The courses listed and described below are the subset of OLLI’s complete course catalog which are available at no charge to the public. Our campus is currently closed due to the pandemic, so we are offering these courses virtually, using Zoom or YouTube. If you are not yet an OLLI member, please click here to be included on our email list to receive the links to the virtual class sessions.

The last page of this document has additional useful information about our organization.

Spring Open House – Preview of Classes Videos

Catch the excitement of OLLI's class and activity offerings! Our annual Spring Preview took the form of an Open House presentation via Zoom on Saturday, January 9th. Videos from the event, as well as videos created by some of our instructors about OLLI classes, are available on our OLLI website at this link.

Open to the Public Spring Course Offerings (alphabetical summary)

CSUF FACULTY/STUDENT PERFORMANCES
Alternate Tuesdays – Dates & Times to Be Announced

ECLECTICS I
Jan 12, 26, Feb 9, 23, Mar 9, 23

NEW: ECLECTICS II – Diversity 2021
Jan 20, Feb 3, 17, Mar 3, 17, Apr 7

HISTORY OF AMERICAN MUSIC: ROCK ‘N’ ROLL
Jan 12, 26, Feb 9, 23, Mar 9, 23

MEDICAL SERIES on WEDNESDAY MORNINGS
Jan 13, 27, Feb 10, 24, Mar 10, 24

MEDICAL SERIES on WEDNESDAY EVENINGS
Jan 20, Feb 3, 17, Mar 3, 17, Apr 7

TRANSITIONS IN RETIREMENT ESSENTIALS
Jan 16, 23, 30, Feb 6, 13, 20, 27, Mar 6

The Open to the Public course listing that follows is organized by the day of the week on which the courses meet, and the class sessions within each course are listed chronologically.
Tuesday Classes:

Eclectics I (series)

Alternate Tuesdays • 10 a.m.-11:30 a.m.

A wide variety of topics of interest to OLLI members and guests are presented by experts recruited and hosted by the coordinator. Please be sure to check the weekly OLLI newsletters, published and delivered via email during the semester, for topic descriptions. You may also refer to the OLLI Facebook page.

Coordinator: Janice Jeng

Measured Response: Managing Conflict in the Social Environment

January 12 • 10-11:30 a.m.

Speaker: Gary Pollitt, Lecturer, CSUF

In the talk, Mr. Pollitt will discuss insights gained from his work on his soon-to-be-completed book, “Measured Response: Managing Conflict in the Social Environment.” Conflict can be stressful and potentially perilous for anyone held to standards within a hierarchy. Drawing from recent findings in the fields of neuroscience and psychology, and informed by an understanding of classical rhetoric, Mr. Pollitt will discuss a simple system for dealing with conflict by increasing situational awareness and grooving neural pathways of viable responses to aggression and combativeness. The talk would be of interest to anyone who wants to deal with conflict more efficiently and effectively.

The Challenges (and Opportunities) in Computer Hardware

January 26 • 10-11:30 a.m.

Speaker: Rakesh Mahto, Program Coordinator, Professor, B.S.-M.S. Advisor, Computer Engineering Program

The semiconductor industry has seen tremendous growth over the past couple of decades, which immensely increased the computing power of portable electronic devices. However, this growth brought forward many new challenges. This presentation will highlight the phenomenal growth in semiconductor devices and the newfound challenges the industry is facing. The presentation concludes by discussing the research work done by CSUF students in advancing the current knowledge in computer hardware.

Art Theft, Looting and Repatriation

February 9 • 10-11:30 a.m. Rescheduled to March 9th

Speaker: David Plouffe, Lecturer, Department of Visual Arts, CSUF

Dave Plouffe will discuss what happens to artworks during times of war. He will take a look at why these works were taken, recovery efforts and highlight some infamous art thieves.
Mobile Device Biometrics—Past, Present and Future

February 23 • 10-11:30 a.m.

