



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

FROMM FOCUS

The Newsletter of the Fromm Institute

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A PSA FROM FRIENDS OF FROMM BOARD MEMBER MARGIE CHEN, MD

Long time Friends of the Fromm Institute Board of Directors member Dr. Margie Chen, recently wrote a piece for [Climate Health Now](#), about healthy voting practices for the 2020 election. She wanted to share it with the Fromm Institute community, so we can remain safe, while voting.

HEALTHY VOTING IN CALIFORNIA IN 2020

California is facing a double whammy health crisis, the Covid 19 pandemic and hazardous air quality from wildfires. As doctors across the country, we are concerned about how to vote safely in these unprecedented conditions. The crowded, in person voting in the Wisconsin primaries caused a spike in Covid 19 cases. Voting by mail from the safety of your own home is clearly the healthiest way to vote. All active California voters will receive their ballots in the mail after they are mailed out on Oct 5, 2020. You should expect to receive your ballot 7-10 days later. To receive your ballot, make sure you are registered or to change your address go to [RegisterToVote.ca.gov](https://www.register-to-vote.ca.gov). You can register to vote until Mon. Oct 19, 2020. Make sure to SEAL THEN SIGN the BALLOT ENVELOPE before you mail it back.

If you would still like to vote in person, consider going for Early Voting. The Early Voting in California begins Mon Oct 5, 2020 to Mon Nov 2, 2020. Early voting and vote-by-mail ballot drop off locations may be found on the Secretary of State's [Early Voting website](#). Take your unused vote-by-mail ballot with you to surrender at the polls for a regular ballot – otherwise your vote will be provisional.

In California, you can also do Same-day registration at your local polling place. You will need your driver license or California identification card number or passport or student identification card showing your name and picture. You will also need the last 4 digits of your social security card and your date of birth. If you are planning to vote in person, remember to Stay Safe by wearing a mask, keep socially distanced, and use hand sanitizer on entry and exit.

As physicians we want you to feel safe voting this Election 2020. Our Rx for healthy voting is this: *Vote from home, request or ensure you get your ballot to Vote by Mail. If you plan to vote in person, vote early and practice safe voting by wearing a mask and practice social distancing.*

Margie Chen, M.D.
as published in [Climate Health Now](#)



In this week's **Express Yourself** Fromm Institute member, **Barbara Evans**, who humorously ruminates over societal terminology about aging and the meaning behind being "a senior." Submissions to **Express Yourself** are accepted on a rolling basis and can be articles, opinion pieces or notes, written by you, the students or others in the Fromm Institute family, who want to share something with the larger community. Email your submissions to **Scott Moules** in the Fromm Institute office (moules@usfca.edu or fromm@usfca.edu).

A CHANGE OF NAME

By Susan Evans

Once upon a time many years ago people worked until they were 65 and then they retired. They went to Florida and or Arizona to play golf and tennis and shuffleboard.

Many did not live long and passed away in a few years.

They were called SENIORS OR ELDERS.

Social Security started in 1935 signed into law by President Roosevelt. It was meant to help people live in retirement but the idea was that people would not live long in retirement.

Times have changed ! Social Security was not meant to help people for 40 years after they retired.

A new reality is upon us as many people are living

Into their tenth decade.

I was a senior twice in my life. Once in high school and once in college. I do not want the name for the third time. I thought I could find a new name in another language.

Some choices were :

Maggiore or Anziano in Italian

Ancienne in French. Mayor in Spanish.

Choro in Japanese. Mais Vello in Portuguese.

Starszy in Polish. Auder in Dutch.

None of the names seemed right.

I decided that I needed to create my own names. I want names that imply excitement and intelligence and sensuality and that are full of juice !!

Some ideas... FABULOUSOS PHENOMENOLS

STUPENDOS FANTASTICOS MARVELOLOS SPECTAULARS. Let's retire the senior and the elder!!

POETRY FOR A LOCKDOWN

Thea Maestre, Ed.D. , Fromm Institute member shares three poems in our *Poetry for a Lockdown* column. If you would like to share your poetry/prose poems, which you've written during our current stay-at-home orders, please submit your work to **Scott Moules** either at moules@usfca.edu or fromm@usfca.edu.

Shelter in Place

For AJ, Angelica and all the kids and their grandparents:

My grandmother in heaven,
Looks down upon us in wonder, from the glass bottomed boat she rides in up there,
She peers tenderly at us as we Zoom and FaceTime,
As we Delight in watching you eat your breakfast,
Pull weeds in a neighbor's yard,
Sing the happy song,
Explore the Play Station birthday present,
Say "hi" and "bye" with your face pressed up against the screen as if this hard surface will soften if you get closer.

Our "grandmother hearts" melt as we watch you in your ordinary doings

We endure
We keep the invisible enemy at bay
And wait in Patience
For the Precious times to resume.

