

Osher LIFE Lecture Schedule

WINTER AND SPRING 2021

OLLI 848.02 · Section #203-CCS-101
Included with Annual or Quarterly Osher Membership.

JANUARY

Good Vibrations - Healing Harp Music Meditation

January 5 · Tuesday 1:30 – 2:30 p.m.

A “musical massage” to a live performance and meditation, that aligns the body-mind energies, and enhances balance and well-being.

Jennifer L. Sparks, Music Instructor and Harpist

The Young Oak Kim Center for Korean American Studies at UC Riverside's Projects Korean American History and Identity

January 12 · Tuesday 1:30 – 2:30 p.m.

Korean American History and Identity: Then and Now
Carol Park, Adjunct Faculty and Researcher,
YOK Center, UCR

Civil Rights vs. Anti-War--The Protests of the 60's and 70s: Which was Ready for Primetime?

January 19 · Tuesday 1:30 – 2:30 p.m.

The multiple movements and players that competed for the attention of mainstream America. How well did they fare?

Stephen G. Harding, student, writer, and lecturer of political history, public policy, and American civic culture with a 38-year career in and around local government.

Anatomy of Violence: What it Takes to Shoot Someone

January 26 · Tuesday 1:30 – 2:30 p.m.

Discussion on the legal and moral questions of a shooting.

David Putnam: Retired Sheriff's Deputy & Street Cop

FEBRUARY

Cracking the CCRC Conundrum

February 2 · Tuesday 1:30 – 2:30 p.m.

The pros and cons of continuing care retirement communities.

Amber Roberts, Long-Term Care Advocate at California Advocates for Nursing Home Reform (CANHR)

Discovery... Technology... HOPE

February 9 · Tuesday 1:30 – 2:30 p.m.

A journey through past and current explorations of our planet, especially the oceans.

Dawn J. Wright, Ph.D., GISP Chief Scientist of Esri
(Environmental Systems Research Institute)

Valley of the Mastodons: The Pleistocene Fossils of Diamond Valley Lake

February 16 · Tuesday 1:30 – 2:30 p.m.

The unexpected discovery and significance of *Mammuthus pacificus*, a new species of mastodon.

Andrew T. McDonald, Ph.D., Curator, Western Science Center

Anatomy of a TEDx Talk: What Goes into the Pitch, Prep, and Performance

February 23 · Tuesday 1:30 – 2:30 p.m.

Have you ever watched a TED or TEDx talk and thought, “I could do that!”

Mary St. John-Putnam, Sarah Hoggan (DVM),
Gillian Larson, RN

MARCH

Education as Liberation: Community Colleges in California's State Prisons

March 2 · Tuesday 1:30 – 2:30 p.m.

Contextualizes mass incarceration and education inequity.

Jessica S. Cobb, J.D., Ph.D., Director of Prison Education,
Norco College

The Dynamic Power of the Brain

March 9 · Tuesday 1:30 – 2:30 p.m.

How to harness the dynamic power of the brain to improve memory, attention and focus, lessen trauma/pain, and ward off cognitive decline.

Connie McReynolds, Ph.D., Director, CSUSB
Neurofeedback Clinic

Transformative Television

March 16 · Tuesday 1:30 – 2:30 p.m.

Has the television become the media landscape that reflects our lives?

Stacy Davies, M.A., Cinema and Media Studies and an award-winning arts and culture journalist and film historian

Back to the Future: How the History of Kaiser Permanente Changed American Medicine and How it Will Transform the Future of Healthcare

March 23 · Tuesday 1:30 – 2:30 p.m.

The transformation of health care involving telephone, video, remote diagnostics, chat, and AI is happening now.

Paul Bernstein, MD, Regional Coordinator for Telehealth Southern California, and Medical Director Emeritus for Kaiser Permanente, San Diego

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APRIL

Great Arias, Duets, and Quartets

April 6 · Tuesday 1:30 – 2:30 p.m.

With so many to choose from, log in and have a listen to see if yours was chosen.

Barry Schoenfeld, B.B., well-informed Opera and musical theatre aficionado

Increasing Cognitive and Functional Abilities in Older Adulthood

April 13 · Tuesday 1:30 – 2:30 p.m.

Apply the principles and value of learning new skills, beyond the fun it brings.

Rachel Wu, Ph.D., Assistant Professor, Department of Psychology, UCR

Lessons I learned From The Bench

April 20 · Tuesday 1:30 – 2:30 p.m.

The Legal system from the view of the judge's chair.

Gary Bindman, J.D., a practicing attorney who served on the bench of the Los Angeles Superior and Municipal Courts for more than 25 years

Hand Health for the Aging: Critical to Body and Mind

April 27 · Tuesday 1:30 – 2:30 p.m.

The hand has a 30% representation on the brain's cortex, an indication of its importance. Only the lips and face have greater representation.

Janet Rendall, Occupational Therapist & Certified Hand Therapist, Retired

For questions or to enroll, visit extension.ucr.edu or please contact Student Services at 951.827.4105, Monday-Thursday, 8 a.m.-5 p.m. (closure from 12-1 p.m.)

MAY

Public Libraries in the 21st Century

May 4 · Tuesday 1:30 – 2:30 p.m.

What are local libraries doing to stay relevant?

Erin Christmas, Director, Riverside Library and
Aaron Espinoza, Director of the Rancho Mirage Library

Science to Policy: From the Lab to the Legislation

May 11 · Tuesday 1:30 – 2:30 p.m.

Can and should scientists play a critical role in public policy?

Susan Hackwood, Ph.D., Edward A. Dickson Emerita Professor and Professor of the Graduate Division, UCR

Reimagining Death in the U.S. by Exploring Other Cultures

May 18 · Tuesday 1:30 – 2:30 p.m.

What does your "from here to eternity" look like?

Kristyn Pellicchia, Ph.D., Assistant Professor of Medicine, UCR

Palmageddon: The Invasion of Southern California by the South American Palm Weevil

May 25 · Tuesday 1:30 – 2:30 p.m.

The damage this weevil causes, and aspects of the biology, dispersal, and management of this pest.

Mark Hoddle, Ph.D., D.Sc., Professor of Extension in Biological Control, Department of Entomology, UCR



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