



# The OLLI UPdate

OSHER LIFELONG LEARNING INSTITUTE

OKLAHOMA STATE UNIVERSITY

"To love others, you must first love yourself."  
Leo Buscaglia

**FEBRUARY 12, 2021**

Hi, Friends!

The OLLI office is a very busy time between sessions. We get excited when classes begin because we get to witness all of the work come to fruition but more importantly, our OLLI students enjoying everything we've planned for you!

By now you should have all of your Zoom links organized, class start-dates in your calendar and beverages and snacks at the ready. Remember that the links for each individual course is the SAME LINK you will use each week for that same course. Each course has its own unique Zoom link. Consider using a Word doc or some other way to organize your links so that they are easy to find.

And then there might be snow. A LOT of snow. Here's the deal on that - as long as our instructors have a safe internet connection, classes will go on. It is important that we stay on track and move forward as best we can. Whether we get 2" or 12", please take care of yourself and those in your house - two as well as four legged.

This newsletter is also "LAST CALL" for the Share the Love campaign. Nineteen new folks have taken advantage of this opportunity. You have until midnight February 14!

Hope your Valentine's Day is full of love - two as well as four legged.

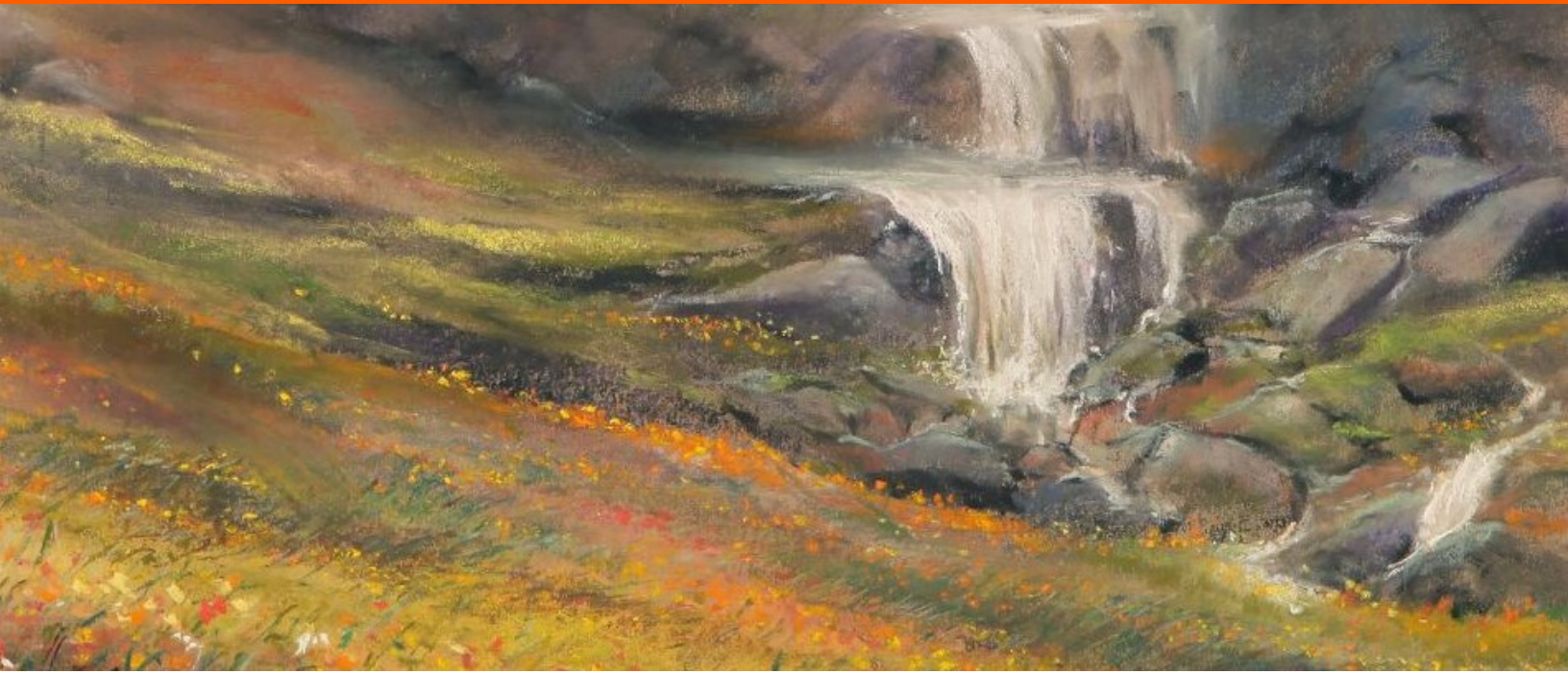
Kindly,

*Robbin*

Your OLLI Director



Are you following OLLI on [Facebook](#)?



Landscape in soft pastels by Fatemeh Kian

## Soft Pastel Workshop

MONDAYS, MARCH 8 - APRIL 5, 11:00 AM - 12:30 PM, INSTRUCTOR: FATEMEH KIAN

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Soft pastel looks something like crayon, but is actually a combination of pigment and binder. Pastels are very versatile and produce colors brilliantly rich or soft and subdued. By blending colors on paper, overlaying one color with another, and learning different strokes, you'll create a beautiful painting. In this introductory course you will:

- Be introduced to soft pastel and layering techniques
- Explore the characteristics and techniques that are specific to soft pastel
- Learn how to interpret reference photos and change them to create your own composition
