



OLLI @ WVU

Helping You Stay Connected

Summer 2020 Charleston
Online Course Catalog
July - September
www.olliatwvu.org

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, technology, 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)
- OLLI Board Members, Committee Members, and Volunteers
- OLLI \$100K Club, Donors, and Sponsors
- 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 124 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.

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

- OLLI member

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From Our Director

Thank you for your interest in OLLI at WVU and lifelong learning in our state. In the face of constantly changing information about the COVID-19 pandemic and our desire to act in the best interest of our members', volunteers', and families' health during the ongoing public health crises, the OLLI Board of Directors and I have decided to continue offering classes and social events in an online-only format for our Summer term.

We know that this format will never replace face-to-face gatherings that nurture friendships, inspire impromptu discussions, and encourage lively debate. And we look forward to the day when we can safely return to the OLLI classrooms in the Mountainer Mall, the Schoenbaum Center, and other locations.

Our experiences over the past several weeks encouraged me to return to OLLI's mission statement: *to promote connection, curiosity, exploration, discovery, and discussion through learning and social engagement in non-credit classes, lectures, field trips, and events designed for adults 50+.* I was immediately drawn to the words "connection" and "social engagement." Although we have been and continue to practice physical distancing, maintaining connections and engagement with our friends, family, and community are perhaps even more important than ever. Field trips may be off the table for a while, but with the help of our generous volunteers, OLLI continues to encourage connection and engagement, while also providing our members the opportunity to learn something new in a class, lecture, or special member event using Zoom.

Zoom is an online video conferencing software that allows participants to meet "face-to-face" in a virtual world. With content sharing capabilities, real time messaging, and audio and video connections, Zoom offers OLLI members the opportunity to take a class, listen to a lecture, engage in discussions, and interact with friends from the safety of your own home. Although having a computer, tablet, or smart phone can optimize your Zoom experience, you can also join a class with just a land-line or flip phone. To help members become familiar with the software, OLLI is offering five training sessions in late June. See page 10 for more information.

I look forward to seeing you in class!



Jascenna Haislet
Director, OLLI at WVU

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Like us on Facebook at
Osher Lifelong Learning at WVU

OLLI Office Hours

The OLLI office will be open for in-person visits
by appointment only.
By phone, 9:00 a.m. - 5:00 p.m. Monday - Friday
Closed Saturdays, Sundays,
and University holidays



Look for this icon next to the course titles beginning on page 10!

This indicates that the instructor is a member of the OLLI Honor Roll and has taught at least 10 courses and 60 class session hours. If more than one instructor is listed, the Honor Roll member is in **bold**.

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**

- The opportunity to learn and to meet new friends.
- Discounts on travel and various events around the community.
- At least two free Special Member Event per year.
(no term registration fee required)
- Weekly email bulletin.
- A voice in OLLI governance and invitation to the OLLI Annual Meeting.
- The right to run for the OLLI Board or serve on a committee.
- The right to be added to a course wait list.
(members will be given priority when a seat opens up in a class)
- Financial assistance for membership and registration fees.
- 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 1st to June 30th.

**Some member benefits may not be available during terms during which OLLI, for the sake of public health, is holding classes online only.*

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, fee waivers 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.

How to Register

Summer term runs July 1st through September 30th. Most programming is scheduled between July 6th through August 15th. To register, you must have a current membership and have paid the required fees for the term.

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

- Online at www.olliatwvu.org.
- 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: West Virginia Treasury Basics

Summer Registration begins June 18, 2020

What Will Your Legacy Be?

Lifelong learners value education - for themselves and others.

Osher Lifelong Learning Institute (OLLI) at WVU exists because of the unique experiences, capabilities, and wisdom of mature members of the community.

Daily we see the educational and social impact OLLI has on members. Funded through membership fees, donations, and grants, OLLI benefits from the generosity of like-minded lifelong learners. Each gift allows meaningful work that would not have happened otherwise.

Your consideration of a gift today or in the future for OLLI at WVU will benefit the programs and help secure your OLLI legacy.

Every gift has an impact.

Giving Today

- Give an **IRA gift**. Giving directly from your IRA, i.e., “charitable IRA rollover,” to OLLI is considered part of your required minimum distribution (RMDI), yet is not reported as income for tax purposes nor do you receive a charitable income tax deduction.
- Donate **securities**, i.e., stocks. You avoid capital gains taxes on the increased value.
- Give a gift that provides income to you. By **giving an asset (e.g., cash or securities/stocks) away**, it is possible to receive payments for your lifetime with a higher rate of return than you may be receiving now.
- Of course, **cash** is always an option.
- Give from a **donor-advised fund**. Gifts from these funds can also benefit OLLI at WVU.

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

For more information, contact Jascenna Haislet at 304-293-1793.

To give today, visit <http://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.

Giving Tomorrow

- Provide a gift in your will (bequest), trust, or estate plan.
- Provide a gift through your retirement account, including IRA/Roth IRA or pension plan. List OLLI at WVU as a beneficiary or contingent beneficiary on plan documents.
- Donate a life insurance or annuity policy by listing OLLI at WVU as a beneficiary or as owner and beneficiary on plan documents.



