



# OLLI @ WVU

*Your Next Adventure Begins Here*

Winter 2020 Charleston Course Catalog  
[www.olliatwvu.org](http://www.olliatwvu.org)

## About OLLI at WVU

The Osher Lifelong Learning Institute at West Virginia University, known as OLLI at WVU, provides programs and educational opportunities designed for adults 50 and over.

OLLI at WVU, a membership organization affiliated with the School of Public Health, recognizes the unique experiences, capabilities, and wisdom of mature members of the community. OLLI at WVU emphasizes the sharing of ideas through peer learning, member participation, and collaborative leadership.

During four terms each year, OLLI at WVU offers courses, lectures, seminars, and field trips in such areas as music, literature, art, science, politics, nature, history, health, medicine, and economics. Live drama, movies, and interest groups add to the choices.

Courses are developed and taught by volunteers from the community who are passionate about their topics, avocations, and interests and who love to share their ideas.

Free from the pressures of tests and grades, OLLI members are learning simply for the joy of it.

### Supporters

OLLI at WVU continues to grow as an organization with the unwavering commitment and generosity of our patrons and supporters. We acknowledge and thank the following:

- ◆ The Bernard Osher Foundation
- ◆ West Virginia University, President's Office
- ◆ WVU Foundation
- ◆ WVU School of Public Health (SPH)
- ◆ Edgewood Summit
- ◆ Schoenbaum Center
- ◆ B'nai Jacob Synagogue
- ◆ Temple Israel
- ◆ South Charleston Women's Club
- ◆ OLLI Board Members, Committee Members, and Volunteers
- ◆ OLLI \$100K Club
- ◆ Our Distinguished Instructors
- ◆ OLLI Members

### The Bernard Osher Foundation

The Bernard Osher Foundation seeks to improve quality of life through the support of lifelong learning institutes such as OLLI at WVU. The Foundation was founded in 1977 by Bernard Osher, a respected businessman and community leader. The Foundation has now funded 120 Osher Lifelong Learning Institutes on campuses of colleges and universities from Maine to Hawaii. Funding for OLLI is contingent upon membership growth goals, so **membership matters**. To learn more about The Bernard Osher Foundation, please visit their website at [www.osherfoundation.org](http://www.osherfoundation.org).

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Diane Cale, Program Assistant

### Contact Us

Osher Lifelong Learning Institute at WVU  
PO Box 9123  
Morgantown, WV 26506-9123  
(304) 293-1793  
[www.olliatwvu.org](http://www.olliatwvu.org)  
Email: [olli@hsc.wvu.edu](mailto:olli@hsc.wvu.edu)

### OLLI Office Hours

9:00 a.m. - 5:00 p.m., Monday - Friday  
Closed weekends and University holidays

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*OLLI membership has opened a whole new world for me  
and has given me a challenging and very rewarding  
activity for my retirement years.*

**- OLLI member**

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## From Our President



Every season brings its own special qualities, and winter is no exception. With the holidays behind us, plus cold temperatures, and shorter days, it's easy to hibernate.

But here is your Winter catalog, with lots of classes and experiences. So don't let the doldrums get to you—OLLI has your back!

*When the weather outside is frightful,  
then OLLI is so delightful.  
You have some place to go;  
so take a class, see some folks, drink some 'joe'!!*

See you soon!

Ed Johnson  
President, OLLI at WVU  
Board of Directors

## From Our Director



Each new year brings new anniversaries, designations, predictions, and, of course, resolutions. One hundred years ago, the U.S. was entering what would come to be known as the Roaring '20s. In 2020, we also mark the 100<sup>th</sup> anniversary of the passage of the 19th Amendment to the U.S. Constitution, granting women the right to vote.

The start of a new decade, 2020 a Leap Year, giving us an extra day, February 29. It is a U.S. Presidential election year, year of the XXXII Olympic Games, to be held during the summer in Japan, and, in the Chinese zodiac, the Year of the Rat. Last January, the World Health Organization designated 2020 as the Year of the Nurse and midwife," in honor of the 200<sup>th</sup> anniversary of the birth of Florence Nightingale.

And although most "of the Year" awards and recognitions do not happen until the end of a year, for the 21<sup>st</sup> consecutive year, Pantone has designated a color of the year in advance. For 2020, it's Classic Blue, chosen for its ability to install "calm, confidence, and connection."

*"Class Blue encourages us to look beyond the obvious to expand our thinking; challenging us to think more deeply, increase our perspective and open the flow of communication."*

Leatrice Eiseman  
Executive Director of the Pantone Color Institute

Reading about Pantone's choice, I couldn't help but think about this interpretation of the color embodies our mission at OLLI: to promote curiosity, exploration, discovery, and discussion through social and intellectual engagement.

With 19 classes to choose from, I hope that one of your New Year's Resolutions is to join OLLI this winter!

Jascenna Haislet  
Director, OLLI at WVU

### Don't Be a Stranger...

***We recognize the faces but don't always remember the names.***

So OLLI provides a name badge on a lanyard for each of our members. Please wear your badge when you attend OLLI classes and events. It helps us get to know each other!



