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 <p>UNDERSTANDING ALZHEIMER'S DISEASE JANE FLINN GEORGE MASON UNIVERSITY</p>	<p>BRAIN PATHOLOGY</p> <ul style="list-style-type: none"> Alzheimer also examined Auguste's brain and identified plaques and tangles in the brain. The plaques are extracellular and the tangles are intracellular. We now know that the plaques are caused by another protein, beta-amyloid. 	<p>SPREAD OF AMYLOID AND TAU IN AD</p> <ul style="list-style-type: none"> Damage begins in the temporal lobe. The entorhinal and hippocampus are damaged early on. The entorhinal cortex is the part of the brain that is responsible for the spatial region. The primary motor and sensory cortices are damaged last. 	<p>NEW DRUGS</p> <ul style="list-style-type: none"> Neuroleptics have not been shown to be effective. No more drugs were approved until 2021. In 2021 aducanumab (Aduhelm) was approved. It is an antibody which binds to amyloid plaques and causes them to be broken down and cleared down amyloid. Must be given by infusion. There are concerns about whether it will have any more side effects. Includes swelling, but everyone showed cognitive improvement. 	<p>TAU TANGLES</p> <ul style="list-style-type: none"> The classical theory says that amyloid in the neurons causes a change in tau which leads to the tangles and the death of the neurons. Others suggest that APOE4 can also affect tau. Drugs are now being developed to target tau. 	<p>MORE POSITIVE BEHAVIORS</p> <ul style="list-style-type: none"> EXERCISE: EXERCISE ENHANCES COGNITIVE FUNCTION AND MAY HELP TO REDUCE THE RISK OF AD AS IT CAN DELAY THE ONSET OF AD. COGNITIVE TRAINING: COGNITIVE TRAINING MAY HELP TO REDUCE THE RISK OF AD AND MAY ALSO HELP TO DELAY THE ONSET OF AD. KEEP THE BRAIN ACTIVE: KEEP THE BRAIN ACTIVE TO HELP DELAY THE ONSET OF AD. Avoid isolation (need to be able to move). Social support (also for caregivers.) Managing an active social life is a very important factor in delaying the onset of AD and in maintaining other functions.
<p>POSITIVE ENVIRONMENTAL FACTORS</p> <ul style="list-style-type: none"> Studies show that amyloid and tau are cleared during sleep. In a 2013 study, the glymphatic system was discovered, clears toxins from the brain. In 2019 found that tau is cleared during slow wave sleep. 	<p>GET ENOUGH SLEEP</p> <ul style="list-style-type: none"> Studies show that amyloid and tau are cleared during sleep. In a 2013 study, the glymphatic system was discovered, clears toxins from the brain. In 2019 found that tau is cleared during slow wave sleep. 	<p>OTHER FACTORS</p> <ul style="list-style-type: none"> Education beyond HS reduces the risk of AD as it can delay the onset of AD. Drugs that target amyloid (strong symptoms). Keep the brain active. Avoid isolation (need to be able to move). Social support. (also for caregivers.) Managing an active social life is a very important factor in delaying the onset of AD and in maintaining other functions. 			

Dr. Jane Flinn, Associate Professor of Psychology at Mason, Provided a Very Informative Review of the Causes, Consequences, and Prevention of Alzheimer's Disease, February 2. Watch for the Recorded Video on the OLLI Website.

February 10, 2023

Editor of the Week: Sheri Siesseger

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Alerts & Notices

- Board of Directors meeting, 10:00, Friday, February 17, via Zoom and in-person at Tallwood in TA-1. All members are welcome to attend.
- The next issue of *OLLI E-News* will be published Friday, February 17; the regular deadline for submission of items is Tuesday, February 14, at 6:00.

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Nominations Open for 2023 Board of Directors Election



By Marilyn Harriman, Board Member, and Nominating Committee Chair

The OLLI Board of Directors Nominating Committee is recruiting candidates from our members for the 2023 Board of Directors. This year, five new board members will be elected to replace members whose terms are ending. Board members serve three-year terms of office.

The only prerequisite to becoming a candidate for election to the board is being an OLLI member who wants to contribute ideas and enjoys volunteering.

