



# The OLLI UPdate

OSHER LIFELONG LEARNING INSTITUTE

OKLAHOMA STATE UNIVERSITY



**JANUARY 8, 2021**

Hi, Friends!

Weeeeeeee're BACK! Did you have a nice holiday season? I truly hope so. It was definitely not our normal holiday but we made the best of it, didn't we?

This is just a short UPdate with a few things we wanted you to know. First, and perhaps most importantly, registration for the spring session is now open online and via phone or mail. You should be seeing the OLLI spring catalog in your mailbox in the next week. You can see the current course list [here](#).

We'll be sending out the OLLI UPdate weekly again with info and good things we think you should know. So, check your emails and also make sure you're checking the OLLI webpage for late listing of courses and new listings of single lectures. We'll work to make sure you have the most current info in the newsletter as well. If there's anything you'd like to see in the newsletter, be sure and let me know.

Kindly,

*Robbin*

Your OLLI Director



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



## Special Series on Systemic Racism

INJUSTICE ANYWHERE IS A THREAT TO JUSTICE EVERYWHERE.

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The Turner African American Services Council at the University of Michigan invites you to celebrate the life of Dr. Martin Luther King, Jr., with a special series of free, virtual presentations. The first of four lectures is on systemic racism and its impact on the African American community.

***Systemic Racism: COVID-19 and the African American Experience in Michigan*** will be held on Sat., January 23, 12:00 to 2:30 pm CST. The panelists will be Alexis Travis, PhD, and Michelle Canady, PhD, MPA, of the Michigan Department of Health and Human Services.

The additional lectures are:

### ***Education and Black History***

Sat., February 27, 2021 | 12:00 to 2:30 pm CST

### ***Social Justice***

Sat., May 8, 2021 | 12:00 to 2:30 pm CST

### ***Hope for the Future***

Sat., October 9, 2021 | 12:00 to 2:30 pm CST

For more information, call Jennifer Howard at 734-998-9353. To register and receive a Zoom link, click [here](#).



## Chronic Pain Study

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Colorado State University's Departments of Occupational Therapy and Human Development and Family Studies are conducting an online research study for pairs of people with chronic pain. The goals are to help with their pain and discover how pain affects their daily lives. They are looking for pairs of connected people (spouses, partners, parent/adult child, and friends/neighbors) who have chronic pain and who help each other. Participants must be 18 years of age or older, must have a willing partner (caregiver or care receiver), and must have chronic or persistent pain. The 8-week study includes:

- Gentle movement and education for people with pain
- Up to \$100 in gift cards
- Free sessions led by professionals
- Online sessions for convenience and safety

For more information, call 970-491-8204 or email [MovementAndEducation@colostate.edu](mailto:MovementAndEducation@colostate.edu).



## Learning through a Lens

"We need to learn to see not just with Western eyes but with Islamic eyes and Inuit eyes, not just with human eyes but with golden-cheeked warbler eyes, coho salmon eyes, and polar bear eyes, and not even just with eyes at all but with the wild, barely articulate being of clouds and seas and rocks and trees and stars." Roy Scranton, Author

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### ***How to Take Good Photos With Your Phone: 25 Tips & Tricks***

As you know, we don't endorse any products (except for the super wonderful OLLI@OSU program), so when you open this link and see a big ad, just scroll down until you see the article. It contains some of the best and most creative tips on using a smartphone camera we've see yet! [Click.](#)

### ***Nature, Folklore and Serendipitous Photo Collaborations***

Inspired by Nordic folklore, artists Karoline Hjorth and Riitta Ikonen collaborate with local elders to create imaginative portraits that explore humanity's connection to nature. [Click.](#)

### ***Nature Photographer of the Year 2020 Award Winners***

Nature Photographer of the Year is an annual contest that celebrates the beauty of nature photography. [Click.](#)

### ***Nature Photographer of the Year Blog***

You may also enjoy learning from the photographers. [Click.](#)

### ***The Multi-Dimensional Beauty of "Day to Night" Photography***

Stephen Wilkes explains a technique of photography he developed to combine multiple moments into a single, breathtaking image. [Click.](#)