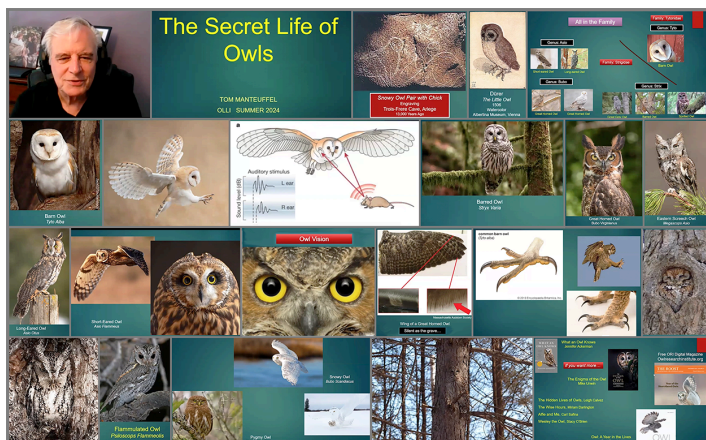


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**Tom Manteuffel, Retired Cybersecurity Engineer and Frequent OLLI Instructor, Gave an Interesting and Informative Presentation: The Secret Life of Owls, July 29, 2024**

## September 13, 2024

Editor of the Week: Paul Van Hemel

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### Alerts & Notices

- The OLLI fall term is September 23 through November 15; fall-term registration is under way and continues throughout the term.
- Plan to attend *ARTS by George* on Saturday, September 28 at Mason; for more information, click [this link](#).
- Board of Directors Meeting September 20 at 10:00, hybrid via Zoom and in person in TA-1. All members welcome.
- The next issue of *OLLI E-News* will be published Friday, September 27; the regular deadline for submission of items is Tuesday, September 24, at 6:00.

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### What Vaccinations are Recommended for Seniors, and Which Ones Should I Get?



**By Michele Romano, MD, Health and Safety Advisory Chair, Suresh Mohla, MD, Health and Safety Advisory Committee Member, and Richard Crawford, OLLI Treasurer and Board Member**

Seniors should ensure they are up to date with several key vaccinations to protect against serious diseases. The following vaccines are highly recommended for individuals aged 65 and older. By keeping up with these vaccinations, you can significantly reduce your risk of serious health complications and maintain a healthier lifestyle. Medicare covers most recommended vaccines.

#### Essential Vaccines for Seniors

1. **Influenza Vaccine:** An annual flu shot is crucial as seniors are at higher risk for complications from the flu. Flu vaccine before Halloween should cover you for the busy holiday season.
2. **Pneumococcal Vaccine:** This vaccine protects against pneumonia and other pneumococcal diseases. It is recommended that seniors should have this vaccine. Please check with your primary-care physician (PCP) to see which one is best for you.
3. **Shingles Vaccine:** Recommended for adults aged 60 and older, the shingles vaccine helps prevent shingles, a painful rash that can lead to long-term complications. Shingles vaccine is given in two doses, so please make sure to take both doses.
4. **Tetanus, Diphtheria, and Pertussis (Tdap) Vaccine:** Seniors should receive the Tdap vaccine if they haven't had it in the past. Also, please get a routine tetanus booster shot every 10 years to maintain protection against tetanus.
5. **COVID-19 Vaccine:** Staying current with COVID-19 vaccinations is also essential for seniors, as they are at increased risk for severe illness from the virus. ***It is recommended to get the vaccine before Halloween, so you are covered for the busy holiday season.***
6. **Respiratory Syncytial Virus (RSV) Vaccine:** RSV can lead to serious respiratory illness in older adults. The CDC recommends the RSV vaccine for all adults over age 75, as well as adults over 60 who are at increased risk.

Please click [this link](#) to see CDC adult immunization recommendations for further information on all vaccines, including frequency.

#### What vaccinations have I received?

If you are a Virginia resident you may submit a Virginia Department of Health (VDH) [Immunization Record Request Form](#). However, it is important to let your PCP know all immunizations you receive outside their office as they can update your medical records, and they will be available on your patient portal 24/7. Your PCP should also be able to access the VDH website via the provider code and update it.

Click [this Adult Immunization Schedule link](#) for more information on all vaccines.

#### What does Medicare cover?

Medicare covers a variety of standard immunization shots under Part B and Part D.

To get your vaccines covered, it's best to get them from an in-network pharmacy or have your doctor's office bill your Part D plan directly. Talk to your doctor about which vaccines are recommended for you based on your age, health conditions, and lifestyle.

