

KEEP THE GRAY CELLS WORKING!

The Benefits of Continuing Education



THE UNIVERSITY OF TEXAS AT EL PASO
EXTENDED UNIVERSITY

2022 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)

the brain...

The brain is an amazing organ. It receives information through the five senses of sight, smell, touch, taste, and hearing. It's affected by virtually every aspect of our lives, including our moods, our activities, how well we sleep, our stress levels, and the foods we eat. ... gain insights into the amazing brain and explore how to support health and happiness through lifestyle choices that impact this remarkable organ.

Certificate in Brain Health
University of Louisiana at Monroe (ULM), Continuing Education
(2017)

learning...

A fundamental function of the brain.

The aspects of learning:

***Motivation.** Expose it to something new.*

***Opportunity.** Works with motivation.*

***Sustained Attention.** Stretching the brain past the point of familiar.*

Curiosity and Diligence.

Harnessing a Universe of Knowledge

Markham Heid

(2021)

*“...the **quality of our social relationships** also matters...
and having a **sense of purpose** across the life span matters.”*

Mary Helen Immordino-Yang, Professor of Psychology and Neuroscience
USC Rossier School of Education

growth mindset...

The belief that one's abilities and knowledge are capable of evolving .

According to research, you can have either a fixed mindset or a growth mindset. With a fixed mindset, you believe that success is based on innate ability. With a growth mindset, you believe that anything can be learned.

*Growth Mindset White Paper
Insights
(2021)*

motivation...

Motivations to learn in later life are shaped by learners' existing circumstances, life transitions and future aspirations. They believe that learning generates a new purpose, self-efficacy, delay dependencies and cognitive decline and wanted to challenge perceptions of older persons as useless, frail and disengaged..

"I'm slowly ageing but I still have my value": challenging ageism and empowering older persons through lifelong learning in Singapore

Ad Maulod & Si Yinn Lu
(2020)

regarding aging...

“I am still learning.”

Michaelangelo at age 87.



Curiosity never gets old.
Learning never gets old.

*We never stop taking in information.
What if we light up the reward centers of our brains with the
pathways of lifelong learning?*

Continuing education becomes an investment in personal wellness.

The Reward System

neurologically speaking...



The reward system is where we feel emotions and process those emotions to start or stop action. It consists of a group of brain structures at the core of the brain. They weigh up whether or not to repeat a behaviour and form a habit. A reward is a stimulus that drives an appetite to alter behaviour. Rewards typically serve as reinforcers. That is, they make us repeat behaviours that we perceive (unconsciously) as good for our survival, even when they're not. Pleasure is a better reward or stimulus than pain for motivating behaviour. **A carrot** is better than a stick etc.

<https://rewardfoundation.org/brain-basics/reward-system/>

The carrot...
practically speaking...

Lifelong Learning in and aging population creates opportunities to:

- ✓ Socialize
- ✓ Volunteer
- ✓ Work
- ✓ Increase Preventative Health
- ✓ Increase Enjoyment
- ✓ Support Health And Wellness
- ✓ Promote Creativity
- ✓ Mitigate Isolation
- ✓ Keep in Touch with the Larger World
- ✓ Keep the Gray Cells Working



Lifelong Learning

PRIMARY OBJECTIVES

supporting choices...

- #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.

