



President's Message

The Magic Bank Account

"Imagine that you had won the following 'prize' in a contest: Each morning your bank would deposit \$86,400 in your private account for your use. However, this prize has the following rules:

1. Everything that you didn't spend during each day would be taken away from you.

2. You may not simply transfer money into some other account.

3. You may only spend it.

4. Each morning upon awakening, the bank opens your account with another \$86,400 for that day.

5. The bank can end the game without warning; at any time, it can say, 'Game over!'

It can close the account, and you will not receive a new one.

What would you personally do?

You would buy anything and everything you wanted right? Not only for yourself, but for all the people you love and care for—even for people you don't know, because you couldn't possibly spend it all on yourself, right?

You would try to spend every penny, and use it all, because you knew it would be replenished in the morning, right?

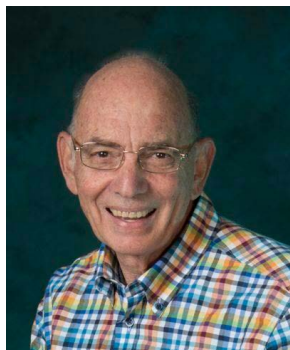
Actually, this game is real! Shocked? Yes!

Each of us is already a winner of this 'prize.' We just can not seem to see it. The prize is time.

1. Each morning we awaken to receive 86,400 seconds as a gift of life.

2. And when we go to sleep at night, any

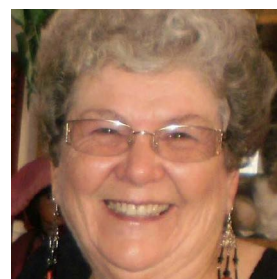
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End of an Era for

Alice Gresto's "Salón Español"

Wednesday, December 7, 2016, not only marked



the 75th anniversary of the attack on Pearl Harbor, it marked the end of a 10-year run for "Salón Español," a popular class conceived and taught by Alice Gresto for OLLI members to learn how to converse in Spanish in

the real world, and have fun in the process. Her last class, much like her first class 10 years ago, was far from somber—it was full of games and laughing. "It was a hoot," Alice said. Many of her OLLI students had been coming back to the class for many years; they just kept coming back for the experience.

Alice believes learning should be fun. She uses games and fun projects as a learning tool, like assigning class members to present an outrageous, mock TV ad to sell Icy Hot gel for pain relief or junk jewelry with a mysterious history. Participants read Excelsior, a local Spanish language newspaper, learning new vocabulary they use to discuss the articles. Then at the end of the semester they dine out at a Latino restaurant. Her goal is to get her students comfortable in everyday discourse in the way Spanish is spoken in the Latino community.

Little Alice Fitzgerald, as the daughter of traditional Irish Catholics, was sent to Catholic parochial schools, where the study of Latin was a standard part of the curriculum, giving her a foundation in "Romance languages" such as Spanish. She grew up in East L.A., which immersed her in a neighborhood where most spoke

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Gifts Anyone Can Afford—To OLLI

A charitable bequest is an easy way for you to help OLLI-CSUF. If, like me, you’ve made a gift to your favorite charity and thought, “I only wish I could do more,” I have a story for you. While this story involves a gift to CSUF, it could just as easily have been a gift to OLLI-CSUF.

Richard was neither an alumnus nor a resident of Fullerton. He followed collegiate athletics and, over time, became a fan of Titan Athletics. He would often attend Titan athletic events with friends who were Titans and lived near campus. Unknown to his friends, he dreamed of providing scholarships for student athletes. How would he do this?

He was not a person of extraordinary means or soaring accomplishment in business. He was a veteran and longtime civilian employee with the Navy. But Richard owned a modest home. When he [planned his estate](#), he was determined to gift his home to fund scholarships and that was what he did. By including CSUF in his [will](#), Richard had made the gift of a lifetime. The [gift of real estate](#) through his will allowed Richard to fulfill a dream.

A [charitable bequest](#) is an excellent way for you to leave a legacy, help further our mission and become a member of the [Ontiveros Legacy Society](#).

Posting Announcements

Never attach anything to walls, doors, tables or other surfaces with tape, staples or tacks (except for tack-able surfaces). No, not even “blue tape.” Use mounting putty instead. Bring your own putty, or get some from the OLLI office. Thanks for preventing damage to OLLI’s facilities.

