

# Mahoning Valley Lifelong Learning Institute

## Course Schedule Spring 2018



Ohio Living  
Park Vista

presents



MAHONING VALLEY  
LIFELONG LEARNING  
INSTITUTE

*Exploring The Vistas Of Learning*

# Welcome back!

The Mahoning Valley Lifelong Learning Institute (MVLLI) is a not-for-profit institution presented by Ohio Living Park Vista and based on the principle that keeping your mind active as you age is as important as keeping your body active. Each of the Institute's five series of academic exploration — Arts and Culture, History and Political Science, Religion and Spirituality, Wellness and Rehabilitation, and STEM — have been thoughtfully selected to provide authentic experiences that unite to enrich mind, body and spirit. These lectures keep our residents and the community active, social and engaged.

None of the 50+ offerings outlined on the following pages would be possible without the generosity of our donors. Every program is available to residents of Ohio Living Park Vista at no charge and to the general public for a minimal cost of \$5-\$15, which varies depending on the lecture. The MVLLI has been blessed to receive many philanthropic donations from generous people, foundations, and organizations. We would like to thank all of them as each gift is instrumental in our ability to provide these enlightening and enjoyable programs.

We would also like to thank everyone who has supported MVLLI by attending these lectures. This institute continues to thrive because of the participation of our students and their desire to grow and be lifelong learners. Not only is the number of offerings increasing, but the number of people attending continually grows. It is an honor to offer these informative and entertaining lectures to both the residents of Ohio Living Park Vista and the surrounding community. We hope you find something that intrigues you, and that you'll join us during the spring semester!

**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 orange boxes throughout this brochure.

## TED Studies

11:45 a.m. | \$5 non-residents only

Designed to help learners explore important topics in higher education.

Sessions include:

- February 13: Understanding Happiness
- March 6: Mapping and Manipulating the Brain
- April 10: Ecofying Cities
- May 8: Covering World News

## Women's Health Symposium

Last Tuesday of each month | 11:30 a.m.

These free classes will discuss women's health topics.

Sessions include:

- February 27: Osteoporosis and Nutrition
- March 27: Simple Ways to Take Care of You While Taking Care of Others
- April 24: Dementia Causes, Prevention and Hopes for the Future
- May 29: Breast Cancer 101

## Meditate with Vince Lisi

Every other Thursday | 11 a.m. | Chapel

Generate inner peace and the ability to connect with you on a deeper level.

Enjoy this time of reflection on:

- February: 1, 15
- March: 1, 15, 29
- April: 12, 26
- May: 10, 24

## Engaging Sermon and Discussion

First Tuesday of each month | 11 a.m. | Chapel

Hear a fascinating sermon with the opportunity to discuss it afterward!

This will be offered on:

- February 6
- March 6
- April 3
- May 1

# Course Schedule Spring 2018

## Dictators Threaten World Peace and the U.S. from 1931-1945

Thursday, February 1 | 9 a.m. to 12 p.m.

Presenter: Dr. Greg Ferro

Cost: \$15 non-resident only

Lunch included

Take in a panoramic view of the political, military, and economic history of the U.S. during the 1940s, as well as the role of women as they replaced men in the labor force. Discussion will include the rise of WWII, the atomic bomb, the initial chill of the Cold War and the atrocities committed by Hitler and the Nazis.

## The Legacy of the Holocaust

Tuesday, February 6 | 10 to 11 a.m.

Presenter: Jesse McClain

What were the warning signs before the Holocaust? Could it have been prevented? Could the devastation have been minimized? Examine these and other unanswered questions about this critical period in history.

## The Cleveland Museum of Art: America Enduring 1913-1945

Tuesday, February 6 | 11:15 a.m.

Cost: \$5 non-resident only

Enjoy this interactive tour of the Cleveland Museum from the comfort of your seat.

## Auguste Rodin: Love Everlasting

Thursday, February 8 | 5 to 7 p.m.

Presenter: Felicia Zavarella Stadelman

Cost: \$10 non-resident only

Hors d'oeuvres and wine included

Experience why passion, torment, and triangular love affairs are all factors of remarkable artwork. Learn about the tragic love story of a 19<sup>th</sup> century French sculptor and his talented student Camille Claudel. Who really created most of his important sculptures?

