



West Virginia University®

OSHER LIFELONG LEARNING INSTITUTE



**Summer 2021**

Charleston  
Course Catalog

Registration begins  
June 21



## About OLLI at WVU

Dedicated to enriching the lives of older adults throughout West Virginia, the Osher Lifelong Learning Institute at West Virginia University (OLLI at WVU), an affiliate of the WVU School of Public Health, is a member-driven organization whose mission is 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+.

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

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

*- OLLI member*

## 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](http://www.osherfoundation.org).

## Contact Us

### Physical Address:

Osher Lifelong Learning Institute at West Virginia University  
Mountaineer Mall, Suite C-17  
5000 Green Bag Rd. • Morgantown, WV 26501

### Mail Address:

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

## OLLI Office Hours

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

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## OLLI Board of Directors (2020-2021)

Beverly Kerr, President	Kay Goodwin
Gwen Gill, Vice President	Kathy Hanko
Clark McKee, Secretary	Sonja Jewel Kelley
Stephen Wetmore, Treasurer	Ed Johnson
Sarah Woodrum, SPH Rep.	Jane Martin
Carolyn Atkinson	Florita Montgomery
Hilary Attfield	Gwen Rosenbluth
Lynn Baker	George Trapp

## OLLI Board of Advisors

Bob Craig • Roger Dalton • Ann Davidson  
James Dylan Held • Linda Jackowitz

## OLLI Committees

Curriculum	Chair: Jim Held
Facilities/Technology	Chair: Paul Hanko
Finance	Chair: Stephen Wetmore
Fundraising	Chair: Vacant
Marketing	Chair: Ed Johnson
Membership	Chair: Gwen Gill
Nominating	Chair: Kathy Hanko
Irving Goodman Annual Aging Lecture Series (IGALS)	Chair: Stan Cohen
Charleston	Chair: Vacant

## From Our President

---

How resilient are we?

During this pandemic, did you develop any new habits? Are you exercising in the morning by watching videos or taking daily afternoon walks? Are you reading more or listening to a different style of music? Are you finding time to paint, do woodworking projects, sew, or maybe even baking the infamous banana bread? Have you set aside time for reflection or writing?

In a recent article in “AARP The Magazine,” neurosurgeon and medical correspondent, Sanjay Gupta, suggested that we can be more resilient to illness or mental decline if we develop new habits or a new way of thinking. This past year may have given us the opportunity to do just that.

I hope that the classes you have been taking through OLLI have activated your brain cells and opened up new opportunities for exploring topics you are interested in pursuing further. I know that just seeing the photos of Italy in Melora Cann’s class has made me eager to explore the art treasures in Florence again once international travel is deemed safe.

OLLI’s summer term will be online again, although some class offerings will let us get outside, if possible. Our Board of Directors is exploring ways to keep us safe while getting us back together as soon as we are permitted to do so. And we are exploring, along with our staff, the use of a hybrid model for our future classes that will allow us to be online and in-person, so there will be options available for you.

Being resilient when faced with change keeps us on our toes and may also keep us healthier. As Dr. Gupta pointed out, “Finding this sort of purpose-driven activity activates the brain in protective ways.” We all certainly hope so.

Enjoy the sunshine and warm temperatures!

Beverly Kerr  
OLLI Board President



*Spring Wildflower walk at Core Arboretum*

## From Our Director

---

Greetings from the Osher Lifelong Learning Institute at West Virginia University! I’m pleased to welcome everyone to another awe-inspiring year of discovery, creativity, and adventure. 2021-22 promises to be an exciting year for OLLI at WVU.

Earlier this year, we welcomed a new member to our staff, Susan Martino. Susan, who lives in Charleston, is OLLI’s program assistant for the Kanawha Valley. We are thrilled to have Susan with us to help grow OLLI in the region and assist our members and volunteers.

For some OLLI members and friends, the summer schedule will look a little light, with only 33 classes, workshops, lectures, discussion groups, and social events for our members to enjoy through the end of September. Each promises, as always, to be engaging and fulfilling, offering the opportunities to expand your horizons, test your boundaries, explore your own backyard, and have a little fun while you’re at it. And you just won’t have to choose, in most cases, between two classes being offered at the same time as you often do during other terms!

The lighter schedule will also allow the OLLI staff more time preparing for our return to the classroom; upgrading technology and training instructors and volunteers to offer hybrid classes, installing better air filtration systems in our classrooms, and recharging our batteries to better serve our members in the new year.

As a membership organization dedicated to enhancing the quality of life for older adults in Morgantown and the surrounding communities, OLLI welcomes everyone with a passion for learning and a curiosity about what’s next. With no tests, grades, or educational requirements, this is learning for the joy of it!

I look forward to seeing you in class!

