

# BOLLI Banner

A Brandeis University Program  
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Osher Lifelong Learning Institute at Brandeis

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## THE SUMMER INTENSIVES

### CIVIL LIBERTIES by Richard Glantz

It is a fundamental American value that Government treats all of its citizens fairly, irrespective of their religion. This core value, expressed directly in the 1st and 14th Amendments to the Constitution, was inspired by the Enlightenment: "I disapprove of what you say, but I will defend to the death your right to say it" (Voltaire); and "The only freedom which deserves the name is that of pursuing our own good in our own way, so long as we do not attempt to deprive others of theirs" (J. S. Mill).

Jeffrey Abramson, Brandeis professor of Law and Politics, presented a series of court cases which caused us to question the extent to which our ready adoption of these values held up under scrutiny.



*Jeffrey Abramson*

- May Nazis parade where Holocaust victims live?
- May a university be stripped of its tax exemption if it prohibits inter-racial dating among students?
- May the military forbid religious headgear?

Liberals in class were surprised that some Supreme Court decisions with which they agreed were written by Justice Scalia. The religiously conservative and the free-choice secularists in class found there was no middle ground on abortion. But no matter our political persuasion, we loved the class.

Prof. Abramson himself was surprised, "I don't think I've ever taught a class with such a voracious appetite [for learning]."

### RENAISSANCE ART by Carole Grossman

For five exciting mornings, 25 students were transported to 16th century Florence, Rome, and Venice by Jonathan Unglaub, Brandeis assistant professor of Fine Arts and the Chair of Medieval and Renaissance Studies. Employing excellent digital images, he brought to life the artistic achievements of high Renaissance masters Leonardo da Vinci, Michelangelo, Raphael, and Titian. Comparisons with antiquities and 15th century Florentine art highlighted how these extraordinary Italians responded to the past and how they developed unique innovations. Comparisons with each other's works emphasized both the assimilation of aspects of their contemporaries' methods, and differences among them in technique and interpretation of material and spiritual life. In our last session we examined how Caravaggio and Bernini were influenced by the legacy of these high Renaissance masters, especially Michelangelo.



*Jonathan Unglaub*

Our knowledge of classical mythology, Italian history, architecture, politics, religion, and literature was enriched as Dr. Unglaub quoted commentaries and poetry of the period. His probing intellect, his scholarship, energy, enthusiasm, sense of humor, wonderful command of languages, and organizational skills, coupled with the images of outstanding art and architecture, made for an exciting week and left many of us with a desire to explore further centuries under Jonathan Unglaub's leadership.

# COUNCIL DECIDES ON NEW HOURS FOR FALL SEMESTER

by Carol Shedd

While continuing to retain social, collegial, and community relationships, BOLLI must consider: (1) future growth and (2) how to deal with it.

At present there is no chance of more days or more space being available for BOLLI classes. What is available is more time per day. Classes presently meet from 9:15 A.M. to 3:30 P.M. By starting the first class at 8:30 A.M. and ending the day by 4:25 P.M., we will have four 85-minute class periods and the 95-minute Lunch-and-Learn program. There will be no change in the length of class periods or Lunch-and-Learn. At the same time, this new schedule increases the number of potential daily classes from 15 to 20, makes room for more BOLLI members, maximizes use of each day, and provides space for meetings, study halls, extended classes, and affinity groups. Hopefully, it may also

reduce class sizes. And very important to our relationship with Brandeis, it is consistent with university concern for better space and time utilization.

The cons of this scheme are rush hour traffic and the long wait if one chooses only early and late classes. The pros reflect the needs that are important to the natural growth of an institution like BOLLI. Offering more class periods means that BOLLI will be able to accept more people into the program. New members are necessary to retain curriculum excellence by providing a new and expanded body from which to draw study group leaders and volunteers, and to maintain strength by adding fresh ideas and new talents to our community.

The Council voted to adopt the four classes per day proposal on a trial basis for the Fall 2006 term.

