EXECUTIVE DIRECTOR’S UPDATE

With UDOLLI’s Winter Program Comes New Technology!

The fall semester has come to an end and we are eagerly preparing for the upcoming 2019 Winter Program of the Osher Lifelong Learning Institute at the University of Dayton. I am so looking forward to seeing you soon!

I have two items of good news for you. First, during Christmas break, UD’s Information Technology folks installed technical upgrades and added helpful capabilities to the projection equipment that moderators use in our UDOLLI classrooms. And second, the Provost is covering this upgrade cost for us, so UDOLLI will be receiving the use of these enhancements at no cost.

I’m confident and optimistic that these upgrades will assist and enhance our moderators’ presentations, and subsequently your lifelong learning experience at UDOLLI! Here’s roughly what the new upgrades include:

• A Crestron touch screen control system that allows moderators to touch icons on the screen to operate the various projector features, instead of using button controls. This could include simple projector functions such as: power on and off; screen up and down; and mute screen display, in addition to several advanced display features. The display features include Video Graphics Array (VGA) which can transfer pictures; Document Camera (Doc Camera) which can capture and display real-time images; a laptop HDMI input connection and cable which can transfer video and audio data; and PC which can project data from a PC.

• Advanced display controls in classrooms that have two projectors and two screens allow moderators to operate the two projectors individually while keeping the two in sync.

• New Blu-ray players give moderators better picture resolution and quality as they play DVDs. The previous and now outdated VHS system could not play Blu-ray media.

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FROM THE PRESIDENT

UDOLLI: One of the Largest Single-Site Osher Programs

One of the benefits of serving as president of the Board of Advisors of UDOLLI is being able to attend the Osher Lifelong Learning Institutes National Conference. The conference, sponsored by the Bernard Osher Foundation and the National Resource Center for Osher Institutes, is held every 18 months. In October I accompanied Executive Director Julie Mitchell to Scottsdale, Arizona. Each of the 122 Osher Institutes is invited to send their director and one volunteer.

Of the over 200 attendees, 170 attendees were first-timers like me, eager to meet fellow learners and gather ideas from other programs. There is an expression “If you see one OLLI program, you’ve seen one OLLI program.” There is a wide variety of program content, format, scheduling, fee structures and facilities used in the Osher programs. As Steve Thaxton, executive director of the National Resource Center wrote: “creativity, localism and autonomy are highly valued.” What is common and impressive is the total commitment of staff and volunteers to providing outstanding lifelong learning experiences to members.

I’d like to share a few statistics. The 122 Osher Institutes serve 364 towns and cities. The Osher network consists of 27 private and 95 public universities or colleges. The oldest OLLI program is 52 years old and the youngest is 1 year old. There are 165,430 Osher members. The median membership size per Osher is 1,222 with 205 average volunteers, 2.2 average full-time paid staff and 2.5 average part-time paid staff. Eighty-two Oshers offer travel programs and 113 use online registration systems.

Personal highlights for me included hearing from Bernard Osher about his vision for lifelong learning. (Yes, Virginia, there is a Mr. Osher). I attended sessions on community aging initiatives and online education initiatives at universities. We also had regional roundtables to meet volunteers from our sister institutions.

Our UDOLLI Technology Team — the Red Lanyard folks — assists the moderators with all things technical and have been trained on these new technical updates. As with every UDOLLI seminar program, they are on hand this winter and eager to help as needed. My grateful thanks to these dedicated volunteers who give of their time not only to train, but to assist during each of our seminar programs. If you are interested in becoming part of the UDOLLI Technology Team, please feel free to contact me at 937-229-2605 or jmitchell1@udayton.edu.

I wish you a safe, blessed and knowledge-filled New Year!

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A short time ago Barbara Hayde, assistant to the director of the Fantastic Flyer Follies, shared with us some very significant information about the Follies. Here is what she had to say.

Did you know that music provides many benefits for seniors? Among them are: lowering blood pressure, boosting cognitive function, the promotion of memory, the improvement of mobility, flexibility and motor skills and finally, pain reduction. These are just a few of the reasons why the participants of the Fantastic Flyer Follies (FFF) are committed to the hard work necessary to meet their goal of performance excellence. In their third year of being sponsored by the University of Dayton Office of Special Programs and Continuing Education, the FFF is a troupe of participants who perform dance, musical numbers and storytelling for individuals residing in area senior living centers.