Thea, April 2020

POETRY FOR A LOCKDOWN

The second poem written by **Thea Maestre, Ed.D.**

Woodpecker

Some things take a long time,
Like a knee healing,
Or a vaccine for a virus,
Or potty training a two year old,
Or learning to search Ancestry.com
Or changing to a healthy diet.

But, I rejoiced today!
The woodpecker found the suet on the first day!
I saw him perched vertically on the feeder that was his
And later viewed the tiny holes his beak had left in the suet.
The first day! Hallelujah!

Thea, August 2020

POETRY FOR A LOCKDOWN

The third poem written by **Thea Maestre, Ed.D.**

Dusting

Dusting today

I wondered?

Is it cheating if you skip the top shelf of the bookcases that no one sees?

Skip this time maybe—

Or never do it at all unless you see cobwebs.

I go slower on the mantelpiece

Cherishing the ceramic butterfly one of my granddaughters made me when I took her to pottery lessons once,

Picking up each of the five angels that spell P E A C E given to me by my eldest daughter and son-in-law years ago.

On to the walls where family pictures abound, on to the tops of the picture frames.

The great-grandchild playing the hat game with great-grandpa,

The high school graduations,

Family growing through marriages and engagements,

Family slowing through deaths and divorces.

I take the time to abide in Memory,

In Fullness, Contentment

And Precious Times.

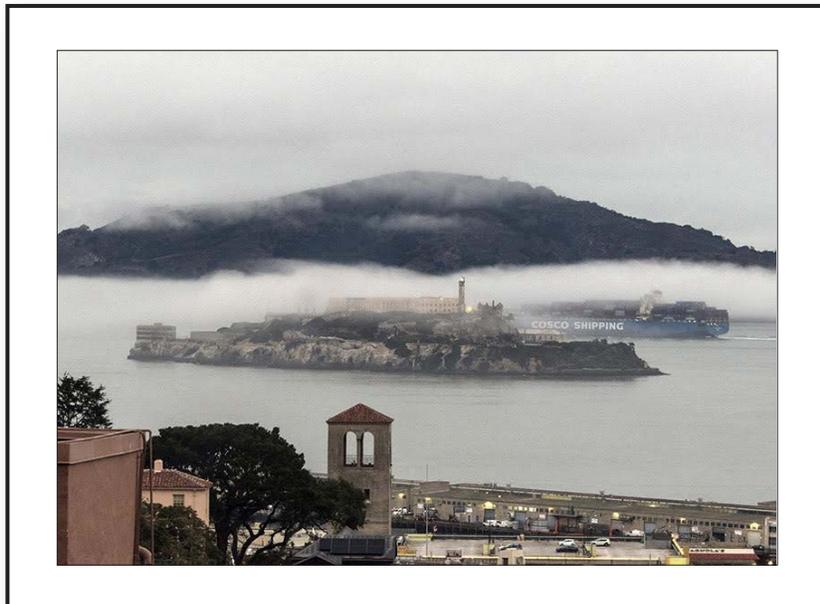
Thea, April 2020

IN THE VIRTUAL GALLERY

Our first Fall Session artist is photographer and Fromm Institute student, **Al Greening**. Al shares recent digital photography he took on a walk this September 15th, the day the Bay Area's apocalyptic skies finally cleared of ash and smoke. To share recent or past art work with the greater Fromm Institute community please submit your files to **Scott Moules** in the Fromm Institute office (moules@usfca.edu or fromm@usfca.edu.)



Fishing Boats



Early Morning Fog



Skyline From Pier 45



Ghost Ship in the Fog



A REBROADCAST OF LYNNE KAUFMAN'S PLAY "WHO KILLED SYLVIA PLATH"

"Who Killed Sylvia Plath" written by Lynne Kaufman, performed by Lorri Holt
[Marsh Theatre Website](#), Sunday, Oct. 12 at 4:30-5:30pm PST Free.

SYNOPSIS

Poet Sylvia Plath returns to her burial place in West Yorkshire, England to view the third replacement of her tombstone. The previous ones have been defaced by feminists who chiseled off her married name, claiming it was her husband, Ted Hughes, who caused Sylvia's death. Did he? Was her suicide at 30 a good career move? Would she do it again? And what does it have to do with us?

To view the performance click the link below:

https://themarsh.org/shows_and_events/marshstream/misf-performer-lynne-kaufman/



REMINDER: USF SILK SPEAKER SERIES SILK SPEAKER SERIES AT THE UNIVERSITY OF SAN FRANCISCO PRESENTS MEGAN RAPINOE

12–1 p.m.

Monday, Oct. 12, 2020

[Register Now](#)

The Silk Speaker Series at the University of San Francisco welcomes you to attend a conversation with two-time World Cup champion and co-captain of the US Women's National Team Megan Rapinoe.

Join us for this virtual conversation about soccer, equality for all, and Rapinoe's role as co-founder of Re-Inc., a clothing company that embraces inclusivity and gender-neutral design. [Learn more and register](#)
Can't attend? Please register and we'll send you a link to the recording!