Speakers: Sinjini Mitra, Associate Professor, ISDS Department (CBE) and Mikhail Gofman, Associate Professor, Computer Science Department (ECS)

In this talk, we discuss the current state of mobile device biometrics and our research on this topic over the past few years. We developed a first-of-a-kind prototype of a multimodal biometrics-based authentication system for the mobile platform based on face and voice biometrics, and then improved it over the years with advanced machine learning algorithms. We then discuss our current work on a new multimodal system using face and ear biometrics and plans for extending it to 3D face and 3D ear images. Moreover, we point out some advantages and disadvantages of biometrics as an authentication method on a mobile device compared to more commonly used methods based on passcodes and passwords, along with examples and applications. Finally, we conclude with the current challenges posed to mobile biometrics by the COVID-19 pandemic and thoughts and potential research into modifications/adjustments required to address them and make mobile biometrics more viable in the COVID and post-COVID eras.

Repatriation, Restoration and Resurrection: The Return of African Cultural Heritage

March 9 • 10-11:30 a.m. Rescheduled to Fall Semester

Speaker: Heather Denyer, Assistant Professor of Theatre and Dance

The Musée du Quai Branly in Paris houses about 90,000 African objects. French President Emmanuel Macron has promised to return them. But there are arguments over whether the objects should be returned permanently or not, and to whom they belong. Yet, these objects were not created to be art objects. Many of them were imbued with spiritual qualities, as they played a part in ritual ceremonies and performances. Using puppetry theories and the perspective of African puppetry artists, this presentation considers what has happened to that spirit since the objects were removed from the African cultures, and what will happen when they are returned home.

Emerging Non-Destructive Testing and Eco-Friendly Materials—Durable Solution for Nation’s Infrastructure

March 23 • 10-11:30 a.m.

Speaker: Pratanu Ghosh, Associate Professor, Civil & Environmental Engineering

High performance concrete (HPC), which combines Portland cement and other natural and artificial pozzolans, mainly aims to extend the service life of concrete structures in harsh environments. Recently, volcanic pumice pozzolan (VPP) has been effectively used to enhance the performance of HPC. VPP is a natural environment-friendly material of volcanic origin, and it is found abundantly in western parts of the USA. The strength and corrosion propensity of HPC mixtures can be assessed with a relatively simple, efficient and
effective approach of non-destructive testing. Overall, this emerging experimental investigation can provide promising options for applicability of non-destructive testing techniques, namely surface resistivity, bulk resistivity and maturity meter as a potential structural health monitoring tool for future HPC bridge decks construction in terms of strength and durability.

CSUF Faculty/Student Performances

Selected Tuesdays • Noon-1:30 p.m. • Dates TBA

As part of OLLI-CSUF Collaboration activities, CSUF School of Music students are given the opportunity to lecture and perform for our members. These students are top-rated performers. Many of these students use this time to practice their presentations and to prepare themselves for recitals or competitions. Our School of Music faculty members are invited to lecture/perform as well. This is a great time for OLLI members to learn about the many musical programs that are available at CSUF throughout the semester. Additional information will be provided through the OLLI newsletters.

**OLLI Coordinator:** Ellie Monroe

History of American Music: Rock ’n’ Roll

Alternate Tuesdays • 1:45 p.m.-3:45 p.m.

**January 12, 26 • February 9, 23 • March 9, 23**

This course focuses on the development of music in the United States and the composers and personalities of our most popular American-born songs. The genres of music are vast within our country, and the evolution of music has many tales to be explored. This semester we will examine the composers and music personalities of the mid-1960s. Genres of this period cover Popular to Rock ’n’ Roll. The videos and lectures are designed for the lover of all types of music. Don’t miss this fun course.

**Instructor:** Ellie Monroe  **Coordinator:** Jim Medici
**Wednesday Classes:**

**Eclectics II—Diversity 2021 (New Course Added for Spring Semester)**

Alternate Wednesdays • 1 p.m.-2:30 p.m.

Eclectics Diversity Series: Focusing on diversity in our community including presentations from our CSUF faculty, staff, students and community leaders.

Coordinator: Janice Jeng

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**Institute for Black Intellectual Innovation**

**January 20 • 1 p.m.-2:30 p.m.**

**Speaker:** Natalie Graham

Martin Luther King Jr.’s last speech, “Remaining Awake Through a Great Revolution,” inspired listeners with no small measure of passionate discourse to partner in active commitment against the enduring legacy of racism in America. Fifty-two years later, we are painfully aware that this work is far from done. The African American Studies department at California State University, Fullerton is determined to expand our efforts to dismantle institutional racism through the establishment of The Institute of Black Intellectual Innovation (IBII). Black faculty and students face significant historical and contemporary barriers to retention, wellbeing, and achievement. IBII at CSUF is a cross-campus and community-minded initiative to institutionalize the support and inclusion of Black people, culture, creative arts and intellectual history at California State University, Fullerton and throughout Orange County. This institute will facilitate innovative research opportunities and publications; provide mentorship and student engagement; showcase creative arts performances; and partner with community stakeholders to host events that develop cultural competency.