These very talented people present several performances during two seasons each year (spring and December holidays) after writing original music, choreographing dance and working tirelessly, and rehearsing their steps and lines for months in advance.

Asked “why do you do this?” Jacqueline Heman, Director and Choreographer with over 60 years of experience, says, “Sure, it’s hard work but our very special audiences really appreciate our performances and it’s just great fun for everyone involved. Everyone has their own reason for why, but sheer joy is evident,” she added.

Follies member Jeanine spends hours writing original music based on proposed stories or themes. And member Monica joined because of her long-time relationship being taught dance by Ms. Heman starting when she was only 8 years old.

Their past performances include a variety show of Broadway music, a show of musical interludes from the Broadway show “South Pacific,” and Holiday shows filled with music and memories. It is important to note that the FFF perform for free, and they survive on donations from their audiences in order to pay for costumes, props, music fees, travel and such.

For more information regarding the Follies contact Jacqueline Heman, director/choreographer at 937-435-3353 or Barbara Hayde, assistant to the director at bhayde043@gmail.com.
UDOLLI SAVED MY LIFE!

Not long ago we talked with Nora Sharkey, a member of the 2019 Winter Curriculum Committee, about her experiences after taking a UDOLLI seminar. Here is her story.

I registered for a seminar in the winter of 2016 entitled “How to Talk to Your Doctor.” This seminar was moderated by Sharon Otto Trekell, Ph.D. I took this class hoping to get some insight into what direction I should take after unsuccessful visits to doctors over the past two years.

I had been experiencing what I thought were gastrointestinal symptoms of nausea, chest cramping and palpitations. I saw a gastroenterologist who ran some tests and gave me some medications but there was little improvement. Next, I went to The Ohio State University Wexner Medical Center to see a specialist there but again with little results. I even went to a highly respected gastroenterologist at the Cleveland Clinic who also had no remedy for my misery. While being interviewed by this doctor, another female physician who was assisting him said that she wondered if my systems could be heart related? She said that women sometimes exhibit different symptoms than those usually associated with heart disease.

I had been to a cardiologist right before I went to the Cleveland Clinic. This doctor wanted me to have a heart catheterization based on my symptoms and family history. I thought that was a bit extreme and I told him I was going to the Cleveland Clinic. He basically thought that was unnecessary. He felt pretty confident that I would return to him for further treatment.

Well, back to the UDOLLI connection. I took Dr. Trekell’s seminar after my disappointing visit to the Cleveland Clinic and in that class she said everyone should have an “Internist.”

She told us that doctors in “Family Practice” treat all ages and are not as attuned to the medical issues of the population over 50. I decided to take her advice and began my search for an “Internist.” I found one close to home, and a female, and I really liked her. She interviewed me for almost 45 minutes and then concluded that perhaps we could start with some simple “noninvasive” heart tests and then evaluate the results.

Well, to make a long story short, I saw this new Internist in July of 2016 and by September of 2016 I was at the Cleveland Clinic again but this time to have triple bypass heart surgery! I survived that procedure to be grateful to Dr. Trekell for her invaluable advice in that UDOLLI seminar. I now call Sharon (Dr. Trekell) my friend and one of my angels! Taking that seminar was the first step in saving my life!
Board Advisor Mary Ann Gasior tells us about UDOLLI’s Library Book Exchange initiative.

Have you visited the Resource Room on the second floor of Curran Place lately? If so, you may have seen the tent card shown in the photo accompanying this article. If not, go take a look during winter term. A book exchange has always been available in that room for UDOLLI participants, but perhaps you’re not aware of it. The idea is simple: take a book, leave a book, or do both, at no charge, and with no due date. Books need not be returned if you wish to keep them or pass them on to other readers.

The 2nd Street Market in downtown Dayton has a similar arrangement facilitated by the Dayton Metro Libraries. Tucked away in a corner of the room where music is played on weekends is a cabinet filled with books of all sorts. There too, books may be taken to read and need not be returned. If desired, they can be taken back to any Metro Library, but the idea is to pass them on to as many readers as possible.

