



President’s Message

As I write this message at the end of March, I can’t help but marvel at the slew of events and consequent activities that the coronavirus pandemic has caused. The OLLI Board made the decision to shut down OLLI before the campus mandated it, and each day thereafter greater restrictions were imposed until the entire campus, except for a few units, was requested to work from home. OLLI’s technology team mobilized to develop instructions for OLLI officers, instructors, coordinators and members to use the campus-supported video-conferencing technology, Zoom (see article elsewhere in this ChroniCLE). This would allow continuity of as many functions as possible during this period of unknown duration. Subsequent to our shutdown on March 16, I too have spent many hours learning to use Zoom to run meetings and investigating the potential to use it and other means to teach classes or involve other members in the OLLI classes I attend. I’m sure many of you who want to continue delivery of your classes explored these technologies as well, and I’m grateful for your dedication and perseverance!

Some good things will occur in OLLI as a result of our inability to continue our regular programs. We have long discussed the idea of developing the means for members unable to physically participate in OLLI classes. Plans for making this a reality have been accelerated, and OLLI’s fledgling Distance Learning Committee has stepped up their activities in the past year: first to mitigate parking woes due to construction of the new parking facility, and now to include many more classes available online that will also occur live but

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Barbara Talento

40th Anniversary Salute

Barbara Talento is a multi-faceted gem as an



OLLI member. Her participation in the organization goes way, way back—before it was OLLI, before it was CLE—to a time when she was on the faculty of the CSUF School of Nursing. Focusing on Life

Span Involvement there, she was asked to serve on a steering committee through Extended Education to look into an on-campus program for seniors. The program was called Continuing Learning Experience, or CLE.

At about the same time, Barbara felt that her mother needed something to do. The perfect solution was CLE. Her mother became member number 50, and she loved it.

Barbara was still on the nursing school faculty when the Ruby Gerontology Center (RGC) was built in 1988. She had done her dissertation, naturally enough, on Life Satisfaction of Adult Learning: Senior Centers vs. CLE program. She surveyed senior centers and CLE members, and found that seniors who have activities and classes handled the aging process better than those who did not have things like that to participate in.

Her nursing students were seeing only one side of aging since they worked mainly in retirement homes and hospitals. Barbara decided that the RGC needed a nursing clinic where the students could see well-elders and get practice taking blood pressure and doing other nursing tasks. St. Jude Hospital cooperated by donating equipment. A clinic office was set up in a room in the RGC where

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President Joyce Ono
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 Joyce Ono

Vice President of Hospitality What do they do anyway?

If you look in OLLI’s procedures manual, the Hospitality Committee is charged with seven specific events to be included in each year. The Vice President of Hospitality makes sure those events happen within the clearly defined procedures and policies.



Well, that sounds as dull as dishwater, so before you fall asleep, let me fill in the best part of my job; the Hospitality Committee and I get to help the OLLI membership enhance their OLLI experience by providing activities, usually including a meal, to chat and interact with other members. We try to plan events that are fun and outside the box of everyday experiences; our goal is de-stress, relax and socialize to promote a healthy lifestyle.

Outside of the Vice President Hospitality’s duties as a Board of Trustees member, it is difficult to describe the functions of the VP without including

the Hospitality Committee in the same breath. The VP also has a partner, the Hospitality Chair, currently, the amazingly talented Tina Ernsting. Together with our Committee members, we have a versatile, creative, hard-working and fun-loving team. A team who happily takes on challenges with a “let’s make it happen attitude” that does just that, makes it happen.

The seven Hospitality events include three OLLI business meetings, the August Open House, the January Spring Preview and the OLLI Board of Trustees Election in April; these involve Hospitality providing beverages, snacks or a light meal, or even an Ice Cream Social which has become a tradition after the OLLI Election. At business meetings, the menu is usually decided by the relevant OLLI Board Members and the Hospitality VP. The details and serving set-up is done by Hospitality and assisted by the Vice President Facilities.

