Losing My Mind

I lose my glasses. I lose my keys.
When I eat too much I lose my knees.
I am losing my hearing and some of my sight
It’s so bad now I don’t drive at night.
I once lost some money I received as a gift.
When found six months later it gave me a lift.
My hair lost its color but is still on my head.
That middle age bald spot is something I dread.
I once lost a job but I knew where it was.
It was a family business, my job went to their cuz.
I’ve lost touch with close coworkers and lost touch with friends.
Next thing you know I'll be wearing Depends.
I may lose my marbles, I may lose my mind
I better start looking, and maybe yours I will find.

- Bob Sherman
FROM THE PAST:
Pieces from the Newsletter that are still pertinent... Heaven or Hell?

While walking down the street one day a Corrupt Senator (that may be redundant) was tragically hit by a car and died. His soul arrives in heaven and is met by St. Peter at the entrance.

"Welcome to heaven," says St. Peter. "Before you settle in, it seems there is a problem. We seldom see a high official around these parts, you see, so we're not sure what to do with you."

"No problem, just let me in," says the Senator.

"Well, I'd like to, but I have orders from the higher ups. What we'll do is have you spend one day in hell and one in heaven. Then you can choose where to spend eternity."

"Really?, I've made up my mind. I want to be in heaven," says the Senator.

"I'm sorry, but we have our rules."

And with that, St. Peter escorts him to the elevator and he goes down, down, down to hell. The doors open and he finds himself in the middle of a green golf course.

In the distance is a clubhouse and standing in front of it are all his friends and other politicians who had worked with him. Everyone is very happy and in evening dress. They run to greet him, shake his hand, and reminisce about the good times they had while getting rich at the expense of the people. They played a friendly game of golf and then dined on lobster, caviar and the finest champagne. Also present is the devil, who really is a very friendly guy who is having a good time dancing and telling jokes. They are all having such a good time that before the Senator realizes it, it is time to go.

Everyone gives him a hearty farewell and waves while the elevator rises. The elevator goes up, up and the door reopens in heaven where St. Peter is waiting for him. "Now it's time to visit heaven," Peter says.

So, 24 hours passes with the Senator joining a group of contented souls moving from cloud to cloud, playing the harp and singing. They have a good time, and before he realizes it the 24 hours have gone by and St. Peter returns. "Well, then, you've spent a day in hell and another in heaven. Now choose your eternity."

The Senator reflects for a minute, then he answers: "Well, I would never have said it before, I mean heaven has been delightful, but I think I would be better off in hell."

So St. Peter escorts him to the elevator and he goes down, down, down to hell. Now the doors of the elevator open and he's in the middle of a barren land covered with waste and garbage. He sees all his friends, dressed in rags, picking up the trash and putting it in black bags as more trash falls to the ground.

The devil comes over to him and puts his arm around his shoulders. "I don't understand," stammers the Senator. "Yesterday I was here and there was a golf course and clubhouse, and we ate lobster and caviar, drank champagne, and danced and had a great time. Now there's just a wasteland full of garbage and my friends look miserable. What happened?"

The devil smiles at him and says, "Yesterday we were campaigning, Today, you voted." Vote wisely on November 3, 2020
VOICES and VISIONS

Enrolled in an art, photography, or writing course? The OLLI Editorial Committee invites you, as an OLLI student, to submit your work to our yearly literary and arts publication, Voices and Visions. Have you wondered what Voices and Visions is? Voices and Visions is a yearly publication created by OLLI members that showcases your writing skills, your interests, or your creative works in the form of artwork of any kind. We want to see what you have created and what you would like to share with the OLLI community. If you are an OLLI member this year, and have taken classes, you are eligible to submit your work. As your Editorial Committee, we meet and go over the submissions to find places for them in Voices and Visions. If needed, we will get in touch with you about any editing that might need to be gently done. We have a photographer who will work with you to be sure we get photos of your artwork to look its best. Guidelines and submission forms are online. If possible, we ask you to submit your forms online to LizHanahan@aol.com OR leave them in the OLLI office, though an email to Liz is highly preferable. DEADLINE: June 15th, 2020

Walking Activity

“Nature quiets the mind by engaging with an intelligence larger than our own.”

Come and walk in nature with some OLLI friends. Experience the beauty in our different communities. All walks are easy with some minor hill climbing. We will walk for approximately an hour. Third Wednesday at 10:00 am. Meet at parking area. Bad weather will cancel the walk.

April 15th: DeDominicus Preserve, Old Lane, Cheshire. (Route 10 to Old Farms Road. At crest of hill there is a kiosk on left. Park on the side of the road. The trail is through the woods. More challenging, as it is not paved and there are hills. The beauty is well worth it! Hiking boots recommended.

May 20th: Hopbrook Trail, Naugatuck. Parking at lot at the intersection of Routes 63 and 188.

