

Mahoning Valley Lifelong Learning Institute Course Schedule Spring 2019



Ohio Living
Park Vista

presents



MAHONING VALLEY
LIFELONG LEARNING
INSTITUTE

Exploring The Vistas Of Learning



Marise Sahyoun

**A note from Marise Sahyoun,
Director of Lifelong Learning:**

As you'll see on the following pages, this semester is full of exciting opportunities to grow in your learning. Join us to become immersed in space exploration, see wild animals up close, redesign your living space, maximize your memory and so much more.

At the end of the semester, you're invited to join us for the Ohio Well Luncheon where you'll enjoy gourmet food, mingle with friends, meet new people and catch a glimpse of next semester's courses.

You'll also notice that we've made a few changes this semester. Be sure to read the description of our trips to the Butler Institute of American Art; this extremely popular program has been expanded.

As overall interest in our programs increases, we're doing all we can to accommodate more learners. Therefore, we'd like to ask that you **please call us at 330.746.2944, ext. 1553 should you need to miss a program** for which you have RSVP'd.

I'm beginning my fifth year as Director of Lifelong Learning, and I couldn't be more excited and proud of the many programs we now offer. I look forward to seeing you for our spring semester!



Brian Kolenich

**A note from Brian Kolenich,
Ohio Living Park Vista
Executive Director:**

Research supports the theory that an active lifestyle – one in which a person is socially engaged within a community of like-minded people – lays a foundation to meet the challenges we face as we age. The Mahoning Valley Lifelong Learning Institute (MVLLI) is perfect for those who are looking for ways to stay active as they age, helping learners expand their horizons in four key areas: religion and spirituality, arts and culture, wellness and rehabilitation, and history and political science.

We're proud to offer the benefits of the MVLLI to our neighbors in the Valley, and are grateful to the donors who have supported this initiative. It was donor generosity that gave the MVLLI its start, and new partnerships with donors and cultural institutions continue to help us further our programming. As an example, Vince and Phyllis Bacon helped us create can't-miss events at the Butler Institute of American Art. For more on how they and other donors have helped to bring stimulating lectures to learners like you, see the letter from Gift Planning Director Susan Berny at the end of this brochure.

If you are new to the MVLLI, I hope you'll try out a few courses that pique your interest. If you've joined us before and plan to return, I hope you'll try something new and out of your comfort zone. You may be surprised at how much you enjoy learning something new!

MVLLI Plus:

Grab a cup of coffee, take a break with friends and stay for another program! MVLLI Plus programs are held directly after other sessions. They are featured in green throughout this brochure.

To register, please visit MVLLI.org or call 330.746.2944, ext. 1553.

All courses will be held in the Gelhaar Center unless otherwise noted. Please register one week in advance of each session. Payment can be made by cash or check on the day of the event.

Course Schedule Spring 2019

NASA Glenn Research Center

Tuesday, February 5

10 to 11:30 a.m.

Elaine Pappas

Cost: \$0

Join us as we explore the history of the NASA Glenn Research Center and learn about the brave astronauts who hailed from Ohio, what it's like traveling to space, and other fun facts that are out of this world!

MVLLI Plus:

Cleveland Museum of Art – French Art

Tuesday, February 5

1 to 2 p.m.

Cost: \$5 for non-residents

French art is renowned for its elegance and inventiveness. During this virtual tour of the Cleveland Museum of Art's collection, you'll see luxury goods made for the Dukes of Burgundy before the Renaissance, shimmering paintings by impressionists, and colorful compositions by the Fauves.

Inner Peace: The Prerequisites

Thursday, February 7

9:30 a.m. to 12:30 p.m.

Vince Lisi

Cost: \$5 for non-residents

Join us on the path to inner peace by understanding the three qualities of consciousness, the "moral preliminaries" of inner peace, and the eight-fold path of Buddhism. You'll also discover how these points are related.

The Six Most and Least Successful Commanders In Chief (1812-1991)

Tuesday, February 12

9:30 a.m. to 12:30 p.m.

