President’s Message

“Those who can, do. Those who can do more, volunteer.” – author unknown

When I think of who fits the profile in this quote, Mike Stover stands right there as the OLLI Volunteer Extraordinaire. Our tireless President for the past two years, Mike has been a friend and mentor to many of the volunteers who make it happen at OLLI. To all of our outgoing OLLI board members, we appreciate your leadership, time and energy on board debates and actions for planning events and projects the past two years. Thank you!

As the new President of OLLI, my initial goals are to continue the outstanding work of our past volunteer leaders. I and our new board will strive to present classes, programs and social events that will be of interest to our diverse, senior members.

We will continue to work closely with University Extended Education Interim Dean Kari Knutson Miller and Associate Dean Carol Creighton to promote the collaboration between CSUF and OLLI. In the next few months, the OLLI Board of Trustees will prioritize our goals and develop a road map for an OLLI Strategic Long Range Plan in order to meet the various challenges that the university faces, and the ones that might impact the way OLLI functions and delivers programs and services to our membership.

Our board will continue to preserve the best of our OLLI traditions, helping retirees in transition learn (TiR) about the life and opportunities outside of the world of work.

Members are always asking: “Can we do (this or that) and is it possible with...”

OLLI Outstanding Graduate Student

Ya-Ling Hsu, who will graduate from California State University, Fullerton with a Master of Science degree in Gerontology (M.S.G.), received OLLI’s Outstanding Graduate Student Award of $500 during a luncheon on Friday, May 1, in the Arboretum. Ya-Ling’s “high academic standards” are reflected in her 3.74 graduate G.P.A.

In recognition of her academic achievement, she is a member of Sigma Phi Omega, the National Honor Society of Gerontology, and she received a scholarship from the California Council on Gerontology and Geriatrics.

Along with her studies on campus, she did independent study with Dr. Jie Weiss on the holistic approach to managed care for individuals with

Fourth of July Celebration
and Veterans Recognition

Thursday, July 2, 1-3 p.m.
Mackey Auditorium

OLLI veterans will be honored during a Fourth of July Celebration and Veterans Recognition in Mackey Auditorium on Thursday, July 2, from 1 to 3:00 p.m. Music will be provided by our OLLI musicians, singers and dancers. Further information on the celebration will be provided in the OLLI News Bytes. Refreshments will be provided at a reception following the concert in Shapiro ABCD. Please join us for this very joyful event.

President’s..Continued on page 7

Fourth of ...Continued on page 6
OLLI Volunteer Needed

OLLI Events Open to the Public

A new editor for the OLLI Events Open to the Public weekly email newsletter is needed.

Jeff Harter is leaving this position, and we are in need of a replacement. Jeff will help with training in the use of Constant Contact, which is used to create and send out the weekly email newsletter.

Jeff has graciously worked behind the scenes for years on the OLLI Events Open to the Public and the OLLI News Bytes, creating colorful and informative weekly OLLI news venues. Thank you, Jeff, for providing topical, state of the art weekly Internet communications, keeping us informed of the many classes and activities available to us.

Please contact Joyce Ono, Vice President of Communications, at jono@fullerton.edu if you feel you could fill this position. Thank you.

Joyce Ono, Vice President of Communications

Changing of the Guard

Annual In Memoriam Program

Every April for the past nine years, Char Oliva and Ethel Kamber have put the “In Memoriam” program together, which commemorates OLLI members who have passed away during the past year. Family members of the deceased are invited to attend the event as are OLLI members.

Char is being replaced by Janet Hudson, who will create the silent PowerPoint presentation from photos on file at OLLI or obtained from family members of the deceased. Linda Lockwood and Linda Ganda will replace Ethel in setting up the food for the reception that follows the tribute.

Char and Ethel are some of our “silent” OLLI members who do the work behind the scenes to support the OLLI community, using their time, expertise and sense of volunteerism. They deserve our thanks and appreciation for all that they have done without much public acknowledgment.

Joyce Ono, Vice President of Communications

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OLLI-CSUF Collaboration Receives OneOC Spirit of Volunteerism Award

At their annual awards luncheon on April 14, 2015 at the Disneyland Hotel our own OLLI-CSUF Collaboration program received the coveted Spirit of Volunteerism Award from the OneOC organization. Pictured at the event are Carol Creighton, CSUF UEE Associate Dean; Barry Escoe, OLLI President; John Blaydes, OLLI VP External Relations; Ron Osajima, Chair, OLLI Collaboration Committee; Mike Stover, OLLI Past President; and Kari Knutson Miller, CSUF UEE Interim Dean.

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OLLI-CSUF ...Continued on page 6
Phocus Photography Club
Contest Winners

Congratulations to the winners of the OLLI Phocus Photography Club’s contest.

