



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.

## Cognitive Vulnerability to Anxiety

Kimberly Treadwell, Ph.D of the UConn Department of Psychology, presented a slide show and lecture on the growing concern of anxiety in children, during the second Research Lecture series at Waterbury UConn on Tuesday, October 13.

She pointed out that much research has to be done to pinpoint the reasons for the increase in anxiety. She said that research is being done in four modes-biological, social, familial, and cognitive areas. She also pointed out the fact that it is very difficult to integrate the four modes, but research, especially in the cognitive, is being done. Cognitive is how you perceive the world around you.

One of the problems she sees in the familial mode is that of over-protective parents who may cause a lack of confidence or low self-esteem in their children.

Dr. Treadwell is concerned with integrating this research cross-modality.

Next week's lecture is "Why the brain prefers cocaine to broccoli." Another interesting topic.

Bob Grady

## THE SOCIETY FOR FINANCIAL AWARENESS

James Coleman presented the first of three free meetings about the need to become financially educated. He stressed the need to have a plan to achieve your goals. He also pointed out that most people procrastinate about changing the way to that goal, if needed. During these roller-coaster times it is necessary to be aware of your finances and do not be like the ostrich with your head in the sand.

The next two meetings will be on Wednesdays, October 21 and November 4 at 5:30 in the UConn multipurpose room.

## OLLI Friday

### Lunch Discounts Announced at Downtown Waterbury Restaurants

Congratulations to everyone who joined or renewed his OLLI Membership!

The following restaurants have announced OLLI Friday ONLY Lunch Discounts from Friday, September 18 through Friday, November 6, 2009. In order to receive your discount please show your "Ask me about OLLI" button (available in the OLLI Office or at Information Table) or your OLLI Member ID Card.

As one OLLI Member said, "Sometimes I just want to get fresh air and have lunch with my friends!"

We encourage you to make reservations at full service restaurants that accept reservations, in advance, if you wish. Discounts are Currently As Follows:

Please consider patronizing

these restaurants and please thank them for reaching out to OLLI members. We hope and expect the list to grow over time!

Diorio's 231 Bank St. 754-5111 10% off on food	Zachary's Pizza House 187 East Main St. 15% off on food	Signatures Restaurant 29 Leavenworth Street 575-1190 10% off on food
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Let us know how it works out, too!

### Other Lunchtime Options...

You can also bring your own lunch and participate in OLLI Cafe...

You can buy a sandwich, snack, and/or drink at the UConn Co-op Bookstore...

You can have your lunch on the Main Concourse (Main Entrance Hallway)...

There are many other lunch options in Downtown Waterbury: Louie's Pizza, Cafe Europa, Dominic and Pia's, and John Bale Books Cafe (to name a few) are a short walk "around the corner"

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## Presenter Proposals

If you or someone you know is qualified to present an OLLI Course, we'd love to have the contact information. Deadline for course proposals for Spring 2010 session is November 27th!

Let's make 2010 sessions the best ever!!!

Contact Rita Quinn 203-236-9924

*" If you always postpone pleasure you will never have it. "*

## LOST & FOUND:

A tan hooded woman's jacket left at the Palace (William Mann event)

## JUST TO LET YOU KNOW

By Pinky Gelada

Energy Zapper: Holding a grudge takes too much **Energy**. Trying to remember whom you have a grudge against and to continually update the facts, missteps and things you're mad about causes stress. Resentment is a huge drain physically as well as mentally. Anger, resentment, grudges—all of these emotions are **toxic!** And we hang onto them in our bodies causing tense, tired muscles.

An Energy Fix: It takes practice; but try to forgive old mistakes. One easy way is to simply be aware of times when negative thoughts about others creep into your mind. Think of them as flawed humans—WHICH WE ALL ARE—and that makes it easier to forgive and frees up wasted energy.

You'll feel much better.

## OLLI AT UCONN OFFERS THE AARP DRIVER SAFETY COURSE

November 10 & 17, 2009, 4:00 PM – 8:00 PM, Room #113  
January 6 & 13, 2010, 9:00 AM – 1:00 PM, Room #113

On today's challenging roadways, we need to be able to adapt quickly to the demands imposed by changing traffic patterns, trucks, and the changes in our bodies as we age. The AARP Driver Safety Program is the nation's first and largest classroom driver safety course designed especially for drivers age 50 and older.