Jascenna Haislet  
Director, OLLI at WVU

## OLLI Staff

Jascenna Haislet, Director  
Michelle Klishis, Professional Technologist  
Diane Cale, Program Assistant  
Susan Martino, Program Assistant

## 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 events in the community.*
- *At least one free Special Member Event per term.*
- *Access to the OLLI collection of Great Courses DVDs and books.*
- *Access to OLLI Member Lounge and Computer Lab.*
- *Weekly email bulletin.*
- *A voice in OLLI governance.*
- *The right to be added to a course wait list.*
- *Free parking at the Mountaineer Mall.*

**Annual membership  
is \$20**

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

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

### Term Registration Fee

- **Unlimited courses for \$30 per term** with membership.
- 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.

### 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](http://www.olliatwvu.org).

## How to Register

Summer term runs July 5<sup>th</sup> through October 2<sup>nd</sup>. Most programming is scheduled between July 5<sup>th</sup> - August 28<sup>th</sup>.

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](http://www.olliatwvu.org).
- Call the OLLI office at 304-293-1793.
- By mail, using the enclosed membership/registration form.

**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*

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

## Summer Registration begins June 21, 2021

### Mark Your Calendar!

#### Other Important Dates

June 14	OLLI Virtual Open House
June 17	OLLI Annual Meeting
June 21	Summer registration begins
July 6	Summer term begins
July 9	OLLI Board meeting
July 12	Fall course proposals due
August 13	OLLI Board meeting
Sept. 10	OLLI Board meeting
Sept. 20	Fall registration begins
Sept. 22	A Taste of OLLI Open House
Oct. 4	Fall term begins
Nov. 1	Winter course proposals due
Nov. 12	OLLI Board meeting

### Can't make it to class? Ask if a recording is available.

With permission of the instructor, OLLI records some classes to make available to our members\* on our YouTube channel. Recordings are posted within three to five days of the class and are available until the end of the membership year. A list of available recordings may be found on the OLLI website under the News tab. To watch a recorded class, email the OLLI office at [olli@hsc.wvu.edu](mailto:olli@hsc.wvu.edu) to request the YouTube link.

*\* some conditions apply.*

## Thank You to our Donors!

The Osher Lifelong Learning Institute at WVU depends on the generous support of our members, friends, and community to continue our mission of providing educational and social opportunities to older adults in our communities.

As OLLI at WVU strives to achieve financial sustainability, we would like to say thank you to all who have given so generously this year. The following reflects donations processed between July 1, 2020, and May 1, 2021, per the WVU Foundation. If your name is not listed and you believe it should be, please call the OLLI office at 304-293-1793.

To make a gift to OLLI at WVU, visit [olliatwvu.org](http://olliatwvu.org) or call 304-293-1793.

Aurie & Robert Acciavatti  
Betty Alexander  
Joyce Butler Allen  
Gerri Angoli  
Anonymous  
Stephen & Susan Arnold  
Carolyn Atkinson &  
Arnold Hartstein  
Micheal & Hilary Attfield  
Nancy Atwell  
Betty M. Bailey  
Judy Bailey  
Lynn & Maurice Baker  
Wilhelmina Batchelder-Brown  
& Tom Brown  
Diana Beam  
Lee Ann Beaumont  
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Kay H. Blaskovics  
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Terry & Maureen Hall  
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Alys Ann Hutchison\*\*  
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Linda Jacknowitz  
Willa Jarvis  
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Beverly Kerr  
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Steve & Susan Kite  
Beata Kolaja  
Peggy Kourey  
Sherrilyn Kuehn  
Carrie Lakin  
Shirley Layne  
Ann Linger  
Robb O. Livingood  
Jo Lofstead  
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Nancy Raley  
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Mabel Jeanette Shaner  
Barbara Smith  
David & Sandra Smith  
Alan Socol  
Michael Spevock  
Patricia Stanton  
Ingrid Strakusek  
Suncrest Area Kiwanis Club  
Cheryl Sweder  
Annette T. Tanner  
Rita Tanner\*  
Sally Taylor  
George & Viera Trapp  
Nancy Ulrich  
Sharyn Urey  
Wally & Norma Venable\*  
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Bill Weiss  
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Judy Werner  
Stephen Wetmore  
Grace Wigal  
Judith Wilkinson  
Carole C. Williams  
Women of United Methodith  
David Yelton  
Linda Yoder  
Lisa A. Youell  
Carolyn Zinn

