



OLLI *News*

**UConn**  
WATERBURY

Volume 19, Issue 9

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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

**“VOLUME 1, ISSUE 1**

**FRIDAY, MAY 4, 2007**

***OLLI Opens Its Doors at UConn Waterbury***

*After nearly a year of planning, the first and only Osher Lifelong Learning Institute (OLLI) in the Connecticut opened its doors at the University of Connecticut Waterbury campus on Friday, April 27, 2007. The inaugural OLLI session brought in 123 members from 28 area cities and towns. Members are participating in EU 11 different courses, in eight different “lunch and learn” lectures and Q & A sessions, and special OLLI Events. The Institute was made possible by the generosity of the Bernard Osher Foundation, the Leever Foundation, the Connecticut Community Foundation, and the University of Connecticut.”*

So begins the first edition of the **OLLI Newsletter** nine years ago this coming Wednesday. As we begin the tenth year of OLLI, we should take some time to reflect on the many changes that have occurred over the years. For one, the Newsletter has expanded from two pages to six. The number of courses offered in the Spring Catalogue increased from the original eleven to fifty-nine and is happening in different buildings and on different days as well as the main Campus rooms on Friday. The Travel Committee was created and has offered and is offering many exciting trips. We have a Book Club and a Poetry Club and “Lunch and Learn” has become the OLLI Café’ with many interesting guest speakers. OLLI’s vibrant garden endeavor has participated with the community by donating its produce to local shelters and keeping its members in great shape by digging and planting. Our membership has increased more than seven-fold since the original 123 and we are growing.

Brian Chapman’s first Director’s welcoming letter went like this:

*“Dear OLLI Members*

*Welcome to the University of Connecticut, Waterbury campus. It is more than exciting to see mature adults engaged in learning experiences at our new and vibrant campus. The Osher Lifelong Learning Institute at UConn has created a unique and precious opportunity for community members to get involved in a grassroots movement that is sweeping the nation. We have all heard about the changing demographics in the United States and in other parts of the world; this Institute is just one example of a positive response to the changing needs and desires of local communities. We are proud to be a part of the lifelong learning movement and are eager to assist the community and developing a program that reflects their intellectual needs and interests. As we move forward over the next many months I encourage each of you to get involved, share this good news with everyone you know, and take full advantage of all the OLLI has to offer.”*

Good Advice!

RJG

**WANTED**

OLLI is in need of a volunteer with a reliable camera who likes to take photos and would, when available, do so during OLLI events and activities of interest. This would include OLLI Café, in the halls, during lectures, in OLLI classrooms, at special events, etc.

If interested, please contact OLLI Interim Director, Jonathan Draper at ([jonathan.draper@uconn.edu](mailto:jonathan.draper@uconn.edu) or 203.236.9881).

It is not the strongest of the species that survive, nor the most intelligent, but the one most responsive to change

-Charles Darwin

**The Newsletter** is always looking for content from our readers. This may be in the form of original work or items you have found interesting and may wish to pass on to others. We always welcome any suggestions you may have to improve the newsletter or criticisms of it. The Newsletter exists to inform and entertain our readers.

Contact **Bob Grady** at [yvoorg@aol.com](mailto:yvoorg@aol.com) or any presenter or staff member

“Sometimes I lie awake at night, and ask, ‘Where have I gone wrong?’ Then a voice says to me, ‘This is going to take more than one night’”  
-Charles M. Schulz

**SHOULD YOU POSTPONE OVERSEAS TRAVEL?**

“According to the U.S. State Department, the number of U.S. citizens killed overseas by incidents of terrorism from 2001 to 2013 was 350. If you’re thinking home is safer, compare that number with the 3,030 killed in the U.S. by terrorism during the same period. More recently, of the 132 lives lost in the Paris attacks, only one was an American; and of the 15 people killed by attacks in Istanbul this year, two were of dual U.S.-Israeli nationality. In terms of street crime and gun violence, most of the U.S. cities we live in are statistically more dangerous than the places we visit abroad. Your risk of being killed in a car crash (one in 19,000), drowning in your bathtub (one in 800,000), or being struck by lightning (one in 5.5 million) far exceed your risk of dying from terrorism (one in 20 million).

