

Monthly Highlights

■ Thanks for completing our Member Satisfaction Survey this past spring. 32% of our membership completed the survey. A few interesting tidbits: 47% of the respondents have a smart phone, 59% use Facebook and 18% have disconnected their land line.

■ OLLI members do receive a reduced rate on a Ryder Center membership. The cost is just \$100 per year. If you're interested just take your membership receipt to the Fitness Center with your payment.

■ If you receive our emails, you recently received a survey which asked for feedback on where you would like OLLI to travel in the next few years. This information is very important to us for planning purposes. Please complete the survey within the next few days.

SVSU Osher Lifelong Learning Institute
7400 Bay Road
University Center, MI 48710
Office 964-4475
www.svsu.edu/olli
olli@svsu.edu



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16th Annual Kick-Off Wednesday, September 14, 2016

Sponsored by



8:45 a.m. Registration & Continental Breakfast

9:30 a.m. Welcome & Announcements

Does Structural Heart Disease Affect You?

Presenter: Debbie Best, MSN, RN

Covenant Center for the Heart Structural Heart Coordinator

Structural heart disease usually refers to cardiac defects which are congenital in nature, but it may also include abnormalities of the valves and vessels of the heart wall that develop with wear and tear. There are five major factors that help determine whether you are at high risk for open heart procedures, age, current health status, medical history, frailty and condition of your heart. The Covenant Center for the Heart offers minimally invasive procedures for inoperable or high-risk heart patients. In this presentation you will learn about three of these new procedures: the Transcatheter Aortic Valve Replacement (TAVR), the MitraClip, and the Watchman.

Our presenter will be Debbie Best. She has been a registered nurse for 24 years and has a master's degree from SVSU in education and informatics. She has worked in critical care and education, and has taught for both Delta College and SVSU.



Bring a friend! OLLI members who bring a guest will be put in a drawing to win a \$10 voucher, and their guest will win a free membership!

Upcoming Events & Monthly Meetings

Saturday, October 1

History Workshop:
Behind Two Iron Curtains

Wednesday, October 12

Monthly Meeting
The University of Arizona's Richard F. Caris
Mirror Laboratory

Saturday, October 15

Health Workshop:
Your Health - It's All About Energy

SVSU-OLLI

Osher Lifelong Learning Institute
7400 Bay Road
University Center, MI 48710
Shelley Wegner
Newsletter Editor
Office 964-4475
Midland Line 695-5325 ext. 4475

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The *Adventurer* is published monthly for SVSU-OLLI members at Saginaw Valley State University. Reprints of this newsletter may be obtained by calling (989) 964-4475.

Hello, OLLI friends,

I've been musing on meditation.

It has multiple medical benefits as described by many practitioners including Dr. Herbert Benson of the Harvard Medical School. His 2010 book, Relaxation Revolution, with William Proctor, presents four decades of scientific research documenting the mind body revolution that has expanded exponentially during the latter 20th and early 21st centuries. Not just relief of stress, but actual measurable medical help for many conditions, has now been confirmed by controlled experiments.

It also has spiritual benefits, defined by each of us who meditate.

For some it deepens involvement and belief in a particular religious tradition. To others it brings a broader perspective on the world and our place in it.

We have wonderful resources for learning and practice of meditation at OLLI and in the Great Lakes Bay region. Nan Spence is offering an OLLI class on mindfulness meditation again this Fall. She has studied meditation for many years, is authorized by Jon Kabat-Zinn to teach mindfulness meditation, and holds a Master's degree in theology with an emphasis in spirituality. F.W. "Skip" Renker of Midland is a widely published poet and Professor Emeritus of English at Delta College. He has been practicing meditation for decades and teaches meditation and world religions. The Bay Area Community of Mindful Living is a mindful living and meditation practice group in the tradition of Thich Nhat Hanh. They meet on Wednesday evenings at Unity of Bay City. And these are just a few resources.

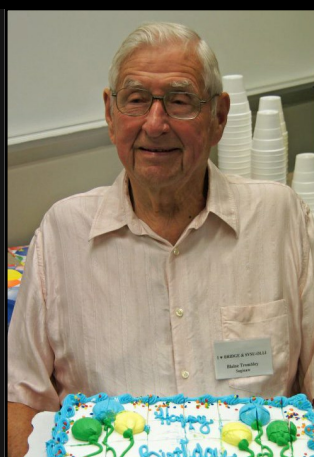
And there is joy and laughter in the practice. "My Gathas" in The New Yorker at page 27 of the July 25, 2016 issue, <http://www.newyorker.com/magazine/2016/07/25/poetry-for-modern-mindfulness-by-jenny-allen> pokes some gentle fun. Gathas, by the way, are small verses or poems that help in a mindfulness practice, often focusing on the breath.

Got to run! I'm late for mindfulness practice.

Leslie Sanders, OLLI Advisory Board Chair



100th Birthday Celebration!



