Post, and local news sources. TV news is limited to PBS and the CBC.
- hard copy local paper, online Washington Post, tv local and national news
- Hard copy New York Times and CNN
- print, radio
- NYtimes, Washington Post and a number of local newsletters.
- Washington Post and New York Times online, MSNBC and CNN on television, NPR on the radio No social media at all
- The "New York Times" (on line), "The Financial Times" (print) and the PBS New Hour.
- newspaper, PBS News Hour, and MSNBC
- hard-copy print, TV
- On-line news aggregators
- online national newspapers, print local newspaper, TV
- Online newspaper Cable News Twitter
- newspapers - print and online, NPR
- NPR and PBS

Q28. Name your two or three preferred sources for news — e.g., hard-copy print, on-line newspaper, TV, social media, etc. (continued)

- NYTimes, WA Post, Huffington Post, MSNBC, NPR, PBS
- hard-copy print, on-line newspaper, NPR
- Hard copy newspapers, on-line news aggregators (MSN), TV
- On-line N.Y. Times; on-line Washington Post; PBS News in TV
- television, hard-copy print
- Hard-copy newspaper (Boston Globe), evening news on TV, local NPR radio station (WBUR)
- Online newspapers, weekly news/culture/history etc magazine
- NY Times (on-line and hard copy) and TV
- NPR, NYT, The Guardian
- on-line newspaper and TV
- professional journal articles found via twitter, online newspapers
- MSNBC, CNN, NBC
- Online news
- carefully curated blogs - keep my daily newspaper subscription only for the puzzles and weather reports
- Newspaper, MSNBC, Twitter
- NY Times New Yorker
- hard-copy print, on-line, podcasts
- The New York Times (print, Kindle, online) TV news (MSNBC or CNN) Facebook for family/friends.
- New York Times (print), Washington Post, Boston Globe, NPR, PBS, MSNBC
- New York Times, CNN, NBC, Foreign Affairs magazine
- Ah- still love a Sunday newspaper in my lap, but regularly read news on line. For TV, only watch CNN or CNBC of PBS.
- NPR Newspapers: Washington Post New York Times Economist
- Online CNBC, BBC, NYTimes, RealClear, Fox
- Hard copy, on line, PBS on TV, NPR on radio
- Online newspaper
- TV, newspapers in the form of news apps, radio. I Google topics of particular interest.
- Print newspaper and TV.
- New York times, nowadays all online; Other on line papers and mags through apple news and subscriptions; PBS radio and TV including Passport on computer/tv etc.
- My husband

## Q29. Which digital devices do you use and how often?

- Iphone daily
- I have an iPhone that I use constantly for all things. I also have an iPad that I use often when I travel I use my laptop for my work, but can also access email, etc. with the iPhone.
- Computer, daily
- Computer, laptop, camera. Daily for all of them.
- computer, cell phone
- iPhone (everyday); iPad (everyday); laptop (from 1-5 days per week; Kindle (occasionally)
- My MacBook Pro and my phone. Everyday.
- Laptop--daily Desktop--5 x a week iPad--daily iPhone--too much!!
- My computer.
- Computer, daily (it tells me that recently my screen time averages about 3 hours/day. I still only have a flip phone but by Reunion time I may well have given in to using an iPhone.
- iphone
- I have a cell phone which I rarely use. I have a computer.
- I use a computer for email, research, and any writing that I do. I do not have a cell phone, which makes me an anomaly of sorts, but I have no need for it. I watch movies on an iPad, so there's some digital streaming in my life.
- iPad, iPhone - use daily Kindle reader - use occasionally
- iPhone, iPad and laptop, daily
- Phone, iPad, laptop day in / day out.
- iPhone and iPad - daily; Computer - daily
- MacBook daily - iPhone when needed
- cell phone (iPhone) - throughout the day home computer (iMac) - throughout the day
- smart phones,s, Apple Watch
- Ipad Iphone
- Laptop and iPhone. For far too many hours every day during the pandemic.
- An iphone, ipad, and laptop. Every day.
- phone, computer daily
- cell phone and my trusty mini iPad - daily use
- iPhone, MacBook Pro, iPad Pro, and Kindle: the first two consistently during the day for work; iPad not so much; Kindle, every night
- iPhone -daily, iPad, daily
- Smart phone - it's not glued to my hip, but I depend on it for many things.
- iPhone, constantly
- laptop daily
- iPhone, iPad, macbook - incessantly
- Computer, which is synced to other devices.
- iPhone Mac Air Every day
- Phone and computer daily
- iPhone - all the time; computer- some each day, iPad- occasionally
- laptop, phone, daily
- iPhone, iPad, Dell desktop
- iPhone, iPad, laptop,Smart tv —all daily
- laptop
- iPad, iPhone
- phone, iPad, laptop-- about 1.5-2 hours daily
- Smartphone, laptop, kindle. Daily
- iPad and iPhone all day; MacBook occasionally

Q29. Which digital devices do you use and how often? (continued)

- laptop, iPad, smart phone — all daily.
- Two: smartphone and laptop computer. I use iPhone daily and computer most days.
- Computer smartphone every day
- Smart Phone, Computer
- iPhone, iPad - daily
- laptop, iPad, iPhone all daily
- computer, phone
- phone iPad computer all every day
- iPad for much of my reading iPhone for texting and calling
- My smartphone and my laptop. We recently got a TV that streams various channels and I am getting used to that.
- iPad, computer, iPhone, quite frequently
- Desk top; laptop; kindle fire; smart phone; digital cameras--pretty much every day.
- Computer daily
- really old desktop computer: approx. 1/2 hr. per day brand-new laptop computer: mostly for Zoom meetings really old cell phone: only use for emergency use when I'm out of the house (use my landline at home)
- computer, tablet & phone, daily
- Smartphone (many times a day), laptop (most days), tablet (occasionally).
- iPad, iPhone, PC
- I depend on my iPad and iPhone. And my laptops, of course (I have three).
- Laptop computer, android phone; very often (multiple times a day)
- I use my laptop , a MAC Air, and my iPhone every day throughout the day.
- My iphone and laptop, several hours a day
- PC, iPhone, iPad -- daily
- Laptop, iPhone constantly
- iphone, surface PC, Kindle, Fire.
- iPad, iPhone. Very often. Especially since COVID shutdown
- IPad, iPhone. Constantly.
- iPhone, iPad, desktop computer All day long it seems
- I use my iPhone and my Mac laptop daily. I do not have a TV.
- I use my iPhone and Microsoft Surface on a daily basis.
- i mac, samsung phone, fire tablet
- smart phone daily and laptop daily.
- smart phone daily
- smartphone, iPad, computers. Everyday.
- IPad iPhone Daily
- iPhone, iPad and MacBook Air, multiple times a day (even before COVID-19).
- computer and phone
- iphone frequently, ipad 2 or 3 times a week
- Laptop and iPhone regularly
- iPad many times throughout the day, iPhone several times a day, MacBook Air on occasion
- iPhone, laptop mostly iphone--constantly
- laptop, iPhone, iPad, iPod
- smart phone, iPad, iMac
- IPHONE, PC, MAC, IPAD - EVERY DAY, EVERY HOUR
- Laptop computer--everyday for several hours, Stupid (not Smart) cell phone
- iphone - daily computer - daily
- iPhone, iPad, Mac computer, Apple Watch. Use all of them every day.
- phone and computer daily
- iPhone and iPad every day

