

# OSHER LIFELONG LEARNING INSTITUTE

OLLILI



THE UNIVERSITY OF TEXAS AT EL PASO  
**EXTENDED UNIVERSITY**

2021 Aging in Texas Conference

## According the Global Council on Brain Health...

“The impact of social engagement on peoples’ abilities to think and function independently as they age, including the impact on their memory, speed of processing information, executive function, or planning ability, may depend upon the meaningfulness of social interactions and on how positively people feel about these interactions. Therefore, the benefits may depend on what people do and with whom they interact. Demographic factors such as ethnicity, gender, age, socioeconomic status, family structure, and living arrangements all play a role in how people experience and respond to social engagement.”



The Brain and Social Connectedness: GCBH Recommendations on Social Engagement and Brain Health (2017)

**Curiosity** never gets old.

**Learning** never gets old.

*Continuing education and socialization  
for adults over the age of 50.*

# The Osher Network

Represents 25% of all lifelong learning institutions in the U.S.  
Thriving on endowments through universities from the Bernard Osher Foundation.

## \*National Resource Center

2019-2020 Survey Data

**124** OLLIs Nationwide

**379** Cities/Towns

**167,130** Members

**24,106** Volunteers



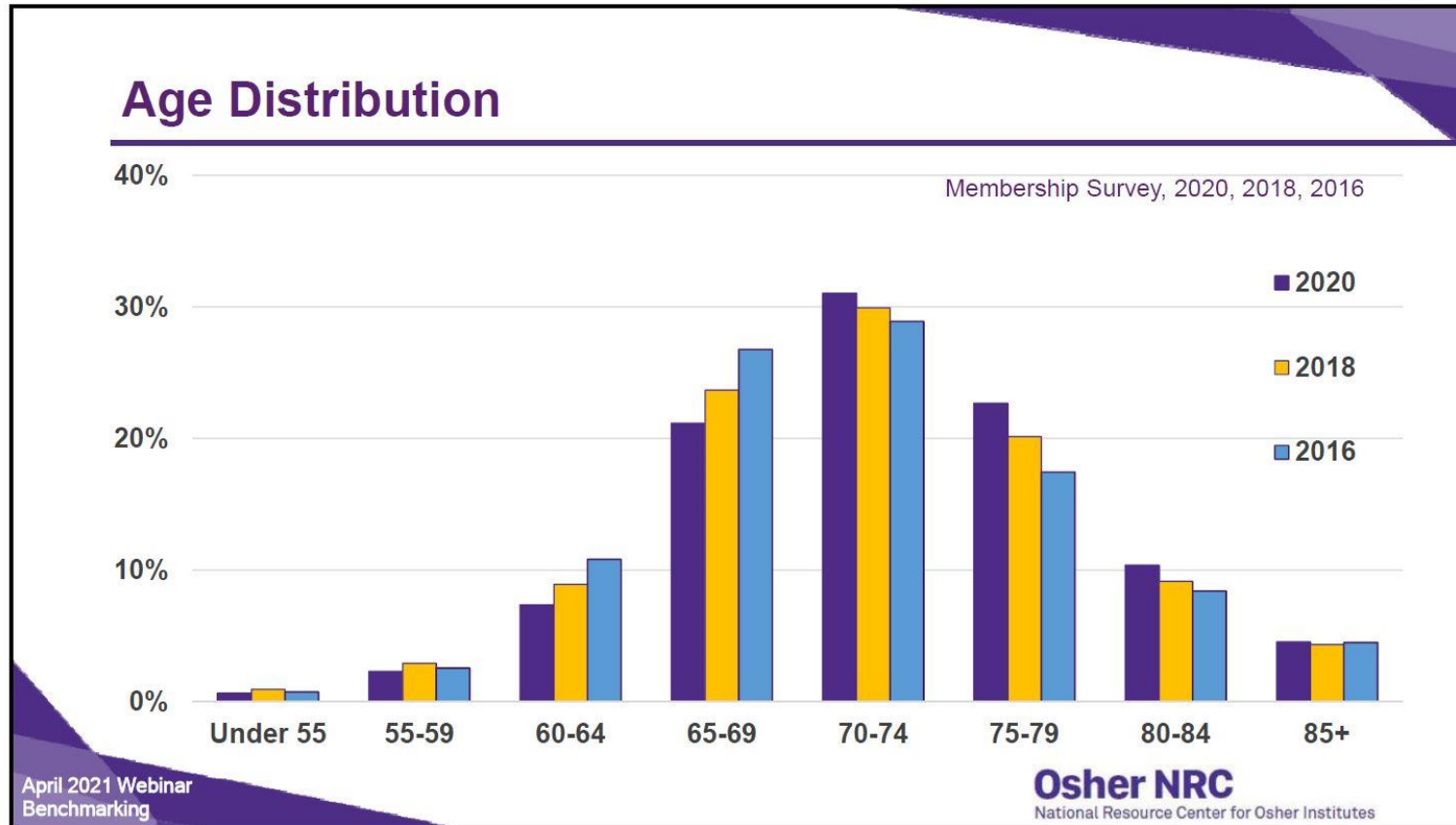
## OLLIs ACROSS TEXAS

- University of Texas at Austin
- University of North Texas
- **University of Texas at El Paso**
- UTMB Health, Galveston
- Texas Tech University, Lubbock