New members can pick up their name badge in the OLLI office.

Keep it in your car or bag! If you need a new badge, please visit the OLLI office.

## OLLI Membership

Membership is open to curious adults interested in programming designed specifically for those 50 and over who want to engage socially and intellectually.

### *The Benefits of OLLI Membership*

- A voice in OLLI governance
- The right to run for the OLLI Board or serve on a committee
- At least two free members-only events per year (no term registration fee required)
- The right to be added to a class wait list (members will be given priority when a seat opens up in a class)
- Reduced prices for OLLI trips and special events
- The opportunity to make new friends and learn new things
- The right to register for unlimited classes with payment of term registration fee. OLLI classes are open to members only!

**Annual membership**

**is \$20**

Membership year runs  
July 1<sup>st</sup> to June 30<sup>th</sup>.

### Term Registration Fee

- OLLI members may register for **unlimited courses for \$25 per term**.
- Other fees may apply and are noted on individual courses, events, or groups.
- **Special Member Events are free** to all current OLLI members unless otherwise noted.

Discounts are available for our volunteer instructors. Contact the OLLI office at 304-293-1793 for more information.

### Financial Assistance Available

OLLI at WVU tries to keep fees to a minimum while providing the highest quality experiences to our members. However, we recognize that membership and registration fees may be out of the reach of some individuals. Therefore, scholarships are available. To apply, ask for a confidential application at the OLLI office or fill out the form on our website at [www.olliatwvu.org](http://www.olliatwvu.org).

### How to Register

Individuals may purchase or renew a membership and register for classes in any of the following ways:

- Online at [www.olliatwvu.org](http://www.olliatwvu.org) using Augùsoft Lumens.
- In person at the OLLI office at the Mountaineer Mall in Morgantown
- By mail, using the enclosed membership/registration form.

Mail the form to: OLLI at WVU  
PO Box 9123  
Morgantown, WV 26506-9123

**Please make checks payable to the WVU Foundation.**

*If you pay with a credit or debit card,  
the charge will show as:  
Nesius West Virginia Treasury Basics.*

**Winter registration begins  
January 6, 2020**



*OLLI members from Charleston and Morgantown enjoyed a tour of Heritage Farm Museums and Village together.*

## Registration & Attendance Matter

We understand that plans change, especially when you're asked to commit to something several weeks in advance. However, it is important to register for the classes that you wish to attend. Enrollment records help us demonstrate our members' active participation in the program when seeking funding from grant-makers and policy-makers. Also, we occasionally have classes which fill quickly so one that you wish to attend may already have a waiting list.

If you are unable to attend a class for which you are registered, please notify the OLLI office. Another person may be anxiously awaiting your cancellation so that he or she may participate in the class.

Please be respectful of the time and efforts of our volunteer instructors and your fellow OLLI members.

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## Mark Your Calendar!

### *Other Important Dates*

Dec. 23 - Jan. 1	Winter Holiday, OLLI office closed
Jan. 6	Winter Registration Begins
Jan. 10	OLLI Board Meeting
Jan. 20	Martin Luther King Jr. Day
Jan. 21	Winter Term Begins
Jan. 21	Spring Course Proposals Due
Feb. 14	OLLI Board Meeting
Mar. 13	OLLI Board Meeting
Mar. 16	Spring Registration Begins
Apr. 6	Spring Term Begins
Apr. 10	OLLI Board Meeting
Apr. 20	Summer Course Proposals Due
May 8	OLLI Board Meeting
June 15	Summer Course Proposals Due

## Your OLLI Name Badge

OLLI provides a name badge on a lanyard for each of our members. Please wear your badge when you attend OLLI classes and events. It helps us get to know each other!

New members will receive their name badge in the mail within 2-3 business days. If you need a new badge, please contact the OLLI office.

## Class Location Key

B'nai Jacob Synagogue	1599 Virginia St. E., Charleston
Robert C. Byrd Courthouse	300 Virginia St., Charleston
Schoenbaum Center	1701 5 <sup>th</sup> Ave., Charleston
Temple Israel	2312 Kanawha Blvd E., Charleston
South Charleston Public Library	312 4 <sup>th</sup> Ave., South Charleston

***Did you know that volunteering can make you happier and healthier?***

***Find out how you can volunteer for OLLI at WVU on page 11.***

## Share your Passion: Teach for OLLI

OLLI at WVU draws volunteers from all walks of life to teach a wide variety of courses for adults 50 and older. Many OLLI instructors are current and retired teachers, university professors and administrators, business and civic leaders, and other professionals from the community who wish to share their knowledge and passion.

***Experience the joy of teaching free of tests and grades.*** OLLI classes are offered simply for the joy of learning. Members are enthusiastic, engaged, and eager to learn.

Interested in teaching for OLLI? Visit our website at [www.olliatwvu.org](http://www.olliatwvu.org) or call the OLLI office at 304-293-1793 for more information.

## Giving to Your OLLI

The Osher Lifelong Learning Institute at WVU is dedicated to providing the highest quality educational, recreational, and social opportunities possible to our members. For many years, we have been able to offer over 250 classes, workshops, lectures, discussions, and field trips annually in Morgantown and Charleston.

