

Mahoning Valley Lifelong Learning Institute Course Schedule Spring 2017



MAHONING VALLEY
LIFELONG LEARNING
INSTITUTE
Exploring The Vistas Of Learning



Welcome back!

With the close of a successful 2016, we reflected on the growth and change that characterized it. We opened our highly anticipated Gelhaar Center, which allowed us to welcome even more students to the Mahoning Valley Lifelong Learning Institute. Park Vista of Youngstown became Ohio Living Park Vista, a change that came from our parent company diligently working to rebrand the company in a way that fully demonstrated the breadth of services our company provides while clarifying our statewide network. The new name exemplifies the spirit and depth of services we offer, especially when it comes to the Mahoning Valley Lifelong Learning Institute.

The new year promises to hold more excitement as we celebrate our 70th anniversary at Ohio Living Park Vista and 16th semester of lectures at the Institute. We will host favorite lecturers, such as Lou Zona of the Butler Institute of American Art, and Dr. Greg Ferro with his intriguing looks at politics and history. We will enhance our offerings with courses on “Increasing Excellence” with Youngstown State University President Jim Tressel, virtually traveling to the Cleveland Museum of Art, and introducing our new STEM (Science, Technology, Engineering, Math) lecture series. The semester will hold over 30 lectures covering arts and culture, religion and spirituality, wellness and recreation, history and political science, and STEM.

We have always judged our success at the Mahoning Valley Lifelong Learning Institute by a few indicators. One is the continued charitable support of the community, which was evident through the successful completion of our \$1 million capital campaign, the continued support for the Berlin Sculpture Garden and the interest in supporting a STEM area of study. Another indicator is growth. This past semester saw a 70 percent increase in attendance from 2015. However, I think the greatest measure of success is the positive impact that the Institute is having on our learners’ lives. Just recently, I had a conversation with an Ohio Living Park Vista resident who said that the Mahoning Valley Lifelong Learning Institute made her feel like she had retired to an Elderhostel, which is now known as Road Scholar and provides thousands of adventures to lifelong learners every year. This is why we built and continue to grow the Institute: to foster learning opportunities in retirement and promote a better quality of life through education and social engagement.

I have said many times that the Institute began with the voice of our residents and friends. We will continue to listen, and we look forward to providing you with exciting new opportunities that will expand your experiences at Ohio Living Park Vista and our Mahoning Valley Lifelong Learning Institute. Stay tuned – there’s so much more in store!

Sincerely,



Brian Kolenich,
Executive Director
Ohio Living Park Vista

Project VIBE

Youngstown State University, Ohio Living Park Vista and the Mahoning Valley Lifelong Learning Institute are partnering on Project VIBE (Valley Initiative to promote Balance among the Elderly). This research and community service project is aimed at promoting balance and reducing fall risks among Mahoning Valley residents age 65 and over.

The project is anticipated to begin April 2017, and will be seeking volunteers to answer basic questions relating to balance and falls, and undergo a basic balance assessment. This information will be used to examine prevalence of and factors leading to falls, the impact falls have on individuals, and fall prevention in an effort to raise awareness and increase safety for those at risk.

For more information, please call 330.746.2944, ext. 1553.

Planned Giving that's Within your Reach

Have you thought about making a charitable impact on the Mahoning Valley Lifelong Learning Institute, but thought it would be out of reach? If so, you may want to think about planned giving.

Planned giving doesn't have to mean exorbitant giving. In fact, the term "planned giving" simply refers to a charitable gift that provides future income to a charitable organization. What may surprise you is that a planned gift would likely allow you to make a larger gift than your income would typically allow.

Planned gifts are generally placed into two categories: revocable, in which you may revoke the gift commitment at any time, and irrevocable, in which the gift is permanent. Some irrevocable gifts provide lifetime income to you or your loved ones. Revocable gifts allow you to make a gift commitment now while still retaining control and ownership of your asset.

Many of these gifts are remarkably easy to establish, and they all provide tax benefits.

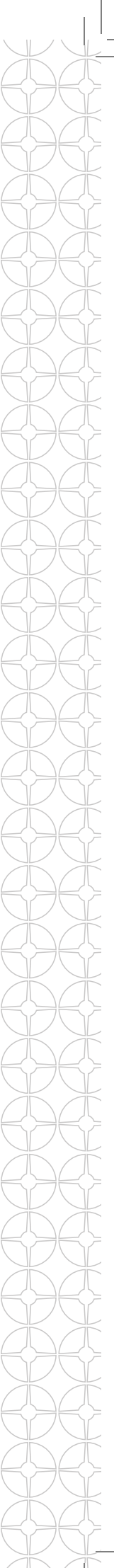
What's more, with most of these options you can designate that a percentage be given to the charitable organization, leaving a part of the asset for family or other obligations.

