



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

Welcome to OLLI Fall 2014—

On behalf of the University Administration, we welcome you to OLLI at UConn's 16th semester. We hope you enjoy your classes, which are the result of an amazing cadre of volunteer instructors. The Campus Staff continues to provide generous support and hospitality to the OLLI Program—from every department. Please notice the addition of more outdoor seating in the courtyard for our entire campus community. Please also take a look across the street and see the rapid renovation taking place at the former St Leo's Hall (also known as the Convent Building)—this is an exciting enhancement for UConn Waterbury. Completion of the new building is slated for fall 2015.

The OLLI at UConn Staff for 2014-15 includes Aleta Staton, OLLI Coordinator, Jonathan Draper, Assistant OLLI Coordinator, and Heather Price, UConn Class of 2016. Please let us know if we can be of assistance in any way.

Have a great year of enrichment and enjoyment.

Brian G. Chapman, Ed.D., Director of Outreach, UConn Waterbury
Director, Osher Lifelong Learning Institute (OLLI) at the University of Connecticut

In With The New –

The summer has been exhaustingly productive here at OLLI, and this fall will be ripe with the results of all of the work our staff, presenters, and members have been up to. The OLLI website is more interactive. We are able to update pages at a moment's notice. All forms that members and presenters need are accessible through a link on the homepage.

Publications – our brochures and Voices & Visions as well as OLLI News – are at your fingertips. Our webmaster is on staff right here in the OLLI office, so you will notice frequent calendar updates throughout the year.

You can now register online, from your home, or from anywhere in the world where internet access is available. You will only have to create a profile once, and thereafter register for memberships and courses. Registration is

conveniently linked to our new website.

Please pick up your copy and enjoy the work of the OLLI Editorial Board and contributors of the 2014 Voices & Visions publication. It is visually stunning and full of new and beautiful creative works.

As we continue to update our operations here at OLLI, we also continue to need your participation and feedback. Please feel free to chat with us regarding course offerings as well as any other part of our operation. Our doors are open. Welcome to fall, 2014, we're glad to see you!

Aleta E. Staton, MA, Coordinator
Osher Lifelong Learning Institute (OLLI)

PARKING

UConn Police Officers conduct routine parking enforcement in the attached campus parking garage and all cars will be ticketed for parking violations. These violations include, but are not limited to:

Failure to display a UConn parking decal, parking in an unauthorized area –

NO PARKING ON LEVEL ONE, fire lanes, handicap and reserved spaces.

Parking fines can be as high as \$150 for parking in handicap spaces or misuse of a handicap permit. The fine for not displaying a University decal is \$30.

. Reminder of the importance of parking your vehicles correctly while in the UCONN parking garage. As everyone knows, parking is limited and every parking space is needed. So please, once you park your vehicle in a space, make sure it's within the space provided

ALL REPLACEMENT PARKING STICKERS – including newly purchased vehicle stickers: \$10.

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 or any presenter or staff member

OLLI BOOK CLUB

Contact: **Nancy Via** at nvia@sbcglobal.net

Monday, Sept. 15.....My Stroke of Insight Jill Taylor

Monday, Oct. 20.....The Botany of Desire
Michael Pollan

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

OLLI POETRY COFFEE HOUSE

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

Contact Denise Whelan (denisewhelan@yahoo.com)

For more information

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”.

Our New Classmates

Most of the UConn Class of 2016 has moved up to the main campus at Storrs from the Waterbury campus. Taking their places are members of the Class of 2018.

Here are some facts about the students we share the campus with.

There are nearly 200 less freshmen in the Class of 2018 to compensate for last year’s overly large class. Last year more students chose UConn than was expected forcing the university to welcome a smaller enrollment this year. This year’s freshmen class has 3,600 members. The Class of 2017’s freshmen class totaled 3755.

The number of applicants for the freshmen class rose nine percent over last year. The number of international students rose from 150 to 250 with increase greatest among students from China. Also more members of the Class of 2018 are from Brazil and Turkey.

The Class of 2018 is more diversified than ever with 33.8 percent of the enrollment coming from minority groups.

There are an increasing number of students interested in engineering and biology as well as psychology and business.

There are 80 STEM Scholars in the freshmen class. Their outstanding high school work in the fields of science, technology, engineering and math prompted UConn to their first STEM scholarships.

Evelyn Marshak

Hartford Courant

Never insult an alligator until you have crossed the river. Cordell Hull



OLLI CAFE

AN ARTISTIC VISION: AN OPHTHALMOLOGIST REFLECTS ON PERCEPTION, THE ARTS AND EYE DISEASE

What is perception? How do humans appreciate beauty? What modalities do humans employ to appreciate beauty, and specifically, artistic beauty? Hear about how the human brain is "hard-wired" to appreciate beauty. Then, take a kaleidoscopic tour of visual archetypes in the history of art, a look at paintings and sculpture in relation to human perception, and a reflection on art and self-portraiture. Hear about eye disease and some famous artists affected by them, including Michelangelo, Goya, Cassatt, Monet, Degas, Van Gogh, and others. Is illness an obstacle and challenge, or is it an opportunity and catalyst, for creative genius?

