

BOLLI Banner

A Brandeis University Program
www.brandeis.edu/bali
781-736-2992

Osher Lifelong Learning Institute at Brandeis

April 2005

YOUR TURN

by Sharon Sokoloff



It's time for you to become a study group leader. Developing and leading a study group requires effort, creativity, interest in your topic, perseverance, and passion. It requires work. I know. I'm developing a study group myself. And, while it is not *easy*, it is relatively simple. What follows is my "formula".

❶ **Choose a topic.** I know you have an idea or seed of an idea. Eleanor Roosevelt, baseball, Georgia O'Keefe: Her Life and Art, Nixon, humor, an author, playwright, artist, an historic era, sports figure (Mohammed Ali), political party, biogenetics, or literature classic you've always wanted to delve into. Try something you studied in college and always wanted to return to. It may evolve. Just start.

❷ **Begin self-study.** Go to the library. Surf the Web. Begin identifying potential reading material for your course. For Bill Rachlin, identifying a good text for a new course idea is his key to developing a study group. This approach has worked well for his three successful courses.

❸ **Talk with a resource person,** someone with whom you can bounce around ideas. BOLLI is rich with people who are eager to assist. This includes Curriculum Committee members, Study Group Leader Resource Committee members, existing or

former study group leaders, Council members, Brandeis *emeriti* (we will work to identify a retired professor and connect you), or me. Talk with a friend in the program, your spouse, daughter, son, or grandchild.

❹ On a piece of paper or a computer file, **write numbers one through ten** down the side, one number for each week of the semester. Brainstorm topics that might be the theme for one week of the class. Don't worry about order or "getting it right". Just get down your ideas. My guess is you'll have topics for at least half the sessions before you know it.

Steps ❷, ❸, and ❹ are an iterative process. You will go through some of them many times. It's fun and creative. Feel the adrenaline and remember, anxiety and excitement are often two sides of the same coin.

I have three final thoughts. First, there is no hurry. We're looking for your study group to be "in the pipeline". I know folks who have worked to prepare their study group for two years. Make the development process a project in itself. There is no particular timeline. Second, think about the co-leader model. I've spoken with spouses and close friends and suggested they do a course together. Harriet and Dick Kahn (short stories) and Len Heier and Sherm Okun (computers) are examples of each of these models. This will add a rewarding dimension to your relationship. Finally, and perhaps most important: "the best way to learn is to teach". You know it's true. Give it a try!

WORLD CULTURE CLASHES

by Judy Cohen

Enthusiasm, energy, and erudition are qualities Charles Allen brings to his course, *The New Yorker: Looking Glass into Culture Clashes*. Many members of this class, including myself, first met Charlie when he led the intersession discussion meetings centered on non-fiction articles in *The New Yorker*. Charlie's breadth of knowledge and his ability to stimulate thoughtful discussion are amazing. It is notable that within the first thirty minutes of this new spring semester's class, Charlie motivated participants to "sign up" to lead the discussions on selected articles in the magazine.

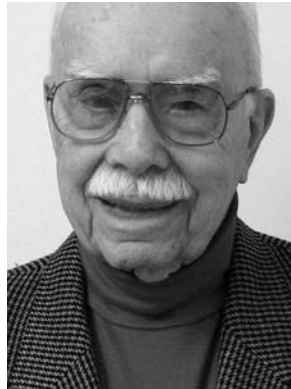


Charlie was born in Baltimore, attended school there, and went on to receive a B.A. and an M.A. in Political Science from Stanford University. During World War II, he was a Navy beachmaster with the First and Third Marine Divisions in the South Pacific. Perhaps his understanding of politics and diplomacy comes in part from his career in the U.S. Department of State where Charlie dealt with intelligence issues in the aftermath of the Korean War. He negotiated with the Chinese and North Koreans in Panmunjom, Korea, and was also involved in Cold War issues in the United Nations.

In his business career, Charlie was President of Allen, Murden, Nystrom & Armstrong in New York. This company advised U.S. corporations

such as Exxon, Ford, and International Paper on international operations. It also dealt with foreign companies including the Bank of Tokyo and Daiichi Pharmaceutical, and foreign governments, such as Japan, France, and Chile, on operations in the United States. Charlie then became President of Itek International in London, directing operations in Europe, the Middle East, and Asia.

