Yes, it is mid-June and we are just sending out the newsletter. Over the last month the OLLI staff have been running a relay race as one or more or ALL of us have been a little to very ill (COVID or flu) and/or injured (thrown back and broken toe). We are struggling to catch up and dates of some trainings & orientations have been changed. If any of you have issues we have missed please let us know! Please read the entire newsletter. There are many important announcements, deadlines, and opportunities coming up!

p.s. After the NRC conference in Colorado in April, I was able to spend time in Boulder. Here I am at the Dashunabe Teahouse with my son Nicholas:

Carole's Corner

Important Dates

CLASS START & KEY JUNE DATES

June 14: Diamond Head Fieldtrip
Jun 15: Acrylic Painting
Jun 19: Sensory Evaluation of Wine SPACE STILL AVAILABLE!
Jun 20: A Practical Guide.....
Jun 22: Know Your OLLI, Grow Your OLLI
Jun 24: Putin’s War in Ukraine
Jun 26: OLLI Brainstorming Session IN-PERSON
Jun 28: HeʻĀʻenalu (Surfing)
Jun 30: Intermediate Backgammon; American Operas;
Fall 2022 Proposals DUE

Fun Fact: Did you know that our unofficial mascot is Ollie the Duck and that he’s dressed up differently by Teagan in every newsletter?
**INSTRUCTORS**

**Have you submitted your Fall Course Proposal yet?** Fall Term 2022 runs from September 19 – Dec 9. Link for Fall Course Proposal Form: https://www.surveymonkey.com/r/LGYDJ55

**Current and returning instructors:** If you have not already done so, please let us know 1) if you plan to teach in the Fall, 2) if you want the same day and time, and 3) if teaching a new course, submit the next course title and description by June 30th.

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**MEMBERS**

**Help us promote OLLI!** Many classes still have room, including some hiking sections. Please tell your friends who haven’t joined OLLI! We need more new members to fill those seats! I challenge each of you to invite one friend! Don’t forget to tell them new members only pay $50!

**Summer 2022 Class Volunteers Still Needed!!**
Let us know if you are interested in being a class assistant by answering this survey. Training and mentorship will be provided. Sign up here for training: https://forms.gle/ptt4ZY93eKgdzwL86

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**All About Zoom Links**

Things you can do if you THINK you did not get a Zoom link for a class you are enrolled in:
- Check your spam folder.
- Look in your past emails for the last time it was sent.
- Keep in mind with classes that meet weekly that THE LINKS ARE THE SAME EVERY WEEK.
- Save class links in a document on your computer for easy access each day.

**TIP:** To ensure that future messages from us are delivered properly to your inbox (and not your bulk or junk mail folders), add ollahhm@hawaii.edu to your Address Book or Safe List! Try it!

*Note that you will not get a reminder for classes that meet in person. Those are only to provide Zoom links. If there is no link, there is no reminder.*

**How to Read a Zoom Link:** Did you know we provide you with multiple ways to join a meeting? Here is a sample zoom link for Robin Bush’s class, Zumba Gold. Let’s dissect it, shall we?

144. Zumba Gold with Robin Bush [Class ID # and class title]

Ninia Barr Zoom Account/Ninia Barr [Zoom account/zoom opener]

**Join Zoom Meeting:** https://hawaii.zoom.us/j/96689247287?pwd=SEVhd1p5eld0VTjRWCTlN2s1Nm94UT09

Click on this link to join the class if using a computer or a tablet OR copy+paste the link into your browser if it’s not "highlighted"

**Passcode:** Zumba

**Dates:** 10 Fridays, Jun 3 – Aug 12 (no class Jun 10)

**Time:** 12:00 – 1:00 pm

To join by telephone: +16027530140,,96689247287#,,,,*840941#

Meeting ID: 966 8924 7287; Passcode: 840941 (only if not using link above)

Only use this information if joining the meeting from your phone!
Teagan's Thoughts

In the time that has gone by since our last newsletter, life has been hectic (to say the least). A couple things to note:

- I legally changed my last name! And no, I did not get married so congratulations are not in order unless you want to congratulate me on having a new Polish last name that is even harder pronounce than my previous one! (Rutkowski--->Staskawicz)
- Carole and I attended the national OLLI conference at the end of April (I was the youngest person in attendance out of 200+ people!). I learned a lot, some of which I hope to implement here, especially with regard to member engagement and volunteer efforts.
- Speaking of member engagement, there are two things that have been on my mind: 1) I would love to incorporate member written columns into the newsletter so please send me an email at olliuhm@hawaii.edu if you would like to contribute something, 2) I want to make the most of the summer whilst I’m not taking classes to establish plans for sustainable community engagement throughout the school year so let's get this volunteer train rocking and rolling! (for more info, please see below)

Support OLLI by Volunteering!

