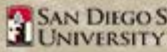




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# Osher Outlook

• People • Highlights • Important Dates & More



## Director's Corner

### 'Thank you for helping us reach our goal!'

Our goal for the 2017–18 fiscal year was to increase our membership by 10 percent in order to qualify to apply for the next \$25,000 capacity-building grant. With your support, we reached our goal of 667 members at the end of the spring term! Thank you for referring your friends to Osher, delivering catalogs to local libraries and organizations, hosting information tables at conferences, and presenting about Osher in the community. We couldn't have done it without your support! — **Aimee Davis, Director, Osher Institute at SDSU**

## Osher Updates

### Survey Says: 'Osher Institute' Preferred Over 'OLLI'

We always strive to be a member-driven organization, and we're honoring our members' wishes when it comes to our name. The consistent feedback we've received over the last few years — on course evaluations and in the spring 2018 member survey — is that the name "Osher" is preferred over the acronym "OLLI." The general theme of the feedback was that Osher is a more distinguished name for an institution of higher learning and pays respect to our founder, Mr. Bernard Osher. So Osher it is.

## Featured Activities and Events

### Special Event: Women Warriors — July 11, 1–2:50 pm

Ever wonder how world changers become so? Through a one-woman performance by Annette Hubbell, see eight remarkable women tell their stories of how they changed the world and, in the process, changed themselves: Corrie ten Boom, Sojourner Truth, Harriet Beecher Stowe, Amy Carmichael, Mary McLeod Bethune, Gladys Aylward, Elizabeth Fry, and Harriet Tubman. Read the full course description, [here](#).

## Sneak Peak at Fall 2018

### Eight-Week Workshop: **Mindfulness-Based Stress Reduction** — Starting Thursday, Sept. 13

Mindfulness-Based Stress Reduction (MBSR) was created and popularized by Jon Kabat-Zinn, an American professor emeritus of medicine. In this life-affirming program, learn the key aspects of mindfulness as it relates to stress reduction, coping with pain and illness, and enhancing well-being. It consists of eight weekly 2.5-hour classes and one all-day retreat (Saturday, Oct. 20). Look for complete information in the Fall 2018 catalog.

*"Most people come to MBSR because they are experiencing stress, or trying to manage pain. This course will give you an experiential opportunity to explore how powerful your thoughts are."* — **Marilee Bresciani Ludvik, Instructor**

**Tour of SDSU's New Engineering and Interdisciplinary Sciences Building** — Monday, Sept. 17, 12:30–2:30 pm  
Great ideas of the future — curing devastating diseases or addressing climate challenges — will emerge from the intellectual collisions of researchers from different disciplines in SDSU's new Engineering and Interdisciplinary Sciences Complex. Join us for a tour of this 85,000-square-foot innovation complex designed to support groundbreaking teaching and research in science and engineering. It includes 17 state-of-the-art research labs, instructional facilities, and collaboration spaces. A key piece in SDSU's drive to become a top 50 research public university, the EIS complex also connects with our institutional heritage through architecture and planning that reflect the historic core campus. The tour will be followed by a short presentation of the vision and architecture of the building.

### Important Dates

Fall Welcome Orientation and Tour: Friday, Sept. 7

Fall Catalog Drop: Monday, August 13

### Be an Osher Volunteer

We welcome your energy and enthusiasm, and hope to fill the following volunteer roles by the fall term:

- **Administrative Support:** Assist with day-to-day operations such as creating class packets, sending welcome letters to new members, summarizing course evaluations, and sending course-reminder emails to students and instructors.
- **Event Planning:** Help plan events such as the Welcome Orientation and Tour and OLLI Café.
- **Marketing Team:** Increase visibility of Osher through outreach, community partnerships, and social media.

To volunteer or for more information, email [osher@sdsu.edu](mailto:osher@sdsu.edu) or call (619) 594-2863.



### Members' Corner

Osher member Janet Hafner shares a story she wrote in Critique Club, comprised of members who met it Kathi Diamant's *Writing Critique Workshop*. When the course ended, they didn't want the fun or their writing growth to end, so they formed their own group. This kind of camaraderie is one of the wonderful aspects of Osher membership. Read Hafner's *A Lesson Never Forgotten*, [here](#).

[neverstoplearning.net/osher](http://neverstoplearning.net/osher)



SDSU Research Foundation Program

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