

the Adventurer

OSHER
LIFELONG
LEARNING
INSTITUTE

Continuing this *Adventure* called *Life!*

Monthly Highlights

■ The nursing simulated learning laboratory is looking for volunteers to be standardized patients for a health history simulation. Eight volunteers are needed on September 21 from 8:30 -10:30a.m., and four volunteers are needed from 1:30 - 3:30 p.m. Please contact Sharon Panepucci with questions and to schedule a time slot at spanepul@svsu.edu, or call her at 964-4552.

■ The following fall day trips are full as of the newsletter printing date: *Jersey Boys*, *LaBoheme*, *Dirty Dancing*, *The Explorers Club*, Thunder Bay Resort & Hart-wick Pines, *Newsies (Sunday)*, and *Neil Bergs's Broadway Holiday* & Meadow Brook Tour and Lunch.

■ The SVSU Ryder Center offers morning water exercise classes. Senior Aquacise will be on Monday & Wednesday mornings from 10:30-11:30 a.m., Tuesday & Thursday from 11:30 a.m. to 1:30 p.m., and Friday mornings 10:30-11:30 a.m. The cost is \$3.00 per class. Call Campus Recreation 964-7321 for additional information.

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September, 2015
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15th Annual Kick-Off

Wednesday, September 9, 2015

Sponsored by



8:45 a.m. Registration, Socializing & Continental Breakfast

9:30 a.m. Welcome & Announcements
SVSU, Curtiss Hall Banquet Rooms

9:45 a.m. What the Affiliation between Covenant Cancer Care Center and the MD Anderson Cancer Network Means to the Great Lakes Bay Area

Presenter: Jackie Tinnin Director of Covenant Cancer Care Center

Covenant HealthCare is Michigan's first and only certified member of the MD Anderson Cancer Network, a program of the MD Anderson Cancer Center. A world-renowned leader in cancer care, the University of Texas MD Anderson Cancer Center has been ranked in the top two cancer centers in the nation since the *U.S. News & World Report* "Best Hospitals" survey began 25 years ago. By becoming a certified member of this network, Covenant can now offer new hope to local cancer patients. Access to treatment guidelines and best practices, along with second opinions available by world-renowned cancer specialists allow patients to receive their cancer care close to home. The MD Anderson Cancer Network builds on Covenant's strong successful history of cancer patient care. Together their mission is to eliminate cancer, but until that time comes, together they will advance cancer care giving new hope to the region. Jackie Tinnin, a registered respiratory therapist, has worked in the health care industry for 22 years and has been with Covenant HealthCare since 2010. Her areas of expertise include cancer care, wound healing & hyperbaric medicine, and chronic disease management, including asthma and diabetes.



10:45 a.m. Break

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Upcoming Events & Monthly Meetings

September 19 SVSU Football Game & Tailgate (Register by September 10)

October 6 Technology Tuesday: Unmanned Aerial Vehicles (UAV's)
Presented by David Herald, Merrill Aviation & Defense

October 14 Monthly Meeting
An Introduction to Mindfulness Meditation
Presented by Nan Spence, Mindfulness Meditation Teacher

SVSU-OLLI

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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 Members,

We open our new 2015-16 season this September with the 15th Annual Fall Kick-Off September 9, sponsored by Covenant Healthcare. Fifteen years of pure OLLI, wow! I have been looking at the fall catalog and I am impressed with the quality and the number of offerings available.

If I could I would take every class and attend every day trip. Again the OLLI staff and committees have outdone themselves in putting together a wonderful fall program. More than 80 classes, 11 day trips (Dirty Dancing, and Handel's Messiah), talk about inclusive. Don't forget it's football season, cheer on the Cardinals at the game and tailgate on September 19. Sign up, sign up, sign up!

We have a fantastic fall season coming at us loaded with goodies. Remember to update your membership and grab those reluctant friends and get them to join us as we continue on our quest for a life worth living and enjoying here at OLLI.

