

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

THERE'S NO NEED TO PANIC

Bill Press, host of The Bill Press Show, states online, "As I write this column, two health workers in Dallas have come down with Ebola after treating Thomas Eric Duncan, who traveled from Africa and died from the disease. By the time you read it, there will likely be more cases.

"Still, there's no need for panic. I repeat; there's no need for panic. It's important to keep what's happening with the Ebola virus in perspective. Even with the latest news from Dallas, that makes a total of three Ebola cases outside of west Africa: a nurse in Spain and two nurses in the United States, all three healthcare workers exposed to the virus while performing their jobs. Meanwhile, according to the Centers for Disease Control and Prevention, 480,000 people die in the United States each year from cigarette smoking; 88,000 die of alcohol – related deaths. More people will die of the flu this year than from Ebola."

"Did I mention? There is no need for panic. But there is cause for concern, after watching the CDC respond to the first cases of Ebola in this country. So far they surely don't inspire confidence that they know what they're doing and are handling the situation well enough to prevent a potential crisis from escalating into a real one. It looks like they're making it up as they go along."

Dr. Thomas Frieden, director of the CDC, readily admitted "mistakes were made."

But, Mr. Press makes a great point. There is no need to panic. In the United States, there are approximately 300 million people and three have contracted Ebola. That works out to a percentage of 0.000001 of you personally

catching the virus. The people closest to Mr. Duncan were released from quarantine yesterday after the mandatory 21 day seclusion—none have contracted the disease. Forty eight health care workers have also been released after showing no signs of the virus.

Why, then, are so many people panicking? Of course, Ebola is a frightening disease. ISIS is a terrifying group. What is a great motivator of behavior? Fear of the unknown! Could talk radio and 24/7 news have any connection with spreading that fear?

"Conspiracy theories have always moved in tandem with the news, offering shadow explanations for distressing or perplexing events." writes Alan Feuer in the NYT (10/18/2014). "Though typically dismissed as a destructive mix of mendacity and nonsense, they often reflect societal fears."

He goes on to say, "It is not surprising that populist and anti-government conspiracies are rampant at a moment when opinion polls suggest that our trust in government has reached a record low. In fact, most theories pit those who perceive themselves as powerless against a dominant cabal of secretive elites."

Neither Science nor the government is perfect—but who would you rather believe—experts in the field or talking heads on TV/radio? OLLI members are prudent people so they would probably look for the truth by seeking their own answers.

"Since fear is mostly about ignorance, the best part is that it is as temporary as you choose."

Christine Comaford,
The Smartest Words Ever Spoken

Run Through The Rain

A little girl had been shopping with her Mom in WalMart. She must have been 6 years old, this beautiful red haired, freckle faced image of innocence. It was pouring outside. The kind of rain that gushes over the top of rain gutters, so much in a hurry to hit the earth it has no time to flow down the spout. We all stood there, under the awning, just inside the door of the WalMart.

We waited, some patiently, others irritated because nature messed up their hurried day. I am always mesmerized by rainfall. I got lost in the sound and sight of the heavens washing away the dirt and dust of the world. Memories of running, splashing so carefree as a child came pouring in as a welcome reprieve from the worries of my day.

Her little voice was so sweet as it broke the hypnotic trance we were all caught in, "Mom let's run through the rain," she said.

"What?" Mom asked.

"Let's run through the rain!" She repeated.

"No, honey. We'll wait until it slows down a bit," Mom replied.

This young child waited a minute and repeated: "Mom, let's run through the rain.."

"We'll get soaked if we do," Mom said.

"No, we won't, Mom. That's not what you said this morning," the young girl said as she tugged at her Mom's arm.

"This morning? When did I say we could run through the rain and not get wet?"

"Don't you remember? When you were talking to Daddy about his cancer, you said, ' If God can get us through this, He can get us through anything! ' "

The entire crowd stopped dead silent.. I swear you couldn't hear anything but the rain.. We all stood silently. No one left.

Mom paused and thought for a moment about what she would say. Now some would laugh it off and scold her for being silly. Some might even ignore what was said. But this was a moment of affirmation in a young child's life. A time when innocent trust can be nurtured so that it will bloom into faith.

"Honey, you are absolutely right. Let's run through the rain. If GOD lets us get wet, well maybe we just need washing," Mom said.

Then off they ran. We all stood watching, smiling and laughing as they darted past the cars and yes, through the puddles. They got soaked. They were followed by a few who screamed and laughed like children all the way to their cars. And yes, I did. I ran. I got wet. I needed washing.

Circumstances or people can take away your material possessions, they can take away your money, and they can take away your health. But no one can ever take away your precious memories.

So, don't forget to make time and take the opportunities to make memories every day. To everything there is a season and a time to every purpose under heaven.

