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Glaucoma can take your sight away.

Keep vision in your future.
Andrew J Siegel, MD
February 13, 2024

How does your vision change with advanced glaucoma?

Normal vision | Vision with advanced glaucoma

What does glaucoma look like during a dilated eye exam?

Normal optic nerve | Optic nerve from a patient with glaucoma

Primary Open Angle Glaucoma (POAG)

- Most common type – 60-70%
- Bilateral, not always symmetric
- Adult onset
- Open anterior chamber angle
- Characteristic optic nerve appearance / visual field loss

Laser Therapy

- SLT or "Selective Laser Trabeculoplasty"
- Safe, effective alternative to drop therapy

Traditional Glaucoma Surgery

- Trabeculectomy
- Tube Shunt

How can you help your family and friends?

- Glaucoma medications decrease intraocular pressure by:
 - Decreasing aqueous production, or
 - Increasing outflow
- Spread the word!
- Encourage other people to visit their eye care professional.
- Tell them to ask for a comprehensive dilated eye exam.

Dr. Andrew Siegel, ophthalmologist trained at the University of Pittsburgh Medical Center in glaucoma subspecialty, discussed how to prevent glaucoma from taking away your vision—February 13, 2024

August 16, 2024

Editor of the Week: Paul Van Hemel

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Alerts & Notices

- OLLI Personal Computer User Group 3rd Saturday meeting is August 17 (tomorrow) in person and via Zoom; check the OLLI daily-schedule email for link and other information.
- The OLLI fall term is September 23 through November 15; fall-term registration begins August 20 and continues throughout the term.
- The next issue of *OLLI E-News* will be published Friday, August 30; the regular deadline for submission of items is Tuesday, August 27, at 6:00.

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Mason's "History of the Family" Course Invites OLLI Members to Share with University Students



By Camille Hodges, Board Member and Humanities and Social Sciences/Current Events Program Planning Group Co-Chair

Intergenerational conversations not only provide a pathway of understanding the history of OLLI members but also encourage Mason students to research and appreciate the history of their own families. Both students and OLLI members encountered an experience like no other as they engaged in Mason's fall 2023 Honors course, "History of the Family," taught by Dr. Spencer Crew. During the July 30, 2024, Humanities and Social Sciences OLLI class, Dr. Crew and his team of presenters discussed the rich rewards of intergenerational dialogue, which elicited many emotional responses from those who attended.

The Honors course "History of the Family" is available once again during the fall 2024 term which begins on September 26. If you would like to participate by sharing your family history and encourage Mason students as they research theirs, please contact Dr. Crew via email at srcrew@gmu.edu. The in-person student interview process is required but will not begin until later in the fall and may also be conducted via Zoom. Testimonies have shown that this is a personal experience of tremendous value.

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Your Invitation to Join the OLLI Humanities and Social Sciences/Current Events Program Planning Group



By Camille Hodges, Humanities and Social Sciences/Current Events Program Planning Group Co-Chair

Where do great OLLI programs originate? They come from our OLLI members/friends and that includes you! We are always looking for great ideas that support the interests of our OLLI members as well as our community. The Humanities and Social Sciences/Current Events Program Planning Group focuses on all social sciences as well as topics that are of current public interest and may not be covered in other OLLI-scheduled news programs. This is because our programming is created weeks in advance for each term. You can provide your ideas/suggestions by joining the HSS/CE Program Planning Group Meeting via the Zoom link shared in *OLLI E-News*.

If you are interested or have a friend/neighbor/ colleague whose ideas would support our HSS/CE program planning, please invite them to attend our Zoom meeting on **August 29 at 10:00**. The Zoom link will be available via *OLLI E-News* a few days before the meeting, as well as on the OLLI Daily Schedule list of programming. Just click on the link and join the meeting!

We look forward to seeing you!

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Team Bloch Conversation Topic for August 16



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

Team Bloch's topic for August 28th Wednesday Afternoon Conversation is: **Do you wear a watch? If yes, a traditional watch or a smart watch?**

Let's talk about watches, Pros and Cons: some of the younger generation members eschew wristwatches—time can be checked on their cell phone, they say. But is it rude to pull out your cell phone every ten minutes while in conversation? Or is it equally rude to check your wristwatch every ten minutes? Is it ruder to be late?

Do you have a smart watch? Or do you wear a watch at all? What can a smart watch do for you and what are the disadvantages! What features do you use most on your smartwatch? Interesting to find out what our generation is typically wearing and how their watches are being used.

Our conversations begin at 4:00 each Wednesday afternoon on the 24/7 Chat Line. No registration is required; just click on the link in the emailed Daily Schedule.

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Photo of the Month



The August 2024 Photo of the Month theme was Minimalism. We selected Ed Marion's photo "Minimalist – Frank Lloyd Wright," which may also be viewed at [this page](#). To view other photos by members of the Photography Club, visit the club's photo [website](#).

