NETWORK PROVIDERS

Olli members, become aware.

The Waterbury Republican had an article this week which talked about the forming of Medical Networks. It seems that the possible buyer for Waterbury Hospital is shopping around for Physicians to become members of the networks that will supply medical decisions for their patients. In theory, this sounds beneficial because Waterbury doctors who work independently or for the hospital, will be networked to coordinate patient care and share centralized medical records and insurance contracts, which seems to be much more efficient way to approach patient care. But is it?

Have you ever tried to find out what the actual cost for a hospital visit would be? Depending on the hospital, it would be as difficult as counting the leaves on a tree. This group buying Waterbury Hospital is a for-profit organization—which means that it has to make money for its shareholders.

Time Magazine, March 16, in an article entitled, “You only think you’re covered”, addresses the possible hazards of medical networks. It tells the story of a young couple whose baby was born prematurely and sent into the hospital’s neonatal intensive care unit. The baby eventually turned out fine.

But the parents’ finances did not.

Both parents thought their hospital and doctor would be covered under their insurance network. “But then a stream of mysterious bills started rolling in. Why didn’t anyone tell them there’d be a $1746 fee for an initial neonatal visit? What is the $240 a day charge for “supervision of care”? Wasn’t this all - $4279 in the end – supposed to be covered by insurance”?

The father, “who knew something about medical Billings from his work as a pharmacist, quickly discovered the cause. While the local hospital was considered an in-network provider, the neonatal intensive care unit at the same facility was not. Once the baby was whisked across an invisible line, wham!-everything was out of network.”

This couple “…have plenty of company. An estimated one in three American adults with private Health Insurance falls victim every two years to what are known, aptly, as ‘surprise medical bills’, according to a 2015 survey by Consumer Reports. Such bills arise when an in-network medical facility contracts with out-of-network medical staff, including emergency room doctors, anesthesiologists, surgical assistants or lab technicians. Depending on the service, average out of network charges can be up to 14 times more than what the government would pay for a Medicare patient according to a study by America’s Health Insurance Plans, a trade group.”

“Sometimes it’s just a few hundreds if the person reading a lab report was out of network,… but it can easily be tens of thousands of dollars if someone has spent days in an in-network hospital and had not known that the attending Physician was out of-network.”

“Efforts to fix the problem through legislation have been halting. Largely because the issue pits three powerful players in the health-care industry—hospitals, physicians’ groups and insurance companies—against one another.”

Guess who gets caught in the middle?

RJG
The effects of climate change on global food supply could lead to more than 500,000 deaths by 2050

Climate change’s effects on global food supply could lead to more than 500,000 deaths by 2050 as people around the world lose access to good nutrition, according to new research. The study, published in the journal *The Lancet*, builds on previous research that has shown how droughts, floods and other weather events linked to climate change hurt global crop yields. But climate change will lead to a less healthy diet composition in addition to making food less available overall. In fact, people will be twice as likely to die from issues linked to climate-related poor diet than from undernutrition, according to the first-of-its-kind study.

“It’s not just about getting enough calories,” says Richard Choularton of the United Nations World Food Program, who was not affiliated with the research. “Calories aren’t good enough without micronutrients. Cognitive and physical development depend on eating the right things.”

*Time Online, Mar 16, 2016*

**UPCOMING FALL DAY TRIP TO MOHONK MOUNTAIN HOUSE**

Wednesday, Sept 7, 2016

Mohawk Mt. House is an elegant Victorian castle in New Paltz, New York. Situated on its own lake and surrounded by carefully landscaped gardens, this unique resort offers a peaceful retreat to enjoy the beauty of nature, whether you are walking on the pristine nature trails or enjoying the view through the expansive windows near a crackling fireplace.