There were four categories: Landscape; People; Animals; and Action—plus the Best in Show, which was won by “Soul of India” by Donna Judd.

The winners are currently on display through the end of May in the CSUF Pollak Library. Thanks to Rick Hearn for helping me set up the display. Be sure to visit!

Although there was not enough space to exhibit all the photographs that won third place and honorable mention at the library, there are plans to display all the winners at the Ruby Gerontology Center this fall for everyone to enjoy.

Best in Show
“Soul of India” by Donna Judd

Landscape Photography
First Place: “Badlands Sunset” by Bob Caswell
Second Place: “Abandoned” by George Hagen
Third Place: “Moon With a View” by Will Cornell
Honorable Mention: “Lower Manhattan Skyline” by Dick Clement
Honorable Mention: “Farm in the Middle” by George Hagen

People Photography
First Place: “Soul of India” by Donna Judd
Second Place: “Still in Love” by Donna Judd
Third Place: “A Farmer’s Wife” by John Blaydes

Animals Photography
First Place: “Sunny Egret” by John Blaydes
Second Place: “Hummingbird in Fullerton Arboretum” by Mary Crouch
Third Place: “Mother’s Love” by Will Cornell
Honorable Mention: “Mother Love” by Lori Norman

Action Photography
First Place: “Cheetah Run” by Mary Crouch
Second Place: “Playing in the Rocks” by Bob Caswell
Third Place: “Pelicans Playing Tag” by Barry Kolesar

John Blaydes, ChroniCLE Photographer

Second Place: “Still in Love” by Donna Judd
Third Place: “A Farmer’s Wife” by John Blaydes

Animals Photography
First Place: “Sunny Egret” by John Blaydes
Second Place: “Hummingbird in Fullerton Arboretum” by Mary Crouch
Third Place: “Mother’s Love” by Will Cornell
Honorable Mention: “Mother Love” by Lori Norman

Action Photography
First Place: “Cheetah Run” by Mary Crouch
Second Place: “Playing in the Rocks” by Bob Caswell
Third Place: “Pelicans Playing Tag” by Barry Kolesar

John Blaydes, ChroniCLE Photographer
Thanks to Our Officers and Trustees

The Annual Meeting and Election was held April 21, electing seven new officers and seven new trustees, and was followed by an Ice Cream Social.

A big Thank You goes out to the outgoing officers and trustees who served over the last two years: Mike Stover, President; Jim Monroe, Vice President of Programs; Jane Brubaker, Vice President of Membership; Tony Package, Vice President of Facilities; Linda Lockwood, Vice President of Hospitality; Janice Jeng, Secretary*; Ellie Monroe, Treasurer; and Trustees Judy Alter, Mary Alice Blaydes, Patti Chikahisa, Rick Hearn, Gene Hiegel, Judy Randlett, Phillip Barnhard and Chuck Ritz Trustee and Past President.

President Mike Stover received a standing ovation for his outstanding service as he passed the proverbial baton to the newly elected President, Barry Escoe. Barry brought down the house when he quipped that, when he asked his wife if she was okay with him accepting this substantial commitment, she said “only if Mike can guarantee your duties will keep you out of the house at least three days a week.”

*Janice Jeng resigned after one year as Secretary, so she could accept the nomination for Vice President of Programs.

Welcome to Our New Officers and Trustees

Barry Escoe
President

Janice Jeng
VP Programs

Ellie Monroe
VP Membership

Gene Hiegel
VP Facilities

Judy Lech
VP Hospitality

Tamara Reddy
Secretary
OLLI_CSUF ... Continued from page 2

OneOC, previously known as Volunteer Center Orange County, is a full-service, nonprofit resource center providing volunteer, training, consulting and business services to Orange County nonprofit organizations. Established in 1976, the Spirit of Volunteerism Awards is the oldest awards program in Orange County recognizing and celebrating the major involvement of community volunteers, groups and corporations and their dedicated service to Orange County.

OLLI-CSUF Collaboration was nominated by California State University, Fullerton, and was chosen for the award because they “went above and beyond and developed a valuable partnership between Cal State Fullerton and OLLI members.”

Individual members of OLLI who were singled out were the Collaboration Committee members: Mike Ames, Patti Chikahisa, Lee Ann Donaldson, Russ MacKeand, Jane Moon, Georgiana Nygaard, Ellie Vargas Page, Bill Purpura, Judy A. Smith, Jane Subeck-Goodman, Carol Thurk, Fritz von Coelln and Ron Osajima, Chair.

The CSUF-OLLI Collaboration plan was launched in 2010 to tap into OLLI members’ skills and knowledge in order to enhance students’ university experience. OLLI worked with each of the Cal State Fullerton colleges to identify collaboration opportunities. Many members brought insider knowledge as former Cal State Fullerton administrators, faculty or staff, but they also represent a gamut of professions—from teaching and business to aerospace and marketing. They keep their skills sharp by sharing them with students, while students benefit from the additional coaching, mentoring, tutoring, and experiential learning sessions they receive from OLLI members. This in turn supports Cal State Fullerton’s strategic plan that focuses on co-curricular learning opportunities outside of the classroom.

