TRY US FREE OF CHARGE – PROGRAMS OPEN TO THE PUBLIC

If you are not yet an OLLI member, please click here to be included on our email list to receive the Zoom and YouTube links needed to attend the virtual class sessions described in this document.

HOW TO ATTEND OUR OPEN TO THE PUBLIC COURSES

Click the link at the top of this page and sign up to receive notification about the Open to the Public courses offered at OLLI-CSUF. Once on the list, you will receive one email each week.

The email you receive describes how the courses may be accessed: Using Zoom, Livestreamed to YouTube, In-person at the Ruby Gerontology Center on the CSUF campus, or in some cases, more than one method. The links required to access the classes remotely are given in the email newsletter as well as the room designation for classes held in-person. A description of the topic for each class session is also provided.

All of the Open to the Public courses can be attended remotely but some are offered in-person as well. If you choose to attend class on campus, please familiarize yourself with the COVID-19 protocols in effect for your safety at OLLI and throughout the CSUF campus. These protocols require that attendees be fully vaccinated and wear a face covering while indoors. Click here to view COVID protocols.

Parking on campus is free on weekends. Monday through Friday, visitors may purchase hourly or daily permits from vending machines on campus.

If you are new to OLLI and would like additional information on parking or how to find the campus, please click here to view the section included near the end of this document. There you will find directions, maps, and the layout of the Ruby Gerontology Center, OLLI’s home on the CSUF campus.

For additional information about OLLI-CSUF please view the section at the end of the document.
OVERVIEW OF OLLI-C NSF’S OPEN TO THE PUBLIC COURSES – FALL 2021

The courses listed and described below are the subset of OLLI’s complete course catalog which are available at no charge to the public. The links next to each course title take you directly to the page containing details on the lecture topic for the classes within the course. A link at the end of each course section will bring you back to this overview.

For the fall 2021 semester, Open to the Public classes are offered on Tuesdays, Wednesdays and Saturdays, as follows:

Tuesdays

**ECLECTICS I** • Jump to Eclectics I for details
Alternate Tuesdays • 10 a.m.-11:30 a.m. • Zoom and Mackey Auditorium
Sep 7, 21, Oct 5, 19, Nov 2, 16

**CSUF FACULTY/STUDENT PERFORMANCES** • Jump to CSUF Performances for details
Alternate Tuesdays • Noon-1:30 p.m. • Mackey Auditorium and/or Zoom
Sep 7, 21, Oct 5, 19, Nov 2, 16

**HISTORY OF AMERICAN MUSIC: ROCK ‘N’ ROLL** • Jump to Rock ‘n’ Roll for details
Alternate Tuesdays • 1:45 p.m.-3:45 p.m. • Mackey Auditorium and/or Zoom
Sep 7, 21, Oct 5, 19, Nov 2, 16

Wednesdays

**MEDICAL SERIES – MORNINGS** • Jump to Morning Med Series for details
Alternate Wednesdays • 9 a.m.-10:30 a.m. • Zoom
Sep 8, 22, Oct 6, 20, Nov 3, Nov 17

**ECLECTICS II – Diversity** • Jump to Eclectics II for details
Alternate Wednesdays • 1 p.m.-2:30 p.m. • Zoom
Sep 15, 29, Oct 13, 27, Nov 10, Dec 1

**MEDICAL SERIES – EVENINGS** • Jump to Evening Med Series for details
Alternate Wednesdays • 7 p.m.-9 p.m. • Zoom
Sep 15, 29, Oct 13, 27, Nov 10, Dec 1

Saturdays

**TRANSITIONS IN RETIREMENT ESSENTIALS** • Jump to TiR for details
Selected Saturdays • 9:30 a.m.-11:30 a.m. • Zoom+Livestream, or *Zoom+In Person
Sep 11, 18, 25*, Oct 2, 9*, 16, 23, 30, Nov 6*
ECLECTICS I
Alternate Tuesdays • 10 a.m.-11:30 a.m. • Zoom or Livestreamed, and Mackey Auditorium
Sep 7, 21, Oct 5, 19, Nov 2, 16

The Eclectics I series offers a wide variety of topics of interest to OLLI members and guests, presented by experts recruited and hosted by the coordinator.