In order to sustain and grow the program, your financial support is needed. Although OLLI receives support from WVU and earnings from the Osher Endowment, this funding covers only about 50% of our expenses. Membership and registration fees cover another 25%. Therefore, the remaining 25% must be raised through donations, gifts, sponsorships, and grants.

Your donation to OLLI can help keep the lights on in the classrooms, support community outreach, provide hand-outs in a class, buy coffee for our member lounge, pay the printing and postage for course catalogs, and more.

# Thank You to Our Donors

As OLLI at WVU strives to achieve financial sustainability, we would like to say Thank You to all who have given so generously this year. The following reflects donations processed between July 1 and December 1, 2019, per the WVU Foundation. If your name is not listed and you believe it should be, please call the OLLI office at 304-293-1793.

John C. & Joyce Allen	Nancy Daughtery	Maureen Johnson	Byron & Carolyn Nelson
Gerri B. Angoli	Janice Denison	Patricia C. Johnston &	Elizabeth Nelson
Anonymous	Nancy L. Diener	Lawrence Frail*	Joe Paull & Eleanor
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Nyles Charon & Anne Selinger	Mark Harrison	Clark & Allyson McKee*	Wally & Norma Venable
Stan & Judy Cohen	Katherine S. Hastings	Trina S. Means	William & Susan Vieweg
Kenton & Madeline Colvin	Jim Held & Bonnie Brown*	Earl & Cecelia Melby	Bill Weiss*
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Kelly Curry	Willa Jarvis	Donald & Mary Morrison	
Roger & Charlotte Dalton*	Pat Jenkins	Prasadarao B. Mukkamala	* Sustaining Donors
	Ed Johnson*	Colleen & Phillip Murray	

OLLI members and friends may give during the Annual Giving Campaign, when you renew a membership or enroll for classes, or any time during the year. You may choose to set up a monthly recurring gift.

You can choose to designate your gift to OLLI's area of greatest need, the \$100K Club, the scholarship fund, or the OLLI endowment. You may choose to leave a Legacy Gift, make a Tribute Gift, or give through an IRA Charitable Rollover.

***With a variety of giving options, you can choose the gift that works best for you.***

For more information, call the OLLI office at 304-293-1793.

To give today, visit <https://olliatwvu.org/make-a-gift/> or add your tax-deductible donation to the enclosed class registration form.

***Thank you for your continued support of lifelong learning and OLLI at WVU.***

### Earth Science

Mr. Ed Balthazar

Wednesdays, Jan. 15-29, 2:00 - 3:30 p.m.  
Schoenbaum Center

Planet Earth, the first session of this three-part class, will cover the basics of our planet, including geologic time and fossils and anatomy and interior of the Earth. Session two is all about the the land itself: mountains, earthquakes, volcanoes, rivers, glaciers, deserts, forests, wetlands, grasslands, and urban areas. Session three will be about the oceans and the atmosphere, covering such topics as seas and coastlines, our climate and weather, and the water cycle.

**About the Instructor:** Ed Balthazar was a chemical engineer with 30 years of experience in the manufacturing industry. For a second career, he spent a decade as a Professor of Science with the University of Charleston. He obtained his BS at Drexel University and his Masters at Marshall.

### Fossils and Minerals and Crystals . . . .

#### OH MY!

Mr. Steven Holsclaw

Tuesdays, Jan. 21-Feb. 11, 2:30 - 4:30 p.m.  
South Charleston Public Library

Explore the world of fossils, minerals and crystals. Color, structure, and breathtaking beauty will be addressed in this course. Students will be exposed to life in the geologic past through fossils, the dazzling colors and forms of minerals found throughout the world, and the amazing geometric shapes of naturally occurring crystals.

**About the Instructor:** Mr. Holsclaw is a retired Petroleum Geologist after working 42 years in the oil and gas industry. He has pursued a lifelong interest in fossils, minerals and crystals and enjoys sharing that interest with like-minded individuals.

### Comic Opera: Laughs, Loves, Happy Endings

Dr. Bob Harrison

Thursdays, Jan. 23 & 30, 9:30 a.m. - 12:30 p.m.  
Schoenbaum Center

What are the key ingredients of an *Elixir of Love* by Donizetti? First and foremost, this is a comic opera that is a concoction of hummable melodies, colorful characters, a definition of true love, with lots of laughs and a very happy ending. What better way is there to chase away winter blues than to spend a couple of hours enjoying one of the most popular operas in the world and learning about comic opera?

**About the Instructor:** Bob Harrison attends opera performances regularly. This course is being offered as a direct response from feedback by OLLI participants to learn about comic opera which is more upbeat and fun than other forms of opera.

### The Bayeux Tapestry - the Art, the Story

Melora Cann

Thursday, Jan. 23, 2:00 - 4:00 p.m.  
South Charleston Public Library

In 1066, the European world changed when William crossed the English Channel. Two men, William the Bastard, Duke of Normandy, and Harold Godwinson, Earl of Wessex, met on the field of battle at Hastings in October of that year. Harold was killed. William became the next king of England, William the Conqueror. The art work known as the Bayeux Tapestry, which records their story of friendship and betrayal, was made in what became Norman England, probably by Anglo-Saxon embroiderers in Kent, shortly after the actual battle, and likely not later than 1070. This single surviving piece of art recorded an eye-witness story that is a fascinatingly complex and challenging communication nearly 1000 years old.