Charlie's teaching expertise was developed first as an instructor at the Hoover Institution at Stanford, then as adjunct professor at the Fordham Graduate School of Business, and recently as study group leader at the Harvard Institute for Learning in Retirement. BOLLI now benefits from Charlie Allen's skills and talents, knowledge, and expertise. I, for one, feel very lucky to have "made the lottery" and be able to participate in *The New Yorker* discussion group under his very able leadership.



Charlie Allen

Topics so far have included the assassination of Dutch filmmaker Theo Van Gogh by a Muslim, Karl Rove's rise within the Republican Party, the President's radical agenda regarding the United States tax code, the outsourcing of torture, current issues between the Israelis and Palestinians, and the situation in Iraq. The participants in this course are learning a lot from the articles, from each other, and from our stimulating study group leader Charlie Allen.

**CLASSROOM
HIGHLIGHTS**

The **BOLLI Banner** is published by the Banner Editorial Committee:

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Tamara Chernow, *Co-Editor*
Carole Grossman, *Co-Editor*
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Email us at:
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Next deadline:
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SURFING FOR SENIOR SITES

by Carole Grossman

LOCATION!

LOCATION!

LOCATION!

Using Google to search for “websites for seniors” produced 746,000 sites! Since all these could not be explored in one lifetime, here is a small selection of sites that may prove helpful:

- **General senior information:** the U.S. Administration on Aging provides current news, statistical information, Medicare updates, health tips, conference dates, etc. on www.aoa.gov.
- **Local senior information:** click on www.seniorconnection.org. Emphasis is on caregiving.
- **Official government sites:** those benefiting from specific programs will find these sites very user-friendly:
www.medicare.gov (Department of Health and Human Services on Medicare) gives information on rates, deductibles and co-pays, the drug provision and even a comparison of nursing homes.
www.ssa.gov (Social Security Administration) provides information on news, benefits, forms, publications, deductions due to the Windfall Elimination Provision and Government Pension Offset, lists of the most popular baby names, and much more.
- **Health facts:** check out www.healthfinder.gov. It includes a library of reliable information hand-picked from government agencies, non-profit organizations, and universities. The Frequently Asked Questions section is very interesting. There are also health sites dedicated to specific diseases such as www.cancer.org, www.diabetes.org, www.alz.org.
- **Genealogy:** click on www.familysearch.org, the site of the Church of Jesus Christ of the Latter Day Saints. If relatives arrived in this country via Ellis Island, www.ellisland.org may help you find the manifest of the ships that transported them. These documents will contain interesting information on those who traveled in steerage.
- **Educational travel:** click on www.elderhostel.org Website.

BOLLI ADVENTURERS AT HARVARD'S FOGG MUSEUM



photo by Eileen Mitchell

Forty BOLLI learners toured the museum with three excellent docents, focusing on the Winthrop Collection. An elegant lunch followed at the MIT Faculty Club overlooking the Charles River.

Standing: Ann Read (docent), Ed Goldberg, Dianne Hoaglin, Frank Davis, Lenore Goldstein, Elaine Dohan. Seated: Carole Grossman, Meryl Heier.

NOMINATING COMMITTEE SELECTS CANDIDATES

by Dick Winer

The BOLLI Nominating Committee has selected a slate of eight very well qualified candidates for the four positions which will open up on the Council in May 2005.

These candidates are:

Leona Curhan	Ron Levy
Renée Fine	Bill Rachlin
Joel Freedman	Carol Shedd
Sybil Gladstone	Jerry Silverstein

Each of the new BOLLI Council Members will be elected to a three year term, and four Members will come off the Council each year as the four new Council Members take office. Council Members cannot be elected for two consecutive terms. A

one-year gap between terms is normally required, but an exception was made in the Guidelines that govern BOLLI in the cases of the two members elected last year for one year in order to stabilize the three-year cycle. Leona Curhan, currently serving a one year term, is a candidate for re-election.

The other Council Members whose terms will expire in May are:

Gloria Oldsman
Bob Palter
Dick Winer

Elections will be held in April and the winners announced and introduced at the May 11, BOLLI Annual Meeting.

