



MAHONING VALLEY  
**LIFELONG LEARNING  
INSTITUTE™**

*Exploring The Vistas Of Learning™*

# COURSE SCHEDULE • FALL 2014



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## Adaptation: Riding the Waves of Change

**Presenter:** Lauren Burnett

**Date:** Tuesday, Sept. 9, 2014

**Time:** 10 a.m. to Noon

**Admission:** \$10 for non-residents

Small changes, big changes, hard changes and happy changes all result in a shifting from the way things were to the way things will be. Our ability to adapt and to flex aids our ability to create the quality of life we want with less stress, more meaning and greater joy.

This course will explore the Riding the Waves model and the five things that can transition during change: territory, relationships, security, capacity and direction. It will also provide tips on how to keep up, move through and make sense of new, different changes whenever they happen in our lives.

## Henri Matisse: Drawing with Color

**Presenter:** Felicia Zavarella Stadelman

**Date:** Thursday, Sept. 11, 2014

**Time:** 9:30 to 11:30 a.m.

**Admission:** \$10 for non-residents

**Location:** Park Vista North Lounge

Many people considered Henri Matisse the greatest innovator of the 20th Century. During the last 15 years of his life Matisse developed his final artistic triumph by “drawing with color.” The drama, scale and innovation of Matisse’s rare and fragile paper cutouts remain without precedent or parallel and represent pure calm and harmony. This Masterwork Art Workshop Series is an interactive art program in which those attending will not only learn about a featured classic artist, but also create art inspired by their work. Through this program, students experience art history in an uncommon way. At the end of every class, each student will receive a biographical overview of the artist and their featured work, and a note card memento.

## The Post-World War II Boom and Cold War Conflicts 1945 – 1960

**Presenter:** Dr. Greg Ferro

**Date:** Tuesday, Sept. 16, 2014

**Time:** 9:30 a.m. to 1:15pm

**Admission:** \$15 for non-residents, lunch is included

The civil rights movement, the red scare, the beginning of the space race – these are just a few of the transformative events that changed the social and cultural life of the United States following World War II. Dr. Greg Ferro will explore these topics, as well as the Korean War and Fidel Castro, as he explores the post-World War II boom that defined a generation.

## Creating a Seven-Day Memory Fitness Plan and Memory Strategies

**Presenter:** Kathryn Kilpatrick

**Date:** Tuesday, Sept. 23, 2014

**Time:** 9:30 a.m. to Noon

**Admission:** \$5 for non-residents

Learn how to create a memory fitness plan as part of your daily routine by focusing daily on one of the following key components: adopting a positive attitude, paying attention, improving your lifestyle choices, upgrading your memory fitness routine and handling your stress. Combining that approach with effective memory props will be helpful in improving your memory fitness for successful aging.

## Eat Smart, Live Strong! Fruits and Vegetables

**Presenter:** Agapi Mantos, M.S., R.D., C.S.G, L.D.

**Date:** Thursday, Sept. 25, 2014

**Time:** 10 to 11 a.m.

**Location:** Boardman Library, 7680 Glenwood Ave., Boardman, OH, 44512

Did you know that with just a few simple changes in your diet, you can make every day meals healthy and delicious? Join us for this three-part series that explores making smart food choices by adding fresh produce, lean and healthy proteins, and nutritious whole grains to your daily menu.

2 To register, please visit [www.MVLLI.org](http://www.MVLLI.org), or call 330.746.2944, ext. 1553.

All courses will be held in the Park Vista Gathering Room unless otherwise noted.

Please register one week in advance of each session. Payment can be made through either cash or check on the day of the event.

## Holiness is Wholeness Retreat

**Presenter:** Sister Melannie Svoboda

**Date:** Tuesday, Sept. 30, 2014

**Time:** 9:30 a.m. to Noon

**Admission:** \$5 for non-residents

This presentation explores three signs of a healthy spirituality: wonder, courage and hope. Using music, film, stories and humor, Sister Melannie will demonstrate that holiness is really wholeness.

## Basic Computer Class

**Presenter:** Sara Churchill

**Date:** Thursday, Oct. 2, 2014

**Time:** 10 to 11 a.m.; 11 a.m. to noon

**Location:** Main Library, 305 Wick Ave.,  
Youngstown, OH, 44503

Don't be afraid of your computer! This course will help you navigate your computer and the Internet with ease by reviewing the parts of a computer, how to cut and paste within a document, saving documents and email. After evaluating these basics, attendees can request to cover additional topics in any extra time available.