-- By John Olsen and Edward Marion, Photography Club Co-Coordinators

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Poet's Corner

Courtesy of the Poetry Workshop

You Are Who I Love

Because

Your laugh
easily naturally generously
to things I say and do

to what others say and do

Because

Your laugh forgives forgets
repeatedly

like it didn't happen

like it didn't matter although it did

Because

Your laugh goes to
our children their children
our godchildren friends
our dogs grand dogs

Because

Your laugh is
slight
shy

robust bringing tears

Because

Your laugh was present
before I knew your name
on our first date
during good and bad times

Because

Your laugh
twinkles the moment
invites relaxes connects
is with me for years to come

-Bill Sinclair

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Obituary: Mark Allen Weinstein

Mark Weinstein, long-time OLLI member, died on August 7, 2024; he joined in the fall of 2009. Mark was devoted to lifelong learning and teaching. He was slated to teach a fall OLLI class on Steerage—traveling in the lowest category of passenger accommodations on westbound trans-Atlantic steamships at the end of the 18th and early 19th centuries.

Mark was an electrical engineer by profession and served in the United States Air Force. He also volunteered for many years as a docent at the United States Air and Space Museum. He will be missed by his many OLLI friends and students.

A chapel funeral service for Mark was held Monday, August 12, at Stanetsky-Hymanson Memorial Chapel in Salem, Massachusetts. He was laid to rest in Shirat Hayam-Beth El Cemetery, 506 Lowell Street, Peabody, MA. More information is available at [this link](#).

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Arts & Music at George Mason

No Performances This Month



By Shelly Gersten, OLLI E-News Staff Writer

Although there are no performances scheduled for this month, single tickets for next season's performances are on sale for non-subscribers as of August 1. Check the Center for the Arts (CFA) [ticket purchase page](#) for a schedule of performances. The Hylton Center for the Performing Arts [event schedule](#) has information on fall performances.

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Join Us for ARTS by George at Mason



By Linda H. Harber, OLLI Member and Friends of Music at Mason President

What a way to start the upcoming arts season at George Mason University!

One of the best events is coming on Saturday, September 28 at Mason: *ARTS By George*. It is a unique evening which combines many of my favorite things—incredible entertainment, talented student artists in all areas of the arts spectrum—music (Jazz, piano, opera, wind symphony), dance, theater, music technology, art technology, film, Green Machine and more. Also, there will be delicious food and drink throughout. When you sign in, you will receive a schedule for the early evening with so much to choose from as you walk around the arts venues (and did I mention food and drinks?). The evening will close with a concert by the amazing Tony-award-winning Lea Salonga in Mason's Center for the Arts. More details are available at [this link](#).

A percentage of the admission cost for the evening goes to Mason Arts student scholarships – so you can have fun and support talented arts students!

Individual Tickets for (alumni) are \$250 (\$200 benefit)



Individual Tickets for (non-Alumni) are \$350 (\$200 benefit)

Please join in on my favorite arts event and hopefully soon-to-be yours! Looking forward to seeing you there!

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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 Aug 17	10:30 am 1:00 pm	Tai Chi Club – online Personal Computer Club
Mon Aug 19	9:30 am 10:00 am 11:00 am 4:00 pm	What's in the Daily News? – online Bridge Club Poetry Reading Club – online Chair Yoga Club – online
Tue Aug 20	1:00 pm 2:00 pm 4:30 pm	Stay Active and Independent for Life – online Chair Yoga Club – online Tai Chi Club – online
Wed Aug 21	10:00 am 10:30 am 12:00 noon 2:00 pm 4:00 pm 4:00 pm	Board Game Club Investment Forum Chair Yoga Club – online Memoir and More Writing Group – online Spanish Club – online Conversation with Team Bloch – online
Thu Aug 22	11:50 am 3:00 pm 4:30 pm 6:00 pm	All the News – online Chair Yoga Club – online Tai Chi Club – online Ethnic Eats Club – online
Fri Aug 23	9:30 am 9:30 am 11:00 am 12:00 noon 12:00 noon 1:00 pm 2:30 pm	Mah Jongg Club Crafts and Conversation Homer, etc. – online Photography Club Chair Yoga Club – online Stay Active and Independent for Life – online Caregivers Support Group – online
Sat Aug 24	10:30 am	Tai Chi Club – online
Mon Aug 26	9:30 am 10:00 am 4:00 pm 4:00 pm	What's in the Daily News? – online Bridge Club Family History/Genealogy Club – online Chair Yoga Club – online
Tue Aug 27	2:00 pm 4:30 pm	Chair Yoga Club – online Tai Chi Club – online
Wed Aug 28	10:30 am 12:00 noon 4:00 pm	Investment Forum Chair Yoga Club – online Mah Jongg Club – online

	4:00 pm	Theater Lovers' Group – online
	4:00 pm	Conversation with Team Bloch – online
Thu Aug 29	10:00 am	Humanities and Social Sciences/Current Events Program Planning Group Meeting
	11:50 am	All the News – online
	3:00 pm	Chair Yoga Club – online
	4:30 pm	Tai Chi Club – online
Fri Aug 30	9:30 am	Dabbling Artists Club
	9:30 am	Crafts and Conversation
	11:00 am	Homer, etc. – online
	12:00 noon	Chair Yoga Club – online
Sat Aug 31	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, 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: 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.

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.

Notice: You received this newsletter because either you are a current OLLI member or you have

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