



## **President’s Message**



In spite of the tragedies, disasters and discord that seem to confront us daily, we all have a great deal to be thankful for. Leading up to Thanksgiving Day, please take a moment to thank those who make a positive impact on your life. I am sure this

includes the OLLI instructors and class coordinators that you see on a regular basis. Don’t forget the OLLI office team, the committee members planning and hosting the classes, trips and events, and many others who are always ready to help out. The hundreds of energetic and dedicated volunteers are what make OLLI a great community of learners.

I would like to offer thanks to all those who, in addition to devoting time and talent to OLLI, have also made a financial donation or commitment. This support helps keep our program affordable, allows us to offer OLLI scholarships to those who need help with membership dues, and helps improve our programs and facilities. The annual campaign that Barry Escoe led last year insured that OLLI met its fundraising goals for last fiscal year. In the next few weeks, you should be receiving a letter asking for your financial support this year. Please participate if you are able; even small contributions are appreciated.

If you are looking for another way to support OLLI, consider participating on the OLLI Board of Trustees. The Board of Trustees is the policy making group within OLLI. Look for information on submitting an application for one of the positions in this edition of the *ChroniCLE*.

My thanks to all the OLLI members for making this a great community.

*Jim Monroe, President, OLLI Board of Trustees*

## **CSUF Study: The Effect of Volunteering on Aging**

CSUF student Yuliza Cervantes researched the effects that volunteering has on older adults after retirement and how it may increase longevity at the suggestion of Ron Osajima, the long-time chair of OLLI-CSUF Collaboration. Ron suggested that Yuliza conduct interviews with OLLI members to support her research, and he coordinated meetings between Yuliza and four OLLI volunteers. Yuliza developed some very important ideas and thoughts from her research and those interviews. In this column we will learn about two of her interviews and her conclusions.

Yuliza’s research taught her that the Activity Theory states that activity leads to the uppermost satisfaction in later life, and the Continuity Theory states those who cope with current challenges with past experiences adapt the best. If elderly adults engage in activities that are meaningful to them, they can be more satisfied in their daily lives.

The first OLLI member interviewed was Mike Stover, who volunteers approximately 500 to 1000 hours per year. He has been involved with OLLI for eight out of nine retired years as a board member (president, vice president and trustee at large), co-chair of committees and an instructor. He has taught nine different OLLI classes.

Asked how he felt about his sense of purpose, Mike said, “Volunteering really helps with leaving employed life. Without the primary purpose that employment gives you, you lose that sense that society recognizes your efforts and pays you money. Work has money value.”

Studies have found that those who felt they had a purpose or direction in life outlived those who did not. Mike felt good in his aging life because he never lacked having a purpose. In retirement

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Desktop Publishing: Celia Reynolds, Photographers: jim Cename and Ray Young .

**Janice Jeng, VP External Relations**



What are the responsibilities of the Vice President External Relations? That was my second question. My first question was how I follow Mike Stover’s act!

Seriously, the VP External Relations role

has evolved as OLLI leadership has recognized the need to strengthen our relationship with the campus and the community.

I see my top priorities as: 1) maintaining our already strong relationship with CSUF by continuous and strategic communication with the Schools’ leadership; 2) expanding our collaboration activities on campus and within the community and 3) communicating our activities to the campus and the community.

Another top priority is to ensure that our OLLI members are aware of the Collaboration Committee, and encourage them to join CSUF-OLLI Collaboration, as well as volunteer for its projects and mentoring.

OLLI is an important and integral part of the CSUF campus. We want to toot our horn and let

everyone know that we add value to campus life, and actively support student success.

Among our activities, OLLI members act as test subjects for student projects, share our life experiences by sitting on panels, mentor individuals and teams of students in many of the Schools, guest-lecture in CSUF courses, act as judges for student competitions, help students launch new businesses, coach classes, provide opportunities for students to perform in front of live audiences, help with job fairs, participate in conferences, volunteer as docents and tutor students.

OLLI members also reach out into the local community and entertain folks by tap dancing, reading poetry and playing instruments.

We have a talented group of seniors!

My excellent predecessors have already created a strong structure to build on. Hopefully, with your help, we will grow our Collaboration efforts and be even more successful in supporting our CSUF students.

Thank you to all our OLLI volunteers!

OLLI Members—Still Learning!

*Janice Jeng, Vice President External Relations*

**There is a Mill**

*By Herb Stewart*

There is a mill where I can find  
 Grist to feed my hungry mind

A pub, a tavern by the road  
 A place to rest, to ease my load

Respite from the daily grind  
 A look ahead and not behind

A place to share what’s in my head  
 Which otherwise might go unsaid

By now I’m sure you can see  
 I speak of course about OLLI

*Editor’s note: Herb died last year, but he left us these wonderful thoughts about OLLI.*

## OLLI-CSUF Name Tags

All members are requested to wear their OLLI-CSUF name tag on campus. You may pick up a guest pass/name tag in the OLLI office in Room 7.

## OLLI Board of Trustees Openings and Application Process

Each year a portion of the officers and trustees at large complete their terms of office on the Board of Trustees, and new members are elected to replace them. The election takes place at the Annual General Meeting in April.