## Remembering Marshall with Coach Carl Kokor

**Presenter:** Carl Kokor

**Date:** Tuesday, Oct. 7, 2014

**Time:** 10:30 to 11:30 a.m.

Northeast Ohio native Carl Kokor was a member of the football coaching staff at Marshall University in Huntington, West Virginia in 1970 and 1971. It was as he was driving back from a scouting trip in November 1970 that he heard the news that 75 members of the team, coaching staff and crew had lost their lives in a plane crash, nearly decimating the team. Kokor will discuss his experiences of that tragic time and of the events that followed.

## Gustav Klimt: Perpetual Life

**Presenter:** Felicia Zavarella Stadelman

**Date:** Thursday, Oct. 9, 2014

**Time:** 9:30 to 11:30 a.m.

**Admission:** \$10 for non-residents

**Location:** Park Vista North Lounge

Gustav Klimt was a controversial figure in his time. His work was constantly criticized for being too psycho sensual. Today, it stands out as a "visual symphony" and are regarded as the most important paintings to ever come out of Vienna. This Masterwork Art Workshop Series is an interactive art program in which those attending will not only learn about a featured classic artist, but also create art inspired by their work. At the end of every class, each student will receive a biographical overview of the artist and their featured work, and a note card memento.

## Assassinations Part III

**Presenter:** Dr. Greg Ferro

**Date:** Tuesday, Oct. 14, 2014

**Time:** 9:30 a.m. to 1:15 p.m.

**Admission:** \$15 for non-residents, lunch is included

Throughout history, assassinations and assassination attempts have led to major political and cultural change. This course discusses the motives of the assassins and those who have attempted it, as well as the long-term implications of those actions. Specific events covered will be the attempted assassination of Queen Victoria, the assassination of Medgar Evers, and the relationship between Adolf Hitler and Ernst Röhm.

## Sarah's Song – a Musical Narrative

**Presenter:** Susan Rudnytsky

**Date:** Thursday, Oct. 16, 2014

**Time:** 10 a.m. to Noon

Sarah's Song is a musical that chronicles a woman's life, Sarah, over a 60-year span. Using monologues and songs, the show will tell her story of her life on a farm in upstate New York, her time as a student in Boston, and her love life as she marries in Youngstown.

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## Mindfulness Meditation

**Presenter:** Kathleen Garritano  
**Date:** Tuesday, Oct. 21, 2014  
**Time:** 10:30 a.m. to Noon

Mindfulness is the moment to moment awareness of thoughts, feelings, bodily sensations and the external environment. Staying in the present seems so simple, yet it is not necessarily easy. During this introduction to mindfulness and meditation, Kathleen Garritano will explore the formal and informal practices to be more in touch with ourselves and our world.

## Eat Smart, Live Strong! Incorporating Whole Grains

**Presenter:** Agapi Mantos, M.S., R.D., C.S.G, L.D.  
**Date:** Thursday, Oct. 23, 2014  
**Time:** 10 to 11 a.m.  
**Location:** Boardman Library, 7680 Glenwood Ave., Boardman, OH, 44512

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## Aging and Saging – Gift of Years

**Date:** Tuesday, Oct. 28, 2014  
**Presenter:** Sr. Carolyn Gorny-Kopkowski  
**Time:** 9:30 a.m. to 12:30 p.m.  
**Admission:** \$15 for non-residents, lunch is included

It has been said that the most important dimension of older age is to become aware of its profound purpose. The gift of these years is not merely being alive, but becoming more fully alive than ever. This course will provide a magnificent view of aging through the lens of your own life, exploring the adventure, passion, mystery and fulfillment of life from birth to beyond.

## T'ai Chi Chih

**Presenter:** Lucinda Kutsko  
**Date:** Thursday, Oct. 30, 2014  
**Time:** 10 to 11 a.m.

This course will explore the practice of T'ai Chi Chih, its similarities to and differences from other forms of T'ai Chi, how it stimulates the flow of Universal Energy, and its benefits to the body and mind. This disciplined meditation includes 19 gentle movements that can be done sitting or standing. They are physically appropriate for all ages. Participants will learn three movements in this course, none of which require standing on one leg, or getting on the floor. Participants do not need special clothing.

## The Lives of Mr. and Mrs. Abraham Lincoln

**Presenters:** Marian King and John King  
**Date:** Tuesday, Nov. 4, 2014  
**Time:** 10 to 11 a.m.  
**Admission:** \$5 for non-residents, brunch is included

This course will explore the fascinating lives of Mr. and Mrs. Abraham Lincoln from birth to their meeting, their life together in Springfield, the tumultuous time in the White House, the effects of the Civil War and the unforgettable Gettysburg Address.

