



Osher Lifelong Learning Institute  
5000 Green Bag Road  
PO Box 9123  
Morgantown, WV 26506-9123

**Fall Registration begins Sept. 9!**

**Phone: 304-293-1793**

**Fax: 304-293-4779**

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

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



# OLLI @ WVU Charleston



# THE OSHER LIFELONG LEARNING INSTITUTE AT WVU

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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. One of 119 institutes across the country funded by the Bernard Osher Foundation, OLLI at WVU offers classes in Morgantown and Charleston.

OLLI at WVU is a membership organization affiliated with the School of Public Health at WVU 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 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 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.

*Free from the pressures of tests and grades, this is learning simply for the joy of it.*

## CHARLESTON MEMBERSHIP

Membership is open to curious adults interested in programming designed specifically for those over 50, who want to engage socially and intellectually with their peers. An individual must be a member of OLLI to take classes.

In addition to the opportunities to discover a new passion or rekindle an old interest, share a love of learning with peers, and meet new people, members also enjoy such benefits as:

- a weekly e-news bulletin
- discounts on travel and various events around the community
- financial assistance for membership fees

Membership in the Charleston chapter of OLLI at WVU is  
**\$25.00 per term.**

Members may participate in unlimited courses and activities during a term for which they have a paid membership. Terms 2016 runs October-December, January-March, and April-June.

Membership may be purchased on line at [www.olliatwvu.org](http://www.olliatwvu.org), by calling the OLLI office at 304-293-1793, or mailing a membership/registration form to:

OLLI at WVU  
PO Box 9123  
Morgantown, WV 26506-9123

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

## SCHOLARSHIPS

While OLLI at WVU tries to keep fees to a minimum while providing the highest quality experiences to our members, we recognize that membership 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).

## 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 119 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).

# OLLI AT WVU CHARLESTON FALL COURSES

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*All OLLI at WVU Charleston classes are held at the WVU Extension in City Center East, 4700 MacCorkle Ave., Room 1017, unless otherwise noted in the course description.*

## **Enjoy the Color of Fall on the Sunrise Carriage Trail - Joan Steven**

Monday, October 3, 4:00 p.m. – 5:30 p.m.

Location: Carriage Trail on Myrtle Road

Maximum Enrollment: 12

The cooler weather of fall is ideal for a slow walk on the Carriage Trail. Learn about the trail's history and secrets, trees and other plants, and the home of the Barred Owl. The walk is less than one mile roundtrip, with benches along the way. *Participants will meet at the top of the Carriage Trail on Myrtle Road in front of the Sunrise Building.*

**About the Instructor:** A lifelong resident of Charleston, Joan Steven has always been interested in nature and is a Master Gardener and Master Naturalist.

## **How to Make a Lifelong Home - AARP HomeFit - Linda Bunn**

Tuesday, October 4, 1:00 - 2:50 p.m.

What if all homes could be suitable for anyone, regardless of a person's age or physical ability? What if a person who wants to live independently, regardless of his or her age or physical ability, could do just that? AARP HomeFit was created to help people stay in the homes they love by turning where they live into a "lifelong home," suitable for themselves and anyone in their household. Many ideas are low cost and no cost - some are simple do-it-yourself fixes. Learn great ideas to help you stay in your home and community for as long as possible.

**About the Instructor:** Linda Bunn is Associate State Director for Community Outreach for AARP West Virginia. Prior to coming to AARP, Bunn worked for the Office of the WV Attorney General. She holds a bachelor's degree and a law degree from the University of Santa Clara in Santa Clara, California.

## **Inspiration to Publication: How I Wrote a Book and Got It Published - Joshua Kent**

Tuesdays, October 11-25, 5:15 – 6:30 p.m.

Location: St. John's Episcopal Church, Room 109, 1105 Quarrier St., Charleston

Maximum Enrollment: 20

Author and Playwright Josh Kent will share strategies for writing a novel, getting it published, and promoting the work.

