



## **President's Message**

During this short break at OLLI before summer session starts, please take a few minutes to give



us some feedback on two initiatives that are underway. First is our distance learning video project. Bob Newcomb, Don Lake and other volunteers, assisted by the campus video

experts, have been recording, editing and posting videos of selected classes on the OLLI website. The goal is to provide a few of the popular lectures to members who cannot get to OLLI because of weather, health, parking, schedule conflict or any other reason. They are accessible from any computer by going to the OLLI website, in a section called "Distance Learning Videos" at the bottom of the Classes/Activities tab.

Our second initiative is an OLLI Cal State Fullerton Facebook presence. Jim Cennane has developed this page with the support of the OLLI Communications Team led by Dan Coby, and advice from the university social media group. The intent is to provide another means to deliver OLLI members the latest updates, changes and news about the classes and activities they may be interested in. If you are on Facebook, consider liking and following "OLLI Cal State Fullerton." For those like me who have not been Facebook users, Jim Cennane offers a Facebook class that will get you started, and includes setting of the privacy and security options.

When you have a few minutes, please look at these online resources, and give us your thoughts. You can drop a short note in the suggestion box in Shapiro, or send me an email at [jim.ellie@mindspring.com](mailto:jim.ellie@mindspring.com).

*Jim Monroe, President, OLLI Board of Trustees*

## **Ginger Barnhart and Melinda Wiltsie Behind the Scenes of OLLI's Newsletters**

Ever wonder who produces the weekly, emailed newsletters and email announcements from OLLI you see in your inbox? Ginger Barnhart is the editor of the OLLI News Bytes, Melinda Wiltsie is the editor of the OLLI Events Open to the Public and they both work together on special announcement emails, or "eblasts," as well as backing each other up on each other's newsletters. They are one of OLLI's outstanding teams, working behind the scenes to keep you informed about what's happening at OLLI.

Ginger was born in North Carolina, but grew up



in Burbank. She raised a family in Oakland, then lived in Phoenix for nearly 10 years. She went to college at San Francisco State, but finished her degree in Counseling/Psychology 30 years later at Prescott University.

She worked as a Director

of Human Resources and Director of Education and Training in the areas of services to adults with developmental disabilities and helping families navigate the special education system.

She joined OLLI in 2015, after seeing our Blue Book in her local library and thinking "This is too good to be true!" She enjoys "Sit 'n' Knit," the science classes and hanging out with all the interesting people at OLLI, and she helps put together the OLLI calendar each semester.

Melinda was born and raised in Southern California. She graduated from Claremont's Pitzer College with B.S. degrees in Biology and Psychology, then achieved an M.S. in Electrical

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President. . . . . Jim Monroe  
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 Vice President Programs . . . . . Benson Chin  
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Desktop Publishing: Celia Reynolds, Photographers:  
 Jim Cenname and Donna Spradlin.

## Vice President Membership

Ellie Monroe is the Vice President of Membership, who oversees about 50 volunteers.



Some of these enthusiastic volunteers are multitaskers and participate in several of the seven committees/teams within the Membership umbrella. The committees/teams meet during the summer to get organized and plan the upcoming year's

activities, with several follow-up meetings during the year.

At the beginning of the fall semester, letters are sent to all OLLI members giving them information on when and how to renew their registration for the coming year. Of the approximately 1,600 members, about 25 percent need assistance to register online, and a team of 20 volunteers are organized to help them, usually in Room 20.

The 15-member Docent Team is involved with the Open House, where we have about 150 visitors. It is the docents' pleasure to provide potential members with a tour of the OLLI facilities.

There are 20 volunteers on the Host Team. This team greets our guests during the Open House and

the Spring Preview. They escort guests to the Docent Team, the auditorium and other locations. This team serves as ushers in Mackey Auditorium, assisting members to locate seats; keeps food areas clear; and maintains the line awaiting refreshments in Shapiro. They are the trouble-shooters of these two annual events. They also take potential members to register, and later for pictures. They are mindful of those who seem lost or confused, and offer them advice or assistance.

