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.

Spring Open House
Saturday, January 9 • 10 a.m.-12 noon

Catch the excitement of OLLI's class and activity offerings! Join us on Saturday, January 9 at 10 AM for our zoom presentation followed by our class information breakout rooms. Invite your friends and family!

To attend Open House, please register using this link: https://tinyurl.com/SpringOpenHouseOLLI-CSUF

You will receive the zoom link for this event via email and a second reminder before January 9.

Open to the Public Spring Course Offerings (alphabetical summary)

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

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

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** (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 coordinators. 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*

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**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*

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**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:**

**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 Thurk.

*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: TBD*

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: Rishi Gupta, M.D.*

Dr. Gupta is currently the Medical Director of Palliative Care Services at St. Jude Medical Center. 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 p.m.-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.

Speaker: 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.

Topic TBD

February 13 • 9:30 - 11:30 a.m.

Speaker: TBD

Please watch the OLLI newsletters for details of this presentation. It may also be scheduled in the CSUF calendar if time permits.
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.

Currently, there are no TiR classes scheduled for the following dates:

March 13, March 20, March 27, Spring Break—No Class April 3, April 10.

In the event additional classes are offered, updates are sent via the OLLI Open to the Public Newsletter. Sign up to receive the newsletter by clicking here.
For additional information about OLLI:

Call our office at 657-278-2446

Email: olli-info@fullerton.edu

Visit our website at olli.fullerton.edu

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

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