The Village at Heritage Point

Inspired senior living in the heart of Morgantown

**The Village at Heritage Point is proud
to be a sponsor of OLLI at WVU.**

**Please call 304-285-5575 or
visit www.Heritage-Point.com**

**Want to join the growing list of
OLLI business partners and sponsors?**

**Contact Jascenna Haislet, Director,
at jascenna.haislet@hsc.wvu.edu**



Harmony

at Morgantown

Supporting OLLI at WVU & lifelong learning in Morgantown.

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50 Harmony Drive | Morgantown | 304.212.4939 | HarmonyAtMorgantown.com



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.

OLLI Blog and Friday E-bulletin

Follow the latest on OLLI's blog at <https://olliatwvu.wpcomstaging.com>. Every Friday morning, we send an email bulletin with information from the blog 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>. 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.



OLLI members learned about the Assistive Technology Library available through WVATS.

Summer 2020 Schedule at a Glance

Page #	Class, Instructor	Time	Sessions	Date(s)
Monday				
13	<i>The New Yorker</i> Discussion Group	10:00 - 11:50 a.m.	6	July 6 - Aug. 10
10	Yarn Arts Group	12:45 - 2:35 p.m.	ongoing	July 6 - Sept. 28
11	The Book of Kells (Cann)	1:00 - 3:00 p.m.	1	July 13
10	Taking an OLLI Class...Zoom (iPads/smart phones) (Klishis)	9:30 - 11:20 a.m.	1	June 29
13	<i>The New Yorker</i> Discussion Group II	3:00 - 4:50 p.m.	6	July 6 - Aug. 10
Tuesday				
10	Ask a Geek (Klishis)	10:00 - 11:00 a.m.	6	July 7 - Aug. 19
14	Famous Places in WV: Mountaineer Country (Johnson)	12:30 - 2:20 p.m.	3	July 7 - 21
14	Using Your Apple iPad & iPhone (Russell)	12:30 - 2:20 p.m.	1	July 28
11	Old Time Radio Plays (Haislet)	1:00 - 2:50 p.m.	1	Aug. 18
10	Taking an OLLI Class...Zoom (laptops/desktops) (Klishis)	1:30 - 3:20 p.m.	1	June 23
10	Taking an OLLI Class...Zoom (phones) (Klishis)	1:30 - 2:20 p.m.	1	June 30
13	Introduction to Physics, III (Balthazar)	3:00 - 4:30 p.m.	3	July 28 - Aug. 11
Tuesday/Thursday				
11	Beyond the Frame (Smithsonian American Art Museum)	1:00 - 2:30 p.m.	4	Aug. 4 - 13
12	Eat Right, Eat Well...(Cohen, Cohen)	3:00 - 4:50 p.m.	4	July 7 - 16
10	Twilight Trivia	7:00 - 8:30 p.m.	3	July 21, Aug. 18, Sept. 15
Wednesday				
10	Taking an OLLI Class...Zoom (laptops/desktops) (Klishis)	10:00 - 11:50 a.m.	1	June 24
12	Yoga for Back Pain (Layton)	10:00 - 11:50 a.m.	6	July 8 - Aug. 12
12	Before COVID-19: A WWI Disease...(Hammersmith)	12:45 - 2:35 p.m.	1	July 8
13	How Plants Communicate (Rentch)	12:30 - 2:20 p.m.	3	July 15 - 29
13	Prohibition and the Mafia (Colvin)	12:30 - 2:20 p.m.	3	Aug. 5 - 19
14	Trekking..Monongahela National Forest (Klishis)	10:00 - 11:50 a.m.	1	Aug. 19
13	DNA, Genetics, and Genealogy (Cockburn)	3:00 - 4:50 p.m.	6	July 8 - Aug. 12
Thursday				
14	Technology Security (Klishis)	9:30 a.m. - 12:30 p.m.	1	Aug. 20
10	Taking an OLLI Class...Zoom (iPads/smart phones) (Klishis)	10:00 - 11:50 a.m.	1	June 25
13	COVID-19: The Disease...(Long)	10:00 - 11:50 a.m.	1	July 9
11	Marc Chagall: The Artist...(Cann)	10:00 a.m. - 12:00 p.m.	1	July 16
12	Smart Home Devices (Cumpston)	10:00 - 11:50 a.m.	1	July 30
14	Trekking...New River Gorge National Forest (Klishis)	10:00 - 11:50 a.m.	1	Aug. 6
11	The Lives and Works of Women Artists (Cann)	10:00 a.m. - 12:00 p.m.	1	Aug. 13
13	Travel Through...Basque and Sicily (Reddy)	12:30 - 2:20 p.m.	1	July 16
14	Using Your Apple iPad & iPhone (Russell)	12:30 - 2:20 p.m.	1	July 23
14	Technology Security (Klishis)	1:00 - 4:00 p.m.	1	July 9
12	Advance Care Planning...(Funk)	12:30 - 2:20 p.m.	1	July 23
12	Understanding Medicare (Foster, Gouty)	12:30 - 2:20 p.m.	1	July 30
13	Science Fiction and Science Fact...(Cole)	3:00 - 4:50 p.m.	2	July 23 & 30
Friday				
11	Music from the Brill Building (Wendell)	10:00 - 11:50 a.m.	6	July 10 - Aug. 14
14	Lunch & Lights! Floats & Fireworks! (Johnson)	12:30 - 1:30 p.m.	8	July 17 - 31 & Aug. 21 - Sept. 18
11	Share More Stories (Rosenbluth)	12:30 - 2:20 p.m.	2	Aug. 7 & 14
11	Wickedly Witty Portraits (Cann)	1:00 - 3:00 p.m.	2	Aug. 7
12	My Genes, ...My Kindom for a Gene (Karshenas)	3:00 - 4:50 p.m.	1	July 24
Sunday				
10	OLLI Virtual Happy Hour (Haislet, Klishis)	6:00 - 7:00 p.m.	7	July 12 - Aug. 23

