



The Osher Lifelong Learning Institute (OLLI) at the University of Connecticut is an academic cooperative that provides older adults with opportunities for intellectual development, cultural stimulation, and social interaction.

“Flexibility, balance and muscle strength are key indicators of longevity.

Sit. Stand. Repeat. This little trick — a deceptively simple measure of flexibility and strength — can predict who will live longer and whose lives will be cut short, according to a study by Brazilian physician Claudio Gil Araujo. He uses the test with athletes, but he also uses it to lay out the stakes with patients: To live longer, they must get moving and maintain muscle and balance.

Araujo noticed long ago that many of his patients, particularly older people, had trouble with ordinary motions such as bending down to pick up something off the floor — difficulty indicative of a loss of flexibility. As people age, he knew, reduced muscle power and loss of balance can greatly increase the risk of dangerous falls.

Araujo wanted to do more than just lecture his patients about the importance of staying fit. He wanted to give them concrete information about where they had room to improve. He believed that existing clinical tests assessing flexibility, balance and muscle strength were too impractical or time-consuming, requiring ample space for walking or specific equipment such as a stopwatch or a particular type of adjustable chair.

And because factors such as the height of the arms on a chair or a clinician’s speed with a stopwatch can vary, the results could also be unreliable. So he and colleagues developed an alternative, which they call the sitting-rising test, or SRT. It requires no equipment or walking paths — just a clear patch of floor and a willing participant.

In a [study](#) published in the *European Journal of Cardiology*, Araujo had more than 2,000 patients ages 51 to 80, all part of an exercise program at Clinimex Exercise Medicine Clinic in Rio de Janeiro, take the SRT. . . .

Overall, each point increase in the SRT score was associated with a 21 percent decrease in mortality from all causes. Araujo hopes such information can help get more older people walking through the doors of a gym rather than rolling into an emergency room. “(OLLI members-take note!)

ARE YOU SMARTER THAN A SIXTY YEAR OLD?

This was harder than I thought...the answers were on the tip of my tongue... I remembered, but...

Don't look below for the answers until you have tried it out. This is a test for us **'OLDER' KIDS'**.

I was picky who I sent this to. It had to go to those who might actually remember. So have some fun my sharp-witted friends. This is a test for us 'older kids'! The answers are printed below, (after the questions) but don't cheat! Answer them first..... Hope this is large enough for everyone to see.

01. After the Lone Ranger saved the day and rode off into the sunset, the grateful citizens would ask, Who was that masked man? Invariably, someone would answer, I don't know, but he left this behind. What did he leave behind?

02. When the Beatles first came to the U.S. in early 1964, we all watched them on The _____ Show.

03. 'Get your kicks, _____.'

04. 'The story you are about to see is true. The names have been changed to _____.'

05. 'In the jungle, the mighty jungle, _____.'

06. After the Twist, The Mashed Potato, and the Watusi, we 'danced' under a stick that was lowered as low as we could go in a dance called the '_____.'

07. Nestle's makes the very best

08. Satchmo was America 's 'Ambassador of Goodwill.' Our parents shared this great jazz trumpet player with us. His name was _____

09. What takes a licking and keeps on ticking?

10. Red Skeleton's hobo character was named _____ and Red always ended his television show by saying, 'Good Night, and '_____...'

11. Some Americans who protested the Vietnam War did so by burning their _____.

12. The cute little car with the engine in the back and the trunk in the front was called the VW. What other names did it go by?

_____ & _____.

13. In 1971, singer Don MacLean sang a song about, 'the day the music died.' This was a tribute to _____.

14. We can remember the first satellite placed into orbit. The Russians did it. It was called _____.

15. One of the big fads of the late 50's and 60's was a large plastic ring that we twirled around our waist. It was called the _____.

16. Remember LS/MFT _____ / _____ _____?

17. Hey Kids! What time is it? It's _____

18. Who knows what secrets lie in the hearts of men? The _____ Knows!

19. There was a song that came out in the 60's that was "a grave yard smash" its name was the _____!

20. Alka Seltzer used a "boy with a tablet on his head" as its Logo/Representative. What was the boy's Name? _____

Answers on page 5

OLLI Newsletters Go Internet

OLLI newsletters are available on our web page at
www.waterbury.uconn.edu/osher

Then click on the left-hand index that says "Newsletters". They are available in PDF format, if you don't have the free reader, you can get it at www.adobe.com and click on the box that says "READER".

