



UNIVERSITY OF
DELAWARE

LIFELONG LEARNING NEWS in Wilmington

October 2016



ARE YOU READY FOR A CHALLENGE?

Thanks to many of you, the Renewing The Dream Campaign to support renovations in Arsht Hall and OLLI programs has enjoyed significant success. We have raised 78% of our \$1.5-million-dollar goal and have reached 75% of our 100%-member participation goal – both remarkable achievements.

NOW we need your help.

Renewing The Dream



A Campaign for Osher Lifelong Learning in Arsht Hall

To inspire us all, a few members of the OLLI community have committed \$103,000 to a Renewing The Dream Challenge Fund. They will donate these funds IF other members and friends contribute NEW GIFTS AND PLEDGES of at least \$103,000 between now and June 30, 2017.

Their generosity, therefore, **DOUBLES** the impact of **EVERY** new gift and pledge, dollar for dollar, up to \$103,000, so this challenge has the potential to raise up to \$206,000 in new funds for the Campaign.

Are you up for the challenge?

- Consider a new or increased gift during Renewing The Dream Week, Oct 17 – 21.
- Remember, you **DOUBLE** the impact of your gift between **NOW** and June 30, 2017.
- Help renew our OLLI home, Arsht Hall and support OLLI programs.

Make your gift during the Renewing the Dream Week, October 17-21, by calling 866-535-4504 or go online to www.lifelonglearning.udel.edu/wilmington/giving.

I Don't Do Fridays

by Ron Robertson, Chair, Strategic Planning Committee

I hear this kind of statement all the time. But it creates a problem (refer to the table below)

From the table, you can see that OLLI has a maximum of 658 parking spaces. That number is occasionally reduced when UD Conference Services reserves the Goodstay lot for their special events.

Look at the circled numbers in the table. It is clear that Monday at 12:30, Tuesday at 10:30, Tuesday at 12:30, Thursday at 9, and Thursday at 10:30, our attendee/wait list number far exceeds parking availability. On Wednesday at 9, the number reaches 92% of parking capacity.

When do we have ample parking? Monday mornings, Monday through Thursday at 2:00, and all day Friday.

Clearly, we need to find a way to more evenly distribute the numbers throughout the school week. So I am asking those of you who "don't do Fridays" (or Mondays, or any day at 2:00) to reconsider. I'm also asking Instructors to consider working with Andrea to distribute the Course offerings to better accommodate our growing population.

Some Instructors have said that they will "lose their following" if they change days/times. I tested that theory this semester. Normally, I would have taught one of my courses, American Geniuses, on

Tuesday morning. expecting 100+ during that time period. Instead, working with Andrea, I decided to try Friday morning at 9:00. I am pleased to have approximately 90 attendees.

Most importantly, OLLI's attendee/wait list number on Tuesday morning at 9:00 has gone from 668 (Fall 2015) to 584 (Fall 2016). And Friday morning 9:00 attendance has gone from 211 to 341! Of course, I don't take full credit for the improved numbers on both days. There are lots of factors. However, I can say that I haven't lost that many "followers", and that more people have decided that "I don't do Fridays" is simply a habit that they had fallen into.

So, I am asking attendees to reconsider the days/times they choose to attend. More importantly, I'm asking Instructors to reconsider their future teaching schedule. I'm convinced that if you offer an excellent course, even at traditionally less-attended days/times, your classes will be well attended. Work with Andrea so that we can better distribute classes throughout the week and alleviate the parking dilemma we now frequently face.

This is a solvable problem. Let's work together to solve it!

Fall 2016 : Total Number of Attendees & Wait List Per Class Period

	Monday	Tuesday	Wednesday	Thursday	Friday
9 a.m.	433	584	607	688	341
10:30 a.m. (Wed.-10:15)	489	725	562	680	419
12:30 p.m. (Wed.-11:30)	721	723	557	461	230
2 p.m.	403	311	75	399	---

951- Number of people able to fill classrooms to capacity within any class period
658- Number of parking spaces, when Goodstay does not initiate a "Lot Block"

**Prescription Drug Take Back
Saturday, October 22, 10 a.m.–2 p.m.**

Don't flush medications down the drain or deposit them in your household trash. Unwanted or expired medications have been detected in municipal water supplies.

