

# Mahoning Valley Lifelong Learning Institute Course Schedule Spring 2020



**Ohio Living**  
FAITH + COMPASSION + COMMUNITY

presents



MAHONING VALLEY  
**LIFELONG LEARNING  
INSTITUTE**  
*Exploring The Vistas Of Learning*



Brian Kolenich

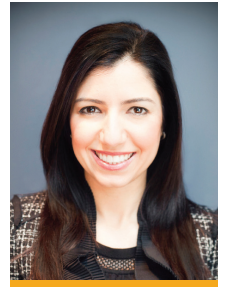
### A note from Brian Kolenich, Park Vista Executive Director:

The Mahoning Valley Lifelong Learning Institute (MVLLI) has changed and grown in its mission over the past six years in many positive ways.

We began our journey very programmatically by listening to the voice of our campus residents. The capital campaign that raised one million dollars to build and endow the institute helped us grow into our name; semester attendance grew to over 1500 and expanded beyond the Ohio Living Park Vista campus to include older adult lifelong learners throughout the greater Youngstown area.

This semester we are happy to welcome Ohio Living Lake Vista to MVLLI as another anchor to host some of our programs. This move will broaden how we serve older adult lifelong learners throughout the Mahoning Valley, with an opportunity for those residing in the northern part of the Valley to access our great, affordable, academic-level learning.

Please join us on either the Park Vista or the Ohio Living Lake Vista campus to access the wonderful programming that we have developed for you this semester. We are excited for the growth opportunities with this change.



Marise Sahyoun

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

Along with offering programs at Ohio Living Lake Vista, MVLLI will enforce a new no-show policy beginning in February. Last semester, our learners made quite a few reservations to programs that they did not attend.

We understand that life happens and unexpected circumstances sometimes arise, but we also want to be good stewards of the donor funds that provide dining and maintenance services. To that end, beginning in February, every learner will be allotted one free no-show each semester. If you miss any classes after using your one free no-show, you will be asked to pay for the program missed before attending another one.

We will continue to accept walk-ins; however, we cannot guarantee a seat and/or food at any of our lectures, so walk-ins will be asked to wait until all registered attendees have signed in. I hope this encourages our members to continue making reservations, cancelling reservations when necessary, and attending all the wonderful programs that are available to you. See you soon!

To register for classes, please visit [MVLLI.org](http://MVLLI.org)  
or call Ohio Living Lake Vista's main line at 330.638.2420.

Please register one week in advance of each session. The price of each class is listed for Park Vista and Ohio Living Lake Vista residents, then for non-residents. For example: \$3/\$5 means that residents pay \$3 and non-residents pay \$5. Payment can be made by cash or check on the day of the event.

#### Classes will be held at:

Park Vista: Gelhaar Center | 1216 Fifth Avenue, Youngstown, Ohio 44504

Ohio Living Lake Vista: Clubhouse | 303 N. Mecca St. (Rt. 46), Cortland, Ohio 44410

The Butler Institute of American Art: 524 Wick Avenue, Youngstown, Ohio 44502

# Course Schedule Spring 2020

## Sample Course Listing

### Course Title

Date

Times

Presenter(s)

Cost for residents/cost for non-residents

Location

Brief description of the course and what you can expect to learn or experience.

### Ranking the Presidents: You vs. the Experts

Tuesday, February 4  
9:30 a.m. to 12:30 p.m.

Dr. Greg Ferro

\$10/\$15

Park Vista

Americans love to rank people, places and things. Participants will be given the chance to rank the presidents between 1946 and 2016 according to set criteria. We will then reconvene to share the results of the group work and discover how the experts have ranked the presidents and why.

### The Beautiful Legacy of African Religion

Thursday, February 6  
10 to 11 a.m.

Dr. Michael Jerryson

\$3/\$5

Park Vista

Learn about the little-known religious traditions of Nigeria and the Caribbean, many of which were brought to the U.S. during the Middle Passage, in which Africans were enslaved and brought to work in North and South America. These religions are rich with compassion, kindness and powerful insights.

### Lunch and Learn: A Collection of Collections

Tuesday, February 11  
10:30 a.m. to 11:30 a.m.