Q29. Which digital devices do you use and how often? (continued)

- Apple desktop, laptop and iPhone
- iPhone daily
- Computer and cell phone
- iPhone, iPad, PC laptop, Kindle--all of them all the time
- Cell phone, iPad, Laptop, smart TV, Alexa. I use these every day.
- iPhone and MacBook -- 2-3 hours per day
- iPhone - daily but not as much as most people
- iPhone, iPad daily
- desktops, laptops, smart phones (all daily)
- Computer, phone tablet
- iPhone daily iPad daily
- laptop, iPhone, MiFi, iPad, Echo
- Laptop computer, Kindle, smart phone, iPod.
- laptop and occasionally a tablet. I have a Kindle but rarely use it.
- Cell phone, computer, iPad
- Computers, phone and tablet.
- iPhone and MacBook multiple times daily
- iPhone - about 2-2.5 hours a day. MacBook Air about 1-2 hours a day.
- PC, iPhone, too often!!
- Phone, computer, Kindle - phone for newspaper & email; computer to pay bills; Kindle rarely because I prefer books.
- cell phone, laptop. Both normally several times per day.
- Computer, iPad, iPhone
- computer, phones daily; iPad and Kindle as travel etc. or dual screen
- iPhone 5 hours a day, and iMac occasionally as needed; laptop for a weekly zoom session with other artists

### **Q30. Which, if any, social media platforms do you use?**

- Facebook
- I am not very good at social media, which is unfortunate as a realtor. But I do sometimes use Facebook and Instagram.
- Facebook, Instagram, Twitter.
- NONE
- Facebook, instagram....read and follow others tweets. Lots of podcast listening.
- I have accounts with Insta, Facebook, and Twitter, but am looking at them less and less.
- LinkedIn and Facebook.
- Facebook
- None
- I used to use face book when I was a legislator.I don't any more.
- I happily admit to being a luddite where social media is concerned. This gives me a lot more time for reading books.
- Facebook occasionally, but just to read not post.
- Facebook
- Zip.
- Facebook, Instagram
- None
- Facebook occasionally
- No using except Linked In.
- I lurk on Instagram and have a LinkedIn account which I ignore most of the time
- Facebook and Instagram.
- Facebook and Instagram
- Peek on Facebook so I can keep up with my family. I don't post.
- Instagram mainly; FaceBook somewhat; Twitter occasionally
- Google,
- Facebook, Instagram
- Facebook, not much
- facebook
- none
- follow Twitter, don't tweet often, occasionally look at Facebook, occasionally post
- Facebook
- Tiny bit on Facebook
- FaceBook
- none
- None!
- a few
- none
- Zoom, Facebook, and infrequently Instagram
- Facebook, Instagram. (I avoid Twitter, although sometimes follow up on tweets publicized through other media)
- Facebook a little
- Twitter, Pinterest infrequently; I quit Facebook over privacy concerns.
- none
- I have accounts with Facebook and LinkedIn which I use very infrequently.
- FB, MHC groups
- Facebook
- None



Q30. Which, if any, social media platforms do you use? (continued)

- none
- Facebook instagram
- Whatsapp, to communicate with family members. I text message using my Iphone. Recently learned to use Zoom, during the past year, first for my remote classes and now for other kinds of virtual get togethers.
- none
- Facebook; Instagram. But I don't really like them.
- Facebook but very limited
- None. If I want to communicate with someone long distance I email, telephone or Zoom with the person.
- facebook, very infrequently
- Facebook, Facetime, Instagram
- More of an observer than user.
- Facebook and Instagram, primarily.
- None.
- I access Instagram and Facebook
- None
- Facebook, LinkedIn
- Facebook,
- Facebook out of necessity but don't post much.
- Facebook- National Parks, Grandkids, Gardening groups Essentially limited. I don't post.
- I participate in Facebook. That's all.
- LinkedIn
- I use Facebook to keep in touch with friends and family. I use Twitter for more political connections.
- None.
- facebook
- I am on facebook but do not post to it. I use it to keep up with friends and family.
- Facebook only to stay in touch with distant cousins Eschew most others as a colossal waste of time: Instagram, Tik Tok, etc Ugh!
- I am on some, but rarely use them.
- None
- FaceBook and Instagram, primarily to stay in touch with nieces, nephews, godchildren etc. YouTube for all of the information accessible on it: classical concerts, authors reading their work, tours of museum collections etc.
- None
- FaceBook
- none
- Facebook and Twitter
- Facebook - very occasionally
- What's App with family, dropped Facebook 2 years ago
- Facebook and LinkedIn
- Occasionally, I use LinkedIn in a limited way. I am concerned about privacy issues on everything else.
- Facebook - but only to look at others' posts. I'm not much of a sharer.
- FaceBook
- Facebook, Instagram
- None
- FaceBook
- None - I refuse to use Facebook, Twitter, Instagram, etc. I am too wary of my privacy.
- Instagram and Facebook. I read Twitter but don't tweet
- twitter
- none

Q30. Which, if any, social media platforms do you use? (continued)

- NONE
- I have been boycotting Facebook of late but still look at Twitter.
- FaceBook Zoom
- LinkedIn, FB
- Facebook
- Facebook, Twitter, Instagram – but none of them with much enthusiasm
- I am on Linked In, but do not use it—nothing else
- instagram, facebook, but rarely.
- Google
- Facebook to keep in touch with family and friends. Occasionally Twitter.
- Facebook
- None currently
- None. I tried Facebook for a while but found most of it to be trivial, and I have privacy concerns.
- limited to dog groups--Twitter and Facebook
- sort of instagram, facebook (see family); follow my brother on twitter; google photos shared with family;
- Facebook and Instagram
- Facebook

**Q31. Do you think the benefits of social media outweigh the personal privacy risks or broader political concerns?**

No — 43 (38%)

Possibly — 28 (25%)

Probably — 18 (16%)

Yes — 6 (5%)

Not sure — 17 (15%)

