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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

### Announcing Expanded Winter Semester 2015 at OLLI at UConn!

The OLLI Winter Session began as a pilot program in January of 2012 with four afternoon course offerings. Since Winter of 2012, the Winter Semester has grown. We heard then and we hear now, “We all don’t leave the area during the winter.” We are announcing an expansion of course offerings today, for Winter 2015, that will include fifteen (15) courses on topics that include: Art, Computers, Current Events, Film, History, Literature, Personal Development, and Religion. Please stop by our Special Winter Registration Table today and obtain a copy of the course descriptions from these courses that will be offered on four Fridays from January 23 through February 13, 2015. You are going to see courses from recent OLLI presenters, returning OLLI presenters, and new presenters! Additionally, the campus is generously providing part of the Multipurpose Room as an OLLI at UConn “Lunchroom” from 11:30 to 1:00 PM each of these Fridays. This “free period” will also allow us to provide programming (a short talk, film, or discussion) as opportunities arise and depending on enrollment.

Due to our need to be in-line with University academic calendars (not overlapping OLLI courses into final exam week, May Intersession, etc.) we are beginning our Spring Semester closer to the University’s Spring Semester. As noted in our Fall OLLI at UConn Brochure, the Spring 2015 OLLI at UConn Semester begins on February 20, 2015 which is a few weeks earlier than in years past. The winter weather complications for OLLI at UConn continue to be straightforward: Listen for campus delayed openings and closures. If UConn Waterbury has a delayed opening **OR** closure, OLLI at UConn is always **closed**. OLLI at UConn is closed on days with delayed campus openings because we don’t want anyone coming out in bad weather and we are not a degree granting program—we want you to stay home and be safe.

Have a great holiday season and please join us for the enrichment of lifelong learning this Winter—it’s food for the heart, soul, and mind!

**The OLLI Staff**

**WHY WRITING A JOURNAL  
MAY BE GOOD FOR YOUR MENTAL HEALTH**

E. Michael Brady, writing in the Southern Maine Review, tells about a research project he conducted among 15 members of an OLLI group at the home institute in Southern Maine. He was interested in the effectiveness of writing personal journals. Journals, or diaries, date from the first century in China and therefore, have a long history. Professor Brady set out to find out why this type of writing was still so prevalent. He found four themes that seemed to derive from the practice of writing a personal journal-at least from this admittedly small group of subjects. These are learning to cope with day to day issues, fostering curiosity and discovery, facilitating the process of learning and self-exploration.

Writing helps one to sort out every day situations such as ordering priorities or making important decisions about life changes-moving, for example. Sometimes seeing something in print allows one to get a different perspective. Journal writing also involves learning about new things and often sends you in new directions when questions arise. Most of us have these senior moments every now and then and writing things down may help to keep things clearer. Perhaps you might want to learn something more about an idea that came up in your OLLI class.

Perhaps one of the most important themes, according to Professor Brady was the ability to find out more about yourself. Writing about your experiences or feelings or travels allows one to reflect on these happenings and perhaps see some thread weaving through your life. One thing writing does is make one think. As one of the subjects wrote, "I think journal writing gives meaning, a sequence somehow...When you write you see how events and conversations are related. I do believe we become what we think and what we write." Another woman commenting on journal writing, "...helps people to be 'in awe of the ordinary'." "And awe is quite an apt response, even if the ordinary is nothing more-or less- than the gritty and glorious details of ordinary life.

After all, isn't all of life a learning process?

Bob Grady

*In Awe of the Ordinary-Older Learners and Their Journals*

E.M. Brady; Inaugural Edition, The Southern Maine Review; Vol 1, Spring, 2005

Reprint 9/23/11 OLLI Newsletter

OLLI Newsletter is asking its readers to contribute ideas for publication. We need some feedback about what you may like to see in the newsletter. We also need some contributions from the membership about what is going on in the area which might be of interest to our readers.

*Voices and Visions* also would like to remind contributors to send this semester's work to the committee using the form on the Website [UConnOlliReview@gmail.com](mailto:UConnOlliReview@gmail.com) or drop off or send it to the OLLI office – and it will be forwarded to the committee.

**OLLI POETRY COFFEE HOUSE**

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

Contact Denise Whelan ([denisewhelan@yahoo.com](mailto:denisewhelan@yahoo.com))

For more information

**OLLI BOOK CLUB**

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



Nov 7

**THE FARM IN THE CITY**

Believe it or not, Waterbury has an agricultural history! Until late into the 20th century the city had farms as well as food processing and marketing operations. Hear about some of these food producing entities and how knowing about Waterbury's agricultural past might guide us to a more sustainable future.

**Ruth Glasser** is a Lecturer in History and Urban and Community Studies at the University of Connecticut. She received her Ph.D. from Yale University in 1991. She is the author of a variety of books, chapters and articles and exhibit scripts on Connecticut's immigrant populations

Nov 14

**ALL YOU WANT TO KNOW ABOUT HYPNOSIS**

OLLI Presenter, **Salvatore J. Martone** is a Hypnotherapist certified by the National Guild of Hypnotists, as well as a certified Instructor. In practice for more than 38 years, he is a member of the American Society of Clinical Hypnosis; Licensed Clinical Social Worker as well as a licensed Alcohol and Addictions Counselor with the CT Dept. of Public Health.



**NEW ENGLAND BECKONS**

As our last class of the spring (2015) semester is over on May 1<sup>st</sup>, wouldn't it be delightful to extend your OLLI experience into June and join our OLLI travelers on a trip through upper New England?