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

125 OLLIs Nationwide

340 Cities/Towns

113,399 Members

24,106 Volunteers



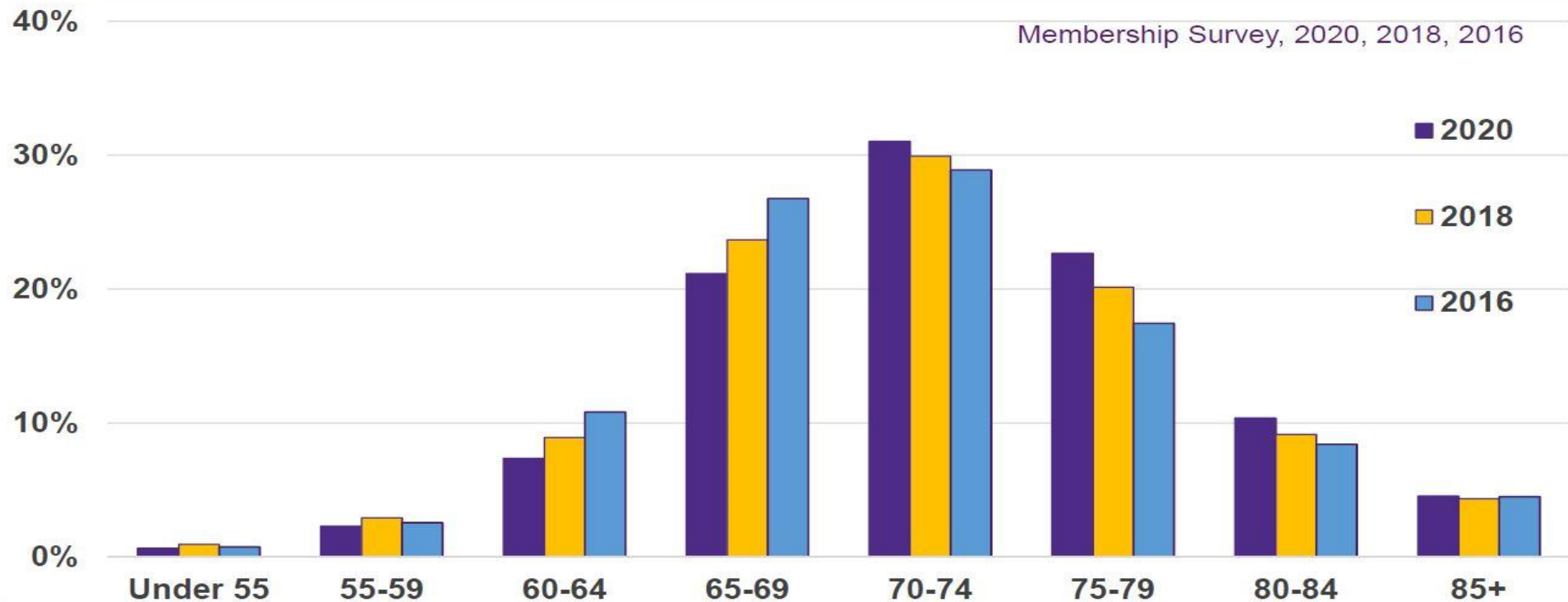
OLLIs ACROSS TEXAS

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

DEMOGRAPHICS*



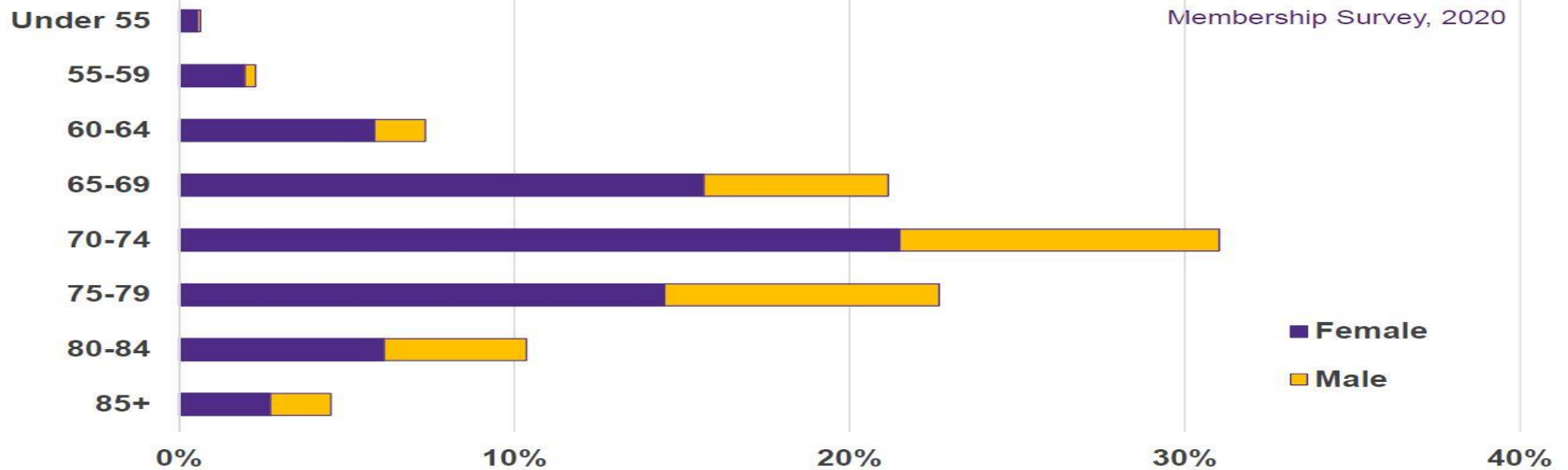
Age Distribution



DEMOGRAPHICS*



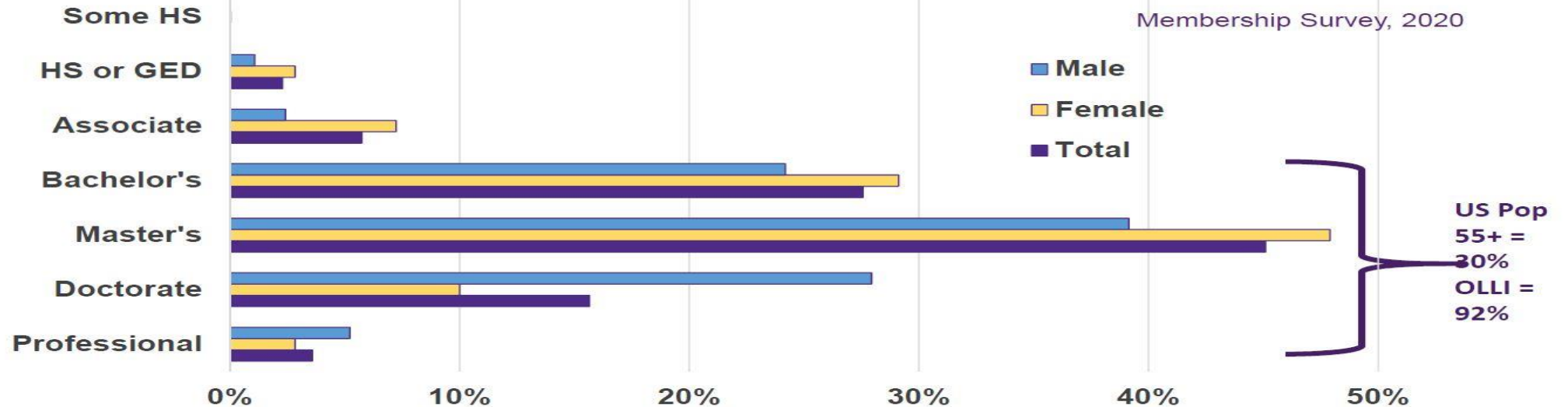
Program Age & Gender Distribution



DEMOGRAPHICS*



Education Completed



#1

The Why

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



“...feed our brains instead
of our tummies.”

Julieta Paez, Lifelong Learner

Mitigate **Loneliness**
Acknowledge **Social** Structure
Distinctive **Learning**
Support **Dynamic** Culture
Accessibility

#2

The How

EMBRACE the learning curve.

REPLACE fear and isolation with opportunities.

ENGAGE with

- **Communication** alternatives
- **Socialization**
- **Inclusiveness**
- **Connections** Online and In-person

Keep the Gray Cells Working

INTEGRATED PROGRAMMING that:

- connects
- engages
- includes
- inspires
- informs



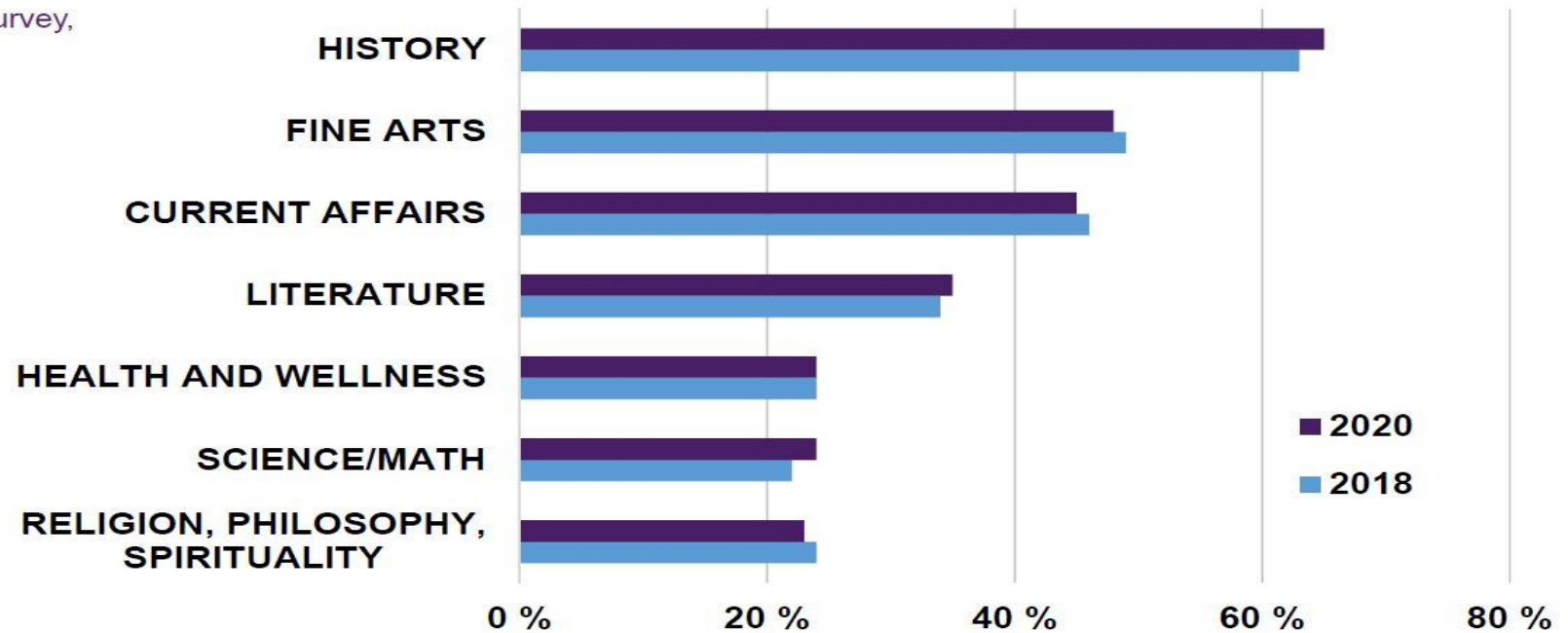
Engagement

REACHING EACH PERSON*



Members Primary Areas of Interest

Benchmarking Survey,
2018, 2020



VALUE Added... to the learner

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.**

FALL 2022

Online Sessions

ZOOM IN: PRACTICE WITH FUN

Wednesday, August 31

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.

Membership has its benefits!

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

For more information about our OLLI annual membership fees, go to page 20.

OLLI Clubs and Special Interest Groups

Updates for clubs will be announced regularly via emails and bulletins.

BRIDGE CLUB

Every Monday

10:30 a.m.-noon

Learn to play bridge. Bridge is its own unique mini-adventure and Phillip Anderson will teach you the game. Meet weekly at the El Paso Bridge Club at 2216 Yandell, El Paso, TX 79905.

YOGA DISCOVERY CLUB

Every Tuesday

9:30-10:30 a.m.

Zoom in once a week and ease into some gentle yoga and conversation with fellow yoga enthusiasts and OLLI instructor, Phyllis Price. This is a special time for discovery.

PHOTOGRAPHY CLUB

Every Wednesday

10-11:30 a.m.

Continue capturing the moment and share your photos and discoveries. Participate via Zoom and meet up for field trips.

ITALIAN CLUB

Every Wednesday

5-6 p.m.

Ciao! Get into the flow of the Italian language. Zoom in and practice.

BOOK CLUB

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

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

FOLK GUITAR/FOLK MUSIC CLUB *

First Tuesday of each month

3:15 p.m.

Bring your guitar and enjoy strumming with the group. Meet at the Rio Grande Cancer Foundation. The emphasis is on fun!

FOODIE CLUB

Third Thursday of the month,
plus meet-ups

11:30 a.m.-12:30 p.m.

Do you love an experience with food? Do you enjoy trying new dishes? Meet on Zoom each month. Share your thoughts and decide where to meet for a lunchtime culinary experience.

FRENCH CLUB

Every Friday

Noon-1 p.m.

Keep your French alive with weekly practice among voracious learners. Beginners and rusty conversationalists welcome. Zoom in to participate.

FILM AND WINE CLUB

Every other Friday

4:30-6 p.m.

End your week with a bit of fun! Get on Zoom for happy hour and a film with your OLLI hosts.

Social

Mental

Health
Wellness

Creative

Support

SCIENCE

Environment, Energy and the Economy.... 7
(4 weeks: 9/20, 9/27, 10/4, 10/11)

TED Talks and More: Science for the Rest of Us 10

SOLO EN ESPAÑOL

Inglés Conversacional 6

Lectura de Poesía Latinoamericana del Siglo XX y Escritura Creativa 7

Literatura y Cocina 8

SPECIAL INTERGENERATIONAL PROJECTS | GENERATION TO GENERATION

Generations Meet-up: Rhetoric and Reality... 12
(Dates and times TBD with students)

THEATER AND FILM

Memory Melodies 12

Session Two
October 24-December 1, 2022
(No classes Thanksgiving Week)

ART APPRECIATION

Enlivening from Lee's Legacy: The Tom Lea Institute (2 weeks: 10/25, 11/1)

Exploring the World of Art | The Plumed Serpent: A Snake Up in Turkey (Single lecture: 11/17)

Exploring the World of Art | Vincent van Gogh: Portraits and Self-portraits (Single lecture: 12/1)

Mexican Muralists and Painters of the 20th Century 15

CULTURE

A Journey into French Culture 18
(5 weeks: 10/27, 11/3, 11/10)

Cuba's Past and Present, Politics and Culture 18

Current Events

The Forces of Law and Order 15

What is Criminal Intelligence? 18

FOOD

Eat Better, Age Better: Facts, Holiday Recipes and More 14

Holiday Food Traditions Around the World: Part Two (Class fee: \$30) 18

HANDS-ON ARTS

Create Nonconventional Art With Found Objects 15

Learn How To Use Your Smartphone's Photo Editor: Session Two 16

Metal Embossing/Repujado 15
(Continued from Session One; bilingual, 12 weeks, \$45 fee)

Oil Painting Techniques and Procedures (Continued from Session One; 12 weeks, \$45 fee) 18