**About the Instructor:** Josh Kent studied English at Kent State University and Acting at Ohio University. His short story *Ireland* won the 1998 Ana Engleman award for Creative Writing at Kent State. His debut novel *The Witch at Sparrow Creek* was published in 2015 by Hippocampus Press. His new play *A Thing of Shadows* will debut in Cleveland in 2017. Josh has been writing fiction and poetry since he was a child.

## **"I don't remember" – Practical Ways to Improve Your Memory - James L. Spencer**

Wednesday, October 5, 3:00 – 4:00 p.m.

Why do we forget? This class will address common factors that diminish memory and simple but effective means for overcoming them.

**About the Instructor:** James Spencer is a retired professor of psychology at West Virginia State University.

## **Tasting Yiddish: Shlemiels, Shlimmazels, and Other Nobodies - Dr. Arnold Hartstein**

Wednesday, October 5, 5:15 – 6:15 p.m.

Offering a taste of Yiddish (the language of East European Jews), this class focuses on its preoccupation with character types, especially those at the bottom: fools, klutzes, simpletons, weaklings, and more. An examination of this vocabulary helps us understand much of the Jewish experience and Jewish humor.

**About the Instructor:** Dr. Arnold Hartstein recently retired from West Virginia State University, where he taught English for 41 years.

## **Writing from the Heart: Creative Nonfiction - Dolly Withrow**

Thursdays, October 6, 13, 20, November 3; Fridays, October 28 and November 11, 2:00 – 3:00 p.m.

Maximum Enrollment: 15

Borrowing from the fiction writer's toolbox, participants will learn how to write essays by describing with specific details and by using meaningful dialogue to help reveal character traits. Participants are encouraged to practice writing at home by creating a true story of any experience they have had. Participants should come prepared to learn, laugh, and think in a relaxed atmosphere.

**About the Instructor:** A retired English professor, Dolly Withrow is the author of four books. Since retirement, she taught at the University of Iowa's Summer Writing Festival, read her essays on West Virginia Public Radio, and wrote for three newspapers. She has been a regular contributor to *New & Then*, published by East Tennessee State University. Withrow is a columnist for *The State Journal*.

## **Which Medicare Plan is Right for Me? - Zeke Kimble & Andy McPherson**

Thursday, October 6, 3:30 – 4:30 p.m.

This course will offer an explanation of Original Medicare including a general descriptions of the 4 parts of Medicare including Parts A and B, Medicare Part C (Medicare Advantage) and Medicare Part D (Prescription Drug coverage.) Participants will also learn about Medicare Supplement Insurance plans which can help fill in the gaps Original Medicare leaves behind.

**About the Instructors:** Zeke Kimble and Andy McPherson are licensed insurance agents with Medicare Pathways.

## **Wills and Trusts: 20 Questions - David Higgins**

Friday, October 7, 3:00 – 5:00 p.m.

Do you have a will? Some people don't believe they really need one. But are they right? What about a trust? What is a trust? Is a trust a good idea? Attorney David Higgins will address these common questions and more. If you have family, pets, property, insurance, or even just a stamp collection, this class can help you understand the options that are available in protecting your future.

**About the Instructor:** A founding member of Robinson & McElwee PLLC, David Higgins has been practicing law for more than 35 years. With extensive experience in wills and trusts, Mr. Higgins primarily practices state and federal tax litigation, state and federal securities law, asset protection and general business law.

## **All You Ever Need to Know About Torts (Civil Wrongs Other Than Contracts) - Judge Joseph R. Goodwin**

Mondays, October 10 & 17; Wednesday, October 26; and Friday, November 4, 5:15 – 6:15 p.m.

This course will offer a principled foundation in tort law for everyone in four easy lessons. No legal training required.

**About the Instructor:** Judge Joseph R. Goodwin has served as Federal District Judge for 22 years. A recovering lawyer, he had a private practice for 25 years.