The 90 Plus Team locates those members who have become honorary members as they reach this magic age. Members of this team personally invite our 90+ individuals to participate in the Spring Preview festivities. Sometimes it takes a good deal of searching to find these individuals. When located, they are asked about their membership, the kind of volunteering they may have done at OLLI, and the preferred flavor of individual cake they will be receiving at our Shapiro reception. If needed, transportation is arranged.

The In Memoriam and Friendship Team gathers information on ill or deceased members. Get well cards are sent to the sick or injured, or those having surgery. Sympathy cards are sent to the families of those who have passed. Notices are sent to OLLI members on the passing and information on services held for these dear friends. OLLI members and the families of those lost over the year are invited to attend the In Memoriam event held each year in April.

The Information Table Team is present in the RGC courtyard for the first one or two weeks of the fall semester to assist new members in finding classrooms, answer questions about OLLI procedures or just to get acquainted.

Presently, the Membership Team is in a "Think Tank" mode on how to increase the attendance for the Volunteer Recognition celebration. The Volunteer Recognition Reception and Concert on Sunday, April 15, was the result of these efforts in 2018. This event included a catered reception in Shapiro followed by a concert by CSUF School of Music piano professors at Meng Hall.

The Scholarship Committee is a group of very unique individuals. Through a process of

*Vice President ...Continued on Page 3*

Engineering from the University of Missouri. She



returned to California, working for Beckman Instruments in Fullerton as an engineering programmer, writing software for medical devices. She worked her way up to management, and later did consulting. Just shy of her 40th

birthday, her daughter was born, and so was her new career as a mother.

She joined OLLI in 2010, while she and her husband were rebuilding their home that was lost in the 2008 wildfires. She enjoys many OLLI courses— “Science for You,” “Sit ’n’ Knit,” “Short Stories,” “Drawing for the Fun of It” and “iPhone & iPad Essentials,” to name a few.

Melinda volunteered to work on the newsletters in the fall of 2015, and Ginger joined her the following spring, eventually replacing Jeff Harter and David Doo, who were instrumental in developing the electronic newsletters for OLLI. Linda Kapiloff and Marilyn Bates do the important job of closely proofreading each item before it is published.

The News Bytes is not intended to be advertising; it is intended to be informative. In order to keep the New Bytes at a reasonable length, course coordinators and instructors are requested to submit announcements only about classes that are not already published in the Blue Book. Events, such as trips and socials, may be announced, as well as information about such things as volunteer opportunities, class cancellations/changes and organizational announcements. The News Bytes also contains information about events at CSUF, and provides links to other sources of information, such as the ChroniCLE, classes/events calendar and OLLI website.

Submissions must first be approved by the OLLI Administrative Manager, Patsy Burns, in the OLLI office or at [pburns@fullerton.edu](mailto:pburns@fullerton.edu), or the OLLI President, Jim Monroe, at [jim.ellie@mindspring.com](mailto:jim.ellie@mindspring.com).

[com](http://com). Text and any graphics are then submitted to [OLLINewsBytes@hotmail.com](mailto:OLLINewsBytes@hotmail.com). Announcements must be received by 11 a.m. Wednesday for the newsletter covering the following Monday through Sunday period. Ginger and Melinda are very creative, often finding appropriate and amusing public-domain graphics to augment the messages.

Eblasts are intended for important or time-sensitive announcements that can’t wait for the weekly News Bytes. They must also be submitted for approval with a justification for utilization of an individual email.

The OLLI Events Open to the Public newsletter contains information about all upcoming classes and events that are open to the public. It is intended to help promote OLLI to prospective members, and current members are encouraged to forward this newsletter to friends and relatives.

All OLLI members are sent these emails, unless they requested to be taken off OLLI’s email distribution list. Any member who is not receiving them should first check their email provider’s spam folder to see if they are being culled, and if not, then email your request to [OLLINewsBytes@hotmail.com](mailto:OLLINewsBytes@hotmail.com).

*Chris Shaw, Editor*

## **Holiday Luncheon Needs a Theme**

The Hospitality Committee needs input for our 2018 Holiday Luncheon theme. If you have an idea for the holiday theme, leave it in the suggestion box located in Shapiro’s foyer. All ideas would be appreciated. Thank you!