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**OC Human Relations**

**February 3 • 1 p.m.-2:30 p.m.**

**Speaker:** Alison Edwards, CEO of Orange County Human Relations

Alison Edwards will share information about “Orange County Civil Rights: A History of an Enduring Struggle for Equality,” which explores 150 years of local civil rights history and honors the extraordinary contributions of residents whose work had local and national impact in bringing justice and equality to Orange County and the United States.

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**Lifestories—Told by Three Successful Asian American Women**

**February 17 • 1 p.m.-2:30 p.m.**

**Speakers:** Susie Woo, Associate Professor, Department of American Studies; Emily S. Lee, Ph.D., Professor & Chair, Department of Philosophy; and Hathiya Chea, Coordinator of Asian Pacific American Resource Center, CSUF

Susie Woo, Emily Lee and Hathiya Chea will share with us their life experiences as successful Asian women living in the U.S.
Mindful Intercultural Communication for Personal Relationships
March 3 • 1 p.m.-2:30 p.m.

Speaker: Tara Suwinyattichaiporn, Ph.D.

In this session, you will learn the foundation of mindful intercultural interactions in personal relationships. This workshop style session involves learning the current understanding of mindfulness and intercultural communication, the reasons why mindful intercultural communication is a valuable skill, and the official mindful intercultural communication model with various embedded fun and educational activities!

Project Rebound
March 17 • 1 p.m.-2:30 p.m.

Speakers: Dr. Brady Heiner, Associate Professor of Philosophy and JC Cavitt, CSUF Project Rebound alumnus

Project Rebound is a program designed to support the higher education and successful reintegration of students with an incarceration experience. Established at CSU Fullerton in 2016, the CSU Project Rebound Consortium now supports programs at 14 CSU campuses throughout the state. Fullerton is the lead administrative campus for this network of programs that brings opportunity and wraparound support to some of the most disadvantaged students in the state. Project Rebound has a zero percent recidivism rate, and Rebound Scholars on average academically outperform their traditional student peers. Dr. Brady Heiner is an Associate Professor of Philosophy who is the Founder and Executive Director of Project Rebound at CSU Fullerton and now the Chair of the CSU Project Rebound Consortium. JC Cavitt is a CSUF Project Rebound alumnus (’19) and is now earning a Masters of Social Work from CSU Long Beach. Cavitt is also the Housing Coordinator of the first transformative housing community for formerly incarcerated university students in the nation. Heiner and Cavitt will discuss how CSU Fullerton is leading the state and the nation in leveraging the power of public higher education to provide second chances and build stronger, safer communities.

Going for the Gold: How I Trained Titans to Win the First Emmy
April 7 • 1 p.m.-2:30 p.m.

Speakers: Jesus Ayala, Professor of Broadcast Journalism & Multimedia and Faculty Advisor, Al Día & Tusk TV

This year CSUF celebrated a momentous milestone when eight Titans beat out students from 112 universities to win the prestigious College Television Award. The winning team traveled to Tijuana last winter to report on the arrival of the migrant caravan at the U.S.-Mexico border and other border issues as part of an advanced reporting seminar reporting on “Minorities of the Southern Border.” The course was the brainchild of Jesús Ayala, a Lecturer in the Department of Communications. In this talk, Professor Ayala will discuss how he integrated his background in journalism, political science and ethnic studies to meticulously prepare his students, and how instructors can elevate a routine course and turn it into a transformational experience.
Medical Series at the Elks Club*

Alternate Wednesday Mornings • 9 a.m.-10:30 a.m.

This series will contribute to your “medical literacy” and is co-sponsored with OLLI by the physicians of St. Jude Medical Center and the Fullerton Elks Club.

Coordinators: Joseph Lawton, M.D. and Carol Thurf.

*Please Note: These classes are being offered virtually and do not meet at the Elks club.

Depression, Anxiety and Substance Abuse in the Mature Population

January 13 • 9 - 10:30 a.m.