There are psychological reasons why we are more afraid of terrorist attacks than logic would dictate. We’re more afraid of risks that are new and unfamiliar than of those we’ve lived with for a long time (e.g., heart disease, which kills one in 467 Americans annually). We’re more afraid of risks that kill us in particularly gruesome ways—say, a plane crash, a shark attack, or the Ebola virus—than in mundane ways. We’re less afraid of risks we feel we have some control over, such as skiing and driving, even if it’s only the illusion of control. (Most people think their driving is safer than it actually is. We’re all one text away from death on the road.) We’re more afraid of human-made dangers than of those with natural causes, such as solar radiation or earthquakes. We’re more afraid of risks that are highly publicized, especially on television, and those that involve spectacular events. One incident with multiple deaths has a much greater impact than many incidents each involving a single death. That is one reason why we fear plane crashes more than car crashes (even though the latter are far more likely).”

Considering the statistics, you have to weigh the chances of you becoming a statistic—which seem to be rather low.

wendyperrin.com

**OLLI BOOK CLUB**

Contact: **Nancy Via** at [nvia@sbcglobal.net](mailto:nvia@sbcglobal.net)

All meetings of the book club will be held in room 102D, UConn, Waterbury at 1:00 PM 3rd Monday



**OLLI CAFE**



**Mozart's Effect On Us And The Mind**

Vincent de Luise

Music surrounds us. It is part of who we are as humans. In this presentation, Dr. de Luise will provide deep insight into music, and attempt to answer questions, such as: how foundational is music? Did it precede language? What does music do to us neurologically and psychologically? Why does it make us happier? Why do major chords sound "happy" and minor chords sound "unhappy?" Is it our cultural bias, or is it the music? What is the "Mozart effect?" Can it make us smarter? Where does music go in the brain and in the mind? Can music be used as a healing art? Can music be another form of medicine? How does music help people with Alzheimer's disease, Parkinson's disease, or stroke?

April 29

Shakesperience Presents:" Waterbury Interactive: Our City, Our Neighborhoods

Upcoming OLLI Travel

5/12/16- The Springfield Museums (4)/Dr. Seuss Sculpture Garden MA - \$62pp

6/20-22/2016 – Lancaster PA (Sight & Sound Theatre (overnight) - \$427pp dbl

6/29/2016 - Thomas Edison National Historic Park/Montclair Museum - \$85pp

9/07/2016 - Music on the Mountain (Mohonk Mountain) NY - \$114pp

9/17-19/2016 – Washington DC/ChantillyVA/Mount Vernon – \$457pp dbl

9/28/2016 – Walkway Over the Hudson/Lunch & Tour of Culinary Inst., Hyde Park, NY - \$107pp

11/4-11/2016 – America's Music Cities-Nashville, Memphis, New Orleans - \$2899pp twin

All prices are member prices. Non-members are charged a slight surcharge. Call Friendship Tours for information and reservations. (1-800-243-1630). Mention OLLI Travel.

**OLLI Travel**  
Invites  
you to

Join us in Lancaster, PA

Mon. ~ Wed.  
June 20-22, 2016

\$427pp twin  
\$527pp single

THEATER!  
CULTURE!! &  
QVC SHOPPING!!!

for more info contact  
Friendship Tours  
at 860-243-1630

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The Travel Committee would like your opinion on these 4 questions

What new destination would you like to see as one of our next Day Trips?

What new destination would you like to be for one of our next Overnight Trips?

What destination that has already been taken as a Day Trip would you like to see repeated?

What destination that has already been taken as an Overnighter would you like to see repeated?

(After answering, tear off, and place your answers in the TRAVEL SUGGESTION BOX at the information table. Thank you from the Travel Committee)



A couple who work at the circus go to an adoption agency. Social workers there raise doubts about their suitability. The couple produces photos of their 50 foot motor home, which is equipped with a beautiful nursery. The social workers then are doubtful about the education that the child would get. "We've arranged for a full-time tutor who will teach the child all the usual subjects along with French, Mandarin and computer skills." Then there are doubts about raising a child in a circus environment. "Our nanny is an expert in pediatric welfare and diet." The social workers are finally satisfied. They ask, "What age child are you hoping to adopt?" "It doesn't really matter, so long as he fits in the canon."