Free

The Butler Institute of American Art

Immerse yourself in the world of art.

### The Art of Love

Thursday, February 13  
5 to 7 p.m.

Felicia Zavarella Stadelman

\$5/\$10

Park Vista

Expressions of love and romance have inspired artists and poets for centuries to the delight of art enthusiasts. The popular image of the kiss evokes a treasure trove of symbolic messages of love, life, intimacy, and seduction; in art, it tells not only of love but also reveals a lot about the artist's life and source of inspiration. Learn fascinating facts associated with the most widely recognized works of art and the artists who created them.

### Conquering Aging Differently

Tuesday, February 18  
10 a.m. to 11:30 a.m.

Mitzi Beach, ASID, CAPS

\$3/\$5

Ohio Living Lake Vista

Research now disputes what aging can look like if new mindsets and lifestyles are implemented. We will break down the key components of Beach's book, *Design Smarts: Inspiration for Home + Life*, and explore how to live a healthier, safer, smarter, and happier life through these easy principles. A book signing will follow this class.

# Course Schedule Spring 2020

## Impact of Curiosity and Positive Attitude on Successful Aging

Thursday, February 20

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

Kathryn Kilpatrick

\$3/\$5

Ohio Living Lake Vista

You may have been naturally curious as a child, but people often lose their sense of curiosity over time. Learn how a positive attitude and recaptured curiosity can help you to be open to trying new things and exploring a variety of options. Your memory fitness relies on improving your focus, so when you expand your interests, you are also stimulating your brain.

## Spanish Art

Tuesday, February 25

10 to 11 a.m.

Cleveland Museum of Art Staff

\$3/\$5

Park Vista

This program features paintings by artists working from or born in Spain such as El Greco, Goya and Picasso. Participants will enjoy a varied stylistic range of art that includes Renaissance, Baroque, and modern Spanish pieces and learn about those pieces' cultural and historical context.

## Spinal Health: The Source of Life

Thursday, February 27

10 to 11 a.m.

Dr. Angela Natoli

\$3/\$5

Ohio Living Lake Vista

Learn about the anatomy of our nervous system and how the spine protects the master system of our bodies. Explore how to keep your spine healthy and strong to live and age gracefully.

## The Roaring Life & Politics of the 1920s

Tuesday, March 3

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

Dr. Greg Ferro

\$10/\$15

Ohio Living Lake Vista

The Jazz Age and Harlem Renaissance were an interesting time in history. Learn about the new American sound, the change in transportation, and the famous trials of the decade. Of course, no study of the 1920s would be complete without taking a look at the law enforcement headache of prohibition, speakeasies and bootlegging, which enabled Al Capone to make millions.

## The Hymns of the Gods: Vedic and Hindu Religions

Thursday, March 5

10 to 11 a.m.

Dr. Michael Jerryson

\$3/\$5

Park Vista

Around 1200 BCE, the Vedic people put together the first of the Vedas. Since then, the religion has spawned powerful philosophies, medicinal practices and Hinduism. Dr. Jerryson will explain the antecedents and the developments of Hinduism. There are over 1 billion Hindus in the world with fantastic art, phenomenal epics such as the Ramayana and the Mahabharata, and insights that have triggered remarkable inventions and discoveries for centuries.

To register, visit [MVLLI.org](http://MVLLI.org)  
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## The Seven Natural Wonders of the World

Tuesday, March 10

10 a.m. to 12 p.m.

Frank Daloise

\$3/\$5

Ohio Living Lake Vista

Explore the discovery, history, geography, and characteristics of the natural wonders of the world.

## Lunch and Learn: A Collection of Collections

Thursday, March 12

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

Free

The Butler Institute of American Art

Immerse yourself in the world of art.

## Shakespeare: Presidential Playwright

Tuesday, March 17

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

Ruth Cole

\$3/\$5

Ohio Living Lake Vista

With 2020's presidential election fast approaching, it is fascinating to study U.S. presidents in terms of their interest in Shakespeare. Some have no involvement, but others have been genuine Shakespeareans – reading, reciting, writing, and being inspired in their presidential roles.