Painting Abstracts: Painting the Essence of an Object (Continued from Session One; 12 weeks, \$45 fee) 18

Photo Editing 18

Still Life and Landscape Oil Painting 18
(Continued from Session One; 12 weeks, \$45 fee)

Watercolor Painting 14
(Continued from Session One; 12 weeks, \$45 fee)

HEALTH AND WELLNESS

Prevention Training: Learn the Right Moves (Limit of 12 students; 3 weeks: 10/29, 11/5, 11/12) 18

Music: The Cultural and Social Impact on Health and Wellness (Weeks: 10/24, 10/31, 11/7) 14

Physical Fitness in the Third Age 14

Physical Fitness in the Third Age - Wednesdays 16

This and That Lecture Series | What Are Your Healthcare Options? Do You Know? (Single lecture: 10/31) 14

HISTORY

Civil War in Our National Parks System 14
(Single lecture: 10/24)

Contested Presidential Elections in U.S. History 16

Historic District and Mission Trail Tours | San Elzario Historic Sites and the Salt Wars (Tour: 10/26) 16

Historic District and Mission Trail Tours | Rio Vista Farm and the Bracero Program (Tour: 11/2) 16

Historic District and Mission Trail Tours | Yaleta Historic District Site and County Schools (Tour: 11/9) 16

Historic District and Mission Trail Tours | Keystone Heritage & Desert Botanical Gardens of El Paso (Tour: 11/16) 16

HUMANITIES

Borders and Beyond: A Philosophical Look at Immigration 14

Do Aliens Exist? The Case for Extraterrestrial Intelligence 17

The Renaissance: Humanism, Fine Arts, Philosophy, Science and Literature 14

This and That Lecture Series | Seeing Us In Them: Group Empathy and the Empathic Global Citizen Framework for Community-Engaged Learning (Single lecture: 11/7) 14

LANGUAGES

French Conversation: Session Two 15

Progetto Italiano Continuation: Livello Elementare A1-A2 18

Spanish Past Tenses: Beginners' Guide ... 18

LITERATURE

19th-Century British Literature: The Early Dickens | Session Two 16

Inside/Outside: The Hidden Sayings of Jesus From the Gospel of Thomas 16

Myths, Legends and Lore: Vlad the Impaler 16

MIND, BODY, SPIRIT

Chair Yoga: Session Two 15
(Offered only through Zoom)

Easy Yoga and You With Phyllis Session Two 18

Grasping the Sparrow's Tail: The Core Movements of Yang-Style Tai Chi 16

Guided Meditations for Self-healing, Release and Relaxation 16

Martial Arts for Seniors 17

Movement, Mindfulness and Meaning: Session Two 15

Wellness From Within Ongoing Workshop Series (Bilingual 3 weeks: 10/27, 11/3, 11/10) 17

MUSIC

Beatlemania 15

More on American Roots Music 18

West Side Story (5 weeks) 17

SCIENCE

Edible and Useful Plants of El Paso 16

This and That Lecture Series | Bacteria/ Viruses and Us for Centuries Together (Single lecture: 11/10) 17

This and That Lecture Series | Carlbad Caverns Exploration: History and the Environmental Impact From Humans (Single lecture: 11/14) 14

SOLO EN ESPAÑOL

Apresiasi y Discusión de Películas Proyectadas en La Segunda Mitad del Siglo XX 15

