



Special Gift to the Osher Lifelong Learning Institutes

To: Osher Lifelong Learning Institutes

From: Mary Bitterman, President
The Bernard Osher Foundation

October 12, 2009, at the opening of the national conference of the Osher Lifelong Learning Institutes, I had the pleasure of announcing a special gift from Bernard and Barbro Osher to the members of this outstanding network. The aim of the gift is to recognize the exceptional contributions of each Institute to the community it serves as well as the many challenges that Institutes are facing in the wake of the nation's economic downturn. Accordingly, every Osher Lifelong Learning Institute – whether endowed or not endowed – will receive a “lagniappe”* of \$25,000.

David Blazeovich, Senior Program Officer at the Foundation, will be in touch after the conference with further details. It is essential that these funds be used in a constructive manner to strengthen your programs during these difficult times. We will be interested to learn about the good use to which you will put these funds.

Mr. and Mrs. Osher and our Board of Trustees wish everyone involved in the Osher Lifelong Learning Institute network continued success with your valuable work on behalf of our nation's seasoned adults.

*Our colleagues at Louisiana State University in Baton Rouge introduced us to a lovely word that was in the original name of their lifelong learning program – “lagniappe” – which combines the sense of “an unexpected gift” with that of a “little something extra.”

Under the Rotunda

Message from Debra Varner, OLLI Director

As you can see from the message from Mary Bitterman at The Osher Foundation we, as well as all OLLIs in the network, received the word about this wonderful gift from Mr. and Mrs. Osher. The room went wild with applause, and I wish the Oshers had been there to be part of the celebration.

There are 120 OLLIs in the network and two representatives from each OLLI attended the conference. David Scotting, our Council Chair Nominee and I attended the three-day conference held in Park City, Utah. We learned more about what is happening at the OLLIs from Maine to California, Florida to Alaska and Hawaii. There is no set formula as to what an OLLI looks like - only that each is attached to a University that serves the lifelong learners in their respective communities.

Some OLLIs were formed from established Learning in Retirement Centers; others, like ours started anew beginning with outreach to alumnae and the larger community. Our commonality lies in the commitment to “learning for the joy of learning in community” so well put by Kali Lightfoot, the National OLLI Resource Center Executive Director.

So, each of you as a member of OLLI – SF State is part of this outstanding group of staff and volunteers devoted to providing a dynamic place for learning and building community – for the joy of it!

Aging Explorers' Lecture

Wednesday, November 18
Presentations: 12 p.m. to 1:45 p.m.
Q & A: 2 p.m. to 3:15 p.m.
Room 609

FACT: 9 out of 10 people want to age in place.

HOW are the 1.1 million 65+ SF Bay Area residents going to do it?

Come to the Aging Explorers' Lecture Series and hear about the innovative ways in which older people can remain in their homes as they age. Learn about technologies that help homebound seniors remain engaged and safe. You'll hear from the experts on how to ensure that seniors can comfortably live in their own homes, remain socially connected and receive the support that they need.

PANELISTS:

Ben Lewis, MA

Founder and owner

Engage As You Age, LLC

On the Web: www.engageasyouage.com

Tessa ten Tusscher, PhD

Living Well Assisted Living At Home

CEO and Co-Founder

On the Web: www.livingwellalah.com

Laurel Etheridge, CMC

Director, SF Region

Eldercare Services

On the Web: www.eldercareanswers.com

Martin N. Simenc, PE, ARM, CAPS Owner

Home Safety Services

On the Web: www.homesafety.net

WHERE: SF State Downtown Campus
835 Market St., 6th Floor, Room 609

ADMISSION:

Free to OLLI members

\$10 or sliding scale for nonmembers

No one turned away for lack of funds

Bring your lunch or snack or visit the Westfield Centre food vendors on the Concourse Level.



November Events and Activities

- Nov. 2 – Fall Session II classes begin
- Nov. 4, 10:30 - Special Lecture with Vincenza Scarpaci
The Journey of the Italians in America
- Nov. 4, 12:15pm – Curriculum Committee
- Nov. 10, 1pm – Caring Community Study Group
- Nov. 10, 3pm – Ideas for Investors Interest Group
- Nov. 11 – Veteran's Day – SF State Closed
- Nov. 13, 1pm – Conversational Spanish
- Nov. 17, 12pm – World Affairs Discussion Group
*Note Day Change
- Nov. 18, 12 – 4 pm *Aging Explorers Lecture:
Aging in Place Panel Discussion*
*Note Day Change
- Nov. 19, 12:15pm – Council Meeting
*Note Day Change
- Nov. 21, 2pm – The Transition Network Meeting
- Nov. 23, 2 pm – Drumming & Healing Circle
- Nov. 24, 3pm – Ideas for Investors Interest Group
- Nov. 26, Happy Thanksgiving! – SF State Closed
- Nov. 27, 30, Dec. 1 and 2 - Furlough Days– OLLI Office Closed

Attention: New Interest Group

Ideas for Investors Interest Group is calling for new members to join them and take part in the discussion about investing strategies and opportunities. Meetings are on the second and fourth Tuesdays, 3 – 4:30pm at the DTC. Check the Web site for further details.