- Create landscapes from simple to more complicated
- Paint together and discuss the challenges we may face in soft pastels

Your instructor, Fatemeh Kian, is an award-winning watercolor and pastel artist who exhibits widely. Fatemeh was an instructor for OLLI@OSU when she lived in Stillwater. In 2017 she moved to Los Angeles to be near family, but she says her heart is still in Oklahoma with the friends she made here.

[Register Here](#)

# Share the OLLI Love

## How sweet it is!

**LOVE OLLI?**

**Want to invite a friend?  
Now's your chance!**

**Share the love!**

**Introduce a friend for FREE**

**LAST  
CALL!**

**OFFER  
EXPIRES  
2/14 @  
MIDNIGHT!**

Do you have friends who have never experienced OLLI? Invite them to take a course on the house! If you're a current OLLI member and your friends have never experienced the joy of learning with OLLI, they can take one course for free during the spring 2021 term. For your friend to claim their free course, email the OLLI office with "*Share the Love*" in the subject line, copy your friend on the email and tell us which course your friend wants to attend. Send it to us no later than midnight on Sunday, Feb. 14.

This offer is open to everyone who has never been a member and anyone who hasn't been a member since 2016. To qualify, they must be recommended by a current member.



OLLI @ OSU is a member-driven non-profit. Your word-of-mouth is our best advertising.

Keep OLLI strong.  
Share the love.

## Share the Love Event!

OLLI OFFICE \* 405.744.5868 \* [OLLI@OKSTATE.EDU](mailto:OLLI@OKSTATE.EDU)



## Upcoming Lectures

LECTURES ARE FREE FOR OLLI MEMBERS AND \$10 FOR NON-MEMBERS  
[REGISTER HERE](#)

**2/15 9:00 am Medicare ABCs with Jae Oh BACK BY POPULAR DEMAND**

Let's clear up many frequently-told myths about Medicare, the cornerstone to retirement planning in the U.S. This information-only session will cover how Medicare actually works, and how a person plans and considers if and when to enroll in Medicare. The session's goal is to ensure that people focus on the most important aspects of Medicare, frequently not explained in the media or advertisements.

Jae W. Oh, MBA, CFP®, CLU® ChFC®, is the Managing Principal of GH2 Benefits, LLC.

