

BOLLI Banner

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

Osher Lifelong Learning Institute at Brandeis

Vol. 6 Number 5 March 2006

DISCOVERING WHAT'S NEXT

by Sharon Sokoloff



One social response to the “longevity revolution” (a term coined by Theodore Roszak in his 2001 book of the same name) is the development of new organizations to inform and guide adults in the “third age” and to make the “bonus” years and decades of healthy living productive, meaningful, and rewarding.

Discovering What's Next: ReVitalizing Retirement (DWN) is a community collaboration engaging mid-life and older adults in creative exploration of their next life stage. It provides connections, direction and opportunities for learning and community involvement. Under the leadership of Carol Greenfield, founder and president, DWN works with local partners SOAR (Service Opportunities After Retirement), Newton Community Education, Office of Volunteer Services, Newton Community Service Center, the Newton Free Library, and the Mass Coalition on Vital Aging.

In the fall of 2005, DWN opened the *What's Next Hub* at the Newton Free Library, intended to be a one-stop shopping center for adults transitioning to and within retirement. The DWN Hub is located on the third floor of the library on Homer Street in Newton Centre. The Hub is open whenever the library is open, but it is only staffed at scheduled times. (The staff schedule is posted on their eBoard, www.whatsnext.eboard.com).

DWN programming is one of its trademarks, including forums, workshops, a film series, and small group discussions. Past program topics have included *The Possibilities of Place: Housing Options for the Next Life Stage* and *Being Your Own Boss: Self-Employment After Fifty*.

Programs scheduled for Spring 2006 include:

- *Exploring New Possibilities: Discover What's Next Using Creative Arts* April 25, 7-9 P.M.
- *Caring For Your Aging Parents: New Needs, New Conversations* May 2 and 9, 7-9 P.M.
- *Finding Joy In Spite of Loss* May 3, 7-8:30 P.M.
- *Can You Afford To Retire?* May 11, 7-9 P.M.

DWN is a local program that is affiliated with the national organization Civic Ventures, founded in the late 1990s with the goal of reframing the view about aging. Civic Ventures is a think tank and incubator, generating ideas and inventing programs to help society achieve the greatest return on individuals' life experiences. One of Civic Venture's hallmark initiatives, *The Next Chapter*, provides expertise and assistance to dozens of communities nationwide, including the DWN program in Newton. The Website www.civicventures.org is a great read.

For more information about Discovering What's Next, email dwnext@comcast.net, call 617-796-1419, visit their eBoard, or stop by the Newton Free Library. Take advantage of the programs, which are open to everyone regardless of where they live. I've attended many and recommend them wholeheartedly.

GIVE YOURSELF SOME CREDIT

by Frank Benjamin

New for the year 2005, Massachusetts taxpayers may deduct the cost of heating their home on their State income taxes.

Now for the fine print:

MONEY TALK

- Only valid for oil, natural gas, and propane (not wood, coal, or electricity)
- Only for heating fuel expenses incurred between November 1 and December 31, 2005
- Applies to renters as well as homeowners
- Available only if your adjusted gross income is \$75,000 or less (\$50,000 for single taxpayers)
- Deduction is capped at \$800
- Any unused portion of the \$800 may be taken on the 2006 tax return for purchases during the first quarter of 2006

Complete Line 14 of Schedule Y to claim this credit.

For full details, see the Department of Revenue Website:

www.dor.state.ma.us/help/guides/abate_amend/Personal/Issues/HomeHeating.htm

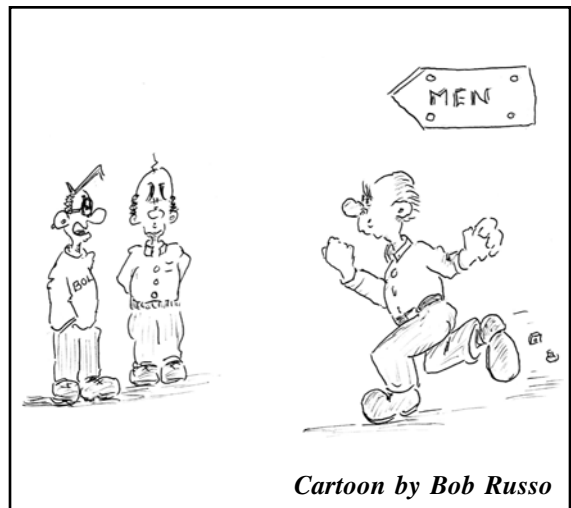
Budget Constraints Force Cutbacks

Prsdnt Jhd Rnhrz drctd tht wth th shrp ncrcs n th cst f ppr, Brnds wll rmv mst vwls frm prntd crrspndnc. Ths plcy wll tk ffct bfr Aprl 1st.