## *Vice President ...Continued from Page 2*

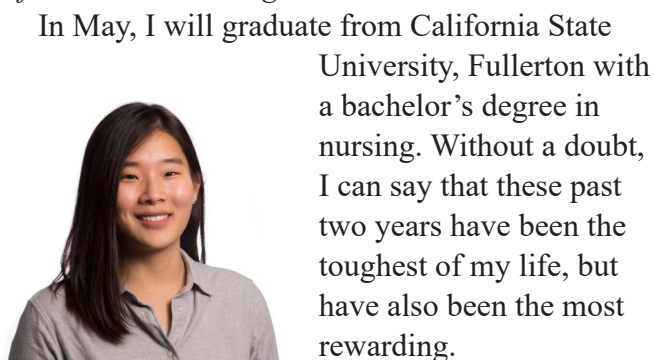
applications and interviews, this dedicated group of volunteers recommends scholarships for those who need assistance with OLLI membership costs.

Ellie wishes to thank each and every member on the various committees and teams. These volunteers work hard to accomplish the various tasks needed to take care of the membership services for all of our members. Their caring and loving attitudes make it a pleasure to work on various projects with them.

*Denny Bean, Staff Writer and  
Ellie Monroe, VP Membership*

## One CSUF Nursing Student's Experience With the OLLI-CSUF Collaboration Program

*Editor's Note: The following article, written by a CSUF nursing student, appeared in the Orange County Register on March 1. Another article about this same Collaboration program with the CSUF School of Nursing, written by OLLI's Vice President External Relations Janice Jeng, appeared in the April ChroniCLE. Beyond her nursing studies at Cal State Fullerton, Amy Lee serves as president of the Chat With a Nurse project involving both licensed nurses and nursing students. The project's mission is to empower underserved families and children throughout Orange County to take charge of their health through health education.*



In May, I will graduate from California State University, Fullerton with a bachelor's degree in nursing. Without a doubt, I can say that these past two years have been the toughest of my life, but have also been the most rewarding.

I have spent sleepless nights cramming pathophysiology and pharmacology into my sleep deprived brain. The Nursing Simulation Center, affectionately called the "Sim Lab," became my second home as I practiced assessment skills, catheter insertions, sterile technique and even how to change the sheets with a colleague lying on top. My latte and scone consumption singlehandedly kept Starbucks in business as I created 30-page patient care plans. Nursing school has been the most invigorating two years of my life.

The Sim Lab became a place for me to explore, to apply the theories I was learning in class. It is a simulated hospital floor with functioning mannequins, IV pumps, ventilators, and even an EKG machine and Code Blue Cart. In 2016, the CSUF Osher Lifelong Learning Institute partnered with the School of Nursing to enhance student learning. OLLI is dedicated to providing opportunities for older adults to continue learning, build relationships with peers, and volunteer and

support the CSUF community.

The OLLI volunteers came into the Sim Lab dressed in hospital gowns and pretended to be patients, enabling me to sharpen my developing nursing skills on actual "patients." While I had listened to countless simulated heart sounds on the Sim Lab mannequins, it was nothing compared to the fear and excitement of placing my stethoscope on an OLLI volunteer's chest and hearing his actual heartbeat. Bringing the OLLI volunteers into the Sim Lab empowered me and my fellow nursing students to experience a higher quality of hands-on learning, where we could not only fine-tune our assessments, but develop effective communication skills. As challenging as it was, the more I practiced with another person, the more prepared I felt to transition into on-site clinical rotations.

Not only do the OLLI volunteers work in the Sim Lab, but they also tutor at the School of Nursing Writing Center. These retired professionals offer writing assistance for nursing students, a resource for which I am personally very grateful. Although I am now fluent in English, it is not my native language. As a young child, I first learned how to read, write and speak in Korean before immigrating to the United States at the age of 8. Throughout the nursing program, I worked with several amazing OLLI writing tutors who helped me polish my papers, recognize areas for improvement and hone my writing skills. On behalf of the many nursing students for whom English is a challenge, I am deeply grateful for the services provided by the OLLI volunteer tutors.