# The Osher Network

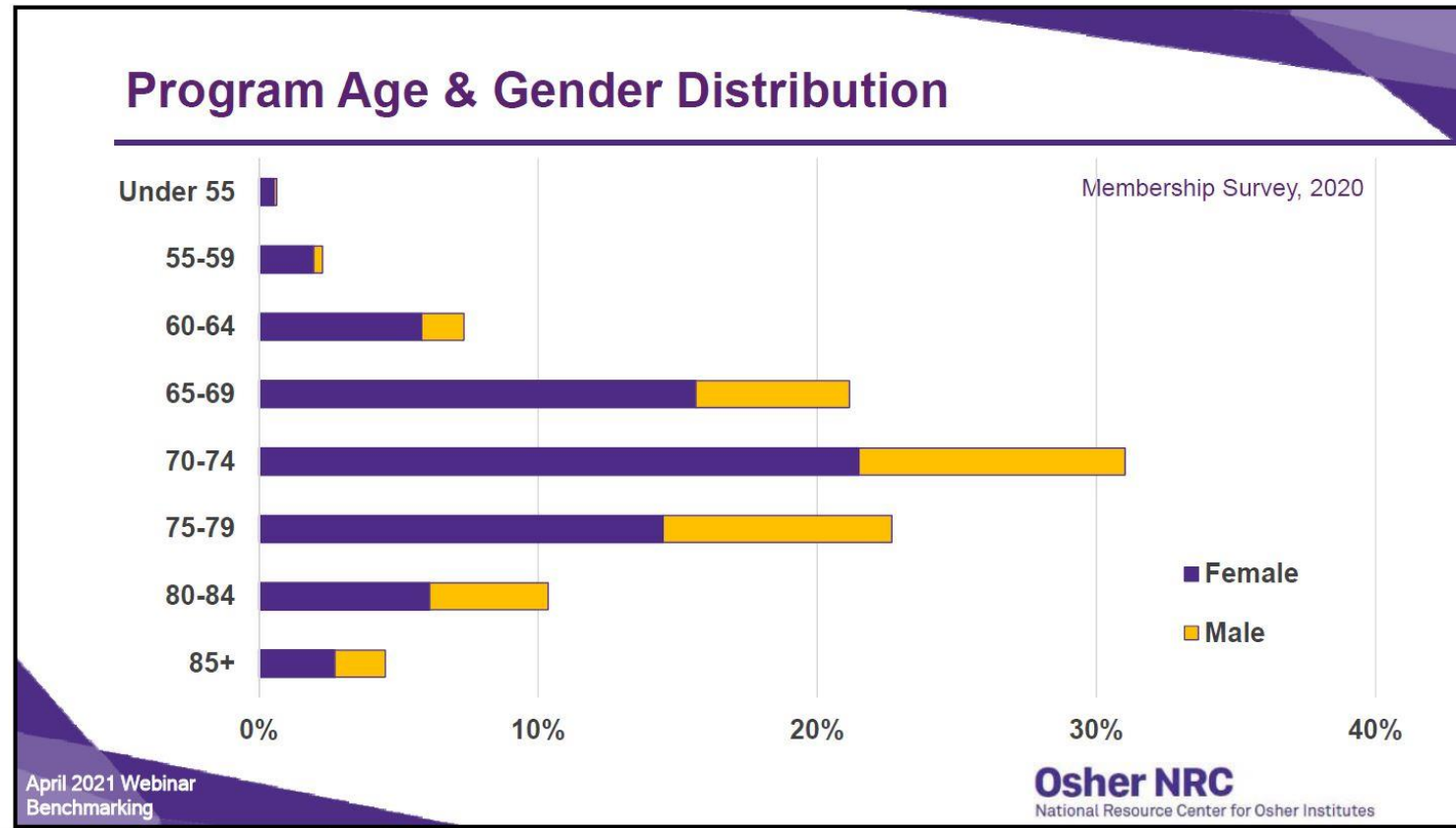
## DEMOGRAPHICS\*





# The Osher Network

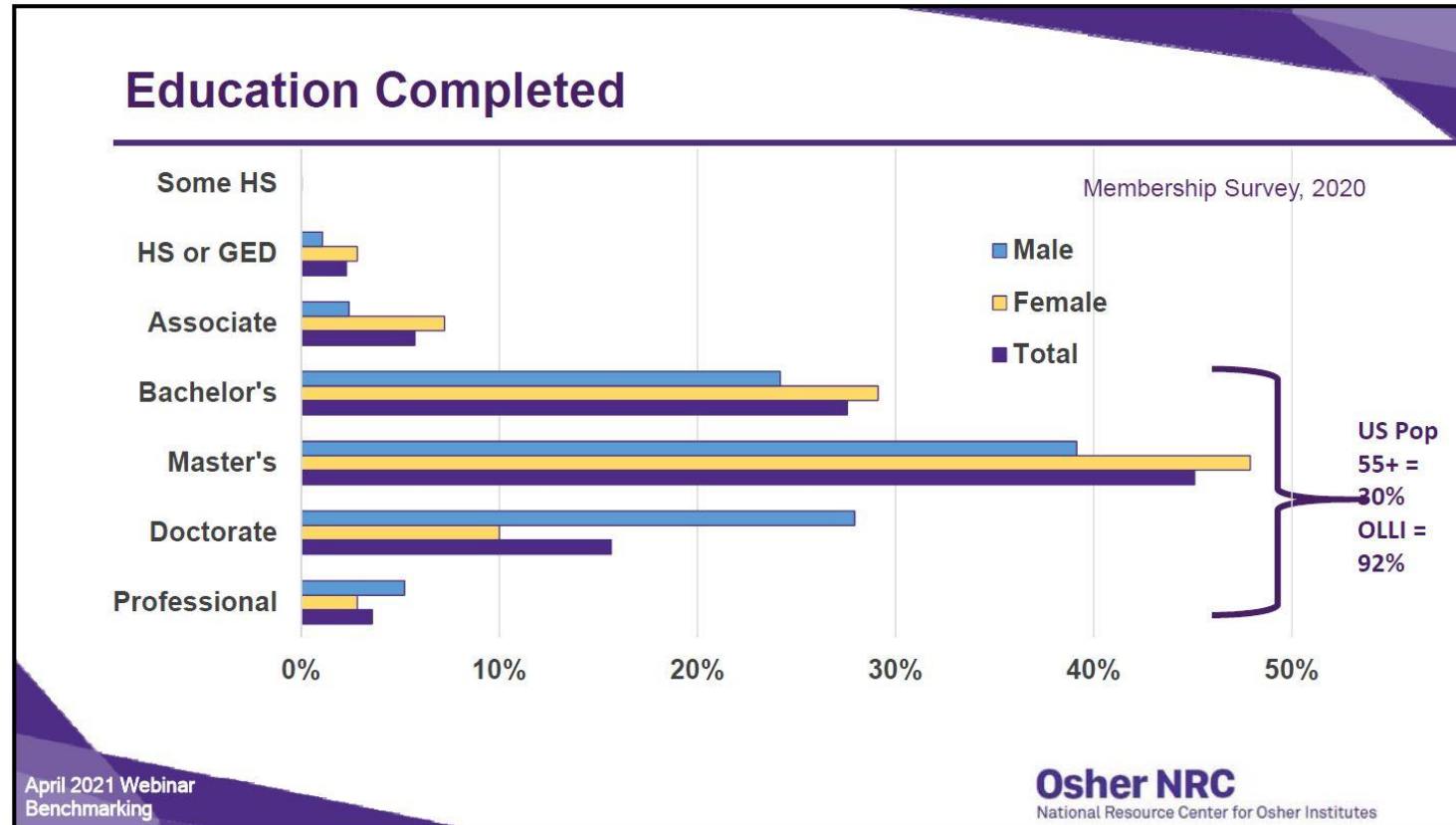
## DEMOGRAPHICS\*





# The Osher Network

## DEMOGRAPHICS\*



“If you have seen one OLLI,  
you have seen one OLLI.”

### Common Goals

*To mitigate isolation in an aging demographic.*

*To promote the joy of learning.*

*To keep in touch with the larger world.*





# OLLI @ UTEP

## MISSION

*The Osher Lifelong Institute (OLLI) provides opportunities under the umbrella of the University of Texas at El Paso to enhance the enjoyment, meaning, and direction of all adults over the age of fifty (50); to stay connected; and to support their good health and wellness in an aging community through diverse course offerings in continuing education, social activities, volunteerism, intergenerational experiences, and any other special services.*



I feel more connected to people who are 50+ than I ever have because of OLLI. The instructors and subjects covered provide something for everyone!"

Mark Pumphrey, OLLI Member

Photo courtesy Ivan Pierre Aguirre with University Communications

# Lifelong Learning

## PRIMARY OBJECTIVES

- #1** Understand the value of health and wellness as we age through socialization, learning, and activities that support emotional, mental, and physical aspects of wellness.
- #2** Embrace the learning curve in an aging population with the shifts of changing social and health environments.

# #1

Understand the **VALUE**  
of health and wellness as we age.



“[Wikipedia describes] smörgåsbord as ‘a type of Scandinavian meal, originating in Sweden, served buffet-style with multiple hot and cold dishes of various foods on a table.’ That is what OLLI is to all of us, except that it feeds our brains instead of our tummies!”