Lectura Crítica, Pero Escritura Creativa 14

SPECIAL INTERGENERATIONAL PROJECTS | GENERATION TO GENERATION

Generations Meet-up: Rhetoric and Reality (Dates and times TBD with students) 12

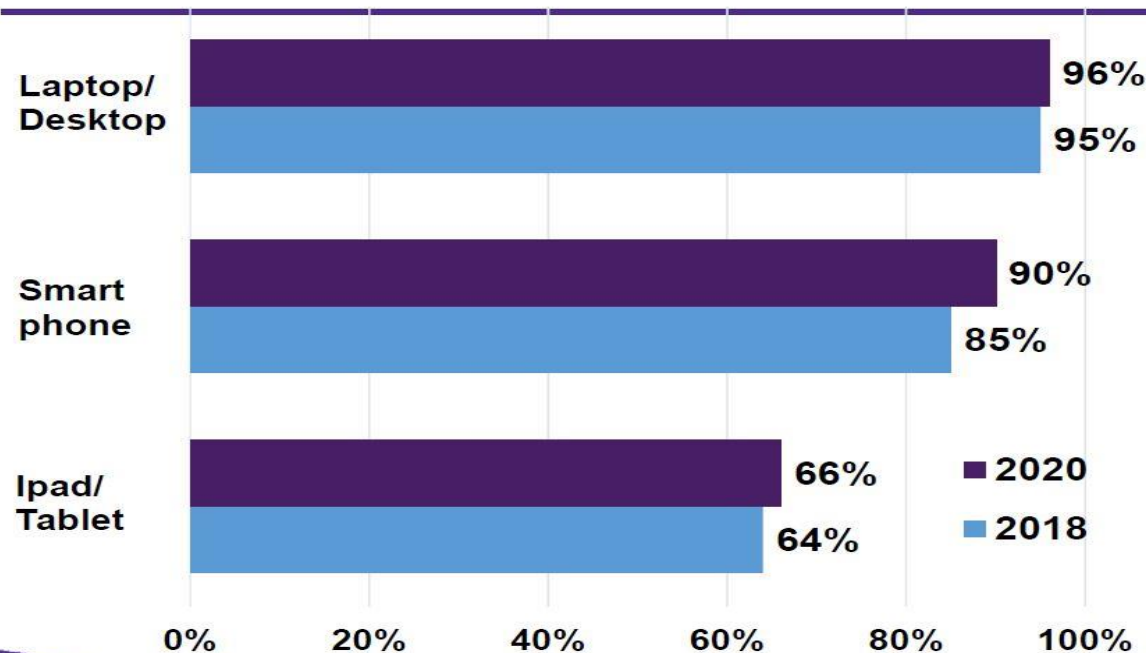
OLLI Meets Technology and the Intergenerational UX Project 14

