

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.

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

Journal writing is one of the most popular classes offered at senior centers all over the country. What makes it so popular? Journals, or diaries, date from the first century in China, and therefore have a long history. E. Michael Brady, in an article entitled "In Awe Of The Ordinary – Older Learners And Their Journals" from 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 (since moved to Chicago). He was interested in the effectiveness of writing personal journals. Prof. 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 everyday 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 even want to learn something more about an idea that came up in your OLLI class.

You may not be ready to write something for others to see, but that doesn't mean that you can't make use of writing as a form of personal therapy. Keeping a journal is a useful and well respected form of thinking therapy. You can use your journal as a way to share your life story or you can use it to delve into your own psyche. According to psychologists, writing can be as helpful for the mind as meditation.

Perhaps one of the most important themes, according to Prof. Brady, is 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, says that it "… helps people to be in awe of the ordinary." And awe is quite an apt response, even if the 'ordinary' is nothing more-nor-less than the gritty and glorious details of ordinary life.

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



RJG

*Revised from OLLI Newsletter 09/2011

| OLLI News welcomes contributions from our read- ers. These contributions may include anecdotes from classes | "BRAIN TEASERS" |
|---|--|
| or presenters or any item you think informative, as well as selections from class such as this one provided today by Mary Pavone from Nancy Whitney's class: <i>Yes, You Can-</i> <i>Write, That Is.</i> | #1 The number six is called a perfect number becaus it can be expressed as the sum of its integral factors less than the given number. The factors of six are 1,2,3,6. |
| Summer's End | 6 = 1 + 2 +3. What is the next perfect number? |
| The begonias, zinnias, and autumn joys are most vibrant now, in late September. They are blazing red/orange, gold, deep pink. Joe Pye has gone from lavender to rust, and the yellow Susans are left with only their black eyes. The but- terflies, hummingbirds and goldfinch are gone. The "Red Beauty" peppers will stay green. We've seen the last of the orange "Jubilee" tomatoes. The basil is over- grown, but the parsley will stay until frost. We've harvested the other herbs. He insists on leaving the picnic table's umbrella in place, hoping for another hot sunny day. He loves to have his morning coffee there. Despite all the hope and all the yearn- ing, we'll be collapsing the umbrella and rolling the awnings soon. We'll empty the garden of its spent plants and wait for autumn's yellows, golds, and reds to fill the trees. Mary Pavone | #2 Four friends decided to enroll in four separate courses in the next session of OLLI. The courses they chose are: art, current events, literature and music. Jin did not take art or literature. Neither Karen nor Richar enrolled in art. Either Carol or Richard took music. Which course did each person choose? >>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>> |
| 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 OLLI | the next page. No peeking!! Fear is a habit; so are self-pity, anxiety, despair, hopelessness and resignation. You can eliminate all of these negative |
| staff member. | habits with two simple resolves: I can! and I will! |
| We're on the web! | |
| | |

"BRAIN TEASERS"

Volume 20. Issue 5



TRAVEL ARTICLE CORRECTION

Last week's article (What's Coming Up in Travel for Spring 2019) incorrectly said accommodations for the Fingerlakes overnight trip in June 2019 would be at the Canandaigua Inn on the Lake. This is incorrect. Accommodations for this trip will be at the **Ramada** Plaza by Wyndham Geneva Lakefront.



Upcoming OLLI Travel

Fall Trips – 2018

10/13-18/2018 - Biltmore, Asheville NC & Monticello VA – SOLD OUT

11/03/2018 – Carmen/Metropolitan NYC – SOLD OUT

11/28/2018 – Boar's Head Feast, Williamstown MA/ Bright Nights, Springfield, MA - SOLD OUT

<u>Spring/Summer – 2019</u>

- 4/06/2019 Tosca/Metropolitan NYC member cost \$152
- 6/04-06/2019 Fingerlakes member cost \$561 (dbl); \$691(single)
- TBA (July) Tanglewood/Naumkeag member cost TBA

Flyers available at the OLLI Information Table. All prices are member prices. Non-members are charged a slight surcharge that is listed on all flyers. Call Friendship Tours for information and reservations (1-800-243-1630). Mention OLLI Travel. (Please do not call the OLLI Office.)

OLLI BOOK CLUB

OLLI Book Club meetings are held on the third Monday of the month, 1:00 p.m. in room 102, UConn/Waterbury.

Oct. 15 News of the World by Paulette Jiles Nov. 19 The Last Painting of Sara deVos... by Dominic Smith



ANSWERS

#4The numbers are 80 and 20. Their difference is 60.