Comments — 26

- Not necessarily.
- Networking professionally is an advantage.
- I am probably not one who should voice and opinion since I don't use this, but as one who worked with students who did, I believe it is generally more detrimental than positive.
- I am concerned about the increasing tribal nature of social media and lack of understanding and good will between groups
- If people were better critical thinkers, it would be less of a hazard.
- I think we'll only begin to realize the true benefits of social media if we learn to curb the personal privacy risks — and even more important, develop some way of impeding social media use by domestic terrorists (defined broadly).
- I do have concerns about how broadly social media posts are shared.
- Can't ignore them
- The dangers are very real, but it seems that the option of protecting our privacy may now be out of reach. Good things have become possible, but I am not sure that these outweigh the ways that the hard right has been able to interfere in politics.
- riskier and riskier, day to day.
- Before Trump, I would have answered this "Probably."
- Is it really necessary to know so much about others lives. TMI
- In its current form no.
- But I am nonetheless not paranoid about what I reveal on social media.
- I do not live close to any relatives. I would have a hard time keeping up with my older daughter and her family without Facebook.
- I think Facebook is potentially dangerous for society
- I say this not fully understanding what of my personal information may or may not have been hacked.
- Social media enables a silo for news and opinions, which is harmful to a democracy.
- But I think we need much stricter controls on these companies and how they collect/use/sell our data.
- I think people have forgotten how to talk to one another - the proliferation of iPhones, etc. have made people even in one household strangers
- absolutely not - especially in today's speech suppression climate and practice
- Seeing what family and friends post is worth it. Easy connections with friends/acquaintances.
- I started on FB to keep in touch with my 5 stepchildren and 11 grandchildren. I'm still there and enjoy the illusion of being in touch with people I don't regularly see. But I realize this comes at a price.
- I live alone. It's vital to stay connected, especially in a pandemic.
- Privacy is a big concern. I prefer to contact people I know via text or email.
- I think social media are destructive on many levels, especially to personal discourse and value systems.
- I realize data is gathered from every electronic source we own. This is a huge concern.

### **Q32. Have your hobbies or special interests changed over the years, and how?**

Yes — 73 (68%)

No — 34 (32%)

Comments — 72

- Travel, reading and playing music alone or with others has been important throughout.
- I still love live theater and symphony, but don't go as often as previously, even before the pandemic. I also love to travel, and look forward to doing so again. I also love good food and good restaurants.
- Arts and crafts changed to gardening
- I have many of the same interests and hobbies: reading, photography, travel, cooking, swimming, and paddling. But my interests have expanded in an interesting way. That is, I never considered myself very "right-brain" or creative, but in retirement, I've taken up beadwork, making necklace and earring sets. I also joined a guitar circle 10 years ago, after setting the instrument aside after college. Even my photography, probably my most serious hobby, has evolved in more creative ways.
- If anything, I just find more ways to be outdoors....
- I am still a painter as I was when I entered MHC.
- Not really--most of the things I like to do now I liked to do at MHC
- Less physically active. Used to do sports like tennis and golf.
- I have always been involved in political activities and advocacy.
- I have expanded my interests somewhat in that I have become deeply absorbed in the world of small press books, mostly as a collector though a bit as a producer.
- I've gotten more actively involved in music, and more discriminating in choosing entertainment (movies, TV, concerts, etc.) — more aware of limited time! I'd rather sit and really talk with friends.
- I especially enjoy traveling, which I didn't have much time for until I retired.
- Definitely changed during child rearing years and then again in retirement. Now have time to try new things....Mahjongg, golf, volunteering, traveling, e
- My good fortune keeps my exploring.
- Much more involved in gardening
- By necessity
- For years, I focused on performing arts. Now, I am more interested in fighting food insecurity in children.
- I read a lot more non-fiction than I used to. Time available for volunteer work has gone up and down. I don't really have hobbies, but I have traveled a lot and look forward to a lot more.
- I became a gardener when I moved out of the city. I also started doing West African dance in my 50s and yoga around the same time.
- Yes and no. I have always loved printmaking, but for about 40 years, there was no real time for it. When I lived in the country, we had horses, which had been a dream of mine, and I am grateful I could experience that life.
- I broke my right (dominant) wrist last year and it's still hard to do things I used to do like knit, watercolor and needlepoint. The worst thing is that my hands shake almost uncontrollably because of my seizure drugs. I'm looking for craft.
- I've become much more politically active in the last 10 years
- Learned to draw.
- I have become much more interested in politics
- I have multiple interests and since I moved a lot in my life, it all depended on the affordable opportunities. I love art, and art galleries, music and concerts, plays, and since I have lived in a college town for the past many many years, I have access to all of that.
- Now enjoying piano again

Q32. Have your hobbies or special interests changed over the years, and how? (continued)

- I've added pottery
- became more physical
- Needed to increase aerobic exercise after Parkinson's disease diagnosis
- I've enjoyed many new things and always learning.
- I expanded gardening activities over the years. I'm doing a lot of needlepoint during COVID isolation.
- I like to sew and knit. I like going to museums. My husband and I started visiting state capitols. Nebraska's is exceptional. Visiting presidential libraries/museums is interesting, too. Botanical gardens are beautiful.
- Gardening and birdwatching are newer interests.
- They bounce around in a kind of cyclical manner. As it turns out I am a very hands on hobbyist.
- Evolving to less intense and competitive
- got into painting in my late 50's
- I did not care for gardening until we moved into the house we now live in, in 2006, and found virtually nothing planted on the property except an ancient wild rose bush and a few trees. I decided to change that and have done so, with the help of my local garden center!
- too hard to answer
- Runner, now walker; photographer, now mixed media and photography.
- I have started doing hand building ceramics and am interested more in healthy eating. Other interests, like gardening, have increased.
- They continue to diversify. I don't expect ever to be bored!
- Yes. I am \*wicked\* into genealogy and family history now. Partly, that's because I have inherited so much genealogical material from my parents since their passings. It also has something to do with growing awareness of my mortality, and a strong drive to preserve for my descendants (six little ones so far).
- I've always loved photography. In my 50s, I started writing -- first memoir and then poetry. In my mid 60s I learned about fabric dyeing and that has become an obsession during my retirement.
- I pay more attention to sports (football, baseball, etc.)
- They've evolved like I have.
- Hard to define. I have done dancing, bird watching, gardening, coloring.
- I used to do lots of knitting, sewing etc. but now my favorite hobby is cooking new recipies.
- Many hobbies and special interests have continued, but my interest in history (both biography and history of places that I live in or know) has expanded significantly.
- Fewer crafts more inclined to organizations and active outdoor things
- Post retirement I have taking up painting. Not something I ever did before retirement.
- Gardening has increased; knitting is less than when I was in college.
- I took up horseback riding in my 40s and the clarinet in my 60s. I still love swimming, gardening, and reading. I am doing more art in my 70s - drawing and watercolor.
- I used to ride horses and now I play bridge - physical limitations of aging.....
- Thanks to my husband's interest, I picked up working the NYT Crossword and really enjoy it.
- Some things remain but now without job or childcare, I can pursue some interests that previously would have taken up too much time.
- Not surprisingly, less active and more passive in my activities.
- Took up photography and fiber arts seriously,
- Increased bridge and travel
- Greater interest in historic sites, cultural exploration, international travel.
- I still love reading, the theater, and travel. But I hardly ever sew any more.
- While I was working my career was all-consuming. However as I saw retirement on the horizon I started to study oil painting and have pursued it since retiring in 2018. I also have a border collie who takes up a lot of my attention.
- grandchildren!