Vincent de Luise MD, FACS is an assistant clinical professor of ophthalmology at Yale University School of Medicine and adjunct clinical assistant professor of ophthalmology at Weill Cornell Medical College. He is on the Humanities and Medicine Committee at Weill Cornell, is president of the Connecticut Summer Opera Foundation, serves on the board of the Connecticut Virtuosi Orchestra, and writes frequently about music and the arts.

Sept. 19 Supercharge With Superfoods

Lisa Bok

DIABETES

Good news: rates of certain diabetes related complications have dropped in the United States over the past 20 years. Researchers examined several national databases that included over 6 million adults with diagnosed diabetes in 1990 and over 20 million in 2010. Between those years, rates of heart attacks and short term problems related to high blood glucose (such as ketoacidosis and coma) fell by about two thirds, stroke and amputations by about half, and end-stage kidney disease by about one third. Researchers attributed the declines to better healthcare as well as health messages targeting patients with diabetes. But they cautioned that complications remain numerous because the number of people diagnosed with diabetes keeps growing.

The New England Journal of Medicine, April 17, 2014

Spring Back in June 2015

The southern coast of Maine is the location for the "Spring Break". Ogunquit is perfect for stimulating educational experiences, as well as time for leisure indulgence.

The travel committee and Friendship Tours have arranged a three day, two night stay at the Meadowmere Resort. It has great views and a heated indoor pool. Dining will include Johnathan's, as well as a "down east" lobster bake. Sightseeing will include a relaxing cruise to see the Nubble lighthouse and a leisurely stroll through Perkin's Cove- a fishing village and art enclave. A second venue will be Strawberry Banke, NH. Here we will visit hundreds of years of American history in a beautiful village with original and restored structures and active businesses and the arts.

The price of \$397 includes transportation, baggage handling, two nights in resort hotel, two breakfasts, two dinners and all gratuities. The tour guide will most likely be Bob Read.

This trip is expected to fill quickly. Register as soon as your plans are formed and confirm your seat with a deposit later. For questions, registrations, or special requests, call Friendship Tours at **860 243-1630**.

Mentally, skip right over winter 2014-2015 and arrange your Spring Break for **June 7-9 (Sun-Tue), 2015**.

"Before I built a wall I'd like to know
What I was walling in or walling out,
And to whom I was like to give offense."

—Robert Frost



GENIE

One day a man was walking along the beach and found a bottle. He looked around and didn't see anyone so he opened it. A genie appeared and thanked the man for letting him out. The genie said, "For your kindness I will grant you a wish, but only one." The man thought for a minute and said, "I have always wanted to visit Hawaii but have never been able to because I'm afraid of flying and ships make me seasick. So I wish for a road to be built from here to Hawaii." The genie thought for a minute and said, "No, I don't think I can do that. Just think of all the work involved: the pilings needed to hold up the highway, how deep they would have to be to reach the bottom of the ocean. Think of all the pavement that would be needed. No, that is just too much to ask." The man thought for a minute and then told the genie, "Well, there is one other thing that I have always wanted. I would like to be able to understand my girlfriend. What makes her laugh and cry, why is she temperamental, why is she so difficult to get along with? Basically, what makes her tick?" The genie considered for a few minutes and said, "So, do you want two lanes or four?"

WIFE MISSING

A husband went to the police station to report his wife missing. He told the sergeant that his wife went shopping yesterday and has still not come home.

Sergeant-What is her height?

Husband I never really noticed.

Sergeant-Build?

Husband-not slim, not really fat.

Color of eyes? -Never noticed

Color of hair? Changes according to season.

What was she wearing? Dress/suit. I don't remember exactly.

Did she go in a car? Yes

What kind of car was it?

Black Audi with super charged 3.0 litre V6 engine generating 333 horse power with an eight-speed trip-tonic automatic transmission with manual mode. And it has full LED Headlights, which use light emitting diodes for all light functions and has a very light thin scratch on the front left door... at this point, the husband started crying...

Sergeant-Don't worry, sir. We will find your car!