Penny O'Connell will deliver a lecture on Friday, November 22 on "The Assassination of John Fitzgerald Kennedy" – what we know now that we didn't know then... from 10:00 until 11:30 AM in the Multi-Purpose room. Light refreshments will be served. Please RSVP by Friday, November 8 at osher@uconn.edu. Register at 203-236-9924/25.



OLLI Café'

November 8

Producing Professional Theater!

Want to be a theatrical producer? Want to know what goes into producing professional regional theater? You'll learn how it's all put together – from concept to casting to opening night and more – from the artistic director of Waterbury's Seven Angels Theatre.

Semina De Laurentis is the Artistic Director of Seven Angels Theatre, now celebrating its' 23rd season. She has worked in numerous theaters throughout the country, and has, along with the theater, received numerous artistic, cultural and community awards for contribution to the cultural development of the region and the State.

November 15

Celebration of OLLI Arts

On Friday, November 15th, join us for a special OLLI Café!

The Advanced OLLI Cabaret class, under the direction of Sue Matsuki and accompanied by pianist, TJ Thompson, will perform solos and Duets for all to enjoy! Come join the fun!

Clubs & Activities Committee –

November 15, all day, at OLLI UConn.

We are hosting our first ever FOOD DRIVE to benefit the Greater Waterbury Interfaith Ministries food pantry. Please bring non-perishable food items on November 8, and 15. Leave them at the OLLI information table.

Our next meeting is Tuesday, December 3 10:30 a.m. room 123F, UConn library.

Contact Nancy Via at:

nvia@sbcglobal.net for more information.

OLLI WINTER SESSION 2014

See the selection of course offerings and sign up now!

Winter session will be five weeks – Fridays, January 17, 24, 31, February 7, 14 – February 21 will be built in as a winter snow date

Most classes are Fridays from 1:00 PM to 2:30 PM unless otherwise noted. Rooms will be posted!

HS-401 The Palace Theater History, Lou Belloisy

HW-412 Yoga Stretch, Strengthen & Breathe, Cynthia Paolino

HW-411 Chair Yoga, Kathleen Greco

CE-007 Tales of Bosnia, Leslie Lebl

CE-004 Today's News – Tomorrow's History, Barry Davis

SP-401 The Official Game, Ned Conlan

MS-419 Basic Astronomy, Part II Gary Ruggeri

AH-419 Beatniks vs. Hippies? Alan Bisbort

VA-421 A Love Affair with Woody Allen Films, Nunzio DeFilippis

(note: this is a 3-hour course)

WE WANT YOUR FEEDBACK!

Please provide us with your suggestions, submissions and comments praises and/or critiques.

What do you want to read in the Newsletter ?

Contact or send your ideas to:

Bob Grady 860 274-9389

yvoorg@aol.com

BOOK CLUB

Nov. 18 **My Beloved World** by Sonia Sotomayor

Our meetings are from 1:00 to 3:00 in room

OLLI POETRY COFFEE HOUSE

2nd Thurs at John Bale Bookshop –10:00am

Contact Denise Whelan (deniseawhelan@yahoo.com)

For more information



Re: Baltimore and Annapolis
May 4-6, 2014 (Sunday - Tuesday)

I find that planning is part of the anticipation related to going on any trip. Most OLLI members (and guests) who have traveled on previous excursions, have enjoyed the highest quality of their experiences by planning early.

