



## **President's Message**

*By Joyce Ono, President, OLLI-CSUF*



We are four weeks into the fall semester as I write my monthly message, and we have learned that the entire CSU system, which means OLLI-CSUF as well, will continue in virtual mode throughout

the spring term and very likely through the summer. Our membership at this time is a tad over 800, a level we have not experienced since 2008 when we made an effort to increase our membership to 1,000 under the dynamic leadership of Dave Musante. We were then eligible for a second million-dollar endowment from the Osher Foundation, which occurred in 2012.

Some former OLLI members may have decided to sit out the fall term since their favorite classes, or in some cases the only classes they attended, could not be offered virtually. Thank you to those of you who renewed your membership, nonetheless, for your loyalty and support.

Now that we know we will be in virtual mode for an extended period of time, it may be time to rethink sitting out and to re-join, because a year is a long time to be without the camaraderie and intellectual stimulation that our OLLI offers. I'm finding that even in virtual mode there is still a semblance of socialization and certainly opportunities to continue learning as we settle into Zoom sessions. In fact, just keeping up with all the changes that Zoom has required is challenging; technology for all of us is a continual source of learning challenges. This is actually a good thing!

The theme this year for the [31st Annual SoCal Alzheimer's Disease Research Conference](#) was *President's... Continued on Page 5*

## **What Does a Trustee Do On the Board of Trustees?**

*By Chris Shaw, Secretary*

OLLI at Cal State Fullerton was founded on the idea of community seniors banding together, volunteering their time and contributing their skills and knowledge developed over a lifetime, to provide a low-cost, no-tuition, perpetual college of lifelong learning for seniors. There are numerous opportunities for OLLI members to contribute their time and talent, from teaching courses to support services to managing the organization.

It is this last function, managing OLLI, that the Board of Trustees fulfills. There are 11 elected officers on the Board, including the president, eight vice presidents, a treasurer and a secretary. Their responsibilities are fairly obvious from their titles, but the Board also includes nine elected trustees at large, whose responsibilities are not self-evident and are largely unknown by OLLI members. The most common question I get about OLLI's elected offices is "What does a trustee do?"

Trustees need no prior experience of any kind, making that position the easiest entry onto the Board. To apply for some officer positions, like treasurer, it's helpful to have accounting or other experience in your pre-retirement life; for other positions it's helpful to have experience on related committees. But all candidates for officer positions benefit from experience on the Board as a trustee.

A trustee's responsibility is to learn how the organization functions and how the various officers manage their areas of responsibility. More important than learning about the organization, each trustee represents the interests of all OLLI members in Board meeting discussions and decisions on issues that determine OLLI's direction and how its resources are used to best serve OLLI's members.

*What Does ...Continued on Page 5*

President . . . . . Joyce Ono  
Vice President Administration . . . . . Mike Stover  
Vice President Programs . . . . . Ellie Monroe  
Vice President Communication . . . . . Ginger Barnhart  
Vice President Membership . . . . . Debbie Maxwell  
Vice President External Relations . . . . . Susan Mullaly  
Vice President Facilities . . . . . Pete Saputo  
Vice President Hospitality . . . . . Elaine Mitchell  
Vice President Technology . . . . . Bob Newcomb  
Treasurer . . . . . Ann Sparks  
Secretary . . . . . Chris Shaw  
Chris Shaw (tashawc01@gmail.com), Editor; Denny  
Bean, Alice Gresto, Susan McNamara, Elaine Mitchell  
and Mary Sampson, Staff Writers

Desktop Publishing: Celia Reynolds  
Photographers: Jim Cennane, Ben Chin and Mary  
Crouch

## **Pete Saputo** **Vice President Facilities**

*By Chris Shaw, Editor*



Pete Saputo was elected Vice President Facilities in April 2019. OLLI is fortunate to have someone with Pete's experience; he had previously served as OLLI's VP Facilities from 2009 to 2011.

Pete was born in Chicago into a large, close, traditional family. He developed a strong work ethic, a drive to always learn more and to dream higher. Pete became a true jack-of-all-trades, studying mechanics, hydraulics and electronics; but concentrating on basic physics.

Following an accident with a long recovery period, Pete decided to move to Colorado and bought mountain property near Denver. He built his family home and barn himself. He moved from repairing to selling heavy equipment and was recruited by a large corporation to open a California office. He started his own company to engineer, manufacture and supply unique tooling,

usually for manufacturing large items.

Pete retired early, dreaming of teaching science. So, he went back to school and earned a B.S. in Geology from Cal State Fullerton. Afterwards, he was asked to join the Field Investigation for Science Teachers (FIST) Program, where he taught earth sciences to science teachers.