Special Member Events and Opportunities

***Special Member Events, unless otherwise noted, are free or discounted for current OLLI members!
Payment of term enrollment fee is not required.***

Ask a Geek

Michelle Klishis

Tuesdays, July 7 - August 19, 10:00 - 11:00 a.m.

Sometimes you have questions about technology that don't fit into a specific class or course or maybe you just have something that is driving you crazy. For those times, OLLI's Professional Technologist, Michelle Klishis, has created a regular technology question & answer session.

Be aware that sometimes the answer is "No, you can't do that," and sometimes the answer is, "I don't have a clue." As long as you're okay with getting "No" for an answer, Michelle is willing to field any and all questions. Also, feel free to send an email ahead of time if you think your question is going to be really complicated or beyond the scope of an hour-long session. Reach out to olli@hsc.wvu.edu with the subject Geek Question.

No question is too small or too silly to answer! And even if you think you don't know enough to ask your own question, you can usually learn a lot listening to someone else's questions! And Michelle can always ramble on about any tech topic if you get her started.

As a warning, Michelle's strengths are Android phones, Windows PCs, MS Office software, and digital security and privacy. Her weaknesses are Apple products and AV equipment. (i.e., Apple questions are most likely to be answered, "I don't know; I'll have to look into it.")

OLLI Virtual Happy Hour

Sundays, July 12 - August 23, 6:00 – 7:00 p.m.

Join us for an on-line happy hour with OLLI members! We're going to chat and socialize and check in on each other! Take this opportunity to dress up and chat with people you haven't seen for awhile or maybe haven't met in person before! If we have a large number of participants, we'll attempt to break this into several "smaller" rooms so conversation is possible. And once you've got the hang of this, you can set up your own video chats with friends.

Twilight Trivia

Tuesdays, July 21, August 18, & September 15
7:00 - 8:30 p.m.

Grab a beverage and some snacks, settle into a comfy chair with your laptop, tablet, or smart phone, and test your knowledge of trivia, and the trivial, against your fellow OLLI members during our monthly virtual game night!

Interest Groups

OLLI Interest Groups are open to OLLI members at no additional charge. Payment of term fee is not required. Some restrictions may apply. See description for more detail.

Yarn Arts

On **Mondays from 12:45- 2:35 pm**, join others to share ideas, patterns, and workshop information and to support each other in knitting, crocheting, needle-point, and other yarn and thread arts.

Taking an OLLI Class with Zoom

Michelle Klishis

For laptops and desktops:

Tuesday, June 23, 1:30 - 3:20 p.m.

Wednesday, June 24, 10:00 - 11:50 a.m.

For iPads and smart phones:

Thursday, June 25, 10:00 - 11:00 a.m.

Monday, June 29, 9:30 - 11:20 a.m.

For land-lines:

Tuesday, June 30, 1:30 - 2:20 p.m.

Interested in taking an OLLI class this summer but not sure how to use the online meeting software, Zoom? Join us for a session where we will walk you through the steps you'll need to take, from downloading and installing the Zoom app on your device, to entering the virtual classroom, to using the chat function, and more. If you don't have a computer or personal electronic device, learn how you can join Zoom with your phone. Choose a session based on your device and stay connected this summer with OLLI and Zoom.

Beyond the Frame: American History through Artworks from the Smithsonian American Art Museum

Tuesdays/Thursdays, August 4 - 13,
1:00 - 2:30 p.m.

Artists give us a diverse window on American life, reflecting the cultural, social, and political climate of the time in which they work. Explore the question, "What does art reveal about America?" as you examine better- and lesser-known aspects of American history to reframe your perspective. Join study group leaders as they facilitate an examination of America through the eyes of diverse artists in four discussion-based sessions, each focused on a separate era: *Seeing Is Thinking*, *Early America*, *Wars at Home and Abroad*, and *Contemporary Life*.

The Book of Kells: Celtic Art and the Illuminated Manuscript

Melora Cann
Monday, July 13, 1:00 - 3:00 p.m.

This class will explore Insular art, and specifically Celtic art, of Ireland and Scotland in the mid- to late eighth century through examination of The Book of Kells and other contemporary sources. The Book of Kells is considered to be the world's most famous early medieval manuscript, a 1,200-year-old copy of the Gospels, illustrated with hand-lettered and illuminated pages by monastic scribes. It was created by the Celtic monks in c. 801 A.D. and is considered the pinnacle of Insular art.

The Lives and Works of Women Artists: Sofonisba Anguissola

Melora Cann
Thursday, August 13,
10:00 a.m. - 12:00 p.m.

