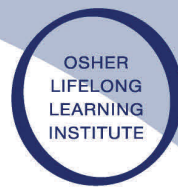


the Adventurer



Continuing this *Adventure* called *Life!*

Monthly Highlights

■ Remember, if SVSU is closed due to adverse weather conditions, OLLI classes and meetings are also cancelled. Call the University Weather Line for an up-to-date report: 964-4477.

■ Save the dates! We are planning a June 15 & 16 trip to Stratford and a July 26 - 28 trip to the Shaw Festival this summer. Details, including pricing, will not be available until late January.

■ We didn't have room to include contact information for our Interest Group leaders in this issue. But you can always find them on our website: www.svsu.edu/olli. Just click on "Interest Groups."

■ OLLI will award two \$2,500 study-abroad scholarships to two SVSU students at the WinterFest meeting in January. The selection committee gave priority to those who had not had the opportunity to travel abroad, and to those who best articulated how the experience would better prepare them for their chosen careers.

January, 2016
Volume 15, Issue 4

13th Annual Winterfest

Wednesday, January 13, 2016

SVSU Curtiss Hall

Sponsored by



8:45 a.m. Registration, Visit Display Tables
& Continental Breakfast
9:30 a.m. Welcome & Announcements
9:45 a.m. Program
11:00 a.m. Program Concludes

Help Stop the Diabetes Epidemic

Presenter: Shahrukh Hashmi, MD, Family Medicine Physician

Diabetes is serious, common and costly. But more importantly, it is controllable. The diabetes 'epidemic' is on the rise. Nearly 30 million Americans have diabetes. That's about one out of every 11 people and of that number, one out of four do not even know they have it because diabetes is, often times, a silent thief. Physical symptoms are rarely noticeable until complications develop. If left untreated or uncontrolled, diabetes can lead to serious health complications such as heart disease, stroke, kidney failure, blindness, and even lower-limb amputations.

Dr. Hashmi, primary care physician with St. Mary's of Michigan, will talk about the seriousness of this epidemic, and what you can do to reduce your risk of getting diabetes. He'll discuss risk factors that increase the chances of developing diabetes, such as increased age; one third of those with diabetes are 65 years and older. As our population continues to age, gain weight, and become less physically active, Dr. Hashmi and his colleagues are working diligently to identify and respond effectively to people with diabetes to help improve their health outcomes.



Continued on page 2

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Upcoming Events & Monthly Meetings

January 17 Cheer on the Saginaw Spirit with OLLI
3 p.m. - 6:30 p.m.

February 23 Technology Tuesday: Emerging Technologies and YOU:
Securely Navigating the Virtual World
Presented by Christian Kopacsi, Michigan's Chief Security Officer

February 27 Tai Chi Festival, 9:15 a.m. - 3:30 p.m.

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 fellow OLLI members,

It's 2016, and OLLI starts another calendar year. I hope everyone is ready to take advantage of our Winter offerings, many classes and an abundance of trips in which to participate. Our annual Winter Fest is taking place on January 13 and is always full of information that is important to all of us here at OLLI.

All of the weather pundits are predicting a warmer and dryer winter so we should all find that pleasing for our drives to SVSU, however, this is Michigan and it loves to make fools out of weather predictors so keep an eye on the sky and be very safe and sensible while travelling. I will see you at our monthly meetings and hopefully in a few classes this winter.

Stay safe!

Steve Parkhurst, OLLI Advisory Board Chair



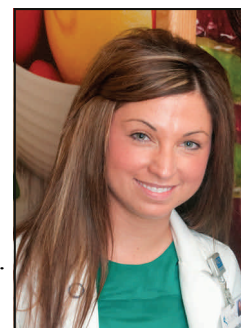
WinterFest continued from page 1

There is GOOD News!

Presenter: Danielle Schmidt, RD,
Wound Care Center Program Director

However, there is good news. Scientific evidence now shows that treatment of diabetes with diet and physical activity can delay or even prevent much of the illness and complications associated with diabetes. Eating a healthy, balanced diet will not only help control diabetes, it will also boost your energy and improve your mood. Danielle Schmidt, registered dietitian and wound care program director will assure you that you don't have to give up sweets entirely or resign yourself to a lifetime of bland food. She will share some helpful tips on how you can still take pleasure from your meals without feeling hungry or deprived. She'll also provide myths and facts about diabetes and diet.

As the director at the St. Mary's of Michigan Wound Care & Hyperbaric Center, Danielle knows all too well that diabetes and wounds are a dangerous combination. She will discuss several reasons why people with diabetes are at increased risk for complications from wound healing and why feet are more at risk for diabetes wounds. She'll have you checking your feet more often and give you hope that delicious healthy meals really do exist.



Bring a Friend!

This program is free for members and potential members – there is no need to pre-register. Guests may attend one monthly meeting without a charge. If guests come more than once they either need to join OLLI or pay a \$10 fee per meeting. OLLI members who bring a guest will be put in a drawing to win a \$10 voucher, and their guest will also win a free membership!