The most surprising benefit from the OLLI and School of Nursing collaboration was the unique relationships that I developed with the volunteers. Whether it was during a health history interview or in the middle of a tutoring session, I loved hearing about the lives and experiences of the OLLI members. Sometimes they shared personal stories about aging or their jobs before retiring. At other times, they talked about their current lives, recent struggles and growing families. These stories allowed me to connect in a deeply meaningful way and ignited in me the desire to create a connection with my patients, especially in their hardest moments. I discovered that it is my responsibility

*One CSUF ...Continued on Page 6*

**“Taking Steps” Play and  
Dinner at the Gastronome  
March 10, 2018**



## OLLI Now Has a Facebook Page!



Facebook is now 14 years old and has over 2 billion users worldwide. Millions of these users are retirees like us. With OLLI's new Facebook page, we hope to increase engagement amongst OLLI members and with the volunteers that manage OLLI. Members can find photos of the latest OLLI events, a calendar of future events and posts of the latest news unfolding at OLLI.

All of this exciting information will show up in your Facebook News Feed if you follow the OLLI-CSUF organization Facebook page. Go to your personal Facebook page and search Facebook for OLLI Cal State Fullerton, then "Like" our Facebook page, and you will begin receiving OLLI's posts.

If you don't already have your own Facebook account, you'll find it is also a great way to stay current with what's happening with your family and friends, and to see photos of your grandkids.

OLLI offers a Facebook 101 class where members can learn to set up and navigate Facebook, and how to control what you share, or not share. For details visit the Facebook 101 online class description on the OLLI website at this link: [bit.ly/fbspr18](http://bit.ly/fbspr18). Express your interest in attending the next Facebook class by sending Jim Cennane an email at [jimcennane@csu.fullerton.edu](mailto:jimcennane@csu.fullerton.edu) or a message on Facebook.

If a course you attend has its own Facebook page, like the OLLI Phocus Photo Club, it can be linked to the OLLI-CSUF Facebook page, so attendees get notified about what's happening in the next class or notes about the last class. Coordinators who want to link their class' Facebook page to OLLI's should contact Jim.

Visit the OLLI-CSUF Facebook page now by going to [facebook.com/OLLICalStateFullerton/](https://facebook.com/OLLICalStateFullerton/).

*Jim Cennane, Facebook Team Leader*

## *One CSUF ... Continued from page 4*

to listen with respect, and to create an environment where my patients know that I value their lives and unique experiences.

Soon, I will make the transition from nursing student to registered nurse. I will never forget all those crazy nights of studying and the caffeine-fueled nursing projects. I will be a nurse who truly cares for her patients, a student refined and defined by her incredible experiences in nursing school. As I grow older and eventually retire, it is my goal to return to Cal State Fullerton as a volunteer through OLLI so that maybe I can make an impact on a future student nurse. I look forward to sharing my own life stories with the shy but curious nursing student as she listens to my heart.

*Amy Lee, CSUF Nursing Student*

## Jodi's Hack Attack

The ants go marching one by one. Hurrah? OK, two dogs, dog food bowl plus dog door equals ants on occasion. Why is the dog bowl moving? Ants! I heard about this product with the active ingredient sodium tetraborate decahydrate that was supposed to fix it all.

Well, the ants tasted it and yelled "Yummy!" The social media scout ant sent out the word. A few took take-out containers of the stuff back to the nest. The PAR-TAY in the dog bowl was on! What started as a couple hundred ants became thousands! Yikes! The product made it worse! As I was watching them (talk about having no life—I mean, this is how I entertain myself?), I noticed something happening.

In an hour or so, the ants were staggering and running around in circles—no more marching in a straight line. They were drunk out of their gourd on the stuff! The next day—nothing! Not an ant in sight. PAR-TAY over! And they have not returned in years! What a great antidote: ANT-i-dote. Get it? Ha.

If you are interested in the brand name I used, feel free to ask me, and if you have a great tip or comment, send it to me at [jodifullolli@gmail.com](mailto:jodifullolli@gmail.com).

*Jodi Chistin, OLLI Member*

## Special Events

### Events Requiring Registration:

#### **Cinco de Mayo Celebration**

Saturday, May 5 • 4-7:30 p.m. • Mackey Auditorium and Shapiro ABCD

OLLI will once again offer a free concert by OLLI musicians in Mackey. Before the concert at 4 p.m., there is an optional, festive, Mexican-themed dinner in Shapiro. Registration ends Monday, April 23.

