



West Virginia University

Mountaineer Mall Unit D-9

PO Box 9123

Morgantown, WV 26506-9123

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Nonprofit  
Organization  
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**Summer Term Begins  
July 7, 2014.  
JOIN TODAY!**

Phone: 304-293-1793  
Fax: 304-293-4779  
Website: [www.olliatwvu.org](http://www.olliatwvu.org)  
Email: [learners@hsc.wvu.edu](mailto:learners@hsc.wvu.edu)



**Osher Lifelong Learning Institute  
Summer 2014 Course Catalog  
[www.olliatwvu.org](http://www.olliatwvu.org)**

# Who We Are

The Osher Lifelong Learning Institute at West Virginia University, known as OLLI at WVU, provides programming and educational opportunities designed for adults, 50 and older, who wish to stay mentally alert and active through mental and cultural stimulation, and social interaction.

OLLI at WVU is a membership organization, housed within the School of Public Health at West Virginia University, that 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 day and evening courses, lectures, seminars, and field trips, with course selections in music, literature, art, sciences, politics, nature, history, health, medicine, economics and many more. Live drama, movies, and special 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 love to share their ideas.

Most courses are taught in the OLLI classrooms at the Mountaineer Mall. Others are held at off-campus locations, such as the Morgantown Dance Studio, the Village at Heritage Point and the Morgantown Art Association and Gallery.

Come and renew your enthusiasm for learning in a relaxed environment that is supportive and filled with humor, wisdom, diversity and insight. Offerings are entirely free of the pressures of grades and exams and you may choose as many as you like.

**WWW.OLLIATWVU.ORG**  
**304.293.1793**

## If you are interested in teaching:

OLLI welcomes your skill, talent, and passion.

Terms run for six weeks (4 weeks in the summer) with weekly, approximately two-hour presentations. Some instructors choose to offer shorter courses or a one-time presentation.

### **Fall Term: September 22 to October 31, 2014**

- ◆ Fall class proposals due: July 7, 2014
- ◆ Response from Curriculum Committee: July 10, 2014
- ◆ Due date for faculty commitment form: July 15, 2014

### **Looking Ahead**

- ◆ *Irving Goodman Annual Aging Lecture* and  
Fall Pre-term Reception: September 10, 2014

### **Holiday Reception: December 10, 2014**

- ◆ Winter Term: January 26 - March 6, 2015
- ◆ Winter Pre-term Reception: January 14, 2015

#### **Are you missing out?**

Call the office (304.293.1793) or send an email  
([learners@hsc.wvu.edu](mailto:learners@hsc.wvu.edu))

if you are not receiving the OLLI Friday  
E-bulletin in your email.

It is also posted in the office and  
we can make copies for you!

*West Virginia* **PUBLIC THEATRE**  
Morgantown, WV

**PRESENTS FOR 2014 SUMMER SEASON** *July 9-13, 2014*

**Show Times**

Wednesdays

2:00 PM & 7:30 PM

Thursdays

2:00 PM & 7:30 PM

Friday 7:30 PM

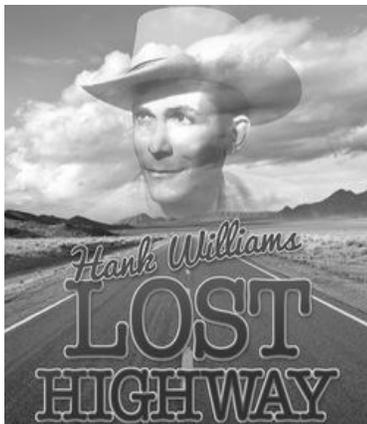
Saturday 7:30 PM

Sunday 2:00 PM

Use code  
**OLLI14**  
for  
special  
discount!



*July 23 - 27, 2014*

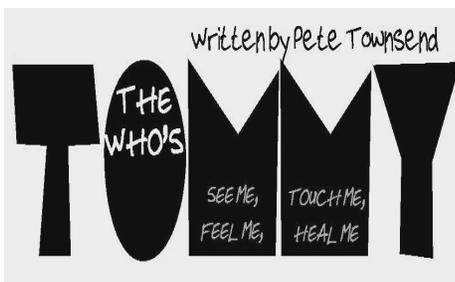


Visit [www.wvpublictheatre.org](http://www.wvpublictheatre.org)  
or CALL 877.999.9878

THE  
**METROPOLITAN**  
THEATRE



**July 30 - Aug. 3, 2014**



**A Message from Our Director**



OLLI Members and Friends,

Happy Summer! OLLI at WVU is such a success because of the many volunteers who serve on the Board of Directors and on our many committees. These people are your friends and colleagues, neighbors and fellow lifelong learners, and we'd like you to be familiar with who they are. They deserve recognition, praise and honor! Our members of the Board of Directors are listed on page 5 and Committee Chairs and descriptions are on page 9. Please consider joining a committee or contacting our Nominating Committee if you would like to be considered for the Board of Directors.

Summer Term has a selection of 35 courses, with many new instructors and topics as well as some classes carried over from our Spring Term.

Do you have friends who ask a lot of questions, are curious or love learning? Please invite them to our pre-term reception or to join you for a class (please get a voucher from the office). We welcome new faces and ideas! Remember OLLI at WVU could possibly be your last Alma Mater!

Angela Faulkner-Van Deysen, Executive Director  
[ACFaulkner@hsc.wvu.edu](mailto:ACFaulkner@hsc.wvu.edu)

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***OLLI at WVU  
Summer Term  
Reception***

Wednesday, June 25, 2014  
1:30 pm to 3:00 pm  
Mountaineer Mall Atrium

Become a Member!  
Register for Classes!  
Friends Welcome!

A special *Thank You* to  
**Bobbie Brandt**  
for our catalog cover artwork.



Summer Classes begin  
**July 7, 2014**

***Fall Term: September 22 – October 31, 2014***  
June/July: Solicit proposals for Fall Term  
July 7: Instructor proposals due  
July 15: Instructor commitment forms due  
September 10: Pre-term reception and the  
***Irving Goodman Annual Aging  
Lecture Series ~ Aging in Place***  
featuring Jane Nyce.