I HOPE YOU STILL TAKE THE TIME TO RUN THROUGH THE RAIN.

Cont. by **Richard Fogg**

We are what we think. All that we are arises with our thoughts. With our thoughts we make the world.

Buddha

OLLI POETRY COFFEE HOUSE

2nd Thurs at John Bale Bookshop -10:00am
Contact Denise Whelan (denisewhelan@yahoo.com)
For more information

OLLI BOOK CLUB

Contact: **Nancy Via** at nvia@sbcglobal.net
Monday, Nov. 17.....Unbroken Laurel Hillenbrand
All meetings of the book club will be held in room 102D, UConn, Wtby at 1:00 PM 3rd Monday



Oct 24

ATRIAL FIBRIL—WHAT? This talk will be an in-depth look at the arrhythmia Atrial Fibrillation — the causes and consequences will be described in detail. Learn the risks of it contributing to cryptogenic (hidden) strokes, as well. The importance of controlling it and the prevention of strokes.

Jaye Howes is a masters-prepared Adult Nurse Practitioner with more than 30 years' experience in the nursing field. She managed the Telemetry Unit at Waterbury Hospital and shared her love of Cardiology by teaching her patients about their cardiac diseases. She currently works in the Cardiovascular Unit of Waterbury Hospital.

Oct 31

GOING GREEN KEEPS WATER CLEAN

Carol Haskins, Outreach Director of the Pomperaug River Watershed Coalition, earned a MS in Environmental Studies from Antioch University New England. Carol has been splashing around rivers, ponds and lakes since early childhood in Vermont, and now gets to share her passion for aquatic environments by teaching people about the watershed.

OLLI Food Drive

. OLLI Food Drive Makes Thanksgiving Better

Every grocery store in the area will soon have large attractive ads designed to attract you to do your Thanksgiving shopping in their store. The OLLI Clubs and Activities committee is asking you to buy a few of their bargains and contribute them to their 2nd Annual Food Drive.

The committee will be collecting cans of food such as soups, vegetables and tuna as well as peanut butter and jelly. Also needed are boxes of pasta and bags of rice and flour.

Please bring your donations to the OLLI Information table across from the UConn Co-op. We will collect food items on both November 7 and November 14.

All items will be donated to the Greater Waterbury Interfaith Ministries.

Evelyn Marshak



OLLI Trip to Cooperstown -

October 8th and 9th, 2014

A full bus of very eager OLLI members and guests departed from Prospect on Wednesday, October 8th and headed out for a wonderful adventure of leaf peeping, sightseeing, education and dining. Our trip even included several alternative modes of travel!

We were escorted by a delightful pair of Bobs, our driver and our tour guide. We traveled to our first stop in the Catskills Arkville, NY. This bucolic town is the home of the Delaware & Ulster Railroad. We dined on seasonal gourmet food with impeccable white glove service on the Rip Van Winkle Flyer. The dining cars were an example of art deco décor. Ray and I had the added enjoyment of the company of yet another Bob, Robert Block, a food critic for NPR station WIOX radios Morning Addition from Roxbury, NY. We exchanged common knowledge about Boston, Bob's hometown, learned about the local area and of course FOOD! This was a memorable dining experience for all.

Our next destination was Cooperstown and of course the Baseball Hall of Fame. It was exciting to see baseball's most honored legends. Only 1 % of all baseball idols are in the Hall of Fame. Inducted into the Hall of Fame in 1976 was Waterbury's own Roger Connor. Roger was a star in the 1880s playing most of his career with the NY Giants.

Cooperstown is a quaint, picturesque village on Otsego Lake. Some of our fellow travelers visited the Fenimore Art Museum. James Fenimore Cooper, one of America's best loved novelists was the son of William Cooper, the founder of Cooperstown. Cooperstown definitely deserves a return visit.

A relaxing dinner followed at Portabella's restaurant. After dinner and a bus ride back to our hotel, it was lights out for all the weary travelers.

On Thursday morning, we traveled to Herkimer, NY, to board a pleasure craft for a cruise on the Erie Canal. We took a ride in a liquid elevator also known as a lift lock. The lock lowers and raises boats 20 feet! The lock uses all original equipment dating back to the early 1900s. The locks played a vital part in 19th century transportation, and provided means to move commodities inland, as our country expanded to the west. Now the locks are a way for yachts and pleasure boats to travel the intracoastal waterway.

This trip was a delightful excursion, uniting old and new friends and sharing the good things in life. What could be better!!