Speakers: Darlene Lee, ND, MSW, BCB and Jessica Drew de Paz, Psy.D.

Dr. Lee is a licensed naturopathic doctor who is board certified in biofeedback. She leads the biofeedback program at the UC Irvine Susan Samueli Integrative Health Institute where she uses this approach to help patients with stress-related concerns such as hypertension, insomnia, anxiety, IBS and pain. Dr. Drew de Paz is Director of Mindfulness Services at the UC Irvine Susan Samueli Integrative Health Institute. With over 20 years of experience within the University of California, Dr. Drew de Paz has served as a lecturer, diversity trainer and clinical psychologist.

During these challenging times, more people than ever are experiencing anxiety and depression and turning to alcohol and other substances to cope with life’s challenges. Join us as providers from UC Irvine share evidence-based strategies to bolster our mental well-being. We will explore how to meet difficult moments with a variety of stress-management tools, including biofeedback, mindfulness, self-compassion and urge surfing. Experiential exercises will be integrated throughout. We’ll end with resources to continue to practice these skills and to stay connected during these times.

Update on Vaccines for Older Adults—Flu, Pneumonia, Measles, DPT, Shingles and Coronavirus

January 27 • 9 - 10:30 a.m.

Speaker: Thomas Cesario, MD

Dr. Cesario is a professor of medicine in the Department of Medicine, Division of Infectious Disease at the University of California, Irvine. He is well-known authority on multiple infectious diseases. Dr. Cesario will discuss vaccines and their importance, particularly in the senior population, including measles, shingles, pneumonia, DPT, flu and of course the coronavirus. Dr. Cesario will include updates on the vaccines that are being developed, including the new nucleic acid-based vaccines that use DNA or RNA and cause the body’s own cells to manufacture the coronavirus antigen. It stimulates the body’s immune system to create antibodies; usually parts of the spike protein are being made. He will also touch on the need for higher dose vaccines for mature adults and changes in the mature immune system that need to be considered for a safe COVID-19 vaccine for the mature population.
How to Get the Most Out of Your Doctor Visit

February 10 • 9 - 10:30 a.m.

**Speaker:** G. Scott Smith, M.D.

Dr. G. Scott Smith has served as the Medical Director at St. Joseph Heritage Medical Group for 24 years. He is also Chairman of the Quality Practice Improvement Committee and volunteers to assist his fellow physicians when they need coaching. Many patients have difficulty getting access to their physicians and their medical records. There are time management issues and shared decision-making issues. The speaker will discuss these issues and methods in place to resolve them.

Hospice and Palliative Care

February 24 • 9 - 10:30 a.m.

**Speaker:** TBA

Palliative care is an approach to improve the quality of life of patients facing a life-limiting illness through symptom management, emotional support and aligning value and goals with treatment preferences. Palliative care provides comfort and ongoing communication for seriously ill patients and their families at any stage of illness, whether curable, chronic, or life threatening. Palliative care is appropriate for any stage of a serious illness, with discussion and collaboration with other treatment providers. Palliative care can begin at the time of diagnosis and continue during treatment. Hospice care is focused care in the final phase of a terminal illness with emphasis on comfort and quality of life, when a person is not expected to survive a life-limiting illness.

Issues with Thyroid Function in the Mature Population

March 10 • 9 - 10:30 a.m.

**Speaker:** Michael Kuo, M.D.

Dr. Kuo is an endocrinology specialist in Fullerton. His areas of expertise include treatment of endocrinological conditions such as diabetes, obesity, osteoporosis and disorders of the thyroid, parathyroid, adrenals and pituitary. The thyroid hormone is a timekeeping hormone in the body that contributes to your metabolism, energy levels, heart rate and function, weight, appetite, muscle strength, hair quality and strength, and frequency of bowel movements. Did you know that more than 12% of the US population will develop a thyroid condition during their lifetime? We will discuss where and what the thyroid is, what the thyroid hormone does, what problems high or low thyroid hormone levels might cause, complications of untreated thyroid abnormalities and how and when to get tested.
Healthy Sleep Habits

March 24 • 9 - 10:30 a.m.

Speaker: Douglas Trask, M.D.

Dr. Trask is a professor in the Department of Otolaryngology/Head & Neck Surgery, UCI School of Medicine. Dr. Trask will discuss the symptoms, diagnosis and management of sleep apnea and healthy sleep habits.