On October 22, National Prescription Take Back Day, bring your unwanted medications to Christiana Care for proper disposal. Christiana Care is accepting unneeded medications at the SurgiCenter Parking Lot on the Christiana Hospital Campus.

All medications will be disposed of in an environmentally responsible manner.

Leave medications in their original containers. No sharps or syringes.

The following will be accepted:

- Prescriptions
- Over the counter pills
- Pet medicines
- Vitamins
- Liquid medications and creams

Any Day Disposal

Medications may be anonymously deposited at the following permanent disposal sites.

Newark Police Department
220 S. Main St.
Newark, DE 19711
302-366-7111

Wilmington Police Department
300 N. Walnut St.
Wilmington, DE 19801
302-576-3670

New Castle County Police Department
3601 N. DuPont Hwy.
New Castle, DE 19720
302-573-2800



Recycling

At OLLI

Look for the two blue cans with marked lids by the Garden Cafe and lunch room.

YES/empty bottles and cans.

NO/hot drink cups.

NO/food



Recycling Electronic Items

Saturday, November 5, 8 a.m.–2 p.m.
University of Delaware STAR Campus, 550 S. College Avenue, Newark. Electronics and household hazardous waste .

Staples and Best Buy, anytime. Call your local store for more details.

Waste authorities in Chester County and Delaware offer recycling at their centers and at special events.

Look for more detailed information on the bulletin board.

Come to a Friday lunch meeting of the ECO TEAM in Room 114 to learn more about recycling and other green behavior.



Penn Aging Study

From Zvi Gellis, PhD, director of the School of Social Policy & Practice's Center for Mental Health & Aging (CMHA) at the University of Pennsylvania. A similar study has been conducted at the OLLI at Temple University.

The Osher Lifelong Learning Institute at the University of Delaware in Wilmington is partnering with the University of Pennsylvania to conduct a new research study titled "**The Penn National Successful Aging Study.**" The purpose of the study is to identify successful aging trajectories and examine factors related to successful aging among semi-retired or retired individuals who are members of Osher. We define "successful aging" as the motivation to thrive. We know a great deal about physical health as we age. Yet, we know less about psychosocial factors that may be modifiable targets for increasing the likelihood of successful aging. In the Penn National Study, we examine factors that may be predictive of aging successfully including: resilience, adaptability, coping, problem solving, spirituality, leisure, and volunteering factors that have received little scientific attention.

We will be visiting OLLI on October 18, 25, November 1, 7, and 14 to recruit study volunteers. You must be a member of Osher. Participation in the study is completely voluntary and confidential. Participants will be asked to complete a one-time survey that should take no more than about 20 minutes. The study will generate new knowledge on factors associated with successful aging.



Memory at Age 85+

Researchers discovered that people who engaged in artistic activities, such as painting, drawing and sculpting, in both middle and old age were 73% less likely to have memory and thinking problems, such as mild cognitive impairment (MCI), that lead to dementia.

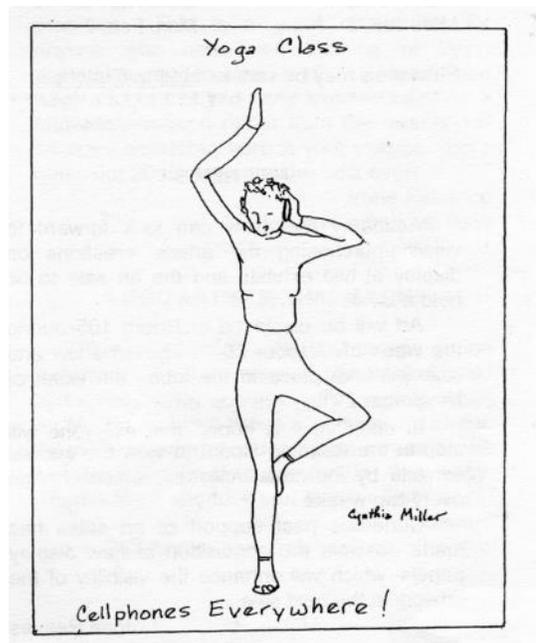
The study also revealed that craft-based activities such as sewing, woodworking and ceramics in midlife and old age, made it 45% less likely to encounter cognitive issues.

