Osher Lifelong Learning Institute
2017 Open House
Friday, August 18, 2017
9:30 am– 12:30 pm
Welcome to The Osher Lifelong Learning Institute (OLLI) at UCONN Waterbury!

**OLLI at UConn** is a member-driven, community-responsive program offering non-credit learning experiences (courses, lectures, and special events) for older adults who want to engage socially and intellectually with their peers as teachers and learners. Situated on an intimate, state-of-the-art university campus with traditional-age students and research faculty, OLLI also provides fertile ground for an intergenerational interaction and exchange of ideas. The urban campus reaches out to a diverse region which provides opportunities for partnership with other cultural, educational, and arts organizations.

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. Programming is centered around classes developed and taught by members who volunteer their time to share their knowledge and experience with other members. The OLLI program also sponsors special events featuring noted authors, scholars and experts in respected professional fields.

**IF YOU'RE GOING TO BE PASSIONATE ABOUT SOMETHING, BE PASSIONATE ABOUT LEARNING.**

*Never. Stop. Learning.*
Meet The OLLI Director:
Jon Draper

It’s my privilege to welcome you to the Osher Lifelong Learning Institute (OLLI) at UConn Waterbury. We are proud to offer a community that invigorates the lives of lifelong learners from across Connecticut.

OLLI at UConn is about friendship, learning and giving. Classes and activities are held year-round. There is always something going on at OLLI. Whether it’s a local or overnight trip, a get-together for book discussions or favorite films, a committee meeting or a gathering to register for courses, our members are active in and out of class every day of the week.

We maintain a curriculum stimulated by exciting new courses, along with a strong body of existing courses that have stood the test of time. OLLI has sparked countless new friendships, new ways of thinking, and for many, a new outlook on life.

Your enthusiasm for learning and social engagement brings a new energy to UConn Waterbury. Every year, OLLI becomes more closely integrated with the activities of the campus’ professors and students. Between us, we are developing inter generational connections through classes and activities. Feedback from OLLI members and UConn students is positive and powerful, and we continue to build on this to create a dynamic and diverse learning community.

Jon Draper
PARKING

Please note the following parking options for OLLI members:

1. Parking on Levels 2 & 3 of the UConn Parking Garage (entrance North Elm Street) is available on Fridays only. Parking space is available on a first-come, first-served basis.

2. Parking on Level 5 & 6 of the Scovill Street Municipal Garage is available Monday through Friday.

3. Parking is often available at the private, street level parking lot between 141 East Main Street and the UConn campus (on the east side of the campus near the bookstore). The lot has reasonable daily rates.

Please Note: You will be required to obtain an official parking permit from Parking Services if you plan to utilize the attached garage or the Scovill Street Garage. Parking services conducts routine checks and violators will be ticketed. Applications can be submitted online at park.uconn.edu/olliparking-permit-application or you may pick up a paper application at the member table or in the OLLI office, room 103. Checks can be mailed to Parking Services at 3 Discovery Drive Storrs, CT 06269.

Don’t have a CURRENT parking permit??

Don’t wait any longer!

If you plan to utilize either UConn parking option (attached ramp garage OR Scovill Street municipal garage) this fall, you must purchase an OLLI parking permit directly from UConn Parking Services.

Go to park.uconn.edu/olliparking-permit-application/ to apply
Featuring...the Film Club

The Clubs and Activities Committee has created a new club dedicated to monthly films. This club will replace the films that are shown twice yearly.

The purpose of the Film Club is to encourage lively discussions about the films shown. There will be activities both before and after each showing to aid in these discussions. The members of the Film Club committee will present information about the writer, actors and background to each film. At the end of the film, we will suggest questions for discussion for audience participation.

We invite all OLLI members to attend. All you need to have is a bag lunch, beverage and active participation in discussion. You may also bring a non-perishable food item for donation to the local food bank.

The schedule and films are:

**September 27:** *Doubt*, with Meryl Streep, Philip Seymour Hoffman, Amy Adams and Viola Davis.

**October 23:** *Shakespeare in Love*, with Joseph Fiennes, Gwyneth Paltrow and Judi Dench.

**November 15:** *La Strada*, (in Italian with Sub-titles) with Richard Baseheart, Anthony Quinn and Giuletta Masina.

We’ll meet in Room 113 for lunch (bring your own) at noon followed by film and discussion at 12:30.
Lincoln and Darwin in the Afterlife: Part One with Avi Isseroff

Abraham Lincoln and Charles Darwin were two men who changed the course of history. Neither could have done so without their spouses, Mary Lincoln and Emma Darwin. This course preview is a combination of acted-out conversation between the characters and explanatory commentary and discussion. Charles Darwin dies and finds himself alone with Lincoln in a doorless cell. He yearns for a microscope and misses his wife. What had he done to deserve this? Emma and Mary will soon appear to enlighten them (will be held in room 326).