Common types of planned gifts include:

- A gift through your will
- POD/TOD account designations
- Life insurance policies
- Retirement fund assets
- Charitable gift annuities

Planned gifts are essential to the ability of the Mahoning Valley Lifelong Learning Institute to fulfill its mission, and several donors have already established planned gifts to help support its future.

Would you like to learn more about planned giving for yourself? Please call Susan Berny, director of gift planning, at 330.746.2944, ext. 1554 or email sberny@ohioliving.org. She will be happy to provide information for you as well as for your family and professional advisors with no obligation.



Mahoning Valley Lifelong Learning Institute

Course Schedule Spring 2017

Alphonse Mucha: Enchanted Art

Date: Thursday, Feb. 2, 2017

Time: 5 to 7 p.m.

Presenter: Felicia Zavarella Stadelman

Admission: \$10, non-resident, wine and hors d'oeuvres

Learn to paint in Le Style Mucha, the epitome of the Art Nouveau movement. It is characterized by Alphonse Mucha's unforgettable images of women with streaming hair and flowing fabrics. This class is part of the "Through the Eyes of the Artist - Masterwork Art Workshop" series, 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.

GMO Foods

Date: Tuesday, Feb. 7, 2017

Time: 10 a.m. to noon

Presenter: Dr. Heather Lorimer

Admission: \$5, non-resident

Dr. Heather Lorimer of Youngstown State University will discuss Genetically Modified Organisms and why they have been created. The discussion will include arguments both for and against genetic engineering, the foods that have been genetically modified, and how these foods are labeled.

Better Photography through Composition

Date: Thursday, Feb. 9, 2017

Time: 5:30 to 7 p.m.

Presenter: Stephen Chalmers

Admission: \$10, non-resident, appetizers included

Created for beginners, including cell phone users, and more advanced hobbyists alike, this workshop will help you create better and more compelling photographs and videos through improved composition. The discussion will begin with an overview of several compositional strategies and segue to an open discussion. Participants are welcome to bring their own images and photo-related questions.

TED Studies: Understanding Islam

Date: Thursday, Feb. 16, 2017

Time: 10 a.m. to noon

Admission: No admission, brunch included

TED Studies, created in collaboration with Wiley, a specialist in academic publishing, are curated video collections and educational materials. In "Understanding Islam," speakers take the TED stage to talk about the faith practiced by more than 1.5 billion people worldwide and often misunderstood by many non-Muslims. The speakers draw distinctions between the core tenets of Islam found in the Qur'an and the political and cultural traditions in some predominantly Muslim societies.

Lunch and Learn: A Collection of Collections - The Butler Institute of American Art

Date: Tuesday, Feb. 21, 2017

Time: 10:30 to 11:30 a.m., lunch to follow

Presenter: Dr. Louis Zona

Admission: No admission, lunch included

Location: The Butler Institute of American Art, 524 Wick Ave., Youngstown, 44505*

See what makes the Butler Institute of American Art unique with an overview of its most renowned treasures. This month's tour will bring art to life through in-depth conversations and deep engagement with the visitor. Attendees will meet in the James Gallery and move to another gallery, if time permits. The interactive tour will be followed by "Dining through the Ages," a lunch in Collections Café that marries art and food.

*Transportation to the Butler Institute of American Art is available to Ohio Living Park Vista residents ONLY. All other attendees are asked to meet the group at the museum.

United States Supreme Court, Part II

Date: Thursday, Feb. 23, 2017

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

Presenter: Dr. Greg Ferro

Admission: \$15, non-resident, lunch included

This course will provide an in-depth examination of 12 major United States Supreme Court cases between 1944 and 2014. Most notably will be the review of *Riley v. California*, a case which asked whether a person's cell phone can be seized during an arrest without a warrant.

Higher Ethics of Plato and Aristotle

Date: Thursday, March 2, 2017

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

Presenter: Vince Lisi

Admission: \$5, non-resident

Plato is regarded as the most pivotal character in the development of philosophy, and Aristotle his most famous student. The two are thought to have laid the foundation for much of Western philosophy and science. In this course, Vince Lisi will present the teacher and student's higher views on ethical behavior.