**2/17 9 am Oklahoma Maps & Mapmaking with Chad Williams & Jan Davis**

From the stargazers of antiquity to explorers of the American West to scientists who map time and space, learn about the history and technology of cartography. In this two-part lecture you'll learn how libraries, archives, museums and other institutions bring maps to your fingertips making it easier to discover the history of Oklahoma through historical map collections made accessible online. The instructor will focus on digital platforms at the Oklahoma Historical Society's Gateway to Oklahoma History and the Oklahoma Department of Libraries' Oklahoma Digital Prairie.

**2/17 1:00 pm A Look into Home Health Care with Rebekah Vieth**

With such a wide range of home care services available you may have questions about your best options. Or maybe you're not even sure what questions you should ask. Rebekah Vieth will talk about the broad range of home care services including tips to set yourself up for finding the right home care, questions to ask when deciding on home care, and the difference between agency and private hire caregivers. Rebekah Vieth is the Director of Business Development for Right at Home in Edmond.



## The Key to Your Heart

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February marks the 57th consecutive year of American Heart Month. This federally designated event raises heart health awareness and the need for more research. If you haven't given much thought to your heart recently, this is a great time to pause and consider how you can up your game in areas over which you have control. Check with your doctor to make sure this information is right for you, and if it is, we hope you enjoy the benefits of good heart awareness.

Learn about American Heart Month and find a healthy dose of tips and tricks from the [National Institutes of Health](#). The NIH offers a quick start guide to heart healthy living [here](#).

### And the Beat Goes On

- Commit to a walking program. [Here's](#) how to set one up.
- Try a new [recipe](#) or cook a heart-healthy meal with family or friends. Keep your distance and use Zoom.
- Lose weight. Find [social support](#) with a few family members or friends who also want to lose weight.
- Move it! Put on some music and shake your booty. Do aerobic housework. Stretch and bend. Being [active](#) will make you feel better.

**Disco Saves Lives:** It's true! [Stayin' Alive](#) really *is* the right beat for performing hands-only CPR, as this video demonstrates in a surprisingly entertaining way.

### Tech Help

Are you struggling physically or mentally during the pandemic? There might just be an app for that. The American Heart Association's Center for Health and Innovation is connecting people with innovative technology being created by other organizations. Check out this [article](#) on free therapeutic apps that might help.

### It's All Fun and Games

Mood enhancing fun is important to overall health and makes your heart happy at the same time. Here are some [puzzles](#) and [games](#) that will make your heart sing!



## Events Calendar

We're done with hibernating. The long wait is over, and in a few days OLLI courses and lectures begin. Don't miss these great topics! Lectures are free for OLLI members and \$10 each for non-members.

[Register here](#)

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|------|-------|---|
| 2/15 | 9 am  | Medicare ABCs with Jae Oh   |
| 2/17 | 9 am  | Maps & Mapmaking, Historical Maps of Oklahoma, Part 1 of 2 with Chad Williams |
| 2/17 | 1 pm  | A Look into Home Health Care with Rebekah Vieth                               |
| 2/24 | 9 am  | Maps & Mapmaking: Historical Maps of Oklahoma, Part 2 of 2 with Chad Williams |
| 2/25 | 1 pm  | Hearing Loss, Hearing Aids & Dementia with Trevor Courouleau                  |
| 3/1  | 9 am  | Alaskan Huskies: It's All about the Dogs! with Doug Aichele                   |
| 3/19 | 9 am  | Ask the Vet with Mike Lorenz  |
| 3/26 | 9 am  | COVID-19 Q&A with Tyrrell Conway  |
| 3/29 | 11 am | Antiquing: The Seven Basic "How To's" with Manning & Karen Rogers             |
| 3/29 | 3 pm  | Special Guided Tour: The Spam Museum, more info in future newsletters         |
| 4/1  | 9 am  | Top 10s of 2021 with Doug Stowell   |
| 4/8  | 9 am  | Learning a New Language with Roha Kaira                                       |
| 4/9  | 1 pm  | Leonardo's Knots with Caroline Cocciardi                                      |