## Water 2.0: What's in Your Water?

Tuesday, February 13 | 10 to 11:30 a.m.

Presenter: Douglas Genna

Cost: \$5 non-resident only

How do the additives in water affect us and the environment? Learn about modern contaminants and examine their impact from industrial run-off, the pharmaceutical industry and modernization.

## Lunch and Learn at the Butler Institute of American Art

Thursday, February 15 | 10:30 to 11:30 a.m.

Lunch to follow

Presenter: Dr. Louis Zona & Joyce Mistovich

Location: 524 Wick Avenue, Youngstown, 44505

Engage in thought-provoking conversations about masterpieces including works of American Presidents.

## North Korea: The Hermit Kingdom

Tuesday, February 20 | 10 a.m. to 12 p.m.

Presenter: Douglas Sipp

Cost: \$5 non-resident only

Learn about this mysterious country and its people.

## Growing Beautiful Bulbs

Thursday, February 22 | 10 to 11:30 a.m.

Presenter: Ellen Speicher

Cost: \$5 non-resident only

If your green thumb needs a little help or if you've always wanted to learn how to grow bulbs inside and out, this class will offer you helpful advice to keep them blooming year after year.

## Ohio Living Well Luncheon

Thursday, February 22 | 11:45 a.m.

Cost: \$8.50 resident and non-resident

Making Youngstown a great place to age! Flavorful lunch and music followed by the showing of "Michaelangelo – Love and Death." Explore the fascinating life of the great Renaissance artist.

# Course Schedule Spring 2018

## **Don't Think Old, Think Active! Movement is Life!**

Tuesday, February 27 | 10 to 11:15 a.m.  
Presenter: Cara Berg-Carramusa, PT  
Cost: \$5 non-resident only

Centering on activity, wellness, and staying independent, this lecture will focus on the importance and physical and mental benefits of staying active. Discussion will also include balance, strength and flexibility, and how they're threaded through active aging, functional capacity and independence.

## **The U.S. Constitution and You**

Thursday, March 1 | 9 a.m. to 12 p.m.  
Presenter: Dr. Greg Ferro  
Cost: \$15 non-resident only  
Lunch included

This interactive lecture will discuss questions raised by constitution expert Donald Ritchie, including why it was necessary, what kind of government it created, what rights are protected, how it has expanded over time and how it is interpreted.

## **Memoir Workshop: Session 1**

Tuesday, March 6 | 10 to 11:30 a.m.  
Cost: \$5 non-resident only

This three-part series will help you write your own family memoir. In the first session, presenter Carmen Leone will teach you to turn events from your past into short stories that bring the characters to life.

## **Dale Chihuly: Luminous Sculpture in Motion**

Thursday, March 8 | 5 to 7 p.m.  
Presenter: Felicia Zavarella Stadelman  
Cost: \$10 non-resident only  
Hors d'oeuvres and wine included

Chihuly was a pioneer in the glass art movement who is known for his ambitious installations. This class will explore some of Chihuly's stunning exhibitions.

## **Steeped in History: The Art of Tea**

Tuesday, March 13 | 2 to 5 p.m.  
Presenter: Katelyn Amendolara  
Cost: \$5 non-resident only

Enjoy an engaging discussion on the art of tea from around the world, beginning with the discovery of tea and learning about the processes of how tea is prepared throughout various countries. Ask questions while you enjoy tea, exquisitely crafted delicacies and artisanal pastries from around the world.

## **Lunch and Learn at the Butler Institute of American Art**

Thursday, March 15 | 10:30 to 11:30 a.m.  
Lunch to follow  
Presenter: Dr. Louis Zona & Joyce Mistovich  
Location: 524 Wick Avenue, Youngstown, 44505

Immerse yourself in art and culture as you take an in-depth look at works from the American Scene by artists Milton Avery, Edward Hopper, and William Gropper.

## **Islam: Introduction to a Global Religion**

Tuesday, March 20 | 10 to 11 a.m.  
Presenter: Michael Jerryson  
Cost: \$5 non-resident only

Islam is practiced by over 1.8 billion people in the world. In the 21<sup>st</sup> century, it has become mis-portrayed and misunderstood in the Western Hemisphere. Learn about Islam's foundation, characteristics and examples of popular Muslim ways of life.