New Nursing Services

The CSUF School of Nursing will offer nursing services to OLLI members beginning January 25, 2017. Their Robust Aging Program will provide basic first aid, medication interaction review, height, weight, BMI and blood pressure measurements and answer health questions at no cost in Room 18C in the RGC on Wednesdays 12:30-4 p.m. and Thursdays 8:30 a.m.-noon.

A bequest is also one of the easiest gifts you can make. Your estate planning attorney can include a provision in your will that leaves a lasting gift to OLLI-CSUF. It could be a gift of a specific asset, a dollar amount or a percentage of your estate. A [bequest](#) could also be made from the residue of your estate or what is left after all gifts have been made to your heirs.

Deferred giving allows you to designate a gift now, during your lifetime, to establish a lasting legacy with a larger gift than you could during your lifetime. In as little as one sentence or two, you can ensure that your support of OLLI-CSUF continues after your lifetime.

Planned gifts to support OLLI-CSUF are coordinated through University Advancement. Please visit www.csufplannedgift.org or contact us to learn about all of the benefits of making a charitable bequest and how it can help OLLI-CSUF continue our important work. If you’re interested in establishing your legacy and making a lasting impact at OLLI-CSUF through membership in the Ontiveros Legacy Society, please contact our Office of Planned Giving at 657-278-3947 or CSUFPlannedGift@fullerton.edu.

*Hart Roussel, Director of Planned Giving
 University Advancement, CSUF*

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remaining time is not credited to us.

3. What we haven't used up that day is forever lost.

4. Yesterday is forever gone.

5. Each morning the account is refilled, but the bank can dissolve your account at any time without warning.

So, what will you do with your 86,400 seconds?

Those seconds are worth so much more than the same amount in dollars. Think about it and remember to enjoy every second of your life, because time races by so much quicker than you think. So take care of yourself, be happy, love deeply and enjoy life!

Here's wishing you a wonderful and beautiful day. Start spending.

Don't complain about growing old. Some people don't get the privilege!"

(The author of the above is not known. It was found in the billfold of Paul "Bear" Bryant, famed football coach at the University of Alabama, after he died in 1982.)

I want to personally thank Tony Package, OLLI member and former Vice President Facilities, for sharing this, and now I am sharing it with the OLLI-CSUF membership. Forward this to everyone you care about. I just did.

Enjoy the 2017 spring semester classes and events!

Barry D. Escoe, President
bescoe@fullerton.edu

OLLI Coffee Service



Volunteers provide coffee, hot water for tea and necessary supplies at the kitchen window in Shapiro AB. Coffee service is not funded by member dues, but rather

by donations of 50 cents each time you use the service. Enjoy the service, and if you spill anything on the counter or floor, please clean it up.

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Spanish as their first language.

Alice's father understood that the influx of Spanish-speaking immigrants would create a need to bridge the gap between them and the English-speaking world in which they now found themselves. So her father encouraged Alice to study Spanish and multicultural communication. She took his wise advice and ended up with a credential in Bilingual Cross-cultural Education and a Master's degree in Bilingual Education from Cal Poly Pomona.

Alice had a fulfilling career teaching recently arrived Latino immigrants at elementary schools in the Pomona and Norwalk barrios, and then transitioned into school administration in Norwalk and worked with the California Association for Bilingual Education. She later realized she was happiest when she was teaching, reflecting "I should have stayed in the classroom."

When she retired and came to OLLI in 2006, she asked Carl Richards, then a member of the Curriculum Committee, which of the Spanish classes had a conversation component. Since there was none, he asked her to teach it. "Salón Español" was added to the OLLI curriculum, and the rest is history.

But if you think that's the end of Alice's activity and volunteering at OLLI, you'd be wrong. She is a member of the OLLI Chorale and a coordinator for the "Classical Guitar Ensemble," "Poetry for Pleasure" and "Life Story II" classes. She takes Margie Mota's "Spanish 4" class to stay sharp. She just self-published a four-generation story of her family, which took her seven years to complete, and now she's writing about her life. She has written many poems, some of which have been published in the ChroniCLE (see her poem in this issue). She is also a longtime staff writer for the ChroniCLE and a coordinator for OLLI-CSUF Collaboration. See her article in this issue about CSUF student nurses attending OLLI classes to observe senior activities and interview participants.

