

## The News

### Bringing OLLI Home to You

Volume 3, #5 - November 1, 2023

## Dear OLLI Members and Friends,

**Kudos to us all!**

We are halfway through a successful fall semester at OLLI at Ringling College. In hearing from our members, they seemed joyful, excited, and eager to begin learning and meeting friends, old and new, when they arrived on campus for the first week of classes.

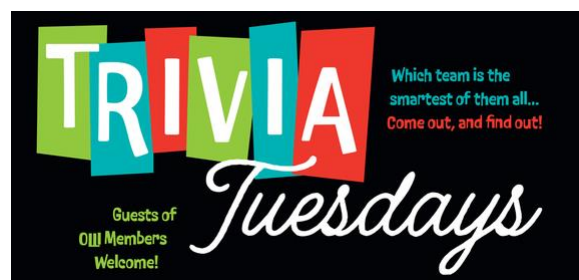
One new student said she has lived in Sarasota for 20 years and took her first class with us this Fall. Can you imagine all she has missed? Another couple proudly announced they were taking their sixth course with an instructor they considered to be especially well-prepared. How lucky for them and us! Another student said they were impressed with their instructor's marvelous credentials.

**OLLI at Ringling College instructors and staff have reason to feel proud.**

Nationwide, Osher Lifelong Learning programs were hit hard by the pandemic, and we were no exception. But, we have survived!

At the Osher Lifelong Learning Institutes National Conference held in San Diego in mid-October, our director, Dr. Phyllis C. Brown, was a panelist in the session titled "Successful Membership Recovery."

During her talk, she discussed the various strategies that OLLI at Ringling College has implemented to increase their membership by



## Do You Know What You Are Missing? Laughs and More Laughs

*Trivia Tuesdays* is fun! You don't have to know all the answers! You get a rush of dopamine when you do know an answer... and laughter is the best medicine.

Join us again on Nov. 14 at 2:45 pm in the Bistro. Cost is \$5 per person.

Register [online](#) or call 941-309-5111.

21%. Jeff Ryder, instructor-co-chair of the Advisory Council and Curriculum Committee Chair also attended the conference. We are eager to learn about the insights and key takeaways from the conference.

### Did you know lifelong learning has documented benefits?

In August, the results of a five-year longitudinal study by Dr. Hikaru Takeuchi and his colleague Dr. Ryuta Kawashima were announced. An article, which appeared in *U.S. News & World Report*, explained that more than 282,000 people, ages 40 to 69, took part in a U.K. Biobank study between 2006 and 2010. Participants periodically were given psychological and cognitive tests and were followed, on average, for seven years. Over that period, only one percent of participants developed dementia.

Takeuchi and Kawashima, however, found that students who were enrolled in adult education classes at the beginning of the study had a 19 percent lower risk of developing dementia, compared with participants who were not enrolled in an adult education class.

According to *U.S. News & World Report*: "The study also found that adult education students had better nonverbal reasoning skills, as well as better fluid intelligence. That refers to the ability to think abstractly, reason quickly and solve new problems."

That is one more reason to share our commitment to OLLI. It is good for our health! So now, more than ever, spread the word.

Stay Curious. Stay Connected.

Yours in lifelong learning,  
The OLLI Newsletter Team



## Want to share a passion, an interest, or a hobby?

If you are looking for a great way of finding OLLI members and friends who share similar interests, help us jump-start our SIGS (Shared Interest Groups) program.

Presently, we have one SIG whose members have been meeting for over five years. The SIG is led by the Three Amigos (Gio Cantarella, Bruce Maggin and Steve Sayer).

This lively and educational group continues to thrive and meets on Zoom. The group is happy to welcome more members who are interested in the respectful discussion of "current events and world affairs." For more information, email Bruce Maggin at [sarasotasig19@gmail.com](mailto:sarasotasig19@gmail.com). The group meets twice a month on Tuesday afternoons and covers a broad spectrum of issues.

We need members to lead and or join a new SIG. Please let us know your interests. It could be playing canasta, chess or Mahjong, going out to restaurants, crafting, baseball, antiques, photography... you get the idea. Let us know and we will help you with creating, setting up, and managing a SIG. Please contact:

Anne Perry Moore:  
[anne\\_perry\\_moore@hotmail.com](mailto:anne_perry_moore@hotmail.com)

or Tom Miller: [Suitman96@aol.com](mailto:Suitman96@aol.com)

We ask that you email us and put "SIGS" in the subject line so we can respond.

Remember, you must have a Gold or Silver membership to participate in a SIG.

For more information on SIGS, visit <https://olliringlecollege.org/programs/shared-interest-groups/>

Looking forward to hearing from you!

Tom Miller,



Hello OLLI Members,

We invite you join us for the Winter Term Preview. Here's an opportunity to meet 12 new and returning instructors, learn about their courses and workshops, and find out about other OLLI programs. Tell a friend. Bring a friend. We want to see you there.