#### **Treasures of King Tut □ Calif. Science Center**

Thursday, May 17 • 9:30 a.m.-5 p.m. • Lot A

Thursday, June 7 • 9:30 a.m.-5 p.m. • Lot A

See the largest King Tut exhibition to ever tour, featuring 150 authentic artifacts from the Egyptian Museum, plus the IMAX movie “Mysteries of Egypt” about the excavation of King Tut’s tomb nearly 100 years ago. Those on the waiting list for May 17 will be eligible for June 7.

#### **Hollywood Bowl**

Tuesday, July 10 • 5:30-11:30 p.m. • Lot A  
(see details in separate notice)

#### **OLLI Summer Dinner**

Saturday, June 16 • 5-9 p.m.

(watch for details in the OLLI News Bytes)

**Flyers/Coupons:** Flyers and sign-up coupons for events requiring registration will be available in the OLLI office, and on the OLLI website at <http://olli.fullerton.edu/> under “CLASSES/ACTIVITIES” - “OLLI EVENTS” or “DAY AND OVERNIGHT TRIPS.”

## Hollywood Bowl Trip

### Coming July 10

For Leonard Bernstein’s 100 Year Celebration, Dudamel leads a program of some of Bernstein’s most beloved music: Songfest, Billy Holiday three dance episodes from On the Town, Three Meditations from Mass and selections from West Side Story. Bring a picnic dinner and dine under the stars while listening to the concert. \$45 includes transportation. Registration begins Wednesday, May 23.



### Verify Calendar Information

Dates, times and places of classes and events shown in the ChroniCLE calendar and the Blue Book are subject to change or cancellation. Notifications are sent via email and OLLI News Bytes. You can access the OLLI website at <http://olli.fullerton.edu> and select the CALENDAR tab for up-to-date information.

## Oops, I Spilled Something

Spills happen on floors and furniture, including the courtyard. Immediate cleanup is essential and easy. Remove solids and blot or wipe liquids dry with paper towels, available in the kitchen or restroom. Substances that stain must be sprayed with a cleaning solution, available by the kitchen sink, then blotted dry. Thanks for keeping OLLI clean.



## Reminder about Chairs

After each class, return all chairs and other equipment to its assigned place. Look for a map showing the normal configuration in each classroom. Place extra chairs in Shapiro in their carts (armchairs separate from armless), and be careful not to block any exit. Your fellow OLLI members thank you.





# OLLI

at California State University, Fullerton

*"A Continuing Learning Experience"*

1979 - 2017: 38 Years of Excellence

*Ruby Gerontology Center, Room 7*

*P.O. Box 6870*

*Fullerton, California 92834-6870*

*(657) 278-2446*

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## Not Receiving OLLI Emails?

If you have unsubscribed in response to **any** OLLI email, you have unsubscribed from **all** OLLI emails. If, for any reason, you are **not** already receiving OLLI emails about upcoming classes, events and special notices, you can subscribe (or re-subscribe) by going to <http://tinyurl.com/olliEmailSignUp> and entering your email address, first name and last name.

If you still have trouble receiving emails from OLLI, send an email to [ollinewsbytes@hotmail.com](mailto:ollinewsbytes@hotmail.com) and include your name and email address.



## How to Get the ChroniCLE by Email - Save Trees and Stamps!

Unless you elected not to receive emails from OLLI, you are currently receiving an email each month announcing the new ChroniCLE and calendar for the upcoming month with links to view or download the publications. You can also access the most recent ChroniCLEs and calendars through links in the weekly OLLI News Bytes and on the OLLI Website.

If you are receiving the ChroniCLE in the mail, but no longer want it mailed to your home, send an email to [olli-info@fullerton.edu](mailto:olli-info@fullerton.edu) with **your name and address** stating: "Do **not** send me a ChroniCLE in the mail." If you ever need the printed version, copies are always available in the OLLI office.

## If you Need to Contact OLLI

Website: <http://olli.fullerton.edu>

Email: [olli-info@fullerton.edu](mailto:olli-info@fullerton.edu)