·I=8-6

#3The next number is 1. 21-1=1, 4-2=2, 5-3=2, 9-4=5,

Uarol-art

#2Jim –current events, Kathy–Interature, Richard–music,

<<<<<<<<<<<<

78= 1+7+4+7+14

are 1,2,4,7,14,28. #1 The next perfect number after six is 28. The factors of 28



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OLLI Café



Ouickies from Sheila Morisette

Ancient Americas History: 50 Archaeological Bookseller conducting a market survey asked the woman, "Which book has helped you most in your life?" Prof. Kenneth Feder will explore America's ancient The woman replied, "My husband's checkbook!!" past – a history spanning 13,000 years that is more diverse and more technologically and artistically A prospective husband in a bookstore asked, "Do you have a sophisticated than most people appreciate. Dr. Feder book called Husband - the Master of the House?" has visited all 50 archaeological sites highlighted in Salesgirl replies, "Sir, fiction and comics are on the first floor!" archaeological sites to see for yourself. Prof. Feder Someone asked an old man, "Even after 70 years, you still call will share the wonders of America's first peoples, your wife - darling, honey, love. What's the secret?" among them cliff dwellers, mound builders, and Old man, "I forgot her name and I'm scared to ask her." rock artists. His primary research interests include the archaeology of the native peoples of New Pharmacist to the customer, "Sir, please understand, to buy an England and the analysis of public perceptions about anti-depression pill you need a proper prescription.' the human past. He is the author of several books. "Simply showing a marriage certificate and wife's picture is not On the topic of human antiquity, one producer described him as being "a beacon of sanity in a sea enough?" of madness," which, in Feder's words, "is a very COOL MESSAGE BY A WIFE: "Dear Mother-in-law, don't teach me how to handle my children. I am living with one of yours and he needs a lot of improvement!" ··· When a married man says, "I WILL THINK ABOUT IT --" what he really means is he doesn't know his wife's opinion yet. Lady says to her doctor, "my husband has a habit of talking in his sleep! What should I give him to cure it?" The doctor replies, "Give him an opportunity to speak when he's awake!" An older man at the gym, eyeing a very attractive young wom-OLLI officers are part of the Leadership Council, an, asked one of the trainers which machine he should use to which is the principal representative body of the gain her attention. "The ATM! " was the response. President: Ira Mickenberg M.D. There are three kinds of men in this world: Vice President: Mila Limson Some remain single and make wonders happen. Some have girlfriends and see wonders happen.

The rest get married and wonder what happened!

Osher Lifelong Learning Institute at UConn Waterbury

The Osher Lifelong Learning Institute The University of Connecticut 99 East Main Street Waterbury, CT 06702

OLLI Leadership Council

Council Members

OLLI membership.

Council Officers:

Secretary: Mary Fitzpatrick Peitler

Assistant Secretary: Joyce Conlan



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The Osher Lifelong Learning Institute (OLLI) 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.

October 5

Sites to See for Yourself

his latest book, Ancient America: 50

Korean History and Culture

Prof. Kenneth Feder

scary thought."

October 12

Younhee Shin

OLLI artBeat

by Mary Fitzpatrick Peitler

"Theater Crawl"

How does an autumnal *"theater crawl"* sound? (Yes, you guessed it. I made that term up!) There is so much live theater to be enjoyed in Connecticut. I hope during the next couple of months you will take advantage of local and Equity talent, and enjoy some wonderful plays. Combine a foliage ride, lunch or dinner at one of Connecticut's terrific restaurants with a play and you have the makings of a fine day and wonderful memory. Take your spouse, best friend, significant other, family member, (especially grandchildren!) and I guarantee a special day for all!

This past weekend I had the good fortune to attend *Theatreworks, New Milford's* production of *Arthur Miller's "All My Sons."* What a treat to be able to see a Miller play done well by local and incredibly talented actors. The play is set in the post-World War II years and was still so incredibly timely, as it tells the tale of a man who has lived a lie, and his past comes back to haunt him. I actually had goosebumps as the protagonist, Joe Keller, played beautifully by well-known actor Mark Fletch, struggles to come to terms with his guilt, his family relationships and his conscience. If you've never been to *Theatreworks,* I urge you to get tickets for this play. Straight drama isn't as easy to come by as musical theater, which I also love, but this is something special. *Theatreworks,* founded in 1973, is an award-winning small theater that produces five plays a year. I have seen many plays there over the past couple of decades and have never been disappointed. *This weekend and next. www.theatreworks.us.*

Many OLLI members enjoy going to *The Warner in Torrington*, for plays, concerts and even live streaming of the Metropolitan Opera! This fall the will bring "*Newsies*" to the boards. I am looking forward to seeing this wonderful historical musical which is based on the "Newsboys Strike of 1899," a two-week long action against Pulitzer, Hearst and other powerful publishers. *Saturday Nov. 3 – Sunday November 11. www.WarnerTheatre.org.*

