



THE FROMM INSTITUTE  
FOR LIFELONG LEARNING  
AT THE UNIVERSITY OF SAN FRANCISCO

# FROMM FOCUS

*The Newsletter of the Fromm Institute*

Issue #1 • April 15, 2020

## A STRONG COMMUNITY, PHYSICALLY DISTANT...FOR NOW

I'm sure everyone has heard the story of the start of the Fromm Institute back in 1976. Hanna and Alfred Fromm were visionaries who knew that social isolation caused or exacerbated physical problems, mental health problems, and medical problems. The Fromm Institute was created in part to combat the isolation experienced by many people in retirement. However, we now find ourselves in a world with mandatory self-isolation orders for our safety. It is a world that is causing us to reevaluate the very essence of our mission.

As of today, we know that USF is planning on reopening in August and proceeding with plans for their Fall Semester. All instruction, work, and meetings are operating online with the first in-person events scheduled for August at the earliest. Obviously, we also need to wait for USF to reopen before we can schedule any Fromm Institute classes.

The staff has been busy responding to all the work created by the cancellation of the Spring Session. Now that all of that is slowing down, we are turning to curriculum planning for the Fall Session. We know that you are all eager to return to classes, but the safety of the Fromm Institute Community is our main priority. I am grateful for your patience as we explore all our options – many of which are new to us – just as you are likely exploring many options for connecting socially that are new to you.

We are also now able to spend more time working to connect with all of you. We intend to craft a weekly newsletter, so if there is anything you would like to contribute, please let us know. We are also researching our ability to offer virtual office hours, and other ways to connect one on one. We miss your faces.

In the meantime, I am encouraged by the many conversations I have had with Fromm students through email and by phone. We are hearing that many of you are enjoying the Frommcast, and some of you are even creating discussion groups through Zoom to reconnect. The number of you who asked us to keep your Spring Membership fees as a contribution to the Friends of the Fromm Institute is inspirational. The staff and I have conversations every day about the strength of your support for the Fromm Institute program and all of us individually. It is truly heartwarming to hear your kind words directly, and echoed through the voices of my coworkers. It all goes to show that while our physical separation is difficult, it is only temporary, and it will not weaken the Fromm Institute Community that we have all created together.

My coworkers join me in sending you our best wishes. I miss you all and look forward to our collective future with inspiration and hope for what the Fromm Institute will become.

**Derek Leighnor, Executive Director**

The Fromm Institute Student Association (FISA) has compiled a resource page for you with information about the coronavirus and how to stay safe, but it is also offering some fun resources to help you find enjoyment in these difficult days. You can find the resource page at [www.frommfisa.org](http://www.frommfisa.org) and click on **Coronavirus Resources and Events**.

## Coronavirus Information and Resources

### Information About Food Delivery:

- Grocery Delivery: [SFCHRONICLE](#)
- Restaurant Delivery: [SFCHRONICLE](#)
- [INSTACART](#)

### Information Resources:

- USF Coronavirus Updates and Resources: [MYUSF](#)
- COVID-19 Security Awareness: [MYUSF SECURITY AWARENESS](#)
- Where to Access Coronavirus News Without a Paywall: [LIFEHACKER](#)
- Informative video on virus- being safe and understanding its spread: [VIMEO](#)
- The [Friendship Line](#) is both a crisis intervention hotline and a warmline for non-emergency emotional support calls
- News: [CNN FOX SFGATE KRON4 YAHOO KTVU2 KPIX5 ABC7 KQED](#)
- Get City Alerts: [SAN FRANCISCO](#)
- The city of San Francisco has a lot of information about [COVID-19](#), including where to get help, city rules, testing, receiving text alerts, where to get help, donating blood and ways to give back.
- [CA Department of Aging](#) provides information and resources oriented to older adults and people with disabilities and physical limitations.



## Fun Activities and Events

### DANCE

- [Dance classes Keep dancing with these virtual options based in SF Bay Area!](#)

### LECTURES –

- [City Arts & Lectures](#) has an extensive library of their lectures
- The Fromm Institute's robust program of previously recorded classes, lectures, and insights is available to you through our online lifelong learning educational platform: [FROMMCAST](#)

### THEATRE

- Selection of National Theatre Live Productions Will Be Available to Stream for Free | [National Theatre](#)

### OPERA

- New York's Metropolitan Opera is streaming free daily operas from their library of shows that were originally streamed to movie theaters. Each opera is available for 23 hours from 4:30 pm PDT until 3:30 pm PDT. [Nightly Met Opera Streams](#)

- OperaVision is streaming free operas from opera houses throughout Europe: [OPERAS](#)

#### CONCERTS

- Free classical concerts you can listen to and watch online: [Classical MPR](#)
- Free concerts from the [Peabody Institute](#).

#### CLASSES

- 450 Free Ivy League Online Classes: [FUNCHEAP](#)

#### MUSEUMS

- Check out the top 500 world's best museums. [artandculture](#)
- Learn something new at the [Smithsonian](#)

#### OTHER

- Family's lockdown adaptation of Les Misérables song goes viral – [video](#)
- No traveling? No problem. Vacation from home with these live streams from around the world: [Washingtonpost](#)
- [HBO free programming](#): Part of a new #StayHomeBoxOffice campaign, the premiere TV channel will offer nearly 500 hours of its marquee programming to stream for free with no subscription required.