Sofonisba Anguissola (1532-1625) was an influential Italian Renaissance painter known for introducing new techniques in portrait painting. She was one of the first known female artists and one of the first women artists to

establish an international reputation during her lifetime. She created life-like, sophisticated portraits in a style bordering on mannerism. She painted both self-portraits and portraits of aristocracy, including official portraits of the Spanish royal house. The class will examine her life, times, and art.

Marc Chagall: The Artist, The Jerusalem Windows

Melora Cann
Thursday, July 16, 10:00 a.m. - 12:00 p.m.

Marc Chagall (1889 – 1985) was a French / Russian-Jewish artist at an international level. He was one of the most influential modernist artists of the 20th Century. He was a painter, book illustrator, ceramicist, stained-glass painter, stage set designer and tapestry maker. In 1959, he was commissioned to design the stained-glass windows for the synagogue in the Hadassah-Hebrew University Medical Center in Jerusalem. In 1962, the twelve windows were completed and installed and are considered one of his master works. In addition to the windows, this class will explore other art and moments within his long and productive career.

Music From The Brill Building 1957-1966

Barry Wendell
Fridays, July 10 - August 14,
10:00 - 11:50 a.m. 

The Brill Building, on Broadway in New York City, is home to a hive of small offices once used by composers like Irving Berlin and Hoagy Carmichael. In the late 1950s, a new generation moved in, starting with Jerry Leiber and Mike Stoller. Composers like Carole King and Gerry Goffin, and Barry Mann and Cynthia Weil followed. Clients for their songs included Gene Pitney, The Drifters, The Shirelles, and The Shangri-Las. Come relive those thrilling days of yesteryear!

Old Time Radio Plays

Jascenna Haislet
Tuesday, August 18, 1:00 - 2:50 p.m.

For nearly four decades, the Golden Age of Radio kept Americans informed and entertained us with a variety of new entertainment genres. Among those were the drama, suspense, and comedy of radio plays. This class will discuss the origins and legacy of radio plays, as well as some of the great entertainers of the format, including George Burns and Gracie Allen, Fred Allen, Jack Benny, and Jack Webb.

Share More Stories

Alan Rosenbluth
Fridays, August 7 & 14, 12:30 - 2:20 p.m.

We all have stories--memories of childhood/family, life-changing events, losing loved ones, surprises, and even fantasies. Please read one or several of your stories. 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.

Wickedly Witty Portraits by Giuseppe Arcimboldo - An Artist's Tour de Force

Melora Cann
Friday, August 7, 1:00 - 3:00 p.m.

Giuseppe Arcimboldo (1526 – 1593) was an Italian artist who worked for 25 years as court painter for the Hapsburgs in Vienna and in Prague. His portraits were faces composed of fruits, vegetables, and animals, creating humorous, sometimes scary, images that either made the viewer smile or offended the image-conscious. Clearly, from his duration at court, his patrons enjoyed his imagery and sense of humor as well as his skill as a painter in the mannerist period. We will spend time enjoying the visual "fruits" of his labors!

Advance Care Planning and the WV e-Directive Registry

Danielle Funk

Thursday, July 23, 12:30 - 2:20 p.m.

Advance care planning is an important step in determining future goals, personal values, and preferences for future medical care. Wishes can be written in many ways, such as Medical Power of Attorney (MPOA), Living Will (LW), Combined MPOA/LW, Physician Order for Scope of Treatment (POST), and Do Not Resuscitate (DNR) card. The WV Center for End-of-Life Care serves the state of WV by helping individuals navigate and understand the advance care planning process. The Center also has the nationally recognized e-Directive Registry which allows for secure storage of advance directives and medical orders with access given to treating health care providers.

Eat Right, Eat Well: Rediscovering the Lost Art of Cooking

Stan Cohen, Judy Cohen

Tuesdays & Thursdays, July 7 - 16
3:00 - 4:50 p.m.

This course continues its healthy focus and describes several basic cooking techniques, pantry staples, and equipment for cooking at home. Featured is a series of 35-minute *The Great Courses Plus* videos from the Culinary Institute of America, followed by discussion. A sample recipe to cook at home prior to class will be distributed and discussed after the video presentations. All are welcome to share tips, tricks, and techniques from their own kitchen.

My Genes, My Genes. My Kindom for a Gen

Allie Karshenas

Friday, July 24, 3:00 - 4:50 p.m.



The emergence of genetic engineering and gene editing technologies in diagnosis and treatment of hard-to-treat diseases like cancer and neurological disorders has been phenomenal. This lecture discusses the basic principles of these technologies in simple terms and their impact on human health and the human race. You don't need to have a science background to appreciate the significance of these tools and technologies.

Smart Home Devices

Douglas Cumpston

Thursday, July 30, 10:00 - 11:50 a.m.

This class will discuss smart home devices and their use to assist seniors for daily living regarding safety, communication, and general ideas to assist with needs.

Understanding Medicare

Dan Foster, Rebecca Gouty

Thursday, July 30, 12:30 - 2:20 p.m.

Although virtually every senior citizen is aware of the importance of Medicare, there is still much to be learned. This class, whose primary presenter will be one of the state directors of the West Virginia Bureau of Senior Services, will provide numerous specifics about this critical program. These specifics would include the history, costs, eligibility, coverage, options, nuances, and lesser-known information. There are many decisions you can make to enhance your experience with Medicare and, by attending this course, you will learn about some of these opportunities.