Q32. Have your hobbies or special interests changed over the years, and how? (continued)

- After retirement I had more time to pursue my interests in the American Civil War and World War II. I've also become much more interested in politics in this country.
- For years while my kids were growing up I had time only for work and the kids. Since then I've had a bit more time for reading, watching, mentoring, being a CASA, being a better friend
- Learned many computer programs at work, and used them also in my personal life.
- never really had hobbies. I like to travel but that's about it.
- No more sailing
- Still do a ton of reading!
- More exercise and reading before
- I became a kayak instructor at age 50 and still lead a local club, In 2018 I became a Master Gardener, and lead outdoor volunteer work weekly.
- I'm more interested in politics.
- I used to ski, race bicycles, windsurf--now my pursuits are more low key. My hobbies have stayed the same--play 3 musical instruments and read avidly.
- Always finding new artistic outlets

### **Q33. Where do you still want to travel when possible?**

- USA and Europe
- I have been to New York several times in the past year, starting in September 2020. I have some more trips there planned and two trips to Hawaii in the latter part of 2021. I also hope to be able to return to France and perhaps some parts of the Caribbean.
- Switzerland
- New places I'm hoping to visit included Iceland, Nova Scotia, and New Zealand. I'm also eager to return to Norway, the British Isles, Hawaii, Alaska, and favorite national parks.
- Parts of the middle East, South Africa, Russia
- National Parks; Europe
- the far east, France, Italy and Ireland, the national parks in the USA
- I have been so fortunate to have traveled extensively. I have no bucket list. When someone invites me on a trip, I view the experience as the enticement. After our Covid year, I think I will travel less as I have become much more involved with my community.
- At this point most of my travel is for professional needs.
- An annual US figure skating competition that is held at different places in the US, an annual skating competition in Germany that my friends love, revisit Maine in the fall. Antarctica???
- Egypt, the Stans, Camino de Santiago. Major tennis tournaments at the 1000 level.
- I would love to travel anywhere! As I age, I become more interested in reconnecting with family and friends. I would love to drive across the country visiting with people I haven't seen in ages.
- I have hopes of going back to France to a friend whom I have visited for a month for each of the last three years. I also hope to get back to England and to Italy.
- Iceland, Spain, Ireland, Great Britain, New Zealand, Peru.
- Greece, Portugal, Egypt, Australia
- Any where I haven't seen.
- Europe, specifically Italy, Spain, France and Portugal. Some nature travel with the WWF. A return trip to Sedona.
- Egypt, Israel, Portugal
- anyplace I haven't been
- Yes, I have an ambitious travel agenda.
- New places: Alaska, New Zealand I would like to visit all of the National Parks Old favorites: visit friends in England and Spain
- Looking forward to going to Scandinavia and Russia and also one day to Africa.
- Italy, Scotland, France, Japan
- In country and parts of Europe
- Everywhere--Italy always, SE Asia always, South America, and the American West
- Any place but Columbus, OH.
- To see my siblings and my sons - all within driving distance. I do not enjoy plane rides for many reasons, but there are many places in the world I would like to visit if I could be teleported there
- Galapagos/ Peru, Australia/New Zealand, Hawaii
- Ireland
- I'm happy where I am.
- ITALY - or anywhere in Europe
- Machu Picchu
- Back to the Camino de Santiago, New Zealand, and Ireland. Would like to visit friends in Zambia. I have taught in Spain every summer for 20 years pre-COVID and hope to return to that in the summer of 2022.
- Asia Australia
- Patagonia, Thailand, more in Europe

Q33. Where do you still want to travel when possible? (continued)

- Africa to see the big animals, Scotland to see my origins
- Eastern Europe
- Norway fjords trip on boat
- Almost anywhere!
- counting the days
- various places
- Everywhere! Including Eastern Europe, Japan, and Alaska. Also Italy, Spain, France, Portugal, Great Britain.
- Warm destinations in the winter.
- The supermarket! I've been self-isolating. When I can really travel again, I'd like to see the western states and go back to Western Europe.
- Egypt, Australia, South Africa, Turkey, India, Argentina, Peru, and Chile.
- USA & Cambodia
- Mostly at this point for family or within the USA. I would.
- Many U.S. destinations
- Alaska New Zealand and Australia
- back to Europe
- Nova Scotia, the birthplace of my great-grandparents
- I would love to go back to Europe with my husband, to visit parts we have not yet seen, like Germany or Portugal. I'd go back to Iceland again, no question! We had hoped to return to Latin America, especially to Chile, where we have colleague and friends.
- My days of more adventurous travel are over
- Tahiti. Paul Gauguin's art changed dramatically. There must be something about that place!
- Cuba, Canada, UK, and the SW US. Possibly other places also.
- Travel has never been a priority for me as recreation, and my husband Cliff is not a traveler either, so we honestly are content to spend our free time "hanging out" in our house which my husband built himself. However, having said that, I can report that I've to Europe, Hawaii and Jamaica (in my teens and 20's-- before I met Cliff), and I'm glad I did see a little of the world "in person"--otherwise I imagine I would be "itching" to put travel on my "bucket list".
- Anywhere in N. America, Iceland, eastern Europe, New Zealand. Cross the Atlantic by tramp steamer.
- Australia, New Zealand, South America, Mediterranean, Baltic countries, Russia.
- Visit friends: CA, VT, NY, MA
- Scotland and England; Switzerland; Italy. I also want to take a deep dive into National Parks here in the U.S.
- Europe
- Utah, Alaska, New Zealand, Costa Rica (again)
- The national parks in the western states of the USA, and internationally - Spain, Portugal, France
- Because I traveled the globe during my working years, I don't have a yearning for international travel now. Although I do have a dream of exploring Australia with my husband, children and grandchildren.
- Japan, Machu Picchu, see the northern lights, ride the Orient Express
- Lots of places. Europe, Hawaii.
- National Parks, Western Europe, Costa Rica
- Anywhere, domestic and foreign. But I have traveled a lot already. Africa, Scandinavia, Europe, Australia. I haven't been to South America, which I regret. But it's too strenuous now.
- Everywhere
- Ever since I started doing Reading Recovery I have wanted to visit New Zealand, where it started. At this point, I am not sure what I think about the carbon footprint and the general safety of travel.
- Walking tours in Europe and the UK. Trips led by knowledgeable guides to destinations such as Egypt, Madagascar, and Zanzibar would be very interesting to me as well.
- Europe
- Western US , Europe, South America



