



The OLLI UPdate

OSHER LIFELONG LEARNING INSTITUTE

OKLAHOMA STATE UNIVERSITY



NOVEMBER 19, 2020

Hi, Friends!

We were going to use a "Happy Thanksgiving" photo but none felt right. The words felt kind of empty in light of the suffering people have experienced this year. This photo did feel right because we are so very grateful for our members.

In our office operations, we have been evaluating processes and talking about prioritizing tasks. We all agree that "people" come first in all matters. Without you, OLLI at OK State doesn't exist. You ARE the program - the heartbeat, the very life of why we do what we do. Every decision we make, every program we schedule, every comma placement we choose is an effort to make OLLI at OK State the very best OLLI it can be for YOU.

With that in mind, we need to hear from you. Course evaluations will start popping up in your email inboxes in the next week to 10 days. Please take the few minutes to tell us about the courses you took this session.

We truly hope that you find some joy and thankfulness in the coming Thanksgiving week. We are very thankful for each of you - members, instructors, speakers - who help make OLLI at OK State a thriving organization.

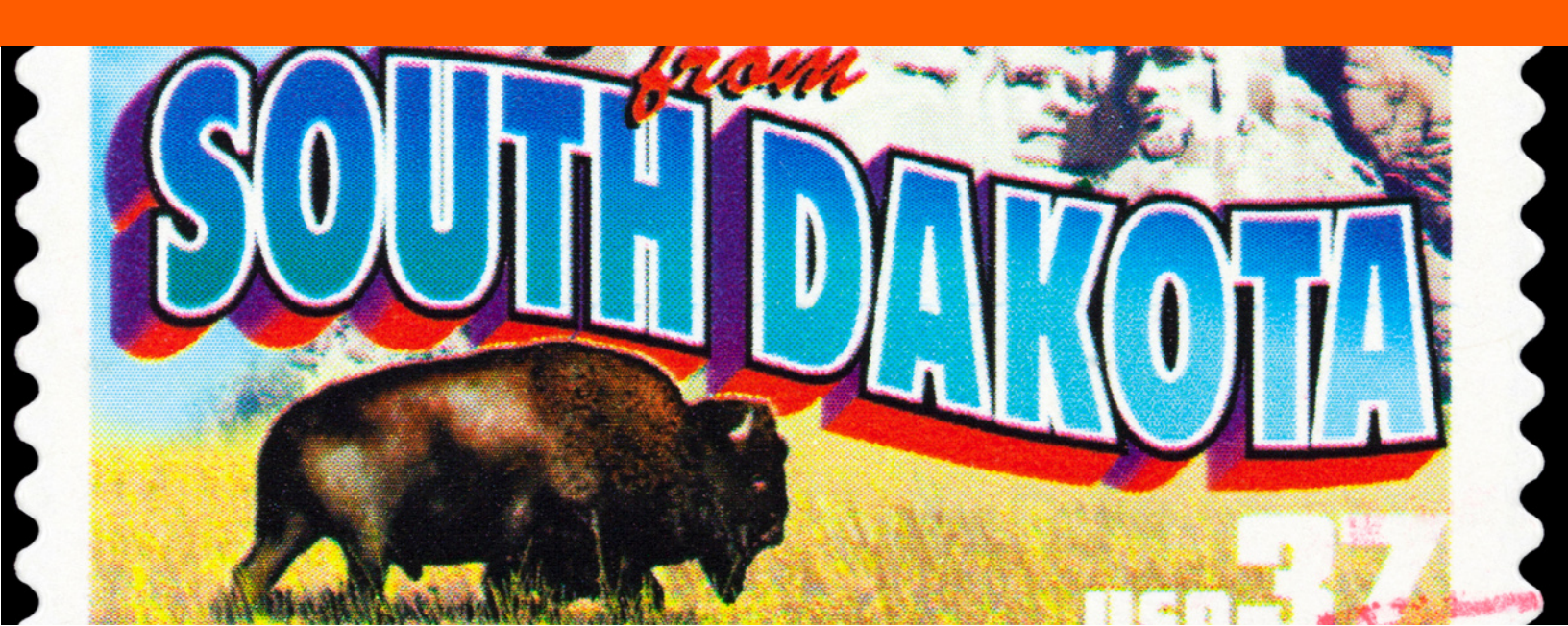
Thankfully,

Robbin

Your OLLI Director



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Beyond the Classroom

Journeys into Hidden America

OLLI at the University of South Dakota and the Edith B. Siegrist Public Library invite all OLLIs to join them for a lecture in their *Journeys into Hidden America* series. Eric Model investigates the offbeat, overlooked and forgotten places, people and stories of authentic Americana "beyond the interstate." This virtual journey will explore South Dakota and Vermillion residents but will entertain anyone with an interest in learning about the gems of Americana. The program will be held on Friday, Dec. 4, at 12 noon (Central). Register [here](#) by Dec. 3 to receive a Zoom link.