Osher Lifelong Learning Institute at UCONN, Waterbury

The Osher Lifelong Learning Institute
The University of Connecticut
99 East Main Street
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NEWSLETTER CONTACTS

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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. Our 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 - Richard Fogg
1st Vice President - Mary Lou Reignier
2nd Vice President - Delma Way
Secretary - Toni Escott
Assistant Secretary - Joyce Conlan



We're on the web! www.waterbury.uconn.edu/osher

YELLOWSTONE

If you have never been to Yellowstone National Park in Wyoming, put it on your bucket list because it is a phenomenal place to visit. Geologically, it seems to be our youngest natural wonder with its thermal pools and geysers. It is also the site of one of the greatest volcanic eruptions to hit the planet. When you visit Yellowstone you are standing in the caldera of a volcano that stretches some 45 miles across. This story of its formation is told in an article from National Geographic on the internet. Once thought extinct, scientists think it has reached equilibrium-but they are not sure. There are signs that it may be heating up again.

“An eruption could blanket the east coast in a few millimeters and bury the Rocky mountains in several meters of ash

“If Yellowstone erupted into a massive, ash-spewing volcano, how far might the plume travel across the continental United States? From coast to coast, blanketing every city in ash, according to an unsettling new study.

Geophysicists developed a computer model of a Yellowstone “super eruption” that would spew 330 cubic kilometers of volcanic ash into the sky. The resulting ash cloud, depending on wind conditions, would blanket the continental United States in ash deposits of varying thickness, according to the study, published late August in the journal *Geochemistry, Geophysics, Geosystems*.

New York and Washington D.C., would get a light dusting of ash measuring roughly one-tenth of an inch, while San Francisco and Seattle would get a heaping 2 inches. Billings, Montana, meanwhile, would have to dig out from a 70-inch pile up.

If the findings sound far-flung, so to speak, researchers point out that Yellowstone’s last massive eruption spewed ash over tens of thousands of square kilometers. Deposits from that eruption have been traced as far afield as Canada and the Gulf of Mexico. Fortunately, the last time Yellowstone erupted on that scale was some 2 million years ago and counting. “

Huffington Post 9/4/2014

RJG

OLLI Trip to Olana and the Hudson River School of Painting

Wednesday, September 24, 2014

Olana is a huge estate built for Frederic Edwin Church, prized student of Thomas Cole and a painter in the uniquely American style known as the Hudson River School of Painting. It is a blend of Victorian, Persian and Moorish architecture with elements of Middle-Eastern decorative motifs. In mid-September, art mixes with nature for a double treat for visitors as we tour the estates of both these artists. Olana overlooks the Hudson River Valley and will be the first stop on the trip followed in the afternoon by a visit to the Thomas Cole National Historic Site, both with guided tours.

The Hudson River School of Painting is a 19th century American art movement influenced by romanticism. Its painters lived along the Hudson River Valley and the surrounding area. The area’s landscape includes the Catskills, the Adirondacks and the White Mountains. These mountain ranges are prominently featured in paintings by Thomas Cole, known to be its founder, and by those who followed him.

Cole died young in 1848. He was 47. Besides Frederic Church, a Hartford native, other painters influenced by Cole in what has been called the second generation of the movement, include Albert Bierstadt, Asher Durant, John Frederick Kensett, and Sanford Robinson Gifford. The latter two were also founders of the Metropolitan Museum of Art.

The Hudson River School of Painting was the first major school of American art. Its painters searched for a new way of viewing the world and found it in the landscape.

The Hudson River School’s second generation painters widened their landscapes to include New England, the Canadian Maritime provinces, the American West and parts of South America.

Most reference materials that I read for this article never mention that the Hudson River School included four famous women painters. They were Susie M. Barstow, Eliza Pratt Greatorex, Julia Hart Beers and Mary Blood Mellen.

Many of the finest paintings of the Hudson River School were executed between 1855 through 1875 and eventually were critically received.

Church’s paintings, such as *Niagara* and *Icebergs of the North* were so popular that people waited in long lines and willingly paid 50 cents to view one of his paintings. Hartford’s Wadsworth Athenaeum has 11 paintings by Church

OLLI’s deluxe motor coach trip to Olana and the Hudson River Valley leaves from the St. Anthony/DOT lot in Prospect at 7:30 am and returns about 6:30pm.

The cost is \$92 and includes lunch at the Port of Call Restaurant, docent lead tours, tour director and gratuities.

Of course there will be souvenirs to purchase. A practical souvenir could be the newly issued set of four stamps featuring four famous Hudson River School paintings. The first day of issue was held in August in Hartford. Think of using them for holiday cards or even in 2015 since they are ‘Forever Stamps’. A set of four cost \$1.96 at any US Post Office.



MEET YOUR PRESENTERS

Avi Isseroff, M.D. was a painfully shy child "growing up in Brooklyn, New York, who played stickball and collected baseball cards. His favorite baseball player - the answer came instantly -was Mickey Mantle, the Hall of Famer who played from 1951 through 1968 for the New York Yankees.

But his favorite author was not one who wrote of sports but rather was Herman Melville, who is best remembered for the whaling novel *Moby Dick*. "I felt a kinship with him; (he was) very humanistic, recalls Dr. Isseroff.