Maine and New Hampshire are beckoning -- offering a lighthouse cruise, a "downeast" clambake, picturesque fishing village, and a glimpse of four centuries of American History with a visit to New Hampshire's oldest waterfront neighborhood.

Ogunquit, Maine and Strawberry Banke, New Hampshire await your arrival. Call Friendship Tours (860-243-1630) today and add your name to the growing list of OLLI travelers who want to embark on a New England experience like no other (bearing in mind that you will be traveling with your OLLI friends who love to learn, to explore, and to, downright enjoy themselves at every opportunity!!)

The Specifics:

Trip Name: Ogunquit, Maine

Date: June 7 - 9, 2015 (Sunday - Tuesday)

Price: \$397.00 p.p.

Call Friendship Tours, Overnight Department today.

**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**



## THE CAR KEYS

A woman's husband was becoming concerned about his wife's frequent memory lapses. When she saw the conference on how to improve memory was being offered at a local hotel, she decided to attend. She was pleased with the presentations, and when the conference was over, she walked out into the parking lot with newfound confidence and optimism.

Her cheerfulness quickly dissipated, however, when she realized couldn't find her car. "Oh, no!" She thought to herself, "I've done it again! I left the keys in the ignition, and now the car's been stolen." She went back into the hotel and alerted the security officer, who in turn notified the police. Dreading what her husband was going to say, she called him on her cell phone and said, "Dear, I'm afraid I must have forgotten to take the keys out of the ignition of the car, and now it's been stolen from the hotel parking lot."

Several seconds silence on the other end of the line was abruptly broken when her husband shouted, "The car was never parked at the hotel, because I dropped you off!"

Relieved, yet embarrassed, the woman said in a small voice, "Could you come and pick me up, then?"

"I'd be happy to," her husband said, "as soon as I can convince the state trooper that I haven't stolen your car!"

## A BARGAIN PRICE?

Tom, a noted cheapskate, took the lowest bid he received for the job of painting the porch. When he told his wife that a guy would come around the next day and do the work for \$35, she was incredulous. "What do you mean \$35?" She said. "The porch goes across the whole front of our house and the paint itself is going to cost more than \$35!" But Tom wouldn't budge.

The next day a fellow sauntered into the yard, a can of paint in one hand and a brush in the other. After an hour, the couple heard him shout from the porch, "I'm finished!"

"How in the world could he be finished in such a short time?" The wife exclaimed. Even Tom had to wonder. As he stepped outside he found out.

"Easy job," the painter announced, "but let me tell you something, that's not a Porche, it's a Ferrari!"

*Laughter For Days When You're At Your Wit's End.*

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## Osher Lifelong Learning Institute at UCONN, Waterbury

The Osher Lifelong Learning Institute  
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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.

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## 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](http://www.waterbury.uconn.edu/osher)**

## MEET YOUR PRESENTERS

**John Percivalle** is a man on the run. Literally. He loves running and competes in USA Track and Field Senior Running events in the 60 to 69 age category. This energetic, retired teacher runs three days a week and swims the other four. He competes annually in half marathons and other races.

He also has a passion for playing golf and remembers growing up in Torrington when that sport was considered one for the wealthy. John chuckled when he recalled he wanted to distinguish himself with some interest separate from his friends.

John was from a “very working class family” but he wanted to play golf and made his own four to five-hole course on a lightly-used field at Oliver Wolcott Technical School that was near where he lived. Today, he plays at least once a week with friends and is pleased that the sport no longer is considered exclusive.

Surprisingly, this athletic man retired early in 2009 because of constant sciatic pain in his lower back that makes sitting for prolonged periods very painful. Correcting papers for students in English classes became quite painful. He does various exercises designed to help with the pain. “Golf is not affected; the only thing that bothers me is sitting” and he probably would run more were it not for that concern.

But the dedicated teacher who taught 30 years at Newtown High School continues to work with students through volunteer programs and his classes at OLLI. (He was retired before the terrible December 2012 crime in Newtown in which a gunman killed 26 first grade pupils and educators in an elementary school.)

A University of Connecticut alumnus, John takes great pride in a poetry and creative writing curriculum he designed after teaching for 15 years. The course became an elective for seniors and “the kids loved it. Having students participate in creative writing was “one of the joys of teaching for me.” The class gave students the “opportunity to explain what is before them” in areas of interest, such as war, politics, religion, and their experiences growing up.

John’s volunteer work includes mentoring children in the Monroe Public School System. An elementary school principal recruited him to mentor children the principal felt would benefit from an adult’s positive attention. John has done this for five years, mentoring

four boys (two sets of brothers). The mentoring is done as part of the school day. “I try to be a positive role model and listen to them. . . They are happy for the attention.”

He is becoming involved with Narrative4, a global organization that seeks to foster empathy through the exchange of stories between people. Former Newtown teacher Lee Keylock is director of Global Programs for Narrative4. The program is based on one person telling a second one an autobiographical story; the second person then reciprocates. The two then tell the stories before an audience with the first person telling the second one’s story and the second telling the story of the first.

The idea is to “inhabit” the story of another, to walk in his shoes and, from that experience, develop empathy for another person. Narrative4 may help prevent bullying and overcoming stereotypes, its advocates believe.

John currently is presenting American Short Story Masters at OLLI. Teaching at OLLI is about “my love of teaching and the students love of learning.” He describes OLLI members as being “bright and enthusiastic; willing to share ideas.” He himself likes the idea of being “in charge of the subject” without having administrative tasks or papers to grade.

–Mary Ann Martin