Chilocco Through the Years

"Over the course of an almost 100-year history, thousands of Native students attended the Chilocco Indian Agricultural School, an off-reservation federal boarding school." Thus begins the narrative of the Chilocco History Project at the OSU Library. Open the Project's home page [here](#). If you missed Sarah Milligan's lecture on the documentary, *Chilocco Through the Years*, or if you attended the lecture and want to pursue further investigation, visit the YouTube channel for the Oklahoma Oral History Research Program, where you can watch the [documentary](#) and other films that will be of interest to you. You may also be interested in the Oklahoma Historical Society's Film and Video Archives, which can be searched for [Chilocco](#). Watch an [oral history](#) with Oklahoma Native artist Shan Goshorn, and become acquainted with the late artist's beautiful works [here](#).

Creative Approaches to Keep Elders Engaged During COVID-19

In recognition of National Native American Heritage Month, engAGED: The National Resource Center for Engaging Older Adults is holding a webinar on Friday, Nov. 20, from 1:00 - 2:00 pm (Central). Speakers will highlight cultural considerations when implementing social engagement programs, approaches and interventions that involve American Indian, Alaska Native and Native Hawaiian elders. Attendees will also learn how Title VI Native American aging programs are creatively addressing social isolation during the COVID-19 pandemic to help elders stay engaged. Click [here](#) for more information and to register for the webinar.



Happy OLLIdays!

Holiday Card Exchange

Make a friend, stay in touch and share holiday cheer all at once! Join us for the OLLI Holiday Card Exchange. Here's how to participate:

- Send an email to olli@okstate.edu by Dec. 4 letting us know you want to participate. Your email will be your permission for us to share your address with one other person.
- We will pair up participants. You will receive the address of another participant, and that person will receive your address. We will email the information to you by Dec. 11.
- Mail a card to that person by Dec. 22, and expect to see a card in your mailbox, too.

Cards may be bought or handmade. When you prepare your card, you may simply sign your name or get into the spirit of old-fashioned, handwritten correspondence by including a note, poem, quote, recipe, bookmark or other flat item. Don't be afraid to show your creative side! Include your full name so there's no doubt who sent the card. And affix the correct amount of postage, remembering that non-standard size envelopes and lumpy envelopes require more postage than the usual.

Holiday Cheer Drive in Stillwater

A few weeks ago, Brooke Kimmel gave a lecture for our **Good to Know** course. Now Brooke, together with Healthback Home Health in Stillwater, is leading a holiday gift drive to benefit residents of skilled nursing homes and other seniors in Payne County. If you would like to join the Holiday Cheer Drive, here's what you need to know: Donations may be dropped off at 206 S. Main St., Suite B, in Stillwater or call Brooke at 405-332-6066 for questions or pick-up. Gift ideas include throw blankets, non-skid socks, no-slip slippers, men's crew socks, sweatpants and sweatshirts in L, XL, XXL and 3X, men's t-shirts, lotions, perfume/cologne, lip balm, body wash, shampoo/conditioner, sweet treats, non-perishable snacks, magnifying glasses, books, activity books, jigsaw puzzles, adult coloring books and written notes in bought or handmade holiday cards.

Certainly every town in Oklahoma has opportunities to show generosity to our neighbors during the holidays. If you're not in Payne County, we encourage you to look for organizations in your hometown that will provide you with the joy of giving to others.



Slowing Down

Holiday commercialism seems to demand that we express gratitude and thankfulness while offering little or no time to reflect on anything beyond our next purchase. In fact, many would be grateful *not* to have to think about it at all. Perhaps we're exhausted from a challenging year, disillusioned by injustice, overwhelmed by the changes in our lives or grieving for the loss of a loved one. And now this--we have to gear up to meet holiday expectations, of which there are so very many. Who has the time or the emotional capacity?

Let's slow down and take a look at this together. We've put a lot of thought into the meaning of gratitude and the expression of thanks, in part because of the season, but mostly because the practice of gratitude is a simple, powerful way to change our lives. Because we know about your academic leanings, we would like to start with ***The Science of Gratitude***, a [podcast](#) episode that will give you insight into the compelling relationship between gratitude and your heart health, as well as how your propensity for gratitude is manipulated by marketers.

Practicing gratitude requires something of us--an awareness and a slowing down--but gives joy in return. It puts [music](#) in your heart. The Network for Grateful Living, [here](#), is an interactive website with several thousand participants daily from more than 240 countries and territories. One of the Network's leaders is Brother David Steindl-Rast, a Benedictine monk, author and lecturer who promotes "the gentle power of gratefulness." He can be found on [TED.com](#), [YouTube](#) and in this [interview](#) with Krista Tippett, entitled, ***How to Be Grateful in Every Moment (But Not for Everything)***.

Grief, loss, loneliness and depression are heavy burdens, particularly during holidays. It seems everything that could be written about coping has been [written](#). There's so much, yet it's never enough. We don't pretend to offer an answer or an understanding of your pain. We hope you might find something here that rings true for you. Brother David talks about taking time to see what's around you. Neither grief nor gratitude can be rushed, but by taking the time, it might be visualized and acknowledged. Maybe, just maybe, it will help heal a broken heart.

We are thankful for you. May you enjoy a holiday season of gratitude and discover room in your life to give thanks. May joy take you by surprise!