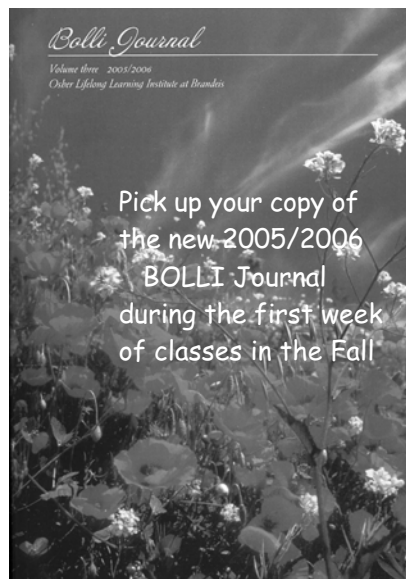
## New Leadership

### COUNCIL

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<i>Membership:</i>	Nancy Rawson
<i>Lunch &amp; Learn:</i>	Irwin Silver & Star Zieve
<i>Resource:</i>	Les Blicher



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# ELDERQUEST: COMPLETING THE CIRCLE

by Joan Kleinman



“You can’t just get old anymore, you have to take a course to tell you how!”, my husband quipped as we meandered into the Wasserman Cinematique on the Brandeis campus to begin our eight-week foray into the world of the Elderquest.

With the longevity revolution promising longer and healthier lives and with the

baby boom generation reaching retirement age, more and more people are, in fact, seeking guidance in how to construct a meaningful life in the extended post-retirement period that has been dubbed the “new old age”. Through the vehicle of films and novels, the Elderquest course offers just this opportunity—a forum to discover, as one participant explained, “who you are and what you are going to do with who you are”, as well as to confront some of the challenges of older age, including integrating the past with the present and dealing with the reality of ever-closer mortality.

The Elderquest program rejects the outdated notion that equated aging with decline and withdrawal; rather, it embraces more current work in the field of psychology and gerontology that views the years after 60 as a time for embracing active involvement, learning, and discovery.

The Elderquest model posits a person embarking upon a self-defined journey to resolve an incompleteness in his/her life. The prototype for such a quest is Ingmar Bergman’s classic 1957 film *Wild Strawberries*. The hero, 76-year-old Professor Isak Borg, dreams of his own death, ironically the night

before he is to receive a lifetime achievement award. This dream catalyst spurs him to reexamine choices of his youth, to understand his part in a failed marriage, and, most important, to acknowledge—and resolve to repair—a cold and distant relationship with his son.

In some other examples, journeys are undertaken to reconcile with an estranged but beloved brother, to quench an overwhelming thirst to reconnect to a childhood home, to come to peace with an act committed as a young soldier in wartime. The journey may transform the individual, leading to a sense of integrity and/or serenity. Or the quest may force the individual to ask, and only begin to answer, difficult questions about the value of life and about what is lasting and important. “Have I touched others in any significant way?” wonders the bereaved and hapless Warren in the movie *About Schmidt*.

Five films and two novels, rich with nuance and character, provoked lively, insightful, and sometimes controversial discussions in every class session. Participants appreciated the opportunity to hear others’ understandings and to find commonalities that validated their own experiences redefining goals and lifestyle after retiring.

The brainchild of Program Director Charles Nicholas, Elderquest was presented in Spring 2006 at eighteen sites in twelve different states. It was sponsored by the Osher Lifelong Learning Institute at the University of Massachusetts Boston and partially funded by a grant from the National Endowment for the Humanities.

More information about Elderquest’s background and purpose is at [www.ollie.umb.edu](http://www.ollie.umb.edu).

## BOLLI Endowment Fund

Mail your contribution to:  
BOLLI  
MS 085, Brandeis University  
Waltham MA 02454

Make your checks payable to:  
**Brandeis University**  
Write on the note:  
**BOLLI Endowment**

# BUILDING A COMMUNITY OF LEADERS

by Sharon Sokoloff



Last April, representatives from the Osher Lifelong Learning Institutes (OLLIs) —73 to date—gathered in San Jose, CA. The OLLIs encompass 33,600 lifelong learners in approximately 32 states and the District of Columbia. [at press time, 93 OLLIs in 39 states – Editor]. See a map of all the institutes at:

[usm.maine.edu/olli/national/map.jsp](http://usm.maine.edu/olli/national/map.jsp)

This was the third time the Osher Foundation, our collective benefactor, convened OLLI professional and member leaders and the second time Brandeis participated. In October 2004 I attended with Sy Raboy, then Council Chair. This year I attended with Norm Weizer, Curriculum Committee Chair.

The conference goals were to inform, challenge, stimulate, intrigue, and amuse program leaders. Further, the aim was for participants to share best practices, lessons learned, and to meet and renew friendships and form other collegial relationships. The theme for this year's conference was *Building a Community of Learners*. All OLLI conferences are funded entirely by the Foundation, including travel and hotel costs for participants.