Unmasking the Drama of the Broadway Musical with Stuart Brown & Sheree Marcucci

In an "Actor's studio-like" format, Dr. Stuart Brown, Director of Student Services at UConn Waterbury, and host of the podcast "On Broadway" for over twenty years, as well as an active member of the Outer Critics Circle, American Theatre Critics Association and CT Critics Circle, and Sheree Marcucci, Marketing & PR Officer of the Place Theater as moderator, will give an overview of this upcoming course (will be held in room 333).

Moving Forward with Life with Elizabeth Petruccione

Enjoy a preview of a class that is designed to help you identify and clarify your goals in life. Students will learn the tools to decrease stress and how to move forward with a clearer vision to achieve these goals. The experience is satisfying, self-motivating, and uplifting (will be held in room 327).

Good Food - Good Health with Jane Sirignano

Jane has been teaching Food For Life PCRM.org classes for 12 years. With a diploma in nutrition, several certificates in health/wellness, and experience as a nutrition educator, she will give a fascinating presentation, some useful information about food and nutrition, and offer a delicious food sample (will be held in room 324).
Look Forward To Travel with OLLI in 2017 & 2018

For those of you who love to take off to new and exciting places, you can look forward to many OLLI trips for the Fall of 2017 and Spring of 2018. Be sure to sign up early, to make sure that Friendship Tours, our travel company, knows we have enough people interested to keep the trip active.

Starting with an overnight trip on Sept. 22nd-24th, enjoy the Adirondack Balloon Festival in Lake George, NY. You will get to visit the NY State Museum in Albany, and the next day in Lake George, view 90+ colorful hot air balloons take off early in the morning, while enjoying breakfast from vendors at the site. Spend a leisurely afternoon in the village of Lake George with the option of joining a local guide for a comprehensive historical tour. During the evening, enjoy a relaxing cruise on Lake George, while also enjoying dinner and entertainment on board the steam boat Lac Du Saint Sacrement. Cost of the trip is $463 pp/members for double or triple rooms, with a $20 surcharge for non-members.

On Oct. 11th, join us on a day trip to the NY Botanical Gardens, featuring the beautiful glass sculptures of Dale Chihuly throughout the gardens. Only a few seats are left for this trip, so sign up soon. The Botanical Gardens are always popular. Member cost of the trip is $77 (non-members $87).

The final trip of the Fall will be a one night overnight trip from November 7th - 8th to see the Terracotta Warriors from China at the Franklin Institute in Philadelphia, PA. This is the exhibit’s only East Coast engagement. In 1974, about 9,000 life-sized baked terracotta warriors were discovered. Their purpose was to guard Qin Shi Huang, the first Emperor of China in his after-life. We will also take in One Liberty Observation Deck, getting a site of Philadelphia from 883 feet above ground. Member cost is $307 for a double or triple room with a $20 surcharge for non-members.

Coming up in the Spring, we have three trips to entice you. Two of these are still in planning stage and flyers for them will be out by the 1st Friday of classes in September:

- **Day trip** to the Metropolitan Opera House on March 3rd to see the opera, Madame Butterfly. This will sell out quickly, so call in soon (flyers available at Open House.).

- **Mid-May** we will be going on a day trip that will combine a short walking tour of South Central Park, lunch, and a relaxing sightseeing tour aboard one of the Circle Line Cruise ships for the two hour Landmark and Brooklyn Tour where you will see the Empire State Building, the Manhattan skyline, the Statue of Liberty, the Bay Bridge, Sunset Park, Industry City, Gowanus, Red Hook, Buttermilk Channel, Dumbo, the Brooklyn Navy Yard, Williamsburg, Greenpoint, the Brooklyn Bridge, the Manhattan Bridge, the Williamsburg Bridge, and the Verrazano Bridge.

- **Early June** – an overnight trip to the Lackawanna Coal Mines and Anthracite Museum in PA. You will be able to go down deep into one of the mines and have a tour guide point out all the parts of coal mining that you have not heard about. This trip will show the proud aspects of coal miners and the tragedies involved in coal mining.

Look for flyers for these trips on the OLLI Information Table in the Main Concourse and call for reservations to Friendship Tours (1-800-243-1630). Please specify which people in your party are members or non-members. Also let Friendship Tours know if you have any special needs when you reserve your seat. Trips may be paid for by check or credit card. (Please do not call the OLLI office to reserve.)

