Dear Friends,

We are off and running with our first online OLLI at OSU classes! Knock wood, things are going fairly well this first week! Many of you have joined us in the Zoom rooms. Fifty of you enjoyed the Jefferson Highway course alone! As we progress, please continue to let us know how your experience is going and if there’s anything we can do to make it better.

We continue to shelter in place and work from home. The University has announced that the date to reopen the Stillwater campus will be July 7, although as of yet we do not have instructions on when to return to our OLLI offices. We have been discussing the fall OLLI semester and returning to in-person classes. While we are planning as if we will be able to meet in person, we have been asked to plan for both scenarios. Of course we will continue to update you as we learn more. If you have thoughts about that, please feel free to send us an email at olli@okstate.edu. Your opinion is important in making this decision. As we move forward, we are committed to bringing you the high quality classes and caliber of instructors that you have come to know and appreciate.

In the meantime, we are enjoying seeing your smiling faces in the Zoom classrooms!

Robbin, Misty, Logan, Barb, Amy & Mona ♥️
Let’s celebrate our 300+ participants for summer OLLI courses! We’re inspired and humbled by your response to our first ever online courses.

It’s not too late to register, even though courses began on June 1, and we encourage you to join us as we watch the numbers climb. We’re offering 12 courses throughout the month of June. Classes are free to everyone with a current OLLI membership and $10 per class for non-members. Registration is required, and you can do that by clicking here. You’ll receive a confirmation email with a link to your online Zoom classroom.

If you had asked us two months ago how we were going to pull this off—converting to online from in-person courses with engaging instructors and lively discussion from our students, not to mention cookies, coffee and lunch—we couldn’t have given you an answer equal to the surprising outcome that has become our Summer 2020 OLLI offering. We approached the task with the belief that every cloud has a silver lining and that our members would support our efforts. The silver lining here is that we still have our fantastic instructors and our live-wire discussions. Necessity helped us implement this new format. An online course option is one we’ve always wanted to offer side-by-side with in-person classes so members who have mobility issues, are caregivers or homebound for any reason can benefit from OLLI. We hope you find it to be a useful tool for your lifelong learning adventures. And if you find yourself missing cookies at break time, join us on Zoom for Coffee Talk, the only difference being that Coffee Talk is BYOC (Bring Your Own Cookie). The OLLI staff worked hard to make summer courses a reality. Your response has made it well worth the effort and together we’ve made lemonade out of lemons!

VIEW FLIER  REGISTER
A spin-off of our popular Town Hall and City Forum gatherings, Symposium is a series on thought-provoking topics looking at health, wealth and wellness with a different guest expert each week beginning on Fri., June 5, at 11 am.

On June 5, Angie Freeny will present Building a Competent Community for Suicide Prevention. Senior adults are one of the largest groups of completed suicides in recent times. Those numbers can be reduced drastically through community prevention education. Angie will teach you about the common causes of suicidal behavior; what the warning signs are; how to question, persuade and refer someone who may be suicidal; how to get help for yourself; and how to get help for someone in crisis. Angie Freeny has been with Payne County Youth Services for 15 years and currently serves as Prevention/Intervention Programs Director. She holds a BA in Sociology and a Masters in Adult Education as well as a Masters in Nonprofit Management and Leadership. Her one-hour training program will cover the key components that everyone should know.

The second speaker and topic, to be held on June 12, is still being confirmed and will be announced soon. On June 19, our final presentation is What If Mental Health Were Brain Health? with Dr. Trang Nguyen, Pharm.D. and Board Certified Geriatric Pharmacist. She’ll talk about the side effects and drug-drug interactions of common medications which are used to treat delirium, dementia, depression and anxiety and how we can improve our brain health. Dr. Trang is the founder of Mimosa Health, which focuses on medication education and personalized senior health services.

To join the Symposium course for one class or the whole course, click here.
Let’s Talk Theatre!
In April, the National Theatre of London began streaming plays on YouTube—a new play every Thursday—comedies, dramas, Shakespeare, contemporary, you name it. OLLI members who love theatre wasted no time in forming a discussion group led by theatre educator Ruth Charnay. Ruth stepped into her role as our first online group facilitator, and she is a shining star. Thanks, Ruth! The discussion has become so popular that it’s evolved into a summer class, Let’s Talk Theatre. Each play is streamed on YouTube for one week only, beginning on Thursdays at 1 pm CDT. Watch the play of the week and join us on Tuesdays for a Zoom discussion class to hear what others are saying. The next production, streamed June 4-11 is Shakespeare’s Coriolanus. Watch the trailer here. On June 4, you can watch the full production here or by visiting National Theatre at Home on YouTube.

Coffee Talk
OLLI staff will be online in a Zoom room every Wednesday from 3 to 4 pm. Bring your favorite drink and something to nosh. We’d love to see you and hear what you’ve been up to. It’s a fun, informal social hour where you can drop in for a few minutes or for the entire hour. Coffee Talk is a great way to practice Zooming skills, especially if you have any questions about how it works. A staff member is always part of the mix, because we do love a good coffee break, and if you have any questions, we’ll be happy to help. Coffee Talk has a new time on Wednesdays. It’s been moved from 1 pm to its new slot at 3 pm so as not to conflict with courses. You don’t need to register, just use this Zoom link every week. Click here to join us each week.
Learning & Growing
ALITTLE MORE OF THIS AND THAT

OK, Zoomer
We’re so proud of you! Look at how willing and eager you are to pick up new tools and apply them to your lifelong learning experiences. At the OLLI office, we’re finding our way around Zoom rooms just like you are, and isn’t it great! If daily brain challenges slow down the aging process, then we must be turning back the hands of the clock with this one! We’ve created a brief guide with tips that will help you use Zoom. Here’s a link to Online Learning with Zoom. While we look forward to the future when we can gather in large groups for our classes, we’re also very happy to say that online OLLI@OSU classes are here to stay. That’s a silver lining if ever there was one.

OLLI Governance
Board Member Elections
Volunteers keep OLLI running, and we couldn’t do it without you. It’s how we roll. A local executive committee oversees the OLLI program in each city, and that’s how we keep your classes relevant to what’s going on in your community. Talk to your friends about running for a board member position or consider serving on the board yourself. The nomination process for local and state board members is underway. Contact the Olli office for guidance on the nomination and elections process.

Election Timeline:
• June 10 Board Nominations Deadline
• June 15–19 Membership Voting
• June 30 End of OLLI@OSU Activity Year
• July 1 New OLLI@OSU Activity Year Begins

You can nominate yourself!

OLLI OFFICE * 405.744.5868 * OLLI@OKSTATE.EDU