## **Writing Family Stories: Getting Started - Fran Simone**

Tuesday, October 11, 1:00 – 2:50 p.m. Maximum Enrollment: 10

A variety of writing prompts to help jog memories will be shared, as well as a list of online resources. Participants will be invited to write and share short pieces.

**About the Instructor:** Fran Simone is a retired professor from Marshall University where she directed the WV Writing Project. Her memoir, *Dark Wine Waters: A Husband of a Thousand Joys and Sorrows*, was published in 2014. She blogs for *Psychology Today* and conducts writing workshops.

## **The Three Stages in the Development of the New Testament - Monsignor Paul Edward Sadie**

Wednesday, October 12, 1:00 – 2:30 p.m. Maximum Enrollment: 15

This course will offer an analysis of the evolution of the New Testament through three stages, beginning with the life of Jesus through the works of the evangelists.

**About the Instructor:** Monsignor Sadie, recently retired rector of the Co-Cathedral Basilica of the Sacred Heart in Charleston, has spent over 50 years as a diocesan priest. He has served on numerous ecumenical, educational, and economic development commissions and boards through the state and region.

## **The Art and Science of Bread Making - Anthony Abatjoglou**

Friday, October 14, 9:00 a.m. – 2:00 p.m. Maximum Enrollment: 8

Bread has been an integral part of man's diet since before recorded history. Beyond today's high-tech bread baking machines, professional artisan bread baking is a complex art not broadly understood. This class will attempt to bridge the gap between professional artisan bread baking and home baking by revealing the secrets of how to create different qualities of taste and texture in a homemade loaf. Participants will learn how to make flavorful breads with voluptuous and chewy texture, caramelized crusts, and the aroma of nuts. A sampling of various types of artisan breads will be provided.

**About the Instructor:** Anthony Abatjoglou is a retired chemist from the WVU Institute of Technology who enjoys cooking, artisan bread baking, home brewing, and gardening.

## **Understanding Judaism - Rabbi Victor Urecki**

Wednesday, October 19, 10:00 a.m. – 12:00 p.m. Location: B'Nai Jacob Synagogue, 1599 Virginia St. E

A visit to B'Nai Jacob Synagogue, the only traditional Jewish congregation in West Virginia, will include a historical and religious overview of the oldest of the monotheistic faiths, the practices and beliefs of Judaism, and the crucial role Judaism plays in the understanding of Christianity.

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

## **Shakespeare: Pirating, Publishing, and Printing His Plays - Robert L. Harrison**

Monday, October 24, 10:00 a.m. – 12:00 p.m.

The publication of Shakespeare's First Folio in 1623 brought an end to an era of pirating, publishing and printing his plays. This class will use a workshop approach to examine primary documents and complete activities to demonstrate the complexity of publishing his plays in an era when there were no copyright laws to protect playwrights and other authors.

**About the Instructor:** Robert L. Harrison earned his Ph.D. in Educational Administration from The American University, writing his dissertation on William Shakespeare. He participated in the Folger Shakespeare Library's Teaching Shakespeare 1985 Summer Institute and was an English teacher at Bluefield High School for 19 years. Prior to his retirement he was Dean of the College of Professional Studies and earned the academic rank of professor at West Virginia State University.

## **Introduction to Scrapbooking - Margie Price**

Monday, October 24, 2:00 – 3:00 p.m. Maximum Enrollment: 15

Learn about the basics of scrapbooking, including how to sort pictures, types of albums to make, and the variety of tools available. Participants will complete one scrapbook page and receive a list of resources to continue their interest. *Bring five or six photos to be cropped and scrapbooked.*

**About the Instructor:** After working for 40 years as a librarian in college, state, and federal courts, Margie Price now enjoys much of her time in retirement scrapbooking life memories and sharing her hobby with others. She is an advisor for Creative Memories products with 15 years of experience scrapbooking.