**About the Instructor:** Mel Cann has been an art educator for over 33 years. She has studied art history internationally in Italy, the Netherlands, Spain, Great Britain, Germany and Mexico.

### Toxicology and Medication Safety: Keeping Yourself (and Others) Safe

Dr. Katie Jarrell, Dr. Emily Pierson, Dr. David Elloit  
Friday, Jan. 24, 10:00 - 11:00 a.m.  
Schoenbaum Center

An in-depth look in medication safety, this presentation will focus on toxicology awareness and general principles of medication safety. Topics covered include: common household items/medications that are unintentionally ingested, appropriate medication storage, what to do if a medication is unintentionally ingested by you or a loved one, a brief discussion of common antidotes, contact info for your local poison control center, and more!

**About the Instructors:** Katie Jarrell is a pharmacist who was born and raised in the mountain state. She earned her Doctorate of Pharmacy from WVU School of Pharmacy in Morgantown and completed her PGY1 residency training at Charleston Area Medical Center. She is currently completing her PGY2 Critical Care Residency at CAMC, where she enjoys providing care to her community. Emily Pierson, originally from Ripley, WV, also earned her Doctorate of Pharmacy at the WVU School of Pharmacy and completed her PGY1



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training at CAMC. Pierson is currently completing her PGY2 Geriatrics Pharmacy Residency at CAMC. After her PGY2, she plans on working in an area that has an emphasis on providing care to vulnerable older adults. David Elliott, Pharm.D., is Professor of Clinical Pharmacy and Associate Chair of Clinical Pharmacy for the Charleston Division at the Robert C. Byrd Health Sciences Center of West Virginia University, Charleston Division. He practices, teaches, and conducts research in geriatrics. He is the pharmacist in the CAMC Geriatrics Clinic and is the Director of the West Virginia Geriatric Education Center.

### Steps to Flex

Mrs. Paige Sheley

Monday, Jan. 27, 10:30 a.m. - 12:30 p.m.

South Charleston Public Library

Every journey towards total wellness begins with a single step. Begin the first step to healthy living by adding flexibility activities not only to the muscles, but also the mind.

**About the Instructor:** Paige Sheley earned the status of a trainer of trainers in the National Silver Sneakers program. She believes in the flow of life which includes healthy living to ensure a healthy mind, a healthy body, and a healthy flow, while one rides the waves of life on their quest for increasing life extension.

### Tu B'Shevat, New Year for the Trees

Rabbi Joe Blair

Wednesday, Jan. 29, 10:00 - 11:30 a.m.

Temple Israel

A look at the holiday of Tu B'Shevat, the 15<sup>th</sup> of Av. Often called the "new year for the trees," this holiday has roots in agricultural matters but has evolved to become a celebration of nature and spirituality. It is seen variously as similar to, or even a cross between Arbor Day, Earth Day, and Thanksgiving. We will talk about the origins, the evolution, and the way it is celebrated today.

**About the Instructor:** Rabbi Joe Blair serves as the spiritual leader and rabbi for Temple Israel in Charleston. He has taught multiple OLLI courses in the past.

### The Big Five: Artists of the American Revolution

Melora Cann

Thursday, Jan. 30, 2:00 - 4:00 p.m.

South Charleston Public Library

This class will focus on five American artists of the Revolutionary War period--Charles Willson Peale, John Singleton Copley, John Trumbull, Benjamin West, and Gilbert Stuart. These painters lived the events and met the people that they rendered in their art. Their work reduced to the essence the people, the conflict, and the philosophy of a revolution. They helped established a recognizable history of the United States for future generations. A very new, very young nation needed its heroes, its legends and its achievements; these artists and others recorded and ensconced that history in visual form for America's succeeding generations.

**About the Instructor:** See *The Bayeux Tapestry*.

### Don't Be Trippin': Falls Prevention

Dr. Emily Pierson, Dr. Katie Jarrell, Dr. David Elloit

Friday, Jan. 31, 1:00 - 2:00 p.m.

Schoenbaum Center

Worried about falling? Curious about what medications can contribute to falls? Then this is the class for you! Join us to learn about medications that contribute to falls, ways to prevent falls, and more!

**About the Instructors:** See *Toxicology...*

### The Change in the Physician-Patient Relationship

Dr. Lewis Cook

Monday, Feb. 3, 10:00 a.m. - 12:00 p.m.

Schoenbaum Center

The history of the interaction of patients and physicians will be reviewed. Changes over time in that interaction, along with an attempt to explain why those changes occurred, will be described. Modern medicine, changes in "providers," and the present day system of providing health care will be discussed. The apparent loss of the personal attention, sensitivity, and time spent in the patient-provider interaction will be offered from the perspective of a rural family physician who practiced during the most intense period of that transition. The goal will be to develop a better understanding and better utilization of medical treatment today.