Get involved! In addition to summer class helpers we are looking for people interested in helping OLLI-UHM run. How about YOU? Come to Know Your OLLI, Grow Your OLLI on Zoom event June 22, 12:00-1:30 pm and an IN–PERSON Brainstorming Session Sunday June 26, 1-3 pm to share ideas about our most urgent needs. Are you interested in Curriculum? IT? Membership support? Just interested in learning how we spend our money? RSVP here: https://forms.gle/W1ej58Yvdg8EAAW1A

We hope to cultivate a dynamic and thriving community of volunteers- just think about all the ways you can contribute and enrich our OLLI community! What kind of contributor are YOU?

<table>
<thead>
<tr>
<th>Drivers</th>
<th>Connectors</th>
<th>Organizers</th>
</tr>
</thead>
<tbody>
<tr>
<td>You’re someone with big ideas and concepts.</td>
<td>You’re a people person.</td>
<td>Agendas, to-do lists, and checklists make you happy.</td>
</tr>
<tr>
<td>Work Team</td>
<td>Creatives</td>
<td>Techies</td>
</tr>
<tr>
<td>You’re willing to step in and get the job done.</td>
<td>You’re creative by nature.</td>
<td>You like finding and applying technology based solutions.</td>
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behind curtains, sending it to retirement homes, and making aging a problem to be solved by the latest cosmetic products and medical procedures. We came to expect to be "fixed" when faced with a medical problem, becoming less interested and less capable of talking about aging and end-of-life issues. Ultimately, we no longer had the language to talk about mortality at all. Yet, despite the best efforts of the medical community, there remains a 100% guarantee of dying, and people do want and need to talk about the decisions people make at the end of life.

This is the value of offering a course like Aging and Dying with Dignity. As Joel explains it, “when a group of people gather to talk about end-of-life issues, they create a safe, comfortable, unpressured environment in which people listen, without judgment, to stories others share about their experiences of ‘a death in their life,’ and to important decisions they make in response to what-if scenarios.” The experience of teaching this course has been a rich and fulfilling one for Joel, extending long past the “end” of teaching a session, with many students remaining in contact about the decisions they face for themselves or loved ones, allowing him the privilege of being an end-of-life doula. He recounted a phone call he received from a former student, citing it as a gold standard experience: he asked “What is that siren noise in the background?” to which they said, "I'm in an ambulance with my (97-year-old) mother on our way to the hospital, and I just wanted to talk about a decision I know I'm going to have to make soon as her medical power of attorney."

The experience is just as enriching for Joel's students. Former participants agree that he creates an environment where each voice is heard and curiosity is welcome. The course is rich with information conveyed through video material, guest speakers, and Joel's own extensive breadth of knowledge. His “skilled language and style allows for the energy of the conversation to sustain ideas and emotions that transcend [students'] lives. . .for a better perspective into [their] future.” Furthermore, his students express that Joel “exudes kindness, compassion, and patience” with a deep seeded generosity of spirit that coalesces to make him “a very unique and remarkable teacher.”

(continued on the next page)
It is clear that both participant and facilitator benefit greatly from the experience of talking about aging and dying with dignity. Over the duration of his involvement with this course, Joel navigated his own medical circumstances including cancer and a genetic predisposition to chronic, progressive cardiac disease (for which he underwent heart valve replacement surgery and regular diagnostic testing), becoming a better self-advocate in the process. He also made two important end of life decisions: 1) to participate as what they call a silent teacher in the UH Medical School's Willed Body Program and 2) to apply for medical aid in dying under the Hawaii law Our Care Our Choice, effective January 2019. This past Spring was Joel’s last time teaching Aging and Dying with Dignity, and he is actively engaged in the plans for a continuation/evolution of the course.

Thank you to the past participants of Aging and Dying with Dignity for sharing your thoughts and experiences for this feature. Thank you to Joel for your wisdom and invaluable contributions to our OLLI. If you would like to get in touch with him, feel free to contact him via phone or email. (808) 224-4576, jlmerchant@aol.com

### OLLI in Action

This past Sunday, instructor Margo Vitarelli flew in from the Big Island to teach students 'How to Make a Mini Accordion Book.' Fun was had by all at Krauss and we have the photos to show for it!