



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

"Sleep, sleep, that knits up the raveled sleeve of care..." *Macbeth-Shakespeare*

Macbeth had something more horrific on his mind when he spoke those words, but the meaning is clear. Sleep does make one feel better. And the consequences of deprived sleep are scary-witness Lady Macbeth. Americans like to brag about how little sleep they need. Scientists, using new research, say that we are doing harm to ourselves when we do not get the recommended 7 to 8 hours, or so, sleep each night.

Time Magazine, 9/22/14, interviewed Dr. Maiken Nedergaard, Director of Translational Neuromedicine at the University of Rochester, on why the brain needs sleep. She said, "all organs in the body use energy, and in the process, they spew out waste. Most take care of their garbage with an efficient local system, recruiting immune cells like macrophages to gobble up the garbage and break it down or linking up the network of vessels that make up the lymph system, the body's drainage pipes."

The brain is a tremendous consumer of energy, but it is not blanketed in lymph vessels. So how does it get rid of its trash? If the brain is not functioning optimally, you're dead evolutionarily, so there must be an advantage to exporting the garbage to a less critical organ like the liver to take care of it'says Nedergaard."

"Indeed, that's what her research shows. She found that an army of previously ignored cells in the brain, called glial cells, turn into a massive pump when the body sleeps. During the day, glial cells are the unsung personal assistants of the brain. They cannot conduct electrical impulses like other neurons, but they support them as they send signals zipping along nerve networks to register a smell here and an emotion there. For decades, they were dismissed by neuroscientists because they weren't the actual drivers of neural connections."

"But Nedergaard found in clinical trials on mice that glial cells change as soon as organisms fall asleep. The difference between the waking and sleeping brain is dramatic. When the brain is awake it resembles a busy airport swelling with the cumulative activity of individual messages traveling from one neuron to another. The activity inflates the size of brain cells until they take up 86% of the brain's volume.

When daylight wanes and we eventually fall asleep, however, those glial cells kick into action, slowing the brain's electrical activity to about a third of its peak frequency... At the same time, the sleeping brain is cells strike, making more room for the brain and spinal cord's fluid to slosh back and forth between them... This means that will we don't get enough sleep the glial cells art is efficient at clearing the brains garbage. That may push certain degenerative brain disorders that are typical of later life to appear much earlier... This also hints at why older brains are more prone to developing Alzheimer's, which is caused by a buildup of amyloid protein that isn't cleared quickly enough."

"There is much less flow to clear away things in the aging brain," says Nedergaard. *The garbage system picks up every three weeks instead of every week.*" And like any growing pile of trash, the molecular garbage starts to affect nearby healthy cells, interfering with their ability to form and recall memories or plan even the simplest tasks."

So, OLLI members, make sure you get enough sleep each night so that you can take advantage of all the opportunities OLLI at UConn presents to you.

RJG

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 \$250 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, 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”.

Using Technology to Capture Students’ Imagination

– Tuesday, September 16, 2014

UConn Waterbury began its free lecture series with an amazing, interactive lecture on technology currently being used in classrooms on college campuses around the globe. The audience was comprised of UConn faculty and administration, visiting faculty from Naugatuck Valley Community College and OLLI members, presenters and administrators. UConn faculty members Laura Donorfio and Steven McDermott facilitated the lecture.

Everyone in the audience was given a ‘clicker,’ which is a polling tool that works through radio frequency to capture real-time audience response. Though the clicker can capture responses from inside the room, the use of a cell phone to connect to the same technology would allow participation in real-time polling from anywhere. Throughout the lecture, the audience was asked periodic questions to which we responded by pressing one of the buttons on the clicker. In less than one minute, Steven was able to show and tell us how we all responded, by percentage per answer.

We reviewed Blackboard Course Tools, an often overlooked component of Blackboard, a popular platform for work organizing, sharing and scheduling with university students. After experiencing a demonstration of VoiceThread, we reviewed PowerPoint and Prezi (called a “better” PowerPoint) and Gapminder, all creative presentation programs that are readily available to users affiliated with educational institutions (for free) or to other users (for a fee).

Bravo to Laura Donorfio and Steven McDermott for their grand kickoff of the UConn Waterbury lecture series!