Dr. Greg Ferro

Cost: \$15 for non-residents

There are various criteria used to judge the success of a commander in chief: What were the strengths of their opponents, the scope of war aims achieved and the extent to which they were able to limit losses? There are also criteria to judge the least successful: What are their failed war aims, the duration of their wars and the damages inflicted in blood and money? Join us to explore the successes and failures of former U.S. Presidents.

Mary GrandPré: Conjure Up Our Imaginations

Thursday, February 14

2 to 4 p.m.

Felicia Zavarella Stadelman

Cost: \$10 for non-residents

J.K. Rowling created Harry Potter, but Mary GrandPré brought him to life. As illustrator of the saga, she made evocative pastel drawings of his perilous journey through adolescence and shaped the world's image of the book's hero.

One Wild Place

Tuesday, February 19

11 a.m. to noon

Pittsburgh Zoo staff

Cost: \$5 for non-residents

The Pittsburgh Zoo is home to over 4,000 animals and this is your chance to meet three of them! You'll also learn what it takes to operate a zoo and hear about some of their current conservation and research projects. *Due to the inclusion of live animals, refreshments are not allowed.*

Course Schedule Spring 2019

Molecules That Changed the World

Thursday, February 21

10 to 11:30 a.m.

Douglas Genna

Cost: \$5 for non-residents

Have you ever wondered where your prescription drugs come from? In this lecture, you'll learn how a medication is created – from concept to the clinic.

MVLLI Plus:

Dance of the Dissident Daughter

Thursday, February 21

11:45 a.m. to 12:45 p.m.

Chaplain Mary Ann Short

Cost: \$5 for non-residents

Sue Monk Kidd's "Dance of the Dissident Daughter: A Woman's Journey from Christian Tradition to the Sacred Feminine" follows her fascinating pilgrimage beginning with her Southern Baptist roots. While every woman's journey is different, many will find this book to be a mirror of her own present situation and a call to self-discovery. Join us for a discussion of this intriguing story! *Reading the book prior to this lecture is not required.*

Exploring the Butler Institute of American Art

Tuesday, February 26

10 to 11 a.m. OR 1 to 2 p.m.

Cost: \$0

Address: 524 Wick Avenue, Youngstown

Due to the high demand for reservations every semester, we've made changes to our lectures at the Butler. These events will now be offered in morning and afternoon sessions, and will include a selection of light refreshments instead of lunch. This first lecture will feature a thought-provoking, in-gallery conversation exploring masterpieces of the Butler's collection including works from the Ashcan School.

Mindfulness and Cognitive Aging: How to Sharpen Your Memory

Thursday, February 28

10 to 11:30 a.m.

Kathryn Kilpatrick

Cost: \$5 for non-residents

With the distractions and multitasking of the 21st century, many people complain about forgetfulness no matter their age. Learn about current research on mindfulness and how to apply new techniques to your daily routine.

MVLLI Plus:

Women's Health Symposium

Thursday, February 28

11:45 a.m. to 12:45 p.m.

Dr. Angela Natoli

Cost: \$0

Did you know that 90% of the stimulation and nutrition to the brain is generated by spinal movement? This lecture will cover the neurology of movement including joint mobility, balance, and how chiropractic care is essential to a healthy life.

Famous and Infamous Pardons, Commutations and Vetoes

Tuesday, March 5

9:30 a.m. to 12:30 p.m.

Dr. Greg Ferro

Cost: \$15 for non-residents

More than 10,000 people have received presidential pardons, and thousands more have received a commutation of their sentence. Join us to take a closer look at this presidential power.

MVLLI Plus:

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Sex and Religion

Thursday, March 7
10 to 11 a.m.
Dr. Michael Jerryson
Cost: \$5 for non-residents

Since the dawn of organized religion, beliefs and rituals have placed significant emphasis on sexual relations and constructions of gender. This class will explore the tensions that can exist between religion and sex in Abrahamic traditions.

MVLLI Plus: Cleveland Museum of Art – Harlem Renaissance

Thursday, March 7
11:15 a.m. to 12:15 p.m.
Cost: \$5 for non-residents

Go back in time to a bustling, 1920s New York City and discover the art, literature and music of Harlem. You'll be introduced to the works of artists Romare Bearden and Jacob Lawrence, photographer James Van Der Zee and poet Langston Hughes.

