

OLLI Friends, How has the COVID-19 Pandemic impacted your life? What are you doing to stay healthy and happy?

Osher Lifelong Learning Institute at Furman

OLLILife

Sheltering-in-Place special edition

Member Chatter during OLLI's Pandemic Shutdown



New OLLILife contributor Valerie Sosnowski sees neighbors coming together through acts of kindness

April 2020 - OLLILife Sheltering-in-Place edition, Issue #4

Do college mascots have to wear masks?

Greetings from the OLLILife gang. Here's what we're up to. How about you? (more on p. 2)

- 1. OVERCOMING OBSTACLES:** What is Anne Doyle doing to survive the shutdown? She has "bushwhacked" a quarter-mile path in her backyard woods. Made it obstacle free. (see photo)
- 2. Marie Eldridge is almost proficient with Zoom,** and has learned to do video and audio socializing with Facebook Messenger. She's organizing online get-togethers with family and friends, a Happy Birthday sing-a-long and a raucous chat with her children, their spouses and grandchildren. Next up: a reunion with longtime ladies' dinner group in Massachusetts. "I'm just getting warmed up," she says.
- 3. Marie is also laughing at David Johnson's jokes:** Classified Ad: Single man with toilet paper seeks woman with hand sanitizer for good clean fun.
- 4. Hablas español?** When Kathleen Allen is not exchanging photos with her Artistry in Photography classmates via their own designated Facebook page, she is learning Spanish through Babel so she can chat with her new granddaughter. "At seven months, she is already ahead of me," says Kathleen.
- 5. Mary Kay Kantz** knows good advice when she sees it: "Our work is, in times of fear and darkness, to see the light, to bring light to others, and to remember that the light is always around us." Thomas Baker in **Commonweal Magazine.**

WHAT EXPECTATIONS OF "NORMAL" CAN YOU GIVE UP TODAY?

A list of Daily Quarantine Questions circulates on Facebook:

1. What am I *grateful* for today?
2. Who am I *checking in* on today?
3. What expectations of "normal" can I *let go of* today?
4. How am I *moving my body* today?
5. What *beauty* am I creating, cultivating, or inviting in today? All good.

Today, I'm hovering around #3. I've just made a mask out of a cloth dinner napkin given to me by a friend during the final hours of her garage sale. I don't have a sewing machine. The online tutorial says to secure the ends with rubber bands.

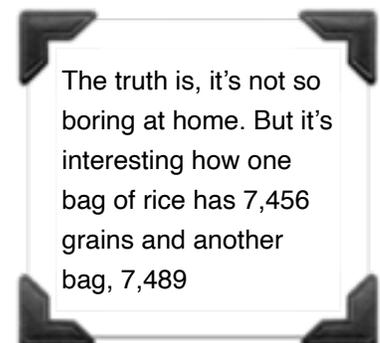
We have two of these. Blue. They came home from Publix wrapped around asparagus.

Normally, I wouldn't be caught dead wearing an unwanted floral napkin with blue ear loops, like a carelessly bagged bunch of veggies. But I will let go of that today. For my friends, classmates, Dr. Fauci, Andrew Cuomo, strangers, take-out servers, even homeless stragglers. A small price to pay.

OLLILife readers: What do you think of these five questions? Anybody else giving up expectations of "normal"? Tell us your story: sue.renault@gmail.com



What did you do today?
Anne Doyle cleared a path.



The truth is, it's not so boring at home. But it's interesting how one bag of rice has 7,456 grains and another bag, 7,489

OLLIVOICES

What's Your Sheltering-in-Place Story?

Thanks, *OLLILife* contributors and other OLLI voices, for sharing reflections of time spent Sheltering in Place

What are we up to?

Continued from page 1:

6. April 6: **I saw my first owl on the trail**, a heavy, awkward flyer who settled her large brown and white-speckled owl body onto a high branch, then swiveled her round head towards me so we could get a good look at each other. April 7: a yellow tape blocks the Swamp Rabbit Trail. Closed. I am bereft. Sue

7. **Betty Jo Shaw got out her sewing machine** and old fabric leftovers and made face masks. Then got orders from her niece and family. (Betty Jo, can I place an order?) She's also going through old photos and creating scrapbooks for family. *BJ is on fire!*

8. **Valerie Sosnowski** likes the **SIMPLE ACTS OF KINDNESS** she sees that bring us closer together as we learn to think of neighbors when we go to the store for groceries and ask them if they need anything. Before now, we were less likely to reach out to ask. It is amazing how this kindness brings us closer as a community.

9. **JUDY AND GARY GIVE THEIR FAMILIES A GIGGLE.** "When I'm not doing research for my next OLLI class" says Judy, "I 'm working on my memoirs and planning silly photos with Gary to send to friends and families to give them a giggle."

10. **Gary Aten is practicing on a dulcimer** he made 40+ years ago. "I can identify the proper fret now even if I can't hit it much of the time. This is no mean feat for someone like me who is tone-deaf." On another subject: ***It is amazing how stressful a trip to the grocery store is now!***

Member Chatter Matters: Drop us a note, sue.renault@gmail.com

WHAT'S THE FIRST SIGN OF A CULTURE'S CIVILIZATION?

from an essay by Remy Blumenfeld, [forbes.com](https://www.forbes.com)

Years ago, anthropologist Margaret Mead was asked by a student what she considered to be the first sign of civilization in a culture. The student expected Mead to talk about fishhooks or clay pots or grinding stones.

But no. Mead said that the first sign of civilization in an ancient culture was a femur (thighbone) that had been broken and then healed. Mead explained that in the animal kingdom, if you break your leg, you die. You cannot run from danger, get to the river for a drink or hunt for food. You are meat for prowling beasts. No animal survives a broken leg long enough for the bone to heal.

A broken femur that has healed is evidence that someone has taken time to stay with the one who fell, has bound up the wound, has carried the person to safety and has tended the person through recovery. Helping someone else through difficulty is where civilization starts, Mead said."

We are at our best when we serve others.

Anne Doyle wants to know: Is anyone else dreaming more and remembering dreams on waking? Vividly! Theories abound that this is due to stress and anxiety. Dreaming is some sort of release/relief from stress.

"Fairy tales are more than true — not because they tell us dragons exist, but because they tell us dragons can be beaten." — G.K. Chesterton

Editor's error, Issue #3: The first line of Bernie Showman's wine article read: "Thousands of small, mostly family-owned wineries [in this area] depend on sales made directly to consumers." The words, "in this area" were wrongly inserted by the editor and should be excised. Sorry, Bernie.