Q33. Where do you still want to travel when possible? (continued)

- Switzerland Southwest US Polynesia Martinique
- Back to France, especially Provence, also Japan, New Zealand, and take my granddaughters to Alaska and Hawaii
- European rivers by cruise and to Australia and New Zealand
- California, Southwest, Italy, Scandinavia
- to visit daughter and grandson in Boston, Italy, Scandinavia
- My bucket list has shrunk as the life I thought I was headed for imploded. Now have achieved two out of five basics, third was cancelled this year.
- I have done a lot of international travel. Now I want to see parts of the U.S. that I have never seen - the Hudson River Valley, the deep south, Alaska
- These days...almost anywhere! I'd like to return to Italy and Scotland
- In my work and personal life, I've visited 49 states and 27 countries. I definitely want to visit that 50th state (Alaska) and would like to visit England regularly (my husband is from the UK). I'd like to visit Ireland and several other European countries as well. And I'd like to visit Kenya.
- Various places in the US, including where my grandchildren live as I haven't seen them in over a year because of the pandemic! Overseas, , probably Europe and Middle East. I've been a lot of places already!
- Russia, Bali, Ireland and Scotland and, of course, the Caribbean.
- Israel (for 10th time); Africa (for 2nd time); US National Parks with my grandkids.
- Spain and Italy
- Morocco is next on the list. I want to see more of New Zealand than we did on a short trip there.
- Absolutely!!!! Can't wait to dust off my passport and resume our international adventures.
- Practically everywhere.
- Macchu Picchu and the Galapagos Islands; Cambodia, Laos and Vietnam; possibly China. And return to old favorites: Paris, San Miguel de Allende in Mexico, the Caribbean.
- Everywhere! I'd like to return to India and Thailand, go to Morocco and Egypt, and back to Greece and many parts of Europe. I would continue to go regularly to Ireland and Barbados and Trinidad,
- Costa Rica- we want to reschedule the trip that was cancelled last year. India- we have been numerous times and have close ties with a couple of families. All of North America
- Greek Isles, return to French Polynesia, St. John, USVI, Italy, Hawaii, Germany, Switzerland, France
- widely - had to postpone trips to the Middle East and Southeast Asia; will return to Europe when possible; planning more travel to Asia
- Machu Picchu, Iceland
- Africa to see gorillas
- Ecuador, Alaska, back to Slovenia and Greece, Sardinia, Bali and Tahiti, Argentina and Chile and a host of others. I've been in 20 other countries in Asia, South America, Central America, and Europe. Oddly have no desire to visit either India or Africa.
- First world countries, only, for lots of reasons.
- Almost anywhere. I was planning to do a lot of travel in retirement. We'll see how that goes. I have already cancelled three trips
- My home on the shores of Lake Ontario and also to Europe
- I recently relocated to Southern California so post COVID want to explore far more of the Western US.
- Spain; Israel; France; North Africa; Sicily; New Zealand; Argentina; Egypt; Azores; England and wherever the fancy takes me
- To see my children in Colorado & Montana. National parks out west. Anyplace warm and in the same time zone.
- UK because my husband is from England Costa Rica Alaska, Spain, Portugal
- Western U.S., Canada, England, Scotland, Italy
- We love desert camping, and have special "places in the heart" in southern Utah and the Mojave desert in and around Death Valley. Love Amtrak. Want to visit family in US but border is closed. Would like to get to know coastal BC.

Q33. Where do you still want to travel when possible? (continued)

- Would love to visit France again (went there on honeymoon)
- Mediterranean; Greece; Israel; Costa Rica; Africa or China maybe
- Back to Nepal and Venice; British Isles; Thailand; Angkor Wat

**Q34. Do you volunteer, either on your own or with an organization? If so, for which cause or organizations, and in what capacity?**

Yes — 92 (81%)

No — 21 (19%)

Comments — 93

- Board member of civic orchestra, board member of women's groups
- I have been on the Board of Directors of North East Medical Services (NEMS) since 1993, a federally qualified community health organization, and Board Chair for many years. We now have almost 70,000 patients and 12 clinic sites in three Bay Area counties (San Francisco, San Mateo, and Santa Clara). I am also a member of the Children's Support League of the East Bay, an all volunteer organization, for the past 10 or 11 years. We do a very well attended Heart of the Home Tour the last Friday and Saturday of April, in Piedmont (a very wealthy, small town surrounded by Oakland) and adjacent Oakland. We feature 5 tour homes, a 6th home for our Gala Kick-Off on Wednesday evening, and often a 7th home for the VIP Breakfast with a guest speaker on Friday morning before the tour begins. There is also a 35 vendor Boutique at the Piedmont Community Center. We donate all proceeds to non -profits that work with disadvantaged and at-risk youth in Alameda and Contra Costa counties. In 2019, we donated \$190,000 to 23 agencies. We have raised over \$3.8 million over our 32 year life span. Finally, I am on the Alumni Committee of Ecole Bilingue, the French American school in Berkeley that my daughter attended K-8th grade. I started on the committee in 2006 as the 8th grade parent representative and continue to be part of it.
- I indulge my continued interest in history and history education by 1) serving as a docent at the Smithsonian's National Museum of American History, and 2) serving on the Advisory Council of National History Day, judging student entrees at the annual national contest, and helping select annual national teacher awards. I also volunteer for my church, heading the adult education committee, serving as a lector and chalcist, playing guitar and handbells, and in other capacities. For our MHC Class of '71, I've co-chaired our last two reunions. On an ad hoc basis I participate in neighborhood cleanups, food collections, and other community projects.
- Religious organizations; have volunteer for MHC class and admissions in the past and now for for reunion; community non-profit organization; local political groups
- Mount Holyoke Club of Northern New Jersey
- hospice, cancer organizations, arts organizations.
- I volunteer with the Refugee Assistance Program, the Food Bank, the Women's Prison, and I have signed up for training with Stand Together Against Rape.
- But not as much as I used to.
- I am on the Adult Skating Committee for US Figure Skating, and volunteer in various capacities at my local rink. I make Knitted Knockers, knitted breast prostheses for women who have lost one or both breasts. Before the pandemic, I did volunteer occasionally at the local food bank, but at this time I can only support them with monetary donations.
- Church; homeowners association; Mount Holyoke fundraising
- I am very active in politics and political campaigns. Also I am a Board member of the Frances Perkins Center, the Maine Coalition to End Domestic Violence and Emerge Maine, which trains Democratic women to run for elected office. I am also on the Board of Trustees for the University of Maine System.
- Visiting nurse association (Board member), public library (fundraising)
- Since retirement I have been volunteering for the AARP Taxaide service as a tax preparer and have found great enjoyment in doing this. Also volunteered at a food pantry.
- Voting rights, oy vey, and tree conservation take the greatest part of my time.
- My Foundation work is volunteer

