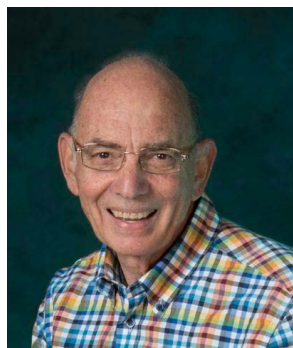




## **President's Message**



I want to thank OLLI members for their support of our outstanding events, programs and curriculum. Over the past two years I have gained a deeper insight into how the OLLI volunteerism is a major foundation that has enhanced our senior learning environment at CSUF.

In addition, I want to extend my appreciation to University Extended Education Dean Kari Knutson Miller and retired Associate Dean Carol Creighton for their guidance and support of our programs. On a daily basis Patsy Burns and the OLLI office staff, Celia Reynolds and Ying Lu, have assisted me and the Board of Trustees, chairpersons, instructors, coordinators and members with numerous requests for service.

I want to extend my best wishes to our incoming OLLI leadership team, which will be led by nominated President Jim Monroe and the other incoming officers and trustees. I am looking forward to continuing on the Board as your immediate past president. In conclusion, I am looking forward to joining many of you at OLLI events and in courtyard and class discussions in the future.

This month's column will focus on reminding us of the humorous and sometimes stern phrases our parents used to influence us in our childhood. Many of these phrases have followed me throughout my adult life and into my golden years. Let me know if you've heard these phrases from your parents, relatives and family friends.

My mother taught me religion: "You better pray

## **Ron Osajima, Godfather of OLLI-CSUF Collaboration**

Ron Osajima steps down as chair of the OLLI-CSUF Collaboration Committee.

It is interesting how people are attracted to the OLLI-CSUF program. Ron was serving on the Grand Jury in Orange County when he happened to have a conversation with fellow Grand Jury member, Fritz von Coelln, who introduced Ron to OLLI.



Before retirement, Ron had been a Chief

Information Officer responsible for compiling the needs of a company regarding networking and software development for long range plans.

Ron brought those skills to OLLI. Soon he was working with George Killianey and others on the OLLI Board to collect data on the state of OLLI membership and the curriculum to determine whether changes to the programs were necessary to keep the organization relevant. "Analysis of member and target demographics, member preferences, competition and societal change impacting older people resulted in the identification of long range plan implementation strategies," Ron explained. One of the strategies was to provide more volunteering opportunities within the CSUF community. Not content with simply gathering data and providing analysis, Ron worked to put this strategy into action.

It was important to create a steering committee with influential people to help develop a collaboration project. Ron contacted university people, such as Assistant Dean Dave Fromson, who invited other assistant deans to join the steering

President. . . . . Barry Escoe  
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Desktop Publishing: Celia Reynolds, Photographers:  
 Sharon Brown, Jim Cennane and Diana Porter.

## Dan Coby

### Vice President Communications

One of the wonderful things about OLLI is the highly capable people we have, who help the



Vice President of  
 Communications  
 cover a wide range of  
 functions to inform  
 our members about  
 what is happening  
 at OLLI. They are  
 very able editors and  
 computer savvy and

artistic volunteers who make all this happen.

The production of our Blue Books, the official OLLI course catalog, is the biggest single effort at OLLI. The Blue Book staff has to distill input from 162 people who serve as instructors, coordinators or performers for our programs. The effort for the summer 2017 Blue Book officially started on January 23rd with a call to section editors for input, and is continuing until April 18th when the Mailing Crew is scheduled to get the Blue Books to our members. Thanks to everyone involved including Editor Chris Shaw, Copy Editors Judy Alter, Susan Hanna, Linda Kapiloff and Char Oliva, Program Editors Judy Alter, Janice Jeng, Ellie Monroe, Jim

Monroe, Joyce Ono, Carol Thurk, Barbara Vigano and Fritz von Coelln and Indexing/Distribution Coordinators Celia Reynolds and Patsy Burns.

The monthly ChroniCLE newsletter documents what happens at OLLI, provides information about OLLI and its programs and profiles the people who make up our organization. To those members without email accounts, the ChroniCLE is their prime source of information about what is happening at OLLI. Thanks to Editor Chris Shaw, Associate Editor Lorraine Gerni, Staff Writers Denny Bean, Juanita Driskell, Alice Gresto and Elaine Mitchell, Desktop Publisher Celia Reynolds and the many OLLI photographers headed by Jim Cennane.