Yoga for Back Pain

Deborah Layton

Wednesdays, July 8 - August 12
10:00 - 11:50 a.m.

Yoga can sometimes be intimidating for people who are a little older, less flexible, or live with some pain. These classes are designed to help alleviate back pain symptoms by using breathing, gentle movements, stretches, and visualizations. The course will move from the easiest postures using the support of the floor and a chair in first class to more challenging movements week by week, building toward more standing poses and those that will help develop strength in the core. Modifications will be provided for individual students, as needed.

History and Literature

Before COVID-19: A WWI Disease More Deadly Than Mustard Gas

Jack Hammersmith

Wednesday, July 8, 12:45 - 2:35 p.m.

With COVID-19 dominating our world, we hear frequent references to the even more massive and deadly influenza of 1918-1920. Misnamed the Spanish flu, it washed over much of the world in waves, the first less deadly than the second. In all, somewhere between 17-100 million died worldwide, younger adults being more at risk than the elderly. Where did it originate? How did it develop? What impact did it have on the U.S., West Virginia, WVU, and the Morgantown area? We will examine these and other questions in a single session during the summer term.

Prohibition and the Mafia

Kenton Colvin

Wednesdays, August 5 - 19
12:30 - 2:20 p.m.



Prohibition in the United States was a nationwide constitutional ban on the production, importation, transportation, and sale of alcoholic beverages from 1920 to 1933. It was a time characterized by speakeasies, glamor, and gangsters, and a period of time in which even the average citizen broke the law. We will discuss how and why prohibition happened; why it failed; how it ended; and the ties between prohibition and the mafia, law enforcement, moonshine, and NASCAR. We will also learn about Al Capone and Elliot Ness and his "untouchables."

Science Fiction and Science Fact: Radio Astronomy in Science Fiction Novels and Films

Jay Cole

Thursdays, July 23 & 30, 3:00 - 4:50 p.m.

Where does science stop and science fiction start? This course will explore this question with a focus on how radio astronomy has been depicted in science fiction novels and films over the last 60 years. The focus is particularly appropriate for West Virginia because of the Green Bank Observatory, one of the world's leading radio astronomy facilities, located in Pocahontas County. The course will review excerpts from science fiction novels, watch clips from science fiction films, and discuss the relationship between science fiction and science fact.

Travel through the Ancient Countries of the Basque and Sicily

Sumitra Reddy

Thursday, July 16,
12:30 - 2:20 p.m.



The Basques are Pre-Roman people whom the Greco-Roman geographers called Vascones. Their language is a "language isolate" and one of the

surviving pre-Indo-European languages while the Mediterranean island of Sicily is a melting pot from ancient times. Along with history, videos with fascinating sites will be presented in the class.

COVID-19: The Disease, New Developments, A New Normal?

Karen Long

Thursday, July 9, 10:00 - 11:50 a.m.

This class discussion will include the features of the novel virus and COVID-19 disease, the world and U.S. response to date, therapies and vaccines, contact tracing and what might lie ahead. We will also review some basic virology, immunology, and epidemiology as they apply to this once in a lifetime pandemic.

DNA, Genetics, and Genealogy

Andrew Cockburn

Wednesdays, July 8 - August 12
3:00 - 4:50 p.m.



This course will cover how to use the results from DNA testing companies in genealogy, with a primary focus on Ancestry.com. There will also be discussion of what widespread DNA testing has shown about human population genetics and other applications of human DNA data.

How Plants Communicate

Jim Rentch

Wednesdays, July 15 - 29
12:30 - 2:20 p.m.



Read any college forestry text and you will learn that the center of plant to plant interactions is competition between them for a larger share of needed resources. Less appreciated are the surprising ways that plants communicate and share resources. This short course will look at these above and below ground interactions.

Introduction to Physics, III

Ed Balthazar

Tuesdays, July 28 - August 11
3:00 - 4:30 p.m.

Physics III will be an overview of thermal physics and will give an understanding of topics such as hot objects, why a balloon inflates, freezing and boiling, how insulation works, steam and auto engines, your refrigerator, and finally human diets. The first session will cover temperature and measurement, thermal expansion and theory of gases. The second will include heat, internal energy, specific heat, latent heat and phase change, and energy transfer. The class will end with work and thermodynamics, thermal processes, heat engines, and entropy and human metabolism. These words sound scary, but rest assured there will be no math involved. The instructor will provide a list of supplies to conduct experiments at home. Participants need not have taken Physics I or II to enjoy this class.

Social Sciences, Politics, & Current Events

The New Yorker Discussion Group

Jascenna Haislet

Mondays, July 6 - August 10
10:00 - 11:50 a.m.

Join us to discuss a range of topics from recent issues of *The New Yorker*. Members of the group choose articles, fiction, and topics to be discussed each week. All viewpoints welcome! A subscription to *The New Yorker* is strongly recommended.

The New Yorker Discussion Group II

Ann Davidson

Mondays, July 6 - August 10
3:00 - 4:50 p.m.

The class will choose which articles to discuss. Many are pertinent to current affairs and others are just interesting. A subscription to *The New Yorker* is strongly recommended.