Participants learn how to operate their vehicles more safely in today's challenging driving environment and also receive the "rules of the road," with an emphasis on safety strategies. There are no on-the-road or written tests.

Upon completion, participants will receive a Certificate which they can submit to their insurance companies for an insurance discount. State law mandates that all insurance companies must provide a discount of at least 5% off liability insurance for at least two years for those 60 and older. Check with your insurance company to verify the discount.  
Registration and Cost \$12 AARP Member (you must bring your membership number to the first class)  
\$14 Non-AARP-member

Please call 203-236-9924 to register today!  
Fees are payable on the first day of class in the classroom UConn Waterbury campus, Room 113

This event is open to the public—invite your friends!

"Prejudices, it is well known, are most difficult to eradicate from the heart whose soil has never been loosened or fertilized by education: they grow there firm as weeds among stones."

Charlotte Bronte

OLLI Newsletter is always looking for contributions from its members. You do not have to be a professional writer to submit an article. It may be something you have done in class or an observation about your town or hobby, etc. We welcome your participation. As an example, the following comes from an idea that came to me in a Memoir class with Sandy Noel about Superstitions.

### THE COLOR GREEN

My ancestors are mostly Irish. The color green seems to be associated with Ireland—especially around St. Paddy's Day when everybody wears green.

So why did my aunts hate the color green? They always associated it with bad luck. I made fun of their superstition many times. In fact, I researched possible reasons for it. One possible explanation that might explain it was that people who slept in green-painted bedrooms during the early 1900's seemed to get sick more often than others. It was determined, after some research, that green paint was made of arsenic and as the paint aged and deteriorated, the tiny particles would be found in the air they breathed which might have caused their illness.

The aunts listened but then they told me the story of my uncle, Francis, who was nicknamed "Tiny", because he was the youngest. It seems my grandmother took him one Saturday night to get a new suit. Lighting being what it was in stores of that era, it wasn't until the next day in the sunlight that she realized that the suit had a tinge of green in it. However, it was bought and paid for, so no bringing it back.

Tiny was riding his bike while wearing that suit later. He came down Piedmont Street to South Main where he was struck by a car and tragically killed.

I tried to reason with them about the coincidental connection but to no avail. The color green remained the culprit.

Ironically, when I crashed my airplane some years later, I was wearing my favorite green shirt.

Of course, there is no connection—is there?

Bob Grady

## NVP's 25th Annual Convention

Saturday, November 7 11 am.

at the Mattatuck Museum 144 West Main St., Waterbury

The Naugatuck Valley Project was founded in 1983 by churches, unions and citizens' groups concerned about the rapid exodus of manufacturing jobs from the region during the early and mid 1980s.

11:00- Convention Program

12:30- Catered Buffet Lunch

1:30- Ribbon Cutting and Viewing of NVP History Project Exhibit

Cost: \$25 per person; \$15 children 9 to 13;

children 8 and under free

Naugatuck Valley Project call: 203-574-2410 or email:  
nvp@conversent.net



### OLLI Café Events

OLLI Café is a venue for the exchange of ideas and experiences focusing on improving the quality of life. The goal of OLLI Café is to present a potpourri of

presentations and activities that provide information and new knowledge to OLLI members.

Bring your lunch and we will provide the coffee and fruit! OLLI Café presentations are open to all OLLI members. These are not courses — OLLI Café is one of the benefits of your annual OLLI membership. Pre-registration is not required.

The weekly event features a guest speaker followed by a short Q&A session.

Fridays—Room #113 • 11:30 – 12:00 Lunch  
 • 12:00 – 1:00 speaker Presentation

### October 16 The View From Cracker Hill

Enjoy the memoir of an inner city girlhood during the 1950's in Waterbury. Hear selected readings from her book, related to local history and personal reflections, learn how the author came to write it and participate in sharing your own reminiscences.