Our weekly email newsletter editors are Ginger Barnhart and Melinda Wiltsie, who are responsible for the OLLI News Bytes and the OLLI Events Open to the Public, and single topic emails as needed. These newsletters and emails are critical to keeping our members informed about class cancellations and changes and details about events, classes and trips that were not known when the Blue Books were published. In short, our email newsletters are one of the best sources of up-to-date information about OLLI's programs and events. Our email editors also help with the formatting and emailing of communications to our instructors and coordinators. They also want to thank the proofreaders, especially Marilyn Bates and Linda Kapiloff, who scrutinize the drafts of both newsletters each week, and do an amazingly thorough job.

The Friendship Committee, headed by Jan Hudson, is responsible for contacting members or their families in times of special celebration or sadness. Jan issues the In Memoriam emails and organizes the annual In Memoriam ceremony in April, honoring those members who have passed away during the year.

Leo Leventhal is our OLLI Historian. He has been with OLLI since 1994 so he has seen over half of OLLI's history firsthand. He has a two-fold mandate—to create a record of the events at OLLI for each year and to research and inform our members about OLLI's history.

**Dan Coby ...Continued on Page 4**

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

that will come out of the carpet.”

My father taught me logic: “Because I said so, that’s why.”

My mother taught me about hypocrisy: “If I told you once, I’ve told you a million times, don’t exaggerate!”

My mother taught me how to become an adult: “If you don’t eat your vegetables, you’ll never grow up.”

My mother taught me wisdom: “When you get to be my age, you’ll understand.”

My father taught me about justice: “One day you’ll have kids, and I hope they turn out just like you!”

My father taught me about the science of osmosis: “Shut your mouth and eat your supper.”

My mother taught me about anticipation: “Just wait until we get home.”

My father taught me about time travel: “If you don’t straighten up, I’m going to knock you into the middle of next week!”

My mother taught me more logic: “If you fall out of that swing and break your neck you’re not going to the store with me.”

My mother taught me foresight: “Make sure you wear clean underwear, in case you’re in an accident.”

My father taught me irony: “Keep crying, and I’ll give you something to cry about.”

My mother taught me genetics: “You’re just like your father.”

Please join us at the OLLI-CSUF General Membership Meeting and Board Election on Thursday April 20 at 10 a.m. in the Mackey Auditorium followed by a reception hosted by the Hospitality Committee in Shapiro ABCD.

One final thought—when did my wild oats turn into shredded wheat?

*Barry D. Escoe, President*  
*bescoe@fullerton.edu*

*Ron Osajima ...Continued from Page 1*

committee. The assistant deans were supportive and helped to establish connections within the university.

In 2010 OLLI member Jane Moon established

connections with Cynthia Grauvogl in the School of Nursing. Student nurses have since been visiting OLLI to observe the “well elders” in action and conducting interviews with individual class participants to learn what makes healthy seniors “tick.” Retired teachers were recruited to help nursing students edit and improve their report writing skills.

More OLLI members made connections. Ellie Monroe worked with the CSUF School of Music and soon OLLI was providing opportunities for students to perform concerts in front of live audiences at the Ruby Gerontology Center. In support of CSUF’s Concert Under the Stars, one quarter of the attendees are from OLLI, giving strong financial and moral support to CSUF students. Marge Osborn obtained student tutors to work with OLLI members who wanted to play in a band. Then she obtained a student to conduct the OLLI musicians in concert. And Lee Ann Donaldson, who has been involved in Collaboration projects in the areas of counseling, human services and psychology, reports that CSUF instructors and administrators “... are delighted to see the OLLI-CSUF Collaboration involved with the students and faculty. Ron has developed a friendly and supportive relationship with folks that has taken time and effort.”

Collaboration continues to evolve as volunteers invite others at OLLI to join them in the interactions with students and departments on campus. OLLI-CSUF Collaboration now has connections with every school within the University. Ron Osajima is the man behind the scenes. He is the leader who quietly strikes up a conversation in the Shapiro wing with a likely candidate, and soon he has another volunteer to join the collaborations. He is often walking across campus to meet up with new department heads or directors to drum up support for a collaborative relationship.

Ron talks about the latest report regarding our aging community. People are living longer, and are more productive in giving back to society. Collaboration gives members of OLLI the opportunity to give back through university volunteer work. Those interactions are beneficial

*Ron Osajima ...Continued on Page 4*

## New Nursing Services at RGC

The CSUF School of Nursing is now providing limited nursing services, called the Robust Aging Program, to OLLI members at no cost at the Ruby Gerontology Center (RGC) in Room 18C (from the courtyard enter the door marked 18A) on Wednesdays 12:30-4 p.m. and Thursdays 8:30 a.m.-noon.



One Wednesday, prior to office hours, I sat down with the head of the program, Rosario “Rose” Sakamoto, Dr.P.H., R.N., C.C.R.N., A.G.N.P.-B.C., to learn more about her, her staff and their services.