Being a Board member is a great way to play an active role in OLLI Mason's transition to our future "new normal." It's also a great way to learn more about the inner workings of OLLI and meet other members.

The Board meets monthly in person/on Zoom during the year except in December, May (annual membership meeting), and August.

Currently, Board members are working to increase membership and energize members in

Northern Virginia to attend more in-person classes and events. Board members are planning ways to optimize our Zoom program planning. There is also a need in the areas of marketing, finance, and fundraising.

If you are interested in being a Board member, want further information, or would like to nominate another OLLI member, please contact the Nominating Chair, Marilyn Harriman, at mwharriman74@gmail.com.

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Friends, Countrymen, Give Us Your Ideas!



By Bernie Oppel, History Program Planning Group Co-Chair

The History Program Planning Group at OLLI has been fortunate over the years to receive many good course suggestions, and to have many excellent volunteer instructors, allowing for an extensive array of history courses offered each OLLI session.

Recent OLLI member surveys indicate strong interest in broadening the scope and depth of our history offerings, proposing courses in areas such as Greece and Rome, China, Japan, Australia, Russia, art history, and the Korean War.

These are great ideas to expand the list of compelling OLLI history courses! Ideas are good; we also need instructors! Do you have a topic that inspires you and that you believe would interest OLLI members? Are you willing to share your interest and knowledge and become a volunteer OLLI instructor? Do you have friends or acquaintances with unique knowledge about a topic who might be willing to be an OLLI instructor? Recruit them! We're also looking for instructors to teach the topics in the areas listed above. Instructors get technical support from OLLI for both in-person and Zoom classes.

Planning for fall term 2023 and winter term 2024 is now in progress. We'd love your input!

Even better, if you're willing to volunteer to teach a course, use the [Course Proposal Form](#) on the OLLI website.

Or send your suggestions to any of the History Program Planning Group members:

- Bernie Oppel (bernardOppel@gmail.com)
- Beth Lambert (elambert@gettysburg.edu)
- Emmett Fenlon (efenlon@yahoo.com)
- Dick Young (richardgan@aol.com)

Thanks!

OLLI Receives Generous Member Contributions



By Al Smuzynski, Development Committee Chair

In December 2022, OLLI received three generous contributions from long-time members, of \$4,000, \$5,000, and \$20,000. OLLI regularly receives contributions used to support Mason student scholarships and to support the OLLI budget. These large contributions will help OLLI navigate the changes to programming and delivering courses made necessary by the pandemic. We are grateful for these gifts.

OLLI is a 501(c)(3) nonprofit organization, and contributions are tax deductible to the donors. Contributions can be made through Qualified Charitable Distributions from retirement accounts, Donor Advised Funds, or in your will. OLLI staff can assist donors using these methods to give. Donors of such gifts made to Osher Lifelong Institute at George Mason University are identified as "Friends of OLLI" (FOLLI).

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OLLI Weekly Conversations Continue – February 15



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

Continuing our Wednesday conversations series, Team Bloch (Brenda Bloch-Young and Doris Bloch) will moderate a Zoom discussion on February 15 at 4:00. Our chosen topic this week is "Centenarians."

The Washington Post (WaPo) recently ran an article about folks who achieved the age of 100 and over. The oldest person in the world, a French nun, recently passed away at age 118, leaving two 115-year-olds as the current record holders. There are 593,000 known centenarians around the world as of 2022, with the largest numbers living in the US and Japan. A professor at the University of Illinois at Chicago plans to launch an online app where people can upload data from a genetic testing service to identify their likelihood of exceptional longevity and plan accordingly. But genes are only about 25% of the picture. What are the pros and cons of such a long life and what is your own opinion on this "trend"? Would you want to know your odds in advance?

Check your daily-schedule email for the Zoom link on Wednesdays and plan on some social time with Team Bloch.

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Shhhh! It's a Secret! Let's Change That: A Message from Your OLLI Outreach Committee



By Debby Mossburg, Outreach Committee Chair

The Outreach Committee is currently expanding efforts to increase membership to help address important projected budget considerations.

We hope you'll agree that joining the Osher Lifelong Learning Institute (OLLI) at George Mason University was among the best decisions you made when retired or nearing retirement. Members soon learn that the organization provides both great value and numerous opportunities to stimulate their intellectual curiosity. With this in mind, we are **reaching out** to request your assistance to tell future and current retirees and other seniors about OLLI.