Happy traveling in the coming year!

Ann Rompre
Will I have any free time on the OLLI Philadelphia Trip?

This is a frequent question. Of course, 10 of the 6,000 famous Terra Cotta Warriors will be a major attraction on the second day of the OLLI overnight tour. This exhibit has 300 artifacts from what some have called the “greatest archeological discovery ever”. The Warriors are on loan from the Xi’an Museum in China. The Warriors’ stay at the Franklin Institute is the only one scheduled for an East Coast. Opening date is September 30th.

The OLLI group will be at the Franklin Institute for three hours and will have many choices to grab their attention. Some highlights are the Heart which is large enough to walk through; the planetarium; the live science shows and the Foucault Pendulum.

Our Friendship bus leaves the Chase Parkway commuter lot in Waterbury and continues on to Philadelphia and the 52 story Liberty Bell Tower with its enclosed viewing area. On a clear day, viewers can see all of Philadelphia and neighboring states, Delaware and New Jersey.

Our hotel is the Holiday Inn Mid-town Hilton which offers free wi-fi and a fitness center. The cost of dinner that night and breakfast the next morning is included in the cost of the trip. After breakfast, we will go directly to the Franklin Institute, which is the most visited museum in the City of Brotherly Love.

The cost of the trip is $309 per person if you share a double or triple room. A single room is $397. The cost includes the hotel, two meals and two admission fee and a guide on the bus.

Reservations can be made by calling Friendship Tours at 1-800- 243-1630. Ask for the overnight department. The tour company highly recommends trip protection coverage.
The Domestic Stock Market – Risk, Reward, and Perspective
(by Jessica Kott)

Almost ten years ago, the S&P 500 reached a high mark on October 9, 2007 at 1,565 before declining 57% over a seventeen month period ending March 9, 2009. It is impossible to predict the top and bottom of a market cycle. On March 9, 2009, it was difficult to imagine that the stock market had begun a grand recovery and that the expansion would last over eight years. In fact, the bull market has returned 252% over a 98 month period as of April 30, 2017. The stock market has pulled back seven times during this period, before continuing its upward trend. The length of the current market advance has surprised even the most stalwart market bulls.

Looking back to the 2008 global recession, a $100,000 portfolio invested in the S&P 500 declined over $50,000 from October 2007 through March 2009. It is important to note that the subject investment portfolio did not return to $100,000 until March 2012. A more balanced portfolio invested 60% S&P 500 and 40% high quality U.S. fixed income, represented by the Barclays U.S. Aggregate Index, declined far less in the downturn and recovered in October 2010. Hence, investors who owned bonds, experienced a much quicker recovery in the market value of their investments.

Both sentiment and the slowly improving economy with low interest rates have contributed to higher market valuations. Strong earnings and sales growth confirm that we are no longer in an earnings recession in the U.S. Investor expectations regarding pro-business policies from the new administration have further buoyed the stock market. The timing and details of specific policy implementation are still being formulated and require Congressional approval.

Investors pull money out of the stock market for various reasons. Investors may need the cash for living expenses or unforeseen events. Another common reason is that during a long stock market downturn, it becomes increasingly difficult to watch investments decline in value, especially facing the unknown regarding the timing of recovery. Capacity to take on risk involves the timing of required withdrawals and other financial factors. Willingness to take on risk involves the ability to emotionally tolerate declines in market value and increased volatility for an extended period of time. A lower level of equities in an investment portfolio comes with the trade-off of diminished returns over the long run, but this diversification may be extremely important if the stock market changes course and declines for a period of time.

This is an important opportunity to review your consolidated asset allocation, including retirement plans and IRAs. Be aware of changes to your risk tolerance based on aging, life events and a changing perception of risk. Do not allow yourself to fall into the trap of chasing investment performance or being complacent about a higher level of equities in your portfolio. Because the stock market has been on a slow and relatively steady upward trajectory, investors sometimes forget the pain of the steep stock market downturn in 2008 and early 2009.

Review your asset allocation, rebalance if necessary, and make certain that your portfolio is diversified with a variety of high quality equity and fixed income securities. We may be entering a period of slowly increasing interest rates and investors could have the opportunity to purchase bonds with higher yields. It is like the children’s story of the tortoise and the hare. The hare crazily races out of control. Ultimately, the slow and steady tortoise wins the race.
Elizabeth Petruccione has written and published two books titled “Losing Weight with Elizabeth: The Handbook” and “Born Fat.” She is the owner of “Losing Weight with Elizabeth” and a life and wellness coaching business. This fall she will be teaching “Moving Forward With Life.” This class is designed to help you identify and clarify your goals in life. Students will learn the tools to decrease stress and how to move forward with a clearer vision to achieve these goals. The experience is satisfying, self-motivating, and uplifting.