Challenges | Shifts

TECHNOLOGY*



Technology Usage



Membership Survey, 2020, 2018

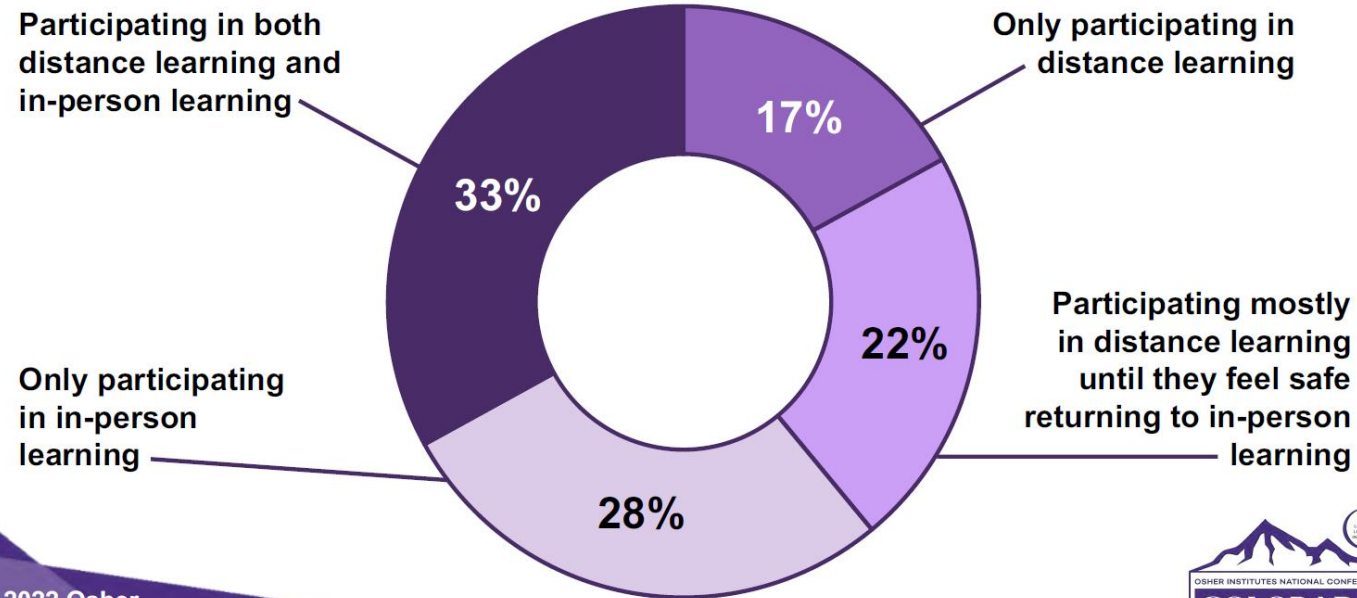


Challenges | Shifts

TECHNOLOGY*



Members Participating in Distance Learning



The 2022 Osher
Institutes National Conference

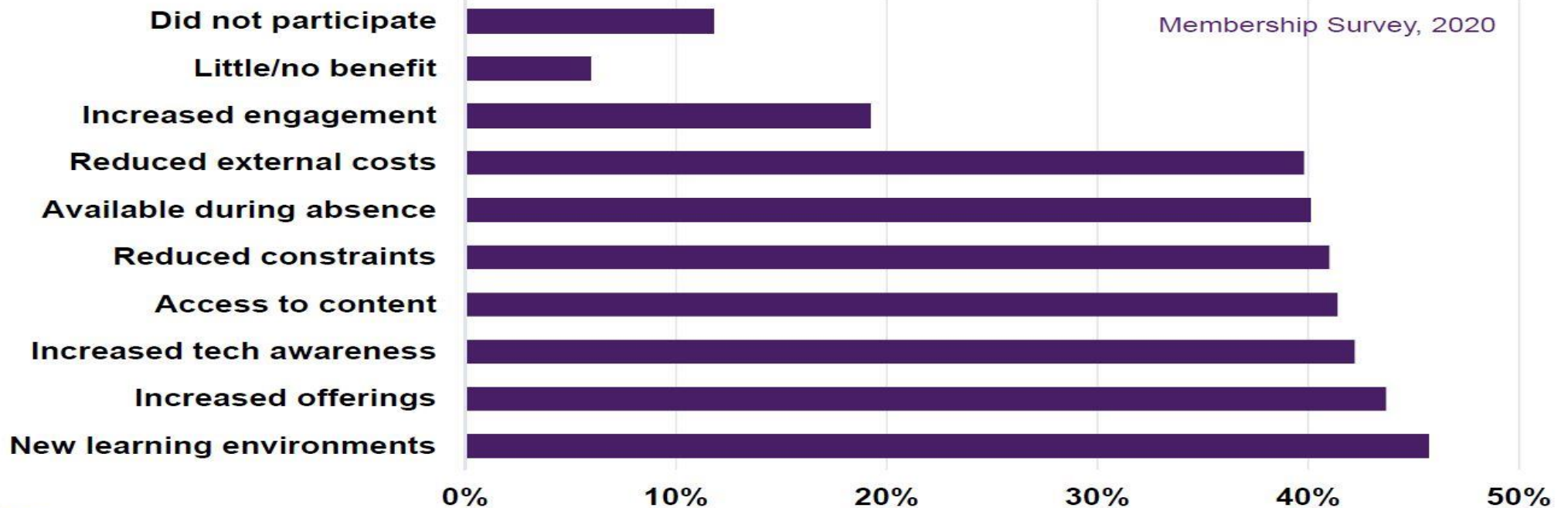