Camaraderie, knowledge, wisdom, vision, and excitement pervaded the conference. Here is a sample of the conference sessions:

<i>Building a Curriculum</i>	<i>Faculty Recruitment</i>
<i>Faculty Development</i>	<i>Courses that Work</i>
<i>New Member Recruitment</i>	<i>Life Story Telling</i>
<i>Fundraising and Finance</i>	<i>Marketing</i>
<i>Exploring Life Options</i>	<i>Positive Aging</i>
<i>Civic Engagement</i>	<i>Baby Boomers</i>
<i>Reaching Out to New Audiences</i>	
<i>Options for Teaching and Learning</i>	

I came away with three observations:

- Each program is unique. A program in the most remote area of the country is likely to have strengths or “lessons learned” from which programs at large urban universities can or should learn, and *vice versa*. Diversity is an asset of the network.
- On the other hand, all programs deal with the same development tasks and challenges. Thus, any (new or longstanding) program aiming to confront challenges without knowledge of and/or consultation with other program leaders is missing an important opportunity.
- Finally, the whole is greater than the sum of the OLLI parts. And, while the Osher endowment will be an asset to our program, I absolutely believe being part of the network, over time, will be of greater value than the money.

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## DEAR BOLLI, . . .

### Thank You

It is with utmost sincerity that I thank the BOLLI community for their votes and for their confidence. The BOLLI Council is the vehicle that carries forward the success of the BOLLI program. I am honored to be on the BOLLI Council. Thank you.

-- Judy Cohen



### Farewell

Our separation so abides and flies  
That thou, residing here, goes yet with me,  
And I, hence fleeting, here remain with thee.

*Antony and Cleopatra, I:4, 124*

Go hang yourselves, all.  
You are idle, shallow things,  
I am not of your element.

*Twelfth Night, Malvelio, III:4, 132*

-- Jim & Eva Robbins

# INCONTINENCE—(PART II)

by Theodore L. Saxe, M.D.



Several BOLLI members have approached me since the March issue of the Banner in which I wrote about urinary incontinence in women, and asked, “What about men?” Many of the factors involved in female incontinence affect men as well. However, male incontinence often has a different etiology. [For an

overview of incontinence and remedies, go to [www.brandeis.edu/programs/bali/](http://www.brandeis.edu/programs/bali/), select BOLLI Banner Archive, and choose March 2006.]

Men have the prostate, a gland about the size of a walnut, located at the base of the bladder and surrounding the urethra, the channel through which urine is excreted. At about age 45, normal physiological growth of the prostate occurs and results in various degrees of obstruction. That causes urinary frequency, urgency, slow stream, dribbling, increased residual in the bladder, total urinary retention, and, in some cases, incontinence. The bladder does not burst when it is overfilled; it overflows without control.

In the majority of men, prostate growth is benign; that is, it’s non-cancerous. But, in a significant percentage of men there is cancerous involvement. Incontinence can occur with malignancy of the prostate as a result of damage to the sphincter, which is a control muscle in the urethra, and more commonly, as the result of treatment of the cancer.

Diagnosis is initiated with digital examination of the rectum and a blood test called PSA (prostate specific antigen). PSA, unfortunately, is of limited value. The test is not specific for cancer and will be elevated if there is a large benign growth and/or infection of the prostate. Any diagnosis of prostate cancer must be confirmed by a needle biopsy.

Once diagnosis is made, the urologist will discuss alternative treatments with the patient. Treatment will depend on a host of factors, from the person’s age, to the stage of cancer, to the individual’s willingness to undergo the treatment. The options include:

- Do nothing until there is a rapid rise in PSA, and then start treatment
- Radical surgery to remove prostate and its capsule with pelvic lymph nodes
- External beam radiation with or without radioactive seed insertion
- Hormonal control with injected or oral medication, or by surgically removing the testicles.

The doctor may recommend a treatment preference, but the final decision is the patient’s. None of these treatments are free of complications. Radical prostatic surgery, for example, is itself the most common cause of male incontinence.

Radiation treatment also comes with the risk of incontinence and infection. Seeding, done under anesthesia in a same day surgery setting, implants a radioactive substance. Ten year follow up indicates similar cure rates for radical surgery compared with radiation treatment.

Finally, prostate cancer is also treated by drugs. Usually, such medical treatment is used only for older patients and those who refuse surgery or radiation.

