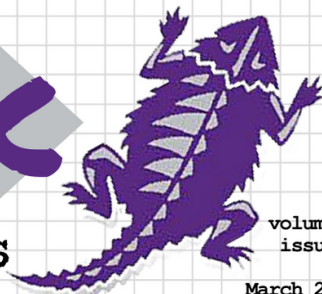


# SILVER STREAK

connecting and informing TCU's Silver Frogs

SPECIAL EDITION



volume 4  
issue 6

March 2020  
Coping Strategies

## Special Times Call for a Special Edition

What a difference a few weeks make. Not long ago we were all going about our normal activities, including (but definitely not limited to) all the learning opportunities offered by our Silver Frogs memberships. And now, we stay home and learn more than we ever hoped to about coronavirus and pandemics.

Our newest 99 members probably hadn't fully grasped the scope of everything going on within the program, but the other 501 of us who have been around for a full semester – and in some cases 10 full semesters – are undoubtedly feeling a sense of loss as our calendars remind us of classes and events that are no longer scheduled, due to the need for focused attention on our health and safety.

I'll admit to feeling a little bit of the uneasiness voiced Sunday morning by my pastor during online church, and which I know teachers everywhere are feeling...while I do not address you all often, I had been looking forward to seeing and speaking to you at the next luncheon lectures and the end-of-semester celebration; I also will miss finishing the class I had just started teaching. Knowing those won't happen feels different than just missing a lunch or dinner. It's been such an honor to serve as President of your Advisory Board this year; and now I'll just have to adapt to doing it in different ways, along with adapting to a work-from-home husband and a pair of teenagers whose much-anticipated band trip, band concerts and school-as-they-know-it unexpectedly dropped out from under them. (They appear to be taking it better than I am!)

As disappointing as these lost opportunities feel, the Silver Frogs Advisory Board, your Silver Streak staff, and the wonderful team in the Extended Ed office all agreed on this: our members are smart and resilient, and even this early in the game have doubtless discovered some clever ways to stay connected and keep learning. So we asked you to share some ways you're coping...and you've responded in a big way!

Welcome to this Special Edition of Silver Streak. Our mission to Connect and Inform Silver Frogs feels even more compelling now, and we invite you to enjoy the creative and heartwarming ways our community is pulling together. Want to share for the next edition? You'll find links throughout this newsletter to do just that! I look forward to hearing from you.

– Sharon Harrelson

### A Note to Contributors: THANK YOU ALL for sharing with us!

If you sent something in and don't see it here, fear not—we are still collecting for future issues and your story [will](#) be used. In an effort to keep this edition relatively brief, and have material going forward, we imposed space limitations on this publication. We've received excellent contributions in the areas of food, learning, working, gratitude, and (always) books and entertainment for the next issue. If you enjoy this glimpse into what we're all doing – know that there's more. [What are you up to?](#)

### Our First-Ever Online Silver Frogs Program!

**Faith, Fear & Pandemic  
with Rabbi Ralph  
Mecklenburger**

Tuesday, March 31  
10:30am – 11:30am

Via: Zoom Meetings

[Register Here](#)

A link will be emailed;  
registration deadline is 5:00pm  
Monday, March 30.

Attendance is limited to 290; the session will be recorded for later viewing. Chat will be available for questions and comments.

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## LAST CALL: Advisory Board Nominations

Your current Silver Frogs Advisory Board is still meeting (virtually) and planning for the fall semester as much as we can. Three of our members have terms expiring, and we're looking for the "next generation" board members.

If you're interested in participating in the Silver Frogs Advisory Board, nominations are being accepted until **March 31**. Candidates must have at least one semester of membership under their belts. Experience on a committee or as a volunteer is helpful but not required.

Meetings are held monthly throughout the school year.

Contact Nominating Committee Chair [Virginia Dias](#) or any other board member with questions.

[CLICK HERE TO APPLY!](#)

## What's for Dinner?

REMEMBER TO ENJOY TAKE OUT AND DELIVERY SERVICES

by Diane Griffin



Almost without exception, one of our favorite childhood memories is the family's coming together every evening around the dinner table

sharing funny stories, updating one another about the day's activities, and fervently expressing one's hopes/concerns/opinions, etc. Unfortunately, in some homes "nowadays," the dinner hour is not necessarily a time of togetherness but, instead, is often decentralized with family members eating in front of the TV or some other digital device. Also, as soon as our teenagers reach the age where they can drive, they prefer to "hang with friends" and enjoy a favorite drive-through meal together. Most of us enjoy eating out, too; but that experience is currently unavailable to us. What's a hungry Silver Frog to do?