**About the Instructor:** Dr. Cook, a graduate of WVU, has been a family physician for 40 years in Fayetteville, WV. His credentials include MCV Board Certified and Fellow of AAFP; Chief of Staff, Board, and Department Chair at Raleigh General Hospital; WV State and

## OLLI Winter Classes

County Medical Association; WV Governor's Advisory Board; President of the Board for the WV Medical Institute; WVU Visiting Clinician 15 years; International Medical Geology; and U.S. Army Corpsman.

### Let's Make Chocolate Strudel

Mrs. Lynn Meyer

Wednesdays, Feb. 5 & 12, 10:00 a.m. - 12:00 p.m.

B'nai Jacob Synagogue

**Maximum Enrollment: 6**

Many people are afraid to attempt any strudel dough because of the possible complexities. In this course you will learn how to create a cream cheese strudel dough and fill it with a delectable chocolate. Rolling strudel dough is usually a frightening task. But by the time you leave, with baked strudel in hand, you'll probably be ready to go home and try to create this delicacy on your own.

**About the Instructor:** Although Mrs. Meyer is not a professional baker, she has been an entrepreneur in Baltimore and Charleston for the past 50 years. Coming from a family of caterers, she has spent countless years decorating cakes, baking for large events and small gatherings. Creativity is an element found in any area but it is particularly prevalent in the kitchen.

### Introduction to Physics

Mr. Ed Balthazar

Thursdays, Feb. 6-20, 2:00 - 3:30 p.m.

Schoenbaum Center

As a beginning class, Introduction to Physics is geared to non-science, non-math folks. It will focus on why and how things occur rather than calculations, so there will be very few equations. The first session will cover motion, velocity, acceleration, and free fall. Session two will address forces, friction, work, kinetic, and potential energies. Session three includes momentum, collisions, recoil, and rockets. Every session will have "hands-on" activities to help you understand the meaning of each topic.

**About the Instructor:** See *Earth Science*.

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*OLLI stimulates one's mind with great courses and provides social interaction to enliven the whole person.*

**- OLLI member**

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### Creating Health

Mr. Clinton Shrewsbury

Tuesday, Feb. 18, 10:00 a.m. - 12:00 p.m.

Schoenbaum Center

Life is in part a reflection of the choices made. Every human being is the author of his or her own health or disease. Continuing to choose habits of health provides a path to a brighter future. If your health isn't where you want it to be, the choice is yours.

**About the Instructor:** Clinton Shrewsbury is a Certified Health Coach and Personal Trainer and has earned a Bachelors of Science in Dietetics from Marshall University. He has been helping others create health for over 20 years.

### Women Artists Series: Käthe Kollwitz

Melora Cann

Tuesday, Feb. 18, 2:00 - 4:00 p.m.

South Charleston Public Library

Kollwitz was a German Expressionist sculptor and graphic artist of international fame (1867-1945). Her work centered on the struggles, privations, sorrows and joys of the working-class. After Hitler's rise to power, Ernst Toller, a Jewish playwright whom Goebbels considered Nazi Germany's number one political enemy, said of Kollwitz from his exile in Los Angeles in 1937: "We all know that today Käthe Kollwitz is living in Berlin in penury and amid great privations... The artists who sold themselves to Hitler avoid her. But the people love her still, as they have always loved her. She is silent, but her silence is eloquent." (Helen Engelhardt, *Jewish Currents*, Autumn 2013) Kollwitz was condemned to internal exile, denied even the use of studio space. She refused to leave Germany, fearing Nazi reprisals against her family. Evacuated to Moritzburg because of Allied bombings, Kollwitz died in April 1945, just 16 days before the end of the war.

**About the Instructor:** See *The Bayeux Tapestry*.

### Basic Introduction to Finance

Mrs. Shoba Sampath

Wednesday, Feb. 19, 2:00 - 4:00 p.m.

Schoenbaum Center

This course is designed for absolute beginners. We will be discussing areas of finance such as stocks, bonds, mutual funds, insurance, asset allocation, inflation, interest rates, budgeting, and more. Advanced areas of the financial spectrum could be addressed during the question and answer session at the end of the period.

**About the Instructor:** A native of India, Mrs. Sampath graduated from UC as valedictorian with a degree in finance and a minor in accounting. She worked in a

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medical practice as the office manager until 2003, when she became a financial consultant at AXA Advisors. She obtained CFP designation a few years later and now specializes in retirement and financial planning and insurance.

### What Is Really Happening Along the Southern Border?

Rabbi Victor Urecki  
Monday, Feb. 24, 10:00 - 11:00 a.m.  
B'nai Jacob Synagogue

What is really happening along the Southern Border? When did the crisis begin? What is the difference between legal and illegal immigration? What are the push-pull factors that are causing people to flee? Are there solutions to this humanitarian disaster? Join Rabbi Victor Urecki who was on a three-day, fact-finding virtual trip to the Arizona-Mexico border to examine U.S. policies and conditions facing migrants and asylum seekers from Central America and Mexico and is going to Guatemala this winter to witness the crisis in person. He will share personal experiences, offer policy proposals, and encourage discussion on this pressing issue.