Because our trip takes place during one of Mohonk Mountain’s 2 “Music Weeks”

**OUR VISIT INCLUDES SO MANY WONDERFUL EXPERIENCES:**

**TWO Concerts**

**Extensive Hot & Cold Buffet Luncheon**

Free time to visit the Barn Museum, Greenhouse, nature trails & beautiful show gardens

Special discount coupon for all gift shops

Tea or lemonade and freshly baked cookies before departure

**Mohonk Mountain Resort Souvenir**

**COST:** $114 (members); $124 (non-members) all inclusive

**DEPART:** 7am *WATERBURY CHASE PARKWAY COMMUTER PARKING LOT*;

**RETURN:** 7pm

**OLLI Newsletters Go Internet**

OLLI newsletters are available on our web page at [http://olli.uconn.edu/weekly-newsletters/](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](http://www.adobe.com) and click on the box that says “READER”.

**OLLI BOOK CLUB**

Contact: Nancy Via at nvia@sbcglobal.net

March 21 book discussion is: "Brooklyn" by Colm Toibin

All meetings of the book club will be held in room 102D, UConn, Waterbury at 1:00 PM 3rd Monday
March 18  
**Body Language**
Carolyn Finch  MS SLP  is an internationally known Body Language Expert and an authority on speech and interpersonal communication. She combines her expertise from business, education and the medical world with entertainment talents that are memorable. Her audiences leave with practical valuable information Carolyn’s focus is to help you understand non-verbal communication and how messages are conveyed and interpreted.

Friday, April 1  
**WE ALL HAVE A STORY TO TELL - FOOD, FAMILY, AND TRADITION**
Tina Agati

**Upcoming OLLI Travel**

<table>
<thead>
<tr>
<th>Date</th>
<th>Destination Description</th>
<th>Price</th>
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<tbody>
<tr>
<td>5/12/2016</td>
<td>The Springfield Museums (4)/Dr. Seuss Sculpture Garden MA</td>
<td>$62pp</td>
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<tr>
<td>6/20-22/2016</td>
<td>Lancaster PA (Sight &amp; Sound Theatre (overnight))</td>
<td>$427pp dbl</td>
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<tr>
<td>6/29/2016</td>
<td>Thomas Edison National Historic Park/Montclair Museum</td>
<td>$85pp</td>
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<tr>
<td>9/07/2016</td>
<td>Music on the Mountain (Mohonk Mountain) NY</td>
<td>$114pp</td>
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<tr>
<td>9/17-19/2016</td>
<td>Washington DC/ChantillyVA/Mount Vernon</td>
<td>$457pp dbl</td>
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<tr>
<td>9/28/2016</td>
<td>Walkway Over the Hudson/Lunch &amp; Tour of Culinary Inst., Hyde Park, NY</td>
<td>$107pp</td>
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<tr>
<td>11/4-11/2016</td>
<td>America’s Music Cities-Nashville, Memphis, New Orleans</td>
<td>$2899pp twin</td>
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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.

**OLLI Travel NOTICE** – Effective immediately, all OLLI Trips will no longer depart from St. Anthony Parking Lot. They will depart from and return to the Chase Parkway DOT Commuter Lot, Waterbury. Maps of this new Departure area are available on the OLLI Information Table in the main hall.

**LANCASTER, PA**  
**JUNE 20-22, 2016**

Don’t miss your last chance to sign up and see Samson, one of the most captivating stories in the Bible. The production is filled with colorful characters, amazing special effects that you will certainly enjoy at the 2,000 seat Sight & Sound Theatre. You will also visit a private Amish farm, and have a guided tour of QVC.

The trip also includes:
2 nights at Cork Factory Hotel
2 breakfasts
2 dinners
Sightseeing
Gratuities

Cost of trip to Olli members:
$427.00 double/triple
$527.00 single

Non-member surcharge $20.00/per person
Call Friendship Tours at 860 243-1630 to book your reservation.

**ATTENTION OLLI TRAVELERS:**
**Sign-up Deadline Fast Approaching**

If you are planning to join us on our America’s Music Cities Tour of Nashville, Memphis, and New Orleans you have only two weeks to sign up and send in your deposit. While our trip is scheduled for November 4th - 11th, the DEADLINE to send in your deposit ($600.00 p.p.) is Saturday, April 2nd. After that date any available seats will be released by Friendship Tours and you will have missed out on a great trip.