***Irving Goodman Annual Aging  
Lecture Series***

**Eighth Annual Lecturer, Jane Nyce,**  
Former Director,  
*Staying Put in New Canaan*

Jane Nyce is a graduate of Smith College, with doctoral studies in psychology at Cornell University and an additional degree in health advocacy from Sarah Lawrence. She will be speaking about a virtual retirement community in Connecticut as seen on *Good Morning America*, which has been characterized as an aging in place initiative. She is starting a new community in Maine.



***Aging in Place***

Wednesday, September 10, 2014  
1:00 pm - 2:00 pm  
Osher Lifelong Learning Institute  
Mountaineer Mall, Classroom B

**Reception to follow**

## *And the Legal Details.....*

**Media Releases** are available and kept on file in our office. Please be sure to fill one out and let us know if you do not want to shown in OLLI photographs and media.

### **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 said 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. OLLI at WVU disclaims any and all liability for each individual's participation in any course.

### **Non-Discrimination Statement**

West Virginia University is an Equal Opportunity/Affirmative Action Institution. The University does not discriminate on the basis of race, sex, age, disability, veteran status, religion, sexual orientation, color, or national origin in the administration of any of its educational programs, activities, or with respect to admission or employment.

Items for the Friday E-Bulletin need to be submitted to [learners@hsc.wvu.edu](mailto:learners@hsc.wvu.edu) by Thursday at 4:00 pm. for that Friday's edition.

### **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 School of Public Health (SPH)
- ◆ Our Distinguished Instructors
- ◆ Committee Members and Volunteers
- ◆ OLLI Members

### **Staff**

Angela Faulkner-Van Deysen, Executive Director  
Jessica White, Professional Technologist  
Heather Rockwell, Program Assistant  
Kaleb Hamrick, Intern  
Steven Mitchell, Intern

#### **OLLI Board of Directors**

- ◆ Geroge Chittum
- ◆ Hope Covey
- ◆ James Dylan Held
- ◆ Tony Hylton
- ◆ Linda Jackowitz
- ◆ Royce H. Keller
- ◆ Karen Long
- ◆ E. Jane Martin
- ◆ Connie McCluskey
- ◆ Anne Nardi
- ◆ Carolyn Nelson
- ◆ Linda Rudy
- ◆ Bill Weiss
- ◆ D. Byron Witt

#### **OLLI Board of Advisors**

- ◆ Mary Ellen Brady
- ◆ Bob Craig
- ◆ Roger Dalton
- ◆ Ann Davidson
- ◆ Phil Faini
- ◆ Suzanne Gross
- ◆ Betty Maxwell
- ◆ Art Pavlovic

M _____
TM _____
DB _____
Office use only

## Membership Application

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip code \_\_\_\_\_

Phone # \_\_\_\_\_ E-Mail \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Relationship: \_\_\_\_\_

Phone # \_\_\_\_\_

Check one: New member \_\_\_\_\_ Renewal \_\_\_\_\_

Please check if you are interested in volunteering with OLLI \_\_\_\_\_

Do you wish to receive the catalog in the mail \_\_\_\_\_ online \_\_\_\_\_

How did you learn about OLLI? (radio, newspaper, banner, friends etc.) \_\_\_\_\_

**Membership Dues:** July 1, 2014 - June 30, 2015.

Annual members may participate in unlimited courses and activities and are eligible to vote.

- **Full Member** \_\_\_\_\_ **\$100.00**. (includes voting rights)
- **Faculty Member** \_\_\_\_\_ **\$40.00**. Instructors who taught at least one course with three or more classes during 2013-14 are eligible to receive a discounted membership.
- **Honor Roll Member or Spouse** \_\_\_\_\_ **Free**. For instructors (and their spouses) who have taught at least ten courses of three or more classes.
- **Term Membership Dues: Summer Term Only** \_\_\_\_\_ **\$50.00**.
- **Trial Membership Dues: Summer Term Only** \_\_\_\_\_ **\$25.00**. For people who have never been an OLLI at WVU member to try a term.
- **Scholarships** are available for those needing them. Ask for a confidential application or fill out the form on our website.
- **Contributions** are always welcome and appreciated.

Send your check (payable to the WVU Foundation) and this form to:  
**OLLI at WVU**

**Mountaineer Mall, Unit D-9, PO Box 9123  
Morgantown, WV 26506-9123**

## OLLI at WVU \$100K Club

### *One Hundred Members, One Gift at a Time!*



The \$100K Club is a fundraising campaign to sustain OLLI's operations, support the future expansion of classes and technology, and keep OLLI at WVU sustainable without a significant increase in dues.

### **\$100K Club Member Benefits**

- **Be recognized** with a nameplate on the \$100K Club plaque and in OLLI's print media.
- **Receive** a special OLLI lapel pin and an invitation to a \$100K Club event.
- **Affirm** the contribution of lifelong learning in our community
- **Experience** the satisfaction of helping to support OLLI today and in the future.

Become a member of the  
**\$100K Club** by donating or pledging  
a gift of \$1,000 or more.

A one-time gift can be made via credit card by visiting  
[www.mountaineerconnection.com/givetoOLLI](http://www.mountaineerconnection.com/givetoOLLI).  
In the designation, please select "\$100K Club" from the menu.

Please contact Angela for more information or if you are  
interested in helping with this campaign.

Contributions will be deposited in the OLLI \$100K Club,  
fund # 2W769, established at the WVU Foundation, Inc., or any other  
donor directed OLLI account, and are accessible for the immediate  
and long-term benefit of the Osher Lifelong Learning Institute at West  
Virginia University.



## Frequently Asked Questions

Can we register online?

- ⇒ Yes! Once you are a member, go to the website ([www.olliatwvu.org](http://www.olliatwvu.org)) and fill out the online Course Registration Form. You will receive an e-mail copy of your registration.

What is a facilitator and what does he/she do?

- ⇒ Each course needs a facilitator to introduce the instructor, welcome members, distribute course materials, collect feedback forms, and assist as needed.

Will I receive a confirmation of courses in the mail?