Socializing with others or going to the movies, concerts, book clubs and traveling made the participants 55% less likely to develop MCI.

Using a computer later in life also reduced their risk by 53%.

In a sidebar Dr. James E. Galvin comments: "Long ago, 'an apple a day keeps the doctor away' was a common expression, suggesting that eating well could improve health. Perhaps today the expression should expand to include painting an apple, going to the store with a friend to buy an apple, and using an Apple product."

Roberts, Rosebud O., et al. "Risk and protective factors for cognitive impairment in persons aged 85 years and older." *Neurology* 84.18 (2015): 1854-1861.



Spotlight on Performing Arts Appreciation

by Susan Arruda

For those of us who aren't inclined or talented enough to play musical instruments or sing, the appreciation of the performing arts might be for you! This group of courses covers a wide range of performing arts, from music (musicians, composers, performers and types of music) to movies (actors, actresses, and a large variety of film genres) to TV shows (dramas and performers), to those that focus solely on lives, times and performances of specific performers.

Participants can cover a broad range of music, from Classical Music: French Composers, to the opera (including music, dance, costumes, make-up and combat of the Peking Opera, complete with the opportunity to dress up, make up and perform), through jazz, folk music, history of the symphony and the opportunity to listen to international music via video. I learned that the bel canto school of opera refers to "beautiful singing" or "beautiful song."

If you like movies and TV, you can learn about stars such as John Wayne, Clint Eastwood, Dean Martin, Tom Hanks and Meg Ryan. The story of royalty and scandal is highlighted in BBC Drama: Edward the King. Classical era films from the 1930's through the late 1950's, 21st century cinema, as well as French films (with subtitles) are also popular courses. One course this semester covers Gay, Lesbian, Bisexual Films.

Learn all about famous film stars by taking the on-going course, Interviewing Movie Stars. Patrick Stoner has been interviewing them for public television for over 25 years, and you can learn all about your favorite (or not so favorite) movie stars.

According to Stuart Siegell, Curriculum Committee member for Performing Arts Appreciation, a new course introduced this semester, Jazz-Classical Intersection, focuses on the influence of jazz on classical music and vice-versa. Learn about harmonic language, form and instrumentation.

Musical Settings of Events and Ideas is a four-semester sequence inspired by an NPR radio program, *Adventures in Good Music*, that ran daily at noon on weekdays. By exploring various styles of music—classical style, jazz, country, pop, rock, folk, Yiddish, Broadway musicals and opera—class members will see how composers dealt with topics such as spectacle, happiness and sadness, sexual orientation, money, patriotism, friendship, comedy, marriage, flowers and revenge.

Osher offers plenty of opportunities for all of us to enjoy the performing arts without having to pick up an instrument, sing or dance! Sit back and enjoy!

Metropolitan Opera Trips

The UD Department of Music runs bus trips to select performances of the Metropolitan Opera. Buses leave from Clayton Hall in Newark at 7 a.m. and from Arshat Hall at 7:30 a.m.

Roméo et Juliette, Saturday, March 18, 2017

Cyrano de Bergerac, Saturday, May 6, 2017

Further information : www.udel.edu/002636.

REP Theatre



The Resident Ensemble Players will put on four more plays at the Roselle Arts Center in Newark. The next two are:

Clybourne Park by Bruce Norris, November 10–December 4, 2016

The Bells by Theresa Rebeck, January 19 –February 5, 2017

More information and purchases are available at: www.rep.udel.edu or call 302-831-2204.

Summer Session 2017

by Carolyn A. Stankiewicz.
Chair, Summer Session 2017

Hey Osher!