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I pulled into a crowded parking lot and rolled down the car windows to make sure my Labrador Retriever had fresh air. She was stretched out on the back seat, and I wanted to impress upon her that she must remain there. I walked to the curb backward, pointing my finger at the car and saying emphatically, "Now you stay. Do you hear me? Stay!"

The driver of a nearby car gave me a startled look. "I don't know about you, lady," he said incredulously. "But I usually just put my car in park."

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A very cheap man was looking for a gift for a friend. Everything was too expensive, except for a broken glass vase which he could purchase for almost nothing. He asked the store to send it, hoping his friend would think it had been broken in transit.

In due time, the man received an acknowledgement from his friend. "Thanks for the vase," it read. "It was so thoughtful of you to wrap each piece separately."

~~~~~  
Two bachelors are talking about cooking. "I got a cookbook once," says one. "But I could never do anything with it." "Were the recipes too hard?" asks the other. "No," he replies. "But each of the recipes began the same way - take a clean dish..."

## Osher Lifelong Learning Institute at UCONN, Waterbury

The Osher Lifelong Learning Institute  
The University of Connecticut  
99 East Main Street  
Waterbury, CT 06702



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or  
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The Osher Lifelong Learning Institute (OLLI) programs are centered around classes developed and taught by members who volunteer their time and talents to share their knowledge, life passions, and interest with other members. The OLLI program also sponsors special events featuring noted authors, scholars, and experts in respected professional fields.

### OLLI Leadership Council

#### Council Members

OLLI officers are part of the Leadership Council, which is the principal representative body of the OLLI membership.

#### Council Officers

President - Chuck Miceli  
1st Vice President - Toni Escott  
2nd Vice President - Delma Way  
Secretary - Pat Fahey  
Assistant Secretary - Joyce Conlan



**We're on the web! [www.oli.uconn.edu](http://www.oli.uconn.edu)**

## OLLI artBeat

### “Picture This”

#### Celebrating Music, Art and Waterbury with The Waterbury Symphony

By *Mary Fitzpatrick Peitler*

An incredible night is in store for theatergoers at the *Waterbury Symphony's* event entitled “*Picture This*” which will take place tomorrow night, Saturday, April 23, at Naugatuck Valley Community College!

Last Friday at OLLI Café, before the regular presentation, OLLI members were treated to a personal invitation to this night of music and art. The new *executive director of the Waterbury Symphony, Dan Rostan*, spoke to OLLI students, explaining the upcoming artistic evening, and generously offering a special rate for OLLI students to take advantage and enjoy a very special concert.

At 7 p.m. *Dr. Vincent DeLuise*, a local ophthalmologist and clarinetist, will deliver a lecture on the topic of *Synesthesia*, a psychological phenomenon in which one sense is simultaneously perceived as if by one or more additional senses. In another form it can join objects such as letters, shapes, numbers with a sensory perception such as smell, color or flavor. Dr. DeLuise will explore how this condition relates to the arts and how it has influenced great works.

At 8 p.m. the first half of the musical entertainment will feature a piano concert by the young musician *Claire Huangci* who will play *Rachmaninoff's Piano Concerto No. 2*. Ms. Huangci is an internationally known prize winning soloist. She has performed at Carnegie Hall, Konzerthaus Berlin, Gasteig Munich, Salle Cortot Paris, Oji Hall in Tokyo and Symphony Hall in Osaka among many other venues. Her debut CD of works by Tchaikovsky and Prokofiev (2013) was awarded the German Record Critics highest award.

Ms. Huangci will be followed by The Waterbury Symphony playing *Modeste Mussorgsky's "Pictures at an Art Exhibition,"* the musician's musical meandering inspired by visual art. At the same time, over 700 images of Waterbury and the Naugatuck Valley – its history, art, architecture, natural features, people and products will be shown in photographs as a tribute to the local area. The WSO calls it “a multimedia portrait of the collective consciousness of our community,” and is the culmination of the *Picture Waterbury Project* which solicited photographs from area residents to celebrate the greater Waterbury area. Curated by *Leif Bjaland*, music director and conductor of the symphony, it is comprised of submissions from individuals, historical societies, libraries, the Mattatuck Museum and local corporations. This is truly a labor of love and should not be missed for its artistic content and historical importance.