Prostate cancer is one of the leading causes of death for men over age 45 but it doesn’t have to be; regular screening and acceptance of treatment can reduce the risk. In those cases where urinary incontinence is the result of prostate cancer, treatment is not 100% successful. However life will be extended and there is a good chance that the incontinence will be resolved as well.

## TO YOUR GOOD HEALTH

# THE ANNUAL MEETING

by Judy Cohen

The mood was upbeat as we gathered to review the past year and to envision the years ahead. The meeting began with smiles, as we posed for pictures for the *Face Book Project*, a new initiative to help members identify each other.

Outgoing Council President Sy Raboy thanked the many members who worked on the Council, committees, affinity groups, the Journal, and those who planned the annual meeting. He outlined our accomplishments and spoke of the opportunities available for future consideration. One item needing attention is financial support because our external funding will diminish beginning with the 2007 academic year. Sy announced the establishment of the *BOLLI Endowment Fund* and with great pride told us that the fund already has \$25,000. Ron Levy, the new Council President was introduced and spoke of his view of BOLLI's future.

Director Sharon Sokoloff noted that when a renovated building near Gosman became available, Brandeis President Jehuda Reinharz directed that the BOLLI offices be the principal occupant. This is commendable in light of the fact that the BOLLI budget is a tiny 0.1% of the University budget.

The meeting ended with a tribute to Jim Robbins, a SGL whose Shakespeare classes brought students a deeper appreciation of the Bard's mastery. After many years with us, Jim is moving to Arizona. Vanita Neelakanka, his BOLLI Scholar, delivered the tribute and she, too, was warmly celebrated as an example of the strengthening relationship between BOLLI and Brandeis.

BOLLI is a community of caring, resourceful people. Our programs need your discussion, input, and participation. We look forward to the year ahead.

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## HAND-CRAFTED: CORNED BEEF TO POETRY

by Tamara Chernow

Kenneth Rosenfield spent his working years putting in long hours as the owner of the restaurant *Kens at Copley*. But all that labor never quenched his artistic side: through the years he also followed creative pursuits in music, visual arts, and theatre.

### **MEMBERS IN THE NEWS**

Ken, as a musician, played jazz drums with local groups in area clubs. He kept a set of drums at work in the bar of his restaurant. Often at 5:00 P.M. the bartender sent a martini to Ken, and he changed his role for the evening from owner to drummer.

Black-and-white photography was another of Ken's avocations. In addition to shows in local venues, he had an abstract photo accepted by esteemed photographer John Szarkowski in a juried show at the Berkshire Museum in Pittsfield. A man of many talents, Ken also performed in local theatre as a singer, actor, and dancer.

After retiring, Ken started to seriously read poetry in a BOLLI class with Matthew Ruggiero and since then has taken poetry writing classes with Ruth Jacobs. He has had three poems published in each of the last two BOLLI Journals. This year *The Aurorean*, a poetic quarterly from Maine, published his poem "Ritual Meal" in their Spring/Summer issue.

In the most recent BOLLI Journal there is a lyrical poem entitled "An Unfinished Odyssey" written for his wife, BOLLI member Carole Grossman; but the title also describes his life as he continues on his artistic journey.

# WALKING TRAILS IN NEWTON

by Naomi Schmidt



Many BOLLI members live in or near Newton but are not aware of the many beautiful nature walks that are available to them in their own hometown. A previous Banner issue described trails in the metro-west area (*A Walk on the Wild Side*, October 2005—available at the BOLLI website). We list here some of our favorite walks in Newton for your enjoyment. Additional information, including trail maps, more walks, and details on the sites, is at [www.newtonconservators.org/parklist.htm](http://www.newtonconservators.org/parklist.htm). This website also has information on how to order a brochure with maps, available for \$7.95.

## Charles Riverwalk

This easy and scenic walk runs on both sides of the river for much (but not all) of its length, starting in Watertown, and ending in Waltham. Entrances are located at Galen St. in Watertown Square and at Bridge and California Sts. (Newton). Additional entrances are at Farwell Ave, Newton St., and Moody St. in Waltham. Entrances are marked by stone pillars that say *Charles River Reservation*.

## Norumbega Park Conservation Area

Located very near Brandeis, with trails winding through a meadow, steep pine and hemlock covered riverbanks, this area opens to a scenic view of the Charles River. Entrance is from Commonwealth Ave. just east of the Marriott Hotel.