Say, don't I know you from somewhere?



photo by Stan Bernstein (husband of Susan Chaikin)

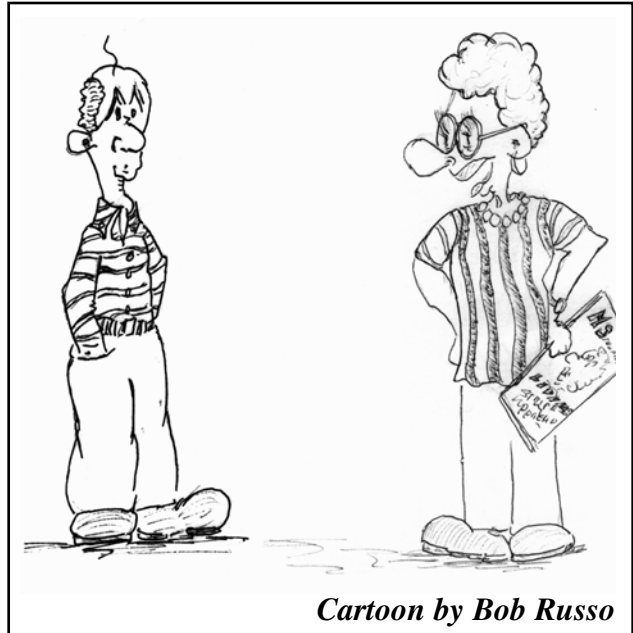
Current and past BOLLI members are enjoying the sun between movies at the Elderhostel Palm Springs Film Festival in January 2005. At the top: Charlie Raskin. Front row, left-to-right: Kathy Raskin, Ed Goldberg, Eileen Mitchell, Nancy Winsten, Susan Chaikin, Joe Winsten.

Writers, Poets, Artists, Photographers

The BOLLI Journal wants you!

Polish up your writings and send them via email to realfine2@earthlink.net. We are also accepting art work and photographs.

Questions? Call Renée Fine at 781-862-8107



Cartoon by Bob Russo

"Martha says stripes are in this year"

ANYONE PIGGYBACKING ON YOUR PLASTIC?

by Frank Benjamin

As a Massachusetts resident, you are entitled by law to receive a free copy of your **credit report** once a year. You will be surprised at what's in your report.

At present, you should contact all three reporting agencies:

- Equifax 800-685-1111
- Experian 888-397-3742
- Trans Union 800-888-4213

A computerized voice will lead you through the procedure. Be sure you know your Social Security number and your date of birth before you call. And have a pencil and paper handy to record the confirmation number, if given.

All three agencies will try to sell you your **credit**

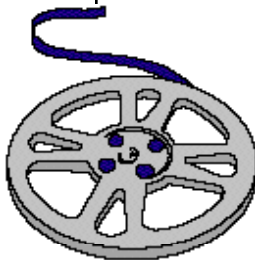
score during your call. That is not free. But you can obtain your score for free the next time you apply for a loan; just smile sweetly at the bank loan officer and ask him to tell you your score. He has it on his computer screen once he submits your application, so it's no additional effort on his part.

Every person who has a charge card or a mortgage or a car loan has a credit score. This is a measure of your credit-worthiness. The median score in the U.S. is 723.

WEALTH WATCH

Come this September, you will be able to get the three reporting agency credit reports for free by dialing a single toll-free number, 877-322-8228.

I make it a habit to call for my credit reports every January 2nd.



Jewish Film Festival at Brandeis

Wasserman Cinematheque, Sachar International Center
781-736-8600 or www.jewishfilm.org

Reduced price for BOLLI members: \$6 each; \$50 full series

March 31 (6:30 P.M.)
American Matchmaker

April 2 (8 P.M.)
Metallic Blues

April 3 (2 P.M.)
Goodbye Holland: The Extermination of the Dutch Jews

April 3 (4:30 P.M.)
Widowed Once, Twice Bereaved

April 3 (7 P.M.)
Dance of Death: Cabaret in the Concentration Camps

April 7 (7:30 P.M.)
Divan

April 9 (8:30 P.M.)
IDF: The Musical

April 10 (2 P.M.)
Rene and I: From Auschwitz to America

April 10 (4:30 P.M.)
In Satmar's Custody

April 10 (7 P.M.)
Turn Left at the End of the World

Lunch and Learn: Who's on First, What's on Second?