We are going back to high school, A.I. du Pont High School for Summer Session 2017. Due to the extensive renovations here at Arsht Hall during the summer of 2017, Summer Session 2017 will be held right down Kennett Pike (about 2 miles from here) at the A.I. du Pont High School. Dates for Summer Session 2017 will be July 11 to August 3, with our usual schedule of offering classes Tuesdays, Wednesdays, and Thursdays in the morning starting at 9 a.m. You will have the opportunity of registering for up to six classes.

We are indeed fortunate to have the opportunity to hold Summer Session 2017 at A.I. du Pont High School because we will have access to a large auditorium for block-buster lectures and several classrooms all on one floor. Parking including handicapped spaces will be satisfactory.

You are invited to become part of the "going back to high school change" for Summer Session 2017 as an instructor. Course proposals will be gratefully accepted starting in November and will continue to be until the mid of February 2017. If you have taught previously at Osher, you are most welcomed to submit your course proposal. New instructors are encouraged to submit a proposal for consideration.

In-Lobby Registration will be held at Arsht Hall in April 2017. The cost will be comparable to what the registration cost was in past years. You will be encouraged to register during that time period if you intend on going to Summer Session 2017.

Let's all go back to "high school" with enthusiasm, great course offerings, good enrollment and we will have a summer session to remember!

More information to follow in the February 2017 newsletter.

Renewing the Dream Report Broadway Style

"If Ever I Would Donate" or
"OLLI, a Gift in All Seasons"

Premiered at the OLLI Forum on September 21 by Neil Cullen and Pam Meitner to the tune of "If Ever I would Leave You" from Lerner and Loewe's *Camelot*. Lyrics by Pam Meitner and Neil Cullen

If ever I would donate, it would be in summer
Being here in summer, I'd part with my dough
The ice cream's so tempting that I'd have a cone
Yes, I'd donate in summer, and I'd get a loan

But if I'd ever donate, it has to be in autumn
How I'd pass up autumn, I never would know
I'd take the new classes, when fall rounds the bend

I learn so in autumn that I must give then

And could I donate at the end of every year
When the tax benefits are so very clear?

If ever I would donate, it sure could be in spring-time

Knowing how in spring I'm bewitched by you so
Oh yes, every springtime, summer, winter and fall
Oh yes, I have to donate in all



Osher Instructor, Tom Reed, receives Paul Wilkinson Lifetime Achievement Award for Outstanding Volunteer Work

Tom Reed, professor emeritus from the Delaware Law School at Widener University, has been awarded the most prestigious honor from the 2016 Delaware Governor's Outstanding Volunteer Awards program.



Tom has contributed free legal work to 14 Delaware nonprofit organizations since 1994, but his nomination placed the greatest emphasis on his service to U.S. Veterans through the Veterans Law Clinic at the law school. When he founded the clinic as a program through Delaware Volunteer Legal Services in 1997, it was the first of its kind in the country. Tom represented 108 Delaware clients from then until the program gained clinic status in 2006.

Tom has logged 902 volunteer hours in free legal service to veterans through the clinic since 2010, when he retired from teaching and serving as clinic director. His commitment to veterans and the clinic's pro bono service has been profound. The clinic has recovered more than \$9 million in benefits owed to U.S. veterans.

Tom will receive the award at a dinner Oct. 19 at Dover Downs Hotel.

In 2011, Osher Lifelong Learning Institute at the University of Delaware was honored by the Governor's Volunteer Awards program in the category of group education.



2017

Sat. March 25 to Sun., April 2 Southern California and the Napa Valley

Mon., May 15 to Fri., May 19 Biltmore Estate, Asheville, NC

Visit the Travel Desk in the Lobby, Monday, Tuesday and Thursday, 11:45 a.m. – 12:30 p.m.

Become a Safer Defensive Driver

How? Take the defensive driving course at OLLI. It is fun, interactive and up-to-date, uses a variety of teaching tools and could save your life.

Where: Room 225

Friday: October 21 and Friday, October 28, Time: 12:15–3:40 p.m.

The first session is both a refresher for those who already have certification and the first half of the basic course for those seeking certification. If you have not taken a certified defensive driving course within the last five years, you must attend both sessions. Delaware residents who complete the course may qualify for a 10-15% insurance discount and a three-point DMV credit.