**BetteJane Wesson** is a Waterbury native and neighborhood activist who loves her city's history and its potential. She earned a BA from Albertus Magnus, and has degrees in English and Communications and a Master's in Humanities. She also has a Certificate in leading writing workshops from Amherst Writers and Artists Institute.

### Future Café Events

<b>October 23</b>	Climate Change and Connecticut
<b>October 30</b>	F. Luis Mora: America's First Hispanic Master
<b>November 6</b>	OLLI Appreciation Event

## The University of Connecticut at Waterbury 2nd Community Organization Fair

The University of Connecticut, Waterbury Campus Main Concourse

**Tuesday, October 27<sup>th</sup>**

12:30 to 2:30 PM

Networking and Refreshments 12:00 to 12:30 PM

To help facilitate and strengthen our University/community partnership, UConn's Waterbury campus will be hosting a Community Organization Fair. We are inviting a wide variety of community agencies to speak with students, OLLI members, faculty, and staff about the kind of help their agency needs and the opportunities for partnership and volunteerism.

In the end, a strong partnership can benefit all of our lives—your agencies, our students, and our community. If you would like more information now, please contact: Brian Chapman, Director of Outreach, [brian.chapman@uconn.edu](mailto:brian.chapman@uconn.edu) or 236-9881

We are seeking an OLLI member interested in hosting a voter registration table at the Fair. Table, chair(s), and Voter Registration cards will be provided. Stickers are available to hand-out to students that register. If you are interested in volunteering, please email Peg Ragaini at [peg.ragaini@gmail.com](mailto:peg.ragaini@gmail.com).

### WE WANT YOUR FEEDBACK!

Please provide us with your suggestions, submissions and comments Praises and/or critique

What do you want to read in the Newsletter ?

Contact or send your ideas to:

Bob Grady: 860-274-9389 Email: [yvoorg@aol.com](mailto:yvoorg@aol.com)  
 Connie Tripodi: 203-756-3271 Email: [trip3271@yahoo.com](mailto:trip3271@yahoo.com)  
 Tony Loechner: 203-596-1664 Email: [tonyl@loechner.com](mailto:tonyl@loechner.com)

### OLLI Newsletters Go Internet

OLLI newsletters are available on our web page at [www.waterbury.uconn.edu/osher](http://www.waterbury.uconn.edu/osher)

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 membership

Annual OLLI membership is \$60  
 This is also called BASIC MEMBERSHIP.

When a member pays the annual \$60

- Participation in OLLI Café Activities - "A place to lunch and learn.
- Members are encouraged to bring a brown bag lunch – coffee and fruit will be provided
- Opportunity to register for OLLI courses – \$25 each course
- UConn Waterbury parking pass for your annual membership cycle
- Discounts for OLLI partnership events
- Entrance to Special OLLI Events
- Year-round notices about additional OLLI programs
- OLLI membership card

## The Society for Financial Awareness (SOFA) to offer FREE financial seminars at UCONN Waterbury

All Seminars: **Multipurpose Room (Rooms 113-116) 5:30 - 6:30 PM**  
University of Connecticut, Waterbury campus  
99 East Main Street Waterbury, CT

The Society for Financial Awareness is a not-for-profit organization that offers financial education to corporations, employers, families, and organizations through seminars and interactive workshops. SOFA will be offering **3 seminars at the Uconn Waterbury campus led by James Coleman**. These seminars are FREE and co-sponsored by the Osher Lifelong Learning Institute; these are among the first SOFA Seminars offered in the region. Light refreshments will be served. Seminar dates and corresponding topics are listed below.

We are excited to offer another program related to financial awareness that is not connected in any way to financial products or services.

**James W. Coleman, Sr.** is an independent financial advisor with two decades of experience in the financial services industry. He hosts a radio talk show, *All About Money*, on WATR. He has authored *Educated Investing: Your Guide to Surviving, and Thriving in, the Fast-Paced Global Markets of the 21st Century*.

Join us for the last two sessions.