- ⇒ **Confirmations will not be mailed.** You will be notified if a class is full and you are waitlisted. Please keep a copy of the *Schedule at a Glance* to know when and where each class meets. (The catalog is also on the website: [www.olliatwvu.org](http://www.olliatwvu.org)).

May I bring a friend to class?

- ⇒ Yes. Ask at the office for a class voucher to attend a single class. We welcome the opportunity to showcase OLLI and to entice others to join. Please consider sharing the joy of OLLI with a gift certificate.

Is there an age requirement?

- ⇒ Our programs are specifically designed for those over 50. We welcome mature members of the community with a curious mind and a love of learning.

-----  
**If you would like to join an OLLI committee, fill out this form and send it in with your registration form to OLLI.**

Name: \_\_\_\_\_ Ph: \_\_\_\_\_

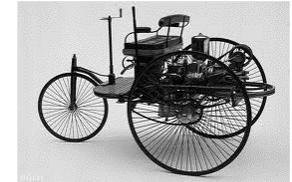
E-mail: \_\_\_\_\_

- Committees:**  Curriculum  Facilities/Technology  
 Special Events  Membership/Publicity  Finance  
 Office  Course Assistant  Nominating  History  
 Other \_\_\_\_\_

## FRIDAY

### 34. The Story of the Motorcar

Instructor: Leo Horacek  
Friday, 10:00 - 11:50 AM  
Classroom: A  
July 25



**Course Description:** The automobile is possibly the most important object in our lives today. We love our cars. We cannot live without them. The automobile today is a wonderful machine which is the result of a very long series of inventions and evolutions, involving much cleverness and ingenuity. We will examine with diagrams and photos each step along the way and look at the lives of the men who contributed to the end product.

**Instructor's Background:** Leo Horacek is professor emeritus of music at WVU. This is his 58th OLLI course.

### 35. Lewis and Clark: Journey to the West

Instructor: Clyde Richey  
Friday, 1:00 - 2:50 PM  
Classroom: B  
July 11, 18, 25, August 1



**Course Description:** Sent by President Jefferson, Lewis and Clark led the most courageous and important expedition in American history. It was the United States' first exploration of the West. This course will cover their journey, the first time the North American continent was crossed by American settlers. The Ken Burns documentary and two other will be shown.

**Instructor's Background:** Clyde Richey has viewed numerous early outstanding American films, as well as movies set in other countries and cultures. He has done college-level teaching and has written and directed outdoor historic productions.

**Instructor's Background:** Karen Long taught clinical microbiology and immunology in the WVU Medical Technology Program for 20 years and also worked as a clinical microbiologist in the hospital setting for several years. After retirement, Karen has been an on-call technologist in the microbiology lab at Monongalia General Hospital. Karen loves talking about interesting organisms and infectious diseases!

### 32. Origins of War

Instructor: John Pearson  
 Thursday, 3:00 - 4:50 PM  
 Classroom: A  
 July 10, 17, 24, 31



**Course Description:** This course offers a review of the events preceding various wars in history: Peloponnesian War, World War I, Hannibal's War, and World War II, along with some current events in the Ukraine.

**Instructor's Background:** Dr. John Pearson holds MD, MPH and MA degrees from Cambridge and Yale. He is a retired physician and professor.

### 33. Facebook Demystified

Instructor: Dee Quaranto  
 Email: dee.quaranto@gmail.com  
 Thursday, 6:00 - 7:50 PM  
 Classroom: CL  
 July 10, 17, 24



**Course Description:** This introduction to the social network will cover the nuts and bolts of using the site, with an emphasis on safety and security.

**Instructor's Background:** Dee Quaranto has a Master's degree in social work and an A+ computer technician's certification. She has been building and fixing computers and buying and selling online since 2001 and has over 2000 online sales.

## JOIN AN OLLI COMMITTEE!!!

### Curriculum

**Chair: Marian Conner**  
**Vice Chair: Barbara Howe**

Members help plan and develop course offerings and recruit faculty.

### Facilities and Technology

**Chair: George Chittum**

Members assist in the planning and maintenance of the OLLI facilities and technology resources.

### Special Events

**Chair: Hope Covey**

Members organize the Open House for each term, receptions, and the Annual Meeting.

### Office Assistants

**Chair: TBD**  
**Vice Chair: Delores Jewell**

Members volunteer in the OLLI office, where they perform various vital duties.

### Finance

**Chair: Jim Held**

Members review reports, revenue and expenses and develop an annual budget.

### Nominating

**Chair: Ann Davidson**

Members propose a slate of candidates from the membership for election to the OLLI Board.

### History

**Chair: Carole Boyd**

Members help preserve the history of ALL and OLLI.

### Membership and Publicity

**Co-Chairs: Nancy Wasson**  
**Suzanne Gross**

Members assist in the growth of OLLI by planning and developing marketing strategies.

### Irving Goodman

**Annual Aging Lecture Series**  
**Chair: Art Jacknowitz**

Members select topics and speakers for this event.

### Course Assistant Volunteers

Each course needs a facilitator to introduce the instructor and to distribute course materials.

### OLLI \$100K Club

**Chair: Linda Jacknowitz**

Members assist with this specific fundraising campaign.