**Julieta Paez, OLLI Member**

**Social** Structure

Distinctive Educational **Opportunities**

**Inclusive** Culture

**Accessibility**

# #2

**EMBRACE** the learning curve.

**REPLACE** fear and isolation with opportunities.



“OLLI’s courses are inviting, interesting and engaging. I have learned a great deal about our local El Paso community and Texas in general. Moreover, I am afforded the opportunity to

learn many new things on subjects I have often wondered about. I encourage my friends and acquaintances to join OLLI to make new friends and learn something more about our world in the process.”



**Michael Faulkner, OLLI Member**

**Alternatives** in Communication

Social **Engagement**

**Connections** Online and In-person



# INTEGRATED PROGRAMMING

...that connects, engages, includes, inspires, and informs.



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THE UNIVERSITY OF TEXAS AT EL PASO  
EXTENDED UNIVERSITY



## LEARNING NEVER GETS OLD

Be part of the Osher Lifelong Learning network of adults 50+ who are interested in being intellectually and creatively active, and staying connected.

Our members love OLLI. So will you!



I feel more connected to people who are 50+ than I ever have because of OLLI. The instructors and subjects covered provide something for everyone!"

Mark Pumphrey, OLLI Member

Photo courtesy Ivan Pierre Aguirre with University Communications



Front cover: "Racing the Wind," photograph by Fred Elland, OLLI instructor.

915.747.6280  
utep.edu/olli



OLLI- UTEP



## FALL 2021 CATALOG

FALL REGISTRATION: August 10 – August 28

SESSION ONE: September 7 – October 15 | SESSION TWO: October 25 – December 10

# OLLI

WHERE MINDS CURIOUS GATHER





# Online Sessions

FALL 2021

## ZOOM IN: PRACTICE WITH FUN

Wednesday, September 1  
1:30-3 p.m.

• Online  
Are you new to Zoom or do you need to dust off the rustiness and get back into the practice of Zooming in? Join us in a Zoom classroom to practice Zoom skills and have some fun. Facilitated by the OLLI staff.

## THE DAILY STRETCH

Monday through Friday  
12:15-12:30 p.m.

• Online  
Gently stretch your body, your mind and your conversation. Take a few minutes every day to de-stress. We'll start with five minutes of simple stretches to release tension, breathe into the moment and calm our minds with a two-minute meditation.

## OLLI Clubs and Special Interest Groups

Meeting venues for each club will be announced regularly via emails and bulletins.

### RESTAURANT CLUB

Every other Monday, starting September 20  
5 p.m.

Support local restaurants, meet restaurant owners and chefs, broaden your taste buds, and learn to analyze like a food critic. Every other week, we'll try a new restaurant (curbside/delivery options) on our own time, then meet over Zoom to discuss what we experience and help the restaurants we enjoyed with positive reviews, photos or recommendations. The club is hosted by Tanya von Mittenwald, cookbook author and owner of LA/OCC's Tasty Tempting Treats. Tanya is a proven super-taster and has learned from master chefs like Anthony Bourdain, Eric Ripert, Curtis Stone and Michael Chiarello. She recently moved back to El Paso and is excited to experience our local cuisines with you!

### BOOK CLUB

Second Thursday of each month  
Noon-1 p.m.

Enjoy the read. Zoom in to meet and discuss the book. Watch for updates on the book selection and discussion in the OLLI bulletin.



### Membership has its benefits!

The activities on this page are available to all OLLI members even if you are not registered for courses.

### ITALIAN CLUB

Every Wednesday  
11 a.m.-noon

Ciao! Get into the flow of the Italian language. Meet up and practice.

### FRENCH CLUB

Every Friday  
Noon-1 p.m.

Keep your French alive with weekly practice among vos amis/framies. Beginners and rusty conversationalists welcome.

### FILM AND WINE CLUB

Every other Friday, starting September 17  
4-5:30 p.m.

End your week with a bit of fun! Zoom in for happy hour and a film with Catherine and Lesne.

### PHOTOGRAPHY CLUB

Every Wednesday  
10-11:30 a.m.

Continue capturing the moment and share your photos and discoveries.