Can you help us reach out to the organizations you've been a part of? These could be government, professional, military or any other educational or social groups whose members might be interested in learning about OLLI. We have presentations ready to go for your organization and volunteers eager to present them.

Please let us know if you would be willing to connect us with your organization so that we can offer a presentation about OLLI to its members. Email (*Subject Line: Outreach Committee*) or phone either Debby Mossburg (debby.mossburg@verizon.net/703-973-8080) or Jerry Schrage (schraej@rm@aol.com/703-241-4560).

Your help will be GREATLY appreciated.

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OLLI Walk & Talk Club News Walk & Talk Club Plans Valentine's Day Hike



By Marilyn Harriman, Walk & Talk Club Co-Chair

The OLLI Walk & Talk Club plans a light hike on the trails around Huntsman Lake, off Dorothy Lane in West Springfield, on February 14 at 2:00. After our 50-60 minute trek, those who would like continued conversation and beverage will meet at Chloez Café, 5622 Ox Road, Unit F, Fairfax Station.

Club members must sign up for the February 14 walk with Marilyn Harriman at mlwharriman74@gmail.com or Bob Heyer, theyerw64@gmail.com.

Not in the club, but want to join? It's easy! Just register through the OLLI member portal. In the search engine, type "OLLI Walk Talk Winter 2023." Club members receive specific parking and orientation details.

Coffee at Tous Les Jours Café, Annandale



By Bob Heyer, Walk & Talk Club Co-Chair



On Friday, February 3, the OLLI Walk & Talk Club had planned an excursion led by Michael Nephew along a different trail through Mason District Park, starting at the parking lot near the tennis courts. However, discretion was the better part of valor when we found the weather too cold and windy, so we went straight to the Tous Les Jours Café in Annandale for coffee and conversation. And fun was had by all with a beautiful selection of confections and coffee in the recently opened café. The café was packed with people, and our biggest challenge was corralling fourteen chairs. So, we split into two groups, thanks to some very polite customers around us, and had a wonderful time trading many tales about our past winter ventures when we were young and cold was not part of our vocabulary. (*Photos by Marilyn Harriman*)

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Computer Club

3rd Saturday, February 18 Via Zoom
Death by a Thousand Clicks: The Mighty Electronic Health Record
Learn in 30: 2022 Presentation Updates



By Paul Howard, OPCUG Program Chair

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, February 18, via Zoom. Program begins at 1:00; the Zoom session usually opens at 12:45.

Death by a Thousand Clicks: A Backdoor Look at the Mighty Electronic Health Record – Presented by Michele Romano, MD

The technology tsunami continues worldwide, and no more so than in the healthcare field. We have tools for diagnosis, management, prevention, treatment, and communication that would not be possible without today's computer capabilities. This talk is a deep dive into one aspect which affects the lives of patients and providers alike: the Electronic Health Record (EHR). It not only stores your health information, but it also captures vast amounts of data for public health and socioeconomic issues. Sounds wonderful, doesn't it? Sometimes yes, sometimes no.

Dr. Michele Romano is a retired family physician and associate clinical professor at Virginia Commonwealth University (VCU) School of Medicine in Richmond, Virginia. She has an undergraduate degree in biology and received her medical degree from VCU. She has over 25 years of experience in family medicine.

Learn in 30: 2022 Presentation Updates – Presented by John Krout

This Learn in 30 will provide useful updates on three of John's 2022 presentations:

- Internet Radio on the Road, Safely (April 2022);
- Record 4K resolution Video with your Smart Phone (May 2022)
- Stream Audio from your Computer (August 2022).

Changes and improvements are available for each of those topics, and John will provide details. If you missed any of these original 2022 presentations, then you will learn how to see the original presentation videos and slide deck PDFs.

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.

See full details on this meeting by [clicking here](#). For information on the Computer Club, see the [OPCUG Website](#). OPCUG dues are \$5 for 2023—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 085407 (Note: enter passcode with NO spaces) or enter meeting ID 860 4783 3447 in the Zoom app and use the above passcode (preferred method) or dial in – 301-715-8592.