Coordinator: Janice Jeng

September 7: Human Centered Design Initiatives
Speaker: Jin Woo Lee, Ph.D., Assistant Professor, Mechanical Engineering, College of Engineering & Computer Science

Human centered design is an interdisciplinary approach to problem-solving that focuses on engaging with stakeholders to develop an in-depth understanding of the context, identifying their needs by collecting and incorporating social factors and delivering context-relevant solutions. The presentation will describe the Human Centered Design Initiative that aims to empower engineering students at CSUF with the ability to design solutions for social problems in Orange County that can improve the quality of life for individuals.

September 21: Printed Flexible Electronics: Applications and Future
Speaker: Ankita Mohapatra, Ph.D., Assistant Professor, Computer Engineering Program

In the last several years, there have been several interesting advances in the field of printed electronics. The technique is generally cheaper, quicker and does not need complicated methods like etching or lithography like in ordinary circuit fabrication procedures. It can also print with a variety of inks, on several different substrates like paper and polymer. In her research, Dr Mohapatra has worked with inks like silver nanoparticles, polypyrrole and PVP to design structures for controllable and stimulated antibiotic delivery from drug substrates. She has also printed and characterized circuit components like resistors, capacitors and tuning coils, and successfully tested printed humidity and ECG sensors which can be easily integrated into wearable devices.
October 5: **Social Science in an Age of War: Yale’s 1932-33 International Seminar on Culture and Personality and its Worldwide Impact**

Speaker: Leila Zenderland, Ph.D., Professor of American Studies

This talk will explore a unique educational experiment that took place during the 1932-33 school year. Called the “Seminar on the Impact of Culture on Personality,” it brought 13 young social scientists, each representing a different foreign culture, to Yale University, where together they studied how their own national cultures had shaped individual personalities. Included were German, Jewish, Chinese, Japanese, Polish, Hungarian, French, Italian and other participants—many of whom had been scarred by the First World War. When this seminar ended, nearly all returned home, where they hoped to employ the insights they had gained from their year in the U.S. Within a decade, however, these former classmates instead found themselves using this knowledge in very different ways—as they fought on different sides of the Second World War. This talk will describe the work of this unusual international social science experiment of the 1930s and its consequences when the world once again went to war.

October 19: **Rare Southern California Artifacts—Cogged Stones**

Speaker: Valbone Memeti, Ph.D., Assistant Professor, Department of Geological Sciences

Dr. Memeti will be presenting a recently published study of native artifacts called cogged stones, which she conducted with two undergraduate students at CSUF in collaboration with colleagues at the Cooper Center in Orange County. The goal of this study was to gain more insight into the uses of these artifacts found only in Southern California. The team geologically analyzed several cogged stone fragments as well as rocks of the same type collected all over Southern California to determine where the rock materials used to carve the stones were collected. The geologists concluded that the source materials originated from nearby locations, which suggests that the source rock location was likely not an important aspect in the making of the cogged stones and thus likely also not important for their meaning or use.
November 2: **The Art of Happiness**

Speaker: Jessica Kamrath, Ph.D., Assistant Professor, Department of Human Communication Studies

Dr. Kamrath will discuss the ways in which happiness is created intentionally through language and action. She argues that if we can define happiness for ourselves then we can intentionally create it in our lives. This requires a shift in mindset and being open to questioning beliefs taken for granted and assumptions about happiness, in order to become aware of how our default ways of being constrain us and how language shapes our reality. Happiness takes work and intentionality. Happiness is not a destination to be reached or something tangible that you can grab hold of and then you are just “happy.” Many of us subscribe to dominant discourses about happiness, success, relationships and more, which actually constrain our awareness and ability to intentionally create happiness and flourish in our own lives and in the related areas. Additionally, she will discuss explicit connections to the ways in which communication impacts our ability (or not) to intentionally create happiness in our own lives. The goal is for people to begin to alter their frames of reference about flourishing to something that is a continuous process, fluid and created in language through intentional behaviors and communicative acts.

November 16: **3D Integration and Hardware Security: Friends or Foes?**

Speaker: Jaya Dofe, Ph.D., Assistant Professor, Computer Engineering Program

Three-dimensional (3D) integration is an emerging technology to ensure the growth in transistor density and performance expected for future integrated circuits (ICs). 3D integration has attracted a significant amount of attention during the past two decades to develop diverse computing platforms such as high-performance processors’ computation density instead of increasing the transistor density of two-dimensional (2D) chips. Even though 3D integration paves a new path to reduce package size and power consumption while significantly improving bandwidth and improving computation density, a 3D approach is a double-edged sword: It introduces unique and unexplored challenges in managing 3D IC security. This talk will focus on novel opportunities offered by 3D integration for security mechanisms and discuss potential security vulnerabilities in 3D ICs.

[Click here to return to the overview of fall 2021 courses.]
CSUF FACULTY/STUDENT PERFORMANCES
Alternate Tuesdays • Noon-1:30 p.m.
Mackey Auditorium and/or Livestreamed
Sep 7, 21, Oct 5, 19, Nov 2, 16

The Music of Los Angeles, 1850-1920s
Speaker: Nick Fuentes, Student, CSUF School of Music
OLLI Coordinator: Ellie Monroe

This semester as part of CSUF Faculty/Student Performances, OLLI is pleased to host a special series on the musical history of Los Angeles. It was created as a special project by CSUF School of Music student Nick Fuentes. Please join us in support of this talented CSUF student and OLLI’s collaboration with CSUF.

Los Angeles has a deep musical history. After the gold rush, Mexican Americans established a rich culture of music and entertainment in and around the Los Angeles Plaza. This course will look at the music, entertainment, and key figures of early Los Angeles.

Click here to return to overview of fall 2021 courses.

HISTORY OF AMERICAN MUSIC – ROCK ‘N’ ROLL
Alternate Tuesdays • 1:45 p.m.-3:45 p.m.
Mackey Auditorium and/or Zoom
Sep 7, 21, Oct 5, 19, Nov 2, 16

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 late 1960s and early 1970s. Genres of this period cover pop rock, beat music and the British invasion, British blues boom, surf rock, psychedelic rock, R&B, Motown and soul music, country music, blues rock, folk rock, disco and urban etc. The videos and lectures are designed for the lover of all types of music. Don’t miss this fun course.

Instructor/Coordinator: Ellie Monroe, Coordinator: Jim Medici

Click here to return to the overview of fall 2021 courses.
MEDICAL SERIES – MORNINGS
Alternate Wednesday mornings • 9 a.m.-10:30 a.m. • Zoom or Livestreamed
Sep 8, 22, Oct 6, 20, Nov 3, Nov 17

This series will contribute to your “medical literacy” and is co-sponsored with OLLI by the physicians of St. Jude Medical Center, the physicians at UCI Health and the Fullerton Elks Club. Classes do not meet at the Elks Club.

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

September 8: **Use of Vitamins and Supplements in Preventing Viral Infections**

Speaker: Zainab Saadi, M.D.

Dr. Zainab Saadi is a board-certified UCI Health internist and primary care physician who specializes in comprehensive adult medical care. Her clinical interests include illness prevention, health maintenance, women’s health, diabetes, hypertension, smoking cessation, common skin disorders and health education. Are vitamins C, D and E helpful for illness prevention, or can they cause more harm? Does gargling and getting more sleep when sick actually help you feel better faster? Dr. Saadi will review the latest research to answer those and other common questions. She will review the use of supplements for illness prevention and discuss what has been proven to work and not work for avoiding viral infections to help you be a healthier you and best prepare for flu seasons ahead. (Please Note: This program will be offered via Zoom only and will not be recorded.)

September 22: **Rehabilitation from Strokes and How to Communicate with Someone with Stroke Induced Communication Problems (Aphasias)**

Speaker: Jennifer Rosales

Jennifer Rosales received her master’s degree from University of Redlands. She has been a Speech Language Pathologist for over 10 years specializing in Stroke Rehabilitation at the St. Jude Center for Rehab and Wellness. In addition to her work at St. Jude, she is part time lecturer at Chapman University and helps with Speech Recovery Pathways, a local nonprofit specializing in group therapy for individuals with Aphasia and Dysarthria.

Can you imagine not being able to communicate? Communication is what connects us. It is a human right. Everyone deserves a voice, and no person should have to journey alone, even when they are faced with Aphasia. We will be reviewing what Aphasia is, how it impacts the entire family and creative ways to unlock communication and open pathways so that patients can re-integrate into the community.
October 6: **Diagnostic Imaging Technology: Current State of the Art**

Speaker: Vahid Yaghmai, M.D., M.S., FSAR

Dr. Vahid Yaghmai is the Professor and Chair in the Department of Radiological Sciences, UCI School of Medicine. Dr. Yaghmai earned his medical degree from New York Medical College. He completed his residency in diagnostic radiology at Rutgers University and his fellowship in body imaging at Northwestern University. Dr. Yaghmai will cover recent advances in medical imaging technology. State of the art technologies used by radiologists to diagnose disease will be discussed, and upcoming new medical imaging technologies will also be summarized.

October 20: **Peripheral Neuropathy**

Speaker: Ali Habib, M.D.

Dr. Ali Habib is an Associate Professor and Director, Neurodiagnostics Laboratory at the MDA ALS and Neuromuscular Center, Department of Neurology at UCI Health. Dr. Habib is an expert in neuromuscular disorders. His talk will cover recent developments in acquired peripheral neuropathies with a focus on diabetic and immune-mediated neuropathies, and he will discuss treatment guidelines.

November 3: **Exercise, Diet, Nutrition and Fall Prevention**

Speaker: Edna Biddy, M.D. and Manisha Perera, M.D.

Dr. Edna Biddy is an Assistant Professor in the Division of Geriatric Medicine & Gerontology, Department of Family Medicine, UCI School of Medicine, UCI Health. Dr. Biddy is a dual-board certified UCI Health physician who specializes in family and geriatric medicine. Dr. Biddy will discuss fall prevention, which will include the definition of a fall and its impact on individuals and society. There is a special focus on risk factors which is key to prevention.

Exercise is also fundamental for healthy aging, weight management and good mental health. Dr. Manisha Perera is an Assistant Clinical Professor in the Department of Internal Medicine for the UCI School of Medicine. Dr. Perera is dual-board certified as a Geriatrician and as an Internal Medicine physician. Dr. Perera will discuss how nutrition promotes health within
various diseases such as diabetes, arthritis and heart disease. When we consider health, it is not just the absence of disease, but rather, the integration of daily habits to promote optimal wellbeing to live a long, healthy and meaningful life.

November 17: **What is Diverticulitis?**

Speaker: Robin Zachariah, M.D.

Dr. Zachariah is an Assistant Professor in the Division of Gastroenterology, Department of Medicine, UCI School of Medicine and the Associate Director in the Division of Gastroenterology Fellowship Program. He earned his medical degree at Geisinger Commonwealth School of Medicine in Scranton, PA. He completed an internal medicine residency at Case Western Reserve University School of Medicine in Cleveland, Ohio, followed by a gastroenterology fellowship at the UCI Medical Center. His research interests include functional gastroenterology disorders, motility disorders and the application of artificial intelligence in medicine. Dr. Zachariah will cover recent developments regarding diverticulitis; the cause, symptoms and if surgery is the only option.

[Click here to return to the overview of fall 2021 courses.](#)

**ECLECTICS II - DIVERSITY**

Alternate Wednesdays • 1 p.m.-2:30 p.m. • Zoom or Livestreamed

Sep 15, 29, Oct 13, 27, Nov 10, Dec 1

These sessions focus on diversity in our community through presentations from our CSUF faculty, staff, students and community leaders.

Coordinator: Janice Jeng

September 15: **Wearing the Gay Revolution**

Speaker: Eric Gonzaba, Ph.D., Assistant Professor of American Studies

Dr. Eric Gonzaba will discuss his digital *Wearing Gay History*, an online archive and museum that explores the history of global lesbian, gay, bisexual and transgender communities through t-shirts. He will explain how t-shirts can serve as valuable tools to see how we place ourselves in our local and national history. Dr. Gonzaba will discuss wearing physical evidence as another historical source for making visible the history of diverse sexual, gendered and racial queer communities.
September 29: **The Amazing Story of Project Rebound**

Speakers: Brady Heiner, Founder & Executive Director of Project Rebound, and James Cavitt, Master’s Student & Housing Coordinator

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. Mr. Heiner and Mr. 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.

October 13: **The 1917 Bath Riots: Uncovering Public Health History in the U.S.-Mexico Borderlands CANCELLED**

Speaker: Tala Khanmalek, Ph.D., Assistant Professor, Women & Gender Studies Department

This presentation examines strategies of biomedical containment and subversion at the U.S.-Mexico border in the early twentieth century by engaging archival materials with Chicana feminist theory. Sharing Experiences, Understanding Diversity October 27 Speaker:

Gwendolyn Alexis, Adjunct Lecturer African American Studies Dept./Volunteer Faculty Liaison for the African American Resource Center Professor Gwendolyn Alexis teaches online for John Jay College of Criminal Justice in the History Department. She is extremely honored to teach for eight years in the African American Studies Department at Cal State Fullerton. Teaching at Cal State Fullerton and John Jay College of Criminal Justice is truly a dream come true for Professor Alexis. This will be an interactive workshop. Come prepared to share experiences. We will try to understand our life journeys. Come to the workshop with an open mind and heart.
October 27: **Sharing Experiences, Understanding Diversity CANCELLED**

Speaker: Gwendolyn Alexis, Adjunct Lecturer
African American Studies Dept./Volunteer Faculty Liaison for the African American Resource Center

Professor Gwendolyn Alexis teaches online for John Jay College of Criminal Justice in the History Department. She is extremely honored to teach for eight years in the African American Studies Department at Cal State Fullerton. Teaching at Cal State Fullerton and John Jay College of Criminal Justice is truly a dream come true for Professor Alexis. This will be an interactive workshop. Come prepared to share experiences. We will try to understand our life journeys. Come to the workshop with an open mind and heart.

November 10: **A Double-Edged Sword: Critical Analysis of Social Media and Digital Tools**

Speaker: Latoya Lee, Ph.D., Assistant Professor, Women and Gender Studies Department

Black liberation movements in the United States have gained momentum in the past decade as social and political unrest around the nation have become prevalent. These 21st century Black liberation movements, while building on traditional methods of activism, have been enhanced through the ushering in and successful use of social media and digital tools. Within this context, we have witnessed the use of social media platforms to organize and challenge state repression as well as uphold white supremacy. With this in mind, this presentation uses case examples to explore the ways social media platforms operate as a double-edged sword: on one hand, a space to challenge anti-Black racism and on the other hand, a space to promote state surveillance and violence.
December 1: **Discussing “A People’s Guide to Orange County”**

Speakers: Elaine Lewninnek, Ph.D., Professor of American Studies & Coordinator, CSUF Environmental Studies Program, and Thuy Vo Dang, Ph.D., Curator for the Southeast Asian Archive, University of California, Irvine, Libraries

“A People’s Guide to Orange County” is an alternative tour guide that documents sites of oppression, resistance, struggle and transformation in Orange County, California. Orange County is more than the well-known images on orange crate labels, the high-profile amusement parks of Disneyland and Knott’s Berry Farm or the beaches. It is also a unique site of agricultural and suburban history, political conservatism in a liberal state and more diversity and discordance than its pop-cultural images show. It is a space of important agricultural labor disputes, segregation and resistance to segregation, privatization and the struggle for public space, politicized religions, Cold War global migrations, vibrant youth cultures and efforts for environmental justice. Many working-class immigrants have come to live and work in Orange County’s agricultural, military-industrial and tourist service economies. “A People’s Guide to Orange County” questions who gets to claim Orange County’s image, exposing the extraordinary stories embedded in the ordinary landscape.

[Click here to return to the overview of fall 2021 courses.]

**MEDICAL SERIES – EVENINGS**

Alternate Wednesday evenings • 7 p.m.-9 p.m. • Zoom or Livestreamed
Sep 15, 29, Oct 13, 27, Nov 10, Dec 1

This series will contribute to your “medical literacy” and is co-sponsored with OLLI by the physicians of St. Jude Medical Center, the physicians at UCI Health and the Morningside Retirement Community. Classes do not meet at Morningside.

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

[See following pages for class descriptions.]
September 15: **Knee Pain**

Speaker: Richard Lawton, M.D., Ph.D.

Dr. Richard Lawton is a graduate of the Emory University School of Medicine with a five-year residency in orthopedics at the Mayo Clinic and a Ph.D. in industrial psychology from DePaul University. He will discuss one of the most common causes of disability in the senior population—knee pain. His discussion will define the multiple causes and surgical and nonsurgical treatments with illustrations to clarify the discussion.

September 29: **Migraines and Headaches: How to Ease the Pain**

Speaker: Vanessa Wu, M.D.

Dr. Wu is a board-certified family medicine doctor at UC Irvine Health's Costa Mesa/Pacific Medical Plaza primary care clinic. She earned her medical degree at Boston University School of Medicine before moving to Los Angeles to complete her family medicine residency at UCLA. Her clinical interests include women's health, pediatrics and adolescent health, preventive medicine and Holistic care of chronic conditions. Dr. Wu will discuss different types of headaches and migraines, causes, and treatment options.

October 13: **Aortic Aneurysms—Who is at Risk, What Can Be Done to Prevent Them, How Are They Treated**

Speaker: Nii-Kabu Kabutey, M.D.

Dr. Kabutey is a board-certified UCI Health vascular and endovascular surgeon who has additional training in vascular interventional radiology. Dr. Kabutey is skilled in the most advanced, minimally invasive techniques to treat the full spectrum of arterial and venous disorders. He is dedicated to providing the most comprehensive care to patients suffering from vascular disease. Dr. Kabutey will discuss the definition of “aneurysm,” who is at risk, what can be done to prevent aneurysms, how they are treated, recognizing features of rupture, screening and surveillance and criteria for repair.
October 27: **Latest Technology Involved in the Diagnosis and Treatment of Loss of Vision in the Senior Population**

Speaker: Sean Adrean, M.D.

Dr. Adrean is a graduate of the Loma Linda University School of Medicine with a residency in Ophthalmology at UC Davis and a fellowship in Vitreoretina at the Kresge Eye Institute, Wayne State University. He is a member of the Retinal Consultants of Orange County in Fullerton. This ophthalmology group operates at five Orange County hospitals, including St. Jude Medical Center, and has more than thirty on-going research trials and multiple publications in the ophthalmology journals. Dr. Adrean will discuss the newest research and technology relative to medical and surgical treatment of retinal loss of vision, which is one of the most common causes of loss of vision in the senior population.

November 10: **Latest Technology in Improving Hearing—Including Hearing Aid Technology for the Senior Population**

Speaker: Eric Sugihara, M.D.

Dr. Sugihara is an ear, nose and throat physician, practicing in Fullerton. He practices comprehensive general otolaryngology and has special interests in ear and hearing related problems, as well as sinus and nasal disorders. He earned his medical degree from Western University of Health Sciences in Pomona. He completed residency at the Detroit Medical Center and fellowship in otology (an ear surgery subspecialty) in Seattle, Washington. Dr Sugihara will review hearing loss and treatment options, including the latest technologies in hearing aids and surgeries. He will further review the health concerns of untreated hearing loss in the senior population.

November 24: **Fall Break—No Class**
December 1: **Sleep Disorders in the Senior Population**

Speaker: Bruce Mutter, M.D.

Dr. Bruce Mutter is a board-certified Family Practitioner and Gerontologist affiliated with the St. Jude Medical Center and the Heritage Medical Group. He is the Medical Director of Morningside Retirement Community and the Park Vista Nursing Facility. Sleep disorders are a common problem in the senior population, and Dr. Mutter will discuss the multiple causes with associated measures to prevent and treat this troubling problem.

[Click here to return to the overview of fall 2021 courses.](#)

**TRANSITIONS IN RETIREMENT ESSENTIALS**

Selected Saturdays • 9:30 a.m.-11:30 a.m. • Zoom, Livestreamed and/or *In-person

Sep 11, 18, 25*, Oct 2, 9*, 16, 23, 30, Nov 6*

*Classes marked with * will meet in Shapiro ABCD and can also be accessed remotely.

This engaging, fun, life-changing program teaches 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. When classes meet in-person, they meet in the Ruby Gerontology Center, room Shapiro ABCD.

Program Coordinator: Russell MacKeand

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


Speaker: Danielle Blunt, Certified Financial Planner, President, Blunt Wealth Services

This informative session will begin with current economic issues, a market outlook and the potential impact on your financial retirement goals. Next, we’ll cover the basic building blocks of available investments including stocks, bonds, mutual funds and annuities. We’ll learn to construct a comprehensive retirement strategy, addressing obstacles to investment success and the impact of inflation and taxes. You will
learn to protect your portfolio from unexpected risks such as medical needs and learn some efficient wealth transfer strategies. This class session is offered via Zoom and will not be recorded.

September 18: **Retirement Mini-Series Part 2: Anatomy and Causes of Back Pain: Surgical and Non-Surgical Treatment** CANCELLED

Speaker: Bowen Jiang, M.D., St. Jude Heritage Medical Group

Low back pain and degenerative disorders affect up to 90% of the general population. We will discuss the pathophysiology and common disorders of the spine that cause back pain. The latest surgical and non-surgical treatment options will be presented.


*This class session will meet in the Ruby Gerontology Center in room Shapiro ABCD and can also be viewed remotely.

Speaker: Barbara Cherry, Ph.D., Professor, Dept. of Psychology, CSUF

Dr. Cherry explores why happiness matters. Attendees will learn the history of positive psychology as well as current literature on the benefits of practicing happiness. For example, recent studies suggest that those who are happier also have better physical and cognitive health. In addition, exercises to help promote positive psychology will be introduced and practiced during the presentation. Come find out about how to increase your happiness during retirement.

October 2: **Social Security Essentials**

Speaker: Jeffrey Rodriquez, Public Affairs Specialist, Social Security Administration

Don’t miss this opportunity to have your Social Security questions answered. This informative and entertaining session is led by Jeffrey Rodriquez, Social Security Administration Public Affairs Specialist. People associate Social Security only with retirement benefits, but Social Security is much more ... it’s medical, disability and life insurance. Topics that will be discussed include when is the best time to start retirement benefits, how benefits are calculated, when to start Medicare, payments to beneficiaries and more Social Security life-impacting issues.
October 9*: **Southern California Emergencies and You**

*This class session will meet in the Ruby Gerontology Center in room Shapiro ABCD and can also be viewed remotely.

Speaker: Sue Fisher, Emergency Management Coordinator, CSUF (retired), Certified Emergency Manager with the International Association of Emergency Managers

Southern California is susceptible to several crises that can lead to harm to your health, your home, and/or your community. While preparation will not prevent disasters from occurring, it will enable you to have the tools ready to survive them and survive them well. This presentation will cover several scenarios: earthquakes, wildfires, power loss, heat waves, disease transmission, and a person with a weapon. This will help you develop strategies to avoid common pitfalls, and gain a perspective of what works for you. There will be some “hands-on” activities on how to prepare an emergency kit and look at some “apps” that you should consider for your cell phone.