*Please use the CHAT feature for other ideas and suggestions.*

**Stay Safe everyone!**



### THANK HEAVENS FOR FROMMCASTS

*by FISA Vice-President Linda Marks*

Oh, how we miss our classes. But we are blessed. The Fromm Institute has made the entire library of wonderful Frommcasts available to us for free.

This week my husband and I started watching Scott Fogelson's "Great Pianists." This is a class I took last year and therefore I know how spectacular it is. Scott is a pianist himself and his passion for the instrument is so evident as he teaches this class. Watching my husband's enjoyment thrilled me, and I was surprised at how I was able to get to a deeper level with the music the second time around. You will learn what makes a pianist great and hear examples of the same piece being played by different performers. Wow.

Next I hope we can watch Jonathan Bailey's "Architecture of Music," a class I was signed up to take — starting now! And then???? There are so many choices.

I highly recommend that you take a good look at the offerings and pick some classes that will make you feel like you are part of the wonderful Fromm Community. And, as the Queen recently put it, "We'll meet again."

Love to you all. Take care of yourselves!

## FROMMCAST

As Linda Marks notes in the previous article, The Fromm Institute has given its members free access to our online video portal, the **Frommcast**, which can be accessed at **fromminstitute.org**. Below are instructions on resetting your password if you have forgotten your password.

### RESET YOUR PASSWORD:

Hit login on the top right hand corner of fromminstitute.org

Then hit **reset password**.

Go to your email account and look for an email (either in your inbox or spam/junk folder) and click the link to reset your password.

Once you've reset the password, you can logon to the website using your email and new password.

### VIEWING FROMMCAST:

After you login, click on Frommcast in the top right menu. You'll be taken to the Frommcast page, then you'll click on the "BROWSE FROMMCAST" which is located on the image that appears.

After that, it should take you to the Frommcast library page and click on whichever class you want to view. You can search by instructor, subject or course title. Enjoy.

## ONLINE EXERCISE RESOURCES AT USF'S KORET CENTER

The Koret Health & Recreation Center has started doing online exercise classes via Zoom. You have to be a member of Koret in order to schedule yourself into a class, but you can become a member online at <https://www.usfca.edu/koret/>. Once you've become a member, or if you already are, simply login and follow the links to Group Exercise Schedule. If you have any questions, or wish to opt into receiving emails from the Koret Health & Recreation Center please email [fitness@usfca.edu](mailto:fitness@usfca.edu).



## LOOKING OUT OUR WINDOWS

Fromm Institute Professor **David Watts** sent the office staff some poems recently and we wanted to share a few of them with you. This week features “Man at the Window” which seemed titularly apropos to current images seen from around the world. Images of Italians, Spaniards and New Yorkers (*pictured bottom page four*) gathering at night to clap and make noise in appreciation of all the medical and essentials workers risking their lives to take care of the sick. Additionally, the *San Francisco Chronicle* has debuted a new digital project - United in Isolation - a series of portraits of San Franciscans - pictured looking out from their windows. You can find that project online at [sfchronicle.com](http://sfchronicle.com).

### **Man at the Window**

*by David Watts*

He stands at the window baffled  
by pleasure and how brief it is.  
Pleasure followed by the memory  
of pleasure. Light  
then dark with a splinter  
left in. Something like that.  
The woman in the chair is reading,  
drinking tea in the ground glass  
haze of evening.  
The sudden swell he feels  
watching her  
illuminates the past she spent  
getting to this place:  
a lover who left, perhaps. Time  
setting her kitchen in order, or maybe  
gathering artichokes from the field.  
The moment opens in a diorama  
of impermanence, seeping away  
at the edges even as it is breathed  
into vision the first time. He holds out  
his arms. He wants this moment  
in the body, to feel there  
the pleasure it holds, and then  
whatever it is that pleasure  
leaves behind,  
which is all he can keep.  
The strange quality of light  
dissolving like smoke in air,  
slipping away  
in the sun's diminishing gaze.

The Writer's Almanac, April 5, 2020

## EXPRESS YOURSELF

This first Spring 2020 *Fromm Focus* featured section, **Express Yourself**, is a note of appreciation from Fromm Institute Academic Advisor, **Jonathan Bailey**. Submissions to **Express Yourself** are accepted on a rolling basis and can include all sorts of articles, opinion pieces or notes, written by you, the students or others in our community, who want to share something with the larger Fromm Institute community. Drop them off or email your submissions to **Scott Moules**, in the Fromm Institute office ([fromm@usfca.edu](mailto:fromm@usfca.edu)).

*If ‘Music be the Food of Love...’ taste 90 seconds of Edvard Grieg — music for this difficult time. Sent to all Frommies with affection and appreciation!  
~ Jonathan Bailey, Academic Advisor*



CLICK THE IMAGE (ABOVE) TO WATCH THE  
CLIP FROM JONATHAN BAILEY