## **Old Malden History Tour - Larry L. Rowe**

Thursday, October 27, 1:30 – 3:00 p.m. Location: African Zion Baptist Church, Malden

A tour of the African Zion Baptist Church, known as “Booker’s Church,” and reconstructed cabin of Booker T. Washington’s boyhood in Malden. Learn how this West Virginia community shaped America during and after Reconstruction through the contributions of its residents, many of whom were freed slaves. *Participants will meet at the African Zion Baptist Church.*

**About the Instructor:** Larry L. Rowe is a Malden attorney, local historian and gardener. As State Senator, 2000-2004, he was a leader for historic preservation. He served for five years on the State Ethics Commission and was Chair of the Board of Governors of West Virginia State University from 2011-2013.

## **Music and Memory - Nancy Daugherty**

Tuesday, November 1, 2:00 – 3:40 p.m.

Music is a powerful force. As a vehicle for the expression of dreams, desires, and sensations, it evokes memories, inspiration, imagination, and emotion. Music nourishes the soul. It may also heal and protect the mind and body. Using the documentary, *Alive Inside*, as a guide, participants will learn about how music can be used to combat memory loss, restore a sense of self, and improve quality of life.

**About the Instructor:** Ms. Daugherty worked in state government for many years in programs dedicated to employing people with disabilities or other barriers to employment. For the past eight years she has helped guide efforts for the WV Geriatrics Education Center which works to improve the health and well-being of older adults by providing education and training for healthcare professionals, patients, families and caregivers.

## **Understanding Cats and Dogs: How to Communicate Better with Your Pets - James L. Spencer**

Wednesday, November 2, 3:00 – 4:00 p.m.

Cats and dogs are the most popular pets in the U.S. While sharing general similarities, they are actually quite different animals. This course will examine the behavior of both, allowing pet owners to communicate with, and appreciate more fully, their furry friends.

**About the Instructor:** James Spencer is a retired professor of psychology at West Virginia State University.

## **An Overview of the Islamic Religion - Ibtisam “Sue” Barazi**

Wednesday, November 2, 4:30 – 5:30 p.m.

This course is designed to provide an overview of what Islam is as a religion and the teaching of Prophet Mohamad. Participants will learn about what a Muslim’s daily life encompasses.

**About the Instructor:** Ibtisam “Sue” Barazi is the Vice-President of the Islamic Association of West Virginia. After 29 years of service, she retired from her position as Assistant Area Director of OSHA.

## **Introduction to Financial Planning - Kannathal “Shoba” Sampath**

Monday, November 7, 2:00 – 3:50 p.m.

Participants will receive an overall view of basic financial planning issues, including debt and budgeting, investing and estate planning.

**About the Instructor:** Kannathal “Shoba” Sampath is a certified financial planner and chartered financial consultant with AKA Advisors.

## **Introduction to Hinduism - Kannathal “Shoba” Sampath**

Wednesday, November 9, 1:00 – 2:30 p.m.

Location: India Center, 800 Green Road, Charleston

With over one billion followers, Hinduism is the world’s third largest religion. Participants will learn about the origins and history of Hinduism, as well as the philosophies and modern day practices.

**About the Instructor:** Kannathal “Shoba” Sampath is the Director of India Center Sunday School in Charleston.

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## **SHARE YOUR PASSION: TEACH FOR OLLI**

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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.

