Osher Lifelong Learning Institute (OLLI) at the University of Delaware
Spring 2027 Course Information

Life Stories & Legacy Building

Course category: (D) General Studies

Instructor: **Jo-Ann Vega**

Title: Life Stories & Legacy Building

Instructor: Jo-Ann Vega Location: UD OLLI Trinity Faith Building, Lewes

Length: Five 1.25/hr sessions Day/Time: 10:45-Noon Dates: 2nd 5-weeks Spring 2027

Description: Everyone has a life story. Legacy is more than bequests of assets, or bloodline, it's about our life stories, communicating across generations, and unfinished business. Life Stories & Legacy Building focuses on practical strategies [getting started, unlocking memory; creating and using a timeline; and mapping cultural and historical inheritances] which align with your unique stage in life---empty nester, sandwich generation, or post-retirement---to re-discover and communicate your life story to heirs, family, and others. Join me in an interactive program designed to: renew and enhance your relationships; and identify memories worth preserving and sharing.

Outline

Session 1	Overview, introductions, expectations: Generational perspectives and life stage
Session 2	Getting started: Taking stock: Who am I now?
Session 3	Back to the future: Creating and using a timeline
Session 4	Mapping cultural and historical inheritances
Session 5	Assembling the pieces: Takeaways and next steps

About the instructor:

Jo-Ann Vega, MA: Human Resource Management & Development, New School University, NY, is a dynamic educator and speaker with significant experience designing programs for business, academic, and community groups. Jo-Ann penned an award-winning memoir, Moments in Flight, on the Italian-American experience and growing up with immigrants in the south Bronx during the 1950s. During her career as a human resource development and management professional Jo-Ann published Navigating the New Job Market and wrote a bimonthly column for a national publication on career management.