Today, I'd like to focus on the upcoming section of the tour of the U.S. Naval Academy at Annapolis. Beside exploring the Historic District and shops and restaurants, as part of this trip, the guided walking tour mentions seeing the following:

- **Dahlgren Hall** - this Hall is filled with ship and aircraft memorabilia and is where the Midshipman social activities are usually held
- **Bancroft Hall** - this Hall is the largest dormitory in the U.S. Here, the Rotunda and a sample midshipman room are open for viewing. Also, the famous, "Don't Give Up The Ship" banner hangs here.
- **Lejune Hall** - this Hall is an athletic Hall of Fame, featuring an Olympic-size pool and a wrestling arena.
- **The Main Chapel** - physically located on a high point in the Yard, the location affords a sweeping view of the Severn River. The Chapel, dedicated in 1908, conducts both Catholic and Protestant services. Also, the featured stained glass windows were designed by Tiffany and Gorham Studios.
- **Crypt of John Paul Jones** - one of America's greatest Revolutionary War heroes is enshrined beneath the Chapel.

What a wonderful experience to look forward to, and I have only touched upon a small part of the entire trip. Have I encouraged any of you to at least make your reservation with Friendship Tours for this trip now? Your \$150 deposit is not due until February 2014, with the final payment due in March. Budgeting is a significant part of planning. Why delay? Call the Overnight Department at Friendship Tours (860 243 1630) to at least ensure your reservation.

Gen Delkescamp

YALE RUSSIAN CHORUS

TOM KMETZO, OLLI PHOTOGRAPHER, LEADERSHIP BOARD MEMBER AND PRESENTER, WILL BE PERFORMING WITH THE ALUMNI OF THE YALE RUSSIAN CHORUS 60th ANNIVERSARY CONCERT. THE CHORUS HAS PERFORMED ALL OVER THE WORLD, INCLUDING THE FORMER SOVIET UNION; HAS PERFORMED FOR TWO AMERICAN PRESIDENTS IN THE WHITE HOUSE, SUNG FOR BORIS YELTSIN, PERFORMED IN FIVE RUSSIAN OPERAS WITH THE OPERA ORCHESTRA OF NEW YORK IN CARNEGIE HALL, AND HAS APPEARED ON "A PRAIRIE HOME COMPANION" WITH GARRISON KEILLOR.

THE CHORUS IS STRICTLY *A CAPELLA*, AND SINGS IN RUSSIAN AND SIX OTHER LANGUAGES. BUT DON'T LET THE LANGUAGE INTIMIDATE YOU. IT IS THE UNBELIEVABLE MUSIC THAT WILL TRULY MOVE YOU.

THE CONCERT IS FREE, AND WILL HAPPEN ON SUNDAY, NOVEMBER 10 AT 2:30 IN WOOLSEY HALL, 500 COLLEGE ST, NEW HAVEN.



MEET YOUR PRESENTERS

Once a week starting about age 6, Paul Marino settled in to watch movies with his mom while other kids his age came home from school and went outside to play. The names of the classic films he saw and discussed with his mother on a sometimes “snowy” Channel 11 out of New York roll off his tongue: *Casablanca*, *African Queen*, *Cool Hand Luke* and many others. Those afternoons watching classic films made a lasting impression on the self-described “nerdy kid” who grew up with a passion for the movies that set the stage for the classes he presents at OLLI. He also “hosts” movies in the Classic Series at Rave Cinema, owned by Cinemark, at Buckland Hills Mall, Manchester.

His interests go well beyond film. Growing up, Paul acted in *Bye, Bye Birdie* at Waterbury’s Wilby High School and in a community theater production of *Music Man*. He became a fan of the Grateful Dead and its famed lead guitarist and co-founder Jerry Garcia. To this day, Paul thinks of himself as a Jerry Garcia scholar.

Paul learned to cook and personally favors Mediterranean style dishes. He met his wife Cindy when working in the restaurant business in Waterbury. He and Cindy also worked together for DeVito Catering. Today, Paul occasionally cooks for a private party as a personal chef, saying his menus tend to be “very Italian. “I love cooking and I love to eat.” He enjoys teaching culinary arts classes at Wolcott’s adult education program.