The OLLI Bridge Interest group celebrated OLLI Member Blaine Trombley's 100th Birthday August 6. Blaine is a member of the bridge group that meets weekly in C129.

Volunteers Needed for Health Behavior Change Classroom Based Project

Meghan Baruth, a professor at SVSU, is looking for volunteers to work on a classroom based project this fall. The project involves her students counseling an individual (YOU!) on changing a health behavior. If you are interested in increasing your physical activity, changing aspects of your diet, reducing tobacco use, or in changing some other health behavior and want help, this is a great opportunity! You would not only work on improving your health, but you would also help an SVSU student apply concepts they are learning in class to a real-life situation. The project will last for approximately two months (end of September to the end of November). You will be required to meet with the student face to face and by phone, approximately eight times. If you are interested, please email Meghan at mbaruth@svsu.edu. If you do not have email, please call and leave a message with your name and phone number (989-964-4143). Additional details will be provided closer to the start date of the project.



Beneath the Surface: Dinosaur CSI (101)

Midland paleontologist, author and storyteller PaleoJoe™ (Joseph Kchodl) will take you on a trip back in time to learn about the victims and perpetrators of the Dinosaur Age. You will learn the techniques used in the investigation of how these creatures lived and died, see the evidence, and discover the stories that are told through Dinosaur CSI. The class will begin with an introduction to fossils and the fossils of Michigan, and continue through the Age of the Dinosaurs. Examples of actual fossils will be brought to class and PaleoJoe will also discuss his recent “bone hunting” trips. PaleoJoe will make this class entertaining and fun. He performs throughout the U.S. for K-12 students, adult and college-level audiences.



Mondays: September 12, 19 & 26 • 10 a.m. - Noon
Price: \$23 Members; \$46 Non-Members
Room: C129

Current OLLI Interest Groups

Board Games: Ted McLaughlin, (989)790-9587, tshorty@chartermi.net
Bridge: Matt Skowronski, (989) 684-6402, Marilyn Bechtel (989)894-1089
Buddhist Psychology: Eric Devos, (989)964-4329, devos@svsu.edu
Choral Singing: Rose Kohut, (989)790-1883, obsessedreader@hotmail.com
Cross Country Skiing: Karol Walker (989)423-4889, karolw2986@gmail.com
Current Events: Carol Gohm, (989)574-5862, cgothm47@gmail.com
Cycling: Linda Ackerman (989)781-2961, lmackerman50@gmail.com
Dinner: Deborah Bula, (989)781-1126, dbretired610@gmail.com
Esoteric Cosmology: Wayne O'Brien, (989)686-0475, woobrien@tm.net
Euchre: Ruth Skeebo (989)631-1183, rskee42@charter.net
Gardening: Crystal Kauer (989)792-6874, cmkauer@chartermi.net
Kayaking: Dan Dauer (989)753-6038, dauerhome@juno.com
Knitting: Barb Weadock, (989)792-8839, barb@weadock.net
Lunch: Rita Grasso, (989)781-4725, ritaolli1@yahoo.com
MahJongg: Catherine Young, (989)327-1050, clyoung00@yahoo.com
Music Collegium: Eric Nisula, (989)964-4307, epn@svsu.edu
Pickleball: Edith Sommers, (989)751-3819, edithsommers@charter.net
Ping Pong: Carol Lagalo, (989)752-9857, lagaloc@yahoo.com
Readers Theatre: Rose Kohut, (989)790-1883, obsessedreader@hotmail.com
Recreational Biking: Vicki Shrope (989)615-0317, vshrope@yahoo.com
Stamp & Coin Collecting: Robert Bula (989)781-1126
Theatre: Bonnie Rowell, (989)799-3102, bjrowell43@yahoo.com
Walking: Mike Michaels, (989)799-5090, mikem24108@live.com

Improving Your Health the Natural Way (107)



Join OLLI member Jan Doerr as she shares her true passion of using natural health to improve your own imbalances in life. The first session will cover iridology, the study of the iris of the eye to determine tissue weakness. You will learn the basic markings in the iris and view your own eye in class to read the fibers. Kinesiology and muscle testing techniques for food and dietary supplements will be explored in session two. In the final session you will be introduced to healing herbs, the all-natural pill to balance our organs, hormones and glands, and which herbs will balance them. Jan is a local naturopathic doctor who owns Health Naturally! She has taught university classes at SVSU, CMU and the Naturopathic Institute of Therapy and Education.

Mondays: September 12, 19 & 26 • 1:30 - 3:30 p.m.
Price: \$23 Members; \$46 Non-Members
Room: C129



In August members toured the John Pratt Mosaic House in Midland and learned about the artist, his career and his illness. The class also created their own mosaics at Creative 360.



Forty-seven OLLI Members traveled to the Shaw Festival in July for three days. The group saw four performances, and also had the option to visit Niagara Falls or go on a wine tasting tour. Other activities included a backstage tour or a walking tour of town.



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