**Wednesday, Oct. 21, 2009**

**"Financial Blunders...Financial Resolutions"**

**Wednesday, November 4, 2009**

**"Investing Concerns in a fragile market"**

## GLOBAL LENS FILM SCREENINGS



MATTATUCK  
MUSEUM  
ARTS & HISTORY  
CENTER

The Mattatuck Museum is offering OLLI members an invitation to the **Sunday Afternoons October 11 - December 13, 2009, 2:00 PM – OLLI Members pay \$5 per film!**

Convenient, free parking is located directly behind the museum on Park Place. For more information about this or other programs, and the museum's collections, please call 203-753-0381 ext 10 or visit the website at [www.MattatuckMuseum.org](http://www.MattatuckMuseum.org).

October 18, 2009, 2:00 pm

***I Am From Titov Veles*** (Director Teona Strugar Mitevaska, Macedonia, 2007)

October 25, 2009, 2:00 pm

***Matum*** (Sandra Kogut, Brazil, 2007)

November 1, 2009, 2:00 pm

***My Time Will Come*** (Director Víctor Arregui, Ecuador, 2008)

November 8, 2009, 2:00 pm

***The Photograph*** (Director Nan Achnas, Indonesia, 2007)

November 15, 2009, 2:00 pm

***Possible Lives*** (Director Sandra Gugliotta, Argentina, 2006)

November 22, 2009, 2:00 pm -

***Sleepwalking Land*** (Director, Teresa Prata, Mozambique, 2007)

November 29, 2009, 2:00 pm

***Song From the Southern Seas*** (Director Marat Sarulu, Kazakhstan, 2008)

December 6, 2009, 2:00 pm

***Those Three*** (Director Naghi Nemat, Iran, 2007)

December 13, 2009, 2:00 pm -

***What a Wonderful World*** (Director Faouzi Bensaïdi, Morocco, 2006)

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DEUCE-What is the origin of the tennis term "deuce"?

The term comes from the French *deux* which means "two". In tennis it signifies that two consecutive points are needed by either player to win the game.

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The Greek word for "wise" is *sophos*-and the sages of Greece were once called that. But Pythagoras thought the word too arrogant and so added the word *philos*, meaning "loving." The *philos-sophos*, or "philosophers", therefore, is a "lover of wisdom"

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## OLLI NEEDS YOU- HELP US DOCUMENT LIFELONG LEARNING HISTORY!

Tuesday October 27 4 PM

If you are an OLLI member at the University of Connecticut you are part of the first and only OLLI in Connecticut (there are 122 Institutes around the USA). UConn OLLI is beginning to compile a first ever database on its members to chronicle our history and we need you! Dr. Laura Donorfio is requiring each of the degree-seeking students in her Adulthood and Aging class to interview at least one OLLI member.

We want to create a database for historical and marketing purposes highlighting our members: Why you joined OLLI, What you hoped to get out of it, What you are getting out of it, What you love about Lifelong Learning, Where your educational and professional career has taken you.

This is an opportunity for you to "tell your story" as it relates to lifelong learning and have it documented. The interview will take no longer than 30 minutes and is scheduled for Tuesday, October 27th between 4:00 - 6:00 PM in the Multipurpose Room at the UConn Waterbury Campus.

Light refreshments will be served. We need at least 50 OLLI members to start to create this wonderful piece of UConn and OLLI history! Please sign up directly or obtain more information by contacting Dr. Brian Chapman at 203-236-9881 or by emailing [Osher@uconn.edu](mailto:Osher@uconn.edu)

## Lunchtime Library Workshops

11:45 AM – 1:10 PM Room #224

This hands-on OLLI workshop is sponsored by UConn library personnel from the Waterbury, Torrington, Avery Point, Stamford and Storrs campuses. A basic knowledge of computers and familiarity with the internet is required. These are not individual workshops – registration covers the series which takes place during OLLI Café time. See registration form to sign up for the free workshop series.

### Session IV – October 16

Social Networking Tools: Staying Connected With Friends Facebook, Twitter! Learn about these trendy (free) communication tools on the web that can help you stay connected with friends and family and allows to follow and learn from groups and individuals with similar interests. The workshop will not only provide a lively introduction to these resources, but will walk you through steps to set up your own accounts.

### Session V – October 23

Savvy Searching: Exploring Google

### Session VI – October 30

Exploring Firefox: The Other Browser

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“The secret to staying younger is to live honestly, eat slowly, and just not think about your age.”