Medical Series at Morningside*

Alternate Wednesday evenings • 7 - 9 p.m.

This series will contribute to your “medical literacy” and is co-sponsored with OLLI by the physicians of St. Jude Medical Center and Morningside Retirement Community.

*Please Note: These classes are being offered virtually and do not meet at Morningside Retirement Community.

Coordinators: Joseph Lawton, M.D. and Bill Lindstrom

Living Pain Free in Your Golden Years

January 20 • 7 - 9 p.m.

Speaker: Aaron Przybysz, M.D., Ph.D.

Dr. Przybysz is an Assistant Clinical Professor in the Department of Anesthesiology and Pain Medicine and is a board-certified UCI anesthesiologist and pain-management physician who specializes in interventional pain management. His clinical interests include spine pain, peripheral joint pain, neuropathic pain, cancer pain and headache management. This lecture will provide attendees with a comprehensive review of the resources available to live a more pain-free life in their golden years. Topics reviewed will be medications, therapies and interventions for various common pain ailments in the geriatric population.

Screening Procedures for Cancer

February 3 • 7 - 9 p.m.

Speakers: Matthew Keating, M.D. and Daniel Kyung, M.D.

Dr. Keating is a UCI Health hematologist/oncologist who sees a wide variety of hematology and oncology patients in an academic community setting. Dr. Kyung is a UCI Health physician specializing in general hematology and medical oncology. As a general hematologist and medical oncologist, he sees patients with various cancers and blood disorders. This lecture will touch on screening test procedures as a whole (lung, breast, prostate, colon, etc.) for seniors. It will also include the risks and benefits, who should have the tests and who should not.
Metabolic Syndrome

February 17 • 7 - 9 p.m.

**Speaker:** Victoria Leigh, D.O.

Dr. Leigh has a background in nutritional counseling and primary care and is currently an internist at St. Joseph Heritage Medical Group in Tustin. Metabolic syndrome is a preventable constellation of obesity, elevated cholesterol and blood pressure, impacting all organ systems—the ultimate silent killer. This lecture will give insight into the condition and inspire you to focus on prevention and disease optimization that are directly within your control.

Update on Alzheimer’s Disease

March 3 • 7 - 9 p.m.

**Speaker:** Kiran Bath, M.D.

Dr. Bath is a neurologist on staff at St. Jude Hospital. She will discuss dementia, particularly Alzheimer’s disease and the treatments available. She will also discuss lifestyle modifications we can all do to decrease our risk of developing this debilitating condition.

Stress of Handling Family Relations in the COVID-19 World

March 17 • 7 - 9 p.m.

**Speaker:** TBD

New Developments in Peripheral Neuropathy

April 7 • 7 - 9 p.m.

**Speaker:** Ali Habib, M.D.

Dr. Habib is an Associate Professor and Director of the Neurodiagnostics Laboratory at the MDA ALS and Neuromuscular Center, Department of Neurology at UCI Health. Dr. Habib is an expert in neuromuscular disorders and is very involved in the research for neuromuscular disorders. This talk will cover recent developments in acquired peripheral neuropathies with a focus on diabetic and immune-mediated neuropathies.
Saturday Classes:

Transitions in Retirement Essentials

Saturday Mornings • 9:30 a.m.-11:30 a.m.

January 16, 23, 30 • February 6, 13, 20, 27 • March 6, 13, 20, 27 • April (3 no class), 10

This engaging, fun, life-changing program will teach us to appreciate what matters most for ourselves, our dreams and our goals, and how to enjoy the exciting times ahead. If we develop a few goals and plans for these years, the transition into retirement will be smoother and much more fulfilling. This series of classes will provide some structure and professional aid in planning for an exciting future. These classes are being offered virtually.

Coordinators: Zona Gray-Blair, Joseph Lawton, M.D., Tom La Casa, Russell MacKeand, Ellie Monroe, Jim Monroe, Joyce Ono and Mike Stover

Income Tax Planning

January 16 • 9:30 - 11:30 a.m.

Speaker: James Johnson, Enrolled Agent, The Tax Guy

Retirement presents several challenges in dealing with additional taxes, and proper planning to address them is essential. This class covers important age requirements, the impact of Social Security to your taxes, how wages affect Social Security, and what happens if you start a business. Additional topics include IRAs, 401(k)s, pensions, annuities and taxation of distributions. Sale of your primary residence and income property will be addressed.