Some might say, the OLLI business meetings do not sound like a lot of fun; why would Hospitality Committee enjoy them? I can only say the reason I especially enjoy the Open Houses is because we get to be some of the first OLLI members to extend a real OLLI welcome to prospective members; bonding is always enhanced over food.

The four OLLI social events hosted by Hospitality Committee are the October Dinner, the Holiday Luncheon, the Spring Event and the June Dinner. These events are open to all OLLI members. These events will usually have a deadline, an attendance limit and a very reasonable cost for the food and/or entertainment. These parties are planned and hosted by the Hospitality Committee. The variety of themes is endless, and they can be held on or off-campus.

Most OLLI members understand volunteerism, and how rewarding volunteering is to both the recipient and the donor. The Vice President Hospitality is one of the luckiest of all, because the goal is to provide opportunities for members to have fun, laugh and forget life’s strife and stress

Stay healthy, and we will all celebrate together in the very near future.

Elaine Mitchell, Vice President Hospitality

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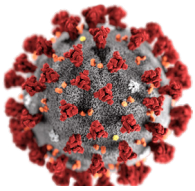
remotely, with real-time member participation.

We are learning that communication with members is a major factor in how we will be able to provide continuity of OLLI's programs and operations. Only a handful of OLLI members lack an email address. However, it is dismaying that the statistics from our email delivery service indicate that a little more than half of our members access OLLI email messages. In the coming weeks or months, depending on how long OLLI is shuttered, emails will be the major means by which we communicate with you. Vice President Membership, Debbie Maxwell, and her team, are planning to do a telephone survey of 600+ members to determine why they do not access emails from OLLI. Most of our classes are not open to the general public, so the logistics of how we deliver OLLI's classes to members-only will hopefully be accomplished by the time you read this.

Election of the 2020-2021 OLLI Board of Trustees (BOT) will have occurred by April 16, if all goes well, in the webinar being planned to replace our annual General Meeting and Election. As you can see from the new section of the ChroniCLE that highlights some of the BOT meeting issues, OLLI's BOT and the many other volunteers that form the infrastructure to support OLLI have been working feverishly (perhaps not the best term to use) to try to maintain continuity of OLLI. In these trying times, I'm heartened by the "can do" spirit and teamwork that is being mustered to put OLLI back together again! OLLI's 40th year celebrations are on hold until we return to some level of normalcy. Until then, I hope you are staying healthy and productive, so we'll be able to see each other face-to-face again!

Joyce Ono, President, OLLI-CSUF

Coronavirus-Related Information



Up-to-date information about changes in OLLI's classes, events and other activities affected by the coronavirus (COVID-19) outbreak is on the OLLI website under

[Course and event changes](#) (including COVID-19) on the home page. Included is a list of Frequently Asked Questions that are specifically about how OLLI has been affected.

Resources for the Mind, Body and Spirit

In these challenging times of isolation, the reduction of activity can cause further anxiety for lively minds. With limitations to daily life due to staying at home, there are many resources available to stimulate the mind, body and spirit. Below is a list of articles, websites and videos targeted towards those who are aiming to maintain overall health and well-being.

Academic

[Coursera](#): Their tagline, "World-class learning for anyone, anywhere" says it all: Coursera is perfect for those who are looking to broaden their current skillset or learn something completely new from top universities and companies across the world. For those just getting started with Coursera, there is a helpful guide provided by Lifewire, which explains how to begin with free coursework. [Guide to Coursera](#).

[HarvardX](#): Free online courses ranging a variety of subjects, from Art to Data Science, Programming and Social Science etc...

[Language Learning](#): Learn a language online! This article gives some of the best resources and tips for brushing up on some old linguistic skills or delving into a new semantic horizon.

[Learnthat](#): Looking for something a little more short-term? Learnthat provides online tutorials with subjects that span far and wide, from sports to technology, automobiles to home repair.

Library: Though most physical libraries are closed, many library websites have eBooks available for checkout. Many do not require anything but a computer, as you download from an online eReader.

[LibraryThing](#): This site is wonderful for anyone missing monthly or weekly book clubs, as the site is rife with fascinating discussion boards.