As Vice President Facilities, Pete is responsible for the maintenance and any needed replacement of most of the furniture and equipment OLLI members utilize at the Ruby Gerontology Center (RGC). The cost of maintaining the building's contents is budgeted and paid from OLLI's operating funds. Although the RGC building itself was built with donations raised by OLLI's founding members, the University provides janitorial services and grounds maintenance. The cost of any non-routine cleaning of carpets, etc. for events like OLLI's annual Open House is paid by OLLI.

The Vice President Facilities must anticipate and budget for future needs. As facilities at the RGC age, they must be evaluated for needed repairs or replacement, and property must be managed, including the kitchen. This excludes the audio-visual and computer electronics, which are the responsibility of the Vice President Technology.

During the last year and a half, Pete has overseen repainting and cleanup of facilities, including the eradication of a major mold infestation and carpet replacement in Room 9. He also replaced the umbrellas in the courtyard and purchased more functional tables for Rooms 9 and 11, tables and chairs for the Shapiro hallway, a new icemaker for the kitchen and a new trolley cart.

Pete is currently working on his most ambitious project yet, the rebuilding of the open-air patio next to the Shapiro Wing hallway into a fully enclosed lunchroom and lounge. The cost will be covered by OLLI's reserves accumulated from donations from OLLI members and others and earnings from endowments from the Osher Foundation. The Board of Trustees authorized the analysis and drafting of the floorplan, and Pete is now working with University facilities to obtain bids for construction. The completed room will free-up the Shapiro AB area for much-needed classroom space when we return to campus.

## New Features on OLLI Website

*By Chris Shaw, Editor*

For many years, the OLLI website has been the place OLLI members can go to get whatever information they need about OLLI, its benefits and the many programs offered. With the pandemic lock-down and the subsequent closure of the OLLI office, members have been more dependent on the website. While OLLI has been working to make office personnel more easily accessible, OLLI has also developed new resources for OLLI members on the website. If you go to the [homepage of the OLLI website](#), you will see some new buttons at the bottom of the page to access new features.

We now have a [Welcome to OLLI](#) page, designed specifically for prospective members and new members to readily find information about OLLI and the benefits of joining. One of the neat features on that page is a link to OLLI's first virtual Open House last August. It was very well attended, but the many members and non-members who couldn't join that Zoom webinar can watch a recording of it by clicking on [Visit Our Virtual Open House](#). In addition to the webinar, you can view three virtual art exhibitions and over 30 videos about OLLI courses from that page.

A big issue all of us are facing in this pandemic is how to use the new Zoom videoconferencing app to access OLLI's online courses and programs like the Open House. There are now two new buttons on the website homepage to help with Zoom. First, the [Zoom Help](#) takes you to a group of instructions and videos on how to use Zoom to access and join Zoom meetings and how to create your own Zoom meeting, using CSUF's own Zoom app.

The second Zoom button is the Links to Classes for OLLI Members, which takes you to a CSUF sign-in where members-only can access the Zoom links for all the courses and events for the current semester by signing in using their CSUF username and password. Zoom links are also published for OLLI members weekly each Saturday in the OLLI Class Information & Updates newsletters, which do not require a CSUF sign-in to access the links.

Do you want to know who are the various officers on OLLI's Board of Trustees, what they

are each responsible for and how to contact them? Well now you can find that information on a new [OLLI Officers](#) page under About OLLI-CSUF on the OLLI website homepage. Each officer now has a dedicated OLLI email address that members can use to contact them. OLLI members who may be interested in applying for a position on the Board can visit this webpage and read descriptions of the various officers' duties, and if they have more questions, they can email any of the officers.

One of the lesser-known benefits of OLLI membership is that members may audit any CSUF course with the instructor's approval free of charge. While the campus is closed to OLLI members, CSUF classes that OLLI members are permitted to take are all virtual. There are new procedures for auditing these classes via Zoom. You can access these new procedures by clicking on [Auditing Classes](#) under More Information on the website homepage.

The pandemic has taken a toll on OLLI's regular curriculum and event offerings, because many of our favorite programs just can't be adapted to a virtual setting. The resulting, sometimes weekly changes in program offerings are not shown in the pre-semester published Blue Book. The weekly, emailed OLLI Class Updates and Information newsletters notify members of these changes. Even more timely, the OLLI website is updated on a daily basis, and at any time you can click on the [Courses and Events](#) button on the homepage to verify all the programs offered in the current semester and find all additions, changes and cancellations.

## Scholarship Announcement

*By Fred Shecter, Chair, Scholarship Committee*

Scholarships for membership are available for those having financial hardships. Applications can be requested through the OLLI office by phone or sending an email to [olli-info@fullerton.edu](mailto:olli-info@fullerton.edu). Applications must be received no later than Monday, December 7, 2020 for the spring 2021 semester. Each applicant will be contacted to set up an interview with the committee shortly after the application due date.