Lucille Ball

“You grow up the day you have the first real laugh-  
At yourself!”

Ethel Barrymore

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## FOREIGN FILMS

By John Fontaine

On Sunday, October 11, the Mattatuck Museum presented the first of ten international films, each one originating from a different country. This past Sunday's film was **GETTING HOME**, a Chinese entry from 2007, directed by Zhang Yang. If this film exemplifies the quality of the subsequent films, then we are in for a cinematic feast

In the best tradition of "voyage" films, our hero, Zhao, embarks on a journey, literally carrying his deceased friend on his back, attempting to return him to the land of his roots—the Three Gorges region of China—fulfilling a promise made to his dead co-worker. His journey is speckled with humor and heart-break as he encounters a myriad of adventures with "characters" who have an impact on our hero's quest to reach the Three Gorges.

The next film is from Macedonia—**I AM TITOV VELES**—and will be shown Sunday, October 18, at 2PM at the Museum. OLLI members are offered a discount and will only have to pay \$5 per film. It's truly a very enjoyable way to spend a Sunday afternoon

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## Parking at OLLI at UConn

There are many options, but it is very important to plan ahead for Fridays at OLLI

PLEASE DO NOT ASSUME you will find parking in the UConn Garage. Here are some important facts that each of you should know about parking for OLLI classes and activities at the University of Connecticut in downtown Waterbury:

**A.)** There is limited, first-come first-served free parking available in the UConn Garage (entrance located on North Elm Street) on Levels 2 & 3 ONLY. Never park on level #1--ticketing is now enforced on this level. Your parking pass can also be used at the Scovill Municipal Garage.

**B.)** There is free "UConn Parking" available less than a block away on the 5th and 6th floors of the Municipal Scovill Street Parking Garage. This lot is located at 33 Scovill Street. You must show your OLLI Parking Pass upon departure. !

**C.)** An outdoor street-level parking lot is located between the campus building and the Moriarty Building on 141 East Main Street (across from the Palace Theater). The rate is usually \$3 per day and subject to change; this lot is not owned or operated by UConn.



**Smiles from Bob** From Robert Blake

### A WOMAN'S PERFECT BREAKFAST

She's sitting at the table with her coffee  
Her son is on the cover of the Wheaties box  
Her daughter is on the cover of Business Week  
Her boyfriend is on the cover of Playgirl  
And her ex is on the back of the milk carton

### SMALL REVENGE

Cash, check , or charge said the clerk.  
She fumbled in her purse for her wallet.  
And the clerk noticed the TV remote.  
Do you always carry the remote with you, he asked.  
No, She said, but he refused to come shopping with me

### RETALIATION

After arguing for miles on the road trip and  
As they passed a pig farm he said,  
"Relatives of yours?"  
"Yep", she replied. "In-laws!"

### RELIGION?

"You make the coffee in the morning," she said.  
"No, no! You make it," he retorted.  
"You make it. The Bible says so," she countered.  
"What Bible?" he yelled.  
She took the Bible and showed him the top  
Of several pages that said-

"HEBREWS!"

### We Need You! Children's Community School is looking for volunteers.

CCS is an independent, non-profit, Pre-k through grade five school established in 1969 to offer hope and opportunity to Waterbury students.

**After School Tutor:** Volunteers work one on one with students participating in the program. You will provide valuable one-on-one assistance to strengthen the academic skills of our students. The tutoring program runs Monday through Friday from 3:00 to 4:30.

Please contact Kathie Collins at 575-0659 x 12  
31 Wolcott Street, Waterbury, CT 06721

### HORSE LATITUDES

The region of calm winds between 30 degrees and 35 degrees North latitude got the name because ships laden with horses and cattle for America and the West Indies were often becalmed so long there that the horses died

## Osher Lifelong Learning Institute at UCONN, Waterbury

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



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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.

## 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 - Nancy Via  
1st Vice President - Richard Kupstis  
2nd Vice President - Connie Tripodi  
Secretary - Mary Lou Reignier  
Assistant Secretary - Robert Grady



**We're on the web! [www.waterbury.uconn.edu/osher](http://www.waterbury.uconn.edu/osher)**