Offered Twice

Encore

Technology Security

Michelle Klishis

Thursday, July 9, 1:00 - 4:00 p.m.

Thursday, August 20, 9:30 a.m. - 12:30 p.m.

Honor Roll Faculty

"If you are not paying for it, then YOU are the PRODUCT." As more of our lives becomes digitized, it's important to make sure you are being safe with your electronic gadgets and online information. Anti-virus, malware, hacking, identity theft: all of these things make computers and smart phones sound terrifying, but there are simple steps you can take to make your data more secure and to feel more comfortable surfing the web and shopping online.

Using Your Apple iPad & iPhone

Harry Russell

Thursday, July 23, 12:30 - 2:20 p.m.

Tuesday, July 28, 12:30 - 2:20 p.m.

Maximum Enrollment: 16

This course covers iOS 11 for the iPhone and iPad. We'll look at features of this state-of-the-art operating system and the incredibly useful devices on which it runs. We'll explore the basic knowledge and skills you'll need to use your device effectively and efficiently, like the various gestures you use to control the operating system and how to find and install third party apps.

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

Famous Places in West Virginia: Mountaineer Country

Ed Johnson

Tuesdays, July 7 - 21

12:30 - 2:20 p.m.

Honor Roll Faculty

Encore

At last, we will get back on the road, exploring West Virginia. Even though we previously explored many places in the Mountaineer Country tourism region, that was a long time ago. So we will start anew for any new travelers from Morgantown as well as those joining us from Charleston.

Lunch & Lights! Floats & Fireworks!

Ed Johnson

Fridays, July 17 - 31

August 21 - September 18

12:30 - 1:30 p.m.

Honor Roll Faculty

Through the magic of YouTube videos, Google Maps, and your imagination, we will visit Disney theme parks worldwide for a quick orientation of each, explore a cultural and historical context, and view the nighttime spectacles. Some are unique (wait 'til you see Tokyo *DisneySea!*); some are similar to others; some have evolved; and too many are now memories. *The Main Street Electrical Parade, Spectromagic, Dream Lights, Light up the Night, Fantasmic, Wonderful World of Color,* and *Illuminations* are just a few we'll see. Some are parades through the parks. Others are more like a show and include fireworks, lasers, water effects and more. Sessions will be 60 minutes or less, though a few, where we compare various versions of a show, may run just a little longer. Get your lunch and the biggest screen you can find and prepare to be amazed! This class is a continuation of OLLI's spring presentation.

Trekking Through West Virginia's National Lands

Michelle Klishis

The New River Gorge National River

Thursday, August 6, 10:00 - 11:50 a.m.

New Date**The Monongahela National Forest**

Wednesday, August 19, 10:00 - 11:50 a.m.

Six weeks of being on crutches back in 2010 spurred the presenter to get back outdoors and led to rediscovering how beautiful (and hilly) West Virginia is through hiking. Of the four national parks and three national forests in WV, two of her favorite places are the Monongahela National Forest and the New River Gorge National River. These presentations will share some of the beauty of the state, as well as provide recommendations on places to visit and a discussion of some of her favorite places to hike.

Can't make it to your class?

Please call the OLLI office
at
304-293-1793
to let us know so we can
open your seat
to someone on the wait list!

Policies and Procedures

Accessing a class in Zoom

When you are enrolled in an OLLI class or special member event, you will receive an email the morning of the class with the Zoom link and meeting ID. If you do not use email, please call the OLLI office on the morning of the class to ask for the meeting ID.

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, expressed 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.

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.

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.

Registration Matters

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.

If you are unable to attend a class for which you are registered, please notify the OLLI office. Please be respectful of the time and efforts of our volunteer instructors and your fellow OLLI members.

Refunds

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

Be an OLLI Ambassador!

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

- Invite a friend to a class
(when we're safely meeting face-to-face again)
- 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.



About the Instructors

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.

Melora 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.

Andrew Cockburn received his PhD in 1979 for work using the new DNA techniques to study the genetic structure of slime molds. He worked as a geneticist for 45 years primarily on insects and bacteria. He is also an amateur genealogist who has been researching his family for twenty years.

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 lifelong advocate of a wellness lifestyle, including healthy eating. He will be assisted by his partner, **Judy Cohen**.

Jay Cole is Senior Advisor to WVU President Gordon Gee. He taught a WVU honors course on science fiction. Jay has been published in *Asimov's Science Fiction Magazine* and *ANALOG Science Fiction and Fact Magazine*. He is an associate member of the Science Fiction and Fantasy Writers of America. He has also taught or co-taught numerous OLLI courses on Pearl Buck.

Kenton Colvin retired from WVU Student Life after 18 years. Previously he spent 26 years in manufacturing management with several corporations. He has a Masters Degree in Industrial and Systems Engineering and has taught engineering courses for 26 years. He is vice president of the Mon Valley Railroad Historical Society and enjoys reading history and teaching classes at OLLI.

Doug Cumpston has a criminal justice

education with a history of working in mental health and disabilities services. He has been with WVATS for two years and has further education with Agribility and its technology. He is certified with JAWS (screen reader technology) and has ATP certification. He has presented nationally at AUCD and Farm Aid and locally at the botanic gardens.