Drctr Shrn Sklff ws srprsd, bt sh blvd stdnts shld hv lttl trbl ndrstdng hr mssgs nthlss sinc sh mplys hr hnds mr thn hr vwls.

Cncl Chrmn Rby pldgd hs fill spprt, rmrkng tht BLL mmbrrs wll wlcm hvng fwr ltrrs tht thy nd t rd fr cls hmwrk.

April Fool!



Cartoon by Bob Russo

"Marvin's Elderquest is the Men's Room"

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

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6/2/06

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VOLUNTEER OPPORTUNITY: ESL TUTORING

by Naomi Schmidt



Are you looking for a volunteer activity in which you can help others, develop an understanding and appreciation of different cultures, meet interesting people, and increase your skill in problem solving? If so, ESL (English as a Second Language), or, as it's sometimes called, ESOL (English for Speakers of

Other Languages) tutoring may be something that you'd like to investigate.

Perhaps you are interested but think that you don't have the proper qualifications, not having had formal training in this field. In fact, the main qualifications needed are a friendly and optimistic attitude, sensitivity to different backgrounds and cultures, patience, dependability, and flexibility. There are active ESL tutoring programs in many communities in the Boston area, and most offer a training program to get you started. Local area libraries usually have a sizable collection of books that one can borrow; and there is a wealth of material on the Internet, including lesson plans, games, and exercises.

Some learners are true beginners in English, while others are quite proficient and mainly want practice in conversation. Some are new immigrants who are trying to improve their English so as to increase work opportunities, while others are individuals (or their spouses) who are here for a year or two to do research at a local university or hospital. Some tutoring relationships are "one-on-one," while in other instances a tutor will meet with a small group

of two or three learners who are matched for level and personality, but not necessarily by country of origin. The coordinator of the tutoring program usually acts as a matchmaker, striving to get the right mix so that the experience is an enjoyable one for both tutor and learner.

During the five years that I have been involved with this activity, I have enjoyed working with students from Colombia, Japan, Korea, China, and Ukraine. In addition to meeting with my students once a week, I am on an assessment team in the Newton program that interviews new learners in order to determine their level of proficiency; and I have discovered that two other BOLLI members—Raisa Newman and Harriet Kahn—are part of this team as well. I suspect that there are lots of other BOLLI members who are active in this sort of tutoring and who can attest to the satisfaction that they derive from it.

More about ESL tutoring is available at:

Newton:

www.newtonfreelibrary.net/Services/Literacy/literacy.htm

Framingham:

www.framinghamlibrary.org/literacy/lva.htm

Watertown:

www.watertownlib.org/projectliteracy.htm

Other communities:

<http://library.minlib.net:81/>
(enter keyword ESL)

You are welcome to attend the next Introductory Workshop at the Newton Free Library on April 5th at 7 P.M. For more information, write to legacyforliteracy@yahoo.com.

BOLLI Annual Meeting and Luncheon

Be part of the process and part of our legendary conviviality as we come together to celebrate another year. We'll review the year past and discuss plans for the future. Save the date: **Monday, May 15th**. Specifics as to time, place, and agenda will follow.

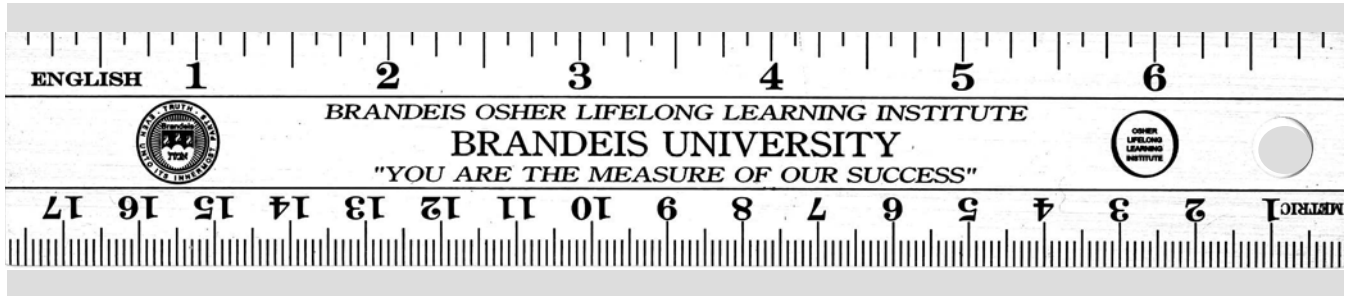
YOU ARE THE MEASURE OF OUR SUCCESS

by *Bob Russo*

The Lunch and Learn Committee decided to upgrade its speaker honorarium. The carton of coffee mugs inscribed with our former name was finally empty. We chose a solid brass ruler with both the Brandeis and the Osher logos, and we doubled the weight to give it some heft. Because the manufac-

turer insisted on a minimum production run of 100 at \$13.00 each, there will now be sufficient time to gather suggestions from BOLLI members for a future honorarium.