Rose received her M.S. in Nursing in 1997, specializing in adult geriatric nursing, and went on to earn her Doctorate in Public Health with emphasis on Preventive Care-Lifestyle Management from Loma Linda University. She has been a Certified Advanced Nurse Practitioner for 20 years, teaching at several universities and working in eight assisted living and skilled nursing facilities in the area.

Rose has been an assistant professor teaching nursing students at CSUF since 2015, and recently started this Robust Aging Program, volunteering her services. I asked her where she got the idea for the program, and I was surprised to hear that a similar program existed years ago.

Professor Barbara Haddad of the School of Nursing told Rose about a program that was started many years ago by Barbara Talento, OLLI’s own two-time past president, when she was a R.N. and Ph.D. professor with the CSUF School of Nursing. After Barbara Talento retired, Professor Haddad took over. The program lost its funding about five years ago, but the room and equipment were still sitting, unused at the RGC. “From working with older adults for many years, I knew there was a need for nurses to provide preventive care, health monitoring and education on healthy lifestyles,” Rose said.

While the Robust Aging Program also provides

*New Nursing ...Continued on Page 6*

## *Ron Osajima ...Continued from Page 3*

for students as they wipe away old stereotypes and begin to realize that there is life after 60. In our mobile society we often miss the generation connections which can be developed within our collaborative contacts.

Although Ron Osajima will no longer be directing the Collaboration Project he will continue to gather information on all of the projects on campus with hopes of developing a means to expand out into the community surrounding the University. He will also be bringing the news of how OLLI-CSUF Collaboration works to OLLI organizations on the national level.

All those who have worked with Ron are indeed grateful for his direction and energy, and for the benefits we have received through the student/elder interaction projects.

*Alice Gresto, Staff Writer*

## *Dan Coby ...Continued from Page 3*

The Shapiro Lobby flat screen TV is our most visible means of communication on campus. This electronic bulletin board now has the daily calendar of OLLI classes and events on the left side of the screen. We have received a lot of positive feedback on this addition. Jim Cennane handles the announcements on this display. Jim is also a regular photographer of OLLI events and has expanded the photo coverage on this display.

[The OLLI website](#) sports a new look for the spring semester, based upon new appearance standards from CSUF. There is also increased functionality, which is part of a larger effort by the Cal State system to make information available to everyone irrespective of disability. For example, an icon at the center of the top of each page controls both page zoom and enables/disables speaking the text aloud. The OLLI website is brought to you by Ginger Barnhart, Dan Coby, Winnie Ho, Carole Johnson, Joyce Ono and Bev Risse.

If you would like to help with our communications, or if you have ideas about how to improve them, please contact me at [adcoby@earthlink.net](mailto:adcoby@earthlink.net).

*Dan Coby, Vice President Communications*



## Spring Sock Hop—February 4, 2017



## General Meeting and Election

All OLLI members are invited to the Annual General Meeting and Election of officers and trustees, followed by a reception with refreshments on Thursday, April 20 at 10 a.m.-11:30 a.m. in Mackey Auditorium and Shapiro ABCD.

### *New Nursing ...Continued from Page 4*

basic first aid, the program is geared toward health promotion, prevention and wellness, not medical treatment.

Program services include:

- Health Assessment: height, weight, BMI and blood pressure measurements and memory and depression screening.
- Consultation: review drug use and interactions, nutrition, exercise, stress and mental health.
- Education: cardiovascular risk reduction and brain, bone and urinary health.
- Referrals: health and medical services within the university and community, including senior exercise and fall prevention programs.

Rose's staff includes four School of Nursing students, Hazel Cruz, Greg Gustafson, Loan T. Morris and Richard Tan, who are all licensed registered nurses working toward B.S. degrees in nursing. They have all taken Rose's classes at CSUF, and are interested in pursuing geriatric nursing. They also volunteer their time in the Robust Aging Program, and don't even get class credit, just valuable experience.

Rose said she likes interacting with older adults, especially OLLI members, because they not only have wisdom and life experiences, but OLLI members have an interest and drive to learn, improving their cognition. She likes to tell people, "Don't grow older, grow bolder."

As the interview ended, an OLLI member came in. He seemed anxious about upcoming surgery, and had questions. Rose quickly donned her white nurses' smock, and her face lit up with an inviting smile as she ushered him into her private counseling area.

*Chris Shaw, Editor*

## Help Maintain Our Facilities

In every issue of the ChroniCLE there is mention of the importance of volunteers to the functioning of OLLI. Volunteers are involved in every aspect of the organization including instruction, coordination, committee activities and governance. A core group of members are heavily involved in these and other essential aspects of OLLI. However, in many respects every member is a volunteer, and every member has important responsibilities to the organization. OLLI depends upon all of the people who make it such a great place to be—and this includes every member.