The following offices will be up for election in April 2018:

President—one-year term (current president may be renominated)

Vice President Administration—two years

Vice President Communications—two years

Vice President External Relations—two years

Vice President Technology—two years

Secretary—two years

Trustees at Large (four positions)—two years

All OLLI members are encouraged to communicate their interest in being nominated for any of these positions to the OLLI Secretary by completing a short and confidential application form and submitting it to the Secretary, Chris Shaw.

Detailed information about the principal job duties, qualifications and requirements of any of these positions is available by request from Chris at [tashawc01@gmail.com](mailto:tashawc01@gmail.com).

The fillable application can be printed or downloaded from <http://olli.fullerton.edu/resources/pdfs/NominationApplication.pdf> or picked up in the OLLI office. The application can either be emailed to [tashawc01@gmail.com](mailto:tashawc01@gmail.com) or mailed to, or left at, the OLLI office in a sealed envelope addressed to Chris Shaw. All applications must be received no later than November 15, 2017.

All applications will be submitted to the Nomination and Election Committee to be considered along with all other candidates the Committee deems qualified for nomination for the office indicated. All applicants will receive further notification from the Committee.

*Chris Shaw, Secretary*

## *Effect of ...Continued from Page 1*

volunteering gives people a stronger reason to get up every morning. It brings a positive tension and a sense of achievement. It benefits our ability to keep minds active and stay physically healthy. There can be a sense of improved brain function due to using mental and emotional intelligence, which can help physical mentality.

The second interviewee was Fritz von Coelln, volunteering 20 hours a week at OLLI or at home doing computer work for OLLI. Fritz also served on OLLI's board as vice president programs, and he was chair of the Curriculum Committee. He explained how when he retired he wondered what to do. So he created three goals: to improve his education, to give back and to maintain his physical ability. Six months to a year later, he hadn't settled on what to do. This affected his stress levels; he knew he needed a purpose. Then he found OLLI at CSUF. Fritz has been involved with OLLI for 16 years. He enjoys writing, and is proud of his work projects that include publishing a poetry book.

Like Fritz, not all seniors disconnect from society roles. OLLI is on a college campus. Every day OLLI members teach classes and interact with other older adults and take great roles on campus to help students in courses. Older adults do not fit the frailty stereotype if they choose to stay active socially. When they partake in activities such as the ones at OLLI, they are going against the odds and proving that they are not frail—they are still living a good life. Volunteering at OLLI is how some older adults keep a purpose after retirement. There are stresses in life, but with volunteering one may enjoy the social aspect. People need a purpose like volunteering; they need to stay active as well.

Yuliza states that her objectives were to learn to interact positively with older adults and to understand how volunteering benefits longevity. She seems most proud of being able to positively interact with older adults, because initially she was hesitant to get to know OLLI members and did not know what to expect. She reports that she is grateful for the experience that this service learning opportunity offered her.

And we are grateful for the insight her study has provided into the value of volunteering at OLLI.

# Welcoming Social—September 21, 2017



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L.A. Harbor Cruise—September 6, 2017



## Answering a Need: The New Photo Resource Committee

In 2014 John Blaydes and I, along with the rest of the 35th Anniversary History Committee,



lamented that there were few electronic records of OLLI's documents and photos. Soon thereafter, John created a computer archive in OLLI's computer lab to hold digital photos of OLLI members' portraits and OLLI's events.

I have an on-going need for pictures of OLLI's events and portraits of members for the ChroniCLE, and other editors routinely need pictures for the Blue Book, Gatefold Brochure, News Bytes and Events Open to the Public, OLLI website, electronic bulletin board and other uses. Earlier this year John Blaydes, Ron Osajima, Russ MacKeand and me were meeting to search the archive for pictures for the Blue Book and Gatefold. Russ suggested we start a committee to create, organize and maintain a central repository of pictures that could be more readily accessed by the various editors and would serve as a historical archive for OLLI's pictures. The committee would also form a cadre of OLLI volunteers who would be available to attend and take pictures of OLLI's events throughout the year.

Russ wrote up a proposal, and OLLI's then President Barry Escoe approved it as an ad-hoc committee. Then we needed someone to chair the committee who was a photographer with good computer skills. John recommended someone new to OLLI, who he met in the Phocus Club and appeared to be perfect for the job—Jim Cename. I asked Jim, and he accepted the position of Chair of the Photo Resource Committee.

Jim Cename grew up in Pennsylvania and attended Penn State, then went on to obtain a master's degree at Boston University. It wasn't long before Jim and his wife, Ellen Busch, decided they wanted to spend their life together in the near-perfect climate of California. In 2015 they sold a successful business providing home health and personal care to seniors and others with physical limitations, and decided to retire early—Jim was

only 57. Jim said, "So many of my customers told me they wish they had retired earlier, so they could have done things they wanted to do." Ellen heard about OLLI, and they both agreed it sounded like a perfect fit, providing a learning environment and an opportunity to volunteer for meaningful services. And volunteer they have.