Interior Design Basics: Part 2

Tuesday, March 12
10 a.m. to noon
Frank Daloise
Cost: \$5 for non-residents

If you attended Part 1 of this series last semester, join us again to learn more about home design. If you missed Part 1, you can still come to gain insight on flooring, furniture, floor plans, furniture, accessories, lighting and more.

Photography of Steve McCurry

Thursday, March 14
5 to 7 p.m.
Felicia Zavarella Stadelman
Cost: \$10 for non-residents

McCurry is universally recognized as one of today's finest image-makers, and is best known for capturing unguarded moments on people's faces. "If you wait, people will forget your camera and the soul will drift up into view," he said. Discover his work and then create your own masterpiece.

Hamlet Tapestry

Tuesday, March 19
9:30 a.m. to 12:30 p.m.
Ruth Cole
Cost: \$5 for non-residents

This lecture focuses on the tapestry "Hamlet" weaves with its characters, plot and intriguing themes. Studying Hamlet himself will help you explore the psychological aspects and complications of the plot.

Humor as a Stress Buster

Thursday, March 21
10 to 11:30 a.m.
Kathryn Kilpatrick
Cost: \$5 for non-residents

Learn ways to reduce the negative effects of stress; boost your immune system; increase your attention, concentration and memory skills; improve communication; and build relationships. This informative and interesting lecture will help you lighten up your days!

To Register:

**Visit MVLLI.org or call
330.746.2944, ext. 1553.**

Course Schedule Spring 2019

MVLLI Plus: Women's Health Symposium

Thursday, March 21
11:45 a.m. to 12:45 p.m.
Dr. Vivian Starr
Cost: \$0

Enjoy a delicious lunch while Dr. Starr addresses how you can live an active life with arthritis.

Exploring the Butler Institute of American Art

Tuesday, March 26
10 to 11 a.m. OR 1 to 2 p.m.
Cost: \$0
Address: 524 Wick Avenue, Youngstown

This lecture will immerse you in art and culture as you take an in-depth look at 20th century American artists. *For an explanation of the changes to our lectures at the Butler Institute of American Art, please see the event on February 26.*

Writing Workshop: Part 1

Thursday, March 28
10 a.m. to noon
Karen Schubert
Cost: \$5 for non-residents

In this three-part workshop, you'll write and edit a single story about an actual event. Learn what makes a story vivid and memorable, and work on specific elements such as backstory, dialogue and sensory detail. *This series is open to all, regardless of writing experience.*

MVLLI Plus:

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The 10 Most Interesting Presidential Candidates Who Lost (1900-2008)

Tuesday, April 2
9:30 a.m. to 12:30 p.m.
Dr. Greg Ferro
Cost: \$15 for non-residents

What does one do after losing a presidential race? Some candidates have gone on to serve as governor, U.N. Ambassador, Secretary of State, or Supreme Court justice. Join us to hear about presidential candidates who lost, but are not losers.

Contemporary Religion

Thursday, April 4
9:30 a.m. to 12:30 p.m.
Vince Lisi
Cost: \$5 for non-residents

Explore contemporary trends in religion from two basic approaches: the transcendental approach based on intermediaries and the immanent approach based on the direct path to God.

Writing Workshop: Part 2

Tuesday, April 9
10 a.m. to noon
Karen Schubert
Cost: \$5 for non-residents

This is the second workshop of a three-part series. See the description of the first event on March 28 for details.

The Art of Dr. Seuss

Thursday, April 11
5 to 7 p.m.
Felicia Zavarella Stadelman
Cost: \$10 for non-residents

The creativity of Theodore Geisel, known to the world as Dr. Seuss, produced children's books, political cartoons and advertisements filled with wonderfully-inventive animals, characters and humor. Learn about his artistic vision and how it linked every facet of his varied career.

The Common Loon, a Symbol of North American Wilderness

Tuesday, April 16
10 to 11 a.m.

