5-CLASS LIMIT LIFTED

Members can add unlimited classes

To provide fairer opportunities for members to enroll in their favorite classes, we use the 5-class limit policy through the first 10 days of registration. The limit was lifted effective February 1, after which time members can enroll in unlimited classes where space is available by logging on to the OLLI site at olli.csuchico.edu.

DEFYING EXPECTATIONS AT GENERAL MEETING

Physical therapy & staying active are themes for spring meeting—free & open to public

Dr. Karma Boyer will be the featured speaker at the OLLI Spring ’18 General Meeting. Come learn how physical therapy can help you stay active and engaged. Physical therapy can help you move with less pain by loosening tight muscles and strengthening weak muscles, and falls can be prevented by identifying and treating deficits. Pain, weakness, and falls don’t have to be your future.

Dr. Boyer is a Certified Orthopedic Manual Therapist at Enloe Rehabilitation, where she treats people with both orthopedic and neurologic challenges. She has also worked as a home health physical therapist, where she learned to appreciate the challenges people face in their homes. Dr. Boyer earned two bachelor’s degrees in Seattle, WA, first at Pacific Lutheran University and the second from University of Washington. She earned her Doctorate of Physical Therapy from Rocky Mountain University of Health Professionals in Provo, UT in 2007. Outside of work, Dr. Boyer has a small photography business, enjoys traveling, hiking, and eating good food with her husband.

Join us Wednesday, March 7, 2018 from 11:30am–1pm at the Chico Masonic Family Center, 1110 W. East Ave. Social Hour begins at 11:30am and the program begins at noon. All are welcome…bring a friend!

OLLI BUS TRIPS BUILD COMMUNITY

Dancing, singing, and a day with friends

Early in February there was happy chattering and toe-tapping as a group of musical theater enthusiasts enjoyed leaving the driving to someone else enroute to a professional Broadway touring show of Jersey Boys. The sell-out performance tells the true story of Frankie Valli and the Four Seasons as they climbed from singing under the street lamp of their Jersey neighborhood to international fame. The day included a leisurely no-host lunch at the restaurant of choice in Old Sacramento. Interview with Franke Valli
BUILDING A CULTURE OF HEARING AT OLLI

Spring Orientation Explores Hearing loss and Its Impact
By Sydney Wilde

Dr. Suzanne Miller, professor and program director of the Communication Studies Program at CSU, Chico, spoke at the spring orientation for peer leaders and classroom hosts where she addressed ways in which we can better serve OLLI members. In her presentation, we learned that 50% of adults 65 and older experience hearing loss and that 25% of that group experience hearing loss so severely that it impacts their ability to learn. This corresponds to research done by OLLI at U.C. Berkeley, where they discovered that one of the biggest reasons people leave OLLI is due to hearing loss.

With Dr. Miller’s support, OLLI is delving deeper into these issues and how best to improve the hearing and learning experience for all members. In the orientation sessions in January, Dr. Miller and keynote speaker Robert Main—a longtime OLLI leader and Professor Emeritus at CSU, Chico—underscored the importance of using a microphone no matter how loudly we think we can project our voices without one.

Dr. Miller (pictured right) underscored two major reasons for this: firstly, it is more than just volume that improves our ability to hear. In fact, volume alone can distort sound and make hearing harder. But volume in combination with slower, measured speaking, including pauses between major points, allows listeners to more fully absorb the message. Both Drs. Miller and Main also emphasized the importance of repeating questions asked during class. Without this step, major segments of a conversation can be lost.

Secondly, Dr. Miller explained how vocal cords lose natural lubrication as we age. Here again, she emphasized word recognition as key for members with hearing loss, and that reading lips—while not a perfect solution—is easier when the speaker is not straining to be heard.

Dr. Main also shared hints for improving learning through critical aids, like PowerPoints and videos. We talked about use of sub- and/or super titles that punctuate the message in few words that are large, bold, and use sharp contrast to be seen more easily.

Over the next 18 months, OLLI will be investing in better speakers and sound systems for our Craig Hall classrooms, with guidance and direction from Dr. Miller and her team of audiologists. We will also be working with peer leaders and hosts to become more familiar with techniques for improving presentations. As co-chair of the Curriculum Committee, I would personally love to hear from you on this topic, if you're comfortable sharing your experience. Are you having trouble hearing in class? Is your peer leader using the headset? If so, does that help? Would you like to be a part of these conversations with the Curriculum Committee and Dr. Miller's team? Let me know at 2skwilde@gmail.com, and I'll be sure to include you in these upcoming conversations.

SPRING 2018 CALENDAR

Mark your calendars!

March 7 .......................Fall 2018 Course Proposals Due
March 7 .......................General Meeting at Chico Masonic Family Center
March 19-23 ......................Spring Break (Office Closed/No Classes)
March 30 .......................Cesar Chaves Holiday (Office Closed/No Classes)
April 12-15 ......................Play Festival at the Blue Room Theatre
April 18 .......................Annual Business Meeting
May 9 .......................Spring Luncheon
May 11 .......................Spring Classes End

HAVE SOMETHING TO SHARE?

If you have something to say, a photo to share, or a question to pose to the editor, you can submit information using our new “OLLI Newsletter Submission” form.

Web: olli.csuchico.edu • Phone: 530-898-6679 • E-mail: olli@csuchico.edu