Questions? Diane Visconti (203)215-8548 or email Vis1795@aol.com

The OLLI Walking Activity will continue at the discretion of the involved OLLI members.

OLLI Travel:

The OLLI trip to the New York Philharmonic has been cancelled, and Friendship Tours is refunding fees. The OLLI trip to Harlem has NOT been cancelled by Friendship Tours, so any OLLI member who wants to cancel needs to contact Friendship Tours directly at 1-800-243-1630.

STAYING CONNECTED WITH OLLI @ HOME

- Sign up for our weekly e-newsletter (go to olli.uconn.edu and click the blue button that says "Add Me to Your Email List") to receive updates every Monday
- "Like" us on Facebook to participate in interactive posts and "Virtual OLLI Cafe." (https://www.facebook.com/olliatuconnwaterbury/)
- Email yvoorg@aol.com or osher@uconn.edu with your own tips on how to stay busy during this time, photos, interesting stories or news articles, original work (paintings, drawings, writings) to be featured in our Newsletters
All OLLI Club meetings on campus are suspended for the remainder of the Spring 2020 semester.

That said, feel free to get creative! Is your club able to meet remotely through online programs like Zoom? Are you able to share with each other over email or social media during this time? Let us know what you come up with and we can spread the word!

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PARKING INFORMATION

OLLI members with University-issued parking decals may park in the following locations on the following days:

**Fridays, any time:** UConn’s attached ramp garage (entrance on North Elm St.) or Scovill Street Garage (33 Scovill Street)

**Monday - Thursday, morning - 5:00pm:** Scovill Street Garage

**Monday - Thursday, 5:00pm or later:** UConn’s attached ramp garage or Scovill Street Garage

If you would like to utilize OLLI at UConn’s parking options, you must submit an application for a parking permit at: park.uconn.edu/olli-parking-permit-application/

If you do not want to purchase a permit, find other local parking areas here: http://www.waterburyparking.com/pricing/

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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.

- **President:** Ira Mickenberg
- **Vice President:** Mila Limson
- **Secretary:** Mary Peitler
- **Asst. Secretary:** Joyce Conlan

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MORE INFORMATION REGARDING FUTURE SEMESTERS/COURSE PROPOSALS TO FOLLOW

March 20, 2020

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CLUB CORNER

Questions?
Call (860) 486-4930

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Missed a newsletter?
Find past issues online @
https://olli.uconn.edu/weekly-newsletters/

Find a full list of OLLI Clubs and Committees and their descriptions on Page 3 of the course catalog!
When I turned on my laptop this morning the first thing that flashed up was a notification from Google reading “You have no events scheduled this week.” Social being that I am, I could have either laughed or cried at this, but it struck me as very funny. I had assiduously deleted everything from my Google calendar yesterday because all were cancelled due to Covid19, but it seemed like something dystopian. Indeed, I really have no place to go this week. That said, it doesn’t mean I have nothing to do!

So many friends and groups are chiming in on line to offer suggestions of how we can keep our minds and bodies occupied during what promises to be a long period of “social distancing.” Starting with our homes, we can finally make good on that promise to reduce, pare down, or Kondo our stuff, if you will. When I retired five years ago I promised myself that I would clear out the back basement, otherwise known at the scary place of souvenirs, photographs, holiday decorations and unwanted decades of accumulation. Of course I never did because there were too many other fun things to do. But I actually ventured in there yesterday for a couple of hours and survived. I felt like an archeologist, but it was more fun than painful and I filled up a couple of trash bags.

In terms of the arts, so many institutions have stepped up to the plate to bring the arts to us as we can’t go to them! The Metropolitan Opera is broadcasting performances on line in the evenings. Our own wonderful Waterbury Symphony put up a post on Facebook with links to staff members’ choices of classical music to help us get through these days of isolation. Like their page or google their website! This may be a good time to sit and look at websites of museums you’ve never been to or haven’t visited in a while. All over the world museums are making their collections available online to share this beauty during these challenging times. Maybe it will inspire you to plan some visits for when the quarantine lifts. This may be a good time to subscribe to Netflix on demand, as there is a plethora of movies, documentaries and television shows for you to watch at any time.

You’re not an artist? Yes, you are! When I told OLLI’s own art teacher Judy Jaworski that I can’t draw, she told me everybody can! Take out a piece of paper, a pencil, sit down and look out your window. What’s out there? Put it down on paper! It could be your own form of impressionism, a cartoon representation, or a stab at realism. It’s yours – drawing is good for our eye/brain/hand coordination, maybe now even more than when we were in kindergarten! In fact, I drew a cartoon of Fiona deMerell the other day wearing a green Hazmat suit (in honor of Saint Patrick’s Day) wielding a can of Lysol and an OLLI banner! It was pretty funny.