**About the Instructor:** Rabbi Victor Urecki has been rabbi of B'Nai Jacob Synagogue for 30 years.

### Grief and Mourning

Dr. Martin Kommor  
Tuesday, Feb. 25, 1:00 - 3:00 p.m.  
Schoenbaum Center

What is grief, how do folks get through it and what lessons does it teach us?

**About the Instructor:** Dr. Kommor is Professor Emeritus and former Chairperson of the WVU Department of Behavioral Medicine & Psychiatry/Charleston Division. He retired last year after working for WVU since 1975. While he loved his work training medical students, psychiatry residents and PhD candidates in clinical psychology, he is also loving retirement.

### Climate Crisis Impacts: Health, Mental Health & a Call to Action

Dr. Holly Cloonan, Ms. Eleanor Spohr  
Wednesday, Feb. 26, 10:00 - 11:30 a.m.  
Schoenbaum Center

Extreme weather events, including flooding, drought, wildfires, hurricanes, unprecedented heat waves, and rising sea levels, pose a threat to human life now and for the next generations. Climate crisis costs to health and mental health include a rise in asthma/allergy rates plus vector-borne illnesses, in addition to risks for increased stress, anxiety and depression. Recent scientific assessment reports urge us to take action immediately. This class will present an overview of the threats we face and solutions available to us as individuals, West Virginians, and American citizens.

**About the Instructor:** Holly Cloonan is a mostly retired child psychologist and a volunteer with the Charleston chapter of Citizens' Climate Lobby West Virginia. Eleanor Spohr is a retired social worker/advocacy worker and a volunteer with the Charleston chapter of Citizens' Climate Lobby West Virginia.

### The Way Courts Work - And Don't Work!

Judge Joseph Goodwin  
Thursdays, March 5 & 26, 3:00 - 5:00 p.m.  
Robert C. Byrd Federal Courthouse

The course will be conducted as a roundtable discussion on the court process - lawyers, judges, disputing parties, and jurors. Questions and comments could pertain to alternative dispute resolution and plea bargaining. Class members should bring questions, comments, and concerns for discussion and resolution.

**About the Instructor:** Judge Goodwin enjoys the OLLI opportunities he has had to participate in presentations and discussions. His WVU years as a theatre major and law student as well as his military teaching experience stands him in good stead as a jurist and teacher. He has served in the Federal Judiciary for over 25 years.



*Sharing a laugh at the  
OLLI open house*



**Greece Island Hopper**  
August 21 - 31, 2020

**Highlights:** Athens, Taverna Dinner Show, Acropolis, Mykonos, Santorini Island Tour, Ancient Akrotiri, Oia

**Reservation & Deposit Due:**  
February 18, 2020

Double occupancy from \$4,999\* pp



**Magical Christmas Markets of Austria and Germany**  
December 5 - 12, 2020

**Highlights:** Innsbruck, Choice on Tour, Seefeld, Carriage Ride, Salzburg, St. Peter's Restaurant, Oberammergau, Munich, Christmas Markets

**Reservation & Deposit Due:**  
June 1, 2020

Double occupancy from \$2,999\* pp

\* All rates are subject to change based on air inclusive package from PIT

**For more information about these trip and others, contact the OLLI office at 304-293-1793 or [olli@hsc.wvu.edu](mailto:olli@hsc.wvu.edu)**



**Journey through Southern France from Provence to Bordeaux**

October 3 - 12, 2020

**Highlights:** Saint-Rémy, Provence, Truffle Hunting, Gordes, Avignon, The Popes' Palace, Pont du Gard, Carcassonne, Choice on Tour, Saint-Émilion, Winery Tour, Bordeaux, La Cité du Vin - Wine Museum

**Reservation & Deposit Due:**  
March 1, 2020

Double occupancy from \$4,799\* pp

**Be an OLLI Ambassador!**



**Our members are our best recruiters. Share your OLLI experience with a friend.**

- Bring a friend to a class  
*(request a guest pass from the OLLI office)*
- Offer a catalog
- Suggest a membership\*
- Give a gift certificate *(available at the OLLI office)*

\*If you refer a friend who purchases a new membership, you will be entered in a drawing to receive a **free term of OLLI courses**. The referral must be confirmed by the new member.

## OLLI@WVU Online Resources

Over the past three years, OLLI has been working to incorporate improved technology into our operations and create a stronger online presence. By doing so, we are working to provide a better experience for our members while reducing our carbon footprint. Below are some of the resources available to OLLI members. If you have questions or need assistance accessing these resources, please call the OLLI office at 304-293-1793.

### Email

OLLI does not share your email address with anyone. We use your address only to inform you of important OLLI information and upcoming events. Be sure you're signed up for our email list so you don't miss any special news, messages from your instructors, receipts for registration, and more.

### OLLI Website

The OLLI@WVU website (<https://olliatwvu.org>) is your resource for a great variety of information about our program, including class schedules, OLLI news, class handouts, FAQs about teaching, the OLLI member handbook, travel opportunities, minutes from board meetings, and much more. You can also access our registration site, <https://wvusph-olli.augusoft.net/>, from [olliatwvu.org](https://olliatwvu.org).

### Friday E-bulletin

Every Friday morning, we send out a weekly email bulletin to let you know about upcoming events, as well as a digest of the next week's classes, meetings, and events. We strongly encourage you to join our Email ListServ so you're always in the know.

### OLLI on Facebook

Follow OLLI on Facebook at Osher Lifelong Learning Institute at WVU. Find out when the latest catalog will be available online, see pictures from classes, learn about special events, and read interesting articles from a variety of sources.

### Online Registration

You can register for your classes online at <https://wvusph-olli.augusoft.net/>. Instructions can be found on page 15. If you've forgotten your username, that's ok! If you've forgotten your password, that's also ok! There are links for recovering both on our website, so as long as you know your email address, you can get back in.

This online registration system has allowed us to do away with paper receipts, so your receipts are sent directly to your inbox. Please double check to make sure your email address is correct in our system!

Please note that this portion of the WVU OLLI website is run by an outside vendor (Augusoft), so the URL (web address) will be different for online registration than for the main OLLI website.

### Class Materials Online

We have created an online repository for class handouts: <https://olliatwvu.org/current-members/document-repository/>. This page contains course handouts that instructors have given permission for posting, as well as technology-related handouts we hope you will find useful.

The technology handouts have hyperlinked indexes (so you can just click on a link to jump to the bit you want to learn about) and are regularly updated so you can always access the most up-to-date information we have available.

### Go Green!

You can opt out of receiving our printed catalog. All classes and special events are listed on the OLLI registration site, and courses that are added after the catalog goes to print will be there as well. Members who opt out of the printed catalog will receive a PDF (electronic) copy of the catalog as soon as it is sent to the printer, even before it goes out in the mail.



*Lively discussions are often a part of an OLLI class.*

As a non-profit membership organization, OLLI depends on the generous support of our volunteers. Volunteers are the lifeblood of our program, helping to ensure that OLLI is able to provide the highest quality courses, lectures, workshops, trips, and more for our members.

Your volunteer experience can be molded to fit your interests, talents, and schedule. All members have something to offer and are encouraged to share their time and expertise with their peers.

### Ambassadors

OLLI Ambassadors help spread the word about our program by sharing their experiences and inviting friends, family, and others to join them for a class.

### Board Members

The Board of Directors is the governing body of OLLI at WVU, providing leadership to committees and staff. With input from the committees, the Board establishes organizational priorities and financial and program policies. Board members are elected by the membership to serve a two-year term and may be re-elected for a second term.

### Class Hosts

Class hosts greet members and ask them to sign in as they arrive for a class, remind members to turn off their cell phones, introduce the instructor, assist with class needs, and distribute course feedback forms.

### Instructors

Our program depends on the generosity of our volunteer instructors to teach the quality courses and learning experiences offered throughout the year. OLLI instructors, drawn from all walks of life, share their knowledge and expertise of their chosen careers, fields of study, or hobbies about which they are passionate. Free from tests or grades, instructors experience the joy of teaching students who are enthusiastic, engaged and eager to learn.

### Charleston Curriculum Committee

Committee members recruit members and volunteer instructors for our program. They meet quarterly to review course proposals and plan future programming, and represent OLLI at community functions, such as health fairs and social group meetings.

### How to Become a Volunteer

To become an OLLI volunteer, contact the OLLI office at 304-293-1793 or submit the Volunteer Information Form online at <http://www.olliatwvu.org>.

### Weather and Holiday Policy

OLLI members are personally responsible for their own safety and must exercise good judgment when making travel choices in inclement weather. When Kanawha County Schools are closed for inclement weather, OLLI activities are cancelled. School delays do not affect OLLI activities. The decision to cancel activities is at the discretion of the Director when a county calls for early dismissal due to the weather. The decision to cancel weekend activities due to weather is at the discretion of the instructor. Registered participants will be notified. The OLLI office observes WVU holidays.

### Liability Disclaimer

Individuals acknowledge and assume any and all risk associated with participation in OLLI at WVU activities. OLLI at WVU makes no representation regarding the appropriateness of any activity for an individual. OLLI at WVU disclaims any and all liability for each individual's participation in any activities. If a course involves physical activity, participants are responsible for wearing the proper attire and using the proper equipment (if applicable). It is highly recommended that participants consult their physician before participating in physical activity.

### Class Disclaimer

OLLI at WVU presents programs of interest for general guidance only. It does not engage in rendering legal, medical, financial or other professional advice and services. Information presented in an OLLI program should not be used as a substitute for consultation with a professional legal, medical, financial or other competent adviser. Before making any decision or taking any action, program participants should consult a professional legal, medical, financial or other competent adviser.

All information is provided "as is," with no guarantee of completeness, accuracy, timelines or of the results obtained from the use of the information, and without warranty of any kind, express or implied, including, but not limited to warranties of performance, merchantability and fitness for a particular purpose. Neither OLLI at WVU nor its information providers will be responsible to any program participant or anyone else for any decision made or action taken in reliance on the information presented by OLLI at WVU, or for any consequential, special or similar damages, even if advised of the possibility of such damages.