TED Studies: The Deep Ocean

Date: Tuesday, March 7, 2017

Time: 10 a.m. to noon

Admission: No admission, brunch included

TED Studies, created in collaboration with Wiley, a specialist in academic publishing, are curated video collections. In "The Deep Ocean," aquatic explorers take the TED stage to share what they've seen in the abyss of Earth's last frontier: the deep ocean, home to massive underwater mountains and valleys, giant smoking chimneys and an amazing array of animals.

Jack Vettriano: Romantic Memories

Date: Thursday, March 9, 2017

Time: 5 to 7 p.m.

Presenter: Felicia Zavarella Stadelman

Admission: \$10, non-resident, wine and hors d'oeuvres

Learn how Jack Vettriano captures the romanticism of a bygone era. His contemporary work is carefully composed, emoting the glamour and passion of old Hollywood. This class is part of the "Through the Eyes of the Artist - Masterwork Art Workshop" series, 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.

Golden Age of Broadway

Date: Tuesday, March 14, 2017

Time: 10 a.m. to noon

Presenter: Joy Decker Borland

Admission: \$5, non-resident

This class explores the theatrical period known as "The Golden Age," when the musicals of Rodgers and Hammerstein dominated the Broadway Stage. The discussion will focus on shows such as "Oklahoma," "Carousel" and "The King and I." Scenes from Rodgers and Hammerstein musicals, and a documentary about these who helped bring those musicals to the stage will be shown on DVD.

A History of Chocolate

Date: Thursday, March 16, 2017

Time: 5 to 7 p.m.

Presenter: Diana Kindler

Admission: \$5, non-resident, includes wine and chocolate pairing

Treat yourself to a delicious evening! Instructor Diana Kindler will provide a historical overview of chocolate, and its evolution from a bitter drink and form of currency in the jungles of Central America to the sweet manufactured today. This course will include a pairing of wines and chocolate.

To register, please visit www.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 2017

Lunch and Learn: A Collection of Collections – The Butler Institute of American Art

Date: Tuesday, March 21, 2017
Time: 10:30 to 11:30 a.m., lunch to follow
Presenter: Dr. Louis Zona
Admission: No admission, lunch included
Location: The Butler Institute of American Art, 524 Wick Ave., Youngstown, 44505*

See what makes the Butler Institute of American Art unique with an overview of its most renowned treasures. This month will celebrate Women's History Month with an in-depth look at featured female artists in the collection, as well as pieces that capture female subjects. The interactive tour will be followed by "Dining through the Ages," a lunch in Collections Café that marries art and food.

*Transportation is available to Ohio Living Park Vista residents ONLY. All other attendees are asked to meet the group at the museum.

Cleveland Museum of Art Virtual Tour

Date: Thursday, March 23, 2017
Time: 10 to 11 a.m.
Admission: \$5, non-resident

This virtual tour of the Cleveland Museum of Art takes participants through recent installations and enduring favorites, such as the Armor Court. Participants will "travel" through the museum taking focus on highlighted pieces, such as the medieval table fountain and Queen Isabella's "Book of Hours." There will be opportunity to ask questions about specific pieces.

Macte Virtute

Date: Tuesday, March 28, 2017
Time: Noon to 1 p.m.
Presenter: Jim Tressel
Admission: No admission, appetizers included

Macte Virtute is a Latin imperative that means "increase excellence." Jim Tressel, president of Youngstown State University, regards it as one his personal mottos, applying that imperative to his daily life. He will join the Mahoning Valley Lifelong Learning Institute to discuss Macte Virtute, and its importance in a changing world and a changing Mahoning Valley.

The Early Presidents

Date: Thursday, March 30, 2017
Time: 9:30 a.m. to 12:30 p.m.
Presenter: Dr. Greg Ferro
Admission: \$15, non-resident, lunch included

Your house is as strong as your foundation, an adage the early presidents held close as they built the United States of America. This course will take an in-depth look at the administrations and idiosyncrasies of seven early presidents. Those covered will be George Washington, Thomas Jefferson, James Madison, James Monroe and Andrew Jackson.

