

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

THE FOUNTAIN OF YOUTH

Ponce' DeLeone found Florida instead of the Fountain of Youth for which he was apparently searching. But people still are looking for ways to stay young. "Scientists are toying with ways to manipulate genes and pull out aging cells, all in a race to find a way to extend longevity to its outer limits," according to a series of articles on aging in Time Magazine, Feb 23-Mar.2, 2015. Better health regulations such as clean water and improved sewage disposal combined with vaccines, improved drugs, diagnostic tests, surgeries, disease treatments and other medical advances have increased life expectancy from at birth to age 59 in 1925 to 79 in 2015. What may the future hold? And how do we get there still healthy and cognitively unimpaired?

"CAN BRAIN GAMES KEEP MY MIND YOUNG?" asks Justin Worland in another article in that magazine. He points out that concrete proof that the benefits of brain games is hard to come by, experts say, when it comes to measurably improving aspects of mental fitness, like having a good memory or sound reasoning. "People would really love to believe you could do something like this and make your brain better, make your mind better," says Randall W. Engle, the primary investigator at the Attention and Working Memory Lab at the Georgia Institute of Technology. "There's just no evidence." Still brain games do have the benefit of being fun-which may make them a worthwhile way for people of any age to spend time. "The issue most scientists have with people playing the games is the opportunity cost: you could be doing something else that actually would improve your cognitive ability," says Worland.

Jeffrey Kluger writes in an accompanying article, "Your moods, feelings and thoughts all influence your physiology. Learn to relax and your blood pressure goes down; emerge from depression and your immune system picks up; take a pharmacologically useless sugar pill that you're told is a powerful drug for your headache or backache or infection and as if by magic, you get better."

"The tantalizing question, then, has always been this: If the mind can heal the body, can it also rejuvenate it?...research is mounting that your outlook, your personality and, frankly, how upbeat you are have a profound impact not just on how you feel but also on how your cells age."

"As with most matters of health, it comes down in large measure to lifestyle-diet, exercise, adequate sleep and positive attitude."

Most OLLI members certainly have a positive outlook. The question is: How are we doing in the first three factors?



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 Newsletters Go Internet

OLLI newsletters are available on our web page at
<http://olli.uconn.edu/weekly-newsletters/>

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".

CLUBS AND ACTIVITIES COMMITTEE PRESENTS GAME DAY ON MARCH 17

St. Patrick's Day will be the theme for OLLI's first 'Game Day' starting at 12:30 on Tuesday, March 17 in rm.102.

Players can enjoy various familiar board and card games as well as several new challenges. Participants may also bring a game with an OLLI friend or a small group.

In keeping with the mood, Irish music will be accompanying the fun. Of course, there will be special refreshments, snacks, and beverages on hand. The OLLI office will take reservations until March 13. Watch for updated flyers and upcoming e-blasts.

Save the Date!

If it's potato pancakes, stuffed cabbage, pierogi, kielbasa and other Polish culinary delights that whet your appetite, then set aside Tuesday, April 28, from 12 noon to 2:00 to join the OLLI Clubs and Activities Committee folks as they bring you the second annual ethnic food venture to the Belvedere Café and Restaurant, 82 Broad Street, New Britain, CT.

Cost of the dining experience is \$20 per person and includes the Polish buffet, a visit to a Polish bakery and a short walking tour of the Broad Street Polish area. OLLI presenter, Lisa Wisniewski, will be our guide along with members of the Clubs and Activities Committee.

Reservations can be made to Nancy Via, nvia@sbcglobal.net, telephone (203) 758-6359 or to Delma Way, delvilway@aol.com, telephone (860) 274-8621 by April 22 at the latest.

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

All meetings of the book club will be held in room 102D, UConn, Wtby at 1:00 PM
3rd Monday

March 16
April 20
May 18
June 15

The Omnivore's Dilemma
Being Mortal
Underground Girls of Kabul
Tomlinson Hill

Michael Pollan
Atul Gawande
Jenny Nordberg
Chris Tomlinson



OLLI CAFE



March 6 Music & Story-telling with Jeremy Driscoll and Isabel Carrington

A unique pairing of storytelling and music, Isabel and Jeremy create a captivating experience for audiences by weaving together ancient folktales and mesmerizing music that transports listeners to a distant place and time. Unlocking the door to creativity and imagination, these enlightening performances create a natural bridge between language for children and adults of all ages. Isabel is an actress and performer on community, regional, and professional stages for over a quarter of a century. Jeremy has spent the last four decades as a licensed clinical social worker where music making is one part of the story in his work to increase harmony in people's lives.

Mar 13. THE GULF OF TONKIN EVENT- FIFTY YEARS LATER WITH JOHN WHITE

OLLI TRIP TO RISD AND JOHNSON AND WALES CULINARY ARCHIVES

The first OLLI trip of the spring semester will leave the St. Anthony's/DOT parking lot (Prospect) May 13, 2015 at 7:30 and will stop first at the Culinary Archives at Johnson and Wales College.

At the Providence campus of Johnson and Wales, there will be a guided tour of kitchen utensils that your grandmother loved and might have given you a few of her pieces.

I wonder if they have a copy of the A-frame- like grater that guaranteed every potato you grated would be tinged with a bit of your blood?