## Henri Matisse – Saturated Color Celebrating Life and Equilibrium

Thursday, March 19

5 to 7 p.m.

Felicia Zavarella Stadelman

\$5/\$10

Park Vista

Many people consider Matisse the greatest innovator of the 20th century. His paintings represent an uninhibited refuge of pure harmony, comfort and balanced satisfaction.

## We Thrive Together

Tuesday, March 24

10 to 11 a.m.

Steve Pelton

\$3/\$5

Park Vista

We Thrive Together is a senior isolation and loneliness initiative in the Mahoning Valley. Over 20 community organizations come together to help individuals 50 years and older stay socially engaged.

## Animal Antics

Thursday, March 26

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

Pittsburgh Zoo & PPG Aquarium Educators

\$3/\$5

Park Vista

The Pittsburgh Zoo is home to over 4,000 animals, and this is your chance to meet some of them! Due to the inclusion of animals, no refreshments will be served.

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## French Art

Tuesday, March 31

10 to 11 a.m.

Cleveland Museum of Art Staff

\$3/\$5

Park Vista

In this overview of French masterworks in the collection of the Cleveland Museum of Art, explore everything from luxury goods made for the Dukes of Burgundy prior to the Renaissance and shimmering paintings by Impressionists to colorful compositions by the Fauves.

## Lure of the West

Thursday, April 2

10 to 11 a.m.

Smithsonian American Art Museum Staff

Free

Ohio Living Lake Vista

Part geography and part mythology, the American West retains a powerful allure in popular culture. Explore depictions of the people, lifestyles, and landscapes of the 19th century West to better understand this dynamic period of history.

## Dictators Threaten World Peace & the United States in World War II

Tuesday, April 7

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

Dr. Greg Ferro

\$10/\$15

Park Vista

Engage with the political, military and economic history of the United States during the 1940s. Learn about the rise of World War II, the atomic bomb, the initial chill of the Cold War, the atrocities committed by Adolf Hitler and the Nazis, and how women took new positions in society as they replaced men in the labor force during the war.

## Hidden Meaning Behind the Most Recognized Logos

Thursday, April 9

5 to 7 p.m.

Felicia Zavarella Stadelman

\$5/\$10

Park Vista

Some of the world's biggest companies pay designers, advertisers, and psychologists to dream up creative logos that convey an image you might not initially see. Let's explore the art of marketing!

## Lunch and Learn: A Collection of Collections

Tuesday, April 14

10:30 to 11:30 a.m.

Free

The Butler Institute of American Art

Immerse yourself in the world of art.

## German Art

Tuesday, April 21

10 to 11 a.m.

The Cleveland Museum of Art Staff

\$3/\$5

Park Vista

From medieval treasures and Meissen porcelain to contemporary paintings, this presentation introduces the art of Germany in the collection of the Cleveland Museum of Art and includes works by Durer, Kirchner, Klee and others.

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## Brain Divided: Right Brain vs. Left Brain

Thursday, April 23

10 to 11 a.m.

LeAnne Stuver

\$3/\$5

Ohio Living Lake Vista

Are you “right-brained” or “left-brained”? Does it really matter? Come learn about how our brains work and how we can make them stronger.

## Shakespeare and Twain

Tuesday, April 28

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

Ruth Cole

\$3/\$5

Park Vista

Shakespeare is the heart of classic British literature, and Twain is the epitome of American. Examine both great artists’ influential works, highlighted by memorable quotations and vivid social commentary.

## Wonder Lust: Broadway Performers of the 40s and 50s

Thursday, April 30

10 a.m. to 12 p.m.

Joy Decker Borland

\$3/\$5

Park Vista

Many talented youngsters landed in New York in the 1940s and 50s hoping to find a career on Broadway. Learn about their experiences in New York City with friends, auditions and audiences.

## The Vietnam War & the Counterculture or Hippie Movement

Tuesday, May 5

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

Dr. Greg Ferro

\$10/\$15

Ohio Living Lake Vista

Before our current war in Afghanistan, the Vietnam War was the longest war in U.S. History! Five American presidents tried to deal effectively with the Vietnam War until it finally ended in April 1975.

