

the *Adventurer*

OSHER
LIFELONG
LEARNING
INSTITUTE



Term: Fall | Issue 18:3 | November 2018

MONTHLY MEETING

Caring for Yourself While Caring for Another

Wednesday, Nov. 14, 2018

8:45 am—Registration & Light Refreshments

9:30 am—Welcome & Announcements



November is National Family Caregivers Month. The emerging Alzheimer's and dementia epidemic is making an unwelcome visit into the lives of our families. No one really expects it, but at some time

or another, just about everyone has been—or will be—responsible for giving care to someone close to them. Unfortunately, the most devoted caregivers are at risk of dying first unless they ask for help and strengthen their self-care skills when caring for loved ones. Jerry and June Willing became OLLI members when OLLI was founded, and he cared for her for ten years as they struggled with her Alzheimer's. Jerry is a marriage counselor and he will present the eight stages of becoming a successful caregiver and avoiding burnout. You will discover your inner traits and strengths which will enable you to experience laughter and joy during this arduous caregiver journey.

NOTES & NEWS

- The OLLI's Follies Singing Interest Group will also be performing at the November meeting from 8:45 -9:30 a.m. Come early for a treat and some music!
- On Nov. 8 go for a hike through the Ringwood Forest in St. Charles and enjoy cider and donuts afterward. Free. Pre-registration is required. 989.790-5280.
- Holidays in the Heart of the City takes place in Saginaw on Nov. 16 beginning at 5:45 p.m.
- OLLI/SVSU Closed Nov. 22-23.
- Celebrate the holidays with the Classic Legacy Band! Dec. 14 at 7 p.m. Peace Lutheran Church. Free. Silent Auction beforehand starting at 6 p.m.

CONTACT US

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SAGINAW VALLEY
STATE UNIVERSITY

OLLI WISDOM

"Age is only a number. Weight is a way scarier number."

IMPORTANT DATES

December	No Monthly Meeting!
December 4 & 6	Registration for Winter Semester Opens
December 21-January 1	OLLI/SVSU CLOSED—Winter Break
January 9	Winterfest Monthly Meeting
January 21	MLK Day—OLLI/SVSU CLOSED

CHAIR'S NOTE



Hello OLLI friends,

Continuing my theme of good news (from Steven Pinker's book *Enlightenment*

NOW), this month's good news is about hunger, or rather the lack of hunger in the world. Extreme hunger has been common throughout history. For example, "the energy value of the typical diet in France at the start of the eighteenth century was as low as that of Rwanda in 1965, the most malnourished nation for that year."



Now even the developing world grows enough food to feed itself. The people in newly developed countries have enough calories per day to sustain an active adult. The number of average calories per day in China is 3100; in India it is 2400; in Africa it is 2600. These numbers are not just due to the wealthy getting a lot of calories. The percentage of children under 5 who's growth is stunted by hunger has dropped dramatically in the last 35 years. In Bangladesh, one of the worst countries, it has dropped from about 70% in the early 1980's to around 40% in 2015. Obviously 40% is not good, but it is a huge improvement. For the developing world over all the rate of undernourishment (a year or more of insufficient food) was 13% in 2015 compared to 35% in 1947. For the developed world the rate is less than 5%. This improvement in nourishment is in spite of the world population growth of 5 billion people in the last 70 years. Wonderful news!