\* Sustaining donor

\*\* Campus Club Endowed  
Scholarship donor

## Summer 2021 Schedule at a Glance

Page #	Class, Instructor	Time	Sessions	Date(s)
<b>Monday</b>				
9	<a href="#">Zoom Training for iPads &amp; Smart Phones</a> (Klishis)	10:00 - 11:00 a.m.	1	June 28
11	<a href="#">Councilwoman Cora...</a> (Wuertenberg)	10:00 - 11:00 a.m.	1	July 12
15	<a href="#">Japan by Zoom: The Saké's on You</a> (Hammersmith)	10:00 - 11:45 a.m.	1	July 19
11	<a href="#">The 2021 Campus Read: <i>The Line...</i></a> (Lantz)	10:00 - 11:00 a.m.	3	July 26 - Aug. 9
11	<a href="#">Murder on Staunton Road</a> (Ryan, Evans)	3:00 - 4:00 p.m.	2	July 12 & 19
<b>Tuesday</b>				
8	<a href="#">Ask-a-Geek</a> (Klishis)	8:30 - 9:30 a.m.	ongoing	July 6 - Sept. 28
9	<a href="#">Zoom Training for iPads &amp; Smart Phones</a> (Klishis)	12:30 - 1:30 p.m.	1	June 29
11	<a href="#">African-American History in Mon. County</a> (Venham)	10:00 - 11:00 a.m.	1	July 6
11	<a href="#">Switzerland: A Brief History...</a> (Reddy)	10:00 - 11:45 a.m.	1	July 13
10	<a href="#">Advance Care Planning...</a> (Funk)	10:00 - 11:45 a.m.	1	July 27
10	<a href="#">Start the Conversation...</a> (Funk)	10:00 - 11:45 a.m.	1	Aug. 3
12	<a href="#">Meet the Author: <i>The Accidental History...</i></a> (Peck)	10:00 - 11:30 a.m.	1	Sept. 14
11	<a href="#">Beginning Bereshit...</a> (Blair)	11:30 a.m. - 1:00 p.m.	1	Aug. 3
11	<a href="#">The 17-Year Cicadas Are Coming</a> (Rentch)	12:30 - 2:15 p.m.	1	July 6
10	<a href="#">Founders Over 50</a> (Heiberger)	12:30 - 2:15 p.m.	1	July 20
12	<a href="#">...Morgantown Public Library System Digital...</a> (Palfrey)	12:30 - 1:30 p.m.	1	July 27
12	<a href="#">Fiber-Optic Cable...</a> (Heiberger)	12:30 - 1:30 p.m.	1	Aug. 10
8	<a href="#">Twilight Trivia</a>	7:00 - 8:30 p.m.	3	July 20, Aug. 17, & Sept. 21
<b>Wednesday</b>				
9	<a href="#">Zoom Training for Laptops &amp; Desktops</a> (Klishis)	10:00 - 11:00 a.m.	1	June 30
12	<a href="#">Technology Security</a> (Klishis)	10:00 a.m. - 1:00 p.m.	1	Aug. 12
9	<a href="#">Zoom Training for Laptops &amp; Desktops</a> (Klishis)	12:30 - 1:30 p.m.	1	June 30
15	<a href="#">Bella Italia!</a> (Long)	10:00 - 11:45 a.m.	2	July 7 & 14
12	<a href="#">Environmental Awareness Series 3</a> (Elkins, de la Mata)	10:00 a.m. - 12:00 p.m.	2	July 28 & Aug. 4
10	<a href="#">Medication Safety &amp; Poison Prevention</a> (McBurney)	12:30 - 1:30 p.m.	1	July 7
<b>Wednesday/Friday</b>				
10	<a href="#">Personal Fitness for Health and Body...</a> (Martinelli)	10:00 - 11:00 a.m.	10	July 7 - Aug. 6

**Classes and events will be held virtually on Zoom unless otherwise stated in the class description.  
Masks are required during classes meeting in person.  
Zoom links will be emailed to all enrolled on the morning of each class session.**

# Summer 2021 Schedule at a Glance

Page #	Class, Instructor	Time	Sessions	Date(s)
<b>Thursday</b>				
9	<a href="#">Travel with Collette</a> (D'Eramo)	10:00 - 11:30 a.m.	1	July 21
10	<a href="#">Dizziness and Unsteadiness</a> (Wetmore)	10:00 - 11:45 a.m.	1	July 8
11	<a href="#">Plastic Manufacturing History</a> (Colvin)	10:00 - 11:45 a.m.	1	July 22
12	<a href="#">Social Media</a> (Klishis)	10:00 - 11:45 a.m.	1	July 29
12	<a href="#">Facebook</a> (Klishis)	10:00 - 11:45 a.m.	1	Aug. 5
15	<a href="#">Disney Night Pageants &amp; Spectaculars 2</a> (Johnson)	12:30 - 1:30 p.m.	6	July 8 - Aug. 12
8	<a href="#">Irving Goodman Aging Lecture</a>	1:00 - 2:00 p.m.	1	Sept. 23
<b>Friday</b>				
10	<a href="#">How to Art</a> (Terry)	12:30 - 1:30 p.m.	3	July 9 - 23
12	<a href="#">Immortality...Upload My Memories...</a> (Karshenas)	3:00 - 4:30 p.m.	1	August 13
<b>Saturday</b>				
8	<a href="#">Take a Hike - Kanawha State Forest</a> (Klishis)	11:00 a.m. - 3:00 p.m.	1	Aug. 14
<b>Sunday</b>				
8	<a href="#">Take a Hike - Cooper's Rock</a> (Klishis)	12:00 - 4:00 p.m.	1	Aug. 8
8	<a href="#">OLLI Virtual Happy Hour</a> (Haislet, Klishis)	6:30 - 7:30 p.m.	8	July 11 - Aug. 29