## SUMMER SCHEDULE AT A GLANCE

Day of the week/ Time	Sessions	Date	Room
<b>Thursday, 10:00- 11:50 AM</b>			
X. Classroom AV & Tech	1	July 3	B
<b>Monday &amp; Friday 10:00 - 11:50 AM</b>			
1. Prevention of Dementia	2	July 7, 11	A
<b>Monday, 1:00 - 2:50 PM</b>			
2. The Knit and Purlers	4	July 7,14,21,28	B
<b>Monday, Wednesday &amp; Friday 1:00 - 2:50 PM</b>			
3. <i>Candide</i> : Voltaire to Bernstein	3	July 14, 16, 18	A
<b>Monday &amp; Tuesday 1:00 - 2:50 PM</b>			
4. More Eat Right, Eat Well	2	July 28, 29	A
<b>Monday, 3:00 - 4:50 PM</b>			
5. Mind-Body Skills Workshop	1	July 14	B
6. Introduction to Hebrew	1	July 28	A
7. Retirement: Making Your Money Last	1	July 28	B
<b>Tuesday, 10:00 - 11:50 AM</b>			
8. Nature vs. Nurture: Exploring Genes ...	3	July 8, 15, 22	A
9. Collecting: Daguerreotypes, Ambrotypes...	3	July 8, 15, 22	B
10. Healing Yoga	4	July 8, 15, 22, 29	MC
<b>Tuesday, 1:00 - 2:50 PM</b>			
11. Journey to Bumpé	1	July 8	A
12. Quilting for Beginners	4	July 8, 15, 22, 29	B
13. Honor Flight	1	July 15	B
<b>Monday &amp; Tuesday 1:00 - 2:50 PM</b>			
4. More Eat Right, Eat Well	2	July 28, 29	A
<b>Tuesday, 3:00 - 4:50 PM</b>			
14. Discovering Islam	4	July 8, 15, 22, 29	A
15. How to Recognize & Fight Fraud...	1	July 29	BR
16. Using Gene Therapy to Treat Diseases	1	July 29	B
<b>Tuesday, 6:00 - 7:50 PM</b>			
17. Project Management 101	4	July 8, 15, 22, 29	A

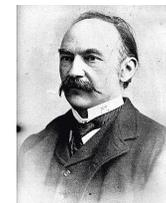
### CLASSROOM KEY

<b>A:</b> Classroom next to OLLI office	<b>CL:</b> Computer Lab
<b>B:</b> Classroom across from Nail Salon	<b>MC:</b> Mall Community Room
<b>BR:</b> Back Room - Behind Main Office	

**Instructor's Background:** Rae Jean Sielen is the co-founder/ owner of Populore Publishing Company in Westover. For nearly 20 years she has helped individuals, families, organizations, and businesses with a wide variety of publishing projects. She is especially passionate about encouraging others to preserve their personal and family stories. Rae Jean is on the OLLI at WVU Honor Roll.

### 30. Thomas Hardy, Poet and Novelist

Instructor: Joanna Ham  
 Thursday, 1:00 - 2:50 PM  
 Classroom: A  
 July 10, 17, 24, 31

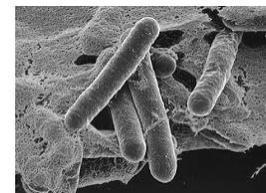


**Course Description:** This course is a brief study of *Under the Greenwood Tree*, *The Return of the Native*, and *Tess of the D'Urbervilles*, which capture the struggles of people attempting to rise above their class or gender roles in the traditional rural society of 19th century Wessex, England.

**Instructor's Background:** Joanna Ham has a BA Hons. in English from the University of London. Her area of expertise is 19th century English literature and social history.

### 31. Foodborne and Waterborne Diseases

Instructor: Karen Long  
 Thursday, 1:00 - 2:50 PM  
 Classroom: B  
 July 10, 17



**Course Description:** "Food poisoning" has unfortunately afflicted most of us, whether from home-prepared foods or from food eaten in restaurants. This course will review foods, locales, and food preparation that can be dangerous and organisms implicated in recent outbreaks in the U.S. The instructor will also discuss why food safety is important and what preventive measures are in place in the U.S.

## THURSDAY

### 28. Fitness 411

Instructor: Debbie Turner  
 Email: debe.turner@yahoo.com  
 Thursday, 10:00 - 11:50 AM  
 Classroom: A  
 July 10, 17, 24, 31



**Course Description:** This course will take a broad approach to fitness and wellness. The instructor will discuss the basics of weight management and exercise, weight training, and ways to get moving and stay motivated. Fitness is multidimensional. Our lives change over time and these changes influence the choices we make.

**Instructor's Background:** Born and raised in Morgantown, Debbie Turner has spent the last 25 years in Arizona. She is a certified Personal Trainer and certified Nutrition and Wellness Consultant, which lets her combine her love of teaching with her passion for fitness. She has a BA in Recreation, an MA in Special Education and Certificates in Personal Training, Nutrition and Wellness.

### 29. Writing "Retreat"

Instructor: Rae Jean Sielen  
 Thursday, 10:00 - 11:50 AM  
 Classroom: B  
 July 10, 17, 24, 31



**Course Description:** Having a hard time finding time to work on your life story, novel, poetry, journal, or letters? Come write in a quiet, comfortable, supportive environment. Bring paper, pen, laptop, etc. There will be at least 1.5 hours of quiet writing time each session. At the last session, if there is interest, we will stay an extra hour or so to talk about what we've been working on and to share (optional) some of our writing.

## SUMMER SCHEDULE AT A GLANCE

Day of the week/ Time	Sessions	Date	Room
<b><u>Wednesday, 10:00 - 11:50 AM</u></b>			
18. Guitar 1.0	4	July 9, 16, 23, 30	A
19. Personal & Family History: Project Slots	2	July 23, 30	BR
<b><u>Monday, Wednesday &amp; Friday 1:00-2:50 PM</u></b>			
3. <i>Candide</i> : Voltaire to Bernstein	3	July 14, 16, 18	A
<b><u>Wednesday, Friday, Wednesday 1:00 - 2:50 PM</u></b>			
20. Share More Stories	3	July 16, 25, 30	BR,A
<b><u>Wednesday, 1:00 - 2:50 PM</u></b>			
21. Introduction & Application of Genetics	3	July 16, 23, 30	B
22. Personal & Family History: Project Slots	2	July 23, 30	BR
<b><u>Wednesday, 3:00 - 4:50 PM</u></b>			
23. Investment Perspectives	1	July 9	A
24. Stress Less w/Mindfulness	4	July 9, 16, 23, 30	B
<i>International Film Interest Group</i>	1	July 16	A
25. Make No Bones About It: Osteoporosis	1	July 30	A
<b><u>Wednesday, 6:00 - 7:50 PM</u></b>			
26. Bluegrass in the Evening	3	July 9, 16, 23	A
27. Online Storytelling... Blogging	1	July 30	CL
<b><u>Thursday, 10:00 - 11:50 AM</u></b>			
28. Fitness 411	4	July 10, 17, 24, 31	A
29. Writing "Retreat"	4	July 10, 17, 24, 31	B
<b><u>Thursday, 1:00 - 2:50 PM</u></b>			
30. Thomas Hardy, Poet...	4	July 10, 17, 24, 31	A
31. Foodborne & Waterborne Diseases	2	July 10, 17	B
<b><u>Thursday, 3:00 - 4:50 PM</u></b>			
32. Origins of War	4	July 10, 17, 24, 31	A
<b><u>Thursday, 6:00 - 7:50 PM</u></b>			
33. Facebook Demystified	3	July 10, 17, 24	CL
<b><u>Monday &amp; Friday 10:00 - 11:50 AM</u></b>			
1. Prevention of Dementia	2	July 7, 11	A
<b><u>Monday, Wednesday &amp; Friday 1:00 - 2:50 PM</u></b>			
3. <i>Candide</i> : Voltaire to Bernstein	3	July 14, 16, 18	A
<b><u>Friday, 10:00 - 11:50 AM</u></b>			
34. The Story of the Motor Car	1	July 25	A
<b><u>Friday, 1:00 - 2:50 PM</u></b>			
35. Lewis & Clark...	4	July 11, 18, 25, Aug.1	B