The many OLLI members who have taken "Salón Español" over the years thank Alice Gresto for a unique classroom experience, and the rest of us thank her for all she does for OLLI.

Chris Shaw, Co-Editor

Holiday Luncheon—December 7, 2016



Holiday Magic Concert December 10, 2016



New Programs Offered Spring Semester

Hello Dali and Friends—Surrealism in Art (Open to the Public)

Instructor Jackie Powell will explore the many aspects of Surrealism in art, concentrating on the Surrealist artists: Joan Miro, Salvador Dali and Rene Magritte. Coordinated by Linda Jacobs and Fritz von Coelln.

Interactive Video Conferencing Lectures Smithsonian American Art Museum

This three-class lecture series will feature art from the Smithsonian American Art Museum through interactive videoconferencing. Students are encouraged to participate in the discussions. Pre-registration is required. Coordinated by Bob Newcomb and Janice Jeng.

First 100 Days: The New American President

Instructor/Coordinator Mike Stover will explore the first 100 days of the next President of the United States. Each multi-media class will focus on topics from headlines and presented for analysis.

Both policy and politics will be reviewed.

World War II—What Happened and Why

Today's world can best be understood by viewing it through the lens of World War II. Instructors Bob Caswell and Elwood Berry will use a combination of in-depth original material, videos and material from other sources on World War II.

Women in Today's Society

In this women's studies course, Instructor/Coordinator Pauline Merry, Ph.D. will examine women's politics, health, equal pay, rape, work, religion etc. both nationally and internationally.

Brain Matters

Brain education develops creativity and improves sensory awareness, balance, motor control and emotional regulation. It includes exercise, breathing techniques, guided imagery and games promoting health and wellness. The instructor/coordinator is Judy Smith.

Hearing and Hearing Aids

Learn from local Audiologist, Jane Steckler, about hearing deficiencies, lip reading, hearing aids, assisted listening devices and much more. Partners are encouraged to attend. The coordinator is Bruce Steckler.

Learning Board Games

Engage your mind and learn new board games, including Ingenious, Power Grid, Ticket to Ride and more. Novices to experts are welcome. Class size is limited to 12. The instructor/coordinator is Fred Lazzelle.

Magic Workshop I

Instructor/Coordinator David Thorsen, a professional magician, will provide the magic skills and knowledge necessary to perform and entertain small audiences using cards, coins, handkerchiefs and other appropriate objects. Pre-registration is required.

Casual Classical Concerts

On Friday, April 7 Coordinator Janice Jeng will provide information about the Fall Casual Connections Concerts performed by the Pacific Symphony at the Renée and Henry Segerstrom Concert Hall.

See further details in the spring Blue Book.

Chris Shaw, Co-Editor

CSUF Student Nurses Observe OLLI's "Well Elderly"

Thirty-eight student nurses from Nahid Ghazaei's "Nursing 404, Mental Health" class at Cal State Fullerton invaded the OLLI campus this past November to observe the "Well Elderly" in action. Pictured are student nurses (from left), Jessica Scott, Mariah Osborn, Nahid Ghazaei (Instructor) and Christopher Mendoza.



Jessica Scott has set goals to become a nurse practitioner. After graduation with a Bachelor of Science degree, she will spend

two years working in the field and then return for two more years in grad school.

She chose to observe the "Storytelling & Drama & Improv" class. She was amazed at the fun and vitality demonstrated by the participants. She interviewed one of the class members and was surprised at the ease with which he shared his life story of adversities, challenges, career, loves, losses and victories and how well he was doing in his retirement years. Jessica was so taken by the upbeat nature of the class and its members that she said she wanted to go back and make friends with all of them. She hopes that the university program will allow more time for OLLI visits in the future.

Mariah Osborn was influenced to enter nursing by her early life as a caregiver within her nuclear family. At the end of her first year at CSUF she decided she wanted to know about the science of how the human body works.