I know OLLI members are readers, some of us voracious. Take some time to clean out your bookshelves. I went through the process the other day of cleaning out the one bookcase I still own. When we downsized, I had to dispose of over 1,000 books, so I know the thought of parting with your books can be painful. But once you start it can be liberating. What can you donate to your local library for someone else to enjoy? I am donating my collection of Maeve Binchy books (the complete set of her enchanting works!) as a Saint Patrick’s Day gift for someone else to enjoy!

Okay, enough words of wisdom, encouragement and communication for now. My daughter started a “Social Distancing Bake Along Facebook Page” for her friends to stay in touch and bake their way through having the kids at home indefinitely. My job is to taste her wares and make sure she’s on the right track. Well, somebody’s gotta do it. Talk to y’all soon! And remember, we shall survive!
I Had COVID-19 and Here is My Story

I had COVID-19 and here is my story. I made this post public out of several requests from my friends who asked me to share. I hope it gives you some good information and peace of mind! First how easily you can get it. I believe I caught it when attending a small house party at which no one was coughing, sneezing or otherwise displaying any symptoms of illness. It appears that 40% of the attendees of this party ended up sick. The media tells you to wash your hands and avoid anyone with symptoms. I did. There is no way to avoid catching this except avoiding all other humans. 40% of folks were all sick within 3 days of attending the party all with the same/similar symptoms including fever.

Second, the symptoms appear to be different depending on your constitution and/or age. Most of my friends who got it were in their late 40s to early 50s. I’m in my mid 30s. For us it was headache, fever (for first 3 days consistently and then on and off after 3 days), severe body aches and joint pain, and severe fatigue. I had a fever that spiked the first night to 103 degrees and eventually came down to 100 and then low grade 99.5. Some folks had diarrhea. I felt nauseous one day. Once the fever is gone some were left with nasal congestion, sore throat. Only a very few of us had a mild itchy cough. Very few had chest tightness or other respiratory symptoms. Total duration of illness was 10-16 days. The main issue is that without reporting a cough or trouble breathing many of us were refused testing. I got tested through the Seattle Flu Study. This is a RESEARCH study here in Seattle and they have been testing volunteers for strains of the flu to study transmission within the community. A few weeks ago, they started to test a random subset of samples for COVID19 infection. They sent my sample to the King County Public Health Department for confirmation; however, I was told that all of the samples that have tested positive in the research study have been confirmed by Public Health.

As of Monday March 9th, it has been 13 days since my symptoms started and more than 72 hours since my fever subsided. The King County Public Health Department is recommending you stay isolated for 7 days after the start of symptoms or 72 hours after your fever subsides. I have surpassed both deadlines so I am no longer isolating myself however I am avoiding strenuous activity and large crowds and I obviously will not come near you if I see you in public. I was not hospitalized. Not every country is hospitalizing everyone with a COVID-19 infection and in my case, and in many other cases, I didn’t even go to the doctor because I was recovering on my own and felt it was just a nasty flu strain different from the ones I have been protected from with this season’s flu vaccine.

I also truly believe the lack of testing is leading to folks believing that they just have a cold or something else going out into public and spreading it. And worse folks with no symptoms are also spreading it as in the case of a person attending a party or social gathering who has no symptoms.

I know some folks are thinking that this can’t/ won’t impact them. I hope it doesn’t but I believe that the overall lack of early and pervasive testing damaged the public’s ability to avoid the illness here in Seattle. All I know is that Seattle has been severely impacted and although I’m better now I would not wish this very uncomfortable illness on anyone.

One thing that I believe may have saved me from getting worse respiratory symptoms is the fact that I consistently took Sudafed, used Afrin nasal spray (3 sprays in each nostril, 3 days at a time and then 3 days off), and used a Neti pot (with purified water). This could have kept my sinuses clear and prevented the symptoms from spreading to my lungs. This is not medical advice: I’m simply sharing what I did and correlating it with the fact that I had no respiratory symptoms. The two could be entirely unrelated based on the viral strain and viral load that I received.

I hope this information helps someone avoid getting sick and/or push to get tested sooner rather than later so you know to isolate before it gets worse or to get medical care if you have respiratory distress. Hand washing doesn’t guarantee you won’t get sick, especially when folks without symptoms are contagious and could be standing right next to you in any given social situation. You more likely than not will not die, but do you want to risk spreading it to a loved one over 60 or someone with an immunity issue? Stay healthy folks!

Originally posted on Elizabeth Schneider’s Facebook page.) (Shows just how dangerous this virus is–she had no knowledge she had it – which means she had no idea that she was a carrier. Think about that!)

Originally posted on Elizabeth Schneider’s Facebook page.) (Shows just how dangerous this virus is–she had no knowledge she had it – which means she had no idea that she was a carrier. Think about that!)