Ann Davidson is retired from 20+ years in medical research at WVU. She was introduced as a teenager to *The New Yorker* by her parents and has enjoyed the articles ever since.

Dan Foster is a retired physician who has lived in Charleston for more than 40 years.

Danielle Funk, MS, is the Program Assistant II for the WV Center for End-of-Life Care. She oversees the daily operations of the Center and e-Directive Registry. She also coordinates educational and community outreach based opportunities to help West Virginia residents and health care providers better understand advance care planning, the Center, and the e-Directive Registry.

Rebecca A. Gouty is the West Virginia State Health Insurance Assistance Program/ Senior Medicare Patrol State Director. Her office is located on the third floor of the Charleston Town Center Mall.

Jascenna Haislet built a career in professional and academic theatre, working in several disciplines, prior to returning to graduate school at the University of Southern California to study gerontology.

Jack Hammersmith, grazing in the retirement pasture for four years, taught East Asian and US history at WVU for forty-eight, potentially inflicting more distress on students than the current practice of social distancing. For at least

the upcoming summer session, potential participants are safe in snoozing or sneering at will, because the class will be delivered via the internet.

Ed Johnson is the creator/curator of a website for students and educators of West Virginia Studies, mh3wv.org.

Dr. Allie Karshenas is the Associate Vice President of Clinical Research Operations and Institutional Advancement at the Robert C. Byrd Health Sciences Center of WVU as well as the AVP for the HSC's Global Engagement Programs, the Director of Technology Commercialization, and Associate Professor of Pharmaceutical Systems and Compliance at the School of Pharmacy at WVU.

Michelle Klishis, OLLI's professional technologist, is a jack-of-all-trades and certifiable geek. Her degree in biology and work in a microbiology lab gave her absolutely no preparation for becoming a technology consultant, yet here we are.

William Koehler, DMA, has studied and practiced T'ai Chi for over a period of 25 years, including the Cheng Man-ch'ing 37 posture Yang style, "Small Space T'ai Chi," and the Yang 24 posture form. He studied for five years with Robert Larsen, a student of Cheng Man-ch'ing.

Deborah Layton, a yoga student since 1995, has been teaching since 2004 in the Viniyoga tradition. She is an Experienced Registered Yoga Teacher at the 500-hour level and is currently working toward certification in yoga therapy. She holds a BS in Recreation Therapy from Virginia Commonwealth University.

Karen Long is Associate Professor Emerita and retired from the WVU Department of Medical Laboratory

About the Instructors

Science where she taught clinical microbiology and immunology. She is currently a per diem technologist in the microbiology laboratory at Monongalia General Hospital and loves to tell others about microbes and infectious diseases. She also teaches travel courses for OLLI members.

Cecil Pollard has been practicing T'ai Chi for almost five years under several different instructors. He has experience teaching this class, but but doesn't consider himself an expert. He continues to take classes when possible.

Sumitra Reddy has enjoyed teaching a variety of classes on various topics since joining OLLI in 2010. She grew up in India, came to the US for graduate studies, and received a PhD in Physics.

Jim Rentch taught silviculture and field botany courses at WVU for 16 years.

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.

Harry Russell is a graduate student in WVU's Masters of Public Health program with a concentration on Social and Behavioral Sciences. He is an avid sports fan from Roanoke, VA.

Barry Wendell has been teaching about pop music at OLLI for many years now, including covering years from 1960-1968, and classes about Motown, The British Invasion, The Beach Boys and Laura Nyro. Barry has a Bachelor of Arts in Humanistic Studies from Johns Hopkins University, and used to sing Jewish liturgical music at synagogues in California and Idaho.

Mark Your Calendar!

Other Important Dates

July 13

Fall Course Proposals Due

September 21

Fall Registration Begins

October 5

Fall Term Begins

November 2

Winter Course Proposals Due

January 18

Spring Course Proposals Due

January 25

Winter Term Begins

Curious About Teaching for OLLI?

OLLI at WVU draws volunteers from all walks of life to teach a wide variety of courses for adults 50 and older. Although many of our instructors are teachers, professors, or business and civic leaders, many others are community members with a desire to share their knowledge and passion with their peers.

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. And you don't have to grade exams!

Courses are offered during Fall, Winter, Spring, and Summer terms in the areas of arts, literature, history, philosophy and religion, current events, political affairs, science, math, health and wellness, travel, and more. Courses may be from one to six sessions. Most sessions last about two hours.

Most courses are held in the Mountaineer Mall in Morgantown, although OLLI has a branch in Charleston as well.

Interested in teaching for OLLI? Visit our website at www.olliatwvu.org or call the OLLI office at 304-293-1793 for more information.



2020-21 Charleston Membership & Summer Registration Form

Name: _____

Address: _____

City, State, Zip: _____

Phone: _____ Email: _____

Emergency Contact: _____ Relationship: _____

Phone: _____

Has any of your contact information changed since your last registered term? Yes No

Check one: New Member (Referred by: _____) Renewal

Annual Membership: July 1, 2020 - June 30, 2021	Annual Plus Membership <i>(includes annual registration fees)</i>	x \$120 =	\$ _____
	Annual Membership <i>(registration fee not included)</i>	x \$ 20 =	\$ _____
	Total Course Registration	x \$25 =	\$ _____
	Tax-deductible donation to OLLI:		\$ _____
		Total Due:	\$ _____

Financial Assistance

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, **financial assistance is available**. To apply, ask for a confidential application at the OLLI office or fill out the form on our website at www.olliatwvu.org.