## Curious about teaching for OLLI at WVU?

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

Join us on **Thursday, June 24, at 3:00 p.m. for an Instructor/Presentation Information Session** on Zoom to learn more about the types of programs are of interest to members, the proposal process, support provided to instructors, and the rewards of teaching for OLLI at WVU.

Everyone welcome! Register at <https://bit.ly/3bthYXy>



## Get to Know Each Other

Launched in the summer of 2020, the OLLI at WVU podcast engages listeners with discussions about classes and current events related to the program, interviews with members of the OLLI community, and much more.

Episodes are available at [olliatwvu.podbean.com](http://olliatwvu.podbean.com)

## Special Member Events & Opportunities

*Special member events, opportunities, and interest groups, 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 6 - Sept. 28, 8:30 - 9:30 a.m.

Sometimes you have questions about technology that don't fit into a specific class or course. For those times, OLLI's Professional Technologist, Michelle Klishis, is on hand to help.

Participants are encouraged to email questions to [olli@hsc.wvu.edu](mailto:olli@hsc.wvu.edu) in advance if you believe them to be complicated or beyond the scope of an hour-long session. Please include "Geek Question" in the subject line.

Please note that Michelle's strengths are Android phones, Windows PCs, MS Office software, and digital security and privacy.

### OLLI Virtual Happy Hour

Sundays, July 11 - Aug. 29, 6:30 - 7:30 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.

### Take a Hike

Michelle Klishis\*

Morgantown: Sunday, Aug. 8, 12:00 - 4:00 p.m.

Coopers Rock State Forest

Kanawha Valley: Saturday, Aug. 14, 11:00 a.m. - 3:00 p.m.

Kanawha State Forest

Enjoy the great outdoors with a hike with Michelle. We'll decide the trails ahead of time but a good loop will generally include three. Check your email for details about how we'll decide on the trails. If it's raining heavily on the scheduled day, the hike will be postponed one week.

**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

## Community Events

*Community events, hosted by OLLI at WVU, are free and open to the public. OLLI membership not required although reservations are. See event description for registration information.*

### Irving Goodman Aging Lecture Series

15<sup>th</sup> Annual Lecture

#### Joann Montepare, PhD

Professor of Psychology, Director RoseMary B. Fuss Center for Research on Aging and Intergenerational Studies, Lasell University

**Thursday, September 23, 1:00 - 2:00 p.m.**

**Zoom**

Shifting age demographics are reshaping the social structure of our populations and calling for institutions of higher education to consider how they can respond to aging populations through new approaches to teaching, research, and community engagement. The global Age-Friendly University (AFU) initiative provides a guiding framework for how campuses can be more age inclusive. This talk will give an overview of the AFU initiative and describe distinctive age-friendly ways campuses can connect with older adults in their communities to provide opportunities for living, learning, and intergenerational exchange.

## Special Interest Group

OLLI Special Interest Groups (SIGs) offer members the opportunity to share a common interest in a social setting. Many meet year-round so you register only once per year. SIGs are open to all OLLI members, although some restrictions may apply. See descriptions for more detail.

### Twilight Trivia

3<sup>rd</sup> Tuesday of the month, 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!

*\* Look for the asterisk next to instructor names.*

An asterisk next to an instructor's name 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**.

## Taking an OLLI Class with Zoom

When you are enrolled in an OLLI class or event, you will receive an email by 9:00 a.m. on morning of the class with the Zoom link and meeting ID. **Please check your inbox, as well as spam and junk boxes, for the email at least 30 minutes prior to the start of your class.** If you do not see an email for your class, call the OLLI office at 304-293-1793. We're happy to resend the email.

If you do not use email, please call the OLLI office on the morning of the class to ask for the meeting ID.

## Zoom Training Classes

Interested in taking an OLLI class this spring but not sure how to use the online meeting software, Zoom? Join OLLI's professional technologist, Michelle Klishis, for a session where she 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 spring with OLLI and Zoom.

### For iPads and smart phones:

Monday, June 28, 10:00 - 11:00 a.m.

Tuesday, June 29, 12:30 - 1:30 p.m.

### For laptops and desktops:

Wednesday, June 30, 10:00 - 11:00 a.m.

Wednesday, June 30, 12:30 - 1:30 p.m.

# A Taste of OLLI

## a Virtual Open House



Tuesday, June 15, 3:00 - 4:30 p.m.