Financial Wellness During Tough Times

January 23 • 9:30 - 11:30 a.m.

Speaker: John C. Pak, Certified Financial Planner, RCIP, EA, Otium Advisory Group

COVID-19 has reshaped our lives in unprecedented ways, forcing us to adjust our money habits. Prior to the recent pandemic, most Americans were already concerned with their personal level of financial literacy. The new normal, created by COVID-19, has added further setbacks. If you find yourself financially stressed during these uncertain times, this class will help you create a six-step plan that will help address and alleviate your anxiety for every season of your life.
Cleaning Out the Clutter and Hoarding

January 30 • 9:30 - 11:30 a.m.

**Speaker:** Penny Lambright, Clutterologist, Clutter Cleaners

**Part 1: Too Much Stuff!**

Warning signs of hoarding behavior, dangers of excessive clutter and differences of collecting, clutter and hoarding behavior will be discussed.

**Part 2: Cleaning Out the Clutter and Getting Organized.**

Are you spending too much time looking for lost items or stressing about too many things piling up? You will receive help with information on how to declutter your house, get organized and stay organized. The speaker will highlight how to get started with priorities, breaking projects down into manageable sizes, establishing deadlines and rewarding you.

Shoulder Pain: Causes and Treatment

February 6 • 9:30 - 11:30 a.m.

**Speaker:** Rich Lawton, M.D.

The incidence of shoulder pain and limitation of motion in the shoulder increases in the senior population. Dr. Lawton has extensive training experience and expertise in upper extremity orthopedic problems and will discuss the causes of shoulder pain, including falls, various types of arthritis and athletic injuries. He will demonstrate the anatomy and various treatments including surgical repair, replacement, injections and physical therapy.

The class session originally planned for February 13th has been cancelled.
Retiree Health, Social Trends and Technology Use

February 20 • 9:30 - 11:30 a.m.

Speaker: Laura Zettel-Watson, Ph.D., Professor, Dept. of Psychology, Coordinator, Aging Studies Program, CSUF

This presentation will include an overview of retirees’ aging, health and social network trends. The importance of social relationships, social support and types of technology utilized by retirees will be covered. The benefits and barriers of using technology as related to social support and health will be discussed.

Identity Theft and Fraud

February 27 • 9:30 - 11:30 a.m.

Speaker: Corporal Thomas Perez, Menifee Police Department

Retirees and seniors are often victims of a variety of scams and identity theft. Join this session to find out about different types of fraud and what to do if you are a victim of a scam. In addition, identity theft will be discussed. Find out how it happens, how to prevent it, how to detect it, and what to do if you are a victim.

Dentistry, Including Implants and Periodontal Care

March 6 • 9:30 - 11:30 a.m.

Speaker: Donald Clem, D.D.S.

Dr. Clem, a local dentist, will cover dental care for seniors, dental implants and periodontal care.
For additional information about OLLI:

**View or download the brochure** “Free Learn in Retirement Classes Spring 2021.” (Please note that the Eclectics II series has been added since this brochure was published.) This brochure contains general information about OLLI as well as an overview of the courses offered to non-members.

**View or download** the [Spring 2021 OLLI Blue Book](#), our printed course catalog. This catalog contains the full range of our spring offering available to members and also includes those offered to non-members, which are marked as “Open to the Public” and indicated with an asterisk (*) in the index. Please note that there have been updates to the catalog since its publication. See the OLLI web page for more information.

**Call our office at 657-278-2446.** The OLLI Office on the CSUF campus is currently closed, but our staff is working remotely. You may contact them during normal business hours or leave a voicemail.

**Email:** [olli-info@fullerton.edu](mailto:olli-info@fullerton.edu) to reach our office staff.

**Visit our website** at [olli.fullerton.edu](http://olli.fullerton.edu)

For those new to OLLI, the [Welcome Page](#) on our website is a great place to learn about our organization.

**Follow us on Facebook** at [facebook.com/OLLICalStateFullerton](http://facebook.com/OLLICalStateFullerton)

If you are not yet an OLLI member, please click here to be included on our email list to receive the links to the virtual class sessions.