## English Gardens

Thursday, May 7

10 to 11:30 a.m.

Ellen Speicher

\$10/\$15

Park Vista

England is the most garden-loving country in the world, with more gardens open to the public than anywhere else. Journey with us on a pictorial visit to the spectacular gardens in England and enjoy scenes from the world-famous Chelsea Flower Show.

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## Sticks and Stones May Break My Bones, but Words Will Never Hurt Me!

Tuesday, May 12

10 to 11:30 a.m.

Cara Berg-Carramusa, PT, MSPT, EdD, GCS

\$3/\$5

Ohio Living Lake Vista

What is bone density? What factors contribute to or negate good bone health? This interactive session will empower you as you navigate ways to optimize your bone health as you age.

## Lunch and Learn: A Collection of Collections

Thursday, May 14

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

Free

The Butler Institute of American Art

Immerse yourself in the world of art.

## Yoga: Body & Mind

Tuesday, May 19

10 a.m. to 12 p.m.

Kalli Caras

\$3/\$5

Park Vista

Learn about the health benefits of this ancient practice and how to integrate it into your daily life.

## Gustav Klimt: Exotic Portraits of Gold

Thursday, May 21

5 to 7 p.m.

Felicia Zavarella Stadelman

\$5/\$10

Park Vista

Gustav Klimt was a controversial figure in his time, but today his pieces stand out as a “visual symphony” and are regarded as the most important paintings ever to come out of Vienna.

## Brain Health and the Gut-Brain Connection

Tuesday, May 26

10 to 11 a.m.

Gina Jones MS, RDN, LDN

\$3/\$5

Ohio Living Lake Vista

Discover how a nutrient-dense diet full of real foods can impact brain health.

## The Best of the Tony Awards

Thursday, May 28

10 a.m. to 12 p.m.

Joy Decker Borland

\$3/\$5

Park Vista

The Tony Awards, named for Antoinette Perry, recognize excellence in live Broadway theater. They are presented by the American Theater Wing in an annual ceremony in New York City. Learn about a number of Tony award-winning performers and watch the performances that earned them the awards.



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## Snapshots from Last Semester



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# Founding Donors of the Mahoning Valley Lifelong Learning Institute

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Charlotte C. Gelhaar

## THE KYLE CLASSROOM (LYCEUM)

Kyle Family Charitable Fund

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Susan Berny

## Thank You

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 steps of supporting MVLLI through charitable gifts and would like to recognize the major donors over the past year that have made gifts to grow our mission in the Mahoning Valley.

**Jaye Harris** has generously signed an estate note to name the STEM Lecture Series Endowment furthering programming in Science, Technology, Engineering and Math.

**Barbara Brothers** has generously provided funding to underwrite the Dr. Greg Ferro lecture series and luncheon as attendance has grown to capacity.

**Phyllis and Vincent Bacon** have generously funded the Butler Art Museum program and luncheon, allowing aging adults to engage in thought provoking discussions followed by a luncheon to engage socially.

**Eleanor Watanakunakorn** has generously provided funding for the Women's Health Symposium as learners explore the latest information about current health topics.

**Linda and Dave Evans** have recently provided a generous gift to underwrite the cost of publishing the Spring Course Brochure 2020.

As we look forward to expanding lifelong learning in the Mahoning Valley, I would like you to know that gifts that can make a lasting impact are easy to establish and within your reach. They all offer unique tax benefits and some even provide income for life. Most importantly, they have the potential to create a legacy for you or a loved one.

I would be happy to provide you, your family and your financial advisors with additional information with no obligation. Please contact me at [330.770.4885](tel:330.770.4885) or [sberny@ohioliving.org](mailto:sberny@ohioliving.org) to learn more. You can also visit [MVLLI.org](http://MVLLI.org) to make your gift today!

Thank  
you



Ohio Living Lake Vista  
303 N. Mecca St.  
Cortland, Ohio 44410

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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 Lake 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.

Ohio Living Lake 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 campus. For more information or to schedule your tour, call 330.638.2420.

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