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New Class: Gentle Stretch



By Bonnie Nelson, Member, Board of Directors

OLLI-Mason welcomes Paulette Rainie who will be teaching 1201Z Gentle Stretch on Wednesday mornings **February 22-March 22, 8:30-9:20**. Participants should have a mat (or comfortable way to lie down) and a strap (yoga, strap, old tie, or long towel will do). Registration is via the

member portal at [this link](#). For questions, contact Bonnie Nelson at bonniebowmannelson@gmail.com. (Photo courtesy of Paulette Rainie).

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Upcoming Mason Jazz Events Reminders



By Darden Purcell, D.M.A., Mason Director of Jazz Studies, Jazz Voice

Reminder: the **Mason Jazz Festival** is coming up on Saturday, February 18, 10:00 am – 10:00 pm in the Harris Theatre on the Mason campus. It is free and open to the public. For more information, [click here](#).

Also this month, the Mason jazz faculty return to Washington's historic **Blues Alley**. There will be 7:00 and 9:00 shows on Monday, February 27. For tickets, click [this link](#).

The **Mason Jazz Camp** will be held June 19-23. For registration and camp details, [click here](#). [Back to Top of Page](#)

Poet's Corner

Courtesy of the Poetry Workshop

Memoir Sliver

Hitchhiking,
I didn't get to Orrville until 4 pm.
Railroad hoboes were gathered around a fire,
just far enough from the train yard to avoid intervention.
Something in a smoke-scorched tin sat bubbling in the coals.
A brown-bagged bottle of something else was being passed from man to man.
They greeted me, passed the bottle.
I smiled, passed it on, without drinking.
They didn't seem to care.
"Anybody know about the train to Portola," I asked.
One of the men said, "Yeah. Be here around 5."
"How will I know it?"
"I'll tell you."
"Thanks."
"Ever rode before?"

"No. Any tips?"
 "Pick a flat car. Ride under the deck, over the wheels. Protect you from the weather."
 "Weather?"
 "Yeah. You'll get some snow going over the mountain."
 "What about a box car?"
 "Never know what you'll find in a box car."
 He turned to talk to someone else.
 You never know what you'll find anywhere, I thought to myself.

Ed Sadtler

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Arts & Music at George Mason

Performances, February 10 through February 20



By Shelly Gersten, OLLI E-News Staff Writer

Current vaccination policy for the Center for the Arts and Hylton Performing Arts Center is summarized as follows:

Audience members are not currently required to show proof of vaccination, or a negative COVID-19 test result for most events **except** when required by the event organizer or artist. If proof of vaccination or a negative COVID-19 test result is required for a specific event, it will be indicated on the webpage with event details.

Specific requirements are detailed and any future policy changes may be found here: <https://cfa.gmu.edu/plan-your-visit/vaccination-policy>.

Dr. Linda Apple Monson produces a periodic "Notes from the Director." This email is full of 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. Information can also be found at [CFA ticket purchase page](#), [Center for the Arts YouTube Channel](#), or the [Hylton ticket purchase page](#).

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At the Fairfax Campus Venues

Fairfax Symphony Orchestra: Rachel Barton Pine, Violin
 Sat, Feb 11, 8:00
 Concert Hall
 Admission: \$65, \$40, \$15 student.

Czech National Symphony Orchestra

Sun, Feb 12, 2:00
 Concert Hall
 A pre-performance discussion will take place in Monson Grand Tier, on the third level of the Center for the Arts Lobby, 45 minutes prior to curtain.
 Admission: \$70, \$60, \$45.

Mason Jazz Festival 2023

Sat, Feb 18, 10:00 (am) - 10:00 (pm)
 The Ben Patterson "Way of the Groove," 1:00
 United States Navy Band Commodores, 7:00
 Harris Theatre
 Admission: Free.

Doug Varone and Dancers: Somewhere; Aperture/Short Story; Double Octet

Sat, Feb 18, 8:00
 Concert Hall

- A pre-performance discussion will take place in Monson Grand Tier, on the third level of the Center for the Arts Lobby, 45 minutes prior to curtain.
- After the performance, Doug Varone will participate in a post-performance discussion from the stage.

Admission: \$48, \$41, \$29.