Free and open to the public

Register at <https://bit.ly/3tK9i6c>  
or join us on Facebook Live!

*Learn how you can stay engaged and connected this spring with OLLI classes. Hear from instructors and meet other OLLI members!*

## Travel with Collette Virtual Presentation

Matthew D'Eramo

Wednesday, July 21

10:00 - 11:30 a.m.



Join OLLI's Collette representative for a virtual information session about upcoming 2022 travel opportunities, including:

- Tropical Costa Rica
- Sunny Portugal
- Chelsea Flower Show & Floriade
- Alpine Explore & the Glacier Train with Oberammergau Passion Play
- Discover Bluegrass Country & the Smoky Mountains

The presentation is free and open to the public. Register online at: <https://bit.ly/3eD3Dtj>

For more information about the trips, visit [olliatwvu.org](http://olliatwvu.org) or contact the OLLI office at [olli@hsc.wvu.edu](mailto:olli@hsc.wvu.edu) or 304-293-1793.

## The Arts

### How to Art

Becky Terry

Fridays, July 9 - 23

12:30 - 1:30 p.m.

Maximum enrollment: 10

This course is for absolute beginners interested in discovering their own artistic style. The goals are for students to come to know there is no bad art and everyone is an artist. It's not about learning to draw, it's about learning to see. And you have to make art to make art.

**Materials:** Student watercolor set, watercolor brush, .05 ink fine liner pen (micron is a good brand), watercolor paper, pencil, highlighter (any color), sketch pad.

## Business & Retirement Planning

### Founders Over 50

Carol Heiberger

Tuesday, July 20

12:30 - 2:15 p.m.

Encore

Research says that older people have a higher probability of success when it comes to starting a business. In this session we explore what it takes to start a business--whether it be baking cakes, selling online, or offering technical services--or whatever you've been thinking.

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*You cannot help but get excited about the subject when the instructor is so passionate and knowledgeable about the subject.*  
- OLLI member

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## Health & Wellness

### Medication Safety and Poison Prevention

Encore

Carissa McBurney

Wednesday, July 7, 12:30 - 1:30 p.m.

Poisonings can happen to anyone at any time. It is important to practice poison safety and know how to prevent poisonings. This course will teach you about the WV Poison Center and ways to stay poison safe.

### Advance Care Planning and the WV e-Directive Registry

Danielle Funk

Tuesday, July 27, 10:00 - 11:45 a.m.

Encore

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.

### Start the Conversation: How to Begin Advance Care Planning during COVID-19

Danielle Funk

Tuesday, August 3, 10:00 - 11:45 a.m.

Encore

This class discussion will offer students time to reflect and consider appropriate and sensitive ways to approach loved ones about their health care wishes for advance care planning. Often, beginning the conversation is the most intimidating step in advance care planning, so this discussion aims at normalizing the conversations and language for end-of-

life decisions. The class is an expansion of the instructor's previous class, Advance Care Planning in WV, the WV e-Directive Registry, and COVID-19. Students are not required to attend the previous class, Advance Care Planning, in order to participate in this discussion course.

### Dizziness and Unsteadiness

Stephen Wetmore

Thursday, July 8, 10:00 - 11:45 a.m.

Dizziness and/or unsteadiness are common problems that can occur at any age but tend to be more prevalent as we age. In this course we will discuss the more common causes of dizziness and learn how to distinguish one type from another so that we can properly diagnose and treat it.

### Personal Fitness for Health and Body Composition

David Martinelli

Wednesdays & Fridays

July 7 - Aug. 6, 10:00 - 11:00 a.m.

An introduction to fitness and training towards better health and body composition with an emphasis on resistance exercise that can be done with body weight only, with resistance bands, and with dumbbells. Among other benefits, participants will gain strength, flexibility, and cardiovascular health. This will be done with an awareness and accommodation of ailments and conditions associated with aging.

### History & Literature

#### African-American History in Monongalia County

Christy Venham

Tuesday, July 6, 10:00 - 11:00 a.m.

This course is a brief overview of the history of the African-American community in Monongalia County. Join us as we discuss the societal changes that have taken place in our hometown.

#### Councilwoman Cora: The Life and Times of West Virginia's First Black Councilwoman

Nathan Wuertenberg

Monday, July 12, 10:00 - 11:00 a.m.

Cora Williams served on the Sabraton Town Council in Monongalia County throughout the 1930s, making her the first Black woman elected to a municipal council in the state of West Virginia. From her birth in post-Reconstruction Virginia to her early adulthood in the booming steel towns of western Pennsylvania and beyond, Cora Williams' experiences give us a deeper understanding of the events and processes that shaped Black life at the turn of the twentieth century. Her life also highlights the pivotal role Black Americans – and particularly Black women – played in the broader story of American progress.