Jay Mager

Cost: \$5 for non-residents

Discover this water bird that has long been considered an aesthetic symbol of northern freshwater lakes, and is also an ecological indicator species of those ecosystems. Hear the basic life history of the species, findings from Jay Mager's research in loon vocalizations and communication, and some of the prevalent environmental issues these birds currently face.

MVLLI Plus: Cleveland Museum of Art – Italian Art

Tuesday, April 16
11:15 a.m. to 12:15 p.m.

Cost: \$5 for non-residents

Explore why particular subjects were depicted in sculptures, paintings and decorative arts, and learn how factors like patronage and subject matter have conveyed Italy's most important ideals and events over the past 2,000 years.

Shakespeare for the Young at Heart

Thursday, April 18
9:30 a.m. to 12:30 p.m.

Ruth Cole

Cost: \$5 for non-residents

Shakespeare's legacy is alive and well, as his works are still studied by both young and old. An examination of the comedy "Twelfth Night" will foster an appreciation of how and why he wrote with such great success while creating delightful experiences for his audiences.

Astrochemistry

Tuesday, April 23
10 to 11:30 a.m.

Douglas Genna

Cost: \$5 for non-residents

Look beyond the reaches of planet Earth as we explore the chemistry of the universe.

MVLLI Plus: Women's Health Symposium

Tuesday, April 23
11:45 a.m. to 12:45 p.m.

Dr. Asif Khan

Cost: \$0

Have you ever experienced a reaction to something you've eaten many times before? You may have developed a new food allergy, which is becoming more common in the U.S. During this luncheon, we'll examine some of the reasons this may be happening.

Exploring the Butler Institute of American Art

Thursday, April 25
10 to 11 a.m. OR 1 to 2 p.m.

Cost: \$0

Address: 524 Wick Avenue, Youngstown

A local artist and educator will guide us on an in-depth exploration of painting as a medium, and you'll have the opportunity to create your own work of art. *For an explanation of the changes to our lectures at the Butler Institute of American Art, please see the event on February 26.*

To Register:

Visit MVLLI.org or call
330.746.2944, ext. 1553.

Course Schedule Spring 2019

Writing Workshop: Part 3

Tuesday, April 30

10 a.m. to noon

Karen Schubert

Cost: \$5 for non-residents

This is the final workshop of a three-part series. See the description of the first event on March 28 for more details.

The Crooners

Thursday, May 2

10 a.m. to noon

Joy Decker Borland

Cost: \$5 for non-residents

Learn about the lives and music of the most memorable crooners, including Sinatra, Crosby, Como and Martin. Join us to discover more about these legendary performers and sing along with their iconic hits!

Presidents and Their Religion

Tuesday, May 7

9:30 a.m. to 12:30 p.m.

Dr. Greg Ferro

Cost: \$15 for non-residents

While forming a more perfect union, the Constitutional Convention agreed to separate church and state, and therefore the words “God,” “Jesus” and “Christian” do not appear in the Constitution. Most presidents firmly believe in a supreme being and many invoke the blessings of heaven in public. Join us as we discuss more about their varied faiths.

MVLLI Plus:

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Salvador Dali: Surrealism Opens the Shackles Limiting Our Vision

Thursday, May 9

5 to 7 p.m.

Felicia Zavarella Stadelman

Cost: \$10 for non-residents

Spanish artist Dali is famous for transforming his dreams and nightmares into realistic paintings. Discover more about Dali and let him inspire your own masterpiece.

Designing Small Spaces

Tuesday, May 14

10 a.m. to noon

Frank Daloise

Cost: \$5 for non-residents

Learn design techniques for apartments, condos, studios and assisted living apartments. You'll also discuss colors, scaled accessories and furniture, as well as how you can personalize a small space with sentimental items and memories.

Animals and Adaptations

Thursday, May 16

10 to 11 a.m.

Akron Zoo

Cost: \$5 for non-residents

The Akron Zoo returns with three new animals, and will discuss the adaptations that help these animals survive. *Due to the inclusion of live animals, refreshments are not allowed.*

MVLLI Plus:

Ohio Well Luncheon

Thursday, May 16

11:15 a.m.