Social

Mental

Health  
Wellness

Creative

Support

### LITERATURE

• In the American Vein, Part One: The Mississippi in Parkman and Melville ..... 8

### MIND, BODY, SPIRIT

• Chair Yoga: Session One ..... 9  
• Easy Yoga and You: Session One ..... 10  
• Longevity Breathing ..... 8  
• Meditation: Letting Go ..... 8  
• Movement, Mindfulness and Meaning: Session One ..... 6

### MUSIC

• Beginners' Folk Guitar Continued/Folk Music Club ..... 9  
• The New Las Cruces Symphony Orchestra (3 weeks: 9/9, 9/16, 9/30) ..... 9

### SCIENCE

• Controversies in Science ..... 8  
• The Past, Present and Future of the Green River: The Rio Grande-Rio Bravo ..... 7

### THEATER AND FILM

• How Monsters Saved Hollywood ..... 7  
• Play Production: Bringing the Play to Life ..... 6

## SESSION TWO

October 25-December 10  
(No classes Thanksgiving week)

### ART APPRECIATION

• World Impressionism Art (Does not meet on 11/5) ..... 17

### CULTURE

• More French Culture (3 weeks: 11/18, 12/2, 12/9) ..... 16  
• The History of Sweets and the Art of Tasting ..... 15  
• Two Capitals of Russia: The Fate of Cities and People ..... 13

### HANDS-ON ARTS

• Basics of Digital Photography: Part Two ..... 16  
• Creating Illuminating Letters (2 hours, 6 weeks, \$25 fee) ..... 17  
• Metal Embossing/Repujado (Continued from Session One; 2 hours, 12 weeks, \$45 fee) ..... 14  
• PhotoScape (3 weeks: 10/27, 11/3, 11/10) ..... 15  
• Portrait Oil Painting (Continued from Session One; 2 hours, 12 weeks, \$45 fee) ..... 17  
• Still Life and Landscape Oil Painting (Continued from Session One; 2 hours, 12 weeks, \$45 fee) ..... 17  
• Tapestry Weaving: Painting With Threads - Session Two (2 hours, 6 weeks, \$25 fee) ..... 16  
• The Joy of Color Journaling: Session Two (Single class: 12/7) ..... 14  
• Watercolor Painting (Continued from Session One; 2 hours, 11 weeks, \$45 fee) ..... 13

### HEALTH AND WELLNESS

• Fall Prevention Training: Learn the Right Moves (Limit of 12, 3 weeks: 10/30, 11/6, 11/13) ..... 17  
• More Peruvian Eats ..... 13  
• Physical Fitness in the Third Age - Tuesdays ..... 14  
• Physical Fitness in the Third Age - Wednesdays ..... 15  
• Physical Fitness in the Third Age - Thursdays ..... 16  
• Wellness From Within: Ongoing Workshop (3 weeks: 10/26, 11/2, 11/9) ..... 14

### HISTORY

• La Imagen Aquerótipa (Spanish only) ..... 17  
• Six Inventions That Changed the World ..... 15  
• Texas History Since 1900 ..... 15  
• U.S. Crime During World War II ..... 16

### HUMANITIES

• Buddha's Teachings: Introduction and Meditation (3 weeks: 10/27, 11/3, 11/10) ..... 15  
• Democracy and the Media (3 weeks: 10/28, 11/4, 11/11) ..... 16  
• Great American Philosophers ..... 13  
• Morality and the Law: Part Two ..... 13

### LANGUAGE

• Back to Basics: Spanish for Survival ..... 17  
• Italian Classes for Beginners: Session Two ..... 16  
• Nous Parlons Français: Session Two ..... 14

### LITERATURE

• In the American Vein, Part Two: Mark Twain and the Mississippi ..... 15

### MIND, BODY, SPIRIT

• Chair Yoga: Session Two ..... 16  
• Chi Gong: Opening the Energy Gates ..... 13  
• Easy Yoga and You: Session Two ..... 17  
• Meditation: Pathway to Peacefulness ..... 14  
• Movement, Mindfulness and Meaning: Session Two ..... 13

### MUSIC

• Beginners' Folk Guitar Continued/Folk Music Club ..... 15  
• Form in Classical Music: A Guide to Mindful Listening ..... 13  
• Grand Scale 7th Symphonies ..... 16

### SCIENCE

• Introduction to Animal Tracking ..... 15  
• TED Talks and More: Science for the Rest of Us ..... 17

### THEATER AND FILM

• Playmaking: Developing Story for the Stage ..... 13  
• "Sticks and Stones": Unethical Journalism in Film ..... 14

# VALUE Added

## Social

- ❖ Membership (sense of belonging)
- ❖ Face-to-face or Zooming in to see faces.
- ❖ Hearing a human voice
- ❖ Volunteerism
- ❖ Clubs/Special Interest Groups
- ❖ Access to live conversation
- ❖ Intergenerational connections

## Mental

- ❖ Diverse course topics
- ❖ Guest lecturers create connections to a larger world
- ❖ Pursuit of personal interests
- ❖ Active discussions

## Health Wellness

- ❖ Fitness designed for the Third Age
- ❖ Yoga
- ❖ Tai Chi/Qigong
- ❖ Healthy Cooking
- ❖ Mindfulness
- ❖ Meditation
- ❖ Daily Stretches

## Creative

- ❖ Hands-on Arts
- ❖ Writing
- ❖ Event planning
- ❖ Hobbies
- ❖ Showcases

## Support

- ❖ Topic-specific courses (i.e. care-giving, catastrophic illness, estate planning, Medicare etc.)
- ❖ Local resources
- ❖ Weekly bulletins
- ❖ Wellness/ Stay-Connected Calls
- ❖ Customer service
- ❖ Common interests