Along with your name badge and parking pass you received a copy of the OLLI pamphlet "Standard Practices for All Members." This pamphlet summarizes simple and important ways all members can keep the facility clean, pleasant and enjoyable for everyone. Additional copies of the pamphlet are available in the office and on the hall table in Shapiro.

Many may not be aware that the carpets are cleaned only twice a year by the University staff. These cleanings are done normally shortly before Fall Open House and before Spring Preview. Just after the last cleaning, but before Open House, a cup of coffee was spilled in Shapiro by a class member who then left the room without attempting to clean it up. Fortunately another member, who was not in that class, volunteered to soak up the coffee and clean up the residue so there would not be a dark stain during Open House or for months thereafter.

Instructions for how to clean up anything that is spilled or dropped are posted in Shapiro AB, Shapiro CD, the kitchen, the lobby of Shapiro and Room 21. If you need assistance, please ask another member.

As shown on the diagrams posted in Shapiro AB (two places) and Shapiro CD, there is a standard setup for the furniture in Shapiro. However, when a class requires a special setup, the instructor, coordinator and class members make the necessary changes, and then return the room to the standard setup at the end of the class. In addition, set up for major activities such as Open House and the

*Help Maintain ... Continued on Page 7*



### *Help Maintain ... Continued from page 6*

various dinner events goes quickly and smoothly with the many willing hands provided by members of the Friday afternoon poker classes.

With all members taking responsibility for the RGC facility, the OLLI experience will be greatly enhanced and appreciated by everyone.

Thank you for doing your part as a valued volunteer.

*Gene Hiegel, Vice President Facilities*

### **OLLI In Memoriam**

On Friday, April 14, at 3:30 p.m. in Shapiro ABCD, In Memoriam will take place in remembrance of OLLI members who have passed away since spring, 2016. A silent PowerPoint presentation of the names and pictures of members will be followed by a reception of light refreshments. All OLLI members and bereaved families are invited to take part in this occasion for conversation and fellowship. We encourage you to join us in this traditional annual tribute.

### **Special Events**

#### **Events Requiring Registration**

##### **The Broad & MOCA Museums Trip**

Wednesday, April 19 • 9 a.m.-6:15 p.m. • Parking Lot A

The trip provides small, docent-led group tours of the new Broad museum and the Museum of Contemporary Art including transportation to Los Angeles for \$55. Lunch is on your own between museum tours. **Registration starts March 15.**

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

Saturday, May 6 • 4 p.m.-7:30 p.m. • Mackey Auditorium/Shapiro ABCD

This event will start with a free Cinco de Mayo Fiesta concert by OLLI musicians, followed by an optional Mexican-themed, all-you-can-eat dinner in the Gastronome serving tacos, enchiladas, fajitas, chili, rice, beans, salads, desserts and beverages for \$12. **Registration begins April 10.**

### **JPL Trips**

Two trips—Wednesday, June 14 and Tuesday, June 27 • 7:45 a.m.-4 p.m. • Parking Lot A

Choose one of the trips—available only for those who have not taken a JPL trip before. \$30 includes transportation, water and a walking tour of JPL and “Journey to the Planets and Beyond” presentation.

**June 14 trip registration starts: April 17 at 8:30 a.m.; June 27 trip registration starts: May 1 at 8:30 a.m.**

### **Hollywood Bowl Trip**

Friday, July 14 • 6 p.m.-midnight • Parking Lot A

Tony Bennett and his jazz quartet join Gustavo Dudamel and the LA Philharmonic. \$50 per person includes transportation, ticket, tip and water.

**Registration begins April 26 at 8:30 a.m.**

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.”

### **No Registration Required**

#### **Casual Classical Concerts**

Friday, April 7 • 1:15 p.m.-2:45 p.m. • Mackey Auditorium

Through the courtesy of Kurt Mortensen, Director of Audience Engagement at the Pacific Symphony, OLLI members will learn about the fall Casual Connections Concerts. **Note:** specially priced tickets are currently available for OLLI members for performances of “Ellis Island: An American Dream” on April 9 and “Renewal and Redemption” on June 11 by the Pacific Symphony at the Renée and Henry Segerstrom Concert Hall in Costa Mesa. To obtain tickets call Louise Jacobs at 714-876-2311, Monday-Friday between 9 a.m. and 5 p.m.

### **An OLLI Prayer**

*By Alice Gresto*

Thank you for this morning,

Thank you for this day,

Thank you for this parking slot

May it always be this way.



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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)