OLLI-CSUF CLASSES -- OPEN TO THE PUBLIC

The courses 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.

Fall Open House

Saturday, August 22 • 9:30 a.m.-11 a.m. • Zoom Webinar

The Fall Open House is an opportunity to learn what’s in store for the coming year and to share OLLI with family and friends! We want new members, so invite your family and friends to join this Zoom overview of OLLI’s organization, programs and benefits. Some OLLI instructors and coordinators will also give short descriptions of their courses and activities. For more information, go to http://olli.fullerton.edu/classes/olli_events/FallOpenHouse.php

History of American Music: Rock ’n’ Roll

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

September 8, 22 • October 6, 20 • November 3, 17

This class will consist of lectures, film clips and audio recordings of the development and various genres that came out of the Rock ‘n’ Roll Era between the 1940s and 1960s. These genres included, but are not limited to: Blues, Rockabilly, Early Rock ‘n’ Roll, Rhythm and Blues, Motown, British Invasion, Folk Rock and the California Sound. Discussion will include the politics behind the evolution of the music and its effects on the nation. In addition, biographical films will be used to explore the lives and the importance of some of the greatest personalities of the Rock ‘n’ Roll Era along with exploring the radio DJs, studio bands and record companies of that time period and the role they played in the development of this period of music.

Instructor: Ellie Monroe   Coordinator: Jim Medici

CSUF Faculty/Student Performances

Alternate Tuesdays • Noon-1:30 p.m.

September 8, 22 • October 6, 20 • November 3, 17

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 and posted throughout the Ruby Gerontology Center.

OLLI Coordinator: Ellie Monroe
Eclectics

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. These classes are being offered virtually.

Art for All Ages, Reignite Your Artistic Self

September 8

Making visual decisions is an increasingly valuable skill. Yet so many of us are stuck in the belief that we are “not creative, not an artist. I can’t even draw a stick figure.” Have you ever had such thoughts? If so, you are not alone! No matter where you are on the artistic scale, Cori will guide you to tap into your artistic self, discover your own style and enjoy creating accomplished art. Please join Corinne Miller Schaff, author of “Art for All Ages, Reignite Your Artistic Self” while she shares her philosophy and demonstrates a sample still life lesson for you to complete on your own. Have a paper and pencil ready!

Speaker: Corinne Miller Schaff  Coordinator: Janice Jeng

How Social Media Is Influencing the Political Process

September 22

Professor Shepard discusses ways in which social media is influencing the political process, particularly in U.S. elections. He examines how social media platforms, including Facebook and Twitter, YouTube and Instagram, serve as a source of news and allow individuals to express opinions. He examines how social media contributes to knowledge and engagement with political ideas and political organizing, discussing both positive and concerning effects on political discourse. He draws on contemporary examples from the 2020 local, state and national election season.

Speaker: Jason Shepard, Professor and Chair, Department of Communications, CSUF  Coordinator: Janice Jeng

“People Get Paid To Do This?” The Growing Field of Professional Organizing

October 6

Organizing is having a heyday. Shows like Hoarders and Tidying Up have brought the work of professional organizers into America’s living rooms. The cultural fervor around organizing may be new, but the field of professional organizing is not. Since the 1970s, growing numbers of Americans, most of them women, have made a living helping other people organize their homes, work spaces and belongings. This talk considers what draws people to this line of work and why organizers say being organized is one of the least important skills they bring to the job. Also discussed is how the organizing process works and why so many Americans today find themselves overwhelmed by their own belongings.

Speaker: Carrie Lane, Professor of American Studies, CSUF  Coordinator: Janice Jeng
Animals, Law and Society

October 20

What can our relationships with animals teach us about crime, law and society? Philosophers maintain we can judge the heart of humankind by its treatment of animals. Criminologists reveal animal cruelty is linked to domestic violence, family dysfunction and even murder. Sociologists draw parallels between our mistreatment of animals and our biases regarding racial difference. Feminist authors argue that female sexual abuse is reinforced through animal abuse. Clearly, there is much humans can learn about our treatment of other humans through our treatment of animals. Dr. Jarret Lovell will provide an overview of his unique seminar course “Animals, Law & Society” which touches on these issues and many more. He will also discuss his research into farm animal abuse, animal rights activism and his students’ work with rescued lions in South Africa.

*Speaker:* Jarret Lovell, Ph.D., Professor of Criminal Justice  *Coordinator:* Janice Jeng

Designing and Teaching Digital Content

November 3

Universal Design for Learning guidelines provide instructional designers with multiple means of engagement, representation and actions that support learning. This presentation focuses on ten guidelines to create engaging and interactive digital content. Emphasis is placed on instructional strategies useful in online learning environments. OLLI Instructors/Coordinators are encouraged to attend although all members and friends are welcome.

*Speaker:* Cynthia Flores Gautreau, Ed.D., Director, Master of Science Instructional Design & Technology, CSUF  
*Coordinator:* Janice Jeng

Framed by War: Korean Children and Women at the Crossroads of U.S. Empire

November 17

Korean children and women are the forgotten population of a forgotten war. Yet during and after the Korean War, they were central to U.S. military, cultural and political involvement in the peninsula. Figured as orphans, adoptees and brides, Korean children and women brought Americans into Korea and Koreans into America. “Framed by War” traces the arc of intimate relations that generated these transpacific entanglements. Through an examination of U.S. and South Korean government documents, military correspondence, aid organization records, orphanage registers, interviews, newspapers, magazines, photographs and films, Dr. Woo chronicles how Americans went from knowing very little about Koreans to making them family, and how Koreans who did not choose war found ways to navigate its aftermath in South Korea, the United States, and spaces in between.

*Speaker:* Susie Woo, Associate Professor, Department of American Studies, CSUF  
*Coordinator:* Janice Jeng
Transitions in Retirement Essentials

Every Saturday • 9:30 a.m.-noon

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:** Kathy Collier, Kathryn Cozza, Jim Kashiwada, Mickey La Casa, Joseph Lawton, M.D., Russell MacKeand, Ellie Monroe, Jim Monroe, Joyce Ono, Arie Passchier and Mike Stover

Retirement Mini-Series—Part 1—Health Maintenance in the Senior Population

September 12

*Speaker:* Christopher Vercammen-Grandjean, M.D., St. Jude Medical Center

Dr. Vercammen-Grandjean is an internal medicine specialist and gerontologist at the St. Jude Heritage Medical Group with a background in health care research and policy. He will discuss the relevance of our own individual health maintenance and the cultural issues involving the overall health care of our society.

Retirement Mini-Series—Part 2—Estate Planning: Probate and How to Avoid It

September 19

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

If you do not have a will or an estate plan, the state has one for you. Warning: You may not like what the state has planned. In this class 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.

Retirement Mini-Series—Part 3—Investment Strategies for Today’s World

September 26

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

The COVID-19 pandemic has led to unprecedented volatility and tremendous declines in wealth. Interest rates are at near record lows and many investors are concerned about their retirement and unsure where to invest. In this class, we will examine what’s happened to the equity and bond markets so far in 2020 and look into the future for what to expect from markets going forward in light of COVID-19 as well as the elections in November. This class will also focus on learning some timeless principles and developing an all-weather portfolio, along with strategies for retirement income planning.
Maximizing Your Social Security Benefit

October 3

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

Hidden deep within the 2700+ rules in the Social Security Handbook are a number of pitfalls that are not obvious to the average benefit recipient. This class is designed to bring clarity to some of the confusing rules and to help you avoid forgoing thousands of dollars over your lifetime. John Pak, CFP® will un-clutter the myriad of interpretations of some of the rules straight out of the handbook by sharing real-life cautionary tales and case studies.

Enriching Social Relationships

October 10

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

Dr. Zettel-Watson will present an overview of the importance of social relationships and social support, typical changes to social networks following retirement and strategies for maintaining and enhancing social relationships.

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

October 24

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 Supplement plans, Medicare Advantage plans and Prescription Drug Plans.

Use and Abuse of Medical Marijuana

November 7

Speaker: Brent Yeung, M.D., UCI School of Medicine

The use of cannabis in our society has become a part of our culture. Dr. Yeung is an anesthesiologist and pain management specialist at the UCI School of Medicine and has been involved in studies regarding the use, benefits and risks of medical marijuana, with a focus on its use in the senior population.
Medical Series at the Elks Club

Alternate Wednesdays • 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. These classes are being offered virtually.

Gastrointestinal Cancers

September 9

Speaker: Hyder Jamal, M.D.

Dr. Jamal is a gastroenterologist at the St. Jude Heritage Medical Group and the St Jude Medical Center. He has been involved in extensive drug trials in the treatment of esophagitis, bowel disease, pre-cancer of the esophagus and liver disease. These problems are increasing in frequency as the population ages and dietary changes, antibiotic use and obesity become more prevalent.

Robotic Surgery

September 23

Speaker: Taylor Brueseke, M.D.

During the last 5 years, robotic surgery has progressed from prostate and some selective OB GYN procedures to include GI, orthopedic, cardiothoracic and others. These surgeries are being performed at St. Jude Medical Center, UCI and other medical centers throughout Orange County. Dr. Brueseke is a clinical professor of OB GYN surgery at the UCI School of Medicine with extensive experience in performing robotic surgery and knowledge of the evolution of this much less invasive surgery. He will discuss the types of surgery being performed and demonstrate and explain the latest technology involved.

Advances in the Diagnosis and Treatment of Benign Prostatic Hyperplasia (BPH)

October 7

Speaker: Alexa Y. Chai, M.D.

Dr. Chai is a urological surgeon at the St. Jude Medical Center. She is a recognized expert in urological issues relative to the senior population with particular focus on BPH, bladder cancer and urinary incontinence. Dr. Chai will discuss the advances in the diagnosis and treatment of BPH including various medical, radiation, surgical and exciting new vascular treatments.
**Retinal Disorders**

**October 21**

*Speaker:* Rajiv Rathod, M.D.

Visual problems are commonplace in the senior population. Dr. Rathod is an eye surgeon with extensive training and expertise in problems of the retina including macular degeneration, retinal detachment, tumors and vascular problems.

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**Balance Problems and Fall Prevention**

**November 4**

*Speaker:* Manisha Perera, M.D.

The most common cause of physical disability in the senior population is falls, almost always caused by balance and other neurological problems. Dr. Perera, a board certified internal medicine and gerontology specialist at the UCI School of Medicine, will discuss this very serious problem relative to our mortality and overall health.

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**Heartburn, Reflux, GERD and Cancer Prevention**

**November 18**

*Speaker:* Shaun Daly, M.D.

Dr. Daly is a specialist in gastroesophageal reflux disease and diseases of the upper digestive tract with training in advanced minimally invasive surgery. He will speak about the incidence, diagnosis, medical and surgical treatments of gastric and esophageal issues.
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. These classes are being offered virtually.

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

Hypertension

September 16

Speaker: Christopher Vercammen-Grandjean, M.D.

Dr. Vercammen-Grandjean is an internal medicine specialist and gerontologist at the St. Jude Heritage Medical Group with a background in health care research and policy. Hypertension is a problem particularly related to heart problems, stroke, diabetes, obesity and endocrine problems, all of which frequently occur more often in seniors. He will discuss medical treatments, diagnostic studies and complications of this very serious health issue.

Surgical and Nonsurgical Cosmetic Treatments

September 30

Speaker: Brock Lanier, M.D.

Dr. Lanier is an assistant professor of plastic surgery at the UCI School of Medicine with general surgical residency, fellowship training in plastic surgery and training at the National Cancer Institute in cancer surgery. He will speak about micro and macro surgery and non-surgical treatments to include treatment for various types of skin cancer.

Cost of Drugs and the Safety of Generic Drugs

October 14

Speaker: Christa Ellsworth, PharmD, BCPS

Dr. Ellsworth is the Managed Care Pharmacist for St. Joseph Heritage Health. The cost of drugs has become a very large health care problem in the USA. It involves health insurance, drug manufacturers, governmental agencies, foreign drug companies and safety. Dr. Ellsworth deals with these problems on a daily basis and will give us insight and methods of dealing with these issues.
Common Skin Problems in the Mature Population

October 28

*Speaker:* Tia Paul, M.D.

Dr. Paul, a dermatologist on the staff of the St. Jude Medical Center, will discuss the most common skin problems and the diagnosis and signs of more serious skin problems with particular focus on the senior population.

Advances in the Treatment of Congestive Heart Failure

December 2

*Speaker:* Irmina Gradus-Pizlo, M.D.

Dr. Gradus-Pizlo is a professor of cardiology at the UCI School of Medicine, board certified by the American Board of Cardiology, Cardiovascular Disease and Congenital Heart Disease. She will discuss the latest most advanced methods of the diagnosis and treatment of various types of congestive heart failure.