Challenges | Shifts

DISTANCE LEARNING*



Distance Learning Benefits

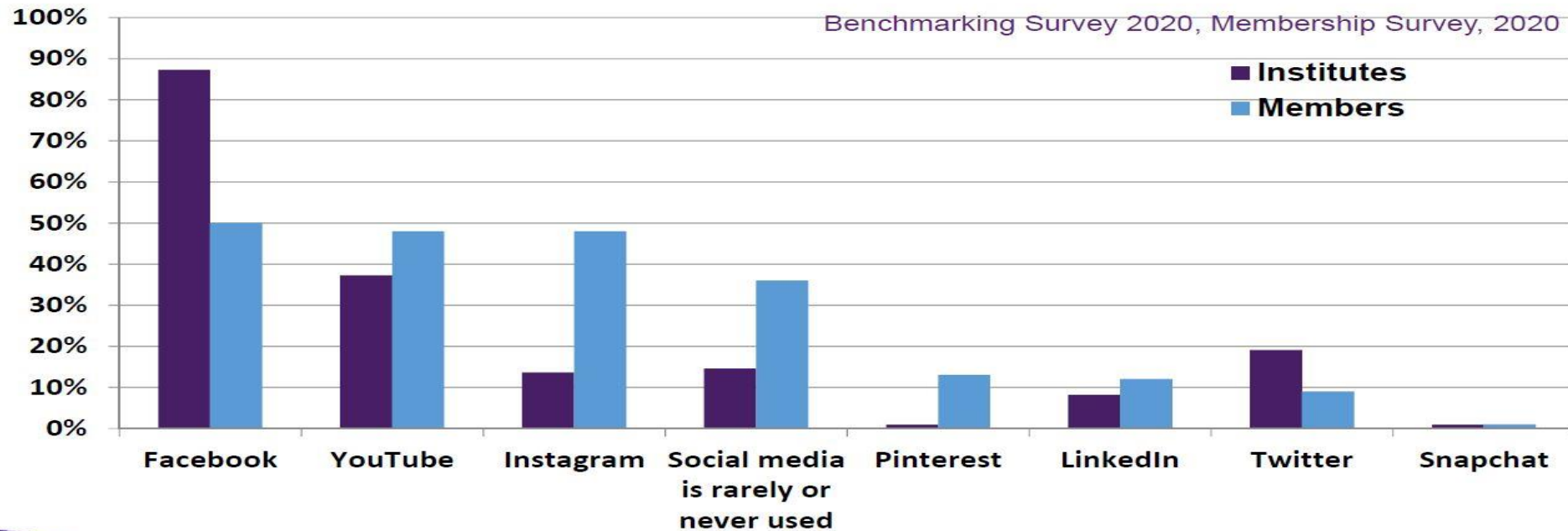


Challenges | Shifts

SOCIAL MEDIA*



Social Media: Institutes and Members





Shifts | Opportunities

❖ Wider net for **MOTIVATION** and **ENGAGEMENT**.