Global Climate Change is Not for the Birds

Date: Tuesday, April 4, 2017
Time: 10 to 11 a.m.
Presenter: Dr. Jay Mager
Admission: \$5, non-resident

Dr. Jay Mager, professor of Biological and Allied Health Sciences at Ohio Northern University, will present current scientific information regarding global climate change, and its potential impact on global populations of birds.

The Life of Therese Neumann

Date: Thursday, April 6, 2017
Time: 10 a.m. to noon
Presenter: Dr. Agnes Martinko
Admission: \$5, non-resident

Therese Neumann was a German mystic and stigmatic from the small village of Konnersreuth, Bavaria. Therese was devoutly Catholic, maintaining a deep devotion to God despite serious physical ailments. She claimed to have several religious visions, including the passion and resurrection of Jesus Christ. This course features a short film and lecture about Therese.

Vegetable Gardening

Date: Tuesday, April 11, 2017

Time: 10 to 11:30 a.m.

Presenter: Ellen Speicher

Admission: \$5, non-resident

Learn how to grow and harvest your own vegetables! This course will cover growing delicious and nutritious food with tips on sowing seeds, planting, watering and more. Tips on growing vegetables in the garden and raised beds will be discussed, as well as how to harvest them at the peak of flavor.

Mary Cassatt: Youthful Spirit

Date: Thursday, April 13, 2017

Time: 5 to 7 p.m.

Presenter: Felicia Zavarella Stadelman

Admission: \$10, non-resident, wine and hors d'oeuvres included

Mary Cassatt's brush brought the intimate bonds between mothers and children to life. Her paintings often focused on a simple gesture or gaze that brought the viewer into the scene. This class is part of the "Through the Eyes of the Artist - Masterwork Art Workshop" series, 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.

Einstein's Life and Theory of Relativity

Date: Tuesday, April 18, 2017

Time: 5 to 7 p.m.

Presenter: Tom Siegfried

Admission: \$5, non-resident, appetizers included

For 10 years, Albert Einstein sought a theory of gravity that would be compatible with his revolutionary theory of relativity. He struggled, made some progress and then almost gave up, until 1915 when the pieces suddenly fell into place. The result was his general theory of relativity, which not only explained gravity, but also provided the scientific basis for comprehending the entire universe.

Buddhism

Date: Thursday, April 20, 2017

Time: 6 to 7 p.m.

Presenter: Dr. Michael Jerryson

Admission: \$5, non-resident, appetizers included

Although officially documented as having roughly 350 million followers worldwide, Buddhism also boasts 1.4 billion others who adhere to its beliefs and practices. Buddhism is the third most practiced religion in the world, yet there are many questions regarding its core philosophies. This lecture will introduce Buddhist traditions around the world and the religion's unifying foundational beliefs.

Lunch and Learn:

A Collection of Collections –

The Butler Institute of American Art

Date: Tuesday, April 25, 2017

Time: 10:30 to 11:30 a.m., lunch to follow

Presenter: Dr. Louis Zona

Admission: No admission, lunch included

Location: The Butler Institute of American Art, 524 Wick Ave., Youngstown, 44505*

See what makes The Butler Institute of American Art unique with an overview of its most renowned treasures. This month's tour of the museum will cover several galleries and the art that illustrated a changing nation. Pieces covered will include "Flanders Field," "Oregon Trail," "Snap the Whip" and "Mrs. Knowles and her Children." The interactive tour will be followed by "Dining through the Ages," a lunch in Collections Café that marries art and food.

*Transportation to the Butler Institute of American Art is available to Ohio Living Park Vista residents ONLY. All other attendees are asked to meet the group at the museum.

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

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The Great Depression

Date: Thursday, April 27, 2017

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

Presenter: Dr. Greg Ferro

Admission: \$15, non-resident, lunch included

This course will give participants a panoramic view of the political, military and economic history of the United States during the 1930s. Dr. Greg Ferro will discuss how the 1930s were reflected in popular culture at the time, the short- and long-term impacts of the New Deal, and the causes and effects of the Great Depression.

Solar Sister Cooking

Date: Tuesday, May 2, 2017

Time: 10 a.m. to noon

Presenters: Jennifer Gasser and Mary Buchenic

Admission: \$5, non-resident

Co-founded by Mary Buchenic and Jennifer Gasser, the Solar Sisters is a program created to promote awareness and interest in solar cooking. The Solar Sisters will cover basic principles and benefits of solar cooking with a short demonstration. If weather permits, the demonstration will be held outside. Mary and Jennifer will discuss their own experiences in Haiti and Kenya, and why the free and clean energy of the sun can be a solution to many sustainability issues.