-Aleta Staton

Let him that would move the world, first move himself.

Socrates



OLLI CAFE

Sept. 26

THE PEABODY MUSEUM –PAST AND PRESENT

The Yale Peabody Museum is one of the oldest and largest university natural history museums in the world and houses several internationally important collections, most notably paleontology collections, that rank among the most historically important fossil collections in the nation. Volunteer docents will talk about the significant updates in the Museum, and share the cultural history with a selection of objects, specimens and their unique stories.

Museum docents **Tom Owsiany** and **Arnold Heiser** will present on behalf of the Yale Peabody Museum.

Oct 3
MYSTIC SEAPORT THE MUSEUM OF AMERICA AND THE SEA

OLLI member, **Fran Escott** is a retired consulting engineer holding a B.S. in Mechanical Engineering with Master Credits in Heat Transfer. Currently a volunteer interpreter in the shipyard of Mystic Seaport, he has been involved with boats and boating since 1954

YOU'RE INVITED!!

The Clubs & Activities Committee invites OLLI members to join us at the Thomaston Opera House on Sunday, September 28, at 2:00 p.m. to enjoy The Buddy Holly Story. As you will recall, Buddy Holly's music was very special and very popular years ago.

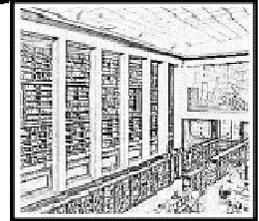
You will also enjoy the music of the very old organ played by a professional organist who will entertain you before the show begins.

For further details, please refer to the flyer at the information table and at OLLI Cafe. It will also include a list of a few popular restaurants in Thomaston where you can dine while in town, either for lunch or dinner.

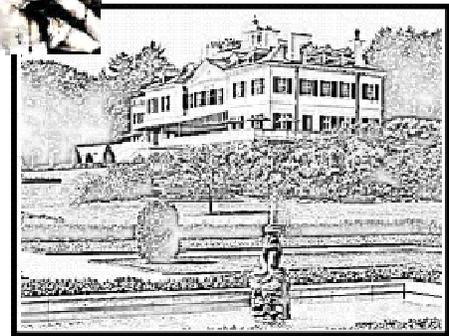
Hope to see you there!!!

Travel with OLLI for ~ *Artists & Authors*

**Thursday,
Oct 23, 2014**



The Clark Institute & Edith Wharton's Mount *in the Berkshires of MA*



Price ~ \$84 members

\$94 non-members

Call Friendship Tours 860-243-1630

A Suggestion to our OLLI Travelers ~

When reserving a seat for one of our day trips, it is very important for you to get your reservations in as early as possible. If they have not received an adequate number of people (usually 35 or 40) for a day trip, Friendship Tours is required to start a cancellation process about 2 weeks ahead of the date of that trip. That means that, although we know many of our trips are popular and were planned because many members suggested them, if many people wait until the last two weeks, the trip you are calling for may already be cancelled. So please make sure to reserve trips early to make sure you get the trips you want. (Just a note – Of course, overnight trips need to be reserved much earlier.)

Ann Rompre, Co-Chairperson of Travel



Will Rogers, who died in a 1935 plane crash, was one of the greatest cowboy political sages this country has ever known.

Some of his sage advice:

1. Never slap a man who's chewing tobacco.
2. Never kick a cow chip on a hot day.
3. There are two theories to arguing with a woman. Neither works.
4. Never miss a good chance to shut up.
5. Always drink upstream from the herd.
6. If you find yourself in a hole, stop digging.
7. The quickest way to double your money is to fold it and put it back into your pocket.
8. Never squat with your spurs on.
9. Good judgment comes from experience, and a lot of that comes from bad judgment.
10. If you're riding' ahead of the herd, take a look back every now and then to make sure it's still there.
11. Lettin' the cat outta the bag is a whole lot easier'n puttin' it back.
12. After eating an entire bull, a mountain lion felt so good he started roaring.

He kept it up until a hunter came along and shot him.

The moral : *When you're full of bull, keep your mouth shut.*

ABOUT GROWING OLDER...