Jim was always interested in photography. When he joined OLLI he took photography courses and was surprised with the level of expertise of OLLI's instructors. He learned a lot about editing digital photographs. Now he is lead coordinator of the Phocus Club, secretary of the Computer Education Committee and works with CSUF's Mihaylo College of Business and Economics through OLLI-CSUF Collaboration. He also teaches OLLI's "Facebook, YouTube and Instagram Basics" and "Facebook 101" courses. And last April Jim was elected to OLLI's Board of Trustees as a trustee at large.

Once he was appointed chair of the Photo Resource Committee, Jim lost no time creating a repository for OLLI's digital photo files in Google Photos, and he transferred, labeled and organized John's database into the new online archive. We now have an organized, searchable archive that is accessible to all the editors online. It also provides a way for OLLI members to see and download their portraits and pictures of OLLI events.

Jim also established a cadre of OLLI photographers, who have volunteered to take pictures of our events and members. They are John Blaydes, Sandra Brown, Bob Caswell, Jim Cename, Ben Chin, Will Cornell, Mary Crouch, Susan Hanna, Carl Jones, Donna Judd, Barry Kolesar, Don Lake, Mike Lord, Joyce Ono, Diana Porter, Donna Spradlin, Kirt Spradlin, Dennis Wilson, Warren Wilson and Ray Young. Pictures featured in the ChroniCLE, Blue Book etc. now credit the photographers, an idea Jim championed. Jim says that participating in this group is a wonderful way for members to meet other members who share their love of photography and contribute to his committee's mission to memorialize OLLI's history and its members. If you would like to join this group as a staff photographer, please contact Jim Cename at [jimcename@csu.fullerton.edu](mailto:jimcename@csu.fullerton.edu).  
*Chris Shaw, Editor*

## Special Events

Gonzalez at 657-278-4928 or email: [stgonzalez@fullerton.edu](mailto:stgonzalez@fullerton.edu).

### Events Requiring Registration

#### **Nethercutt Collection and Museum**

Friday, November 17 • 8 a.m.-4 p.m. • Depart CSUF Lot A

A two-hour docent-led tour includes over 250 classic cars, a collection of mechanical musical instruments, a mighty 5,000 pipe Wurlitzer Theater Concert organ and a fully restored steam engine and private pullman car. **Signups begin November 2.**

#### **Holiday Luncheon**

Wednesday, December 13 • 11 a.m.-2:30 p.m. • Embassy Suites in Brea

(See separate description)

#### **Garrison Keillor Show**

Saturday, March 17 • 6:30 p.m.-11 p.m. • Depart CSUF Lot A

The host of NPR's "The Prairie Home Companion" for over 30 years brings his wonderfully wry anecdotes about growing up in the Midwest, the people of Lake Wobegon and "late-life fatherhood" to the Carpenter Center in Long Beach. **Signups begin November 13.**

#### **California Coastal Princess Cruise**

March 10-17, 2018

Sail from Los Angeles to San Francisco, then to Monterey, San Diego and Ensenada, before returning to LA. Cabin selection determines the price, which includes transportation from CSUF to LA Harbor, and all meals, entertainment, informative lectures and activities aboard the Ruby Princess. Passport or passport card is required.

**Sign-up deadline is December 20.**

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

#### **Free Hearing Screenings**

Friday November 3 • 2:30 p.m.-4:30 p.m. • CSUF Speech and Hearing Clinic (College Park Bldg., Suite 150)

Get an ear examination, brief interview of hearing needs, pure-tone hearing test and results with recommendations at no cost by CSUF graduate students. **For an appointment**, contact Steven

### **Holiday Luncheon Wednesday, December 13**

**11 a.m.-2:30 p.m.**

#### **Embassy Suites in Brea**

This year's Holiday Luncheon, titled "Sounds of the Season," is once again at the beautiful Embassy Suites. Let's renew friendships, newly-formed and long-established, as we gather to celebrate the season with good food, fine entertainment including Partners in Chimes and awesome door prizes in a warm, inviting ambiance. See the attached flyer and announcement in the OLLI News Bytes, mark your calendar and be sure to sign up early.

**Registration begins October 30.** Coordinated by Lisa Sewell, Annette Lauritzen and the Hospitality Committee.

### **OLLI-CSUF in the News**

**ABC 7 TV:** KABC News, Channel 7 interviewed OLLI member Jeannette Reese and Janice Jeng, OLLI's Vice President External Relations, about our programs at CSUF, featuring OLLI Flash Mob. See the video and story at <http://abc7.com/lifelong-learning-brings-seniors-to-cal-state-fullerton-campus/2405562/>.

**OC Register:** The August 28 issue of the Orange County Register ran an article about OLLI-CSUF's course, "Death Café," featuring Fritz von Coelln, Edward Dunvan, Marci Matthews, Jeannette Reese, Bob Scaffidi, Chris Schulz and Hank Smith. You can see the article with pictures at <http://www.oregister.com/2017/08/28/facing-expectations-seniors-gather-at-cal-state-fullerton-to-discuss-death/>.





## OLLI

at California State University, Fullerton

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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)