If you have not yet purchased your tickets at a special OLLI rate of \$5 (regular prices \$20, \$35 and \$50) call The Waterbury Symphony today, 203 574-4283, to inquire if seating is still available, and be sure to tell them you are looking for the reduced rate. The *Fine Arts Center at Naugatuck Valley Community College* is located at 750 Chase Parkway, Exit 18 off I84. Hope to see you there!!



## MEET YOUR PRESENTERS

**Dr. James (Jim) Prado** loves outdoor activities as well as the practice of chiropractic and holistic medicine.

He lives what he urges his patients to do: have a balanced life that includes exercise, healthy diet, stress management and spiritual practice.

However, Dr. Prado's outdoor activities often extend beyond what most people do.

He has taken major bicycling trips in Spain and Ireland and found some possible links to his own family history in the Galicia region of Spain: could there be a knight in his lineage? It's an interesting possibility.

Today, Dr. Prado hunts with his prized Vizsla bird dog as part of a hunting club in Northwest Connecticut that focuses on pheasants. If they are successful on these excursions, the birds become dinner. "I would never shoot something I wasn't going to eat."

A favored activity is fly fishing on the Shepaug River, where rainbow and brown trout rise to the surface. "Fly fishing is almost like a form of meditation; there is so much to it." He observes you need to know the natural ecology of the system as well as how to present the fly to the fish.

When discussing past experiences, Dr. Prado recalled a surprising incident that happened when bicycling across Spain. Many pilgrims travel the Camino de Santiago (the Way of Saint James) on foot to the Cathedral in Santiago de Compostela where relics of Saint James lie in a coffer.

Dr. Prado and a friend who shares his love of biking were riding on the Camino when they got off it to visit an ancient stone church.

Dr. Prado mentioned to the caretaker that his surname is Prado and his great grandfather, Gomes de Prado, was born somewhere in the area. She pointed to the knight effigy (sculpture) on a tomb cover that also included the name Gomes de Prado. "Pretty exciting," he says.

His most favored sport remains ice hockey. He began playing in Farmington, Long Island, with a pee-wee hockey team that won a national championship in 1973. Dr. Prado was captain of his Men's Varsity Hockey Team at Iona, a Division 3 School. Today, he plays

with a men's group that gets ice time at various hockey rinks in area prep schools. "I find it a fun way to stay in shape, both physically and socially."

Dr. Prado majored in biology at Iona, which he says, had a terrific science department. After attending a presentation by a chiropractor during an Iona Career Day, he knew, "This is what I am going to do."

He proceeded to earn his Doctor of Chiropractic degree from New York Chiropractic College. He also became a Certified Chiropractic Sports Physician there and has studied Botanical Medicine at the University of Colorado School of Pharmacy/Western States Chiropractic College.



Manipulating the human spine has been done for thousands of years, he says. People come for help often because of pain. Their backs hurt. Many have tried traditional medicine and found their backs still hurt.

While highly skilled in traditional chiropractic techniques, Dr. Prado also works with his patients on lifestyle changes. He strives to treat the whole person. It's important to live "the way we are meant to live." This includes eating properly and working on the mind-body relationship when finding ways to cope with stress. He encourages engaging in spiritual practices.

"I think I really help people's lives." Patients "come to me asking 'what should I be eating? What exercise should I be doing?'"

Of his practice, he says, "It's amazing the number of patients I have who are medical doctors; referrals by medical doctors are very high."

Dr. Prado, president and director of the Pomperaug Chiropractic & Holistic Center, PC, Southbury, has practiced since 1987. His OLLI class is titled: *The Holistic Lifestyle: Contemporary Science Discovers Ancient Wisdom*.

He and his wife Karen and son Matt live in Roxbury. –  
**Mary Ann Martin**