## Nahanton Park

Includes community garden plots as well as trails through meadows, wooded hillsides, wetlands, and along the Charles River. Entrances are off Nahanton St. just west of the Jewish Community Center campus and off Winchester St. just south of the golf course.

## Hemlock Gorge Reservation

This rustic area along the Charles River in Newton Upper Falls contains Echo Bridge, a National Historic Landmark that is part of the Sudbury Aqueduct, as well as a waterfall, steep hemlock-covered banks, and beautiful walking trails through

the gorge. Entrance is at a parking lot off Elliot St. just west of the Needham/Newton border.

## Cold Spring Park

The Park has wooded areas, fields, a brook, and wetlands. Entrance is on Beacon St. between Walnut St. and Beethoven Ave.

## Newton Cemetery

Visitors can find four ponds, graceful hillsides, and many varieties of trees in this beautifully landscaped 19th century garden cemetery. Entrance is at 791 Walnut St., between Commonwealth and Beacon Aves.

## Webster Conservation Area Hammond Park Reservation

This is the largest conservation area in Newton and contains woods, rock outcroppings, brooks, wet-lands, fields, an enclosed deer park, and an historic woodland garden. Activities to enjoy here are walking, jogging, nature study, geology study, bird watching, rock climbing, and cross-country skiing. Enter from the back of the Chestnut Hill Shopping Center parking lot, Hammond Pond Parkway, Elgin St., Suffolk Rd., or Warren St.

*Note: It's very helpful to print a trail map (or order the brochure with maps) from the web site listed in the first paragraph before starting out as not all the trails are well marked.*

## LET THE GOOD TIMES ROLL

## Face Book

This project, an on-line means of connecting BOLLI members together by linking names and faces, began at the Annual Meeting in May, where more than 100 photos of members were captured. We will continue to take members' pictures and accept their 15-20 word personal statements during the first weeks of the Fall term.



# ALL ABOARD

by Charles Raskin



I conceive of BOLLI as the *Little Engine That Could*, and does, transport hundreds of adults along a train track located in the land of Gosman on the Brandeis campus. If

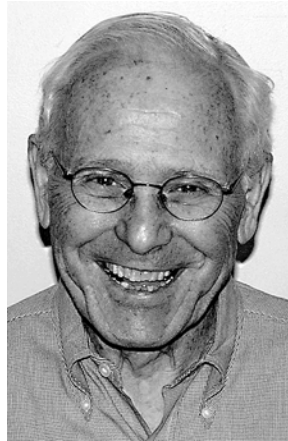
you are willing to join me in this fantasy, I'd like to suggest that we name the train, "The Conviviality Local". By the way, the schedule for the Fall season has been changed; and the train will make its first stop at 8:30 A.M. rather than at 9:15 A.M. as we have experienced during the past six years. The board that oversees our transportation system has decided to add more stations (classes) along the way to accommodate the potential expanding membership. The past schedule listed thirty classes, and we will now have thirty-six classes. The last class of the day will end at 4:25 P.M. The fuel stop, our Lunch and Learn period, has also been moved to an earlier time. We start the caloric intake at 11:30 A.M.; classes will resume at 1:25 P.M.

Did you know that there is not another train system in the OLLI network of 93 locations that have stations labeled, "Adventurers Outings", which enable us to travel to a variety of museums, parks, gardens, churches, libraries, and other interesting sites? Shutterbugs bring their cameras. Many BOLLI members also enjoy the numerous and varied offerings and discounts on the Brandeis

campus:

- The Rose Art Museum
- Lydian String Quartet concerts
- Spingold Theater
- Brandeis Educational Travel
- Brandeis library pass
- Women's Studies Center events
- Meet the Author series
- Athletic Center

Pick up a copy of the BOLLI Banner at a station to read BOLLI news and get information about area attractions, interesting web sites, health issues, and more.



While traveling on the "Conviviality Local" you have undoubtedly waved to our two full-time staff, had a nosh in our Gathering Place, noticed the Yoga class, and had time to think about the summer or winter Intensives. That sign you passed looking out the train window titled, "The New Yorker" was not the city but an informal discussion group that meets to talk about the stories in the magazine.

And, another station is being renovated on South Street to house our train driver and conductor.

As we approach the end of this short ride I know that you are aware that all of these on-going events could not happen without the support of the Brandeis University front office.

Have a wonderful trip this Fall.

Being with great elders  
Opening to new ideas  
Listening to diverse people  
Leaving your troubles behind  
In a day or two each week

-- Ruth Harriet Jacobs