Q34. Do you volunteer, either on your own or with an organization? If so, for which cause or organizations, and in what capacity? (continued)

- Immigrant citizenship program through local church
- I left a board in 2017 on which I had served for 12 years as president, treasurer and twice as interim ED while holding my primary employment. I needed a change.
- Very little. I meant to retire in 2020 and get involved in volunteer work related to sustainability. I managed a little bit during the presidential campaign - get out the vote letter writing
- fundraising
- My husband and I volunteer at our local art museum, and with some social service agencies, delivering food.
- I am a Trustee of the American Academy in Rome and have been an active board member of a number of organizations in the past, from the New York Botanical Garden to the Breast Cancer Research Foundation
- I'd been doing things with my church and with the Health Center in the life care center where I live, but everything has been shut down since last March. Keep your fingers crossed (for us all!)
- Fair trade, animal shelters
- In the past yes- not now
- for MHC, Investment Committee, Reunion fundraising/activities
- A low income housing community where I work with a youth program; a temporary shelter for families where I volunteer with my chapter of Alpha Kappa Alpha Sorority, Inc., and I support the outreach programs of the church in which I belong (sanctuary for immigrant families is one of many initiatives).
- Climate Restoration local chapter co chair
- Board member, fundraiser, driver
- my career was basically a volunteer job
- Food pantry, "aging in place" neighborhood organization, local Quaker meeting
- Locally
- I am on the management team for a community garden. Hope to do more volunteering in the future.
- Trustee of my church; volunteer for MHC
- Aside from reunion prep and clubs to which I belong (which I don't really consider volunteering), I'm not volunteering at the moment, but I'd like to get back to tutoring adults and bringing music to seniors.
- Active in neighborhood associations in two cities, currently serving on area land use task force in home city; active memberships with three art museums; financial supporter for national civil rights and environmental non-profits; active participant in alumni affairs for MHC and my graduate school.
- American Library in Paris, volunteer in children's services, book group co-leader
- At my local historical society and senior center.
- Food Bank food sorting, Planned Parenthood escort
- for the local public schools and the town COA and library
- church/ artist center
- church Vestry
- I have not been much of a volunteer, but after 2016 I volunteered for the campaign of a Democratic candidate for the Minnesota State Legislature. He lost the first election, and the second, each by fewer points than the previous one, and he won the third time. Now serving in the State Senate. This taught me that politics is a long game.
- A local non-profit, and social-justice issues through church
- legal organizations providing services to the poor; professional organizations helping to educate poor/immigrant women.
- I serve on the City of Hartford Advisory Commission on Food Policy which advocates for access to healthy food; grow vegetables for donation; board member, CT Master Gardener Association; Co-chair Hartford School Garden Council which supports and promotes school gardens in Hartford; Reiki volunteer at Hartford Hospital (pre Covid)
- I am paid to provide home care services for seniors through an agency, but I derive the same sense of meaning and purpose from this paid work as I would doing the same work on a volunteer basis--getting

Q34. Do you volunteer, either on your own or with an organization? If so, for which cause or organizations, and in what capacity? (continued)

paid is just a nice plus, since the real reward comes from helping to maximize the quality of life for the people I serve.

- After 30 years doing all I could in a small town in northern NY, I'm in transition and not yet "plugged in"
- Not currently. Have volunteered in the past at elementary schools and years ago as Girl Scout leader.
- Not at this time.
- on the board of trustees for a land trust; national reform effort in biology education
- Sewickley Presbyterian Church - Elder, Bible study teacher, adult education, stewardship. I also volunteer at the Center for Hope, a community center in an underprivileged community.
- I offer my fabric art in fundraisers for Democratic candidates and non-profits focused on social and environmental justice and voting rights.
- MHC local alumnae club; local reptile club events coordinator
- On board for many years of nonprofit that provides support for children who have lost parent, sibling or other key person
- Have done a tremendous of volunteer work.
- Safety net health care clinic
- Food bank, Childrens causes
- I am the leader of my church's Peace&Justice Team, on the steering committee of the local climate justice, grassroots organization, a member of Code Pink, a Raging Granny and a member of an organization working for the abolition of nuclear weapons.
- I volunteer my time to neighborhood activities that focus on affordable housing issues in my community.
- on board of trustees for waypoint which is an organization helping women and children
- Health Care for the Elderly and Preservation of Open Space with New England Deaconess Board of Overseers and local land trust Board.
- Voter protection
- Pre-pandemic I volunteered as a patient advocate for many years and also served on the board and as president of my civic association for years.
- church - thrift shop and mental health, cancer support
- Church - Sunday School teacher; Food Pantry - food distribution
- My local church, Food Bank
- a social service agency that helps those in need to get identification
- make quilts for charity groups
- Episcopal Church Vestry (Board) and Board of a non-profit that provides affordable housing and social services.
- Yes, I've sung in retirement homes, done Day of Service projects with various college groups and organizations, am president of my MH Club, represented MHC at college fairs & encouraged those admitted to attend. I've done a little acting in community theater, and supported one acting group with my organizational skills. I've been a BSA merit badge counselor for over 20 years. Over the past ten years, I given many hours to the Democratic party
- Xerox Retiree Board, Ryerson Univ. Innovation grants Committee, Library Board, Community Hall Board, Local Economic Development Committee.
- Arts organizations, Jewish organizations, Racial Equity organizations
- local art museum and philanthropic group
- Now mainly through our church--have been warden and treasurer but now on some committees. And MHC volunteer work since graduation
- MHC, NYC Homeless, local library, local government
- Many years as nonprofit board member/officer in public policy, environmental, church organizations.
- MHC (fundraising); my Unitarian Universalist Fellowship (chair/member of several committees)
- Unfortunately my cancer diagnosis and then Covid have prevented me from volunteering since retirement but when I get the vaccine I intend to start.