If you are like me and never had a chance to tour the White House, this tour will allow you to gaze at memorable dinnerware from the president's house plus other treasures.

Our bus will take us to Federal Hill known for its many great restaurants. Try one of them for lunch or bring your own. After lunch, our tour bus will move on to the Rhode Island School of Design for a guided tour of some of its varied artworks, textiles, silver, glasswork and ceramics the museum possesses. There are 86,000 pieces of artwork for you to enjoy.

There is a splendid collection of early American needlework. Pieces by artists such as Picasso, Monet, Manet, Andy Warhol and Paul Revere pieces are on display.

The cost of the trip is \$79 for OLLI members and \$89 for non-members. New OLLI Travel Committee guidelines say once the trip has been announced, non-members can immediately sign up for the tour.

Estimated time of return to the Prospect parking lot is 7:30 pm.

Evelyn Marshak

Upcoming OLLI Travel

5/13/15-Culinary Arts Museum/RISD Art Museum-\$79pp
6/3/2015- Best of Boston (JFK Library & Cruise) - \$86pp
6/7 - 6/9/2015 – Ogunquit/Strawbery Banke (overnight)- \$397pp dbl (sold out)
9/16/2015 – NY Botanical Gardens (Frida Kahlo's Garden) - \$75pp
9/27 - 30/2015 – Niagara Falls (overnight) - \$510pp dbl

All prices are member prices. Non-members are charged a slight surcharge. Call Friendship Tours for information and reservations. (1-800-243-1630). Mention OLLI Travel

Walk tall as the trees
 Live strong as the mountain
 Be gentle as the spring wind
 Keep the warmth of the summer sun in your heart
 and the great spirit will always be with you

Ojibwa saying

Contributed by **Marjorie FitzGerald**

MEET YOUR PRESENTERS

Growing up in Waterbury, **Bryan Murphy** dreamed of becoming a lawyer. “I was caught up with the idea of Perry Mason,” he said, referring to the television character played by Raymond Burr on the show that ran from 1957-1966.

Bryan loved the drama of the courtroom as presented on television, liking the idea of presenting powerful arguments that would result in victories for his clients. It never occurred to him that he would become a successful multimedia specialist and filmmaker producing training and marketing films for small businesses.

While planning a career in law, Bryan went to school and worked in his family’s industrial bakery, Skipp Tortilla Products, Inc. The firm made tortillas in Waterbury and sold them to restaurants and food distributors. “When I was little, my grandfather paid me a quarter to sweep the floor.” Eventually he worked in other departments and moved into sales. The family sold the company, which Bryan believes was the first to make tortillas on the East Coast, in 1996.

Fun activities included playing kickball, taking bike rides with friends to Lake Quassapaug, Middlebury. Bryan’s love of film grew out of watching classic movies on television with his grandfather Edward Skipp. His grandfather would talk about movies with Bryan and make popcorn. They watched the shows on a television set hanging on a shelf up high, giving the feeling of being in the theater looking up at the movie.

After years at the movies, Bryan’s all-time favorite remains *Citizen Kane*, a powerful film loosely based on the extraordinary life of publisher William Randolph Hearst. Bryan’s enthusiasm for musicals was developed by his mother with whom he watched *The Sound of Music*, her favorite show, at least once a year. In later years, Bryan was surprised to find himself working with Julie Andrew’s daughter, Emma Walton Hamilton, at Sag Harbor’s Bay Street Theater, which she had co-founded.

After attending Carrington School, Bryan entered middle school at Waterbury’s St. Margaret’s-McTernan—now Chase Collegiate School. Following middle school, Bryan attended Holy Cross School locally for one year. Then it was on to Suffield Academy, where he enjoyed being involved in theater. Among his roles was playing Mercutio, a witty and sometimes scene stealing character who is into wordplay, in *Romeo and Juliet*.

After Suffield, Bryan entered Tulane University in New Orleans. “I enjoyed the culture of the town and college. I always loved southern mentality, an easy way of life . . . in contrast to the craziness of New York.” Beyond the cultural appeal, Tulane also offered a pre-law program that allowed potential attorneys to begin law school senior year.

But doubts about a law career began to surface. During a pre-law group discussion at Tulane, Bryan began to feel that many aspects of being a lawyer didn’t appeal to him. His uncle, a district attorney in Maryland, cautioned him that good lawyers often spend little time in courtrooms arguing their cases because they prefer to settle them.

Bryan took an introduction to film course and became enamored with it. He earned a degree in English Literature with a minor in film studies from Tulane and became certified in filmmaking at New York University. Eventually, Bryan created a successful company, BEM Media, which focuses on telling the stories of small businesses using a multimedia approach to enhance their presences in the marketplace.

He is working on a film history on hard cider, once widely drunk before it “disappeared.” Today, with shifting cultural factors in play and the rise of microbreweries, hard cider is making a comeback. While he is based in Sag Harbor, Long Island, Bryan is in Waterbury to assist his mother, who is downsizing. He loves teaching his OLLI classes on *American Musicals – Reflections of Our Times* and *Yes! And...* “*Honing Your Mind Through Improvisation.*” —**Mary Ann Martin**

