THE FROMM INSTITUTE LAUNCHES ITS 2015-2016 ACADEMIC YEAR

Under the banner “Keeping Up With the Times . . . No Matter When” the Fromm Institute at USF launches another session and year. Welcome or welcome back to this amazing school that has always been abreast of what’s current and why . . . and how we got to be that way . . . since it’s doors first opened to ‘career free’ (retired) people in 1976.

This first week is always full of high spirits and even higher expectations. Choices made weeks or months ago about topics of interest or a professor’s experience, now come full circle with first classes commencing. As you’ve anticipated since you first enrolled, this week those expectations become all too authentic, tangible and real.

Staying current, while pairing your accumulated wisdom, is not an easy task — but who said anything about what’s good being easy? It’s easy to sit at home and watch life go by without newness or challenge. It’s boring, too. That same old same old, gets really tired fast, and it’s not much of a prescription for fulfillment or happiness. Be glad you chose the Fromm Institute. It is a proven remedy for the doldrums of ‘maturity’ and an antidote for the social isolation that the ‘golden years’ can engender. If you’ve been a student here before, you’ll know this last to be true. If this is your first session at Fromm, here’s what’s in store.

It will all be worthwhile if your time here ends with that intangible feeling of satisfaction that comes from a good thought, some wise words, a loud laugh, a warm smile or maybe even a joyful tear brought about by the scholarship and fellowship you’ll encounter. Those moments, these times, those people, and this wonderful oasis of lifelong learning, will offer you this, and maybe more. Like most things in life, you’ll get what you give to this experience.

So, go at it with gusto and enjoy every minute during the next two months. Be forgiving of the human imperfections we all possess. Jump right in to your learning and living and, while you’re on this campus, in a community of so many generations, keep up with the times . . . no matter when.

Robert Fordham, Fromm’s Biggest Cheerleader and its Executive Director, too.

MEDICAL LECTURES WEDNESDAY MORNING ALL SESSION LONG*

Medical lectures for everyone enrolled in the 2015 Fall Session? Yes, it’s true, and it’s a wonderful ‘extra’ for students of the Fromm Institute. Organized by Melvin Cheitlin, M.D. and featuring speakers from UCSF, the first lecture represents what the entire series portends.

• On Sept. 16 at 10 a.m. in the Xavier Auditorium, Robert Nussbaum, M.D. will address the various applications of genetic information to medical care and health maintenance that are already in use today or will be implemented in the near future. His lecture is entitled “Using Genomics in Medicine: The Promise & the Pitfalls.”

* There will be no Medical Lecture scheduled on Wednesday, September 23. All Fromm classes that day are cancelled in observance of the Jewish Day of Atonement, Yom Kippur.

DON’T FORGET • Monday Classes Meet Seven Instead of Eight Times This Session
From 10 A.M. to Noon and from 1 P.M to 3 P.M. • DON’T FORGET
WELCOME BOOTH AWAITS

The “Welcome Booth” is just inside the lobby of Fromm Hall. Students can find hearing assistance headphones, help with handouts, the new ID Card forms, Class Locators, Extra Curricular Sign-Up Sheets, Add/Drop Forms and even Frommints, our own privately maintained brain food. Staffed by our “CareCorps” student volunteers before and after class and during the school day as time permits, it’s a help desk that is well stocked and ready to be the first place you should visit with any questions.

EASY LISTENING

Having trouble hearing our lectures? Try a Sennheiser headset or, for those with compatible hearing aids, a T-Coil headset. These hearing enhancement tools are available outside or in the Fromm Institute Office before each class. Leave your USF ID card (required for the privilege) and let our headsets make your listening, and learning, easier.

SIGN UP FOR YOUR EXTRACURRICS THIS WEEK

As noted in the 2015 Fall Catalog, it’s time to sign up for all or any of the three extracurricular activities offered from 3 to 4 p.m. this session. Your choices include Tuesday’s “A History of San Francisco’s Neighborhoods,” Wednesday’s “Spanish for Beginners,” (limited enrollment) or Thursday’s “Joy of Singing” with Faith Winthrop. A flyer with all the details of these six-week classes is now available at the Welcome Booth or in the Fromm Institute Office. Sign-Up’s are there, too.

TALK ABOUT KEEPING UP . . . FROMM’S WEBSITE IS THE PLACE TO GO . . . SO GO TO IT

WWW.USFCA.EDU/FROMM

Along with general information about the Fromm Institute such as its mission and history, its faculty and curriculum, membership and fees, and its need for community support, on our web site you’ll find practical tools, as well. Did you know, for example, that all class handouts are posted there on a weekly basis (each Friday at 3 p.m.) under “Course Materials?” Wonder if a particular day is a Fromm Holiday? You can find that there, too, under “Holidays.” Looking for a newsletter or previous course catalog? If it’s relatively recent, it’s under “Communications.” In addition, you’ll find videos of our faculty speaking about their courses under “Faculty Presentations.”

Our website is constantly evolving, offering access to lots of places beyond Fromm Hall. Soon you’ll be able to watch actual lectures presented in the Xavier Auditorium through a new feature called the “Frommcast.” Imagine a time when you can see a lecture on-line and at your convenience that you may have missed because you were ill, away or maybe just did not select that course as part of class schedule. That day is coming sooner then you think, but only to those who know how and where to find the Fromm Institute Web Site. Check it out, if you haven’t already, and join the hundreds of others who have used it as a fresh and reliable resource.

“ITALIAN LAKES” STUDENT ASSOCIATION “BROWN BAG” NEXT WEEK ON TUESDAY SEPT. 22 AT NOON

Head for the Berman Room, Tuesday, 9/22, noon to 12:40 p.m., and glimpse a presentation from Collette Travel focusing on a May 4, 2016 tour entitled “Italian Lakes, Greek Isles and Venice.”

NO FROMM CLASSES ON WEDNESDAY SEPTEMBER 23

In the second week, there will be no classes held on Wed., Sept. 23 in observance of Yom Kippur. As with all classes cancelled by holiday or a professor’s absence, “Make-Up” Week classes will be scheduled on the same day/time on Tues., Wed., Thurs., Nov. 10, 11, 12.

FROMM INSTITUTE STUDENT ASSOCIATION – REQUESTS YOUR VOLUNTARY DUES

The Fromm Institute Student Association (FISA) offers a social agenda for all students during the session. It consists of concerts, lunchtime “Brown Bags,” info sessions, and many snacks and treats to accompany that program and the school session. To do so, it requests that everyone pay a voluntary $5 per session dues. The FISA booth is in the lobby and is regularly staffed — all ready to accept your support. Free Fromm Institute notebooks will be given to anyone who pays their dues.