**Preview date:** Friday, Nov. 17

**Time:** 1:30-3 pm

**Location:** Thomas McGuire Hall on the Ringling College Museum Campus at Sarasota Art Museum, 1001 S. Tamiami Trail  
**Admission:** Free and open to OLLI members and the public.

Pre-registration required. Light refreshments.

**Guest presenters include:**

- Abe Lederman: Bridge for Beginners— Make New Friends and Stay Mentally Sharp
  - Bob Busch: Russia— A Study in Tyranny
  - Dianne Tisman: Introduction to French
  - Bob McClure: America's 21st Century Political Snarl: Bedrock Basics
  - Jean Volpe: An Insider's Look at the Ballet
  - Brian J. Morra: The Great Nuclear War Crisis of 1983: Why Don't I Know About It?
  - Marie-Agnès Sourieau: Picasso and His Women
  - Diane Alexander: Use Your Brain—For a Change
  - Kelly Parisi Castro: A Visual Artist's Process and Journey
  - Robert DeFillipi: A Baby Boomer's Perspective on Digitization in Entertainment
  - Teresa Michael: So, You'd Like to Write a Mystery?
  - Beverly Jennings: The Dark Ages Illuminated
- Click [here](#) to register, or call 941-309-5111.

**Membership Committee chair**

**A Joyous Life... Bob Litwak, an interview with Anne Perry Moore**

*Anne engaged Bob Litwak, a very positive and uplifting instructor, in an interview for this month's newsletter. Litwak shares his views on life, joy and how he sees how to achieve his goals. Bob teaches the class "The Eight Dimensions of Wellness."*



**"What's the secret for a joyous life?" and "What do you do to achieve a joyous life?"**

Assuming your basic needs of food, shelter, and good enough health are all accounted for, then human connection and a sense of purpose that stretches beyond your own personal needs are central to a joyous life. Being "present" in one's life without focusing too much on the past and future can also bring more joy and less worry.

Working for the past 45 years in human services, as I did, provided an easy structure for both a purpose-driven life and human connection so retirement has provided a challenge. A spouse of 46 years, who I clearly believe gave me the better deal in the marriage, has been a huge anchor.

Teaching at OLLI at Ringling College has helped with a sense of purpose and connection. Travel and the arts have given me many joyous moments. As a lifelong learner taking classes at Sarasota and Asheville (summer session) has been stimulating and fun. I'm planning to co-teach, with Tom Miller, a course that will be focused on vital current issues, through the medium of Ted Talks, during the Spring 2024 semester.

I long for a more equitable society with less fear and prejudice and will look for volunteer opportunities in this area. So, I would say that my joyous life is still in a process of discovery.

## Save these dates:

### Embracing Our Differences

**Tour:** Friday, Nov. 17  
Registration Required  
Limited to 25 participants

**Gold Member registration begins:**  
Tuesday, Nov. 28

**Silver Member registration begins:**  
Tuesday, Dec. 5

Winter term: Jan. 8-Mar. 1



## Celebrating Beverly Harms

On Friday, Oct. 27, OLLI members and friends of Beverly “Bev” Harms gathered for the first annual OLLI at Ringling College Recognition Luncheon. Bev was honored for her commitment to lifelong learning and for her nearly 20 years of service as a volunteer for OLLI (formerly the Lifelong Learning Academy). Bev created the popular Einstein Circle series that provided a forum for civil discourse on a variety of topics. Dr. Susan MacManus, a former Einstein Circle presenter, was the guest speaker.

A special thanks to Holly Freedman and Sam Samelson, co-chairs of the event.

To make a gift in support of OLLI at Ringling College honoring Bev’s commitment to lifelong learning, or to learn more, please visit <https://olliringlingcollege.org/giving/>



### OLLI Membership Committee:

Tom Miller (Chair) and the newsletter staff: Marion Richter (editor), Dave Landsperger, Gary Reinmuth; Members: Anne Perry Moore, Jan Parker, Jay Richter, Vicki Eckl, Millie Finkel, Lois Altman, and Meghan Burrows (OLLI staff).

Stay connected with our updates and share yours. Email: [mburrows@ringling.edu](mailto:mburrows@ringling.edu)

Become an OLLI Member

Learn More

Donate to OLLI

## Make the Most of Your Giving

Do you know if your former company matches philanthropic giving?

Class registration and membership only cover a portion of what it takes to deliver quality programming at OLLI. That's why we depend on your gifts each year to help us continue the tradition of providing a wide array of class offerings, special events, and the supporting technology. Many companies sponsor matching gift programs and will match charitable contributions made by their employees or retirees. You can double or triple the amount of your gift to make the most impact on OLLI programming. Visit [here](#) and enter your employer's name to find out if your company has a matching gift program. Have questions? Feel free to call the [Office for Advancement](#) any time at 941-309-4733.



OLLI is located at the Ringling College Museum Campus  
1001 S. Tamiami Trail, Sarasota 34236  
941-309-5111  
[www.OLLlatRinglingCollege.org](http://www.OLLlatRinglingCollege.org)

[Click here for the online version of this Newsletter.](#)