Flyers are still available on the Membership Table on the main concourse with all of the specifics but we do suggest, if at all interested, that you call Friendship Tours today at 860-243-1630 and ask for Barbara. Remember, April 2nd is only two short weeks away!!
It has already started at Dick’s Sporting Goods.

When I was ready to pay for my purchases of a gun and bullets, the cashier said, “Strip down, facing me.”

Making a mental note to complain to the NRA about the gun control whackos running amok, I did just as she had instructed.

When the hysterical shrieking and alarms finally subsided, I found out that she was referring to how I should place my credit card in the card-reader.

I have been asked to shop elsewhere in the future. They need to make their instructions to us seniors a little clearer.

ATTORNEY: Doctor, before you performed the autopsy, did you check for a pulse?
WITNESS: No.
ATTORNEY: Did you check for blood pressure?
WITNESS: No.
ATTORNEY: Did you check for breathing?
WITNESS: No.
ATTORNEY: So, then it is possible that the patient was alive when you began the autopsy?
WITNESS: No.
ATTORNEY: How can you be so sure, Doctor?
WITNESS: Because his brain was sitting on my desk in a jar.

ATTORNEY: I see, but could the patient have still been alive, nevertheless?
WITNESS: Yes, it is possible that he could have been alive and practicing law.

ATTORNEY: How was your first marriage terminated?
WITNESS: By death.
ATTORNEY: And by whose death was it terminated?
WITNESS: Take a guess.

ATTORNEY: She had three children, right?
WITNESS: Yes.
ATTORNEY: How many were boys?
WITNESS: None.
ATTORNEY: Were there any girls?
WITNESS: Your Honor, I need a different attorney. Can I get a new attorney?

ATTORNEY: Doctor, how many of your autopsies have you performed on dead people?
WITNESS: All of them. The live ones put up too much of a fight.
OLLI artBeat

Remembering “Black 47” at Ireland’s Great Hunger Museum

By Mary Fitzpatrick Peitler

It’s said that we are all a little bit Irish on Saint Patrick’s Day. Whether you are Irish like me or not, the current special exhibition at Hamden’s Famine Museum, part of Quinnipiac University, is truly worth a visit. Though it is an incredibly beautiful and heartbreaking look at the Irish Potato Famine (1847-1852), it also evokes man’s inhumanity to man throughout the centuries, including the Holocaust and the more recent “Troubles” in Northern Ireland.

I visited recently and was fortunate to meet the director, the very engaging Grace Brady. Before turning her attention to the new exhibit, she gave a short history of the museum which opened in 2012. It is an outgrowth of the more extensive collection of Irish historical artifacts and documents at Quinnipiac. The President of the University, Jack Leahy, had asked one of his Trustees, Murray Lender, the founder of Lender’s Bagels, for a contribution. Mr. Lender, who grew up Jewish in New Haven, agreed if the gift would go toward something specific and special. He related that he had grown up among Jewish, Irish and Italian friends where the Holocaust and World War II were often discussed, but that he had never heard anyone talk about the Irish Famine. He donated a very large sum toward the establishment of an art museum to commemorate and educate about this important and catastrophic event. The museum showcases traditional Irish works from the 19th and early 20th centuries, as well as contemporary treatments of the subject. It is truly an outstanding collection, an extraordinary opportunity to learn about this event which not only decimated the Irish population through death and disease, but also spurred emigration, primarily to the United States, Canada and Australia.

Ms. Brady spoke about the design of the building, a former school and office building, which was gutted to create the museum. The bottom floor is dark with low ceilings and is meant to evoke the workhouses which housed and “employed” the poorest of the Irish during and after the Famine. The top floor, where the main part of the collection is displayed, is larger, lighter and more spacious, conveying the dreams of those who were leaving for a new and hopefully better life.