Seven Angels Theater is another favorite of Connecticut residents. Running through October 21 is *AltarBOYZ*, a musical comedy about a fictitious Christian boy-band on the last night of their national "Raise the Praise" tour. Seven Angels promises "tight harmonies and spectacular choreography sure to delight and captivate." *Until October 21. www. Sevenangelstheatre.org.*

A little further out in eastern Connecticut is Haddam's *Goodspeed Opera House*. This fall's offering is *"The Drowsy Chaperone"* the story of a forgotten Jazz Age musical that comes to life in the living room of a diehard theater fan. *Through November 25.* Goodspeed always has some special events like dinner packages at the Gelston House, cruises on the Lady Katharine cruise boat, and the Thanksgiving food drive 2 for 1 tickets. Last fall, fellow OLLI member Sue Linsley and I saw the wonderful play "Rags" there, and beforehand enjoyed lunch at a neat bistro called *Two Wrasslin' Cats.* (See below.) We both highly recommend for a fun lunch before a Goodspeed Matinee! *www.goodspeed.org.*

What I've presented here is just a fraction of what is available to you in Connecticut this season. Look in your local paper for more local and regional offerings. When the curtain comes down on a play that I have attended, I always feel more human and elevated, whether the play was tragedy or comedy. There really isn't an experience that can replace live theater. For those of us not fortunate (or rich) enough to snag tickets for *Hamilton at the Bushnell*, you can still have a memorable Connecticut theater experience. We'll catch *Hamilton* next time around. Maybe we can make it an OLLI trip!

Sue and I pre-Goodspeed!



MEET YOUR PRESENTERS

F. David "Dave" Corbett faced a dilemma when graduating from the University of Connecticut College of Law: Should he continue teaching, a profession he loved, or begin practicing law?

He graduated cum laude from the UConn law school in January 1977 and had received the Constitutional Law Award for having the highest grade in his class in constitutional law.

On the other hand, Dave had taught U.S. History, Contemporary Issues and also Law and Society in Waterbury high schools since 1967 while attending law school. He delighted in provoking critical thought in students.

His solution to his problem: do both. Dave taught during the school day and worked on legal matters afterwards and, often, on Saturdays. His teaching career included service at Wilby High School and later at Kennedy.

Upon retiring from teaching in 1999, he continued to practice law, specializing in probate and real estate matters. He admits to being thrilled when former students approach him to say how he inspired a love of history in them.

Dave describes himself as being a "generalist" as a lawyer, but one who rarely took criminal cases. He also is an inveterate DIY (do it yourself) man, believing firmly you can learn much from books and, "You can learn anything from the Internet."

Of being a DIYer, he says, "I love carpentry." One of his early, major projects was turning an enclosed porch into a small room to use as a den. He has built cabinets and bookcases and is remodeling for rental a four-bedroom house that belonged to his in-laws.

Dave's knowledge of trades came in handy when he represented a client suing a man who did a poor job of grouting when installing tile in her house. In court, Dave asked the man to demonstrate how to grout. Soon it became clear the defendant didn't know the technique. But Dave did, resulting in his winning the case for his client.

As a young man, Dave had many part-time and summer jobs. He worked on eyelet machines, moved furniture and was a millwright. He also was a garbage man.

The idea of going to law school always appealed to Dave. As an undergraduate, he took courses at the University of Bridgeport that were recommended for students who were considering pursuing a career in law. He majored in economics and minored in history, graduating in 1964.

In classes, Dave believes in having both sides of an issue presented. In contrast, he recalled when he was a student as the American involvement in Vietnam was growing. His professor, who had served in World War II, was very pro fighting a war in Vietnam.

One day in class when the professor was expressing his views on the Vietnam situation, "I exploded." When grades for the term were posted, Dave's had gone from an A in the first semester to a C in the second.

"I was always against the Vietnam War," Dave said, citing the 1,000 year history of Vietnam itself resisting Chinese hegemony as well as the obstacles of fighting a ground war in Southeast Asia. Dave remembers reading and being influenced articles by Hans Morgenthau, a scholar then at the University of Chicago, who was an early opponent of the Vietnam War. He also recalled articles by Drew Pearson that "were common sense" about the war.

On occasion, Dave has written op-ed pieces for newspapers and has hosted a show on Waterbury's local access TV station, Skye XIII. Guests included Gov. Dannel Malloy and "just about every mayor in the state" as well as people from Yale University.

He was encouraged to look into the OLLI program by friends. When, he checked it out, Dave decided to offer "Contemporary Issues in U.S. Constitutional Law." He finds OLLI students have many interesting career backgrounds and are "so enthusiastic – coming down here is the highlight of my week." -Mary Ann Martin