**Continuing education is not just about courses and lectures.  
It's about the learning that occurs through social interaction and  
the availability and delivery of information.**

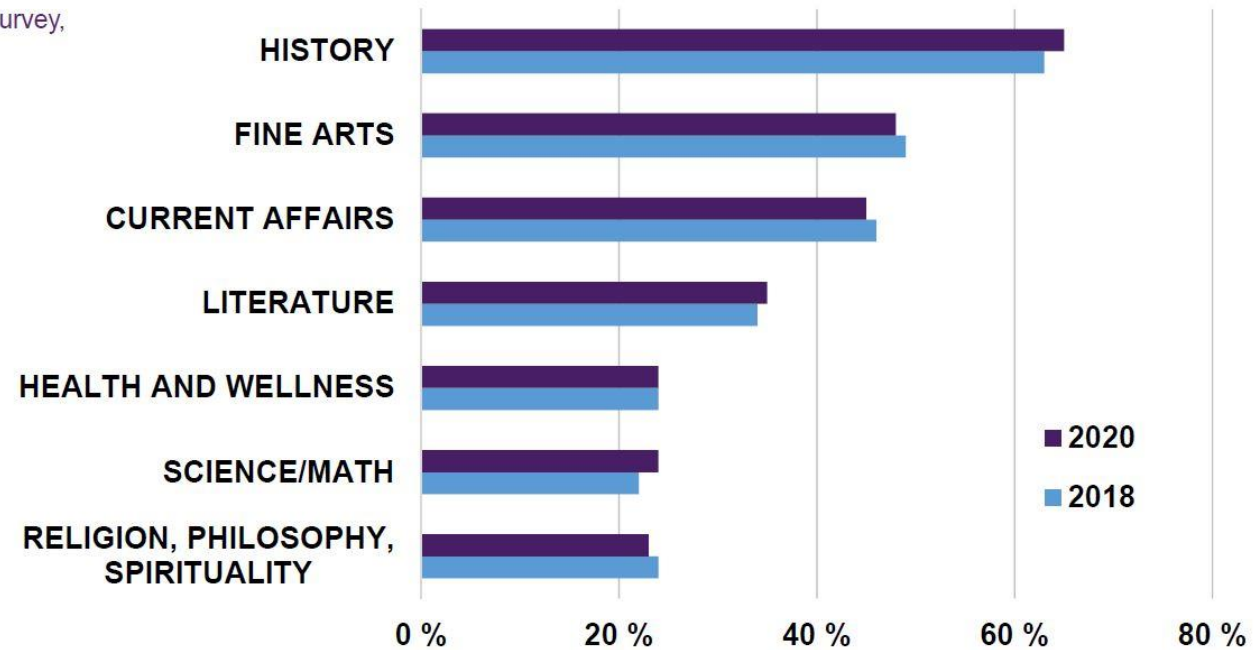


# Engagement

## REACHING EACH PERSON\*

### Members Primary Areas of Interest

Benchmarking Survey,  
2018, 2020



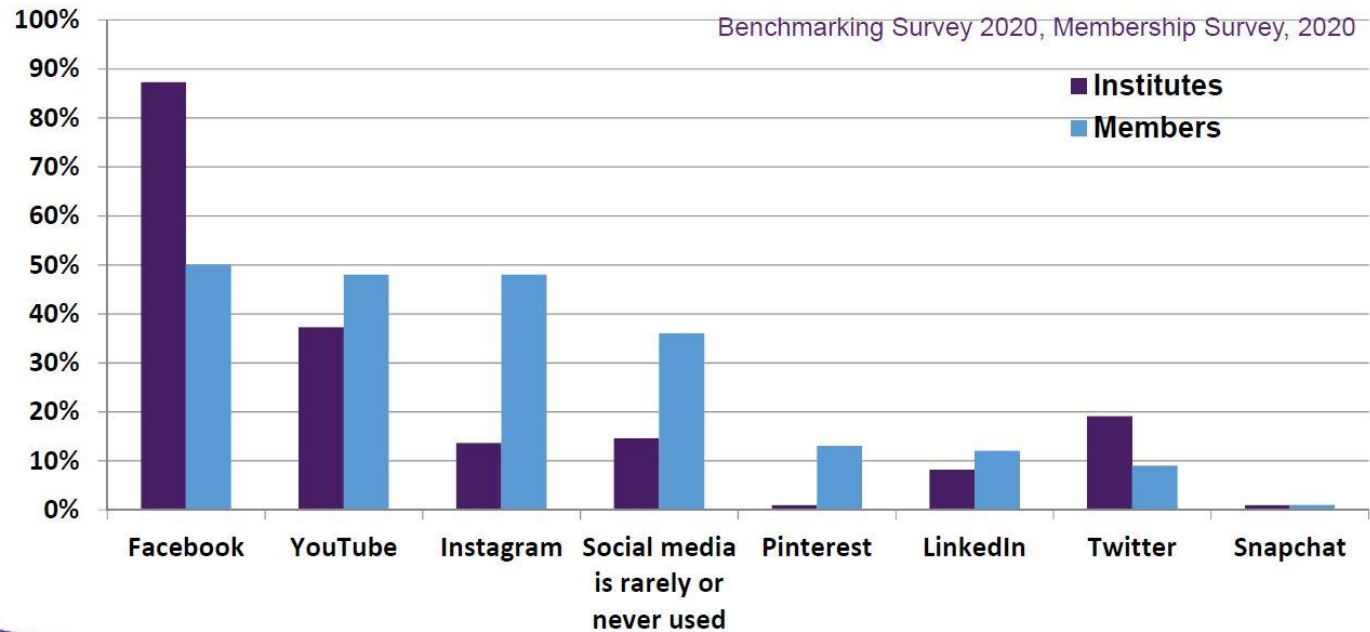




# Challenges | Shifts

## SOCIAL MEDIA\*

### Social Media: Institutes and Members

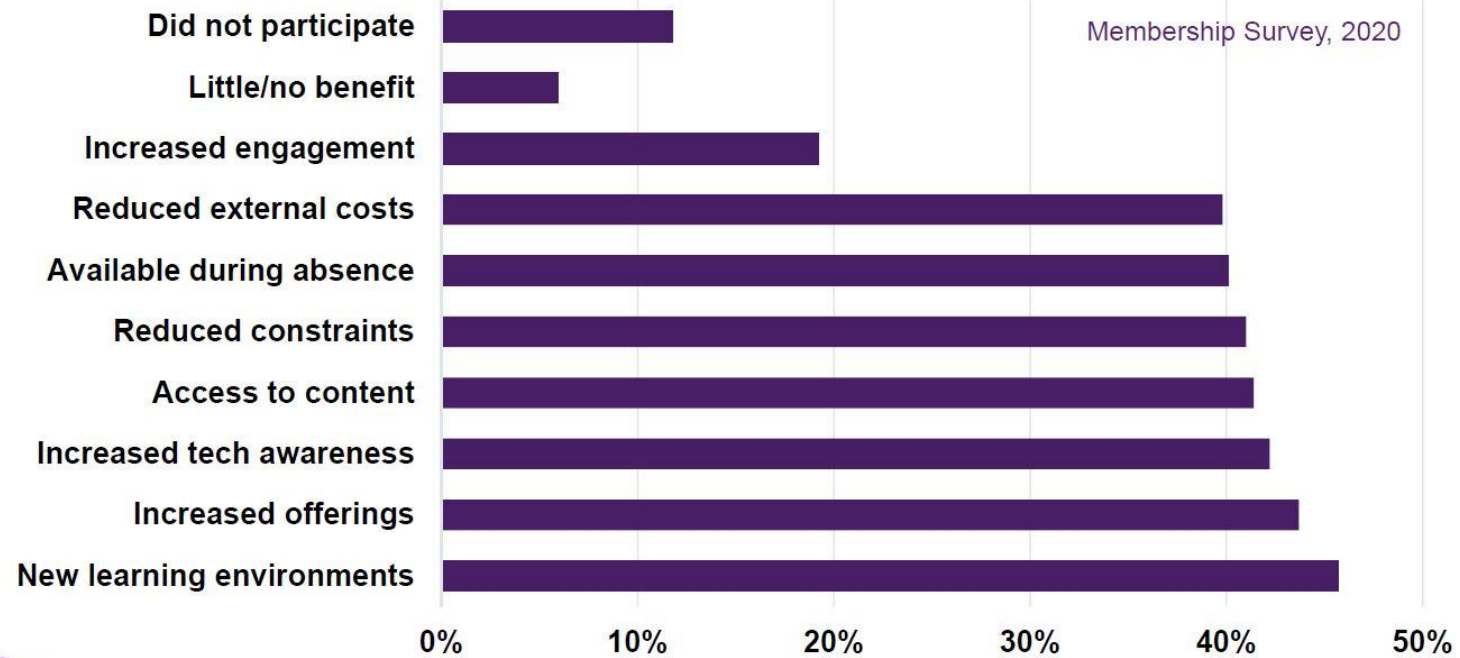




# Challenges | Shifts

## DISTANCE LEARNING\*

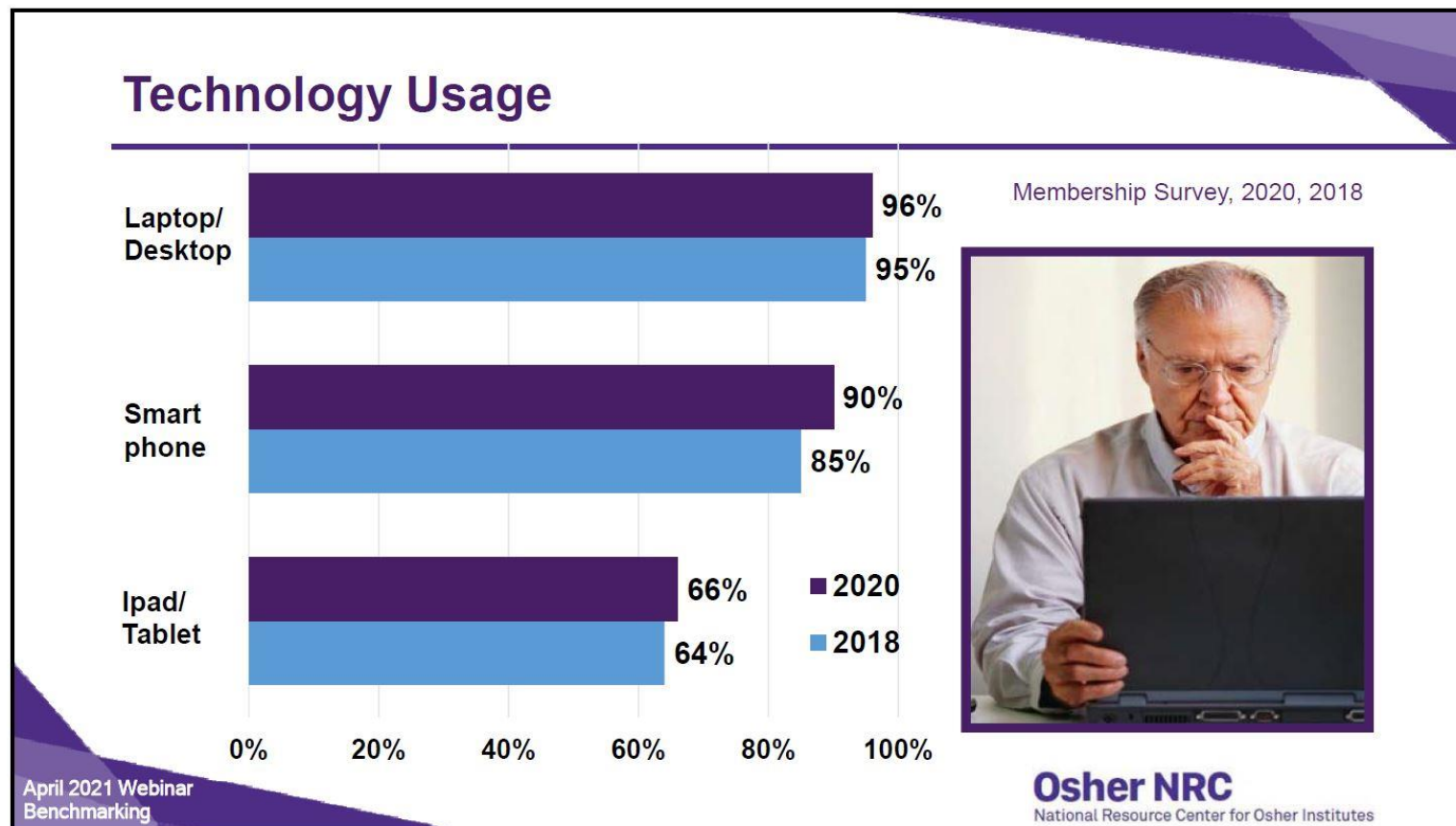