Nina Lesiga is a lifestyle influencer. Her passions include travel coaching, storytelling, and creating community based music programs. This fall she will be teaching “The Ukulele Adventure.” This class is designed for students to learn how to play the ukulele in a fun group setting. The course will cover chord basics and strumming techniques while playing in unison.

Fran E. McIntyre is an experienced professional entertainer and educator. She holds a B.S. in Biological Sciences and an M.S. in Real Estate Development & Investment. Fran combines her extensive musical educational talents and improvisational skills to enhance the enjoyable sound. This fall she will be teaching “The Jazz Scenes.”
### September 8
**Laughter Yoga**  
Elaine Hobart and Leslie Cotton  

Laughter promotes physical health and energy by strengthening the immune system and increasing oxygen to the brain. It supports mental health and increases socialization. Studies have shown that laughter and deep breathing promote positive attitudes. As we age, we laugh less - and let’s face it, “Laughter is the best medicine.”

### September 15
**A Symphony of Sound: Intro to Classical Music**  
Dr. Vincent de Luise  


### September 22
**3 Women, 3 Roads**  
Nancy Palmento Schuler  

*3 Women, 3 Roads* is a play that includes three monologues about three different women who moved to the Waterbury area during different times in history for different reasons. Theresa, an Italian immigrant came to Waterbury in 1905; Ruth, a black woman from the South came to Waterbury in 1958; and Junie, a 90-year-old, privileged woman from New York settled in Middlebury. Schuler tells the stories of these brave women, how they faced heartaches, and how they managed to handle them.

### September 29
**Heart Healthy Living**  
Sharon Maxwell and Laurie Figliola  

Laurie Figliola and Sharon Maxwell, dieticians who share many years of experience in the field of nutrition and dietetics, will talk about how you can reduce your risk for heart disease and stroke by following a healthy diet to help control weight, cholesterol, and blood pressure. Laurie and Sharon will also discuss the importance of stress reduction and physical activity to support “heart healthy living.”

### October 6
**Photography and Its Impact to His Life**  
Timothy Padgett  

Padgett's interest in photography started at the age of 7 when his father bought him a box brownie camera. By the age of 14, he was not only taking photographs, but also developing his own photographs. He is now a photography instructor as well as a fashion/model photographer. Come listen to his experiences as a self-taught photographer and how those experiences changed his life.

### October 13
**Healthy Living**  
Doris Hanley  

Please join us to learn about the power of whole foods, the pillars of healthy living, and whole foods vs. vitamins. Additionally, come learn about growing your own produce — and how this can be easy and fun using modern technology, like hydroponic and aeroponic gardens.
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.

October 20
Chocolate 101
Carmen Romeo/Fascia’s Chocolate

Chocolate 101 will focus on the science and business of chocolate—from bean to bar and bar to box. The discussion will explain the amazing complexities of this sweet product including its origins, health benefits, and how it turned into a consumer confection. Carmen will share the history of Fascia’s Chocolates with a video tour of the manufacturing techniques.

October 27
Kelly’s Kids
Kelly Cronin

Kelly’s Kids Inc. is a non-profit youth development program located in Prospect, Connecticut. It is an after school program that stresses respect for others, lessons for life, and appropriate behavior. Using farm animals as a tool, the program helps young people learn empathy, compassion and responsibility.

November 3
Exploring Patagonia and Easter Island
Dr. Ira Mickenberg

In January 2017 Ira and his wife Pat toured one of the more exotic areas of the planet, Patagonia and Easter Island. Come learn about the fascinating details, culture, and historical context of the “gateway to Antarctica,” and the most isolated island in the Pacific. The talk may also include a brief discussion of how the democracies of Argentina and Chile were controlled by populist dictators in our lifetime.

November 10
Adulthood and Aging
Dr. Laura Donorfio

For the third year in a row, Dr. Laura Donorfio (Associate Professor – Human Development and Family Studies) has teamed up with OLLI in leading a one-of-a-kind intergenerational service learning opportunity. Throughout the semester, nearly 40 UConn undergraduate students will be actively engaged, in various capacities, with OLLI members. Come join us for a fascinating presentation, featuring students’ findings and reflections on their involvement with OLLI!

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OLLI Newsletters Go Internet
OLLI newsletters are available on our web page at http://olli.uconn.edu/weekly-newsletters/

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.”

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