Below is a full-size image of the BOLLI ruler:



TEN CANDIDATES VIE FOR BOLLI COUNCIL

by *Elaine Dohan*

The 2006 Nominating Committee is proud and pleased to announce the slate of candidates for the BOLLI Council. From the list below, our membership will select four people to be the new Council members.

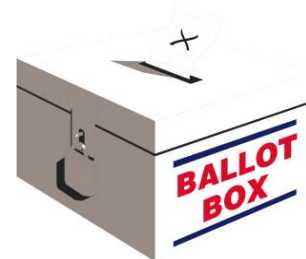
- | | | |
|--|--|--|
| <input type="checkbox"/> <i>Len Aberbach</i> | <input type="checkbox"/> <i>Ron Levy</i> | <input type="checkbox"/> <i>Sherm Okun</i> |
| <input type="checkbox"/> <i>Judy Cohen</i> | <input type="checkbox"/> <i>Marilyn Lynch</i> | <input type="checkbox"/> <i>Dick Winer</i> |
| <input type="checkbox"/> <i>Victor Ford</i> | <input type="checkbox"/> <i>Arnold Messing</i> | |
| <input type="checkbox"/> <i>Sophie Freud</i> | <input type="checkbox"/> <i>Marty Nichols</i> | |

The 2006 Council has to grapple with many important issues. Decisions will have to be made as to how to control our membership size, best utilize our space at Brandeis, remain financially healthy, and continue to improve the quality of our program. We urge you to seek out the candidates and discuss your interests and concerns with them. **PLEASE VOTE!!**

Pick up your ballot at the BOLLI table at Gosman on the 28th and 29th of March.

Submit your marked ballot by **April 26th at 3 P.M.** in one of the following ways:

- Fax to BOLLI: (781) 736-2122
- Mail to BOLLI: Nominations, BOLLI, MS085, Brandeis University, Waltham MA 02454
- Leave it in the box labeled "Nominations" at The Gathering Place.



INCONTINENCE—(PART I)

by Theodore L. Saxe, M.D.



In my last column, I dealt with hospice care. While I am not obsessed with uncomfortable-to-discuss topics, I would like to continue looking at difficult issues by discussing an area that was part of my urologic practice. The issue is urinary incontinence (wetting).

Incontinence is a chronic condition and is not life-threatening. Nevertheless, many of those affected by incontinence are embarrassed and, along with avoiding social relations, three out of four fail to seek medical help. That's a shame because it's often a treatable condition.

In the United States, 25 million adults of all ages are affected by incontinence. The largest group of sufferers is women over 35, and for the sake of space, I'll confine the discussion to them. From a medical perspective, it is a multi-disciplinary problem.

The most frequent problem, *Stress Urinary Incontinence*, is leakage that occurs when a woman coughs, sneezes, or even gets up from a chair. The underlying cause is typically related to weak abdominal and pelvic muscles following childbirth or pelvic surgery. Initial treatment often starts with pelvic floor strengthening using therapy called Kegel Exercises. It takes three to six months of daily exercise to produce noticeable effects. A second line of treatment is with medications. If that does not work, surgery is an option. The usual type of surgery is referred to as a "sling operation," designed to hold the bladder, urethra, and pelvic organs in place. The operation is now done on an

outpatient basis. The average cure rate for surgery is 80% for two to five years. Other non-surgical treatments involve pessaries, urethral "plugs", electrical stimulating devices, and behavioral therapy.

A second type of incontinence is the *Overactive Bladder* or *Urge Incontinence*. The main complaints are frequency and a feeling that one "can't hold it". Causal factors involve chronic kidney and bladder infection, uncontrolled diabetes, medications, caffeine, and excessive intake of fluids. Medications are effective, but there may be some unpleasant side-effects such as dry mouth, constipation, or headache.

Intrinsic Sphincter Deficiency is the fancy name for the third type of incontinence. The sphincter is a muscle at the exit of the bladder encircling the urethra. Its function is to open and close the neck of the bladder on voluntary control to maintain dryness or empty on demand. Diabetes, multiple sclerosis, Parkinsonism, and stroke are some of the contributing causes. Treatment of ISD involves controlling the basic pathology, medications, and implantation of mechanical and electrical devices.