Robotics

Date: Thursday, May 4, 2017

Time: 6 to 7 p.m.

Presenter: FIRST Robotics Team

Admission: \$5, non-resident

FIRST is a mentor-based research and robotic program that introduces children of all ages to science and technology programs. During this session, coaches, mentors and students from the program will explain the impact that it has on education, the rigorous fun of the FIRST Robotics Competition and the robot build and programming process. Participants will have the chance to drive a robot at the end of the presentation.

Racial and Cultural Diversity

Date: Tuesday, May 9, 2017

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

Presenter: Vince Lisi

Admission: \$5, non-resident

In this look at racial and cultural diversity in America, Vince Lisi will present census data on American racial groups, evaluate Supreme Court decisions that have affected diversity, and discuss modern-day issues such as Muslim and Syrian refugee presence in America.

Pablo Picasso: Abstract Inspiration

Date: Thursday, May 11, 2017

Time: 5 to 7 p.m.

Presenter: Felicia Zavarella Stadelman

Admission: \$10, non-resident, wine and hors d'oeuvres included

Pablo Picasso's artistic style was one of reinvention and execution. No other modern art revolution was quite as far reaching and varied in manner of assault against tradition as his. This class is part of the "Through the Eyes of the Artist - Masterwork Art Workshop" series, 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.

Mandala Art

Date: Tuesday, May 16, 2017

Time: 10 to 11:30 a.m.

Presenter: Carol Huncik

Admission: \$5, non-resident

Manadas are circular geometric shapes with a continuing pattern that represents wholeness. They are seen through history and in many religions, symbolizing the notion that life is never-ending. Making mandala art can often calm the spirit. This class will begin with a centering meditation that will transition to creating mandalas using a collage technique. Please bring old magazines to share in creating the collages.

Zika Virus

Date: Thursday, May 18, 2017
Time: 10 a.m. to noon
Presenter: Dr. Heather Lorimer
Admission: \$5, non-resident

The Zika Virus grabbed headlines in early 2016 as it crept into the western hemisphere. The virus, transmitted mostly by a mosquito's bite, is now in the United States with no known vaccine to guard against it. Though tensions have lowered over the virus' presence, there is still much to be learned about the sickness that was the talk of all major news outlets.

Buddhism Violence

Date: Tuesday, May 23, 2017
Time: 6 to 7 p.m.
Presenter: Dr. Michael Jerryson
Admission: \$5, non-resident

The recent Buddhist calls for violence in Sri Lanka, Manmar and Southern Thailand have perplexed people around the world. Buddhist-inspired violence may seem like an oxymoron, yet there is a history of Buddhist revolts, just-war theory and violence in Asia. This talk will review Buddhist values and doctrinal views that justify violence, and how they have been used to incite assassinations and engage in wars throughout the centuries.



Lunch and Learn: A Collection of Collections – The Butler Institute of American Art

Date: Thursday, May 25, 2017
Time: 10:30 to 11:30 a.m., lunch to follow
Presenter: Dr. Louis Zona
Admission: No admission, lunch included
Location: The Butler Institute of American Art,
524 Wick Ave., Youngstown, 44505*

See what makes The Butler Institute of American Art unique with an overview of its most renowned treasures. This month's tour of the museum will examine spring-inspired artwork. The interactive tour will be followed by "Dining through the Ages," a lunch in Collections Café that marries art and food.

*Transportation is available to Ohio Living Park Vista residents ONLY. All other attendees are asked to meet the group at the museum.

The Post-World War II Boom

Date: Tuesday, May 30, 2017
Time: 9:30 a.m. to 12:30 p.m.
Presenter: Dr. Greg Ferro
Admission: \$15, non-resident, lunch included

The years following World War II, while prosperous, profoundly changed America. Rapidly changing political views, the birth of rock 'n' roll, and television as the dominant medium contributed to fear that morals and education were on the decline. These changes took place against the backdrop of the civil rights movement and the space race between Russia and the United States of America. Dr. Greg Ferro will take an in-depth look at this period in time.

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

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Exploring The Vistas Of Learning

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The Mahoning Valley Lifelong Learning Institute will help 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 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 the 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 Ohio Living Park Vista's beautiful 18+ acre campus. For more information or to schedule your tour, call 330.746.2944, ext. 1553.

Partners:

