



OLLI Connections

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OLLI News!

We Met the Challenge!

On Wednesday, November 14, OLLI participated in WVU's second annual Day of Giving, a one-day fundraising event to encourage donations to the university for their greatest needs.

Inspired by a match challenge by Art and Linda Jacknowitz, OLLI members donated over \$2,500 to the program on the WVU Day of Giving.



Combined with donations during OLLI's own annual fundraising campaign, kicked off earlier in the fall, we have reached 60% of our budgeted goal for the year. Thank you to everyone who has donated. There is still time to do so if you wish. Visit <https://give.wvu.edu/OLLI> or call the OLLI office at 304-293-1793. Every gift counts.

A Recent Hire

OLLI is pleased to announce that Michelle Klishis will be staying with us. Michelle was hired in May as a temporary employee to fill the role of professional technologist. After a brief search, we were able to offer her the position as a regular employee and she accepted.



Michelle will be in the office 24 hours a week to handle our technology needs, including helping to build a computer education series for our members.

Director's Letter

Happy New Year!

I hope that you are as excited about the impressive assortment of classes and events that OLLI is offering this winter. With over 50 classes and events in Morgantown and 14 in Charleston, our short winter term is packed with opportunity! I'm planning to take the second Intro to Forensics class on Wednesday evenings and maybe Intro to Tai Chi. As a big fan of game nights, I will be forming a team for trivia night in Morgantown. What's on your list?

Speaking of planning, we've already begun exploring possibilities for day trips in the upcoming terms. Travel during the winter months can be unpredictable but come warmer weather, OLLI will be on the road. Plans are being made for trips to the Museum of American Glass in WV, Green Bank Science Center and Observatory, the Columbus Zoo and Aquarium, and the Nationality Rooms at the University of Pittsburgh. Watch for more information.



OLLI has contracted with Collette for more multi-day national and international trips through 2020. Within the U.S., you can travel with Collette to Northern California, South Dakota, or San Antonio. If you wish to go international, a trip to Spain is being offered. Join us on Tuesday, February 12, at 3:00 p.m. for a presentation with Jacob Savage from Collette.

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OLLI Connections is published quarterly and distributed via email to our current members. It is also posted on our website. If you are unable to read the newsletter online, you may request a printed copy by calling the OLLI office at 304-293-1793.



Do You Have a Hidden Talent?

“Do you have any suggestions for classes that you would like OLLI to offer?” You hear this many times throughout the year. It’s on every course feedback form that you fill out. Many of you have shared ideas with us. Some we have been able to make happen. Others we’re still working on.

The biggest obstacle to offering a class on a specific topic is finding someone who is able and willing to teach it for OLLI. So maybe you can help us with this challenge. OLLI is fortunate to have wonderfully knowledgeable and talented members. Many already generously share time and expertise in the classroom. And we thank you for that! Perhaps others can too but don’t realize that they have information that fellow members are interested in.

To the right is a partial list of suggestions collected from our members over the past couple of years. Is there something on the list that you could lead a class on? Do you know someone who could? Let us know!

Teaching for OLLI is fun. You have students who are engaged and enthusiastic about your topic. And remember, there are no tests to grade!

More information about teaching for OLLI at WVU can be found at <https://olliatwvu.org/teach-for-olli/>, including the answers to several frequently asked questions.

- Microsoft Office programs (in Charleston)
- Basic sign language
- Home repair
- End-of-life care
- Photography basics
- The Civil Rights Movement
- Container gardening
- Art history focusing on a specific artist
- Drawing
- Basic fiction-writing skills
- Ballroom and other types of dancing
- Financial planning for women
- Space exploration
- U.S. relations with the Middle East
- History of the Middle East
- Wildflower and wildlife photography
- Weather (for Morgantown program)
- WV assistive technology
- History of houses in South Park (Morgantown)
- French cuisine
- Effective lobbying/advocacy
- Medical marijuana
- Photoshop/making photo albums
- Bitcoin and Cryptocurrency
- Slavic history
- Korean history
- The Silk Road



A Visit to the Phipps Conservatory



Photos by Terry Tusing



Director’s Letter *continued*

We have formed a new partnership as well, with Landmark Tours, to offer a seven-day trip to Nova Scotia and the Maritimes in September.

For more information about these trips, visit the OLLI website at <https://olliatwvu.org/for-members/travel-with-olli/>. Brochures are available in the member lounge and the OLLI office.

When you travel with Collette or Landmark, you’re helping OLLI at WVU. Both companies give back to our program through commissions for each OLLI traveler.

Wherever you go in 2019, I hope that OLLI is a part of your plan.

Jascenna

Thank You!

As OLLI at WVU strives to achieve financial sustainability we would like to say **Thank You** to everyone who has generously contributed to one of our donation funds. Below are members and friends who gave through December 15 but were not included in the winter term catalogs.

Anonymous
Stephen & Susan Arnold
Thomas & Hope Covey
Doug Kilmer & Janis Reynolds
George W. & Mavis E. Grant Lilley
Edward & Diane Moss
Diane Pennington
Sue A. Westfall

Thank You also to our Sponsors!

Their generous sponsorship contributions help pay the printing and mailing costs of OLLI's quarterly course catalogs.

Fall Term:

- Right at Home (rightathome.net)
- The Crossings at Morgantown (thecrossingsatmorgantown.com)
- The Bean Counters (gfbrown2@frontier.com)

Winter Term:

- The Village at Heritage Point (heritage-point.com)
- The Bean Counters (gfbrown@frontier.com)

OLLI Receives Grant Funding

For the third consecutive year, OLLI at WVU has been awarded grants from the George D. Hott Memorial Foundation and the John Mathew Gay Brown Family Foundation.

The George D. Hott Memorial grant, in the amount of \$6,000, will be used to cover expenses related to expanding our curriculum in areas requested by members, including hands-on computer classes, speciality cooking classes, and the Readers' Theatre class.

The Mathew Gay Brown Family grant, also in the amount of \$6,000, will be used to help cover general operating expenses and therefore keep our membership and enrollments fees affordable.

Thank you to the George D. Hott Memorial and Mathew Gay Brown Family Foundations for their continued support of OLLI at WVU.



OLLI Hosting WVU Students

There will be a few new faces around the office over the next few weeks as OLLI welcomes WVU student interns. Partnering with the WVU Center for Service and Learning, OLLI will host four students from the School of Public Health who will complete a service component for their classes to gain hands-on experience in the public health arena.

Students from PUBH 352: Introduction to Social and Behavioral Science and Practice will assist the OLLI staff and marketing committee plan a new member recruitment event, to be held in March.

Students from PUBH 491: Professional Field Experience will assist the membership committee with the creation, administration, and evaluation of an OLLI member survey.

Integrating undergraduate, graduate, and PhD students as interns and presenters is a great way for OLLI to promote the importance of lifelong learning in the community and reinforce the value of having an Osher Lifelong Learning Institute at WVU to university and state leaders.

Please help us make our student interns feel welcome this winter. They will be providing valuable time and energy to two very important projects.



Facebook: Yea or Nay?

Do you follow OLLI at WVU on Facebook? As our primary social media site, the “Osher Lifelong Learning Institute at WVU” Facebook page contains information about upcoming classes, photos from OLLI events, and links to articles that may be of interest to our members. You can read about how Canadian and British doctors may soon be prescribing museum visits and other arts activities as treatment or how a program in New York is using technology to empower Holocaust survivors. Or discover what other OLLIs are doing when you read a copy of the Osher Institutes Newsletter. Together with the Friday eBulletin, OLLI’s Facebook page will help you stay on top of what’s happening.

Things to Make Your Facebook Use More Secure

Facebook is a method many of us use to remain in contact with friends, family, and communities across the country or even the world. But recent news has raised concerns about how Facebook treats the data we voluntarily—and involuntarily—share with it. Tempting as it may be to quit Facebook cold turkey, there are instead steps you can take to protect your information, and hopefully these steps will make you more comfortable with continuing to use social media.

Here are the top things you can do to make using Facebook safer:

- Do NOT use the Facebook app on your phone. Use a web browser on your phone instead.
- Do NOT use the Facebook Messenger app on your phone.
- Install a browser on your computer / device that you ONLY use for Facebook.
- Go through all your Facebook privacy settings.
- Do NOT use Facebook to log into other websites; create credentials for every site.
- Regularly remove third-party apps that have permissions to our account.
- Use privacy and security add-ons to restrict access to your browsing history.

BONUS: Create and use an email account that is unique for Facebook.

Our handout, *Facebook Privacy*, has a variety of recommendations for protecting your data. You can find that handout (and others!) here: <https://olliatwvu.org/for-members/member-resources/document-repository/>.

Living the Blue Zone Life

WVU and Morgantown are working together to bring the Blue Zones Project to our community. The Blue Zones Project is a community well-being initiative designed to unite our worksites, grocery stores, restaurants, schools and residents toward one common goal: making healthy choices easier.

Based on principles developed by Dan Buettner, *National Geographic* Fellow and *New York Times* best-selling author of *The Blue Zones* and *The Blue Zones Solution*, Blue Zones Project provides evidence-based best practices designed to improve health and wellness in the areas where people live, work, and play. Working with leaders, volunteers, and organizations across the community, Blue Zones Project programs make healthy choices easier and accessible to all.

During the fall semester, experts from the Blue Zones Project visited Morgantown, WVU, and WVU Medicine. Several public meetings, focus groups, and meetings with community leaders and university officials were held to gauge the interest and feasibility of bringing the Project to the community.

On Tuesday, February 12, OLLI will host a special member event on the initiative, led by Ryan Sommerkorn, Director of Health Promotion and Wellness at WVU, and Olivia Pape, communications specialist on the Blue Zones Project for WVU. Regardless of whether Morgantown and/or WVU become Blue Zones certified, the lecture will provide information on what we can do to live longer, healthier lives.

The Blue Zone Project presentation will be held on Tuesday, February 12, from 12:45 - 2:35 p.m. in classroom A at the Mountaineer Mall. It is free and open to current OLLI members. Register online at olliatwvu.org or call the OLLI office at 304-293-1793.

For more information about Blue Zones and the Blue Zones Project, visit <https://www.bluezones.com/>.

Mark Your Calendars!

January 8	Winter Open House (Morgantown)
January 11	Board Meeting
January 22	Spring Course Proposals Due
February 8	OLLI Board Meeting
March 8	OLLI Board Meeting
March 18	Spring Registration begins
April 12	OLLI Board Meeting
April 22	Summer Course Proposals Due