**Our volunteer instructors invest a great deal of time and energy preparing for and teaching classes for OLLI. Please be respectful, register responsibly, and arrive on time.**

**Did you know that OLLI at WVU has a scholarship fund?**

**We accept donations and applications for funds all year long!**

**We want your ideas!**

The Curriculum Committee is looking for new courses and instructors.

**Send your ideas to:  
learners@hsc.wvu.edu**

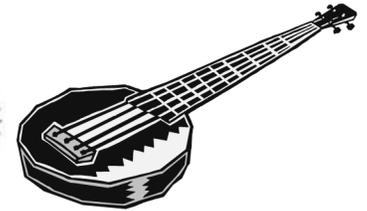
## **26. Bluegrass in the Evening**

Instructor: Joseph Paull

Wednesday, 6:00 - 7:50 PM

Classroom: A

July 9, 16, 23



**Course Description:** Three groups of musicians will perform bluegrass and old time music on successive Wednesday evenings. Elmer Rich & Friends, Almost a Song and Logantown will perform.

**Instructor's Background:** Joe Paull taught in the public schools and also in the graduate school at WVU.

## **27. Online Storytelling: The Art of Blogging**

Instructor: Marz Corbeau

Email: marz.holtzworth@gmail.com

Wednesday, 6:00 - 7:50 PM

Classroom: CL

July 30



**Course Description:** Bring your wealth of knowledge and experience to new audiences! This course will cover how to create, maintain, and promote your very own blog. Blogs serve as one of the internet's primary modes of instruction and storytelling. Come learn how to make your own blog and share your stories and skills with your friends, family, and the world!

**Instructor's Background:** Marz Corbeau is a writer and musician originally from Frankfort, Kentucky. She enjoys blogging about her days as a car-dwelling nomad, former radio DJ, and the interesting people she met along the way. She has been blogging for over ten years, has been published in various publications, and won local awards. Her other interests include hiking, bird watching, and finishing her Women's Studies degree.

and choosing to focus on pleasant/funny experiences. Please dress comfortably.

**Instructor's Background:** Eric Murphy is a clinically trained health educator and psychotherapist. He has been employed in academic and community settings since 1992. Eric has a BA in liberal arts, an MA in Community Counseling and an MS in Community Wellness from WVU. Mr. Murphy is continually helping community members review and evaluate their life situations and clarify their true goals. He is currently employed as an Extension Agent for Families and Health at West Virginia University.

**25. Make No Bones About It: Strategies for Preventing & Managing Osteoporosis**

Instructor: Elizabeth Quintana

Wednesday, 3:00-4:50 pm

Classroom: A

July 30



**Course Description:** There is a higher prevalence of low bone mineral density among older adults. This presentation will focus on strategies to achieve and maintain optimal bone health.

**Instructor's Background:** Liz Quintana is a Registered Dietitian and certified Diabetes Educator at WVU School of Medicine. She conducts the nutrition modality of the Dr. Dean Ornish Program for Reversing Heart Disease.

**For Our OLLI at WVU Members**

**Healing Yoga** with Eva Hnizdo will continue between terms on Tuesday mornings from 10:00 am – 11:50 am in the Mountaineer Mall Community Room.

**Did you know?**

- Members may use the OLLI computers during business hours to practice their skills, check email, digitize their files and register for classes.
- Dues are \$100 for full membership for 4 terms, or \$50 per term.
- OLLI at WVU is on Facebook. Friend us at: *Osher Lifelong Learning Institute at WVU*

Please check the OLLI Office Board for information on opportunities to participate in a variety of research studies that incorporate relaxation techniques, swimming, physical activity, or meditation.

## X. Classroom A/V & Tech for Members and Instructors

Instructor: Jessica White

Thursday, 10:00 - 11:50

Classroom: B

July 3



**Course Description:** This hands-on class is open to all instructors, lecturers, facilitators, and members who are interested in learning the operational procedures for all classroom technology equipment. New ideas are welcome as we develop quick reference sheets and instruction manuals.

**Instructor's Background:** Jessica White is a professional technologist for the WVU School of Public Health. She provides information technology support and develops and maintains various websites and databases.

## MONDAY

### 01. Prevention of Dementia

Instructor: Penny Dacks

Monday & Friday, 10:00 - 11:50 AM

Classroom: A

July 7, 11



**Course Description:** Can your choices today reduce your chances of Alzheimer's disease or other causes of dementia later in life? Scientists have been asking these questions for decades but the answers are typically unclear. This course will review the evidence for some common and uncommon therapies to prevent dementia, in part using the Alzheimer's Drug Discovery Foundation online resource [www.cognitivevitality.org](http://www.cognitivevitality.org), and the types of research used to study dementia prevention.



This icon indicates that the instructor is an **OLLI at WVU Honor Roll Member** and has taught at least 10 courses of three or more classes.