Medicare Part B covers the following standard immunization shots with no out-of-pocket costs:

- **Influenza (flu) vaccine**
- **COVID-19 vaccine**
- **Pneumococcal vaccine**
- **Hepatitis B vaccine**

Part B also covers vaccines needed if you're accidentally exposed to a harmful virus or bacteria, such as a tetanus shot for a puncture wound.

Medicare Part D covers most other commercially available vaccines needed to prevent illness, including:

- **Shingles vaccine**
- **Tdap vaccine**
- **RSV vaccine**

Please discuss any questions or concerns with your Healthcare Provider.

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## Take Note—OLLI Mason Staff Shuffle!



By Nancy Klein, Communications Associate

Hold onto your cards, OLLI Mason has shuffled the staff deck. Make note of these changes so you can work with a full hand going forward! The changes are reflected in the staff listings in the fall-term OLLI catalog.



Meg Przybylski is the new registrar. Having worked for eight years as a site assistant, she is well versed in OLLI Mason operating principles and has interacted with many of you in classes and at events. She will now handle anything involving registration, membership, and related payments. Email: [ollireg@gmu.edu](mailto:ollireg@gmu.edu).

Shannon Morrow has moved to Washington State. Have no fear, she will continue her excellent work as the lead program planner! Please direct all class-related questions to her. Email: [smorrow4@gmu.edu](mailto:smorrow4@gmu.edu).

Susan Job has joined the program planning team after working for six years as the registrar. Working alongside Shannon Morrow, Susan will handle trips, socials, clubs, and the development of various single-session classes. Email: [sjob2@gmu.edu](mailto:sjob2@gmu.edu).

Nancy Klein has moved to North Carolina. She will continue as the communications associate but will no longer be part of the program planning team. Direct questions about E-blasts, the Communicator, or outreach efforts to her. Email: [nklein4@gmu.edu](mailto:nklein4@gmu.edu).

Finally, we have two new site assistants joining the OLLI staff to provide audio-visual support. We welcome Griffyn Caires and Pranav Rathore!

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## Share the Joys of OLLI – We Can Help!



**By Emily Roudebush, Board Member/Vice President  
and Debby Mossburg, Outreach Committee Chair**

Do you wish there was an easier way to share about OLLI with other seniors in your residential community? Or do you take part in programs at a senior center or other senior-based group? Do you love your time with OLLI, and often find yourself talking about it with family, friends and neighbors, but still have trouble answering fully if someone asks, "What *is* OLLI, exactly?" or "Why should *I* join OLLI?"

OLLI Outreach can help! We have complete, up-to-date presentations, all ready to go, that detail the programs, activities and benefits available through OLLI. We love OLLI, too, and we're happy to present to residence communities, senior centers, and other senior groups about all that OLLI has to offer. These presentations are a great way to spread the word and encourage new people to join the fun at OLLI! A presentation can be as short as 10 minutes, as part of another activity, such as a luncheon or meeting, or it can be offered as a stand-alone event, with more content and time for questions. So, if you live in a community with potential OLLI members, or you're a member of a senior group that would like to learn more about OLLI, please send an email to Debby Mossburg at [debby.mossburg@verizon.net](mailto:debby.mossburg@verizon.net), with **Outreach** in the Subject line, to learn more about scheduling an OLLI Outreach presentation.

Thanks!

*Editor's note: This article appeared in a prior edition of E-News. It is repeated here to encourage members to help OLLI in its outreach efforts, and to remind you that Board members and the Outreach Committee are ready to support you in doing so.*

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## Let's Welcome Our New Members



**By Toni Acton, Board Member and Member Services Committee Chair**

This fall, we have more than 65 new members joining us in our classes, clubs, and social activities. They will be easily recognizable by the **green dot** on their name tag (many of you may remember the red dot from years ago). When you see a new member, please welcome them with a big smile and a warm welcome. Remember, you were a "newbie" once!

The fall Kick-Off Coffee and Activities Fair is Thursday, September 19 at 10:00 at Tallwood. This is a great way to see old friends, meet new members, and learn more about the various clubs and committees we have at OLLI. Register for Event 1204 either online or by contacting the Registrar's office.

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## 250 Years of African-American Poetry Course

**By Gerry Hendershot**

**F404Z: 250 Years of African-American Poetry.** This course will include occasional visits by working Black poets to read their poetry and talk about the influence of earlier Black poets on their work. For the October 9th session, we are pleased to welcome Steven Leyva.