October 16: **Skin Care for Seniors**

**Speaker:** Catherine Nguyen, M.D., St. Joseph Heritage Medical Group

Dr. Nguyen, a board-certified dermatologist, will discuss how to maintain skin barrier competence and how to incorporate anti-aging techniques for mature skin. She will also discuss how to manage common inflammatory conditions in geriatric skin and the signs and symptoms of skin cancer, as well as prevention and management.

October 23: **Medicare Essentials: What You Need to Know When You Sign Up for Benefits**

Speaker: Gene Campbell, HICAP Counselor, and Community Educator, Council on Aging-Southern California, Health Insurance Counseling and Advocacy Program (HICAP)

Confused about Medicare? Want some good advice from state-registered, unbiased experts who are not in the business of selling, recommending or endorsing any products? This class is designed for those soon to be eligible for Medicare or those planning to make changes during the annual October 15 through
December 7 election period. The topics to be covered are Basic Medicare Benefits, Medicare A-B-C-D, Medicare Supplemental, Medicare Advantage plans and Prescription Drugs Plans.

October 30: **Income Tax Strategies**

Speaker: Jacqueline Zweig, CPA, CFP, EA, Zweig and Associates, CPAs, LLP

Learn the basics surrounding individual income taxation for retirees and pre-retirees. We will cover topics such as when to draw social security and how it will be taxed, new retirement account distribution rules, gifting rules and inheritance rules. Learn strategies to minimize taxes now and in retirement. Bring your tax questions for a Question-and-Answer session with a Certified Public Accountant, Jacqueline Zweig.

November 6*: **Estate Planning: Probate and How to Avoid It**

*This class session will meet in the Ruby Gerontology Center in room Shapiro ABCD and can also be viewed remotely.

Speaker: Jay D. Fullman, A Professional Corporation - Estate Attorney

If you do not have a will or estate plan, the state has one for you. Warning: You may not like what the state has planned. In this course, we will discuss the pros and cons of probate and the options available to avoid probate. Revocable living trusts are often used to avoid probate and conservatorships cost-effectively. Trusts and other options will be presented.

[Click here to return to the overview of fall 2021 courses.](#)
DIRECTIONS, PARKING INFORMATION, CAMPUS & RGC MAPS

Directions to OLLI at Cal State University, Fullerton

If you are using a GPS, or using a rideshare service, the street address of the university is:

800 N State College Blvd, Fullerton, CA 92831

There is an Uber/Lyft stop at the north end of Lot J. See campus maps, below.

Parking Information

Parking is free on weekends. M-F, hourly or daily parking permits can be obtained from vending machine on campus. The [visitor page on CSUF parking website](#) has more information on obtaining daily parking permits.

Campus maps

[Click here to view or download a detailed map of the campus](#). OLLI’s home base on campus is the Ruby Gerontology Center, abbreviated RGC, shown on the simplified map below.

A detailed map of RGC and its classrooms is provided on the following page.
Open to the Public classes are held in **Mackey Auditorium** and rooms **ABCD** in the **Shapiro Wing**, within the Ruby Gerontology Center:

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FOR ADDITIONAL INFORMATION ABOUT OLLI:

View or download the Fall 2021 OLLI Blue Book, our printed course catalog. This catalog contains the full range of OLLI-CSUF’s fall semester offerings available to OLLI members. Courses and events open to non-members are marked as “Open to the Public” and indicated with an asterisk (*) in the index.

Watch Videos About OLLI

Catch the excitement of OLLI’s class and activity offerings! Our annual Fall Open House took place on Saturday, August 14, 2021. Video of the event, as well as videos created by some of our instructors about OLLI classes, are available on our OLLI website at this link.

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 to reach our office staff.

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.

Follow us on Facebook at facebook.com/OLLICalStateFullerton

If you are not yet an OLLI member, please click here to be included on our email list to receive the Zoom links needed to attend the virtual classes for fall semester.

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