According to the Dayton Daily News for October 31, 2018, four Dayton elementary schools also have increased access to free books with the opening of new little libraries at each. Fairview, Edison, Westwood and Cleveland elementary schools are the beneficiaries of Cody Granger’s Eagle Scout project. The purpose was to provide “high quality, affordable and culturally relevant print books for free in walking access at all times.” A group called The Conscious Connect, Inc., places little libraries throughout the Dayton-Springfield area and has so far established 90 access points in a 50-mile radius. More than 30,000 free books are distributed each year.

Coincidently, the founder of the Little Free Library movement died last October. Todd Bol, a Minnesotan, used wood from his remodeled garage in 2009 to build a replica of a schoolhouse, put his mother’s books in it, and put it in his front yard to start a book exchange in his neighborhood. His concept has grown to include 75,000 Little Free Library boxes in all 50 states and 88 countries. Bol’s inspiration was Andrew Carnegie, the man who said, “The man who dies rich, dies disgraced.” Carnegie was responsible for the establishment of 2,509 libraries in the early 1900s, so Bol’s goal was to build 2,510. He achieved that number within two years.

So join the movement! Read books, leave books, take books from UD’s own little library inside the Resource Room. Happy Reading!
Recently we talked with Laureene Bollinger, chair of the UDOLLI Volunteer Committee. This is Laureene’s fifth year serving on the UDOLLI Board. She served two years as co-chair of the Committee, and became Chair in July 1, 2018. The term as a Chair is a year-to-year commitment. Here is our discussion.

DOES ANYONE SERVE ON THE COMMITTEE BESIDES UDOLLI MEMBER VOLUNTEERS?

The Volunteer Committee has at least 8 Board and Consultant members, one of which is appointed to be Chair. The Chair coordinates volunteer activities with the Executive Director, Executive Committee, Board and all other UDOLLI members as determined by UDOLLI’s needs and special projects. Since our organization is volunteer-driven and the opportunities for being a volunteer are numerous, maximum participation of our members is encouraged and welcomed.

WHAT ACTIVITIES DO THE VOLUNTEERS PERFORM?

A few of the opportunities: assist with numerous tasks to help with the preparation of each session by finding liaisons, greeters, assembling name tags, tent cards, parking passes and generally helping the office staff as needed with various mailings and random tasks. The first day of registration, a team is also available to assist anyone who comes into the office for their online registration. All this is accomplished with high regard to confidentiality.

WHAT ARE THE MOST POPULAR VOLUNTEER ACTIVITIES?

Obtaining liaisons for each class; greeters for the first week of classes and all special events; and volunteers to help distribute parking passes. I think once people get involved with the committee, they are surprised to learn what all it really involves.

WHAT IS THE HARDEST ACTIVITY FOR YOU TO RECRUIT FOR?

I would say, recruiting for help is not hard at all, only time consuming. All members seem to be more than willing to help whenever and wherever they can! Our membership is full of great people. I love meeting them, getting to know them and working with them. That’s what makes me enjoy, and is my most rewarding part of, this position.

DO YOU HAVE ANY STATISTICS RELATING TO THE VOLUNTEER ACTIVITIES?

Here is some data from our fall 2018 program: 1 or 2 liaisons volunteered for our 86 seminars — that’s approximately 100 volunteers. David Vomacka quickly figured that was 12%-15% of our membership. Volunteers filled 76 spots as greeters or as helpers with parking passes for the first week of seminars, plus the Tuesday evening, and the special Friday and Saturday seminars. And 20 volunteers helped Gina Newlin and Denise Quillen in the office with all the tasks it took to get ready for registration, orientation, the seminars and opening week.

COME MAKE NEW FRIENDS!

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HOW CAN A UDOLLI MEMBER BECOME A VOLUNTEER?

Request and fill out a Volunteer Opportunities goldenrod form available from the UDOLLI office or let a Board member know you are interested and they can direct you.

IS THERE ANYTHING ELSE YOU’D LIKE US TO KNOW?

All members are welcome to join us at any time on the Volunteer Committee. For the most part, you can choose what you’d like or not like to do, and what and how many hours you want to work. Come make new friends. We like to have fun and there are lots of tasks to choose from. No former experience is required. Minimal and non-threatening fun training is provided when needed. Doors are always open and you are always welcome!