Steve Parkhurst
OLLI Advisory Board Chair



SVSU Football Game and Tailgate

The fall season wouldn't be complete without our annual tailgate and SVSU football game. Join us as we cheer on the Cardinals at their first home game of the season as they battle Michigan Tech. Members will receive general admission tickets to the game and also a tailgate-style lunch prior to the game. The tailgate will run from 11:30 a.m.-12:30 p.m. at the east end of the Ryder Center, and the game starts at 1 p.m. Although there is no charge for members, please call us at 964-4475 to register no later than September 10 so we have a food count. Non-Members and family members are welcome to join you for a nominal charge.

Date: Saturday, September 19 from 11:30 a.m. until approximately 3:30 p.m.

Price: Free for Members; \$15 for Non-Members



New Interest Group Esoteric Cosmology

Esoteric Cosmology expands on the emerging field of academic study: Western Esotericism. Scholars in the field continue to discuss and refine a definition which currently ranges from "rejected knowledge" to "knowledge not for the masses" through "a way of thinking" or "a religious way of thinking." Most agree that esotericism is a trans-disciplinary field not fitting clearly within any particular discipline. There are now peer-reviewed journals, and in some parts of the world, university chairs and academic societies devoted to this field. One of the scholars, Wouter J. Hanegraaff (Netherlands), points out that, "Western esotericism had to be studied as a separate field to religion, philosophy, science and the arts, because while it participates in all of these fields, it does not squarely fit into any of them....There is [was] probably no other domain in the humanities that has been so seriously neglected as Western esotericism."

This group will be coordinated by Wayne O'Brien and will meet on the second and fourth Fridays; 10:00 a.m. to noon, when the university is in session. Contact Wayne at woobrien@tm.net or call him (989)686-0475 for additional information.

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11:00 a.m. STAR (Survivorship Training and Rehabilitation Program): Enhancing Survivorship by Getting Your Best Self Back

Presenter: Shannon Kleinert Coordinator of the STAR Program

A key component of comprehensive survivorship services at Covenant Cancer Care Center is multidisciplinary cancer rehabilitation care that can help survivors improve their ability to function and their quality of life. Regardless of the stage of cancer or phase of treatment or recovery, survivors can benefit from participation in an evidence-based rehabilitation program. Yet, many cancer survivors who need cancer rehabilitation are not referred for services. For example, a study published in the Journal of Clinical Oncology evaluated 163 women with metastatic breast cancer. Of these participants, 92% had at least one physical impairment and a total of 530 impairments were identified. This study found that more than 90% of patients need cancer rehabilitation, but fewer than 30% receive it. This unmet need may be in part due to a lack of understanding about what cancer rehabilitation can offer survivors. Shannon Kleinert is a graduate of the University of Michigan-Flint physical therapy program. She currently works at Covenant as the lead physical therapist and coordinator of the STAR program. She has taken additional classes at Oakland University in the care of patients with a cancer diagnosis as well as becoming a STAR certified clinician.



Noon Program Concludes

Bring a Friend!

This program is free for OLLI members. Guests are welcome to attend one OLLI monthly meeting without a charge. This gives a non-member a chance to check out our program. If an individual comes more than once they would need to join OLLI, or pay a \$10 fee per meeting.

Interest Group Contacts

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, cgohm47@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@chartermi.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
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 Collecting: Robert Bula (989)781-1126
Technology: Terry King (989)714-4408 terry@actionleaders.com
Theatre: Bonnie Rowell, (989)799-3102, bjrowell43@yahoo.com
Walking: Mike Michaels, (989)799-5090, mikem24108@live.com

OLLI Bridge Group



The OLLI Bridge Group continues to meet on Friday afternoons in C129. If you are interested in joining the group contact one of the new group coordinators, Matt Skowronski, at 684-6402 or Marilyn Bechtel, at 894-1089.

Recently the group held a celebration for Blaine Trombley's 99th birthday!

What an achievement! We were wondering if we have any other members that might be coming up on their Centenarian year?





Forty-three OLLI members traveled to Door County Wisconsin to learn more about the area, art, the cherry industry, and much more. This was a Road Scholar trip, and everyone enjoyed Rowleys Bay Resort - - especially the bakery!

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