On her visit to OLLI she was surprised at how young everyone seemed. They were fun and charismatic in comparison to the elderly she had seen in her observations and interactions with the hospitalized elderly who were frail, quiet and withdrawn. For her it was an epiphany, stating, "Behind the illness there is an inner person. It is something for me to consider in my future role in nursing. I will need to engage the patient at a deeper level—to treat the entire person and not just the illness."

Her interview was an emotional eye opener,

as the OLLI member shared a fearful family history including her mother who suffered from Alzheimer's. She advised Mariah to "never stop learning; never give up."

Christopher Mendoza first became interested in the medical field when he went to the ER at Children's Hospital at age 12 and was diagnosed with type 2 diabetes. He was drawn to medicine after serving as an intern at the health center. In his third year at the university he switched to the nursing program, and desires to eventually work in the field of endocrinology.

He chose the "Wisdom Exchange" class, where he observed discussions on Alzheimer's disease, advanced directives and end of life care which he found to be very heavy topics. He was awakened to the fact that he held stereotypical ideas about the elderly that were shattered by the informed and intelligent opinions that were voiced in the class. His interviewee had called him over to sit with him during the class, and afterward he wanted to know all about Christopher. His new friend was surprisingly jolly as he discussed his diet and health issues that have limited his capacity to travel. Carpe diem is now his motto. After attending the OLLI class, Christopher encouraged his parents to develop a bucket list, so they will have no regrets later on. He expressed the opinion that younger people should also set up advanced directives.

Instructor Nahid Ghazaei said her students returned from their OLLI visits excited about how warm, energetic and engaged the OLLI people were. The purpose of the visits was to become familiar with the "Well Elderly" to learn about another stage of life, emotional and intellectual development in the later years. Ghazaei was so impressed with the student reports that she intends to enroll in OLLI classes this semester.

Alice Gresto, Staff Writer

Suggestion Box

We want your ideas, suggestions and solutions. Just drop a note in the box in the Shapiro Lobby, or email President Barry Escoe at bescoe@fullerton.edu.



Sunday Afternoon at Steamer's

By Alice Gresto

To the chunk, chunk, chunk of the banjo
the low, moan, groan of the slide trombone
Mavis and Sidney do a clipped New Yorker
in the tight back corner to Canal St. Blues.

The bass player climbs his great violin
like a monkey up and down a palm tree,
calloused fingers firmly taped
against further injury.

Slippery clarinet wails against
the controlling rhythms
of heavy left handed chords
pounded out on the black and whites.

Grey eyes bug out behind bifocals
above the tight little silver coronet.
Triple tongued trills dance through melody,
shrill blasts pierce the very walls.

Seniors nurse the required minimum drinks,
arthritic fingers tap out rhythms
and sketch old memories
on a red checkered table cloth.

Sunday afternoon at Steamer's

Special Events

Events Requiring Registration

Sock Hop

Saturday, February 4 • 4 p.m.-9 p.m. • Mackey Auditorium/Shapiro ABCD

Have a fantastic time reminiscing the "Happy Days" dressed in your favorite outfit from your high school days. Cheerleaders will introduce a variety of performing groups at our OLLI Pep Rally. Enjoy an "old fashioned" high school meal, and dance to live rock and roll era music from the '50s and '60s. **Registration ends January 31.**

Hindu Temple Tour, Chino Hills

Wednesday, February 22 • 8:30 a.m.-3 p.m. • Depart Parking Lot A

The docent-led tour will highlight the spectacular nature of the hand-carved marble figures shipped from India that cover every inch of the exterior and interior. **Registration begins February 6 and ends February 10.**

Flyers and sign-up coupons for events requiring registration are 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

Academy Awards Night

Sunday, February 26 • 4 p.m. • Shapiro ABCD

Come and enjoy the Academy Awards Night program on TV with your friends at OLLI, commencing with a potluck dinner. A \$5 per person charge will be used for incidentals. The coordinators are Claire Curran, Mary Sampson and Dave Musante.

Class Calendars on the OLLI Website

- Bookmark the OLLI website <http://olli.fullerton.edu> on your mobile device
- Populate your personal calendar with OLLI classes and events from the website
- Check what's happening at OLLI on your mobile phone or tablet
- Changes in class and event times, dates and classrooms are updated on website calendars

Try the new OLLI-CSUF Calendars on the OLLI website





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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 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 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