Recently, two drugs have been studied that appear to have unusual efficacy in treatment of all types of incontinence. One is Duloxetine, which is available by prescription in Europe. The second is Botox—yes, the same stuff the dermatologists use in cosmetic injections. FDA approval is expected some time this year.

Talk to your friendly urologist. Treatment is available. For more information, click on:

- www.fda.gov/fdac/features/2005/05_incontinence.html
- <http://familydoctor.org/189.xml>

TO YOUR GOOD HEALTH



BOLLI Adventures will visit the **National Heritage Museum** in Lexington on Friday, April 21st. Participants will view two exhibits with docents: *Picturing What Matters*, photographs evoking meaning from our common visual history, and *Gershwin to Gillespie*, portraits in American music. Contact Paula Goldman at paulagoldman20@yahoo.com.

THE COUNCIL CONSIDERS

by Carol Shedd

At the February 18th meeting of the BOLLI Council, members were briefed on the details of the BOLLI budget and our financial relationship with the Rabb School and Brandeis. Sy Raboy will speak about this at our Annual Meeting on Monday, May 15th. At this time, we are operating in the black fiscally thanks to the Werner Dannheisser and the Osher grants. However, the former runs out in two years, and the latter is only secure for the coming year. Thus, Sy brought up the need for BOLLI to have its own endowment fund. The

annual get-together on May 15th will include a very important business meeting in which Sy will discuss the finances of BOLLI and give the membership a chance to respond to his remarks and to ask questions.

A buffet luncheon will be served to celebrate the end of another very successful academic year.

[The full minutes of all Council meetings can be found on the BOLLI Website]

TRANSLUCENT TRANSITION

by Joan Kleinman

MEMBERS IN THE NEWS

Rhoda Sapers, a founding BOLLI member, is an artist who works in several media. For many years she has painted, favoring acrylics and abstract designs. Most recently, working with cardboard has captured her interest, allowing her to combine painting with structure in three-dimensional designs.

But Rhoda's signature work is the creation of original glass beads which she then arranges as attractive necklaces, each unique. Rhoda learned the technique of making glass beads, called *lampworking*, at a workshop in Provence, France. In lampworking, a narrow rod of glass is melted with the flame of a torch and the molten glass is wound around a thin rod of stainless steel called a *mandrel*. By rotating the mandrel and using different tools, the beads are formed. They are then cooled in a kiln for several hours. Some of Rhoda's beads are highly textured, monochromatic or with small dots of color. Others are perfectly smooth, with various colors of glass intertwining inside the bead.

Rhoda reflected that she has always engaged in creative projects: early in her career as a nurse, then as an educator and administrator at Beth Israel, and finally when she returned to work after raising her three children. Her endeavors culminated in a capstone experience of producing a one-woman show last year at the New Art Center in Newtonville.

As part of Newton Open Studios Days, Rhoda's art can be seen May 20-21, from noon to 6 P.M., at her studio, Lake Avenue Studio, 219 Lake Ave., Newton Highlands.

Other pictures of her work are at:

www.newtonopenstudios.com/artists-page.asp?a=108



ARTS & CRAFTS FOR ADULTS

by Carole Grossman



Attending a fine New England arts and crafts show is comparable to a museum visit. Among the media for sale in the exhibitions are ceramics, glass, metal, wood, furniture, baskets, decorative fiber, jewelry, wearables, leather, mixed media, photographs, paintings, and prints.

Paradise City Arts Festivals

Marlborough MA (Mar. 17-19 and early Nov.)
Northampton MA (Memorial Day and Columbus Day weekends)

www.paradise-city.com

A series of juried shows founded in 1995 by two artists. The biannual Marlborough fair selects 175 artists and master craftsmen from many states. The Paradise Café's chefs cook meals to order, and the Sculpture Café serves coffee and pastries along with live jazz. For its 275 exhibitors the Northampton shows transform the Three County Fairgrounds into carpeted display halls and a landscaped sculpture garden and courtyard. The dining tent features ethnic foods from area restaurants and live jazz.

CraftBoston

Seaport World Trade Center,
Boston MA (Mar. 31-Apr.2)

www.craftboston.org

Produced by the Society of Arts and Crafts, and featuring 175 outstanding contemporary artists from across the country and abroad. In addition, there are exhibits of emerging artists from leading schools, a lecture series, and a book seller.