## Vincent Van Gogh: Windows to the Soul

**Presenter:** Felicia Zavarella Stadelman  
**Date:** Thursday, Nov. 6, 2014  
**Time:** 5 to 7 p.m.  
**Admission:** \$10 for non-residents, wine  
 and hors d'oeuvres are included  
**Location:** Park Vista North Lounge

Dispelling rumors and tales that surround Van Gogh's life, this course will provide the true story of his passion and obsession to more closely understand his words of "I dream of painting then I paint my dream." This Masterwork Art Workshop Series is an interactive art program in which those attending will not only learn about a featured classic artist, but also create art inspired by their work. At the end of every class, each student will receive a biographical overview of the artist and their featured work, and a note card memento.

## Fifty Shades of Green: The Bible's Ecology of Wonder

**Presenter:** Dr. William P. Brown  
**Date:** Friday, Nov. 7, 2014  
**Time:** 1:30 to 2:45 p.m.  
**Admission:** \$5 for non-residents

Throughout history, the Bible has been used and abused to do a number of things, from finding answers to pressing questions to formulating doctrine as well as inducing shame and harming others. But at its most basic level, the Bible is meant to cultivate a sense of wonder about God and the world. Through the use of multi-media presentation we will explore various "shades" of wonder by looking at several different creation texts in the Bible, each lifting up a different aspect of God's world of wonders.

## Music Therapy for Wellness

**Presenter:** Sarah Zajac  
**Date:** Tuesday, Nov. 11, 2014  
**Time:** 10:30 a.m. to Noon  
**Admission:** \$2 for non-residents

Music therapy addresses the physical, emotional, cognitive and social needs of individuals through the use of music-based interventions. Instructor Sarah Zajac will take students on a musical journey to understand how influential music can be, and its many uses for overall wellness. Activities such as creating and recreating music, dancing, singing and even just plain listening have been designed for all to participate. This course does not require attendees to have a musical background.

## Robert Casadesus: Great Pianist, Even Greater Composer?

**Presenter:** Cicilia Yudha  
**Date:** Thursday, Nov. 13, 2014  
**Time:** 6 to 7 p.m.  
**Admission:** \$3 for non-residents, appetizers included

While Robert Casadesus's accomplishments as pianist and artist-teacher are well documented, his compositions lack the scholarly attention they deserve. Student of harmony and composition at the Paris Conservatory, Casadesus pursued composition in part with his performing career. He composed for the piano prolifically between 1916 and 1967 though not promoting them until the 1940s. In quality, these works stand alongside pieces by Poulenc, Prokofiev, Copland, and their contemporaries. Casadesus wrote expressively and intelligently for the piano, revealing a keen understanding of the physical demands and enormous color possibilities of the instrument.

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## Eat Smart, Live Strong! The Importance of Lean Proteins

**Presenter:** Agapi Mantos, M.S., R.D., C.S.G, L.D.  
**Date:** Thursday, Nov. 20, 2014  
**Time:** 10 to 11 a.m.  
**Location:** Boardman Library, 7680 Glenwood Ave., Boardman, OH, 44512

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## Famous Assassinations of the 1960s

**Presenter:** Dr. Greg Ferro  
**Date:** Tuesday, Nov. 18, 2014  
**Time:** 9:30 a.m. to 1:15 p.m.  
**Admission:** \$15 for non-residents, lunch is included

The course will, as students discuss the assassinations of JFK, RFK, Dr. King, Malcolm X and Medger Evers in the 1960s, cover the motives, conspiracy theories and long-term implication of each assassination.

## The U.S. Constitution and You

**Presenter:** Dr. Greg Ferro  
**Date:** Tuesday, Dec. 2, 2014  
**Time:** 9:30 a.m. to 1:15 p.m.  
**Admission:** \$15 for non-residents, lunch is included

In this course Dr. Greg Ferro will discuss five questions raised by expert Donald Ritchie: Why was the constitution necessary? What kind of government did the constitution create? What rights does the constitution protect? How had the constitution expanded over time? How is the constitution interpreted?

## Chamber Music with a Saxophone?

**Presenter:** The Cleveland Duo & James Umble  
**Date:** Thursday, Dec. 4, 2014  
**Time:** 3 to 4 p.m.  
**Admission:** \$5 for non-residents, dessert is included

Holiday music with a twist! This mix of traditional holiday classics and chamber music masterpieces will feature unusual instrumentation for a fun afternoon of celebration. Celebrate the holidays with Klezmer music and traditional Christmas carols all arranged for violin, piano and classical saxophone.