### Distance Learning Benefits





# Challenges | Shifts

## TECHNOLOGY\*





# Shifts | Opportunities

## ❖ Build a wider net for **MOTIVATION** and **ENGAGEMENT**.

- ❖ Outreach to unsupported communities or clusters of people
- ❖ Provide exceptional customer service and training to existing and potential lifelong learning students.
- ❖ Familiarize non-tech users with available devices

## ❖ Develop greater **CAPACITY** and **CAPABILITY** to flow with challenges (change).

- ❖ Develop hybrid programs for non-tech users or transportation-challenged individuals
- ❖ Expand programming to stream online into appropriate facilities

## ❖ Explore **COLLABORATIVE RESOURCES** and develop **PARTNERSHIPS**.

- ❖ Share sites and postings (example: *A Mighty Good Time*, a one-stop-shop online calendar of events and interactive experiences for active aging adults).
- ❖ State and local agencies
- ❖ Research programs



# CONNECT

## National Resource Center for Osher Lifelong Learning Institutes

<https://sps.northwestern.edu/oshernrc/>

\*Osher Data Sources:  
OLLI Institute Participation

2020 Benchmarking Survey: 115 Institutes  
2020 National Membership Survey: 15 Institutes  
2019-2020 Osher Annual Reports: 124 Institutes

## OLLIs ACROSS TEXAS

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# *Questions & Answers*

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*Thank you!*

*Gratitude never gets old, also.*