ITEMS GOOD TO KNOW

• The University of Dayton’s Doctorate of Physical Therapy Program is actively seeking women between the ages of 30-79 years who have been diagnosed with Stage 0-3 unilateral or bilateral breast cancer, and had surgery (lumpectomy or mastectomy) to treat their cancer. The information from this study may help therapists understand persistent limitations in arm function. If you had breast cancer in the last five years, you may be eligible. This study will require two visits to the Department of Physical Therapy, Fitz Hall. Each visit will last approximately one hour. If interested please contact Dr. Mary Fisher and student researchers via e-mail at bcresearch@udayton.edu or by telephone at 937-229-5617.

• The 2018 Daybreak Champions for Youth Luncheon at the Mandalay was a huge success. UDOLLI’s generosity helped Daybreak raise $117,000 to support their programs and services for homeless youth!

• The final results of UDOLLI’s Fall Food Drive are: Food/Misc. Items equaled 404 pounds; Monetary Donations came to $2,915. Your generosity and support of our Food Drive Program is very much appreciated by the staff of the Miami Valley Food Bank, the 104 agencies supported by the Food Bank and by the hundreds of people who benefit from these community outreach programs.

• The Dayton Celebration Chorus is an adult community chorus that serves the city of Dayton and the Miami Valley region. There is no audition. Open to all interested adult singers, the Chorus sings a diverse repertoire of both sacred and secular choral literature, with an emphasis on American music. Founded in 2003 as the Schuster Center Celebration Choir, the organization was first sponsored by the Victoria Theatre Association. In 2014 the group affiliated with the University of Dayton Office of Special Programs and Continuing Education. For more information call 937-229-2347 or 937-229-2605.

• Dr. Merriman, University of Dayton Department of Physical Therapy, is currently recruiting participants for a new balance study. Dr. Merriman has invented a new balance test to be used by clinicians to determine if a patient is at risk for falls and to tailor interventions to help avoid future falls. He is currently working to determine the predictive validity of his test by completing multiple balance tests.

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with participants and then following up with them for the next year and recording any falls.

Participants in this research study must be at least 65 years old and can walk for at least one minute without a cane or walker. Testing will take place in one session and will last approximately one hour. You will then mail in a falls diary with a pre-stamped and addressed envelope for 12 months. If you are interested, contact Jamie Wynk, SPT, at 567-644-5625 or wynkj1@udayton.edu for more information.

- If you are interested in receiving regular notices about the activities happening on the University of Dayton campus, you can subscribe to the UD Events Calendar. Anyone with Google Calendar™, Apple® Calendar or Microsoft® Outlook® can subscribe to the UD Events Calendar. For more information, visit the Events Calendar subscribe page at: https://udayton.edu/calendar/feed-builder.php?tags%5B%5D=Fine+and+Performing+Arts&submit=Subscribe

**MARK YOUR CALENDAR**

- UDOLLI Winter Program: January 14-February 25, 2019. There’s still time to register and many seminars have openings! Call 937-229-2347.
- UDOLLI Summer Program — Day 1: May 9, 2019, Includes UDOLLI Annual Meeting and Moderator Appreciation Luncheon.
- Dreaming with Our Eyes Wide Open, Why We Need Martin Luther King Jr. NOW More than Ever: January 17, 2019, 5:30 p.m., Daniel J. Curran Place Dining Room. Bring a friend or two. Call 937-229-2347 to register.
- UDOLLI Bus Trip: UD vs. Duquesne Men’s Basketball Game in Pittsburg, Pa., March 9, 2019 for the game; March 10 for the Sunday breakfast buffet. Call Ideal Travel for details and registration at 937-223-7447.
- UDOLLI Spring Food Drive: April 8-April 12, 2019. Donation bins are in the UDOLLI Resource Room, second floor of Daniel J. Curran Place. Donate non-perishable food items, paper products, household cleaning supplies, pet food and supplies, personal grooming items and baby supplies. Monetary donations are wonderful. Make checks payable to Dayton Food Bank.
Photo Gallery

UDOLLI ANNUAL MEETING, SUMMER SESSIONS, FALL ORIENTATION, FALL KICKOFF, HIKE AT CLIFTON GORGE, JUNG’S RED BOOK SEMINAR, LEGACY WRITERS’ EVENT AND TRIP TO INDY