Responding to the calls for collaboration, OLLI members passionately volunteer as guest lecturers, coaches, mentors, panelists, tutors, research subjects, business consultants and more. By 2014, the collaboration had grown to more than 420 members participating in numerous activities per year, ranging from filling out a research study questionnaire to semester length tutoring and mentoring projects.

As part of the OLLI-CSUF Collaboration, these volunteers are doing much more than helping students prepare for exams and pass courses. They are tapping into their accumulated wisdom and experience to connect with students, passing their knowledge along to the next generation. They are rewarded by grateful students and faculty members, and by the knowledge that they are helping to create the community of the future.

OLLI-CSUF Collaboration volunteers have found it compelling to give something back and share their wisdom with young people. These opportunities are priceless and support student persistence, increase graduation rates, and narrow the achievement gap for underrepresented students. Their volunteer activities not only support students but also staff and faculty.

The OLLI Collaboration volunteers are proving the adage that “Those who give, also receive.” And that is a valuable life lesson for all of us, no matter how old we are.

Ron Osajima, Collaboration Committee Chair and Chris Shaw, Associate Editor

Fourth of ... Continued from page 1

If you have served in any of the branches of services (this includes Coast Guard, Army Reserves, etc.), please provide your photo to Ellie, so we may honor you for the time you volunteered for this great country. The veterans’ photos will be on display in Shapiro starting in June. Please either send a jpeg file of your picture to Ellie Monroe at ellie.monroe@mindspring.com, or leave an original photo at the OLLI office so it can be scanned and returned to you. Please do not leave photos produced from a copier; they produce a very fuzzy picture and cannot be used. Be sure to include the years your served (e.g., 1940-1945), the branch you served in, and your rank. Additional information may be included, but will be limited based on available space.

Ellie Monroe, Coordinator
chonic diseases, and worked with Professor Karen Wong on her thesis project: Therapeutic Storytelling Workshop for Caregivers of Persons with Dementia.

Off campus, she served as volunteer and intern at the Silverado Memory Care Facility, Attentive Home Care, and the Council on Aging, Reconnect Program. She was also a member of the California Council on Gerontology and Geriatrics, and was a speaker in their 35th Annual Meeting on April 10, 2015.

Ya-Ling wrote about her experience in the graduate program, stating in part: “CSU Fullerton has taken me onto a transformational journey with numerous opportunities, allowing me to hone my knowledge and skills in gerontology. Of the many experiences, the volunteer work and internship with older adults has had the greatest impact on my life. … I learned to serve, assist a connection with those I serve. I made a very special connection with a lady at the Silverado Memory Care Facility. Arriving at Silverado, I was handed my first assignment to work with a lady (“Mary”) who had a reputation for being difficult. At first I was afraid. Only after careful reflection did I realize that she was lonely and in pain. I started to have daily conversations with Mary. Every time she spoke, she shared bits and pieces like a patchwork quilt. Through patience and the therapeutic storytelling techniques that I have developed through research, I began to understand her life history. … One time, I complimented on her long and slender hands, she replied ‘gorgeous hands.’ I was surprised by her positivity and with the response. For a person with dementia to use such complex words, “gorgeous” is rare. I saw improvements in her spirit and mental health. It was rewarding to witness Mary utter a sentence, laugh or smile …. I learned that it is important to listen and accompanying these older adults during the final journey in their lives. These older adults wanted to be seen and heard. We just needed to be there to hear them.”

Ya-Ling realizes there is a growing need to work with seniors that have dementia, who need more extensive assistance and interaction due to their degenerative condition. She wants to use the skills, knowledge and experience she has gained to help seniors with dementia maintain the highest quality of life possible. “Caring for individuals that have dementia has become my life’s mission,” she stated. “I wish to dedicate my efforts to design informational workshops for caregivers.” Informational workshops focus on each person as a unique individual, and emphasize activities and interaction with them. She concluded by stating: “I look to pursue a care management career that is guided by holistic approaches and person-centered care.”

Each year a committee of OLLI members reviews applications of qualified CSUF graduate students and decides on the winner(s). Congratulations to Ya-Ling for winning OLLI’s Outstanding Graduate Student Award. We are confident that she will be a great asset to senior health care management, particularly for those suffering from dementia.

Chris Shaw, Associate Editor

Fall Open House
Saturday, August 8
9 a.m. to noon
Ruby Gerontology Center

President’s... Continued from page 1

that)” My philosophy is, let’s sit down and talk about how we can do it.