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

❖ Greater **CAPACITY** and **CAPABILITY** to flow with challenges (change).

- ❖ Hybrid programs for non-tech users or transportation-challenged individuals
- ❖ Expanded programming to stream online into appropriate facilities

❖ **COLLABORATIVE RESOURCES** and **PARTNERSHIPS**.

- ❖ Shared 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

Seeking Resources in Continuing Education

Universities



125 OLLIs
Nationwide



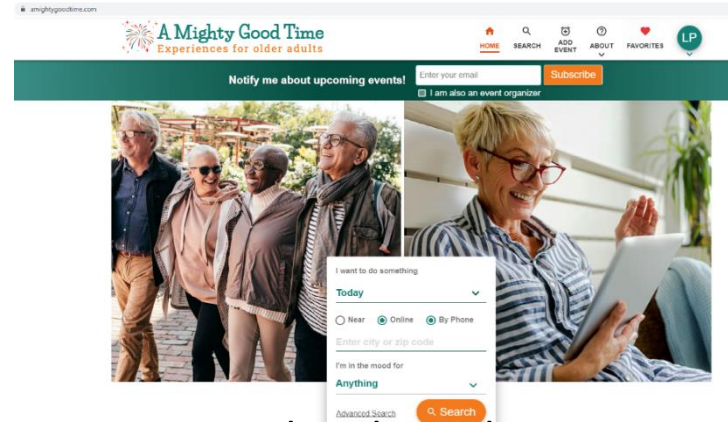
Community Colleges



eliminating racism
empowering women
ywca
El Paso Del Norte Region

Senior Memberships
Fitness & Aquatics Programs
Community Education

Online



Local Parks and Recreation



Non-profit Organizations

GOOD 2 KNOW CLASSROOM AT RGCF

Home > Programs > Good 2 Know Classroom at RGCF



Volunteerism Healthy Aging & Service Learning

Volunteering among seniors has been linked to **improved quality of life, stronger social networks, increased levels of physical activity and lower mortality rates**. One of the key benefits of volunteering is social support. Many seniors are at risk for social isolation and aging-related stresses

<https://www.parentgiving.com/elder-care/healthy-aging-how-volunteering-helps/>

Research studies using population data in the U.S. have found that volunteering in middle and later life is associated with a variety of better physical health outcomes, including reduced risk of mortality, better functional health, and better self-rated health, as well as improved psychological wellbeing, such as fewer depressive symptoms, greater life satisfaction, and happiness.

The Who, What, Why, and How of Volunteering in Later Life
by Emily A. Greenfield, PhD



CONNECT

National Resource Center for Osher Lifelong Learning Institutes

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

*Osher Data Sources:
OLLI Institute Participation

2022 Osher Institute National Conference
2020 Benchmarking Survey: 115 Institutes
2020 National Membership Survey: 15 Institutes
2019-2020 Osher Annual Reports: 124 Institutes

OLLIs ACROSS TEXAS

- **OLLI @ University of Texas at Austin**
Thompson Conference Center
PO Box 7879
Austin, TX 78713-7879
Director: Julie Martenson
Email: jmartenson@austin.utexas.edu
Phone: 512-471-3124
<https://olli.utexas.edu/>
- **OLLI @ University of Texas at El Paso**
500 W. University Avenue
Miners Hall Room 209
El Paso, TX 79968
Director: Lynn Provenzano
Email: laprovenzano@utep.edu
Phone: 915-747-6374
<https://utep.edu/olli>
- **OLLI @ University of Texas Medical Branch, Galveston - Angleton**
301 University Blvd.
Galveston, TX 77555-0972
Director: Michelle Sierpina
Email: msierpin@utmb.edu
Phone: 409-763-5604
<https://www.utmb.edu/olli>
- **OLLI @ Texas Tech University
Lubbock - Fredericksburg - Marble Falls
- Jefferson - Abilene**
PO Box 45095
Lubbock, TX 79409-5095
Director: Shelby Crews
Email: olli@ttu.edu
Phone: 806-742-6554
<https://www.depts.ttu.edu/olli/>
- **OLLI @ University of North Texas,
Denton**
University 1155 Union Circle, 310560
Denton, TX 76203-5017
Director: Stephanie Reinke
Email: olli@unt.edu
Phone: 940-369-7293
<https://olli.unt.edu>

KEEP THE GRAY CELLS
WORKING!

Lifelong Learning
It's a choice...

...that benefits from Continuing Education

2022 Aging in Texas Conference

Questions & Answers

Thank you!

Gratitude Never Gets Old, Too.