Q34. Do you volunteer, either on your own or with an organization? If so, for which cause or organizations, and in what capacity? (continued)

- Tutor for Literacy Council; doing whatever is needed at the local food bank; committee work and other involvement in the local OLLI (Osher Lifelong. Learning Institute)
- Church ministries - scheduling of Prayers of the People for services, delivery of groceries to the poor in San Antonio, fund raising for Mercy Ships services, delivery of groceries to the poor in San Antonio,
- extensive, both in leadership at a women's club and in several charities, in some of which I exercise leadership
- CASA, various flip blue organizations
- I probably volunteer too much. I've been a volunteer with at least ten organizations over the years, and I'm still actively involved with six.
- Over the years I have volunteered at both museums and hospitals. Right now, my volunteering is limited to board work for a regional theatre and a scholarship organization.
- I am on the Vestry of my church
- I serve on the El Segundo, CA Rotary Club Board and have volunteered this past year as the Head Class Agent for our 50th Reunion Gift.
- Usher; condo board; library book sale; professional organization
- Lead a garden team improving wildlife habitat at a state park. Lead a kayak club. They both ensure my sanity!!
- teaching mindfulness and helping to fundraise
- I did so much when my children were growing up - at church, Girl Scouts
- I did this extensively after my retirement, notably a local food organization that set up my town's farmers market. After a while I was happy to be truly retired.
- still travel to family, especially Canada, too often for this
- Read for the blind, ran a community podcasting org, sit on boards of theater groups and art galleries

### **Q35. Is religion or spirituality an important part of your life? If so, how?**

Yes — 74 (67%)

No — 37 (33%)

Comments — 61

- Not necessarily, although I have been a member of Temple Sinai in Oakland since my daughter was in kindergarten. It is a reform synagogue and our chief rabbi is a woman who is part Asian. Our cantor is also a woman and both are incredible. I generally go four times a year, but do maintain my membership.
- Peace
- My faith is an essential part of my identity. A lifelong Episcopalian, I attend church regularly; volunteer in support of church programs and activities; cherish, learn from, and am supported by my faith family; and read, study, and pray to increase my spiritual awareness and discern how I am called to act on and manifest God's love for all in the world.
- I am very involved in Jewish community organizations, as well as lobbying for Israel and services for the Jewish populations around the world. I have been active locally as a Board member as well as President of one of the largest Reform synagogues in my state, and I am also involved at the national level on advocating for Israel, and against anti-semitism
- It's just there.
- I do not attend church regularly, but I have conversations with God.
- I am deeply spiritual, but not particularly religious.
- yes
- No, unless you count appreciation of nature as spiritual.
- I am a member of the Religious Society of Friends ( Quakers ) and hope to become more active in my retirement.
- Participation in church activities such as choir and bell choir.
- I turned to Buddhism while remaining officially Catholic. Buddhism is helping me deal with my husband's dementia
- Trying to develop myself and go with what is right and life-promoting
- Not so much religion at this time. Living a moral life is very important to me.
- I connect with the natural world.
- It's central to my life.
- 12 step program and much transformational education and involvement
- Daily meditation practice and study of Buddhism
- Quite involved with Quaker meetings since 1970s
- I am a member of a Presbyterian church and attend services at other churches also. At least a couple times a month.
- Brings peace and strength
- I'm an atheist.
- Spirituality, independent of church affiliation, is very important.
- I am active still in Episcopal church
- I'm active in the Episcopal church
- Active in my church
- I have no religious affiliation but have developed a sense of spirituality which I try to connect with.
- I currently do not attend church, but I derive great strength in facing life's challenges from the Christian values and teachings that were instilled in me growing up in a family that actively participated in the worship, fellowship and social service work as members of a dynamic, socially inclusive Episcopal congregation.

Q35. Is religion or spirituality an important part of your life? If so, how? (continued)

- Both formally (Episcopal Church) and informally (Buddhist philosophy and yoga practice).
- Belong to a Unitarian Universalist lay led fellowship which is a huge source of community and support. Not religious in the conventional sense but very important to me.
- I attend worship every Sunday, a Bible study and prayer group every week.
- I identify as a Jew and I belong to a Reform Jewish congregation.
- Meditation Spirituality, but no formal religion
- I do not participate in organized religion. But I see from my thoughts and reading that I am spiritual.
- I have always attended church regularly, even when I was in college. I taught Sunday school when my children were growing up and I sang in the choir before and afterwards. I have served on just about every church board or committee and chaired several.
- I am not involved with organized religion, as it is hard to find the right balance between traditional liturgy/ritual and inclusive, progressive theology. I do seek and find spiritual renewal through experiences in nature and learning about different religions and belief systems.
- No formal religion but the natural world makes me realize there is a higher power also the moments I have experienced around the deaths of others
- A bit.
- Spirituality in nature
- I am still wrestling with this, my answer is: maybe.
- It has been a foundation in college and now.
- I attend church regularly and volunteer there.
- I attend a progressive Episcopal church that has been the mainstay of my DC existence since 1971 and was a fundamental reason I moved back here.
- spirituality
- I attend church regularly and have been involved in the Episcopal church (in many different towns) for more than 30 years.
- Yes, I participate in my synagogue and celebrate holidays. I've also started meditating ten minutes a day, and that has had a calming effect on me.
- Member of two synagogues; constantly taking adult ed classes
- My main volunteer work is through our (Episcopal) church.
- I am an active member of my Unitarian Universalist Fellowship.
- Having been raised Catholic it remains an important part of my identity especially with regard to my extended family but I am not religious. I have very personal feelings about nature which could be called spiritual.
- We are involved with the Jewish Secular Community of Asheville, which keeps us tied to our history and traditions while accepting our own beliefs about the unanswerable questions.
- central to my life now
- I'm an atheist - a vehement atheist!
- I attend church weekly and am on the Vestry
- It's an ingrained identity
- I am a Roman Catholic. I attend church about twice a month. It reminds me to have gratitude and to be humble.
- I have been a practitioner of Buddhism for many years.
- Interested in spiritual growth not in organized religion
- I am unaffiliated but believe in God as divine consciousness.
- I am a Christian by choice.
- Daily meditation practice, blog, and books



### **Q36. How important are fellow MHC alums in your social network?**

Essential — 25 (21%)

Very Important — 27 (23%)

Somewhat Important — 39 (33%)

Not Important — 27 (23%)