## Called to Go Deeper

**Presenter:** Father Gary George  
**Date:** Tuesday, Dec. 9, 2014  
**Time:** 10 a.m. to Noon  
**Admission:** No admission, donations accepted

Father Gary George will take students on a spiritual journey to more deeply understand prayer and center their lives. Through presentation, break-out groups, sharing of experiences and the use of digital media, students will be able to develop a way forward for future growth in prayer.

Each course listed is part of one of the following lecture series:

- The Richard and Charlotte Gelhaar Lecture Series on Arts & Culture
- The Jack & Jaye Harris Lecture Series on History and Political Science
- The Ruth Kyle Lecture Series on Faith & Religious Life
- The Wellness & Rehabilitation Lecture Series

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### PARTNERS



# ADDITIONAL PROGRAMS

## Art Vista of the Valley

The Mahoning Valley Lifelong Learning Institute is pleased to add the very first Art Vista of the Valley to its schedule this semester!

**Art Vista of the Valley** is a month-long showcase of local art. The show will recognize the artistic talents of both Park Vista and Mahoning Valley residents, as well as those participating in the Masterwork Art Workshop series (see course descriptions for more details). Art will be displayed from Monday, Nov. 10 through Wednesday, Dec. 10 in various galleries throughout Park Vista of Youngstown. For more information, please call Robin Carr at 330.746.2944.

## Wellness Programs

### Moving Forward

This innovative, group exercise program was designed by physical therapists and other health professionals with the goal of keeping you on your feet! Activities include exercises to improve physical function, reduce risk factors for diseases and decrease risk of falls. Classes are held three times a week for one hour, with activities customized to the abilities of each participant. For more information on class times and cost, please call Director of Therapy Cara Carramusa at 330.746.2944, ext. 1214.

## The Disease Support Network

**The Parkinson's Support Group** is for those who suffer from or care for those diagnosed with Parkinson's Disease. It meets the second Thursday of each month at 2 p.m. in the Park Vista North Lounge.

**The Low-Vision Support Group** is for those who suffer from or are caretakers for those with low vision. It meets the second Tuesday of each month at 10 a.m. in the Park Vista North Lounge.

**The Caregiver Support Group** is designed to provide information and lend support to those individuals caring for loved ones who are ill. Meetings are held the last Thursday of each month at 6 p.m. in the Private Dining Room.

## Special Interest Clubs

**The Transcendental Interest Group** is a regular meeting of those individuals who wish to deepen their connection to their own inner wisdom. Through group discussion and activity, members gain a greater understanding of the impact of the "ah-ha" moments that lead to insight, inspiration and creative ideas. The group meets on the second Wednesday of every month at 6:30 p.m. in the Park Vista North Lounge. It is coordinated by Dr. Agnes Martinko.

**The Readers' Club** is for everyone who loves to read! Join friends to talk about the latest book or your favorite novel. The club meets on the second Monday of each month at 7 p.m. in the Park Vista North Lounge.

## Sacred Music Concerts

All Sacred Music Concerts are held in the Roy Parks Memorial Chapel at 6 p.m.

**Sunday, Sept. 14, 2014**

**Dan Kalsoky and Natalie Sahyoun**  
featuring sacred bass and violin music

**Sunday, Sept. 28, 2014**

**Rochelle Joy** singing Gospel Music

**Sunday, Oct. 12, 2014**

**Lon McClearn**  
featuring sacred flute and organ music

**Sunday, Oct. 19, 2014**

**Jackie Evans** featuring sacred flute music

**Sunday, Nov. 9, 2014**

**Rochelle Joy** singing Gospel Music

**Sunday, Nov. 30, 2014**

**Clay Colley** featuring sacred piano music



Park Vista of Youngstown  
1216 Fifth Ave.  
Youngstown, OH 44504

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The Mahoning Valley Lifelong Learning Institute will help older adults of all ages and abilities remain engaged in discovery, enriching their lives through an accessible scholarly curriculum that allows them to explore the world while staying close to home.

At Park Vista, we believe you are never too old to learn. That is why we are pleased to present these educational programs for our residents and the community.

Established in 1947, Park Vista of Youngstown provides the full continuum of care for older adults. Our residents enjoy many cultural and educational opportunities along with a wide variety of lifestyle choices. We hope you join us and while you are here, we would love to give you a tour of Park Vista's beautiful 18+ acre campus.

*Please register one week in advance of each session. Payment can be made through either cash or check on the day of the event.*