#### Murder on Staunton Road

Charles Ryan, Mitch Evans

Monday, July 12 & 19, 3:00 - 4:00 p.m.

Authors Charlie Ryan and Mitch Evans will present the reasons they wrote the book, *Murder on Staunton Road*; the research elements that were initiated to ensure accuracy; and the author's search for the lost case files of a cold murder case that was Charleston's most sensational crime in decades. The authors' will also describe how investigative journalism uncovered a long lost summary of polygraph tests of prominent Charlestonians who were questioned following the Clark murder. They will present a history of the

pioneer Staunton family and the impact the Stauntons had on the economic well-being of southern West Virginia.

#### Plastic Manufacturing History

Kenton Colvin\*

Thursday, July 22, 10:00 - 11:45 a.m.

It was in 1862 that Alexander Parkes introduced the world's first-ever man-made plastic. This course will explain the history and product development of plastics. Also, the classification, physical Structure, material properties, additives, reinforcements, and the manufacturing processes of plastic will be discussed. Examples of various plastic applications and where plastics have replaced other products will be shown. Also, we will look at the negative aspects of the use of plastic as well as recycling possibilities.

#### Switzerland: A Brief History and Its Contributions to the World

Sumitra Reddy\*

Tuesday, July 13, 10:00 - 11:45 a.m.

The Swiss territory gets its name Helvetia from an ancient Celtic tribe: The Helvetians. One finds HELVETIA on Swiss coins and postage stamps, an abbreviation "CH" (stands for Confoederatio Helvetica, the Latin version of Swiss Confederation) sticker on Swiss cars and .ch for Switzerland's Internet domain. Albert Einstein developed his famous  $E=mc^2$  while living in Bern. A brief history along with fascinating facts and contributions of the Swiss beyond chocolates, Swiss watches, Red Cross, and Velcro will be presented in the class.

#### The 2021 Campus Read: *The Line Becomes a River*

Susan Lantz

Mondays, July 26 - Aug. 9

10:00 - 11:00 a.m.

In *The Line Becomes a River*, named a Top 10 book by NPR and instant best-seller, Francisco Cantú recounts his life as the son of a Mexican

immigrant raised in the Southwest. After some time working for Border Patrol, he leaves for civilian life yet realizes the issues at the border don't leave him as an immigrant friend goes missing on his way to Mexico. Join the discussion as Cantú continues his understanding of the violence on both sides of the border.

### Philosophy & Religion

#### Beginning Bereshit: Opening the Zohar

Rabbi Joe Blair

Tuesday, Aug. 3

11:30 a.m. - 1:00 p.m.

A very brief foray into the first word of the Torah (the Jewish bible), through the lens of the ZOHAR - an essential Jewish mystical text. We will scratch the surface: in the Pritzker edition, the discussion of the first reading in the bible takes up pages 109-337. We will only begin to look at what it addresses, focusing primarily on the literal first word - Bereshit, and looking at a selected few of the various midrashim and commentaries on it.

### Science & Math

#### The 17-Year Cicadas Are Coming!

Jim Rentch

Tuesday, July 6, 12:30 - 2:15 p.m.

Sometime this May, Brood X of the periodical cicada will end their 17-year underground slumber. In a total of 6 weeks, they will find their way to the surface, molt and acquire wings, mate, produce the next generation, and die. Thus begins and ends, according to your point of view, a feast of unmatched proportions, a nightmare of motorcycle-scale noise, or one of nature's truly unmatched events. This presentation will cover the cicada's fascinating life history, its effects on neighboring bird and plant populations, and the weird occurrence of zombie cicadas, consumed alive and cruelly manipulated by parasitic fungi.

## Summer 2021 Classes

### Social Sciences, Politics, & Current Events

#### Environmental Awareness Series 3

Kathi Elkins, Ruby de la Mata  
Wednesday, July 28 & Aug. 4  
10:00 a.m. - 12:00 p.m.

Building on previous OLLI classes on environmental issues, Series 3 is a cohesive approach to understanding the current status of human impacts on the environment, climate change, and what we can do to be “cleaner and greener” consumers. Two classes, 110 minutes each, will address a) solar power for your home, and b) environmentally friendly options for your body after death. The concepts of Reduce/Reuse/Repair/Recycle will be reinforced in each class. A total of four instructors, from both Charleston and Morgantown, will present the information.

#### Fiber-Optic Cable: What It Is and What It Isn't

Carol Heiberger  
Tuesday, Aug. 10, 12:30 - 1:30 p.m.

The need for high-speed broadband services to access the Internet is a front and center topic. But, what exactly does this mean? In this session we will review the basics:

- \* What broadband is and isn't
- \* What fiber-optic cable is and how it compares to other means and methods of telecommunications technology
- \* Why is this so confusing?

Bring your curiosity and questions.

#### Meet the Author: *The Accidental History of the U.S. Immigration Courts*

Allison Peck  
Tuesday, Sept. 14, 10:00 - 11:30 a.m.