First ~ Eventually you will reach a point when you stop lying about your age and start bragging about it.

Second ~ The older we get, the fewer things seem worth waiting in line for.

Third ~ Some people try to turn back their odometers. Not me; I want people to know 'why' I look this way. I've traveled a long way, and some of the roads weren't paved.

Fourth ~ When you are dissatisfied and would like to go back to youth, think of Algebra.

Fifth ~ You know you are getting old when everything either dries up or leaks.

Sixth ~ I don't know how I got over the hill without getting to the top.

Seventh ~ One of the many things no one tells you about aging is that it's such a nice change from being young.

Eighth ~ One must wait until evening to see how splendid the day has been.

Ninth ~ Being young is beautiful, but being old is comfortable.

Tenth ~ Long ago, when men cursed and beat the ground with sticks, it was called witchcraft.

Today it's called golf.

And, finally ~ If you don't learn to laugh at trouble, you won't have anything to laugh at when you're old.

Osher Lifelong Learning Institute at UCONN, Waterbury

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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

MEET YOUR PRESENTERS

One way of feeling really good is to stand on your head, according to Yoga teacher **Cynthia "Cindy" Paolino**.

She herself learned Yoga when its teachers commonly sought to have students stand on their heads. "It is the best thing in the world; (you have) an incredible feeling when you get back on your feet," Cindy says,

But that posture definitely is not for everyone. Yoga classes, now taken by a broad range of people, generally are "not anything" like that taught when Cindy began practicing it 30 years ago "before Yoga became cool." But there are people who continue to learn and do the head stand.

Yoga and meditation "help you put things in perspective; help me get connected to my soul." For many people, learning Yoga is a way to gain mobility by developing the ability to attain and hold certain postures. While some benefit primarily from the exercise aspect, others get the connection of "mind, body and spirit," Cindy says.

While teaching Yoga wasn't always part of Cindy's career goals, practicing it was a lot of fun from the beginning. An energetic, outgoing person, Cindy said she always liked "happy situations and helping people." Growing up in Waterbury, "I wasn't a big sports kind of person but was a cheerleader" and was involved in many other school activities.

Cindy earned an associate's degree in Business Administration and Management from Briarwood College. A career in the corporate world followed. She worked for a corporation that provided temporary and permanent placements for job seekers, helping them to find "the right fit." Cindy became a regional manager. Eventually, the parent organization began closing company sites and she decided to resign and "left on good terms." Cindy then began working for a Yoga studio in Woodbury as business manager.

With the encouragement of her husband, Cindy decided to pursue a career of teaching Yoga. She received her certification for Yoga for Adults and Children from Lotus Gardens Yoga School in Sherman, Connecticut. Yoga teachers must learn about muscles and different bones of

the body to be sure they are giving postures that are appropriate for the individual student.

She also is registered with and certified by Yoga Alliance, a national standard-setting non-profit organization. In addition to her original training, Cindy must earn Continuing Education Units.

In her classes at OLLI, Cindy is careful to work on helping people do postures that are good for their bodies. In class, "you watch the body language; the participants physical abilities and help them feel good about themselves."

Many come to Yoga class simply wanting to be more flexible. Some men and women in their 70s and 80s may never have exercised formally but find they need to become more mobile. Chair Yoga can be very beneficial to those who have never exercised. The postures are adapted to their needs.

Cindy teaches people of all ages, from 8 to 80, in many venues. Among her clients is St. Mary's Hospital where employees participate through the hospital's Wellness program. Curiously, she has noticed in her practice that few men come to learn Yoga in the Waterbury area but men are well represented in her classes in shoreline towns.

Along the way, Cindy studied Reiki and now is a Reiki healer - but not a Reiki master, she is quick to point out. A healer helps one seeking to feel better by transferring positive energy to that person. A Reiki master teaches others to do Reiki, she said.

Beyond Yoga and Reiki, Cindy loves to cook, entertain and be with her grandchildren. She spends two days a week with her grandchildren and "I wouldn't trade that for anything in the world." -**Mary Ann Martin**

October 2014

Sun

Mon

Tue

Wed

Thu

Fri

Sat

			<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 Cooperstown</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>	