Nineteen paintings and drawings comprise the exhibition “In the Lion’s Den: Daniel MacDonald, Ireland and Empire.” According to Niamh O’Sullivan, the Curator, “Daniel Macdonald was the only artist to address pictorially the full horror of the Great Hunger. This exhibition, the first in America, and the most comprehensive ever mounted, will re-evaluate Macdonald, who not only painted peasants but aristocrats, and was one of the most talented, audacious and experimental European artists of his time.” One of the most important works of the young artist, who was born in Cork in 1820 and died at age 32, is the beautiful “An Irish Family Discovering the Blight of Their Store” which is said to be “the only known painting that deals with the famine at the time of the famine.” It depicts three generations of a family confronting the horror of the knowledge of the loss of their crop and what was to come.

Ireland’s Great Hunger Museum, An Gorta Mor, is located at 3011 Whitney Avenue, Hamden, a 30 minute ride from OLLI. Admission is free and includes a video about the history of the famine. Special events and lectures are held periodically. The current special exhibit runs through April 17. For more information, see ighm.org. And Happy Saint Patrick’s Day to all!
MEET YOUR PRESENTERS

Nancy Thorndike Whitney finds her life tends to “wind up on the pages” of a book she has written. Through writing, she says, you can express “what’s inside you (that) you want to get out and share.”

Among her fondest memories are those of her late father, a professor emeritus of education at Teachers College of Columbus University.

Nancy, an adopted child in a family that also included two other children born to her parents, had a special bond with her dad Robert Ladd Thorndike. Her love of the written word began when he read regularly to her, beginning in early childhood.

She wrote “Remembering,” a poem of these memories that appears in her book Wyndover. “Remembering” includes the verse:

Holding me on his lap, he told stories or, arm encircling me, he read Winne-the-Pooh or Alice-in-Wonderland. His voice resonated. My ear to his chest. I watched as his Adam’s apple bobbed up and down.

But Nancy has also experienced some bleak times. Her husband divorced her; one of her two sons died of a respiratory illness in his 40s. But she recognized she had to cope and did so.

At one point she moved to New Mexico, a place she had visited, because the state “called to me.” Nancy found New Mexico to be “the most healing place” she knows. It has unique landscapes and a culture filled with art and music drawn from a blend of the Indian, Anglo and Hispanic cultures found there. Nancy took creative writing classes at the University of New Mexico and has written a book Earth Song that grew out of her four-year New Mexican experience.

Nancy’s “Ghost Ranch, Abiquie, NM” poem published in Earth Song says in part:

GEORGIA KNEW THIS PLACE. SHE PAINTED THESE ROCKS AND HILLS STRONG WITH COLOR, INTENSITY AND POWER.

ANCIENT FACES IN THE CLIFFS WATCH, SLEEP. SILENCE IS FULL OF THE SOUND OF NATURE.

Nancy self-published both books and has applied for an ISBN (International Standard Book Number) for Song of the Earth that will allow it to be sold in bookstores.

When Nancy’s father joined the Teachers College faculty, the family settled in Montrose, New York, where she attended public schools. She recalls that upon high school graduation her choices were being a wife and mother, teacher or nurse. “I got roped into” pursuing a nursing program “but that didn’t work for me.” She married, had two sons, volunteered in community activities and, suddenly, was divorced while living in Virginia. Nancy moved to Connecticut and began her new life.

To support herself, Nancy earned a secretarial degree from the Stone School in New Haven. She worked and took courses at Norwalk Community College and then progressed to the University of Connecticut, Stamford, and earned her bachelor’s degree. Today, she is nearing completion of her graduate degree at Southern Connecticut State University.

Nancy has always written poetry while taking workshops and classes. Nancy believes it’s important “to stretch yourself.” In her classes at OLLI, she encourages people to write and read to each other. She believes it’s important for writers to both hear their own voices and those of others.

In her OLLI classes, she wants students “to find themselves on the page; to be there to feel it, to share it.”

Sometimes, she gives her students “prompts” and asks them to develop a piece from them. She might suggest a three word sentence be written about the word “spiders” or the word “opera.” At first, some balk saying, “I can’t do this.” But then they do and she delights in hearing a novice writer declare, “Wow! I didn’t know I could do that!” This spring, Nancy is presenting “Writing on the Write Side of Your Brain” at OLLI.

–Mary Ann Martin