PREVIEW

DECEMBER AGING EXPLORERS' LECTURE

Miriam Goodman, Reinventing Retirement

December 9, 2009

Lecture and Q&A: 12-1:45; discussion 2-3:15.

On December 9th, local author Miriam Goodman will discuss her new book, *Reinventing Retirement: 389 Ideas About Family, Friends, Health, What to Do, and Where to Live*. Goodman's talk will address retirement anxiety, the theme of her book.

"Retirement," Goodman writes, "means dealing with the future, with dreams, possibilities, and unlimited opportunities like you've never experienced before." Her book includes chapters on work, play, home, relationships, finances, health, what's next – second careers for retirees, learning opportunities like OLLI, and ways to meet new people – as well as a list of helpful resources.

While many of us at OLLI have retired, that doesn't mean that we've figured it all out. The Lecture Planning Team anticipates that Goodman's talk will provoke questions and insights that should benefit all of us, from those just considering retirement to longtime retirees.



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**YOU SHOULD RECEIVE YOUR SPRING
CATALOG BY MID-NOVEMBER.
REGISTRATION BEGINS JAN. 4!**

SPRING 2010 PROGRAM

SNEAK PREVIEW

Session I: Feb. 1 – March 12

○ Body Intelligence, Our First Language with Jamie Lantz

Added class begins Jan. 4, 1-2:30pm. Check Web site for details; not in Spring catalog.

○ Seeing As An Artist Sees: Developing Visual Literacy with Gene and Bonnie Martz
(Starts Jan. 6)

○ Classical Myth and Mythology with Douglas Kenning

○ Writers Workshop with Renee Golanty-Koel and Michele Praeger

○ Genes, The Genetic Code, DNA & Stem Cells with Gene Falk

○ Exploring Aging Through Film with Ralph Berets

○ Language of the Soul: A Workshop for Poets, Fictions and Memoir Writers with Diane Frank

○ A Historical Look at Conspiracy Theory with Tamim Ansary

○ Global Lens: Documenting the World with Michael Fox

○ Digital Storytelling with Dave Casuto

Session II: April 5 - May 14

○ Homer, The Epic Experience with Joan Sutton

○ Choreography Becomes YOU! Harmonizing Movement and Voice with Angelina Llongueras

○ Writers Workshop with Renee Golanty-Koel and Michele Praeger

○ Iran After Presidential Elections: Winners, Losers and Inner Circle Struggle with Ismail Agayev

○ The Great Prophets in Islam with Ismail Agayev

○ Walking the Neighborhoods: North Mission District, Potrero Hill and Lands End with Max Kirkeberg

○ History of Blues with Josh Hecht

○ Spiritual Medicine: Alternative and Complementary Healing Methods with Debra Varner

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**Special Lecture and Book Signing
November 4, 10:30am-12pm**

**The Journey of the Italians in America
with Vincenza Scarpaci**

Join us as we welcome OLLI member and lecturer from Eugene, Oregon, Vincenza Scarpaci.

The Journey of the Italians in America uses photos to describe the experience of immigrants and their descendants. In addition to covering the life cycle of family, work, socialization and achievements, this book explores the deeper impact of the process from immigrant to ethnic. Most of the photos and stories were gathered from families and communities and placed in the broader context of the immigrant experience.

Readers will encounter the presence and influence of Italians in small rural towns as well as large urban areas; obtain glimpses into the darker side of immigration, the failures to adjust, the distress of being caught between two separate cultures; appreciate the significant role Italians played in the production and distribution of fresh produce to the native born population; recognize the ongoing interaction of Italians with other ethnic groups, and consider how individuals identify as American Italians in the 21st century.

Books will be available for purchase for only \$24 - a 40% discount off the retail price. Bring your checkbook or cash.

Visit her web site at:
www.italianamericanjourney.org for more information about the author and the work.



Vincenza Scarpaci



**GIVING THANKS THIS
THANKSGIVING DAY!
THANK YOU, OLLI ANGELS**

Thank you, Rufus Browning, for your generous contribution to OLLI in October! This year, we received two special donations that will allow us to add two more classes in the spring – \$1,000 from Martha Rose added *Homer, The Epic Experience* with Joan Sutton and \$1,000 from Elaine Frederick to the Laurence Howard Creative Writing Fund lets us add Diane Frank's *Language of the Soul* class. We are truly grateful for these donations that enrich our program.

You, too, can be part of the OLLI Angel Society by making a donation in support of our program. Suggest to your friends and family that a great gift to you would be giving to OLLI. Or on other occasions, you may make a gift in honor of or in memory of others. Year-end gift giving is coming and we sincerely appreciate all donations to OLLI. **THANK YOU!!**

Please make your check payable to the University Corporation and mail your tax-deductible donation to:
Debra Varner/OLLI, 835 Market Street,
6th Floor, San Francisco, CA 94103



Contribute your ideas and learn more about
Osher Lifelong Learning Institute –
SF State Downtown Campus
835 Market Street, 6th Floor
San Francisco, CA 94103
415-817-4270
www.cel.sfsu.edu/olli/

MUNI and BART – Powell Street Station
Parking - 5th/Mission Street Garage

Send news to olligazette@gmail.com by
November 15 for the Dec/Jan edition.