## 22. Personal and Family History Project: Meeting Slots

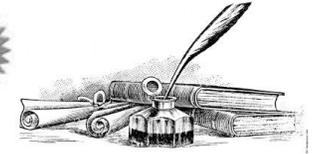
Instructor: Rae Jean Sielen

Wednesday, 10:00—11:50AM

and 1:00 -2:50 PM

Classroom: BR

July 23, 30



This is a repeat of course number 19.

## 23. Investment Perspectives

Instructor: Brian Kurcaba

Wednesday, 3:00 - 4:50 PM

Classroom: A

July 9



**Course Description:** This course will discuss timely market topics and potential investment strategies.

**Instructor's Background:** Brian Kurcaba is a lifelong resident of Morgantown and graduated with an MS in Industrial Relations in 2000 from WVU. He has 11 years experience assisting people as a financial advisor with Edward Jones in Morgantown.

## 24. Stress Less with Mindfulness

Instructor: Eric Murphy

Email: [emericmurphy@gmail.com](mailto:emericmurphy@gmail.com)

Wednesday, 3:00 - 4:50 PM

Classroom: B

July 9, 16, 23, 30



**Course Description:** Learning how to gently, "mindfully" shift one's awareness is fun and healthy for our minds and bodies. This research-based class combines lecture and discussion with opportunities to practice these skills and others using "Body Barometers" or "Mind Monsters" as signals to lower stress, mindful breathing, mindful eating, defusing upsetting thoughts and feelings, bringing conscious attention to everyday routines,

yours. Not ready to share? Come listen, then you can contribute later. This is not a writing class; it's just for sharing and having fun.

**Instructor's Background:** Alan Rosenbluth, a retired pharmacy professor and dean, has enjoyed creative writing for more than 25 years. Following retirement in 2001, he attended writing classes and workshops (in WV, NC, and CA) and has written dozens of short stories and memoirs involving sports, grandchildren, strange happenings, and high school memories.

## 21. Introduction and Application of Genetics

Instructor: Dana Huebert Lima  
Email: djhuebertlima@mail.wvu.edu  
Wednesday, 1:00 - 2:50 PM  
Classroom: B  
July 16, 23, 30



**Course Description:** Genetics is the study of heritable traits that are passed from generation to generation. This class will start with an introduction to the field of genetics, including what genes are and how they are passed from parent to child. This course will discuss how genetics can be applied to understand relevant topics including health and disease, ancestry and forensic profiling, and the rising field of personal genomics.

**Instructor's Background:** Dana Huebert Lima, PhD in cellular and molecular biology, with general expertise in molecular biology, genetics, and epigenetics, is on the teaching faculty in the Biology Department at WVU. Her previous work has focused on how genes are used by the body to respond to changing environments. She enjoys talking about genetics with learners of all ages and watching genetics in practice with her new son, Oliver.

**Instructor's Background:** Penny Dacks, PhD, is the Assistant Director for Aging & Alzheimer's Prevention at the Alzheimer's Drug Discovery Foundation, with the mission to evaluate, communicate, and accelerate the scientific evidence on proposed strategies to prevent brain aging. She is also an Adjunct Professor of Biology at WVU.

## 02. The Knit and Purlers

Instructors: Judy Kelley Minor, Joan King, and Joyce Miller  
Monday, 1:00 - 2:50 PM  
Classroom: B  
July 7, 14, 21, 28



**Course Description:** This course is for knitters who enjoy being with other knitters to share ideas, patterns, and workshop information and who also support each other in knitting.

**Instructors' Backgrounds:** Judy Kelley Minor, Joan King, and Joyce Moore, who all have different skill levels of knitting, share a sincere love for the art and a desire to share that love and desire with others. They are willing to assist members with their projects and skills or find someone who can. Cecilia Graves, owner of the Needlecraft Barn, will also be a resource.

## 03. *Candide*: Voltaire to Bernstein

Instructor: James Dylan Held  
Email: Jim.Held@mail.wvu.edu  
Monday, Wednesday & Friday: 1:00 - 2:50 PM  
Classroom: A  
July 14, 16, 18



**Course Description:** This course will be a discussion of Voltaire's satirical novel followed by viewing the NY City Opera production of Bernstein's *Candide* musical, plus discussion.

**Instructor's Background:** James Held retired from WVU in May, 2013, after 33 years teaching stage design, theatre history and world theatre and drama. He directed or designed many productions, most recently, scenery for *The Cherry Orchard*.

#### 04. More Eat Right, Eat Well: Tips, Tricks, and Healthy Package Foods

Instructor: Stan Cohen & Judy Cohen

Email: scohen@wvu.edu

Monday & Tuesday: 1:00 - 2:50 PM

Classroom: A

July 28, 29



**Course Description:** This continuing course on eating healthy focuses on spending less time in the kitchen preparing food while improving your daily diet through changes in the foods you buy and the way you cook them. Samples from *Prevention* magazine's "Best Cleanest Foods" will be tasted in each class session. Handouts will be distributed and short videos will be shown. There will be an additional \$5 cost for this course.

**Instructors' Backgrounds:** Stan Cohen taught a variety of psychology courses at WVU from 1972 – 2008. Since 1968, he has engaged in a variety of eating and cooking experiences. He is a life-long advocate of a wellness lifestyle, including healthy eating. He will be assisted by his partner, Judy.

#### 05. Mind-Body Skills Workshop

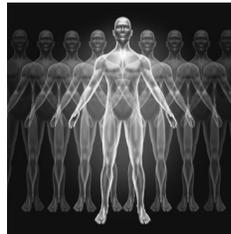
Instructor: Terry Selfe

Email: tselfe@hsc.wvu.edu

Monday, 3:00 - 4:50 PM

Classroom: B

July 14



**Course Description:** This introductory workshop will use lecture, demonstration, and experiential skills practice to provide an overview of various mind-body practices, including Benson's relaxation response, mantra and mindfulness based meditation, qigong and tai chi. Participants will sample a variety of meditative practices and a simple mantra meditation technique will be presented in sufficient depth to allow participants to feel confident that they could continue the practice at home.