I give thanks to all of you who I have volunteered with in OLLI, and who mentored and encouraged me to take on this new venture in my life.

What strikes me the most about OLLI is that this volunteer organization is all about the relationship of people, in this case “senior people.”

I look forward to meeting you at our many events, classes and programs. There is no doubt that the 1700+ members and 400+ volunteers are the “straw that stirs the drink” in OLLI.

Barry D. Escoe, President
**Vitamin F**

Why do I have a variety of friends who are all so different in character? How is it possible that I can get along with them all? I think that each one helps to bring out a “different” part of me. With one of them I am polite. With another I joke.

I can sit down and talk about serious matters with one. With another I laugh a lot. I listen to one friend’s problems. Then I listen to another one’s advice for me. Some of my friends are online friends. I know I am their friend, because their names appear on my computer screen every day, and I feel blessed that they care as much for me as I care for them.

My friends are like pieces of a jigsaw puzzle. When completed, they form a treasure box - a treasure of friends! They understand me better than I understand myself, and support me through good days and bad.

Real Age doctors tell us that friends are good for our health. Dr. Oz calls them Vitamin F (for Friends), and he counts the benefits of friends as essential to our well-being. Research shows that people in strong social circles have less risk of depression and terminal strokes.

If you enjoy Vitamin F constantly, you can be up to 30 years younger than your real age. The warmth of friendship stops stress, and, even in your most intense moments, it decreases the chance of a cardiac arrest or stroke by 50 percent.

I’m so happy that I have a stock of Vitamin F!

We should value our friends and keep in touch with them. We should try to see the funny side of things; and laugh together; and pray for each other in the tough moments.

Thank you for being one of my Vitamins!

*Author Unknown*

(Editor’s Note: The above article was given to Barbara Talento at a Wisdom Exchange class, and she read it to the members who agreed that she should submit it for publication in the ChroniCLE. Thank you, Barbara!)

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**Catalina Overnight Trip**

**April 22-23, 2015**

It was a lovely April morning as we traveled by bus and catamaran from Parking Lot A at CSUF to Avalon, Santa Catalina Island, while learning about the history and geography of the island from Ken Luke and our tour guide, Jasmine.

Following lunch, many of us visited the Wrigley Memorial & Botanic Garden to see the cactus and other drought-resistant plants. Those who were able to climb the Memorial were rewarded with fabulous views. When we returned to the Waterfront Hotel, we enjoyed a wine and cheese reception before dinner.

After a very busy and delightful day we were off to bed early, because in the morning, following a full breakfast, we were going on a three-hour tour of the interior and far side of the island. It was a bumpy ride on dirt and barely paved roads in old 1950’s flexible buses. We saw bald and golden eagles at the Eagle Reserve; however, the highlight of our trip was an apparently lazy, old bison who had parked himself beside the road. Our last stop was at the island’s highest point, by then a fogged-in airport in the sky.

We returned to Avalon for a leisurely lunch, and following a little more exploring, we reluctantly headed home from this “Island Paradise.”

*Fran Dobley, Ken Luke, Donna Spradlin and Barbara Stocker, Contributors*
SPECIAL EVENTS

Summer Cooking Class 2:00 p.m. June 11  Sunrise of Fullerton
Bella Sera Italiana 5:30 p.m. June 20  RGC-ABCD
Reagan Library Trip 8:30 a.m. June 24  Lot A

OPEN TO THE PUBLIC

Eclectics II 12:30 p.m. June 4, 18  AUD
Eclectics I 10:00 a.m. June 9, 23  AUD

Ice Cream Social
April 21, 2015

Sharon Graham served by Gail Nitta as Carmine Cassucci enjoys his ice cream

Board Meetings—Summer
Second Thursday of the Month: June 11, July 9 and August 13, 8:30-10:00 a.m. in Pine 111

The OLLI Board of Trustee invites OLLI members to attend its monthly board meetings and learn more about the OLLI business and its self-directing deliberations.

Members wishing to speak on non-agenda board items will advise in writing (including a brief description of the subject to be addressed) to the President and/or OLLI Manager at least one week in advance of the meeting. The President at his discretion may allocate up to three minutes if the board meeting agenda permits.

May Mailing Crew for the ChroniCLE
THANK YOU to the volunteers who helped with the May ChroniCLE mailing: Ricardo Acosta, Mary Alice Blaydes, Jean Bryant, Nancy Carlton, Susi Karlan, Linda Lockwood, Lorraine Miller, Harriette Millman, Jerry Pollack, Judy Randlett and Marie Stiegler.

 Hospitality Committee members:
Donna Spradlin, Linda Ganda, Elizabeth Menrad, Ethel Kamber, Mickey La Casa, Linda Lockwood, Lorraine Miller, Tom Barry, Annette Lauritsen and Karen Bell
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/OLLI-email 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