## Remembering Pre-COVID days and Anticipating a New Normal Together





*President's ...Continued from Page 1*

“Tackling Dementia with Technology.” One report I found especially interesting was by Dr. Peter Stark who studies the hippocampus, a region correlated with spatial memory performance. The hippocampus is one of the parts of the brain where new nerve cells are generated even in adults. Dr. Stark’s laboratory developed a memory test that monitors hippocampus function. They found that [playing video games](#) that engage and challenge you and require spatial memory improves performance for several weeks thereafter in the memory test among college age adults and older adults (60+). Not all computer games had this effect; playing computer solitaire did not, for example, but games like Super Mario Brothers and Minecraft, which required moving characters in virtual spaces, were effective in improving hippocampal-dependent memory. Take-home message: activities that enrich your environment, even virtual environments, are good for your brain. (Watch this [engaging video of Dr. Stark’s work](#) played out in a TV show called Mind Field).

OLLI will be updating our 2016-2021 Long Term Plan this fall as we also deal with the impacts of our enforced isolation on our programs, our membership numbers, revenues, operations in the OLLI office and our facilities. You can help in identifying OLLI’s strengths, weaknesses, opportunities and threats (SWOT analysis) that we will use to identify achievable goals for the next five years. If you’ve been in charge of conducting strategic planning in your work life and would like to share your expertise, please contact me at [olli-president@fullerton.edu](mailto:olli-president@fullerton.edu). It would be good to have varied and fresh perspectives represented in this planning process as OLLI and the world recover from the prolonged isolation.

We will all certainly appreciate the many things we took for granted in leading our everyday lives that we will have had to curtail for over a year. As we start the season of celebrations, which will be very different from those in the past, we should be thankful that we have survived these trying times and stay positive about the times to come.

*What Does ...Continued from Page 1*

The title “Trustee at Large” means each trustee represents all of the OLLI membership, as opposed to any one group.

As are all officers, approximately half of the nine trustees’ two-year terms of office end each year and are replaced by other members, who are elected by the OLLI membership.

During the May installation meeting each year, each Board officer is asked to appoint another Board member, preferably a trustee, as a backup. The backup represents the officer when the officer can’t attend a Board meeting, assists the officer and learns how the officer’s job is handled. In this way, the trustee may become a potential candidate for that officer’s next term of office.

The Board of Trustees is the decision-making body of OLLI. As such, it is vital that it be regularly refreshed with new members joining in the process of discussing and deciding the myriad issues faced by the Board, like how to mitigate the negative impact of COVID-19, as a recent example. New trustees are the principal source of new blood and ideas for the Board.

The Board is very eager to get more applications from OLLI members who are new to the Board. In fact, OLLI’s Constitution states: “Officers may not be elected for two consecutive terms in the same capacity except the president who may be elected for a second one-year term.” To some it could seem like there is a “good ol’ boy” network of the same people running the Board year-after-year, but if that happens it’s only by necessity when not enough new members step forward to apply.

Importantly, any OLLI member may apply to be a nominee for trustee at large (or any of the open positions) simply by submitting an application. So, help the Board refresh itself, and download an [application from the OLLI website](#), complete the fillable PDF form and send it to Janice Jeng, Chair of the Nomination and Election Committee, at [d-jjeng@sbcglobal.net](mailto:d-jjeng@sbcglobal.net) no later than November 15.

## What's Happening at the Board

By Chris Shaw, Editor

OLLI's Board of Trustees met on September 10. Following are highlights of the issues from that meeting:



- As of September 10, membership registration, both new and renewing members, for the new academic year was 775, about 50% of normal.
- VP Membership Debbie Maxwell, VP External Relations Susan Mullaly and OLLI Administrative Manager Patsy Burns are aggressively encouraging OLLI members to renew through appeal letters and emails and soliciting new members through advertising in local newspapers, CSUF billboard and Facebook.
- To account for the expected reduction in revenue from membership fees, OLLI's budget is being reviewed to determine what expenses can be reduced, but much of it is fixed expenses.
- OLLI has sufficient reserves to handle the shortfall in revenue.
- The annual appeal letter, soliciting donations for OLLI, will be sent to all OLLI members.
- A bench honoring the late, past president Kirt Spradlin will be installed at the east entrance of the Ruby Gerontology Center.
- VP Administration Mike Stover is heading a committee working to improve off-campus operations and plans for the eventual reentry to campus. It is unlikely OLLI will return to campus before the end of the spring semester.
- Mike is also heading a committee working with CSUF to negotiate a new parking agreement to replace the one expiring at the end of June 2021.
- OLLI's Sunshine Social Callers will reduce their frequency of calls to members.
- A committee is forming to write a new long-term plan to replace the current one, expiring in 2021.
- A Nomination and Election Committee, chaired by Janice Jeng, is forming to nominate the slate

of candidates for the 2021 Board of Trustees election. Janice will accept applications for Board offices from OLLI members up to November 15, 2020.