**Steven Leyva** was born in New Orleans and raised in Houston. His poems have appeared or are forthcoming in *2 Bridges Review*, *Scalawag*, *Nashville Review*, *jubilat*, *Vinyl*, and *Prairie Schooner*. He is a Cave Canem fellow and author of the chapbook *Low Parish*. Steven holds an MFA from the University of Baltimore, where he is an associate professor in the Klein Family School of Communications Design. Click [this link](#) for a message from Steven.



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## Wednesday Team Bloch Conversation— September 18 and 25



**By Brenda Bloch-Young and Doris Bloch,  
Co-Moderators**

### September 18: Movies

One of our participants requested that we talk about movies. Two discussion points: we can make suggestions on films that we recently enjoyed (streamed or in the movie theater); we can also more broadly discuss the future of movies in general – e.g., Are movie theaters likely to survive? Are our films too skewed to a teenage audience? We will address the movie situation on September 18.

### September 25: Technology and Foreign Languages

On September 25, we will probe the intersection of technology and foreign languages. For example, with translation apps at our fingertips, do we need to teach foreign languages in our schools? With Google on our computers, translation from French to English is almost automatic. How many of us like to read literature in its original, non-English language format? What is ahead for AI and translation? Or, in disagreement, do we like to show courtesy when we travel to another country that doesn't use English as the native tongue? Will we miss the nuances if

everything is translated by a computer? Pros and cons, what is your opinion?

As usual, we will meet on Zoom at 4:00 each Wednesday afternoon. Everyone is invited to join us; no sign-up is required. Please join our conversation, supported by the 24/7 OLLI Chat Line.

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## Upcoming Events for all OLLI Theater Lovers' and Our Guests



**By Norma Jean Reck, Coordinator Theater Lovers' Group**

What an embarrassment of riches we have coming up this 2024-2025 theater season. We'll begin with seeing The Waverly Gallery at 1stStage, then Sondheim Tribute Revue at Creative Cauldron, 110 in the Shade at Mason's School of Theater and a trip to American Shakespeare Center Blackfriars Playhouse in Staunton, Virginia. Of course, we are looking forward to NYC Your Way, an overnight bus trip to Broadway on November 19/20 - some space still available.

On Sunday, September 29 at 2pm, we will see The Waverly Gallery at 1stStage. Ten tickets for \$25 each have been reserved under my name. After that, tickets are \$40 and \$55. To purchase your ticket, phone 703-854-1856 ASAP. Tell them you are with OLLI Theater Lovers' Group (TLG) and email me when you have purchased your ticket, so I know how to contact you. We'll have lunch before the show, so we are driving while it's light out. The Tony award winning play is about Gladys, an aging matriarch of the Green family, who has run a barely profitable art gallery in a Greenwich Village hotel for years. The owner wants to replace the gallery with a coffee shop. The irascible Gladys becomes erratic and a cause for concern for her family. We can relate to this.

On Sunday, October 13 at 2pm, we will see Sondheim Tribute Revue at Creative Cauldron. This not-to-be-missed musical journey celebrates the work of Stephen Sondheim, a legendary composer and lyricist, who had a profound influence on Broadway history. We will have a group rate of \$47. Phone 703-436-9948 and tell them you are with OLLI's TLG. Email me when you have your ticket, so I can contact you. Lunch before the show.

On Sunday, November 3 at 2pm, we will see 110 in the Shade performed by Mason's

*Editor's note: This article is 300 words (out of 425 submitted by the author). The remaining 125 words may be viewed at [this link](#). At the author's request, all words (including in the title) are published unedited, exactly as submitted.*

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## Computer Club

**3rd Saturday, September 21**

**Expert Panel**

**Smart Watches and Hard Fall Detection**

**By Paul Howard, OPCUG Program Chair**



12:45.

The Computer Club (OLLI Personal Computer User Group, or OPCUG) will meet with its partner, the Potomac Area Technology and Computer Society (PATACS) on Saturday, September 21, in person and via Zoom. The Zoom session opens at

*Expert Panel: Frank Fota, Tom Gutnick, Gabe Goldberg*

Our experts will address your computer and related technology questions – printers, smartphones, connected gadgets. Please help get things started – submit questions and issues via email to: [expert\\_panel@patacs.org](mailto:expert_panel@patacs.org).

*Learn in 30: Smart Watches and Hard Fall Detection—Presented by John Krout*

Apple and Samsung smart watches include a safety feature called Hard Fall Detection. After my Samsung watch falsely reported to both 911 and my daughter the registered nurse that I had fallen, I found out by research that both brands of watches offer this feature, and on both, the feature has bugs.