Go online for a list of Lunch & Learn speakers:
<http://www.brandeis.edu/programs/bali/>
Click on the "Lunch and Learn" link for a list of dates, speakers, and topics.



Want to learn more about a particular talk? Click on the "BOLLI Calendar" link, find the month and day, and click on its "L&L" link for additional information on the speaker or event.

COMPLEMENTARY & ALTERNATIVE MEDICINE IN CANCER TREATMENT

by Rhoda Sapers



A diagnosis of cancer—just hearing the word *cancer*—conjures up fear and panic for patients and for all who care about them. Although diagnosis and treatment run the gamut of severity, the general reaction is similar.

A staggering 83% of cancer patients turn to Complementary and Alternative ap-

proaches such as acupuncture, vitamins, herbs, guided imagery, reiki, and relaxation techniques to supplement conventional care. Although there is a paucity of systematic evidence regarding these treatments, many people with cancer claim real benefits and feel that sense of personal empowerment and well-being that they crave. Patients turn to CAM in hope of a cure, control of the disease, longer survival, palliation (to relieve or sooth symptoms without effecting cure), or improved quality of life.

Unfortunately, more than half of these patients don't tell their doctors or other health care providers that they are using alternative approaches, thus hampering important doctor-patient communication. Often it's because they fear their doctors will be skeptical, have a negative response, or even tell them to stop. They are probably right. By training, physicians are required to base their medical decisions on stringent scientific evidence; and because CAM therapies have not been conclusively proven by Western scientific methods, doctors may be reluctant to support these alternatives. Any lack of doctor-patient communication could have serious ramifications. Some CAM therapies may interfere with standard treatment or even be

harmful when used with conventional treatments.

Dr. David Edelberg, chief medical advisor of WholeHealthMDs, feels that while it is essential for patients to be open with their doctor about CAM use, they shouldn't necessarily expect approval for a therapy that their physician may not understand. Patients can, however, educate their physicians by discussing forms of CAM that the latter are probably familiar with, such as support groups, yoga, massage, and even acupuncture, which has been proven to counteract pain and nausea. By establishing a good open relationship, doctors should be able to provide insight on why particular choices may or may not be wise.

Dr. Edelberg also states that the cancer patients who do extraordinarily well are the feisty ones who take charge and are proactive, not those who are totally compliant. It's this feisty attitude that opens the communications channels. Ultimately, it is good communications that can make a significant difference in a patient's quality of life during and following treatment.

TO YOUR GOOD HEALTH

Patients should consider all possibilities in order to make informed decisions, including clinical trials. Patients should speak to others about their experiences and take advantage of the tremendous amount of literature available.

Helpful sites include:

www.wholehealthmd.com

nccam.nih.gov/health/decisions

www.cancerdecisions.com

www.cancerconsultants.com

www.dana-farber.org/pat/support/zakim_about.asp

Save this date

BOLLI 5th Birthday Party Luncheon and Annual Meeting

Wednesday, May 11, 2005, 12:30-3:00 P.M., at Hassenfeld

Music: Graham Patten, violinist

Commemorative Newspaper: Renée Fine

Slide Show: Len Heier and Charlie Raskin

Table Centerpieces: Rhoda Sapers

Town Meeting: Sy Raboy

SUMMER CAMP

by Tamara Chernow

Experience the excellence of a Brandeis education through one of two academic programs offered by BOLLI and taught by Brandeis faculty. Both programs will take place from June 6th to 9th, Monday through Thursday mornings from 9:00 A.M. to noon.

The Culture of Journalism — taught by Mike Socolow, assistant professor of American studies and director of the journalism program at Brandeis. He was an assignment editor for CNN and has much experience in freelance television production.

Professor Socolow describes his course objectives as follows:



“The tradition-bound culture of American Journalism is resistant to change, yet it is constantly transformed by such factors as new technology, economic demands, and social movements. There exist, however, certain central ideals defining the profession. It is these key principles and their application that this class will examine in detail. These ideals, which comprise the ethics of the profession, create the culture of journalism in the United States. All practicing journalists either work within that culture or produce work in response to it. By examining how journalists practice their craft, view their work and its place in society, and critique each other’s performance, this course will develop an understanding of the creation and maintenance of the culture of journalism in America.”