## **Ohio Living Well Luncheon**

Tuesday, March 20 | 11:15 a.m.  
Cost: \$8.50 resident & non-resident

Making Youngstown a great place to age! Flavorful lunch with music followed by the showing of "Playtime," wherein Monsieur Hulot wanders around sophisticated Paris with a group of American tourists.

## Experiencing God: Directly & Indirectly

Thursday, March 22 | 9 a.m. to 12 p.m.

Presenter: Vincent Lisi

Cost: \$5 non-resident only

Learn about the two basic approaches of experiencing God: the direct immanent approach and the indirect intermediate approach.

## Memoir Workshop: Session 2

Tuesday, March 27 | 10 to 11:30 a.m.

Cost: \$5 non-resident only

Discuss your stories as they develop.

## Lecture and Piano Recital

Thursday, March 29 | 5 to 6 p.m.

Presenter: Cicilia Yudha

Cost: \$5 non-resident only

Enjoy a selection of mid-intermediate to advanced works by French composers Casadesus and Dutilleux.

## Top Ten Biggest Scandals in U.S. Presidential History (1797-1997)

Tuesday, April 3 | 9 a.m. to 12 p.m.

Presenter: Dr. Greg Ferro

Cost: \$15 non-resident only

Lunch included

Scandal is defined as something shameful or disgraceful. From the XYZ Affair (1797) through the Lewinsky Affair (1997), examine the variety of missteps of the Executive Branch.

## Lunch and Learn at the Butler Institute of American Art

Thursday, April 5 | 10:30 to 11:30 a.m.

Lunch to follow

Presenter: Dr. Louis Zona & Joyce Mistovich

Location: 524 Wick Ave., Youngstown, 44505

Local artist, photographer and curator Richard Mitchell joins this lecture to provide an in-depth exploration into photography. You'll also see the regional photography exhibit.

## Chemical Myths 2: Environmental Edition – Art in Chemistry

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

Presenter: Douglas Genna

Cost: \$5 non-resident only

What role does art play in chemistry? Learn the basic science of colors, pigments and light as well as how art and sculpture influence the modern chemist.

## Amadeo Modigliani: Languid Graceful Portraits

Thursday, April 12 | 5 to 7 p.m.

Presenter: Felicia Zavarella Stadelman

Cost: \$10 non-resident only

Hors d'oeuvres and wine included

One of the many ironies of Modigliani's career is that such a tortured life could produce such a serene body of work. Learn how his art managed to bridge the stylistic chasm between classical Italian painting and avant-garde Modernism.

**To Register:  
Visit [MVLLI.org](http://MVLLI.org) or call  
330.746.2944, ext. 1553.**

# Course Schedule Spring 2018

## History of the Theater: Early Broadway from the 1800s

Tuesday, April 17 | 10 a.m. to 12 p.m.

Presenter: Joy Decker Borland

Cost: \$5 non-resident only

Beginning with a description of the early days and the artists who contributed to the development of the "Great White Way," learn about the lives and work of Ziegfeld, Cohan, Brice, Williams, and more talented performers and producers.

## Shakespeare: 400 Years Later

Thursday, April 19 | 9 a.m. to 12 p.m.

Presenter: Ruth Cole

Cost: \$5 non-resident only

More than 400 years after the death of William Shakespeare, it is interesting to take a look at his total career as well as his significant contributions. Discussion will include a basic Shakespeare biography, his works and influences. Why is his work still relevant 400 years later?

## Native Americans

Tuesday, April 24 | 10 to 11 a.m.

Presenter: Ted Heineman

Cost: \$5 non-resident only

Learn about the life of American Indians living east of the Mississippi and north of the Ohio rivers during the period of the mound builders to the arrival of settlers.

## Islam, Terrorism and Islamophobia

Thursday, April 26 | 5:30 to 6:30 p.m.

Presenter: Michael Jerryson

Cost: \$5 non-resident only

Al Qaeda, ISIS and other Islamic militant organizations are reminders of the power of religion and the need to understand Islam. Review the legacy of Arab and Muslim characterizations in the U.S. and the ways this legacy impairs our ability to assess and combat these extremists.