### Refunds

Membership is non-refundable. Refunds for registration and other fees are considered on a per-case basis.

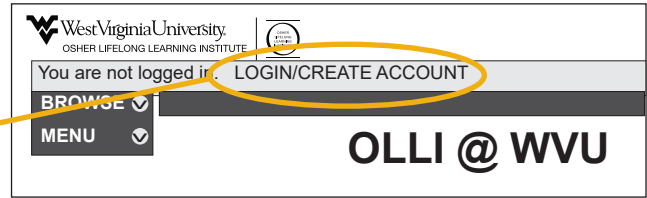
### Non-Discrimination Statement

WVU is an EEO/Affirmative Action Employer. Underrepresented class members are encouraged to apply. This includes minorities, females, individuals with disabilities and veterans.

# Register for OLLI Online

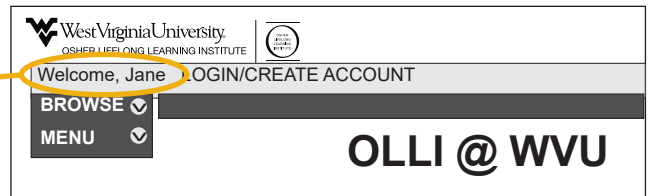
Browse the OLLI catalog, purchase or renew a membership, and register for classes and events online.

1. Go to [olliatwvu.org](http://olliatwvu.org)
2. Click on **Register Here** on the left side of the screen.



3. You will be redirected to <https://wvusph-olli.augusoft.net>  
Click on **LOGIN/CREATE ACCOUNT**.

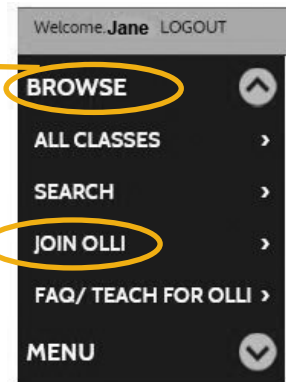
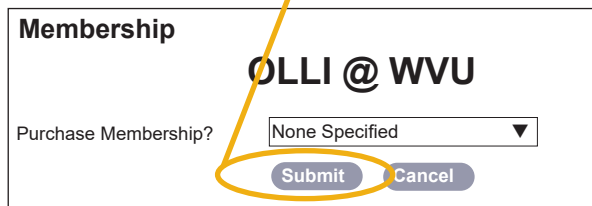
4. If you have been an OLLI member in the last two years, you already have an account.  
Contact the OLLI office if you need your username and password.  
**Please do not create a new account.**



5. You will see **Welcome, Your Name** in the gold bar above **BROWSE** on the left side of the screen if your login was successful.

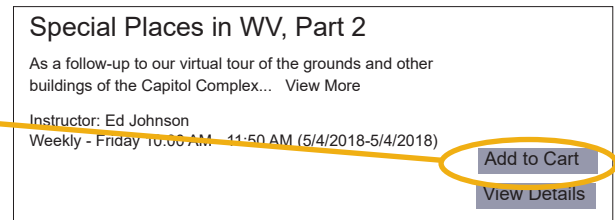
6. Click **BROWSE** to purchase or renew a membership or browse OLLI classes and events.

7. If you are purchasing or renewing a membership, click on **JOIN OLLI**, select the appropriate membership and click **Submit**.



8. To register for classes and events, click on **BROWSE**, then **ALL CLASSES**.  
If you know the name of the class for which you wish to register, you can type it in the **Search box** in the upper right corner and click on the blue **GO>** button.

10. To select a class or event, click on the **Add to Cart** button on the right side below the class information.

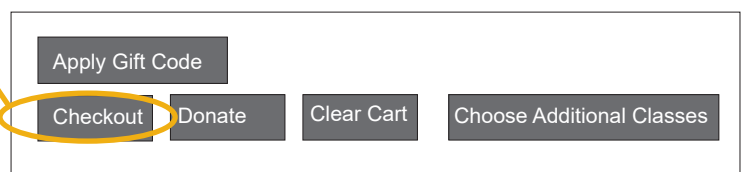


11. When finished making your selections, click on **CHECKOUT** next to the **VIEW CART** on the right in the gold bar.



12. Review your selections and check the box next to **Agree to Refund Policy** to the right of each class on your list.

13. Click on the blue **CHECKOUT** button at the bottom of your order.  
If there is a balance due, you will be taken to a screen to enter your credit card information.  
If there is no balance due, you will be taken to the Order Complete screen.





## OLLI at WVU - Your Next Adventure Begins Here

# Winter Registration Begins January 6

Phone: 304-293-1793

Website: [www.olliatwvu.org](http://www.olliatwvu.org)

Email: [olli@hsc.wvu.edu](mailto:olli@hsc.wvu.edu)

### Benefits of OLLI Membership

Staying intellectually stimulated and socially active are proven components of healthy aging. Membership in OLLI provides these benefits through:

- More than 75 courses and activities per year in such areas as the arts, health and wellness, humanities, math and science, and more.
- Social events
- Travel programs
- Volunteer opportunities