Art of the 20th Century: What’s it All About? — taught by Nancy Scott, associate professor of fine arts whose specialties include European and American 19th and 20th century art.

Professor Scott’s lectures will cover the art of the 20th century in a primarily chronological order but will consider several central motifs as threads through the various works of art. These include primitivism, the search for the spiritual in art, a distrust of the material world, and the search for a new language to express the dimensions of the modern world. Topics to be considered include:



- Abstract impressionism and the New York School
- Pop and minimal art
- Cubism and non-objective art
- Site sculpture
- Installation and environmental art

Participants will view work by artists too numerous to list here but including Picasso, Braque, Kandinsky, Hopper, Chagall, Magritte, Dali, Pollock, O’Keeffe, Stieglitz, Frankenthaler, Warhol, and Christo.

The cost for either program is \$155. Space is limited. Pick up an application form at The Gathering Place or find one online at www.brandeis.edu/programs/bali/ by clicking on “interim programs”. For more information contact Carol Allman Morton at 781-736-2992 or callman@brandeis.edu.

Adventurers

There is still room in the Tour of Trinity Church and Boston Public Library on Friday, April 8. We will meet in Trinity Church at 10:45 A.M. —downstairs in their new Undercroft, described in the *Boston Globe* as “one of Boston’s amazing and wonderful interiors.”



After a tour of the church sanctuary and balcony, we will walk across Copley Square to the BPL for a buffet lunch in the library’s Novel Restaurant. After lunch, we will tour the library, including the restored Sargent murals on the top floor. Our adventure will end at 2:30 P.M.

Cost is \$24 per person. Registration Forms and Waivers available in The Gathering Place.

Coordinated by Eileen Mitchell: 671-969-6786, mitchellmail@comcast.net.

CALENDAR OF CAMPUS EVENTS

compiled by Charles Raskin

SLOSBERG RECITAL HALL

April 3 (3 P.M.)

Groove Party

Robert Nieske, director

Jazz, big band, and new music that grooves. Program includes works by the legendary "King of Latin Music," Tito Puente.

April 19 (8 P.M.)

War: Its Poetry and Music

James Olesen, conductor
Program includes Stravinsky's *Symphony of Psalms*.

April 20 (8 P.M.)

Brandeis Early Music Ensemble

The sounds of Spain in sacred polyphony, raucous dancers, Sephardic music, and Mexican motets from Old Spain, the Diaspora, and the New World

WEDNESDAY CONCERTS AT NOON

Rapaporte Treasure Hall, Goldfarb Library

April 6

A free mini-concert by the **Lydian String Quartet**

HASSENFELD CONFERENCE CENTER

April 3 (3 P.M.)

Admission at the door is \$3 for BOLLI members

**Voices of Praise Gospel Choir
Regis College Gospel Choir
Boston College Gospel Choir**

SPINGOLD THEATER

April 7-17 (2 P.M. and 8 P.M.)

Scenes from an Execution

Set during the Renaissance, this timely drama depicts the conflict between personal freedom and government regulation. Galactia, a fiercely independent painter, receives a commission to create a mural glorifying a naval victory and thereby instill patriotism among the Venetian citizenry. Instead, she depicts the horrors of war and is condemned for her beliefs. Playwright Howard Barker's subversive ideas and dark humor daringly confront the role of the artist in society and the dangers of political censorship.

Tickets are priced at \$16-\$20 (BOLLI members may buy two at half-price)
Telephone 781-736-3400 or visit the box office in person to save the handling fee.

ROSE ART MUSEUM

April 12 (12:30 P.M.)

Do all artists experience the creative process in the same way? Just what is inspiration all about? Composer/conductor **Jane Ring Frank**, poet **Kathleen Aguero**, artist **Robin Dash**, and writer **Rosie Rosenzweig** will discuss and demonstrate how and why they create.

April 15 (7 P.M.)

DreamingNow

Special pre-play tour of the exhibition before the Spingold Theater Center production of *Scenes from an Execution*.