## The U.S. Supreme Court: An Overview with an Emphasis on the 2016-2017 Court Year

Tuesday, May 1 | 9 a.m. to 12 p.m.

Presenter: Dr. Greg Ferro

Cost: \$15 non-resident only

Lunch included

What did the Supreme Court decide during the 2016-2017 court year? Learn about the most powerful judges in the United States and discuss recent decisions and President Trump's potential nominees.

## Lunch and Learn at the Butler Institute of American Art

Thursday, May 3 | 10:30 to 11:30 a.m.

Lunch to follow

Presenter: Dr. Louis Zona & Joyce Mistovich

Location: 524 Wick Avenue, Youngstown, 44505

Studies indicate that creativity is good for children and adults alike. Enjoy an opportunity to create a work of art following a gallery discussion on 20<sup>th</sup> century art.

## Memoir Workshop: Session 3

Tuesday, May 8 | 10 to 11:30 a.m.

Cost: \$5 non-resident only

Discuss your stories as they develop with the goal of a finished product.

## Tamara de Lempicka: Synthetic Contemporary Cubism

Thursday, May 10 | 5 to 7 p.m.

Presenter: Felicia Zavarella Stadelman

Cost: \$10 non-resident only

Hors d'oeuvres and wine included

If there were a single image that encapsulates art deco and the glitz of the 1920s, it is a de Lempicka portrait. Explore the impact of an artist whose models paid whatever fee she demanded to be immortalized by her.

## STEAMFest

Tuesday, May 15 | 4 to 6 p.m.

This inter-generational event will feature local organizations that will share a STEAM (Science, Technology, Engineering, Art, and Mathematics) related activity/demonstration for adults and kids to enjoy. Learn about participating organizations including OH Wow! Children's Center, Youngstown State University, The Butler Institute of American Art, The Public Library of Youngstown & Mahoning County, Mahoning Valley Historical Society and more.

## Walt Disney: His Life, His Work, His Magic

Thursday, May 17 | 10 a.m. to 12 p.m.

Presenter: Joy Decker Borland

Cost: \$5 non-resident only

Disney pioneered new fields in the art of animation and found new ways to educate through entertainment. Explore the biography of Walt Disney and the events that led to his extraordinary kingdom.

## Gardening with Native Plants

Tuesday, May 22 | 10 to 11:30 a.m.

Presenter: Ellen Speicher

Cost: \$5 non-resident only

What native plants attract birds or butterflies? Which provide food and protection for wildlife? Learn which native plants are best suited to the growing conditions in your area as well as tips on how to grow beautiful and beneficial plantings.

## Ohio Living Well Luncheon

Tuesday, May 22 | 11:45 a.m.

Cost: \$8.50 resident and non-resident

Making Youngstown a great place to age!  
Flavorful lunch with music followed with a showing of the original version of "The Jungle Book." Raised by wolves, a young boy meets an array of jungle animals.

## Using Viruses to Produce Useful Proteins

Thursday, May 24 | 4 to 5 p.m.

Presenter: Dr. Diana Fagan

Cost: \$5 non-resident only

Phage display is a technique using viruses with proteins on their surface to detect specific molecules and produce therapeutic compounds used to treat disease. Discover more about this technique and how it can produce both detectors for explosives and patches to detect personal injuries, study wound healing and treat infectious diseases.

## Blue Zones

Tuesday, May 29 | 10 to 11:15 a.m.

Presenter: Remar Sutton

Cost: \$5 non-resident only

Blue Zones is an anthropological concept that describes the characteristic lifestyles and environments of the world's longest-lived people. Explore research on the longest-lived, healthiest places in the world as well as the common lifestyle and cultural traits of those locations.

## Overcoming Stress at any Age

Thursday, May 31 | 9 a.m. to 12 p.m.

Presenter: Vincent Lisi

Cost: \$5 non-resident only

Everyone experiences stress. Focus on people's ability to deal with it after having defined it. What are some of the various immediate and long-term techniques in dealing with stress effectively?

**To Register:  
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Park Vista

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MAHONING VALLEY

## LIFELONG LEARNING INSTITUTE

*Exploring The Vistas Of Learning*

**To register, please visit [MVLLI.org](http://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.

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:

