

Celebrating

A COMMUNITY OF LEARNERS

at Cal State Fullerton



at
California
State University,
Fullerton

OLLI.fullerton.edu

Meaningful & Challenging VOLUNTEERISM

When CSUF health sciences student Aveena Savongsy was struggling with Chemistry 100, she sought help from OLLI tutor Gordon Owens. “Gordon explained step-by-step how to do a problem and guided me through the process of how to approach the problem correctly,” she says. “My grades improved and I’m now getting a B!”

The tutoring program for the College of Natural Sciences and Mathematics is offered through the OLLI-CSUF Collaboration. The goal of this group is to promote student success through high-impact learning practices that enhance classroom experiences. It is also an opportunity for OLLI members to share their life and work skills in support of the CSUF community.

“My mind had been active and challenged for my entire career,” explains Owens, who taught high school chemistry and physics. “When I retired, volunteering seemed the best way to go. A true teacher will want to continue to teach because it’s a labor of love.” He’s also pleased to be able to give something back to his alma mater.

Since OLLI-CSUF Collaboration began in 2010, more than 1,200 volunteer positions have been filled on campus and in the community – mentoring, tutoring, sharing life experiences, and serving as teaching assistants, readers, lecturers, research subjects and consultants.

Entrepreneurship students working on consulting projects in the Mihaylo College of Business & Economics benefit from OLLI

Gordon Owens tutors health science student Aveena Savongsy in chemistry. Gordon is part of the OLLI-CSUF Collaboration, a group of volunteers who works with various departments and colleges on the CSUF campus, providing high-impact practices to students.



As an OLLI-CSUF Collaboration volunteer, retired principal John Blaydes mentored Diego Rocha when he was a teacher credential candidate at CSUF. Blaydes advised Rocha on improving his resume and preparing for job interviews at local schools. Rocha has now graduated, and has a new job at a K-8 school in Santa Ana.

mentors sharing their expertise based on careers running successful businesses.

“Campus goals embrace applied learning, which means taking what the books and professors say and putting it into practice,” says John Jackson, director of the Center for Entrepreneurship at CSUF. “The consulting projects are an over-the-top experience for students, very challenging. The OLLI members’ work with students is very helpful. Many students tell me that they learn more in the consulting projects than they learned in the previous four years, and the OLLI mentors facilitate that process.”

Karen Wong, a lecturer in sociology, works with Collaboration volunteers to provide experience sharing in gerontology classes. “Students take away more than we realize. I really see this when I read students’ papers,” she says. “They are learning at a deeper level. The learning is so much richer.”

Providing richer learning experiences is exactly why John Blaydes, who was a principal for 25 years, joined the Collaboration effort. When he retired, he transitioned into a career as an author and motivational speaker, presenting survival skill workshops to teachers and principals around the country. When he joined OLLI, he worked with College of Education faculty to offer his seminar for student teachers at no cost to the university.

He also mentors teacher credential candidates, including a review of their resumes. “I have hired hundreds of teachers over the years and have read thousands of resumes. I felt I could help students successfully present their skills and talents,” says the winner of California’s 1988 National Distinguished Principal award.

Blaydes was delighted when he recently heard from former mentee Diego Rocha. “I’m happy to tell you that I got a job for this upcoming school year,” wrote Rocha. “My revised resume has been instrumental...I want to thank you again for that and for your advice.”

What is Osher Lifelong Learning Institute at CSUF?

Osher Lifelong Learning Institute at California State University, Fullerton (OLLI-CSUF) is a membership organization that provides active, older adults with opportunities to continue learning in a university setting.

Programs consist of self-directed study groups, educational lectures, computer education, physical activities, special events, social activities, and travel opportunities. Class instructors are all volunteers, who include many OLLI members, as well as CSUF faculty, community leaders, and other local experts.

As a nonprofit, self-supporting organization, OLLI is maintained by volunteer member services, low membership fees and donations. Membership fees are paid annually or each semester. (See olli.fullerton.edu and click on Join/Renew for current fees.) For this membership fee, you may attend as many classes as you like.

For more information on OLLI-CSUF: see “Celebrating a Community of Learners” in this publication or visit olli.fullerton.edu

For more information on the Bernard Osher Foundation: visit osherfoundation.org

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Becoming retirees was a more difficult adjustment than kids leaving home until we saw an ad in the *Los Angeles Times* for an OLLI Open House. We joined in 2006 and discovered a new path for our journey. Classes to stimulate your mind, physical activities to keep your body in shape, and social events where new friends gather! As we became more familiar with OLLI, we realized it offered opportunities to volunteer and to work with a purpose. On many days when we leave OLLI, we can honestly say, ‘this is a good life!’

”

-Patti Chikahisa

Cover Photos by William Vasta: Patti and Hank Chikahisa enjoy a quiet morning in the Fullerton Arboretum. The Arboretum is the site of various OLLI activities including a walking group.

All photos in this publication are by William Vasta unless otherwise credited.

OLLI-CSUF Member Benefits

Connect to your community. Discover a new passion. Expand your world!

Continue to Learn about a Wide Range of Topics

- ♦ Current affairs, retirement issues, successful aging
- ♦ Arts, computers, foreign languages
- ♦ History, science and technology, social sciences
- ♦ Opportunities to audit CSUF classes for free

An Opportunity for an Energetic Lifestyle

- ♦ Classes about health and medical issues
- ♦ Campus walk, bowling, yoga, Tai Chi
- ♦ Longevity Stick Exercises

Special Events & Social Activities

- ♦ Dinners, luncheons and receptions
- ♦ Day trips to local attractions and overnight trips
- ♦ Bridge, Scrabble and music groups
- ♦ Entertainment by OLLI and CSUF groups

Parking Privileges

- ♦ University-wide parking pass included with membership
- ♦ Parking in OLLI's Lot J or many campus lots or structures
- ♦ Free OLLI Trolley to and from Ruby Gerontology Center

University Life at CSUF

- ♦ Opportunities to collaborate with CSUF faculty and students
- ♦ Eating facilities and community market within steps of the Ruby Gerontology Center
- ♦ Pollak Library privileges
- ♦ Free admission to most CSUF athletic events
- ♦ Student Wi-Fi privileges

For more information:

<http://olli.fullerton.edu/aboutollicsuf/Benefits.php>

Auditing CSUF Classes is a Valuable Benefit

Susan Snell is “extraordinarily enthusiastic” about the OLLI member benefit of being able to audit CSUF classes on a space-available basis. So far she’s audited classes in cognitive psychology, legal psychology and social psychology. “It could not be easier, and it’s so much fun,” Snell says.

Snell was a psychology major 40 years ago and used what she learned as a

“extraordinarily enthusiastic”

marketing researcher. She wanted to get an update on the field, and as an OLLI member, she was able to audit the classes without paying a fee. In

order to access this benefit, space needs to be available in the desired class, and OLLI members need to get the instructor’s permission and signature on a special OLLI form. Those auditing a class do not receive credit for the class.

OLLI offers two classes to assist members with the process of auditing classes. A one-hour workshop helps them learn to use Titanium, the CSUF classroom management system. OLLI also offers a two-hour workshop to assist members in researching available classes, as well as filling out the paperwork. Additional information on the process and requirements of auditing a CSUF class as an OLLI member is available at olli.fullerton.edu (click on “Auditing Classes” tab).



Leo Shapiro was the first president of Continuing Learning Experience, which is now Osher Lifelong Learning Institute at Cal State Fullerton. Pauline Abbott, former director of the Ruby Gerontology Center and the Institute of Gerontology, called Shapiro a “man of extraordinary vision and passion . . . He did more after his retirement than many people accomplish over a lifetime.”

CELEBRATING A COMMUNITY OF LEARNERS

OLLI-CSUF owes its dynamic present to 37 learners who established the Continuing Learning Experience (CLE) organization in 1979. It began with the idea that a community of lifelong learners could promote a healthy, active and vibrant retirement.

In 1978, Betty Robertson, as director of Community Programs for CSUF Extended Education, secured grant funding to start a self-supporting educational program for older adults. Robertson and David Walkington, director of the Office of Extended Education, recruited retired grocery executive Leo Shapiro and others to help shape this effort. Founding members included Florence Arnold, Russell Ball, Ernest Lake, Lucien Miner, Ray Nichols and Charles L. Ruby. Donald Shields, Cal State Fullerton’s second president, was also very supportive of this effort.

In the early years, it was quickly anticipated that CLE would need the right kind of meeting facility on campus. That’s why Shapiro and an energetic team of members launched a fundraising campaign to build a center that would house CLE programs as well as CSUF gerontology classes. Donations came from CLE members, foundations, businesses and many other sources.

Construction of the 15,500-square-foot Charles L. and Rachel E. Ruby Gerontology Center (RGC) was completed in 1988. The center was the first non-state-funded building on the campus, and was named after the Rubys because they gave the initial contribution for the building fund. Charles Ruby was a retired educator and civic leader.

In 2006, CSUF applied for and was granted a \$1 million endowment from the Bernard Osher Foundation, to support the lifelong learning group. Part of the agreement was a name change to Osher Lifelong Learning Institute at California State University, Fullerton (OLLI-CSUF). In 2013, the Osher Foundation awarded a second \$1 million endowment in support of OLLI. The earnings from these endowments helps CSUF continue CLE’s visionary legacy. OLLI-CSUF is now

Among those celebrating the groundbreaking of the Ruby Gerontology Center in 1985 from left are: Jewel Plummer Cobb, former CSUF president; Leo Shapiro, who spearheaded the fundraising; Charles L. Ruby, for whom the center is named; and James Roosevelt, the keynote speaker for the Nov. 20 celebration.

OLLI-CSUF is now part of a network of 119 lifelong learning programs that the Osher Foundation supports on university and college campuses across the country.

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Today, OLLI-CSUF is an integral part of Cal State Fullerton, operating under the direction and supervision of University Extended Education. Membership is more than 1,000 and growing.

In addition to being immersed in learning, members also volunteer in support of OLLI, getting involved in curriculum development, coordinating classes and serving as instructors. Community leaders, CSUF faculty, and other community experts also serve as instructors. All instructors are volunteers.

Volunteerism is really at the heart of OLLI. Members contribute thousands of hours in support of OLLI as coordinators and instructors and to the wider University community.

Programs they support include the Art Alliance, Friends of the Fullerton Arboretum, Music Associates, Patrons of the Library, CSUF Athletics and more. The senior ushers at CSUF varsity baseball and basketball games are OLLI members, as are many who tend plants in the Arboretum. Through the OLLI-CSUF Collaboration, they serve as mentors and tutors for students as well as other capacities in a variety of academic settings.

For more historical facts visit [OLLI's History and Timeline](#) under About OLLI-CSUF on the OLLI website.



From the Arts to Science & Technology

Classes with Something for Everyone!

OLLI-CSUF offers something for everyone who is “north of 50.” Each year, more than 340 classes are developed and coordinated. From topics to nourish the creative spirit and stimulate the intellect – to those that tickle the funny bone and promote a healthier life – you are bound to find what you are looking for. Members can attend as many classes as they like for an annual or semester membership fee.



The Arts: You can express your creativity in Drawing for the Fun of It, Introduction to Watercolor Painting, Watercolor Workshop, Ceramics and more.

Performing arts classes include: Learn to Play Guitar, Line Dancing, Drama, Improv & Storytelling, and Tap Dancing. The Recorder Workshop is designed for those who would like to get reacquainted with this instrument, which is often used to learn to read music and develop other skills. There's also the Recorders/Guitars & More Ensemble.

How about the literary arts? You can enjoy Creative Writing, Lifestory Workshop, Poetry for Pleasure, Shakespeare Aloud and the New Yorker Magazine Discussion Group.

Languages: If becoming multi-lingual is your goal, try German; French 1, 2, 3 and French Discussion and Spanish 1, 2, 3, 4 and Spanish Stories Talk.

Economics, Humanities & Social Sciences: OLLI also offers the History of the Byzantine Empire series, and classes such as See How They Run, focusing on current political campaigns. There's also Dynasties, Wars and Nations, a historical series on the evolution of European nations.

Transitions in Retirement (TiR) classes provide valuable information in classes such as Personal Finance and Retirement, Laugh and

Ellie Monroe is one of the instructors for the Recorders/Guitars & More. She plays both the recorder and the mandola (a relative of the mandolin) in the group.



Jim Monroe demonstrates a Celestron 8" Schmidt-Cassegrain telescope. He is one of the coordinators for Boundaries of Science, an OLLI discussion series on current topics in science.

Learn, You're Retired, and Social Security and Medicare Essentials. TiR classes are conveniently offered on the weekends, during early morning, later afternoon and evening. The Saturday TiR Essentials classes are open to the public at no charge.

Healthy Living: Updates on the latest developments in health and medicine are available in four medical series that are open to the public at no charge. There's also the Arboretum Walk, Longevity Stick Exercises, T'ai Chi, T'ai Chi Chih, Tennis, Meditation, and Yoga for the Rest of Us.

Science: For those who enjoy science, there's Boundaries of Science—Outer to Inner Space, Our World in Change, and Archaeology. Introduction to Digital Photography is ideal for those who have the photography bug.

Technology: There are computer classes galore to help you learn to operate your iPhone or iPad and to use Google apps.

For information please visit: olli.fullerton.edu.

OLLI members strive to maintain healthy bodies and spirits by practicing Longevity Stick Exercises in a weekly class. Instructor Nancy Bauerly demonstrates one of the moves. The goal of this Vietnamese exercise regime is to improve balance, flexibility, strength, mental focus and breathing capacity.

PHOTO BY BOB CASWELL





Rick Hearn and Martha Jansen work on a variety of mobile devices in an OLLI computer lab. Hearn is lead instructor for a variety of classes including Android Mobile Devices Essentials.

Embracing Mobile Media at Any Age

Staying Connected: From iPads to Androids . . .

Did you know that 25% of Americans who are 65+ own smart phones? An estimated 27% of older adults own a tablet, an e-book reader or both. And the numbers are growing.

“There’s an evolution going on in the market place – from people using personal computers to using mobile devices – smart phones and tablets – to do a lot of the same things,” says Rick Hearn. Hearn is a former software engineer and OLLI member who teaches Android Mobile Devices Essentials classes at OLLI-CSUF.

Many OLLI members are eager to get connected with family and friends virtually 24/7 via smart phones and tablets. To meet this need, OLLI-CSUF developed classes in the use of mobile devices that Hearn believes are a great example of the “people-to-people connection that is the heart of OLLI-CSUF.”

“It’s a real pleasure for OLLI members to be in classes taught by people who they also connect with as friends,” he says. “And it’s a great joy for OLLI members to take the knowledge they have gained in their lives and share it. I find it gratifying to put effort into instruction and see people go from being frustrated to feeling good about what they’ve learned . . . And you see the joy in their face when they see a task is not that hard to do.”

Martha Jansen enrolled in the android class after purchasing a tablet and a smart phone. “By the end of the class I was very comfortable with both of my devices,” she says. “I now check email and look up answers on the web without going to my computer. I am no longer tied to a computer or a land line, and I’m not afraid to try new things!”

The Joy of Making

Marge Osborn was already director of the OLLI Chorale when she heard about a growing movement to create orchestras for people who are 50+. The goal was to help older adults realize lifelong dreams of playing an instrument while experiencing the joyful camaraderie of making music in a group.

That’s when the OLLI Orchestra was born, with Osborn as the instructor. It’s open to all levels of skill – from experienced to beginner. The orchestra has about 25 participants in three classes: OLLI Orchestra—Beginning, OLLI Orchestra—Intermediate Band, and OLLI Orchestra—Intermediate Strings.

PHOTO BY BOB CASWELL



Kiyo Young, Barbara Robinson and Renee Caberra enjoy making music together in the OLLI Orchestra, which has beginning and intermediate classes.

The classes are a subset of many music and performing arts classes that range from introductory classes in playing a musical instrument and learning how to read music to performances for fellow members. More than two dozen OLLI members instruct, coordinate or coach these classes.

“I really enjoy seeing orchestra members realize that they can play in a group, make people happy, and experience the accomplishment of learning their instruments,” Osborn says.

Marie Steigler is an orchestra member who is learning to play percussion. Her only previous music experience was one semester of violin, which she did not enjoy. The best thing about the orchestra, Steigler says, is being

What OLLI Means to Me . . .

Gail Cates wondered if she would have the opportunity to make new friends and learn new things in retirement. But when she joined OLLI, “both worries were quickly put to rest,” she says. “I even picked up my violin after 50 years and started playing again in the OLLI orchestra. OLLI has made this last chapter of my life one of the most rewarding and fun-filled I have experienced.”

Music with Your Peers

able to “share bringing joy to our fellow OLLI members listening to us play . . . It is still a bit overwhelming to play in front of people, but once I begin, that goes away and a feeling of ‘I can do this’ comes over me.”

Orchestra member Louise Sussman says she enjoys “sharing the love of music and having fun with it. I get all excited and nervous before a performance. I would have never been able to do any of that if it had not been for OLLI.”

The OLLI Chorale was re-launched in 2010, after a hiatus of several years.

“People ask if I audition people for the chorale,” Osborn says. “I don’t think that’s what OLLI is about. OLLI is about coming to class because you want to learn. We are not all great singers, but what some lack in vocal skill they make up for in enthusiasm.”

“Marge is a wonderful teacher,” says Lee Ann Donaldson, who sings in the chorale and plays in the orchestra. “She’s able to take people who have no experience singing and put them together with people with a lot of experience, and somehow make that work.”

People “come alive with the music,” Donaldson says. “Expressions change, strength of voice improves. The aspect of doing something with someone else is really critical too. We have a chance to meet the challenges together and then achieve, and this makes us feel happy. I miss it when I don’t go.”

Michael Chandler, Judy Avalos and Lee Ann Donaldson practice for the OLLI Chorale, a group for people who love to sing and enjoy camaraderie. The Chorale sings in four-part harmony in many genres of music.

Playing an Instrument Enhances Your Brain!

Researchers contend that playing a musical instrument “ranks number one when it comes to cognitive enhancement and development – for old and young alike,” writes Faith Byrne, Ph.D. in *Psychology Today*. Her article titled “Music Lessons: They’re Not Just for Kids Anymore” cites neuroscientist Gottfried Schalug, who says, “the protective effect of playing music was greater than the benefits derived from other cognitive activities such as reading, writing or doing crossword puzzles.”

Why Does OLLI-CSUF Need Fundraising?

OLLI-CSUF is thriving. This success is possible because of the financial support provided by member dues, earnings from the Osher Foundation endowment and donations from members, as well as in-kind support of meeting space and services from the University.

So why does OLLI-CSUF need ongoing fundraising campaigns? The answer is simple – to build long-term success and to fund items not covered by dues and other funds. It is important that the organization be able to keep membership fees low, invest in facility upkeep, technology upgrades, and much more.

And while the Osher Foundation has generously gifted more than \$2 million to CSUF on OLLI’s behalf, a demonstrated ability to raise funds is an essential part of earning financial support from the Bernard Osher Foundation. It’s important to remember that most of the funds from the Osher Foundation are an endowment, with OLLI-CSUF receiving only the investment earnings from those funds, which is modest at current rates. So, the Osher Foundation wants to be sure that OLLI-CSUF can ensure ongoing fundraising for financial stability.

Member contributions are made through individual gifts, contributions “in memory of” and through estate planning designations. All donations are tax-deductible through the Cal State Fullerton Philanthropic Foundation (CSFPF), a 501(c)(3) non-profit auxiliary organization. Gifting funds include:

Operating Fund - used for ongoing operating expenses and projects for the benefit of the general membership (helps keep membership dues low)

OLLI - Today and Tomorrow Fund - provides OLLI with non-budgeted items that are not readily funded by OLLI operations

Membership Aid Fund - provides basic membership scholarships to deserving applicants

Computer Education Fund - supplements the basic support of the PC and Mac labs with updated technology

Masters in Gerontology Scholarship Fund - funds awarded annually to a student in the Masters in Gerontology program


Fund for the Future (An endowment fund) - a portion of the annual earnings of this account is transferred into the general budget as needed, reducing membership fees

For more information on giving to OLLI-CSUF, please contact: Administrative Manager, OLLI-CSUF
Phone: 657-278-2446 or email: olli-info@fullerton.edu

Or donate online using the “donate” feature of the OLLI website (olli.fullerton.edu)