Angela & Ray Lynch

Poetry Reading: Brian Turner, soldier-poet

Tuesday, October 28, 12:30-2:00
Room MPR 113-116

Brian Turner is a soldier-poet who is the author of two poetry collections, *Phantom Noise* (2010) and *Here, Bullet* (2005) which won the 2005 Beatrice Hawley Award, the New York Times "Editor's Choice" selection, and the 2007 Poets Prize, among others. His memoir, *My Life as a Foreign Country*, that retraces his war experience, has just been published (2014).

Turner served seven years in the US Army, including one year as an infantry team leader in Iraq with the 3rd Stryker Brigade Combat Team, 2nd Infantry Division. Prior to that, he was deployed to Bosnia-Herzegovina in 1999-2000 with the 10th Mountain Division. Turner's poetry has been published in *Poetry Daily*, *The Georgia Review*, and other journals. He earned an MFA from the University of Oregon.

This event is sponsored by the Connecticut Poetry Circuit, the UConn Office of Veterans Affairs and Military Programs, the Waterbury Faculty Program Fund, and OLLI at UConn.

PLEASE RSVP TODAY

Now, Three Easy Options:
RSVP through online registration
at: olli.uconn.edu/events-open-to-the-public
Email: osher@uconn.edu
Call: 203-236-9924/25

Waterbury Author Mary Donnarumma Sharnick

will read from her book

PLAGUED: Coming of age in the Venetian Fleet

Thursday, October 30, 2014 from 4 to 6 PM MPR 113 and 116.

Mary Donnarumma Sharnick writes historical fiction and memoir. Her first novel, *THIRST*, set in seventeenth-century Venice, was published by Fireship Press in 2012, and is presently being adapted for the operatic stage by composer Gerard Chiusano and librettists Mary Noonan-Chiusano and Robert Cutrofello.

PLAGUED, the first in an anticipated series about the historical Michael of Rhodes, takes place in fifteenth-century Venice and at sea, and was released by Fireship in June 2014.

Mary's work has appeared in *America*, *The American Journal of Alzheimer's Disease and Other Dementias*, *Italian Americana*, *The New York Journal of Books*, *Southern Humanities Review*, and a variety of other journals. Mary has presented at the 41st annual convention of The American Italian Historical Association, Auburn (AL) University Writers' Conference, the Osher Lifelong Learning Institute at Waterbury's University of Connecticut Campus, Mark Twain House, and at various libraries and schools throughout Connecticut. Mary teaches writing and chairs the English Department at Chase Collegiate School.



New Obs Rules

Are you on Medicare? If you are a Medicare beneficiary and are admitted to a hospital as an Obs patient, it can be dangerous to your wallet.

Susan Jaffe writes in the New York Times, 01/10/ 2014," *Every year, thousands of Medicare patients who spend time in the hospital for observation but are not officially admitted find they are not eligible for nursing home coverage after discharge.*

A Medicare beneficiary must spend three consecutive midnights in the hospital — not counting the day of discharge — as an admitted patient in order to qualify for subsequent nursing-home coverage. If a patient is under observation but not admitted, she will also lose coverage for any medications the hospital provides for pre-existing health problems. Medicare drug plans are not required to reimburse patients for these drug costs.

The over-classification of observation status is an increasingly pervasive problem: the number of seniors entering the hospital for observation increased 69 percent over five years, to 1.6 million in 2011."

Now, if you are admitted as an Obs patient, short for Observation patient, your bank account will be better protected. As of October 1, 2014, Connecticut became the third state to mandate that Obs patients must be informed orally and also be given a written notice about your financial responsibilities if you are Obs patient.

If you are sent to a nursing home after being an Obs patient, you will be responsible for your nursing home bills. For Medicare to pay for a stay in a nursing home, you must have been an inpatient for three midnights.

Yes, this does save Medicare a lot of money. And yes, this designation has been used more frequently in the past few years.

The doctor who treats you in the emergency room decides if you are to be admitted as an inpatient or if you will be an Obs patient. Having a bed and being considered an Obs patient are both a possibility.

Why might your doctor say you are an Obs patient? You might have nausea, weakness, fever, kidney stones, stomach pains, some breathing problems and **some types of chest pain** (which may be the same as admission symptoms).

Observation patients might have symptoms whose cause has not been determined as yet. You may not notice any difference in your care because the hospital staff is taking care of you. While an Obs patient, you might have repeated bloodwork, a follow up ekg, or a radiological procedure not available when you were admitted. You could be financially responsible for these tests.

If you were an inpatient, discharged and then be readmitted, Medicare will not pay for the second admission and the hospital will not be reimbursed. With many hospitals showing deficits, Obs helps hospitals stay out of debt.

As an Obs patient you may take your own prescription medications as long as they are in their **original** containers but the hospital will supply pain medications and bill you for them.

Either ask enough questions about your Obs status or have an advocate with you to clarify any issues that seem unclear.

EVELYN MARSHAK