This presentation will explain how I experienced a false fall detection and report of my "fall." It was doubly surprising because, at that time, I did not know hard fall detection was enabled. Later, I learned that for my Samsung brand watch, it is indeed disabled by default. I had bought a refurbished watch, so that may be why it was enabled for me. The presentation will also show various ways I considered to minimize the chance of a false hard fall detection report, and the two ways I chose to use. The methods I use have prevented a false report for many weeks.

John Krout is a frequent presenter at our meetings on a wide range of computer, technology and photography topics, and author of many articles for the PATACS Posts newsletter. He also presents for national APCUG Wednesday Workshops and Saturday Safaris. In addition, John contributes articles to APCUG's library of shared newsletter content.

**See full details on this meeting by [clicking here](#).** For information on the Computer Club, see the [OPCUG Website](#). OPCUG dues are \$5 and are now due for 2024 (and 2023, if you didn't get around to paying last year!)—see <http://olligmu.org/opcug/comm.html> for details on making payment.

To attend via Zoom's cloud meeting service, beginning at 12:45, please click [this link](#) to join the meeting and use passcode 045284 (Note: enter passcode with NO spaces) or enter meeting ID 897 3557 7784 in the Zoom app and use the above passcode (preferred method), or dial in at 301-715-8592.

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## Poet's Corner

*Courtesy of the Poetry Workshop*

### Defying Explanation

Why is it quite impossible  
to kill a pot of mint  
or a bed of mint if you prefer?  
It will rise again, phoenix-like  
a variation on whack-a-mole  
to flourish as before,  
despite burning by summer sun  
or dehydration through neglect.  
Programmed through generations  
for survival, runners beneath soil's surface  
are its ticket to life. Designed for longevity  
its superpower remains on the growing list  
of matters I cannot explain.

—Jan Bohall

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## Arts & Music at George Mason

Performances, September 13 through September 29



By Shelly Gersten, OLLI E-News Staff Writer

For tickets for either Center for the Arts Concert Hall (CFA) or Hylton Center, call 1-888-945-2468. You can also buy tickets online through the event calendar (see links below) or visit the venue's box office. For more information, see the [CFA ticket page](#) or the [Hylton Center ticket purchase page](#).

Dr. Linda Apple Monson produces a periodic "Notes from the Director." This email is full of information on interesting online performances by the students and faculty of the School of Music. If you would like to receive these bulletins, just sign up at [this link](#) to stay in touch. Also, the Center for the Arts has a website, [Mason Arts at Home](#), which has a calendar of online events and access to many past performances.

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### At the Fairfax Campus Venues

#### Keyboard Conversations® with Jeffrey Siegel: *Music of Joy and Peace*

Sun, Sep 15, 7:00  
Concert Hall

Admission: \$50, \$43, \$29.

### An Evening with Lea Salonga

Sat, Sep 28, 8:30  
Concert Hall  
Admission: \$100, \$75, \$50.

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### Mason Student and Faculty Performances

(see [music.gmu.edu](https://music.gmu.edu) for additional student recitals)

#### George Mason School of Theater: *The Originals! 2024*

Fri, Sep 13, 8:00  
Sat, Sep 14, 2:00 and 8:00  
deLaski Performing Arts Building, A105, TheaterSpace  
Admission: \$20 Adult, \$10 Senior.

#### School of Music: *Grand Piano Celebration 2024*

Sun, Sep 22, 3:00  
Concert Hall  
Admission: \$20 Adult, \$15 Senior.

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### At the Hylton Center (Manassas Campus)

#### Arts Alive! 2024

Sat, Sep 14, 12:00  
Hylton Performing Arts Center  
Admission: Free.

#### Deva's Baasha Musical Tour

Sat, Sep 21, 5:00  
Merchant Hall  
Admission: \$100 to \$49.

#### Capitol Fools

Sun, Sep 22, 7:00  
Merchant Hall  
Admission: \$55, \$47, \$33.

#### Kollywood Night (in Nepali language)

Sat, Sep 28, 5:30

Merchant Hall  
Admission: \$30.

**Hylton Family Series: Mario the Maker Magician**

Sun, Sep 29, 3:00  
Merchant Hall  
Admission: \$15.

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For further details on any of the above events, see the [CFA event calendar](#) and the [Hylton Center event calendar](#).

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## Meetings & Clubs

**Please note:** OLLI Meetings and Clubs may currently take place in several formats: some are in person only, some are online only, and some are hybrid, meaning that they take place in person and are accessible online simultaneously. OLLI events and activities meeting online bear the identification "Z" in their course or event number (except clubs; you may need to check the [OLLI calendar](#) and daily schedule email for location and other event information). Refer to the university's [coronavirus website](#) for official university updates.