After actively practicing psychiatry for 40 years, Dr. Isseroff has retired to write and develop creative projects. He reads exhaustively about American presidents and has created a game based on presidential quotes. He also has written a play involving two giants of world history: Abraham Lincoln and Charles Darwin, who were both born on February 12, 1809.

Growing up, Avi gravitated towards reading about behavioral science. He became intrigued with the Rorschach ink blot test - the idea that people could project their views of the world from individual interpretations of it. Avi began thinking of becoming a psychologist.

His parents liked the idea of his becoming a medical doctor, preferably a cardiologist. But the young student eventually focused on becoming a psychiatrist. "Back then psychiatry was still the art of studying and knowing people," an idea Avi found more interesting than treating bodily illnesses.

After graduating from Wayne State Medical School, he headed to the University of Medicine and Dentistry of New Jersey to pursue his residency in psychiatry. (The traditional medical school at UMDNJ has recently become part of Rutgers University.)

Over the years, Dr. Isseroff found his own life experiences helped him to better understand his patients. "The idea of engaging people who were troubled drew me," he said. He enjoyed seeing the progress patients made, both personally and professionally. Many attained success in fields as diverse as teaching

and investment banking.

However, he disliked the trend that developed during his career of psychiatry moving away from understanding the patient to treating symptoms primarily with medication. Dr. Isseroff is pleased to see the field moving back - but not all the way to where it was - to therapeutic treatment rather than focusing on the use of medicine.

Dr. Isseroff preferred to get to know a new patient before prescribing anything but acknowledges some individuals needed to go on medicine right away to "bring them up" to a level where they could be helped through a therapeutic process. Sometimes, he said, it takes years before "someone can blurt out what's bothering him." He believes the therapist's role is to help the patients develop healthy relationships in an environment "where they can feel safe."

Dr. Isseroff began reading in depth about American presidents when his son, then a junior high school student, became politically active. "When I got to Lincoln, I stopped," for a time to read everything he could about the "Great Emancipator", including Lincoln's correspondence. He found Lincoln a fascinating study as was his relationship with his wife, Mary Todd. Their relationship is the focus of one of the two classes Dr. Isseroff is teaching this term at OLLI.

Dr. Isseroff's reading about presidents led to the game he designed called *Who Said What in the White House*. It has been distributed in museums and other venues and is available on Amazon. Profits go to support diabetic research.

While Darwin, the father of evolution theory, never met Lincoln, Dr. Isseroff is interested in what they might have said to each other. He describes the work he has written about them as being a "fun play" that asks were they Soul Mates or Strange Bedfellows?

-**Mary Ann Martin**

You're invited to join

THE OLLI CLUBS & ACTIVITIES COMMITTEE

To enjoy with us THE BUDDY HOLLY SHOW at the Thomaston Opera House, 158 Main St., Thomaston Sunday September 28, at 2:PM. The cost for seniors is \$17.

Also enjoy the beautiful music of the 1926 Marr-Colton theater pipe organ during the Pre-show load-in.

While in Thomaston, enjoy a meal at one of the local resaurants including:

Black Rock Tavern 78 Main St. 860-283-4447

Rozzi's Restaurant 265 Watertown Rd. 860-484-4488

Ravena's Pizza & Restaurant 131 E Main St. 860-283-0753

Senor Pancho's 360 Watertown Rd. 860- 880-8077

For More Information, please google :

thomaston, ct restaurants

HOPE TO SEE YOU THERE!

September 2014

Sun

Mon

Tue

Wed

Thu

Fri

Sat

	1	2	3	4	5	6
7	8	9	10	11 <i>Poetry Club</i>	12 <i>OLLI</i>	13
14	15 <i>Book Club Stroke of Insight</i>	16	17	18	19 <i>OLLI</i>	20
21	22	23	24 <i>Thomas Cole/ Frederic Church Olana</i>	25	26 <i>OLLI</i>	27
28	29	30				

October 2014

Sun

Mon

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			<i>1 Travel Meeting 10am- 12noon</i>	<i>2</i>	<i>3OLLI</i>	<i>4</i>
<i>5</i>	<i>6</i>	<i>7</i>	<i>8 Cooper- stown</i>	<i>9 Overnight</i>	<i>10OLLI</i>	<i>11</i>
<i>12</i>	<i>13</i>	<i>14</i>	<i>15</i>	<i>16 Poetry Club</i>	<i>17OLLI</i>	<i>18</i>
<i>19</i>	<i>20 Book Club The Botany of Desire</i>	<i>21</i>	<i>22</i>	<i>23 The Mount/ Clark inst. MA</i>	<i>24OLLI</i>	<i>25</i>
<i>26</i>	<i>27</i>	<i>28</i>	<i>29</i>	<i>30</i>	<i>31OLLI</i>	