In her book, *The Accidental History of the U.S. Immigration Courts: War, Fear, and the Roots of Dysfunction*, Peck discusses how immigration courts

became part of the U.S. Department of Justice, which is in the executive branch of government. To create a more impartial system, Peck proposes that immigration courts become independent. She uses unstudied legal decisions from the Franklin Roosevelt and George W. Bush administrations to outline humanitarian crises that led to the modern immigration court system. She also offers a perspective on how to evaluate reform efforts.

### Technology & Training

#### Facebook

Michelle Klishis\*  
Thursday, Aug. 5  
10:00 - 11:45 a.m.



If you are on any form of social media, you are probably on Facebook. And even if you're not on Facebook, you have almost certainly heard about all the problems Facebook is having with privacy laws and governments around the world. Facebook is in many senses a monopoly, and we are stuck playing in their sandbox. In this class we'll discuss some of the problems with Facebook, as well as what you can do to help protect your privacy.

#### Immortality- When Can I Upload My Memories into the Cloud?

Allie Karshenas  
Friday, Aug. 13, 3:00 - 4:30 p.m.

In recent decades, the possibility of hacking the human mind has become the center-stage discussion among scientific communities. As our understanding and integrated knowledge around the operational modalities of the brain expand into new frontiers of neurobiology and neurocognitive sciences, we will be able to apply powerful tools like Artificial Intelligence (AI), Brain-to-Brian (BTB) interface, and XR (extended reality) technologies to get closer to uploading our memories and experiences into a virtual cloud that will allow us to live an immortal life.

### Intro to the Morgantown Public Library System: Digital Library

Sarah Palfrey  
Tuesday, July 27, 12:30 - 1:30 p.m.

Learn all about the Digital Library offerings available with your public library card. Borrow books, music, movies, and so much more from the comfort of your own home.

#### Social Media

Michelle Klishis\*  
Thursday, July 29, 10:00 - 11:45 a.m.



According to Merriam-Webster, social media are: forms of electronic communication (such as websites for social networking and microblogging) through which users create online communities to share information, ideas, personal messages, and other content (such as videos). But what does this actually mean? In this course we'll discuss some of the more common social media platforms, why and how they are used, and the basics of keeping yourself safe on social media. Prior to the course, the instructor will email a list of social media websites so participants will already have the addresses at a click of a link.

#### Technology Security

Michelle Klishis\*  
Wednesday, Aug. 12  
10:00 a.m. - 1:00 p.m.



“If you are not paying for it, then YOU are the PRODUCT.” As more of our lives become 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.

## Travel & Adventure

### Bella Italia!

Encore

Karen Long  
Wednesdays, July 7 & 14  
10:00 - 11:45 a.m.

Since we still can't travel extensively overseas, join me for a revisit of a trip to Italy in May of 2018. See Venice, Verona, Florence, the Cinque Terre, Rome, Capri, and locations in between! Have a cappuccino and cannoli and spend some time in Italy!

### Disney Night Pageants & Spectaculars, Part 2

Ed Johnson\*  
Thursday, July 8 - Aug. 12  
12:30 - 1:30 p.m.

We will view *Fantasmic* from both California and Tokyo, *World of Color* from California, the new *Ignite!* from Shanghai, and a few we did not do last term: *Rivers of Light* from Florida, *Dreams* from Paris, and Shanghai's Opening Ceremony.

### Japan by Zoom: The Saké's On You!

Jack Hammersmith  
Monday, July 19, 10:00 - 11:45 a.m.

Enjoy a visit to beautiful Japan without expense or fatigue. Starting in 1983, when the Hammersmith family lived there, they have visited Japan many times, most recently in 2018. This one-time class will draw on those experiences, starting with life in congested Tokyo, where five-year-olds roam the city alone in safety. Travel with us by local train to busy Shinjuku Station (3.6 million passengers a day!) or by bullet train to Mt. Fujiyama. Enjoy public baths and experience the peace parks. Japan has only the freshest of sushi, the most ancient of shrines, and the most creative of love hotels!

## OLLI Policies & Procedures

### 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.

### Classroom Etiquette

OLLI instructors are volunteering their time and talents.

Please be respectful of your course instructors and fellow participants by:

- staying on topic during discussions
- attending only courses for which you have registered

Exposure to new and different ideas is what OLLI is all about – we encourage you to embrace this philosophy and be respectful in classroom discussions.

### 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.

### Refunds

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

## Instructor Biographies

**Rabbi Joe Blair** is the spiritual leader of Temple Israel in Charleston, WV. He has taught several other courses for OLLI.

\***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.

**Dr. Ruby de la Mata, MD**, a pathologist, has resided in Morgantown since 1977. She retired from Mon General Hospital after 39 years of service. Women's and children's health, education and well-being are her passions.