Cheer on the Saginaw Spirit with OLLI

(Transportation included)

Whether you're a hockey fan or not, you'll want to consider joining us at a Spirit game this winter. We've eliminated the parking hassle as our package includes deluxe motorcoach transportation from SVSU! It also includes upper level seating to the 4 p.m. game on Sunday, January 17, (when the Spirit takes on Windsor), a hot dog, and Pepsi! We will send you a letter approximately one week prior to the game with details about when and where to meet the coach. Tickets will be handed out on the motorcoach. Please register by Thursday, January 7. Register quickly - only 50 tickets available.
Sunday: January 17 from 3 p.m. to approximately 6:30 p.m.
Price: \$14 Members; \$24 Non-Members



NEW! Winter Day Trips (*These Are Not in the Catalog!*)

(29) Michigan Premiere of *If/Then* at the Fisher

When a city planner moves back to New York to restart her life, her carefully designed plans collide with the whims of fate, and her life splits into two parallel paths. This bold, original Broadway musical by the creative team for the *Pulitzer Prize* and *Tony Award*-winning *Next to Normal* follows both stories simultaneously as this modern woman faces the intersection of choice and chance. *New York Magazine* calls it “The best musical of the year! Every single thing in this show is new. You absolutely never know what is going to happen, right up to the last, powerful moving beat.” Our package includes main floor seats to the 2 p.m. matinee, a three-course lunch (choice of three entrees) before the show at Pegasus Taverna in Greektown, and deluxe motorcoach transportation from SVSU.

Saturday, April 9 from 9:30 a.m. - 6:30 p.m.

Price: \$119 Members; \$139 Non-Members



(30) *Love Letters* with Ali MacGraw & Ryan O'Neal at the Fisher

When they were both just seven years old, Andrew wrote his first letter to Melissa to tell her that she looked like a lost princess. Over the next fifty years – through personal triumphs, despair, wars, marriages, children and careers – they poured out their secrets to each other. The *Miami Herald* said “with their skills, their shared history, and their movie-star aura, MacGraw and O’Neal take their audience on an emotionally engaging trip through a different era.” Our package includes main floor seats to the 2 p.m. matinee, a three-course lunch (choice of three entrees) at Andiamo’s in the Renaissance Center prior to the show, and deluxe motorcoach transportation from SVSU.

Saturday, April 16 from 9:30 a.m. - 6:30 p.m.

Price: \$109 Members; \$129 Non-Members



Added Dates & Coaches for Trips in the Catalog

(27) *The Odd Couple* at the Purple Rose Theatre

Added Trip/New Date: Wednesday, March 16

In this classic Neil Simon comedy, two suddenly single pals, a sloppy sportswriter and a neat freak news-writer, strain their friendship by turning roommates. Patterns of their own disastrous marriages begin to reappear with hilarious results. Our day will begin with a tour of the Jiffy Mix factory, or you may choose to spend some extra time in the lovely town of Chelsea. After the tour, we’ll enjoy a three-course lunch at the Common Grill. Then it’s off to the 3 p.m. show. Our package includes tickets to the show, lunch, the Jiffy tour and deluxe motorcoach transportation from SVSU.

Wednesday: March 16, 9:00 a.m. - 7 p.m.

Price: \$89 Members; \$109 Non-Members

(28) DSO: Classic Broadway Showstoppers (Added Bus)

Same date: Sunday, January 10 New Restaurant: Traffic Jam & Snug

If you love Broadway shows, you need to join us on this trip! You’ll hear showstopper after showstopper as the Detroit Symphony Orchestra plays your favorites from Rodgers and Hammerstein’s *Oklahoma!* and *South Pacific* to hits of George Gershwin and Irving Berlin. The show will also include classics from *The Music Man*, *West Side Story*, Andrew Lloyd Webber’s *Phantom of the Opera* and so many more! The vocalists will be Michele Ragusa and John Cudia. Our package includes main floor “A” tickets to the 3 p.m. show, lunch beforehand at Traffic Jam & Snug, and deluxe motorcoach transportation from SVSU.

Sunday: January 10, 10:30 a.m. - 7 p.m.

Price: \$99 Members; \$119 Non-Members

Kevin Cole OLLI Chat & Performance

On December 1, we were pleased to welcome to SVSU Kevin Cole, a nationally-renowned pianist and Bay City native. About 150 members attended this special afternoon program. Kevin shared information about his childhood, his musical training and his unique connection to George Gershwin. He also entertained us with two Gershwin pieces and a Christmas classic.



Tai Chi/QiGong Festival

Saturday, February 27, 2016

Escape cabin fever and come join the fun! Transform your quality of life as millions of Chinese have. "The ancient art of Tai Chi uses gentle flowing movements to reduce the stress of today's busy lifestyles and improves health," according to the Mayo Clinic.

Students and teachers from around the state will explore the latest developments and techniques. This event will be hosted by OLLI's Tai Chi teacher and founding member of Cloud Hands Michigan, Jim Bush. The sessions focus on interesting aspects of these arts, led by outstanding instructors from around Michigan. Sessions will be relaxed and suitable for beginners as well as more advanced practitioners.

There will be sufficient breaks, with lunch included in the cost. Wear comfortable clothing for movements. Please note that swords or weapons are not allowed per University policy.

Details

Date: Saturday, February 27, 2016

Time: 9:15 a.m. - 3:30 p.m.

Location: SVSU Curtiss Hall Banquet Rooms

Cost: \$30 (includes lunch) until February 18

\$40 (includes lunch) after February 18



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