Cost: \$8.50

Enjoy a delicious lunch with friends followed by the classic film “Breakfast at Tiffany’s.” You’ll also get a sneak peek of next semester’s programs!

Remembering Shakespearean Favorites

Tuesday, May 21

9:30 a.m. to 12:30 p.m.

Ruth Cole

Cost: \$5 for non-residents

This lecture will touch on Shakespeare's most well-known plays, giving you the opportunity to renew your acquaintance with and gain a new understanding of his work

Jainism: The Religion of Extreme Non-Violence

Thursday, May 23

10 to 11 a.m.

Dr. Michael Jerryson

Cost: \$5 for non-residents

A South Asian religion practiced for over 2,500 years, Jainism provides a moral template for living, dying and the ethical ways of treating each other in the contemporary world. Review Jainism's foundational elements and the ways in which its values can enrich our lives.

MVLLI Plus: Women's Health Symposium

Thursday, May 23

11:15 a.m. to 12:15 p.m.

Dr. Krystal Culler

Cost: \$0

Explore the latest information about brain health while identifying your own personal risks. Learn practical tips and how to incorporate them into your daily life.

Memory Fitness: Strategies Matter

Tuesday, May 28

9:30 a.m. to 12:30 p.m.

Kathryn Kilpatrick

Cost: \$5 for non-residents

Learn the seven keys to memory fitness and how they can foster positive changes to your daily routine. Current research supports the importance of challenging your brain, and you'll discover how you can upgrade your memory fitness routine while enjoying a variety of brain game activities.

Exploring the Butler Institute of American Art

Thursday, May 30

10 to 11 a.m. OR 1 to 2 p.m.

Cost: \$0

Address: 524 Wick Avenue, Youngstown

Join us as we celebrate the Butler's 100th anniversary! Enjoy a guest-speaker lecture and learn how the Butler is enhancing the art experience through special exhibits. *For an explanation of the changes to our lectures at the Butler Institute of American Art, please see the event on February 26.*

To Register:

Visit MVLLI.org or call

330.746.2944, ext. 1553.

The Mahoning Valley Lifelong Learning Institute (MVLLI) is blessed to have a thriving community of lifelong learners; residents and community members who have a passion for growing intellectually and culturally. We have been building this community for years and are grateful to all who participate.

We also deeply appreciate those who have taken the extra step of supporting the MVLLI through charitable gifts, and hope that we can count on your continued generosity as we grow our mission together.



There are so many ways you can help ensure the MVLLI's vitality. Whether it's sponsoring a Lunch & Learn program at the Butler Institute of American Art, supporting the Women's Health Symposium, or making a gift for the Religion and Spirituality lecture series – your generosity can make a difference!

As we look toward the future of the MVLLI, I'd like you to know there are gifts that can make a lasting impact, are easy to establish and are within your reach. They all offer unique tax benefits and some even provide income for life! And, perhaps most importantly, they have the potential to create a legacy for you or a loved one.

I'd be happy to provide you, your family and your professional advisors with additional information – with no obligation. Please contact me at 330.746.2944, ext. 1554 or sberny@ohioliving.org to learn more. You can also visit mvlli.org to make your gift today!

All of us at Ohio Living Park Vista are excited about our spring semester, and are certain that you'll find a course selection that will inspire you! Happy learning!

Snapshots from Last Semester



Founding Donors of the Mahoning Valley Lifelong Learning Institute

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Charlotte C. Gelhaar

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MAHONING VALLEY

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Exploring The Vistas Of Learning

The Mahoning Valley Lifelong Learning Institute helps adults age 50+ 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 Ohio Living 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, Ohio Living Park Vista provides a full continuum of care for adults. Our residents enjoy many cultural and educational opportunities along with a wide variety of lifestyle choices. Please join us for a tour while you are here – we would love to show you our beautiful 18-acre campus. For more information or to schedule your tour, call 330.746.2944, ext. 1553.

To register, please visit MVLLI.org or call 330.746.2944, ext. 1553.

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