**Kathi Elkins** has a teaching background in biology and chemistry, experience in solid waste management, data and graphics, and is personally committed to Reduce/Reuse/Repair/Recycle. She is also committed to expanding her involvement in environmental advocacy and to reach/teach others. She is a retired epidemiologist from the WV Health Statistics Center, WVDHHR.

**Mitch Evans** is a native of Clarksburg. He is a third-generation financial planner practitioner in Charleston. A review of the sale of the *Charleston Daily Mail's* web domain name to the United Kingdom's *Daily Mail* drew him into further study of the history of *The Charleston Daily Mail*.

**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.

**Jason Gossett** is an assistant professor in instrumental music education at West Virginia University where he teaches Instrumental Methods, History and Philosophy of Music Education, Psychology of Music, Percussion Pedagogy, and supervises student teachers. He holds a PhD in Music Education from Pennsylvania State University and a Masters and Bachelors in Music Education from Murray State University.

\***Jack Hammersmith**, a 48-year WVU history department veteran, with appropriate battlefield stories and scars, has tested the patience and good will of many OLLI members in previous classes.

**Carol Heiberger** has a long career in the telecommunications sector. Her 14 years with Bell Atlantic were followed by decades of working with electric utilities and local communities to establish high-speed networks to communicate with the Internet. She is skilled at translating across functions and disciplines to assure a common understanding of the challenges and the issues.

\***Ed Johnson** is the creator/curator of a website for students and educators of West Virginia Studies, [mh3wv.org](http://mh3wv.org).

**Dr. Allie Karshenas** is the Associate Vice President of Clinical Research Operations and Institutional Advancement at Robert C. Byrd Health Sciences Campus of West Virginia University, 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 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.

**Susan Jennings Lantz** teaches Business Communications at West Virginia University. She has lead WVU study abroad groups to Brazil and Bahrain, and spent two summers as a visiting lecturer at the Tianjin University of Finance of Business and Economics in Tianjin, China. Her work has appeared in *The Bitter Southerner*, *Human Resources Magazine*, and *Student Affairs Today*.

\***Karen Long** is Associate Professor Emerita and retired from the WVU Department of Medical Laboratory Science where she taught clinical microbiology and immunology. She enjoys travel and sharing her adventures with OLLI members.

## Instructor Biographies

**Dr. David Martinelli** is professor of engineering, ISSA Certified Personal Trainer, award-winning teacher and advisor. He has a passion for personal fitness, nutrition, and helping others, and is seeking additional certifications in Nutrition and Personal Fitness for Seniors. David is a former athlete who competed at the national level and has studied and practiced exercise and nutrition throughout his life.

**Carissa McBurney** has been the Community Outreach Coordinator for the West Virginia Poison Center for 10 years. She educates West Virginians on poison prevention and poison safety.

**Sarah Palfrey** has wanted to work in a library since she was four years old. She started out as an archivist, spent some time as a shipboard librarian then found her way to West Virginia in 2003. Sarah became the Director of the Morgantown Public Library System in 2017. She enjoys stories in all their forms and formats.

**Allison Peck** teaches and writes in the area of global sustainable development, including trade, immigration, and environmental law. She received a J.D. from Yale Law School and an LL.M. in Agricultural Law from the University of Arkansas-Fayetteville.

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

**\*Sumitra Reddy** grew up in India and "had" to learn her mother tongue (Bengali), Hindi (India's national language), Sanskrit, and English in school (and three different scripts) as most Indians do even today. She came to the U.S. for graduate studies and received her PhD in Physics.

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

**Charles Ryan** began a writing career after more than 33 years experience in advertising, public relations, broadcasting, entrepreneurial business startups, and higher education.

**Becky Terry** retired from public school music teaching in January 2021. She has since spent her time taking workshops and courses from various online art resources. (Sketchy, Sketchbook Skool and Domestika) She knows that just as in music, it's often fear rather than talent that keeps us from expressing ourselves in any form.

**\*Wallace Venable** arranges music for crank organs. He also plays several musical instruments and sings in local groups. He resumed an interest in model railroading as part of his dealing with COVID-19 distancing, after several decades of un-involvement.

**Christy Venham** is a former Reference Supervisor at the WV and Regional History Center at WVU. She has also taught at Garrett College.

**Stephen Wetmore, MD**, a retired ear surgeon, was the chairman of the WVU ENT Department for 27 years. He has extensive experience in diagnosing and treating people with dizziness and unsteadiness.

**Dr. Nathan Wuertenberg** earned his PhD in history in 2020 and is currently a staff researcher at the Aull Center for Local History & Genealogy Research, an annex of the Morgantown Public Library. He is the co-editor of *Demand the Impossible: Essays in History as Activism* and is a co-host of *Aull About History*, a podcast by *The Dominion Post*.

**\* Donotes Honor Roll instructor.**