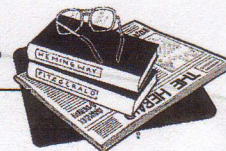


Insightful Learning for Ageless Minds



UHM Osher Lifelong Learning Institute Wins 2004 MindAlert Award

The Osher Lifelong Learning Institute in the Colleges of Arts and Sciences at the University of Hawaii at Manoa has been selected as a recipient of the 2004 MindAlert Award in the category of Outstanding Innovative Older Adult Learning Program in the U.S.

The award was developed by the MetLife Foundation in collaboration with the American Society on Aging (ASA) to recognize innovations in promoting cognitive function in later life. A \$1,500 cash prize accompanies the honor.

In their review of the UHM lifelong learning program, judges cited *The Illuminated Life* workshop developed by Dr. Abe Arkoff, Professor Emeritus, UHM Psychology, for its innovative approach, research applications, demonstrations of effectiveness, attention to diverse audiences, and potential for replication in other lifelong learning programs.

"We are delighted and proud to receive such distinguished recognition from the ASA-MetLife Foundation," said Rebecca Goodman, OLLI Director. "*The Illuminated Life* workshop is one of the central features of our lifelong learning program. The workshop is both a life review and a life enhancement program that can help individuals create more fulfilling lives of purpose, direction, and meaning."

Unlike other life review programs that concentrate wholly on retrospective activities, *The Illuminated Life* includes a proactive component that helps older people integrate, accept, and come to terms with the past, and use the past to deal with present challenges. To date, more than 700 people have taken the workshop through the lifelong learning program and in special workshops held throughout the U.S.

Join us for Spring Term 2004!

You're invited to the **OLLI Open House on Thursday, February 12, 2004, from 2 p.m. to 4 p.m. in Krauss Hall, Room 112 at UH-Manoa.** Our Spring Term begins February 17, 2004. Call **956-8224** for a free Course Brochure.



Members of the Osher Lifelong Learning Institute's Writer's Circle at UH Manoa have produced novels, short stories and life histories. Participants (back, left to right) include facilitator Dr. Yi-Chuan Ching, Dr. Mary Flynn, Janet Agena, Norma Koenig; (front row) Masae Gotanda, Eloise Van Niel and Helmi Wilby.

The Osher Lifelong Learning Institute at the University of Hawaii at Manoa connects knowledge and insight to opportunity and action. OLLI-UHM is a membership program for people over 50 who want to learn for the joy of it, connect with peers, enhance health and well-being, and give back to the community.

OLLI-UHM course and workshop offerings this Spring will explore international affairs and current events; health and wellness issues; life review through *The Illuminated Life* series; local history and politics; poetry; arts; writing; breakthroughs in UH-Manoa research; opportunities to participate in community projects; museum tours and more.



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