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## **OLLI BOARD OF DIRECTORS**

(2016-2017)

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Royce H. Keller, Secretary  
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Linda Alexander, SPH Rep.  
Stan Cohen  
Linda Jacknowitz  
Karen Long  
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### **OLLI at WVU Charleston Curriculum Committee**

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Janet Craig  
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Victoria Gaston  
Kay Goodwin  
Rosa Lea McNeal  
Fran Simone  
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## **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)
- ◆ West Virginia Center for Geriatric Education
- ◆ OLLI Board Members, Committee Members, and Volunteers
- ◆ OLLI \$100K Club
- ◆ Our Distinguished Instructors
- ◆ OLLI Members

# OLLI @ WVU Charleston

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Emergency Contact Name \_\_\_\_\_

Phone \_\_\_\_\_ Relationship \_\_\_\_\_

**OLLI at WVU Charleston**  
**Fall Term Membership: \$25.00**  
**(Make checks payable to:**  
**WVU Foundation)**

**Current Member**

**Please register me for the following courses:**

- |  |  |
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| <input type="checkbox"/> Enjoy the Color of Fall on the Sunrise Carriage Trail                     | Monday, Oct. 3, 4:00 p.m. – 5:30 p.m.  |
| <input type="checkbox"/> How to Make a Lifelong Home - AARP HomeFit                                | Tuesday, Oct. 4, 1:00 - 2:50 p.m.  |
| <input type="checkbox"/> Inspiration to Publication: How I Wrote a Book and Got It Published       | Tuesdays, Oct. 11-25, 5:15 – 6:30 p.m.   |
| <input type="checkbox"/> “I don’t remember” – Practical Ways to Improve Your Memory                | Wednesday, Oct. 5, 3:00 – 4:00 p.m.  |
| <input type="checkbox"/> Tasting Yiddish: Shlemiels, Shlimmazels, and Other Nobodies               | Wednesday, Oct. 5, 5:15 – 6:15 p.m.  |
| <input type="checkbox"/> Writing from the Heart: Creative Nonfiction                               | Thursdays, Oct. 6, 13, 20, Nov. 3<br>Fridays, Oct. 28 and Nov. 11 2:00 – 3:00 p.m. |
| <input type="checkbox"/> Which Medicare Plan is Right for Me?                                      | Thursday, Oct. 6, 3:30 – 4:30 p.m.   |
| <input type="checkbox"/> Wills and Trusts: 20 Questions  | Friday, Oct. 7, 3:00 – 5:00 p.m.   |
| <input type="checkbox"/> All You Ever Need to Know About Torts (Civil Wrongs Other Than Contracts) | Mondays, Oct. 10 & 17;<br>Wednesday, Oct. 26; and Friday, Nov. 4, 5:15 – 6:15 p.m. |
| <input type="checkbox"/> Writing Family Stories: Getting Started                                   | Tuesday, Oct. 11, 1:00 – 2:50 p.m.   |
| <input type="checkbox"/> The Three Stages in the Development of the New Testament                  | Wednesday, Oct. 12, 1:00 – 2:30 p.m.   |
| <input type="checkbox"/> The Art and Science of Bread Making                                       | Friday, Oct. 14, 9:00 a.m. – 2:00 p.m.   |
| <input type="checkbox"/> Understanding Judaism   | Wednesday, Oct. 19, 10:00 a.m. – 12:00 p.m.  |
| <input type="checkbox"/> Shakespeare: Pirating, Publishing, and Printing His Plays                 | Monday, Oct. 24, 10:00 a.m. – 12:00 p.m.   |
| <input type="checkbox"/> Introduction to Scrapbooking  | Monday, Oct. 24, 2:00 – 3:00 p.m.  |
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| <input type="checkbox"/> Music and Memory  | Tuesday, Nov. 1, 2:00 – 3:40 p.m.  |
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| <input type="checkbox"/> An Overview of the Islamic Religion                                       | Wednesday, Nov. 2, 4:30 – 5:30 p.m.  |
| <input type="checkbox"/> Introduction to Financial Planning  | Monday, Nov. 7, 2:00 – 3:50 p.m.   |
| <input type="checkbox"/> Introduction to Hinduism  | Wednesday, Nov. 9, 1:00 – 2:30 p.m.  |

**Register online at [www.olliatwvu.org](http://www.olliatwvu.org) or call 304-293-1793.**

**Or mail form with check to: OLLI at WVU, PO Box 9123, Morgantown, WV 26506-9123**