#### 19. Personal and Family History Project: Meeting Slots

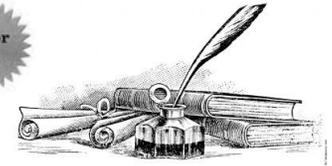
Instructor: Rae Jean Sielen

Wednesday, 10:00—11:50 AM

and 1:00 - 2:50 PM

Classroom: BR

July 23, 30



**Course Description:** Summer—it can be a great time to begin and make progress on projects! Working on your personal or family history project and stuck or stalled? Procrastinating? Just getting started or on the brink of starting? Do-it-yourselfers can sign up for a one-hour slot with the instructor to ask questions; receive guidance; develop a project timeline, outline, or strategy; or get motivated or inspired. Whether you have taken the instructor's OLLI overview class Personal and Family History Writing or not, you are welcome and will leave ready to take your next step. Eight one-hour, one-on-one slots available.

**Instructor's Background:** Rae Jean Sielen is the co-founder/owner of Populore Publishing Company in Westover. For nearly 20 years she has helped individuals, families, organizations, and businesses with a wide variety of publishing projects. She is especially passionate about encouraging others to preserve their personal and family stories.

#### 20. Share More Stories

Instructor: Alan Rosenbluth

Email: rosenbluthg@aol.com

Wednesday, Friday, Wednesday

1:00 - 2:50 PM

Classroom: BR, A

July 16, 25, 30



**Course Description:** We all have stories—memories of childhood/family, life-changing events, losing loved ones, surprises, and even fantasies. Please READ one or several of

### 17. Project Management 101

Instructor: Deborah Sartin  
Email: drsartin@mail.wvu.edu  
Tuesday, 6:00 - 7:50 PM  
Classroom: A  
July 8, 15, 22, 29



**Course Description:** Learn the basics of how to manage a project from concept to completion. Understand the steps necessary to organize your project and communicate with others for project success.

**Instructor's Background:** Deborah Sartin has over 10 years of experience successfully managing technical and non-technical projects. She is an experienced Project Management Office director. She is a certified Project Management Professional (PMP) with an MS in Information Systems Management and a BA in Communications. She is currently the PMO Director for WVU Information Technology.

## WEDNESDAY

### 18. Guitar 1.0

Instructor: Raymond Crist  
Wednesday, 10:00 - 11:50 AM  
Classroom: A  
July 9, 16, 23, 30



**Course Description:** This course will provide guitar fundamentals for beginners, intermediate players, and those who need improvement.

**Instructor's Background:** Ray Crist has been playing the guitar for over 50 years.

This workshop is appropriate for anyone wishing to learn basic information about mind-body practices and/or gain a mind-body skill they may incorporate into their own self-care program.

**Instructor's Background:** Terry Kit Selfe, DC, PhD, is engaged in researching the effects of mind-body interventions in those with chronic conditions. A long-time meditator, she is a certified tai chi instructor, and trained in the practice of mind-body medicine offered by the Benson-Henry Institute for Mind Body Medicine at Harvard Medical School.

### 06. Introduction to Hebrew

Instructor: Rabbi Joe Hample  
Email: rabbi.joe.wv@gmail.com  
Monday: 3:00 - 4:50 PM  
Classroom: A  
July 28



**Course Description:** This course will be an overview of the Hebrew language, alphabet, pronunciation, vocabulary, grammar, and history. As the language of the Jewish Bible (Old Testament), Hebrew is an important building block of world civilization.

**Instructor's Background:** Joe Hample was born and raised in New York state and graduated from Harvard in 1978 with a Russian major. Long employed as a systems analyst in San Francisco, he entered rabbinical school in 2004. He has served as rabbi at Morgantown's Tree of Life Congregation since 2012.

**Once you have paid your dues,  
you may register for courses online  
or send in the Registration Form.**

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

### 07. Retirement: Making Your Money Last

Instructor: Brian Kurcaba

Monday, 3:00 - 4:50 PM

Classroom: B

July 28



**Course Description:** Have you retired, or perhaps will soon? This presentation will discuss ideas to help build a reasonable and sustainable strategy for managing income and expenses during retirement. It will address concerns like inflation, healthcare expenses and market volatility.

**Instructor's Background:** Brian Kurcaba is a lifelong resident of Morgantown and graduated with an MS in Industrial Relations in 2000 from WVU. He has 11 years experience assisting people as a financial advisor with Edward Jones in Morgantown.

## TUESDAY

### 08. Nature vs. Nurture: Exploring Genes and Risk for Disease

Instructor: Reyna VanGilder

Email: [rvangilder@gmail.com](mailto:rvangilder@gmail.com)

Tuesday, 10:00 - 11:50 PM

Classroom: A

July 8, 15, 22



**Course Description:** Our genes and age are in part our link to health and disease. However, there are some controllable factors that predispose us to health and risk for disease such as our diet, exercise and stress levels. This course will explore parts of a cell to understand how these parts function in health and disease. The instructor will provide a holistic perspective on why certain lifestyle choices are beneficial for health promotion and longevity. This course is a follow up to the Molecular Basis of Healthy Aging. However, prior attendance is not required and new material will be presented.

**Instructor's Background:** Reyna VanGilder has a PhD in Basic Pharmaceutical Sciences and is pursuing a Doctor of Pharmacy with an emphasis in university teaching.

Prior to coming to AARP, Linda worked for the Office of the West Virginia Attorney General. She holds a bachelor's degree and a law degree from the University of Santa Clara in Santa Clara, California.

### 16. Using Gene Therapy to Treat Diseases

Instructor: Laura Christian

Tuesday, 3:00 - 4:50 PM

Classroom: B

July 29



**Course Description:** This course will explore the biology behind the development of gene therapy to treat diseases. Gene therapy is a very promising field, but there are not currently any FDA-approved treatments available. Topics will include strategies for gene therapy, methods of delivery, and current challenges.

**Instructor's Background:** Laura Christian earned her PhD in Cell and Molecular Biology from the University of Texas at Austin and moved to Morgantown for a postdoctoral position in the WVU Department of Biology. Laura has been involved in biology instruction since 2008.