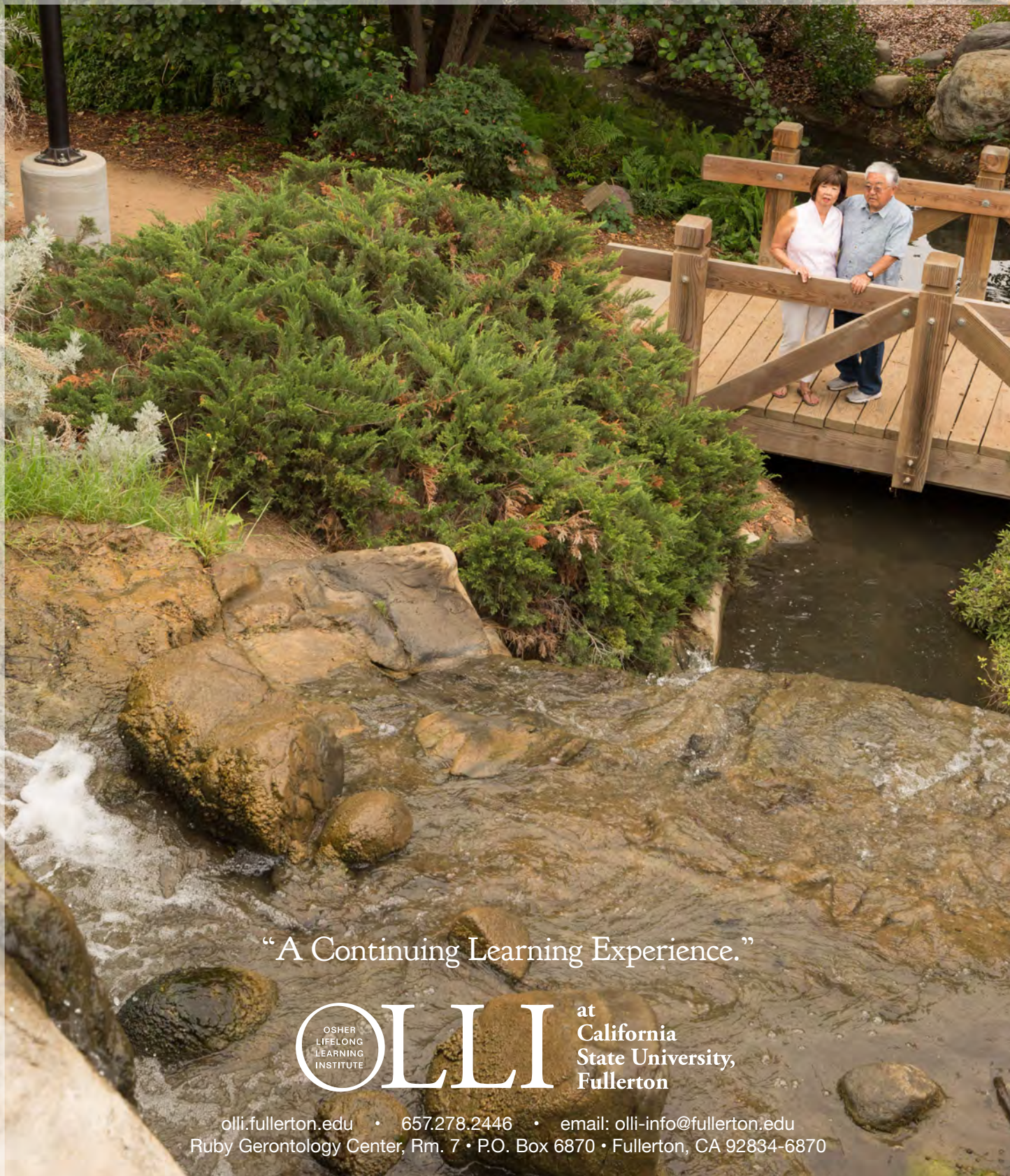


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OSHER
LIFELONG
LEARNING
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Osher Lifelong Learning Institute at Cal State Fullerton changes lives. A wide range of interesting educational programs, along with peer camaraderie, promote a vibrant and active lifestyle.



“A Continuing Learning Experience.”



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