- The Policies & Procedures Committee will review how the public accesses classes open to the public, which committee meetings are open to all OLLI members, how Zoom IDs are disseminated and policies and procedures for memorial structures.
- OLLI-CSUF Collaboration is meeting with CSUF students, introducing them to our mentor/mentee program.
- There are now three weekly, emailed OLLI newsletters: Class Updates & Information; Announcements & Events and Open to the Public Class Information.
- CSUF's email system changed from Google to Microsoft Outlook. OLLI members' emails are being switched automatically.
- There was a virtual sing-along and dancing social on September 24.
- There is a virtual costume party on October 24.
- Future Board meetings will start at 8:15 a.m. on the second Thursday each month via Zoom.

## COVID-19 at One Year

**Open to the Public**

**Tuesday, December 1, 2020**

**Noon to 1:30 PM**

Guest Speaker: Thomas Cesario, MD, University of California, Irvine, Professor of Medicine, Department of Medicine, Division of Infectious Disease; Dean, UCI College of Medicine, 1995-2004; Dean, UCI College of Health Sciences and School of Medicine 2004-2007; Professor Emeritus, Department of Medicine, 2007-present.

Dr. Thomas Cesario returns to OLLI to present the current findings since his August 2020 presentation "COVID-19 Update." Dr. Cesario will discuss the most recent epidemiology of the COVID-19 virus: Latest on vaccines and treatments.

Join us and invite your friends. Watch the OLLI newsletters for the Zoom link to attend.

## OLLI Board of Trustees Openings and Application Process

*By Chris Shaw, Secretary*

In May of each year a portion of the officers and trustees at large complete their two-year terms of office (one-year for the president) on the Board of Trustees, and new members are elected to replace them at the General Meeting and Election in April.

Following are the Board positions up for election in April 2021 and the members currently in those positions:

- President—Joyce Ono.
- Vice President Programs—Ellie Monroe.
- Vice President Membership—Debbie Maxwell.
- Vice President Facilities—Pete Saputo.
- Vice President Hospitality—Elaine Mitchell.
- Treasurer—Ann Sparks.
- Trustees at Large (five positions)—Benson Chin, Kathryn Cozza, Bill Sampson, Tony Package and Arie Passchier.

All OLLI members are encouraged to communicate their interest in being nominated for any of these positions by completing a short and confidential application form and submitting it to the Chair of the Nomination and Election Committee, Janice Jeng.

Download the fillable application from <http://olli.fullerton.edu/resources/pdfs/NominationApplication.pdf>, complete the form and email it to [d-jjeng@sbcglobal.net](mailto:d-jjeng@sbcglobal.net). All applications must be received no later than **November 15, 2020**.

Principal duties of each officer position are detailed in OLLI Officers.under About OLLI-CSUF on the OLLI website at <http://olli.fullerton.edu/>. Trustees at large represent all OLLI members to the Board, participate in discussions and decisions during Board meetings, and learn how the organization operates.

All applications received will be considered by the Nomination and Election Committee along with all other candidates for nomination. All applicants will receive further notification from the Nomination and Election Committee.

## Next ChroniCLE January

As usual, we are skipping December. The next issue of the ChroniCLE will be a combined December/January issue, and it will be distributed around December 20.

## Traits for Living Well

In the book, “Living to 100,” author Thomas Pearls, M.D. found that many of the centenarians in his research shared the same attributes. They:

- Have positive outlooks.
- Do not overeat.
- Live for the day.
- Have a good sense of humor.
- Do not dwell on issues.
- Are adaptable and independent.
- Have a spiritual life.
- Handle emotional stress well.
- Stay active both physically and mentally.
- Have meaningful relationships with family and friends.

## New Features in Electronic Documents

In the ChroniCLE, you can click on the footnotes at the bottom of the page that state “xxxxxx ... Continued on Page x” to jump to the page where that article continues. To go back, click on “xxxxxx ... Continued from Page x.”

Starting with the fall 2020 Blue Book, you can click on a section or program title in the programs and alpha indexes to jump to that section or program page. You can also open Bookmarks on the left side of the document for a list of sections or programs, and click on a bookmark to jump to that section or program page.





## OLLI

at California State University, Fullerton

*"A Continuing Learning Experience"*

1979 - 2020: 41 Years of Excellence

*Ruby Gerontology Center, Room 7*

*P.O. Box 6870*

*Fullerton, California 92834-6870*

*(657) 278-2446*

**Address Service  
Requested**

Nonprofit Organization  
U.S. Postage  
**PAID**  
Permit No. 487  
Fullerton, Calif

**Dated Material**

**Do Not Delay Delivery**

### **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)