DeCordova Museum Art in the Park Festival

Lincoln MA (Jun. 11)

www.decordova.org

Annual family event combines performances, art activities, food, and the area's largest outdoor art

exhibition and sale, featuring 100 of New England's finest artists and artisans. Varieties of artwork in a range of prices include paintings, drawings, prints, sculpture, and photographs. There are also one-of-a-kind crafts in both contemporary and traditional styles, including ceramics, hand blown glass, furniture, jewelry, and fiber art.

League of New Hampshire Craftsmen's Fair

Mt. Sunapee Resort, Newbury NH (Aug. 5-13)

www.nhcrafts.org/annualfair.htm

Annual juried event features 200 booths of traditional and contemporary crafts, sculpture garden, rooms of handcrafted furniture and decorative home accessories, and a boutique showcasing wearable art. Demonstrations and workshops teach how crafts are made. Daily entertainment features storytellers, musicians, and theater groups. On site are picnic areas, a food tent, two cafeterias, and an outdoor garden café.

Crafts At the Castle

Hynes Convention Center, Boston (Dec. 1-3)

www.fsgb.org/catc.htm

Annual fundraiser supporting Family Service of Greater Boston. Programs for at-risk children, elders, and families are funded by ticket sales and by artists' donations to a silent auction. This is a juried show which includes 150 of the top craftspeople and designers in the country.

LET THE GOOD TIMES ROLL



Jewish Film Festival at Brandeis

Wasserman Cinematheque, Sachar International Center

April 22-30

Next Year in...Argentina

Stalin's Last Purge

You're in the Army Now

Rosehill

Sentenced to Marriage

From Philadelphia to the Front

The White Rose

The Unknown Soldier (excerpts)

Close to Home

Box Office: 781-736-8600 (reduced price for BOLLI members: \$6 each; \$50 full series)

www.jewishfilm.org/filmfest/calendar.htm

CALENDAR OF CAMPUS EVENTS

compiled by Charles Raskin

SHAPIRO CAMPUS CENTER

Apr. 1 & 2 (9 A.M. - 11 P.M.)

Sundeis Film Festival

New England's premier college film festival is at Shapiro Campus Center this entire weekend. In addition to student films, guest speakers, and instructive workshops, a number of celebrity guests will walk the red carpet into our awards ceremonies. Details at www.sundeis.com

On Saturday night, Academy Award winner Celeste Holm will receive the first-ever Sundeis Lifetime Achievement Award and address the audience, followed on Sunday night by fellow Oscar-winning legend Margaret O'Brien.

On Sunday night, *Law and Order* and *Rent* star Jesse Martin will present his co-star S. Epatha Merkerson with the Entertainer of the Year Award. Merkerson has won the Emmy, Golden Globe, and SAG awards this year for her performance in HBO's *Lackawanna Blues*.

Apr. 4 (4 P.M.)

Meet the Author

Marc Brettler, professor of Biblical Studies at Brandeis, will read from his book, *How to Read the Bible*. Brettler argues that today's modern readers can only understand the Bible by knowing more about the time and culture it was written in. He offers a guide to reading the Bible as it was read in the biblical period, independent of later religious norms and interpretive traditions.

ROSE ART MUSEUM

Apr. 27 (7 P.M.)

I Love My Time. I Don't Like My Time: Recent Works by Erwin Wurm

Austrian-born Erwin Wurm has gained an international reputation for his darkly comical vision that challenges traditional notions of sculptures, photography, performance art, and drawing. His popular "One Minute Sculptures" invite audiences to participate in the creation of temporary sculpture by using their own bodies. The centerpiece of the exhibition is *Fat House*, an impossibly voluptuous edifice made to stand as a life-sized house.

SPINGOLD THEATER

781-736-3400, option 5

The Bacchæ

by Euripides

Apr. 27-29, May 4-6 (8 P.M.) and May 6-7 (2 P.M.)

When cultural conservatism meets the inevitability of change, human affairs go out of control in this primal play from the ancient Greek theater. Adapted and directed by Eric Hill, this production of Euripides's classic confrontation between human and divine authority features an original musical score by Brandeis Music Professor David Rakowski. Performed outdoors adjacent to Spingold. Admission: \$8-\$10 for BOLLI members.

Symposium: The Big Dig of 1506

Pollack Building

Apr. 7 (5 P.M.)

Commemorating the 500th anniversary of the groundbreaking of Saint Peter's in the Vatican, internationally recognized scholars consider early projects that laid the groundwork for the greatest architectural masterpiece of the Renaissance.

- **Henry Fernandez**, *Rhode Island School of Design*
- **Cammy Brothers**, *University of Virginia*
- **Christine Smith**, *Harvard University Graduate School of Design*