The following list covering the next two weeks is extracted for your convenience from the master online calendar maintained by the office. The list is accurate as of mid-week, but for the most up-to-date information, please view the latest forecast of coming events on our website (News/[OLLI Calendar](#)). *Note: All OLLI members are welcome at, and encouraged to attend, meetings of the Board of Directors, committees and resource groups, kick-off coffees, etc., **bolded** below. The OLLI office has sent (or will send) emails with links and meeting passwords to club members; you may also log in at the [member portal](#) and click on ZOOM CLASS LINKS.*

Sat Sep 14	10:30 am	Tai Chi Club – online
Mon Sep 16	9:30 am	What's in the Daily News? – online
	10:00 am	Program Planning Committee
	11:00 am	Poetry Writing Club – online
	4:00 pm	Chair Yoga and More – online
Tue Sep 17	1:00 pm	Stay Active and Independent for Life – online
	1:00 pm	How to Zoom – online
	2:00 pm	Chair Yoga and More – online
	4:30 pm	Tai Chi Club – online

Wed Sep 18	10:00 am	Board Game Club
	10:00 am	Bridge Club
	10:30 am	Investment Forum
	12:00 noon	Chair Yoga and More – online
	12:00 noon	Staff Meeting
	4:00 pm	Spanish Club – online
	4:00 pm	Conversation with Team Bloch – online
Thu Sep 19	10:00 am	OLLI Kick-off Coffee
	11:50 am	All the News – online
	1:00 pm	Stay Active and Independent for Life – online
	3:00 pm	Chair Yoga and More – online
	4:30 pm	Tai Chi Club – online
	6:00 pm	Ethnic Eats Club – online
Fri Sep 20	9:30 am	Crafts and Conversation
	10:00 am	<b>Board of Directors Meeting</b>
	10:00 am	Mah Jongg Club
	11:00 am	Classic Literature Club – online
	11:00 am	Homer, etc. – online
	12:00 noon	Chair Yoga and More – online
	2:30 pm	Caregivers Support Group – online
Sat Sep 21	10:30 am	Tai Chi Club – online
	1:00 pm	Personal Computer User Group
Mon Sep 23	4:00 pm	Family History/Genealogy Club – online
	4:00 pm	Chair Yoga and More – online
Tue Sep 24	1:00 pm	Stay Active and Independent for Life – online
	2:00 pm	Chair Yoga and More – online
	4:00 pm	Mah Jongg Club – online
	4:30 pm	Tai Chi Club – online
Wed Sep 25	9:30 am	Dabbling Artists Club
	12:00 noon	Chair Yoga and More – online
	1:30 pm	Bridge Club
	1:45 pm	Spanish Club
	2:00 pm	Memoir and More Writing Group – online
	4:00 pm	Theater Lover's Group – online
	4:00 pm	Conversation with Team Bloch – online
Thu Sep 26	11:50 am	All the News
	1:00 pm	Stay Active and Independent for Life – online
	3:00 pm	Chair Yoga and More – online
	4:30 pm	Tai Chi Club – online
Fri Sep 27	9:30 am	Dabbling Artists Club
	9:30 am	Crafts and Conversation
	11:00 am	Classic Literature Club – online
	11:00 am	Homer, etc. – online
	12:00 noon	Photography Club
	12:00 noon	Chair Yoga and More – online
	12:00 noon	Chair Yoga and More – online
Sat Sep 28	10:30 am	Tai Chi Club – online

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## About **OLLI E-News**

*OLLI E-News* was created by Rod Zumbro, who served as its editor from 2005 to 2013.

### **Editorial Staff**

Chief Editor: Paul Van Hemel

Associate Editor: David Gundry

Weekly Editor Team: David Gundry, John Nash, Sheri Siesseger, Laurie Schad, Paul Van Hemel

Proofreaders: Rebecca Jann, Susan Van Hemel, Tom Appich, Martha Kossoff, Anne Hartshorn, Bonnie Becker, Carol McManus

**Submissions:** Members are encouraged to submit letters to the editor, letters to Ms. Ollie Ettakit (on etiquette matters), OLLI-related news items, articles, and photos. Submit material to: [ollienewseditor@gmail.com](mailto:ollienewseditor@gmail.com).

**Deadline:** Tuesday, 6:00, for that week's issue (Monday, 6:00, for letters to the editor); early submissions are greatly appreciated. Please limit articles to about 250 words.

**Note:** You can view past issues of *OLLI E-News* on the DocStore. To search the content of issues, use Search Our Site or put your search term in Google followed by "site:olli.gmu.edu/" without the quotes.

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