## ***Reflections Booklet!***

If you have not yet received the 20th Anniversary *Reflections* Booklet please stop by the office and pick up a copy today.

**Instructors' Backgrounds:** Jane Julian is the National Hub Director for Honor Flight Network, bookkeeper for Honor Flight National, and has an Associate Degree in Accounting from Marshall University. Ken Bond is a WWII veteran and Honor Flight participant in June. Judy Morris is his daughter.

#### 14. Discovering Islam

Instructor: Francisco Pena-Ariet  
E-mail: [arietpatxi@yahoo.com](mailto:arietpatxi@yahoo.com)  
Tuesday, 3:00 - 4:50 PM  
Classroom: A  
July 8, 15, 22, 29



**Course Description:** This course will be an introduction to the history and beliefs of Islam, starting with pre-Islamic Arabia and ending with the Shia-Sunni split.

**Instructor's Background:** Francisco Pena-Ariet is a Fairmont State University student. He is currently studying Psychology and Sociology and is active with the local Mosque, the Islamic Center of Morgantown.

#### 15. How to Recognize and Fight Fraud Through AARP's Fraud Action Network

Instructor: Linda Bunn  
E-mail: [lbunn@aarp.org](mailto:lbunn@aarp.org)  
Tuesday, 3:00 - 4:50 PM  
Classroom: BR  
July 29

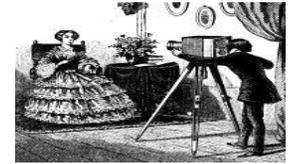


**Course Description:** Be a part of local and national campaigns to fight ID theft and fraud. Safeguard yourself and your family, gain access to real time fraud alerts and warnings, and learn how scammers think.

**Instructor's Background:** Linda Bunn is the Associate State Director for Community Outreach for AARP West Virginia.

#### 09. Collecting: Daguerreotypes, Ambrotypes, Tintypes, and More

Instructor: Anthony Winston  
Tuesday, 10:00 - 11:50 AM  
Classroom: B  
July 8, 15, 22



**Course Description:** Collecting can become a passion, even an obsession, and 19th century images are no exception. Beginning with the beautiful daguerreotype that entered the scene in 1839, the course will follow the development of the various types of photographs throughout the 19th century with particular emphasis on collecting, identification, and preservation. The vast collections of the Library of Congress, National Archives, George Eastman House, and others will be examined via the internet. Artifacts from the instructor's collection will be displayed throughout the course for examination. Participants are encouraged to bring in family images for discussion and identification.

**Instructor's Background:** Professor Emeritus Anthony Winston, Department of Chemistry, WVU, is an amateur photographer, a Fellow of the Photographic Society of America, and past chairman of the Pictorial Print Division of the Society. He has been photographing West Virginia for over 30 years and his photographs have won numerous awards in local and international competitions.

[Learners@hsc.wvu.edu](mailto:Learners@hsc.wvu.edu)

## 10. Healing Yoga

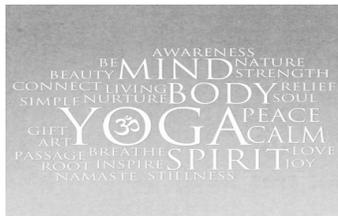
Instructor: Eva Hnizdo

Email: hnizdo2044@gmail.com

Tuesday, 10:00 - 11:50 AM

Classroom: Community Room

July 8, 15, 22, 29



**Course Description:** This beginner yoga class is designed to renew vital energy and create physical and mental well-being through yoga poses that stretch, strengthen, and relax and through meditation. Practicing yoga has a holistic impact on the body.

**Instructor's Background:** Eva Hnizdo, PhD in Epidemiology, has been a Registered Yoga Teacher since 2006 and teaches yoga at NIOSH and Lakeview. She has practiced the Iyengar style of yoga since 1976. This yoga style focuses on correct body alignment and is well suited for senior practitioners.

## 11. Journey to Bumpé, Sierra Leone

Instructors: Jim & Judy Culberson

Email: jculberson@hsc.wvu.edu

Tuesday, 1:00 - 2:50 PM

Classroom: A

July 8



**Course Description:** This course will address a personal adventure in international development, as the two instructors summarize their experience working with their daughter, Sarah Culberson, to help rebuild Bumpé High School in a remote chiefdom in one of the world's poorest countries. There will be a review of Leonean history and an update on the current status of work in Bumpé.

**Instructors' Backgrounds:** Jim Culberson is a long-time Professor (soon to be Emeritus!) of Neurobiology and Anatomy at WVU Health Sciences Center. Judy is a retired, special needs educator from Mon County school system.

He and Judy are adoptive parents of Sarah Culberson, who grew up in Morgantown. Sarah trained in theater and moved to Los Angeles before locating her biological father in Sierra Leone and launching the Kposowa Charitable Foundation.

## 12. Quilting for Beginners

Instructor: Sheila Wise

E-mail: horseygirl1965@gmail.com

Tuesday, 1:00 - 2:50 PM

Classroom: B

July 8, 15, 22, 29



**Course Description:** This course will include basic quilting tips and instruction to complete a table runner project. A pattern will be provided along with a list of materials that will need to be purchased prior to the first class. If you would like to bring your sewing machine, you may.

**Instructor's Background:** Sheila has been quilting for 20+ years and has been a member of the Country Roads Quilt Guild in Morgantown, WV. She has shown quilts in the yearly quilt show during Mountaineer Week at the Mountainlair.

## 13. Honor Flight

Instructors: Jane Julian, Judy Morris and Ken Bond

E-mail: info@honorflighthuntington.org

Tuesday, 1:00 - 2:50 PM

Classroom: B

July 15



**Course Description:** Honor Flight Network is a non-profit organization created solely to honor America's veterans for their service and sacrifice. It transports our heroes, escorted and free of charge to the veterans, to Washington, D.C., to visit and reflect at the memorials. Top priority is given to senior veterans, WWII survivors, and other veterans who have terminal illnesses. Please watch the YouTube video "This is Honor Flight (Earl Morse)" for a moving description of the program.