There is a \$25 cash fee for materials and certificate, to be paid to the instructor at a pre-registration meeting.

Students must be on time and stay for the entire three/six hours to receive their certificates for insurance discount.

To receive the Defensive Driving course Registration Form and for more information, email Dianne at dde8188@yahoo.com or call (302) 898-8880.



Book Sale 2014

Book Sale

Book donations commence on October 17 and run through October 28 for our Annual Book Sale. The sale is the week of October 31.

Please refer to the poster in the Lobby for drop off details and accepted items.

Special Events Wednesdays
12:45 to 1:45 p.m. in Room 105
Announcements at 12:40 p.m.

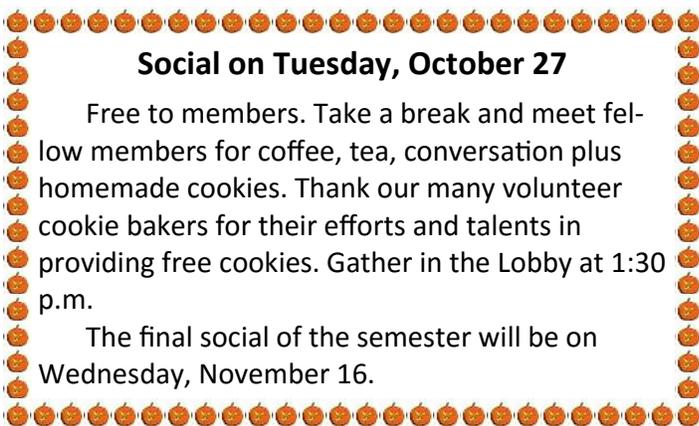
These programs are a benefit for members only of the Osher Lifelong Learning Institute at the University of Delaware in Wilmington. Feel free to attend each week or select the programs that most interest you.

- October 12—No program, Yom Kippur**
- October 19—Delaware Nature Society: Certified Wildlife Habitat** Lori Athey, habitat outreach coordinator, Delaware Nature Society
- October 26—The Importance of the Next Election** Tom Evans, former U.S. Congressman
- November 2—Ten Days in Paris—A Historic Walking Tour** Gene Pisasale, local historian and author
- November 9—Behind the Scenes at the New Bolton Center** Dr. Janet Johnston
- November 16—UD Lifelong Learning Orchestra** Allen Tweddle, conductor
- November 23—NO PROGRAM**

Friday Lecture Series
Winston’s War 1941–1945
Ray Callahan, PhD

Fridays, October 7—December 9
12:30 p.m. to 1:45 p.m., Room 108/109
Free and Open to the Public

1940 was the stuff of legend. But another 52 months of war lay ahead, during which the decisions made during six frantic months in 1940 played themselves out. By 1945 Britain, and its place in the world, was totally transformed. Churchill had led that effort, shaped much of the war’s strategy—but closed his eyes to the cost. In his final years, when the world saw his life as a triumph, he told a close relative he had failed. Britain’s world power was gone. Which assessment of his leadership—triumph or tragedy—does history endorse?



Social on Tuesday, October 27

Free to members. Take a break and meet fellow members for coffee, tea, conversation plus homemade cookies. Thank our many volunteer cookie bakers for their efforts and talents in providing free cookies. Gather in the Lobby at 1:30 p.m.

The final social of the semester will be on Wednesday, November 16.

Lifelong Learning News
<http://www.lifelonglearning.udel.edu/wilmington/newsletter/>

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Submittal deadline Friday, October 28
Issue date Friday, November 11, 2016

Submit articles to rehrlich@udel.edu, or place in the editor’s mailbox in the Reception Area.

Calendar
2016

Tues, Nov. 8 Election Day, OLLI closed
Thurs.–Fri., Nov. 24–25 ... Thanksgiving, OLLI closed
Fri., Dec. 9 End of fall semester

2017

Mon., Feb. 6 Spring semester starts
Week of March 27 Spring break
Fri., May 5 End of spring semester