Supporting OLLI

I wish to make a tax-deductible donation to OLLI in the amount of \$ _____

Please direct my contribution to the: Greatest Need Other _____

Contributions to OLLI are always welcome and appreciated.

Payment Cash Check: Please make payable to WVU Foundation Check # _____

Visa/MasterCard/Discover Card # _____

Exp. Date _____ CVV# _____

Signature _____

Name & billing address of card if different from above

Summer 2020 Charleston Registration Form

Name _____

Please provide contact information on opposite page.

Summer Term Fee: \$25 for unlimited courses listed below.

Monday

- The New Yorker Discussion Group 10:00 - 11:50 a.m. July 6 - Aug. 10
- The Book of Kells 1:00 - 3:00 p.m. July 13
- The New Yorker Discussion Group II 3:00 - 4:50 p.m. July 6 - Aug. 10

Tuesday

- Famous Places in WV: Mountaineer Country 12:30 - 2:20 p.m. July 7 - 21
- Using Your Apple iPad & iPhone 12:30 - 2:20 p.m. July 28
- Old Time Radio Plays 1:00 - 2:50 p.m. Aug. 18
- Introduction to Physics, III 3:00 - 4:30 p.m. July 28 - Aug. 11

Tuesday/Thursday

- Beyond the Frame...Smithsonian 1:00 - 2:30 p.m. Aug. 4 - 13
- Eat Right, Eat Well... 3:00 - 4:50 p.m. July 7 - 16

Wednesday

- Yoga for Back Pain 10:00 - 11:50 a.m. July 8 - Aug. 12
- Before COVID-19: A WWI Disease... 12:45 - 2:35 p.m. July 8
- How Plants Communicate 12:30 - 2:20 p.m. July 15 - 29
- Prohibition and the Mafia 12:30 - 2:20 p.m. Aug. 5 - 19
- Trekking...Monongahela National Forest 10:00 - 11:50 a.m. Aug. 19
- DNA, Genetics, and Genealogy 3:00 - 4:50 p.m. July 8 - Aug. 12

Thursday

- Technology Security 9:30 a.m. - 12:30 p.m. Aug. 20
- COVID-19: The Disease... 10:00 - 11:50 a.m. July 9
- Marc Chagall: The Artist... 10:00 a.m. - 12:00 p.m. July 16
- Smart Home Devices 10:00 - 11:50 a.m. July 30
- Trekking...New River Gorge National Forest 10:00 - 11:50 a.m. Aug. 6
- The Lives and Works of Women Artists 10:00 a.m. - 12:00 p.m. Aug. 13
- Travel Through...Basque and Sicily 12:30 - 2:20 p.m. July 16
- Using Your Apple iPad & iPhone 12:30 - 2:20 p.m. July 23
- Technology Security 1:00 - 4:00 p.m. July 9
- Advance Care Planning... 12:30 - 2:20 p.m. July 23
- Understanding Medicare 12:30 - 2:20 p.m. July 30
- Science Fiction and Science Fact... 3:00 - 4:50 p.m. July 23 & 30

Friday

- Music from the Brill Building 10:00 - 11:50 a.m. July 10 - Aug. 14
- Lunch & Lights! Floats & Fireworks! 12:30 - 1:30 p.m. July 17 - 31 & Aug. 21 - Sept. 18
- Share More Stories 12:30 - 2:20 p.m. Aug. 7 & 14
- Wickedly Witty Portraits 1:00 - 3:00 p.m. Aug. 7
- My Genes, ...My Kindom for a Gene 3:00 - 4:50 p.m. July 24

Indicate the classes you wish to attend by checking the circle to the left.

Taking an OLLI Class with Zoom

For laptops and desktops:

- Tuesday, June 23, 1:30 - 3:20 p.m.
- Wednesday, June 24, 10:00 - 11:50 a.m.

For iPads and smart phones:

- Thursday, June 25, 10:00 - 11:00 a.m.
- Monday, June 29, 9:30 - 11:20 a.m.

For land-lines:

- Tuesday, June 30, 1:30 - 2:20 p.m.

OLLI Interest Groups

- Yarn Arts Group
Mondays, July 6 - Sept. 28,
12:45 - 2:35 p.m.

Register online at www.olliatwvu.org

Call (304)293-1793
or mail form
with payment to:
OLLI at WVU
PO Box 9123
Morgantown, WV
26506-9123

OLLI Special Events free to OLLI members unless noted

- OLLI Virtual Happy Hour
Sundays, July 12 - Aug. 23,
6:00 - 7:00 p.m.
- Twilight Trivia
 Tuesday, July 21, 7:00 - 8:30 p.m.
 Tuesday, Aug. 18, 7:00 - 8:30 p.m.
 Tuesday, Sept. 15, 7:00 - 8:30 p.m.



OLLI at WVU - Your Next Adventure Begins Here

Summer Registration Begins June 18

Phone: 304-293-1793

Website: www.olliatwvu.org

Email: 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