

the *Adventurer*

OSHER
LIFELONG
LEARNING
INSTITUTE



Term: Spring | Issue 19:9 | June 2020

MONTHLY MEETING

Medicare

Wednesday, June 10, 2020

MOVED ONLINE



Medicare is the cornerstone of retirement planning in the U.S. Retirement planning includes a number of components: controlling

costs is vital, and healthcare costs can dominate the list, with recent estimates ranging between \$130,000 and \$150,000 for a person turning 65 years old. Jae Oh, author of *Maximize Your Medicare*, Certified Financial Planner™ explains why basic misunderstandings about Medicare lead to confusion, which create errors in controlling these costs. Advertisements, the general media and politics are combining to make understanding Medicare more difficult, as they distract people from correctly understanding Medicare and healthcare, in general. Mr. Oh will provide basic ideas on why these misunderstandings persist – and provide key takeaways – so that people can identify what is important in personal decision-making.

Must RSVP/register online at svsu.edu/olli for access via Zoom. Free for members.

NOTES & NEWS

- OLLI continues to strive to keep everyone engaged, for a complete list of up to date programming and events, please check our website or call the office. For community events, please check online for information.
- On June 18 listen to Erik Larson discuss his book, *Winston Churchill: The Right Words at the Right Time*. See loc.gov/events.
- Check out the Northville, MI virtual chalk festival now through June 19 at <https://northvillearthouse.org/chalkfestival/>
- June 21, enjoy Father's Day!
- June marks the kickoff of several farmer's markets in the area, check them out for local produce and goods.

CONTACT US

SVSU Osher Lifelong Learning Institute

7400 Bay Road

Curtiss 111

University Center, MI 48710

989.964.4475

www.svsu.edu/olli

olli@svsu.edu



SAGINAW VALLEY
STATE UNIVERSITY

WEIRD LAWS

In Alabama pretending to be a religious figure is illegal.

IMPORTANT DATES

Wednesday, August 12

Monthly Meeting: Ric Mixer

Offshore Outposts

Online via Zoom—Must RSVP for access

August 20

Fall Registration Begins—New Registration Day!

Wednesday, September 9

Monthly Meeting: Steve Thaxton of the Osher National Resource Center

TBA

CHAIR'S NOTE



Hello OLLI friends,

Here are three last bits of good news from 2019. First, much was written about a “democratic recession” around the world, and with reason. But that made all the more impressive the many popular uprisings on behalf of liberty and free expression. Even with China and Russia pressing their authoritarian models, people rose up and spoke up against corruption and for dignity and self-expression, often at great risk and against great odds. This happened not only in Hong Kong and Sudan but also in Algeria, Lebanon, Bolivia, Chile, Iraq and even Russia (Moscow) and the United States (Puerto Rico).

Second, the Centers for Disease Control and Prevention reported some of the most encouraging news about the deadly drug use epidemic in years – a decline of 5.1 percent in the number of people dying from drug overdoses from 2017 to 2018. The progress shows that the federal, state and local mobilization against drug addiction, which has emphasized treatment and availability of the life-saving opioid antidote naloxone, is producing results.

Third, in January a record number of women, 102, took their seats in the U.S. House of Representatives.

This article is my last as OLLI Chair. Roger Spann officially takes over July 1. He’s a wonderful person and will continue to be an asset to OLLI through his two-year term as chair. I have been very happy to serve as OLLI’s chair. It is such a wonderful organization. I am looking forward to the time when we can get back to meeting in person again.

–Carol Gohm, Advisory Board Chair

W.H.O. HISTORY

When the United Nations first met in 1945, the brainchild of British Prime Minister Winston Churchill and US President Franklin Roosevelt, there was immediate discussion over the formation of a global health organization.

This health organization was formulated with the understanding that a standard of health was a fundamental right of all, that health of all was necessary for attainment of peace, the inequal development of disease control and health promotion in various countries was a danger to all, and that governments have a responsibility over the health of their people.

On April 7, 1948, the World Health Organization was created for this premise and the international classification of diseases. During the 1950s, the WHO led the move toward the discovery of vaccines, including polio, small pox, and more.

During 2018, WHO turned its focus to the promotion of universal healthcare coverage for all.

Today, WHO is again focused on communicable disease and vaccines as the COVID-19 virus takes over the world.

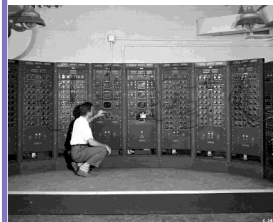


COMPUTERS

Most of you have spent a fair amount of time on a computer of some sort over the past 3 months, be it a desktop, laptop, tablet, or smart phone. Today computers are in the palm of our hands and easily accessible, but did you know how the first computer came about?

By 1880 the U.S. Government had a serious conundrum that only an automated system—such as a computer—might resolve. The U.S. population had grown so greatly by this point that it took seven year’s to tabulate the results. There had to be a faster way.

In 1890 a man named Herman Hollerith designed a punch card system to tabulate the census, completing the task in just three years and saving the U.S. Government over \$5 million. His company ultimately became IBM.



By 1974, personal computers began to hit the consumer market. With less computing power than today’s calculators, these desktop models sold quickly and gave rise to a nerd culture of people who could write their own programs.

In 1985 the first “dot.com” name was registered, years before the Internet became feasible. Today, everything is on the Internet, including OLLI!

CURRENT INTEREST GROUPS

- Bridge
- Buddhist Psychology
- Celtic Music
- Choral Singing
- Creative Doodling
- Cross Country Skiing
- Current Events
- Cycling
- Dinner
- Esoteric Cosmology
- Games
- Gardening
- Guitar
- Hiking
- Kayaking
- Knitting
- Lunch
- Movies
- Music Collegium
- OLLI Folks on Spokes
- Pickleball
- Ping Pong
- Recorder (dojo)
- Recreational Biking
- Sharing the Great Courses
- Stamp & Coin Collecting
- Theatre

For group leader contact info see: svsu.edu/olli

MEMBER SPOTLIGHT



Roger Spann will assume the position of OLLI Advisory Board chair for a two-year period on July 1. Roger is a lifelong resident of the Great Lakes Bay Region where SVSU-

OLLI is located. He is a graduate of Michigan State University (yes, his blood is green). He is a retired educator having taught for 42 years. Following retirement, he remained active as a community leader and advocate. Roger spends his time volunteering at several area organizations and is active in a large variety of community events. In addition to his position with OLLI, Roger also chairs the volunteer advisory board at Covenant and is presently co-chair of the executive patient-family advisory council, also at Covenant. He has one son and one granddaughter.

His love for OLLI began 11 years ago. During that time he has traveled extensively on several overseas and domestic trips, served on the OLLI travel committee as chair, is a member of the membership committee, been on many day trips, and taught a few classes for OLLI. Roger rarely misses a monthly meeting. He is looking forward to being a part of the team that works together as OLLI emerges from the past few months into a revised and better organization. He is excited to tell our community about what OLLI has done for the past twenty years to arrive at where we are today and then work as we prepare to celebrate our 20th anniversary and make plans for the next twenty years.

GET GRILLIN'

Warmer temps have finally found Michigan, and if you haven't done so already, it's time to take out the grill! Whether you enjoy a good steak or a veggie burger, the grill can add flavor and fun to any meal. Try out these helpful tips the next time you decide to heat it up outdoors:

- Get it hot! Whether you love charcoal or gas, preheat your grill for at least 10 minutes at the highest temp before beginning to grill. This helps loosen up any leftover residue to be scraped off and it also kills any lingering bacteria. High temps can also give your steak those restaurant-perfect lines—just remember to adjust the heat to cook until your preferred doneness!
- Oil it up. Even the cleanest grill can get food to stick to it if the temperature isn't just right. Help prevent against this by lightly oiling the grates with a high temp-tolerant oil like canola or vegetable before putting on your food.
- Marinate your meats. While the grill can add a great caramelized flavor to meats and veggies, it can also tend toward drying out proteins. Try marinating your meats for a few hours or overnight before grilling them to help lock in moisture.

Try out these tips and keep your kitchen cool as the weather heats up. Nothing says summer like a meal on the grill!

ADVISORY BOARD

Chair—Carol Gohm
989.574.5862

Vice Chair—Roger Spann
989.799.8417

Past Chair—Leslie Sanders
989.686.2542

Secretary—Chris Eckerle
989.684.2058

Curriculum Committee Chair
Chris Eckerle
989.684.2058

Membership Committee Chair
Karen Howell
989.684.6598

Finance Committee Chair
John Walter
989.631.5403

Travel Committee Chair
Roger Spann
989.799.8417

Technology Committee Chair
OPEN

Memorial Garden Chair
OPEN

At Large Member(s)
Carol Likam 989.753.9463

Faculty Representative
Christine Noller, Health Sciences
989.964.4016

SVSU Representative
Katherine Ellison, SVSU-OLLI

GROUP FOCUS: GARDENING



The OLLI gardening group normally makes a point of visiting member and local gardens and is constituted of members who, overall, enjoy all aspects of gardening, flowers, and plants. Given the current restrictions on group size and travel, the gardening group has gone online to share pictures of member plants and gardens. Join them on Facebook at the "OLLI Gardening Club" page to take a peek at what's blooming in their gardens or share your own photos.

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

It has been 3 and a half months since I had my hair cut. 11 weeks since I've last eaten inside a restaurant. 82 days since I've seen any of you in person. It is hard to believe that it has been that long, but here we are, already into June. I've noticed that you are enjoying the history and cooking classes that we have offered for free online, so I've included a little extra history and some grilling tips in this newsletter as well. Enjoy! Make sure you check out some of our spring/summer offerings online too—there is still a little something for everyone. If you are struggling with Zoom and getting access to these courses, give our office a call and we will be happy to help you or direct you to our resident technology guru, Gary, who can help you too. Hang in there friends! We hope to see you soon.



CLASS HIGHLIGHT

(365) Collaboration & Resistance...

World War II fractured the world into factions in line with or against Nazi Germany or neutral altogether. Many of these factions in Europe were eventually occupied by German forces throughout the course of the war. Various resistance organizations throughout Nazi Occupied Europe fought desperate battles against both the German occupation soldiers and local collaborators who assisted them. This course will briefly discuss the organizations of both Resistance Fighters and Collaborators during WWII.

Instructor: Jason Szilagyi
Wednesdays • 7/1, 7/8, 7/15, 7/22
2-4 p.m. via Zoom
Price: \$27 for members
\$54 for non-members



TRAVEL HIGHLIGHT

Hey Nadine—Travel Advice & Adventures

This amazing travel blog documents avid adventurer and videographer Nadine's experiences as she travels around the world. Nadine's zany, nerdy take on travel makes her videos entertaining to watch! She's funny, smart, and a bit awkward, but her filmmaking style really puts you there in the destination with her. Check her out today when you get the traveling bug!

Visit: HeyNadine.com



Saginaw Valley State University
Osher Lifelong Learning Institute
7400 Bay Road
University Center, MI 48710