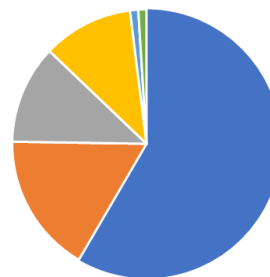
—Carol Gohm, Advisory Board Chair

OLLI ANNUAL REPORT 7/1/17-6/30/18

Sources of Income:

Trip Fees	59%
Class Fees	17%
Membership Fees	12%
Osher Endowment Dist.	11%
Sponsors/Donations	1%
SVSU Contribution	1%

OLLI Sources of Income

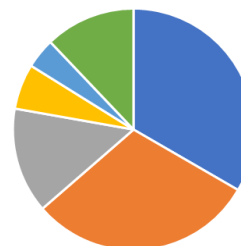


■ Trips ■ Classes ■ Membership Fees
■ Osher Endowment Interest ■ Corporate Sponsors/Donations* ■ SVSU Contribution**

Uses of Income:

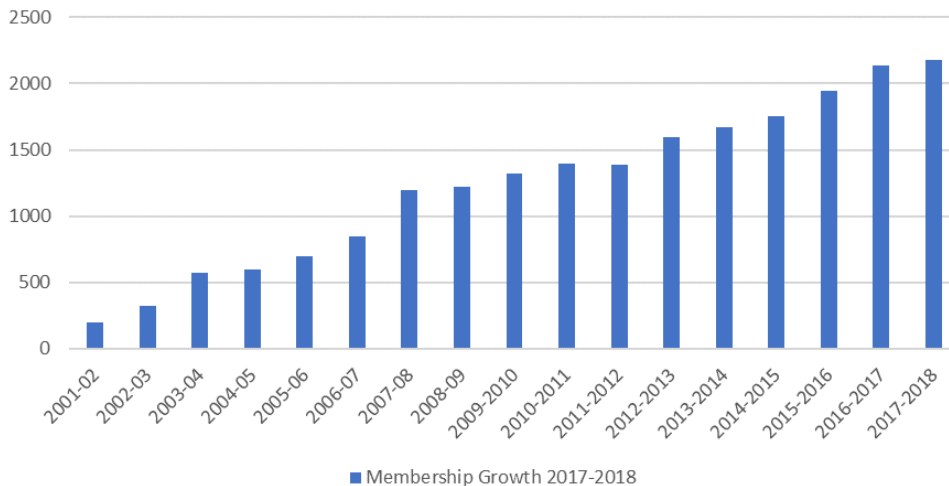
Administration	33%
Trip Fees	30%
Class Fees	14%
Schedules/Newsletters	6%
Monthly Meetings	4%
Other	12%

Uses of OLLI Income



■ Administration ■ Trip Fees
■ Class Expenses ■ Schedules/Newsletters/Advertising
■ Monthly Meetings ■ Other

Membership Growth 2017-2018



OLLI Class & Trip Statistics 2017-2018

	Classes Offered	Classes Cancelled	Total Enrollment
Fall 2017	101	2	1,936
Winter 2018	89	6	1,500
Spring/Summer 2018	91	8	778
TOTAL	281	16	4,214

	Trips Offered	Trips Cancelled	Total Enrollment
Day Trips	39	3	1,711
Short Term Trips	1	0	42
Long Term	5	0	229
TOTAL	45	3	1,982

MEMBER SPOTLIGHT

“The Car” Pt. 2 by B. Van Ochten

It stopped. The door opened and he stepped out. In his tuxedo and top hat he looked handsome, confident. He gave her an up and down approving glance.

Then he took her arm and together they walked further into the alley. The only light shown from a caged yellow bulb above the door at the back. They approached. He reached for the knob. It turned in his grasp. A light push and the door slowly swung into the dim interior. They could hear the muted voices of people gathered in the space ahead.

They strolled a short distance when he stopped, roughly grabbed her arm and shook her until her fur jacket slipped from her shoulders, her earrings quivered. She screamed but held her ground. Harsh words were exchanged. Then, as he reached for her again, her anger mounted and she swung. Her palm connected in a resounding slap to his face.

Even before the echoing vibrations of that slap faded, they heard a Clap---clap---clap, clap, clap. They stepped back, bowed to the other actors there for the audition. Smiling broadly, each said, almost in unison, "I think we got the part."



GIVING BACK

The holiday season offers many of us a time to be joyful for all we have, but there are many less fortunate individuals in need this season too.

There are many ways to give back to your community and help out those less fortunate. At no cost to you except time, you could volunteer to prepare and serve Thanksgiving dinner or other meals at a local soup kitchen. These same locations also accept donations of canned goods.



You might also check with your local schools and churches. Many children and families go without needed warm winter coats that you might provide.



A family in your community might have a hard time paying their power bills, water, or taxes. Check with your township office to make a donation for those around you.

Finally, look around you. Is someone sitting alone at your local coffee shop? Is your neighbor's walkway or drive left unplowed or unshoveled? Is a friend spending their first Christmas without a spouse or family? Offer to be a friendly face or help them out around the edges. Holidays can be lonely for many as well. Giving back might just mean giving someone a smile.



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989.964.4016

SVSU Representative
Katherine Ellison, SVSU-OLLI

GROUP FOCUS: OLLI's FOLLIES

The holidays are a time for music and celebration. Join the singing interest group, better known as "OLLI's Follies," for the November monthly meeting from 8:45-9:30 a.m. to hear some delightful songs as they prepare for their holiday singing circuit around town. If you'd like to join the group for future singing events, please contact group leader Rose Kohut at 989.790.1883.



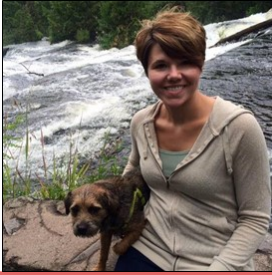
NEWSLETTER

"The Adventurer" is published monthly for SVSU-OLLI members at Saginaw Valley State University. Reprints of this newsletter may be obtained by calling 989.964.4475.

Newsletter Editor:
Katherine Ellison
989.964.4475

DIRECTOR'S CORNER

The stats are in and 2017-2018 was another exciting year at OLLI! We offered 265 classes and 37 day trips, including our first-ever grandparents/grandkids daytrip to Michigan State University. OLLI members also went on 6 multi-day trips all over the world, including our longest excursion ever, to Australia and New Zealand for 25 days. This year we were able to purchase listening devices for our daytrips and classes thanks to a generous grant from the Gerstacker Foundation, and were the proud recipients of the Delta College Humanities Center "Humanities Organization of the Year." Our OLLI spelling team also brought home a first prize at the annual Altrusa Spelling Bee. Overall, OLLI continues to grow and offer a variety of activities!



28.

CLASS HIGHLIGHT

Caring for Yourself While Caring for Another: A Follow Up

OLLI members are at the stage of life when Alzheimer's, Parkinson's, and other diseases make an unwelcome visit into our lives and require us to learn and/or strengthen basic caregiver skills. Researchers have studied families struggling with these issues and have identified eight stages for caregiver success. The instructor is an OLLI member and local family and marriage counselor. Join him as he summarizes his learning curve while caring for his wife for ten years and maintaining a heart-to-heart connection. We will use Gail Sheehy's book, *Passages in Caregiving—from Chaos to Confidence*.



Mondays 11/19, 11/26
9:30-11:30 a.m. C129
\$21 Members/\$42 Non-Members

TRIP HIGHLIGHT

Fiddler on the Roof



Fiddler on the Roof is the heartwarming story of fathers and daughters, husbands and wives, and life, love, and laughter. Tony-winning director Bartlett Sher and the team behind *South Pacific*, *The King and I* and 2017 Tony-winning, *Oslo*, bring a fresh and authentic vision to this beloved theatrical masterpiece from Tony winner Joseph Stein and Pulitzer Prize winners Jerry Bock and Sheldon Harnick. Join OLLI for this memorable performance at the Wharton Center on the campus of Michigan State University. Before the performance we'll stop for lunch at Henry's Place. Trip includes motor coach transportation from SVSU, lunch and the performance.

Saturday, Dec. 8
8am-6:30pm
\$155 Members/\$175 Non-Members



We enrich.



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