Local Bookstores: While not many independent bookstores can ship to homes, many allow ordering and shipping gift cards to friends, which both supports the stores in difficult times, and makes for an easy present for friends and family stuck at home as well.

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CLE members could easily visit and get checked out by student nurses under Barbara's supervision. When the RGC opened, so did the nursing clinic. Barbara made it happen.

The nursing clinic was on again, off again over the years, but Barbara is pleased that Dr. Rose Sakamoto, Assistant Professor, CSUF School of Nursing, has brought it back to life with a re-invigorated program called Robust Aging Program. When OLLI is operating on a normal schedule, on Tuesday mornings from 8:30 to 11:30 a.m., OLLI members can get their blood pressure checked, and get advice on weight control and nutrition. If they bring in their medications, Rose, with the assistance of several student nurses, will organize them and check them for contraindications and give OLLI members a printed list of both prescriptions and over-the-counter items.

After retiring, Barbara naturally joined CLE around 1995. She joined the "Wisdom Exchange" course, which her mother had enjoyed. She also joined "What's Behind the News." Both of those courses became her favorites. She taught and coordinated both, and still does.

She was voted Volunteer of the Year in 1997. In 2001 she was persuaded to become the President of CLE, serving a two-year term. Moreover, Barbara served an unprecedented second term as president from 2007-2009. The second term required a little arm-twisting because, at the time, no one was willing to take on the job. The Board of Trustees approached Barbara to do it "one more time," and she agreed.

A couple of her accomplishments that many OLLI members do not know about were the automatic door openers and the OLLI Trolley.

Being a compassionate as well as practical-minded person, Barbara noticed that several of the members were having trouble getting through the heavy outer doors in the RGC building, because of walkers, wheelchairs or just lack of strength. She knew the people in the University to ask to install push-button automatic door openers. After the University did their need analysis, the door openers were finally installed. We have Barbara to thank for that.

The area to the east of the RGC, now a village

of student housing buildings and the Gastronome, was once a student parking lot, available to OLLI members. After the buildings wiped out all but Lot J (which was designated for OLLI members only on weekdays) in 2007, parking became problematic. Many members were forced to park in faraway lots A and G. Again, Barbara knew the right people on campus to contact. With their assistance, she was instrumental in getting one of the University's large electric carts, designating it the OLLI Trolley. That made it possible to shuttle members from a pickup point near the Arboretum to the RGC and back. The cart is maintained by the University, but driven by OLLI member volunteers. Once again, we have Barbara to thank for that.

When asked how she would like to be remembered, Barbara said she would like to be seen as an ardent fan of adult learning who contributed to OLLI successes. She is appreciative of life and loves to see people who are like family at OLLI.

Mary Sampson, Staff Writer

In Memoriam Observed



The in-person program in the Mackey Auditorium was canceled, but the presentation honoring OLLI members who passed in the last year is available to view as [ML4 video](#) or [PDF presentation](#) on the OLLI website at In Memoriam, under the OLLI Events section of Classes/Activities on the home page.

Following are those who passed: Myron Bantrell, Jonna Hynes Barragan, Leonard (Len) Beck, Tony Bell, Jerri Brillhart, Phil Dee, Marla Greer, Martin Hebeling, Phyllis Iser, Patricia Jokela, Penny Lewallen, JoAnn Ludwig, Elizabeth Menrad, Archie Mills, Jackie O'Neil and Mark Toney.

Let's Inspire Each Other



Janice Jeng, one of OLLI's Facebook editors, is asking OLLI members to share their "shelter in place" experiences through our OLLI Facebook page. Members are sending Janice short, 20-30 second videos, taken with their smart

phones, talking about what they are doing to stay engaged, healthy and wise during OLLI's shut-down.

As of this writing, Janice, Dave Shear, Jeanette Reese and Fritz and Cindy von Coelln have submitted videos that you can see on the OLLI-CSUF Facebook page at <https://www.facebook.com/OLLICalStateFullerton/>.

Share your activities by emailing your video to Janice Jeng at d-jjeng@sbcglobal.net. and you too may be featured on Facebook.

Did You Know? In 1979 Florence "Flossie" Arnold, one of CLE's (now OLLI) founding members and ardent recruiter, was OLLI's first vice president. As a prominent local paint artist, she led OLLI's first art courses and established a legacy and rich tradition of courses, shows and excursions devoted to the arts.

To see CLE/OLLI's complete historical timeline, go to the OLLI website at <http://olli.fullerton.edu> and click on About OLLI-CSUF.



You never **fail**
until you stop **trying**

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Project Gutenberg: These free online books are mostly classics, so now is the time to finally stroll through Dublin in Joyce's Ulysses or solve the crime of a Victorian manor house alongside Sherlock Holmes in Doyle's The Hound of the Baskervilles.

TED Talks: The world of experts is your oyster with TED Talks, an online archive of experts sharing their passions, research, and stories with the public.

Health and Wellness

Free Yoga: Popsugar has compiled a list of free online yoga videos ranging all skill levels. Namaste!

Go4Life Workout Videos on YouTube: This workout playlist was created by the National Institute on Aging for exercises at all skill levels.

Meditation Videos: Meditation aims to make the current state of solitude feel less alone and more productive.

Arts and Culture

The Metropolitan Opera: is providing Nightly Opera Streams on their website. Toi toi toi!

Museum Tours: Check out some of the world's finest museums, from the comforts of your couch. Perhaps Zoom chat with some friends, and screenshare to simulate a coordinated visit.

Podcasts: Have you always wanted to delve into the podcast world but not known where to begin? Wired has created a beginner's guide to podcasts which exhibits how to use pre-loaded platforms, download your own, and find podcasts that might be of personal interest. If you would like an essential basics version of this guide, Discover Pods has created a guide for absolute beginners. [Guide for absolute beginners.](#)

Reprinted from Osher Institute Newsletter



What's Happening at the Board

OLLI's Board of Trustees met for their regularly-scheduled meeting on March 12, plus a special video-conference meeting of the Executive Committee on March 26. The onset of the coronavirus crisis has required many discussions and decisions by our leaders to adapt OLLI to new conditions that seemed to change on a daily basis.

Following are highlights of the issues from these and other sub-committee meetings:

- All of OLLI's in-person courses and events are canceled from now until the end of May.

- The RGC and OLLI office are closed, and the office staff are working from home.

A [Course and event changes \(including COVID-19\)](#) page on the OLLI website was established to provide information to members about changes due to coronavirus, including FAQs.

- Committee meetings may continue virtually via Zoom, CSUF's preferred video-conferencing app.

- Classes may be continued remotely by instructors using Zoom. Zoom training videos and personal help are being organized. OLLI members will be contacted to assure they have access to emails from OLLI about online course access.

- Remaining 40th anniversary activities may be rescheduled in the summer or fall semester.

- New online or Zoom programs are being considered, such as "How People are Coping at Home."

- A decision on OLLI's summer session will be evaluated as the crisis unfolds. Meanwhile, planning continues, assuming courses, trips and events, including the August 8 Open House, will be offered.

- Equipment and a process is being prepared to enable streaming of classes in summer.

- The existing library of Distance Learning videos is being promoted, and viewership has increased substantially.

- Planning continues on upgrading audio-visual equipment in Mackey Auditorium.

- Planning continues on expanding, enclosing and redesigning the Shapiro patio to be a lounge area that can be used for morning coffee, lunch room, and informal group small meetings and even small classes.

- New classroom-style tables replaced the large meeting tables in Rooms 9 and 11.

- Small tables and chairs were installed in the hallway of the Shapiro Wing.

- A new ice maker was installed in the kitchen.

- A new OLLI Trolley vehicle was purchased.

- RGC courtyard umbrellas will be replaced, as needed.

- A sub-committee was established to develop a crisis response and management plan in conjunction with the University.

- The TitansGive Day of Giving on March 12, coordinated with the University's drive, resulted in \$6,775 donated for OLLI's Today & Tomorrow Fund.

- The General Meeting/Election will be conducted online enabling OLLI members to vote on the new Board members.

- Cancellation of Hospitality events resulted in only minimal losses due to prior purchases and deposits. Refunds of registration payments for canceled events and trips are being processed by the office staff (Alaska cruise was not canceled).

- The In Memoriam program was canceled, but the presentation is available on the OLLI website to either watch as a video or view as a PDF document.

- The summer Blue Book was emailed to members, plus all members will receive a printed copy in the mail, since they can't come to the office to get one.

- The ChroniCLE, Announcements & Events newsletter and Facebook posts will continue throughout the shut-down period.

- The 2020-21 budget was reviewed and will be presented for approval at the April 9 Board meeting.

- Earnings from the Osher endowment were received, despite the market downturn, because this year's income is based on market values as of June 30, 2018.

- A \$5.00 increase in membership dues will be considered due to planned facilities maintenance and upgrades expenses.

- Future Board meetings during the Covid-19 shutdown period will be via video-conference using Zoom.

- Fall 2020 Blue Book scheduling begins at the end of April.

Chris Shaw, Editor

Getting Started with Zoom

Video conferencing is now being used for OLLI committee meetings. OLLI uses the Zoom app, which is being used by CSUF instructors to conduct virtual classes. Some OLLI instructors have continued their limited-size, spring semester classes via Zoom, and some larger spring classes and several new courses may be offered via Zoom during the intersession. Watch emailed OLLI newsletters for updates.

Video conferencing can also be a way for OLLI members to combat the effects of isolation due to social distancing. Zoom can be used for face-to-face virtual tele-visits with your friends from OLLI, your family or a Zoom party with several friends. To watch an introduction video on using Zoom [click here](#).

Video conferencing can be done on a desktop computer, laptop, tablet or smartphone. Laptops and smart cellphones generally have built-in video cameras and microphones, but your desktop may not. If you don't have a camera and microphone, you can purchase an add-on webcam with a built-in microphone for about \$50 that plugs into a USB connection (webcams are in short supply, so watch out for price gouging). Your computer will recognize the new device, and it will require very little setup. You will also need speakers.

Another option is to join a meeting on Zoom with your computer without a webcam, and use your cell or regular phone as your microphone and speaker. After you join the meeting on your computer, call the phone number listed in the meeting invitation associated with the meeting ID number. You will be asked for the meeting number and your participant number, which are listed in the "i" (info) in the upper left corner of the meeting screen. You can also join the Zoom meeting with just your telephone. Phone numbers are provided in the invitation.

If you only need to **join** a meeting (not host a meeting), you can go to the Zoom website in your browser and [download the free Zoom app](#). For smartphones and tablets, download the Zoom Cloud Meetings app from the Google Play or Apple Store.

If you intend to **host** meetings, you need to set up your Zoom account with your CSUF student

Special Events

(All events subject to change)

Events Requiring Registration

OLLI Summer Dinner

June 13 • 5:00-9:30 p.m. • RGC & Shapiro

Event canceled

Hollywood Bowl

July 30 • 5:15 p.m.-midnight • Lot A

Event canceled

Alaska Cruise & Land Tour

August 26 to September 8, 2020

7-day Princess cruise from Vancouver plus 6-day land tour. See flyer for details.

Check availability for friends & family.

Coming Up

(dates subject to change)

4th of July/Veterans Recognition •

Event canceled

Christ Cathedral Concert • September 18

Lake Arrowhead • October 21

Pantages "Hamilton" • November 4

More Information

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."

username and password [at this link](#). Once you have logged into the CSUF Zoom page, check the Settings on the left of the page. Below that you will find a link to Video Tutorials to help you prepare to host a meeting.

Zoom's download page also provides instructional videos. At the very bottom of the Zoom page, click on How to Videos. As of this writing, the Computer Education Committee is working to provide online training and links to instructions on the OLLI website for participants and hosts. Watch OLLI newsletters for further announcements.

Let's utilize technology to make the best of this situation.

Chris Shaw, Editor



OLLI

at California State University, Fullerton

“A Continuing Learning Experience”

1979 - 2019: 40 Years of Excellence

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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 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 newsletters 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