Comments — 46

- A few of us have stayed in touch regularly
- I have maintained my friendship with a few of my former classmates. I am in most contact with Nancy Gerstein Novogrod, but also maintain contact with Moira McCloskey and Marcy Wilkov Waterman. However, because of distance, they are not part of my very close social network, except perhaps Nancy, as it has worked out that we see each other more frequently.
- MHC alums are among my closest friends and I can't imagine life without them.
- There are a few MHC alums I keep in touch with.
- I have some dear college friends that I would love to see more often!
- It depends on the context and the alums.
- Relationships have developed as a result of working on 50th Reunion related efforts.
- I enjoy being with them when our paths cross!
- I keep in touch with some of my MHC contacts. Most of them, though, were not classmates.
- But many of the most important people are not 1971.
- Lizzie
- When I found myself in a very dark time, I reached out to 3 MHC classmates whom I had not seen in some years. They all responded immediately and with remarkable caring communications. It helped so very much.
- I have several groups of MHC friends - a group from other classes that I met in NY, those with whom I was friends in school and other classmates with whom I have worked as a volunteer
- Specific friendships are life-long, though we seldom see each other.
- not classmates of mine, mostly but neighbors who happen to be MHC alums
- Maintain annual contact at a minimum. Have travelled with one MHC friend several times. Hope to visit with a few others more in the future.
- Not important, except for one very good friend, my freshman year roommate.
- Alum relationships we're more important before COVID.
- Small number of important friends from that time
- The group of us who were together in 1837 Hall senior year have stayed in touch since graduation. I was less involved in the early years, but have become more involved over time and now we are Zooming each month to catch up! Extremely valuable.
- I have a group of 7 MHC '71 friends with whom I have been in and out of touch with over the years. Get-togethers with them were rare because we all live far apart from each other, but in the past 8 months we have begun monthly Zoom meetings, so geographical distance is no longer a barrier to keeping connected and deepening our friendship.
- They have not been until now, but are becoming increasingly more so.
- I have one important friend from college and several others that I keep up with occasionally.
- I've maintained relationships over distance with some friends who I've known since college days, although we don't get to see each other often. And I've been delighted at times to discover that new women in my life also went to MHC. I love class reunions.
- I did not manage to make many friends from MHC. And it was a painful experience i did not want to remind myself of through the years.

Q36. How important are fellow MHC alums in your social network? (continued)

- A fellow MHC '71 is a Raging Granny with me and we have served or are serving on several interfaith action committees. I recognized her because she was in a close friend's dorm sophomore year, but she did not remember me at all. We are friends now.
- Over the years, I have done my best to attend reunions and maintain a few friendships since MHC days.
- Just a few
- Love my MHC roommates and friends, many of whom I have known longer than my husband.
- With the exception of two or three friends.
- Would like to reach out more
- Regretably I lost contact with other MHC alums. I am glad to have this opportunity to reconnect.
- I haven't really kept up with anyone from MHC
- Literally couldn't exist without them.
- I keep up strong connections to several of my South Rocky friends. I instituted a South Rocky Zoom get together last summer and also worked with my freshman roommate to set up a North Rocky freshman get together. I love attending our reunions.
- Very important even though contact and communication is infrequent.
- Increasingly as time has gone on. Much more so in the past couple of years with preparation for our 50th Reunion since I'm on the Reunion Gift and Reunion Planning Committees.
- A group of 8 of us who met sophomore year and were the 1837 house president group have gotten together for mini-reunions every 5 years since we turned 50. We live all over the country, so we choose a different spot every time (Santa Fe, Newport RI, New Orleans, etc). Plus I have other dear MHC friends who are not part of this group.
- classmates and local MHC club mates
- Have enjoyed reconnecting with some in preparation for 50th reunion, have lost touch with many after school
- My five closest friends came from MHC
- I've kept up with several MHC friends and I always enjoy old friends and new at reunions. We have a lot in common.
- But the MHC women to whom I am closest are not of my era. My favorite friends and traveling companions are all from classes younger than ours. And I have hired MHC women in every job I could. Two classmates remain in my first circle of friends – one I have known since junior high school and the other was my MHC roommate for one semester before she transferred.
- I wasn't able to form close friendships at MHC and transferred after my sophomore year
- It's too bad, but I most went my separate way-- I don't know if they did or not.
- I have maintained a close friendship with my roommate of 4 years

**Q37. Has technology (e.g., Zoom) changed that; i.e., do you now find yourself connecting socially more often with MHC alums?**

Yes — 68 (59%)

No — 47 (41%)

Comments — 47

- email is easy
- Not so much.
- My closest friends I've always been in touch with regularly. But social media has allowed me to reconnect and stay connected with a wider circle of classmates.
- Somewhat
- I'm now part of a regular Zoom with classmates
- Facebook - linked up with several MHC FB groups. Email with friends. Not necessarily connecting more often....more often than what I guess I would ask.
- But I am planning to set up a Zoom next week with some MHC friends!
- Because ZOOM etc are necessary during lockdown.
- Since the pandemic started, I have thoroughly enjoyed biweekly Zoom calls with about a dozen MHC friends
- Thank you, email
- 50th reunion has caused a lot more connecting. I hope it continues after it is over.
- Especially this year
- We stayed in touch all the time anyway. Zoom makes it easier to have group conversations.
- 4 of us have been zooming regularly since start of pandemic
- Not a lot of Zooming with MHC friends. Did enjoy recent sessions organized with those in our freshman dorm group.
- For years Candy lived ten minutes away. Now we message.
- My MHC club had met in person almost every month. We found that meeting on Zoom allowed some who had not come to meetings to join us online.
- See previous comment. I really enjoyed the Zoom meetings with former freshman in Prospect Hall. Delightful!
- As I said above, my MHC '71 group of friends have scheduled regular monthly Zoom meetings beginning about 8 months ago; before Zoom, our get-togethers were limited by geographical distance to once every 2-5 years--or less.
- Having wonderful Zoom talks every two weeks with 8 MHC friends!
- Absolutely!
- For reunion only
- I've enjoyed the zooms and online sharing that have been part of our 50th reunion year but, if not for those, I wouldn't have been able to say that technology enhanced my MHC social connections.
- With our 50th reunion coming up and not being able to attend in person, we are doing a LOT of Zoom calls with our class!
- Not yet. But I suspect I will.
- I joined the my freshman dorm Zoom and appreciated that very much. I have tried unsuccessfully to be in touch with some of those women but have lost touch with all of them.
- Absolutely, due to the pandemic and my decision to become involved in reunion planning. It has been a real gift.
- I do text a lot with friends too
- Recently, because of the pandemic and our upcoming reunion.
- not yet

Q37. Has technology (e.g., Zoom) changed that; i.e., do you now find yourself connecting socially more often with MHC alums? (continued)

- This reunion caused me to reconnect through Zoom.
- I am an "in person" person. Talk to my friends and see them in person as often as possible. Hate Zoom
- I gather with a group of eight MHC alums on Zoom each month.
- emailing roommate
- See above.
- Yes and no. I've attended MHC webinars so I'm more connected with the college. My local club has Zoom meeting now, but we haven't done as many events this year due to the pandemic. This year, I've enjoyed the reunion related Zooms. Generally talk on phone to close friends.
- Only with our upcoming 50th anniversary.
- Definitely through Reunion preparation planning, including a wonderful freshman year dorm Zoom
- Our 50th reunion preparations have helped me reconnect.
- committee meetings
- Five of us chat on zoom every month and I email with the other one.
- Maybe, but I don't find the zoom contact any where near as fulfilling
- Phone and email, and pre-virus get togethers, mostly.
- Not really. Although I did help spearhead a series of freshman dorm zoom gatherings. That was great fun and I think they were well-received.
- We had a great Torrey reunion of our freshmen
- Because of upcoming reunion
- Do use Zoom & Skype to connect with family.