Paul had a talent for math and earned his bachelor’s degree from Central Connecticut in mathematics/statistics. This led to a 28-year career at The Hartford where he utilized his IT and accounting skills to function as a business analyst. Upon his retirement from The Hartford in 2011, Paul found he had time to pursue his passion for film and to share his love of it with others. He believes the movies are an important part of culture that should be studied and evaluated. Paul personally sees about 250 movies a year, including 150 in theaters and the balance on DVDs. His wife accompanies him to the movies about once a week. Paul believes great movies challenge the viewer to think about issues in new ways. To his mind, the greatest director of all time was Stanley Kubrick, who died in 1999. Among Kubrick films was the *Paths of Glory*, a 1957 anti-war film based on World War I. Kubrick in this and other films confronts the audience “with things you would rather not think about.” Controversy often swirled about the director’s work.

The most compelling thing about the Kubrick films, Paul believes, is that “you leave with more questions than answers.” Often, the customer’s view of the world changes to some degree after seeing one. Paul quoted actor Jack Nicholson on Kubrick. “Most people admit Stanley Kubrick was the man. That vastly understates the situation.”

One of the Kubrick films Paul presented in his current OLLI class titled Stanley Kubrick Films was *2001: A Space Odyssey*. This 1968 science-fiction film with innovative cinematography is considered an all-time masterpiece. In it, the computer running a spaceship takes over from the humans raising philosophical questions that are still debated.

Paul feels fortunate to have had success in his life, to have stayed well and raised his kids with Cindy. The family gives back to the community by running a fundraiser through The Marino Foundation. All funds raised are distributed annually to Waterbury ARC, which serves people with disabilities, and to one other organization that varies from year to year. The family chooses to support ARC in part each year because Cindy has served it as a program manager.

-Mary Ann Martin

November 2013

Sun Mon Tue Wed Thu Fri Sat

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OLLI **2**

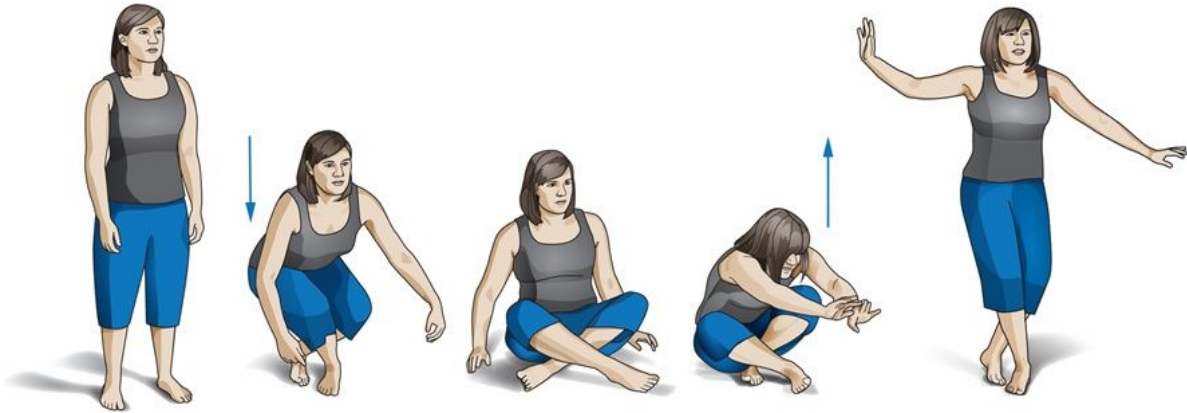
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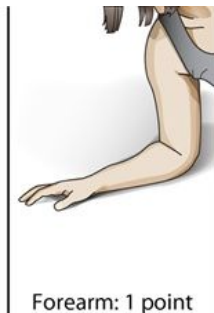
24 **25** **26** **27** **28** **29** **30**

Continued from pg. 1



Try It

1. Stand in comfortable clothes in your bare feet, with clear space around you
2. Without leaning on anything, lower yourself to a sitting position on the floor
3. Now stand back up, trying not to use your hands, knees, forearms or sides of your legs



SCORING

The two basic movements in the sitting-rising-test—lowering to the floor and standing back up—are each scored on a 1-to-5 scale, with one point subtracted each time a hand or knee is used for support and .05 points subtracted for loss of balance; this yields a single 10-point scale

(I have tried this and it is not easy even though I spend some time at the gym. So be careful if you do try this exercise. It might be helpful to have someone supervise you. -RJG)