In searching for hidden silver linings in our difficult days of sheltering-in-place, let's identify one as the opportunity to once again gather around the dinner table with family members and enjoy one another's company. Busy adults may be finding time to cook

together now; another option available to us is to support our wonderful restaurants that are continuing to prepare our favorite foods and make them available through take-out and delivery options.

On the [Visit Fort Worth website](#), you can find an up-to-date alphabetical listing of these restaurants. This website also offers a lot of information about event cancellation/postponements and updated COVID-19 information pertinent specifically to Fort Worth. All you need to do is click on *Events* at the top of the restaurant page and then again on *Events Update*.

A tip to anyone who has employed a zoomed-in setting on your computer screen to increase your standard font size: You may need to click on the three horizontal bullets in the upper right-hand corner of your screen so that you can access the font setting and reduce it to 100% or below. This is necessary to manipulate the restaurant listing using an inner scroll bar (not the standard one that moves the full page).

What could be better during your temporary commitment to stay at home than enjoying your favorite meal from your favorite restaurant in your favorite place with all your favorite peeps?

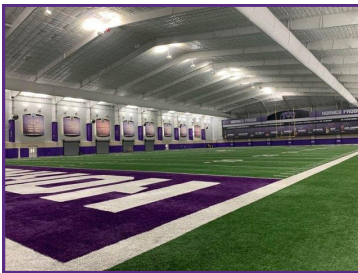
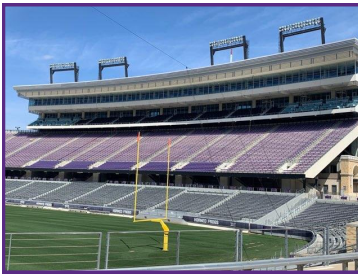


# TCU Athletic Facilities Tour: Made it Just in Time!

On March 11 – shortly before campus activities were curtailed by the novel coronavirus restrictions – 24 healthy Silver Frogs met at Schollmaier Arena for a walking tour of TCU’s basketball and football facilities. Most of us will never again see the areas where we had access that day!

We went down on the Walsh basketball court at Schollmaier Arena where our guides told us that the floor with the lizard skin finish is renovated after every season. We saw where the TCU basketball team’s dressing rooms are located as well as the Legends Club lounge where special donors to the Schollmaier Arena renovation can enjoy refreshments prior to and at halftime of basketball games.

In Amon Carter Stadium, we viewed the Champions Club on the west side of the stadium. This is a large area located behind club seats where club seat holders and Champion Club suite holders (19 suites on that level) can socialize and enjoy food and drinks. Below the Champions Club is the Founders Club and suites.



The Founders Club includes a 6400 square-foot luxurious lounge area along with suites for the seven donors who each invested \$15 million to help renovate the west side of Amon Carter stadium in 2011. The Founders Club is a country club type lounge with Cowtown art deco influences. Over the bar hangs a larger-than-life replica of the Frederic Remington painting, *A Dash for the Timber*, the original of which is in the Amon Carter Museum of American Art.

The walls around the lounge area are wrapped in purple leather that helps dampen sound. For chilly game days, the dramatic four-sided fireplace made of glass and stacked stone will have flames dancing. Also striking in the lounge are stone and metal doors that were saved from the stadium’s original north façade. The doors lead to some of the Founders’ suites. Unfortunately, none of our Silver Frogs members are members of the Founders Club.

We were able to tour the Jane & John Justin Suite in the Founders Club. All of us agreed that watching TCU football games from a suite like that would be very sweet indeed.

Finally, we were shown the outdoor football practice fields and viewed the indoor football facility. Next to the indoor football facility is a practice facility for TCU men’s and women’s basketball teams.

A sincere "thank you" and a "fist bump" (or should we say in this time of social distancing, "an appreciative wave") to Winn Walker, Tanner Howard, and Sydney Hanes, our very able tour guides.

– Rick Price & Lisa Winter

# SANITY-SAVING STRATEGY:

# Embrace Nature



I ran away 10 days ago with my best buddy to her home in Ruidoso. This was our view. We watched too much TV news , ate too much food and drank too much wine. I have returned to the reality of small town life in Graham. Now I WILL feel isolated!! Silver Frogs was my excuse to come to the city and see new friends (not that Graham does not have wonderful friends), learn new things and interact with people that have different views and outlooks. I will miss SF so much. Looking forward to brighter days ahead. Until then I look forward to any emails and updates and planting my "victory garden."

—Gail Stephens



My husband Luke and I walk every morning, and often across the Trinity River near our house. This was taken after all the rain - the river was very high!

—Terri Ellis

Randy and I are basing ourselves from our ranch house out in Palo Pinto County for the foreseeable future. The photo on the right was taken from our back deck following a rain storm last Thursday. The sun is setting and reflected in the clouds and the neighbor's stock pond. The other image was taken following a rain shower in the woods on our property – a magical place!

— Andi Smith



# SANITY-SAVING STRATEGY:

# Embrace Nature



The first green onion from Nancy's garden.

—Richard Ranc



Ladybug about to soar!

—Julia Roberts

I was delighted to find this unusual *Salvia Greggii*! My whole garden is turning purple.

—Sharon Harrelson



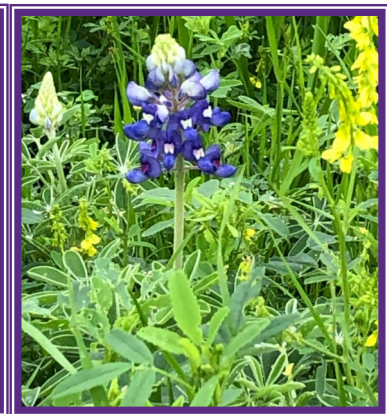
The Dallas Arboretum has been sharing "Digital Dallas Blooms" [on their facebook page](#), since the gardens are closed to visitors during what is normally their Dallas Blooms festival. You can watch videos and see beautiful photos that they are posting!

—Carol Stanford

The underlying anxiety I feel is constant. So what to do about it? It seems nagging the spouse, over-eating, or playing endless e-games aren't the cure! Self-indulgence at times may be necessary (especially regarding the first example), but what other ways can be useful in dealing with this ongoing stress? This is somewhat unfamiliar territory. We have a fear of the unknown, the uncertainty of the future.

*New York Times Smarter Living* has a suggestion: The Unexpected Joy of Repeat Experiences. One of them I have already practiced. I re-watched my favorite movie, *Pride and Prejudice*. This was the five-hour A&E edition, watched for the umpteenth time. It was like a comfort food, so familiar and predictable and fun. The familiar makes us feel more secure. The article states that there should not be pressure to watch a new movie or to start a new book because you have the time. It says, "feel free to throw on *The Office* yet again."

Luckily, I can continue my most essential therapy which is walking the Trinity River Trail (keeping that six-foot distance). I take solace from the flora and fauna, from the sounds of the flow of the water



Along the Trinity Trail

and from the lovely natural scenes. Water is a known relaxant and it works for me. Viewing the familiar and the unfamiliar birds brings instant joy.

I hope soon to be able to focus on my memoir writing. Along with my daily walk, I practice yoga as well as connecting frequently with friends. Bob is spending time taking a [Coursera](#) class. They offer many free good-quality courses online.

We will muddle through this moment in time and there will be brighter days ahead

—Eileen Frey

# SANITY-SAVING STRATEGY:

# Get Creative



One of my favorite hobbies is mosaics! I try to go once a week with my friends who also love the hobby. Now that I am "self quarantined" and Mosaic Madness has temporarily closed due to the corona virus, the awesome owner came up with a brilliant idea...mosaic crafts to go!!! Doing something other than watching TV is awesome. Hooray for everyone who's making lemonade out of lemons. [Check out the craft kits here!](#)

—Melinda Rubenkoenig



Besides working from home, **Stefani Finkelstein** has been enjoying one of her hobbies, creating these fun hats for kids.

Trinity Terrace got creative with a balcony sing-along, complete with song leader and socially-distanced band!



[This video](#) is from a report on NBC5 and it's a fun expression of what we can (instead of what we can't) do together.

—Carol Stanford



**Barbara McClellan** "sheltering in place." According to her husband David, this looks pretty normal to him!



Finished a doggie jigsaw puzzle. Thinking of having it framed as a COVID-19 memento.

—Sharon LeMond



In neighborhoods across the city, people are putting a teddy bear in their window so when kids go on a walk with their family, it's like a scavenger hunt to find them. It's a fun little distraction from being isolated from their friends.

This is my daughter's: Paddington. If you don't have a bear, you can print an image from the internet and paste in the window. Or draw one. Or use your imagination in another way. It's a moment of solidarity.

—Mahala Stripling

## SANITY-SAVING STRATEGY:

## Stay Connected



Zoom has been a great resource here, and not just for work! My youngest daughter had our eighth grandchild, Grace, last week and my wife has been in Washington, DC for the last two weeks to help out. She won't be back here until April 3rd, so we have been using Zoom to stay in touch

with each other. Like the commercials used to say about the telephone, it's the next best thing to being there!

—Greg Stephens



Last week I wasn't expecting much on my birthday, so I asked eight of my neighbors to bring their own glass and meet out in the street at 5:00pm. At 5:00 each came out, I poured prosecco and they all sang "Happy Birthday"

to me! We drank and had conversation from a distance. A couple of the people who have small children said, "This is great. Why don't we have this on a regular basis – like every night? About an hour later after we had rushed in to avoid the rain, three kids rang my doorbell with homemade birthday cards. In the midst of all the terrible news of suffering, little connections get forged.

—Nancy Price

In fifth grade I read an article in *The Weekly Reader* about phones where you could see the other person while talking to her/him. I was 100% against the idea, thinking "That's the worst idea ever! Who would want to be seen while they are on the phone?" Unless it's my immediate family, I still tend to feel that way. Yet, I have now become a Zoomer.

During this time of #stayathome, the committees on which I serve are meeting via Zoom to keep things moving. Zoom is a video conferencing app that allows up to 50 people to meet online for 40 minutes without any cost. If you want to meet longer and/or with more people, you can pay a monthly fee. Note: In areas with reported COVID-19 patients, Zoom has removed the time limits and is offering free access no matter the population size to universities and schools across the US.

I will now admit there are some advantages to

videoconferencing over teleconferencing - it is nice to see the diagrams and pictures being discussed; I get to see real people (and sometimes their pets) in the moment, each in a different, safe location; and it keeps the business meetings shorter.

The negatives still exist for me - I'm pushed to wear my contact lenses longer than I usually do; I'm compelled to pull on something other than an old, comfy tee shirt; I'm stuck trying to do something with my hair that's now three weeks beyond its regular haircut appointment.

No matter how I feel in the videoconferencing moment, Zoom keeps us together as we adjust to our stay-at-home lives. So, fire up your computer or mobile phone, set up a "happy hour" meeting, invite your friends to join you online at a specific hour, and make a toast to a connected future.

—Risa Payne



I have started sending out e-mail letters of gratitude for those in my life - full page. Shortly, I will start sending out Easter cards I ordered online.

—Jennifer Korpala

## SANITY-SAVING STRATEGY:

## Time with a Book



***Where the Crawdads Sing*** by Delia Owens. Beautiful descriptions of nature and the North Carolina marsh with a story of love and murder mystery.

– Andi Smith

I just read ***In The Name of the Family*** by Sarah Dunant, about Lucretia Borgia; and ***The Dutch House*** by Ann Patchette. Both were excellent.

– Nancy Price

Currently I am reading ***Killers of the Flower Moon*** by Davis Gram. It tells the story of the richest people per capita in the world in the 1920's, who were the members of the Osage Nation in Oklahoma. One by one they begin to be killed and as the death toll rises, the case is taken up by the newly created FBI and its young, secretive director, J Edgar Hoover. As the mystery unfolds, they begin to expose one of the most chilling conspiracies in American history!

Just finished ***There There*** by Tommy Orange – one of the NY Times best books of the year 2018. The book follows 12 characters from Native communities who are all travelling to the Big Oakland Powwow and are all connected to each other in ways that they do not realize.

– Siân Borne

***The Curious Incident of the Dog in the Night-Time***, by Mark Haddon, is so interesting and poignant. The story is told by a 15-year-old boy with autism and begins with his quest to discover who killed a neighbor's dog. Ultimately he learns much more about himself and his world. And the view of that world from inside his head is fascinating.

– Sharon Harrelson

Right now I should be in New Zealand and then Australia. But . . . instead, I am reading ***In a Sunburned Country*** by Bill Bryson, a book about Australia. Though written almost 20 years ago, Bryson's curiosity, situational humor, and knowledge have kept me engaged. I easily visualize places I've never been while I laugh out loud at the familiarity of various travel dilemmas. Through it all, I am learning much about a country I hope to visit – next year?

– Risa Payne

Just read ***Bad Blood: Secrets and Lies in a Silicon Valley Startup***, by John Carreyrou – great non-fiction. I'm reading George Orwell's ***Animal Farm*** because I never wanted to read it in school.

– Stefani Finkelstein

[Tell us what you're reading for the next issue!](#)



Many of our adult children are also parents and are over-burdened with home schooling, and some of them are trying to work from home at the same time. To help out from a distance, you don't even have to prepare a lesson...just maybe FaceTime and read the kids some books.

That's me on the computer reading a story to my little granddaughters in NC. You would be surprised at how attentive little ones are when cooped up all day.

– Jane Swanson



## SANITY-SAVING STRATEGY:

## The Arts



We got caught up on some of this year's Oscar nominations – *Judy* and *Knives Out*.

Also just started a new series that came out on March 20 by Julian Fellowes (*Downton Abbey*) called *The English Game*. Two 19th-century footballers on opposite sides of a class divide navigate professional and personal turmoil to change the game – and England – forever. Excellent series but if you have trouble with Northern English and Scottish accents, you will want to have subtitles on.

–*Siân Borne*

When we can't find something on TV to watch, we stream Netflix's *West Wing* TV series, that originally aired on NBC from September, 1999, to May, 2006. It is amazing that the issues the show covers are every bit as relevant in 2020.

–*Lisa Winter*

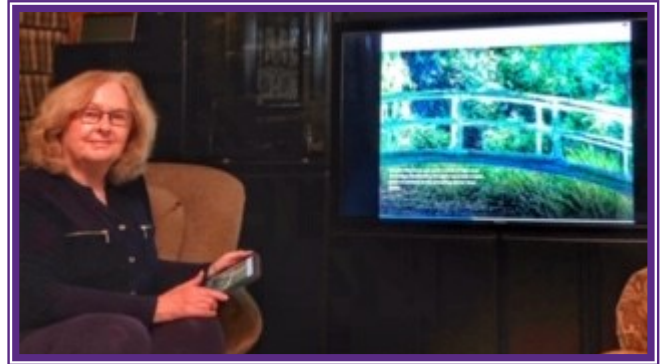
Other than watching all the daily governmental news conferences as primary source material, I am revisiting my Amazon prime movies list. I had heard good things about *Bridget Runs a Marathon* so I gave it a chance. I was rewarded with entertainment and a lesson. The movie reveals different types of social isolation taking place for different reasons, rarely with good results. In these days of "social distancing," it's a good reminder that we need to stay connected. Warning - Not for watching with your grands; adult situations and profanity are scattered liberally throughout.

–*Risa Payne*

Now showing on HBO, *The Plot Against America* is a limited series based on Philip Roth's 2004 political novel about antisemitism and isolationism in pre-WWII America. Start with the book, finish with the HBO series created by David Simon (of *The Wire*) and Ed Burns.

–*Carol Sewell*

[Tell us what you're watching for the next issue!](#)



The Art of Fort Worth SIG is working together to explore art museums all over the world - virtually, of course. We're sending each other links to great places we find. Linda Rodjak is pictured "visiting" the [National Gallery of Art](#) in Washington DC and viewing a study of Monet's bridge.

–*Penny McAdoo*

I have been listening to music. I have CDs, cassette tapes, and old LPs that I haven't enjoyed in a long time.

–*Linda Tindall*



If you're looking for help finding the shows you'd like to watch, and have streaming, check out the **Yidio** app, a comprehensive list of TV shows and movies. For each title, they list all of the services that have it and how much, if anything, each service is charging for it. Thousands of movies are free with commercials, about \$4 to rent and about \$10 to buy, depending on which service you pick. There are lots of features I won't try to list, but this is a great app!

–*Carol Stanford*

# ON ONE TANK OF GAS: Keeping the Grandkids Busy

by Polly Hooper



One of the challenges for social distancing or sheltering in place (which might be where we are once this is published) is keeping the little ones busy. I believe kids not only thrive on a schedule but it keeps them less fearful about what is going on. The following are a few suggestions I have picked up from friends and family and on social media.

**Virtual Story-Time or Book Club:** With Facetime available to most of us as well as video-conferencing services, we can read to our grandchildren. If they are old enough to read, we can all read the same family-friendly books and do a book review. One friend who has grandchildren as young as eight and a mother who is 80 is suggesting a weekly book that appeals to them all and then getting online to discuss via Zoom. Of course any online activity or video chat needs close supervision. I researched safe video chats for kids and found [this site](#). I would do some research before signing up for any service.

**Virtual Tours:** Since they can't take field trips or have weekend family outings to public places, these 25 [online virtual tours](#) may be just the thing to conquer boredom and encourage learning outside what the teachers may be sending to them in email. The same site has [multiple additional resources](#) for audio books, science websites, and even connecting kids to a pen pal.

**Neighborhood Fun:** Several people have commented that the great outdoors is not cancelled and true enough, we've seen an increase in folks walking whether they have pets to walk or not. One neighbor counted 74 people who strolled past on the sidewalk when she sat outside on her porch one afternoon. My neighborhood as well as neighborhoods across the country are displaying stuffed bears along with Easter eggs in their

windows to encourage the kids to go on a bear hunt or an Easter egg hunt. Our grandsons (who are five and four) had not heard the bear hunt song so we sang along with all the motions to [the song on YouTube](#) and then took a walk to find the ones in windows and even sitting in chairs on front porches.

**Old-Fashioned Fun:** Remember when we were kids and played games like Mother May I?, Red Light Green Light, and Simon Says? In addition to board games and puzzles, these old-fashioned games of our childhood are not necessarily known by today's kids and can be fun either in the house or out in the yard.

**Other Activities:** I created an outdoor scavenger hunt for our grandsons and they loved it. One remarked "Oh, it is like a treasure hunt!" We looked for things like acorns, leaves, rocks and a few things I added from inside just for fun. Then they created a self-portrait from a suggestion we saw on Pinterest out of things gathered from the yard. On another day we planted flower seeds and bulbs.



I think you will agree that in addition to trying to keep up with their academics, it is important to bond with them and keep them from absorbing the worry that adults are feeling. [Here are some other games we will be trying soon.](#)



## Silver Streak Staff



**Siân Borne** A Silver Frog since Spring '17, Siân came to Fort Worth in 1973, after moving to the US from England. She has two daughters and five grandchildren. She loves to read and travel, is active in several Silver Frog committees, serves on the Advisory Board and is the SIG Chair.



**Linda Eastwick** is a former educator who has called Fort Worth her home since 2006. She enjoys researching, writing, and all things grandchild-related. She has been a Silver Frog since 2017.



**Diane Griffin (Dinner)** has enjoyed Silver Frogs since Spring 2016 and is an enthusiastic advocate for lifelong learning. She is a retired business owner who loves reading, writing, listening, travel, theater, volunteering, and frequent interaction with family and friends.



**Sharon Harrelson (Editor, etc.)** is a Fort Worth native who's been editing various publications for work and fun since middle school. She's delighted to be a Silver Frogs instructor and Advisory Board president this year; she also enjoys cooking/baking, gardening and being a band mom to twin high-schoolers.



**Polly Hooper (On One Tank of Gas)** is a native Texan and is passionate about all types of photography. Her hobbies include travel and reading. She also loves to play games and is in a neighborhood book club. Her grandsons keep her very busy as well.



**Richard Ranc** came to Silver Frogs following a 10-year affiliation with Senior University in Georgetown. He's a retired VP of Investments at Wachovia Securities. He serves on the Advisory Board and Curriculum Committee in addition to writing for Silver Streak.



**Ann Shelton** is a charter member of Silver Frogs. She retired after many years as an Administrative / Executive Assistant, and now enjoys being a grandmother, playing tennis and volunteering. She recently wrapped up several semesters as chairperson of the Luncheon Lecture Committee.



**Carolyn Stephens** came to Silver Frogs three years ago following a career in journalism, public relations and crisis communications. She loves the concept of lifelong learning and enjoys reading, cooking, gardening and new adventures.

What do you enjoy about *Silver Streak*?  
[Click here](#) to send feedback. [Click here](#) to view past issues.

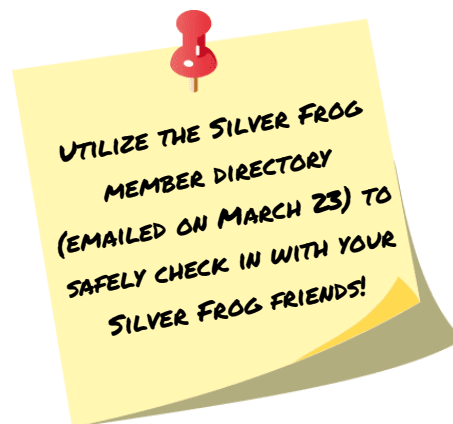


Office of Extended Education  
817-257-7132  
[lifelong@tcu.edu](mailto:lifelong@tcu.edu)  
[www.lifelong.tcu.edu/silver-frogs](http://www.lifelong.tcu.edu/silver-frogs)

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Thank you to our friends in  
Extended Ed for continuing to  
share important information  
with us during the campus  
closure.

To Julie, David, Trisha, Sheri  
and Denise