Vocative: The Corner of Broadway and Main Street

Sun, Feb 19, 4:00
 Concert Hall
 After the performance, Doug Varone will participate in a post-performance discussion from the stage.
 Admission: \$50, \$43, \$30.

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Mason Student and Faculty Performances

(see music.gmu.edu for additional student recitals)

Mason Cabaret: Sing Happy! The Music of Kander & Ebb

Sun, Feb 14, 4:00
 Center for the Arts YouTube channel.

Dewberry Faculty Artist Series: Composition Recital

Sun, Feb 19, 3:00
 Harris Theatre
 Admission: Free.

Dewberry Faculty Artist Series: Eunae Ko Han and Friends Recital

Sun, Feb 19, 7:00
Harris Theatre
Admission: Free.

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For further details on any of the above events, see the [CFA event calendar](#) and the [Hylton Center event calendar](#): 3

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At the Hylton Center (Manassas Campus)

11th Annual Prince William County Public Schools Student Exhibition

Through Feb 18
Hylton Performing Arts Center, Buchanan Partners Art Gallery
Admission: Free.

Mason School of Theater: Mason Cabaret in Concert

Fri, Feb 10, 8:00
Gregory Family Theater
Admission: \$30 Adult, \$15 senior.

Mark Morris Dance Group and Music Ensemble, *Pepperland*

Sat, Feb 11, 8:00
Merchant Hall

- A pre-performance discussion with Company Director Sam Black begins one hour prior to the performance.
- A post-performance discussion following *Pepperland* will be held on Merchant Hall stage with Mark Morris, choreographer and founder of the Mark Morris Dance Group, and with *Pepperland* composer, Ethan Iverson.

Admission: \$55, \$47, \$33.

Llama Llama Live

Sun, Feb 12, 1:00 and 4:00
Merchant Hall

Wear your favorite pajamas to the performance and be sure to join us for activities from 12:00 to 12:45 and 3:00 to 3:45, including a family story time in the Jacquemin Family Foundation Rehearsal Room!
Admission: \$15.

Virginia National Ballet: *Aladdin*

Sun, Feb 19, 3:00
Merchant Hall
Admission: \$45, \$40, \$35.

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Meetings & Clubs

Please note: Although some physical meetings for clubs and activities are canceled, some may be meeting in person or, in a hybrid mode, both in person and online. 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 Feb 11	10:30 am	Tai Chi Club
Mon Feb 13	9:30 am	What's in the Daily News?
Tue Feb 14	2:00 pm	Walk & Talk Club
	4:00 pm	Spanish Club
	4:30 pm	Tai Chi Club
Wed Feb 15	4:00 pm	Mah Jongg Club
Thu Feb 16	4:30 pm	Tai Chi Club
Fri Feb 17	9:30 am	Craft and Conversation
	10:00 am	Board of Directors Meeting
	11:00 am	Classic Literature Club
	11:00 am	Homer, etc.
Sat Feb 18	10:30 am	Tai Chi Club
	1:00 pm	Personal Computer User Group
Mon Feb 20		OLLI Office Closed
	9:30 am	What's in the Daily News?
	11:00 am	Poetry Reading Club
Tue Feb 21	9:30 am	Annex Art
	4:30 pm	Tai Chi Club
Wed Feb 22	10:00 am	Mah Jongg Club
	10:30 am	Investment Forum
	2:00 pm	Memoir and More Writing Group

Thu Feb 23	11:50 am 4:30 pm	All the News Tai Chi Club
Fri Feb 24	9:30 am 11:00 am 12:00 noon	Craft and Conversation Homer, etc. Photography Club
Sat Feb 25	10:30 am	Tai Chi Club

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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, Paul Van Hemel
 Proofreaders: Rebecca Jann, Susan Van Hemel, Linda Randall, Tom Appich, Jane Hassell

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: ollinewseditor@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.

Search E-News: You can view past issues of OLLI E-News at [E-News Archives](#). To search the content within issues, use [Search](#) or enter your search term(s) in [Google](#) followed by "site:olligmu.edu/" without the quotes.
amazon smile An Amazon Smile Link appears here. When you shop using the Smile link designating OLLI as your charitable choice, we'll receive a 0.5 % donation, based on the value of your purchase.