

# Mahoning Valley Lifelong Learning Institute

## Course Schedule Fall 2018



Ohio Living  
Park Vista

presents



MAHONING VALLEY  
LIFELONG LEARNING  
INSTITUTE

*Exploring The Vistas Of Learning*



# Almost a decade of learning

The Mahoning Valley Lifelong Learning Institute (MVLLI) grew from Ohio Living Park Vista's Lifelong Learning Institute which offered academic-level lectures for almost five years prior to the formation of MVLLI. In surveys and conversations, residents disclosed that they enjoyed the activities and events offered on campus but missed the opportunities they enjoyed while traveling to Chautauqua and educational events at local colleges.

Between 2014 and 2017, MVLLI grew from 41 programs with an average attendance of 17, to 62 programs with an average attendance of 29. And, if you currently attend lectures, you know that some subjects and presenters attract as many as 60-90 learners per class.

MVLLI courses are offered in one of five lecture series including: The Richard and Charlotte Gelhaar Lecture Series for Arts & Culture, The Jack and Jaye Harris Lecture Series on History & Political Science, The Ruth Kyle Lecture Series for Religion & Spirituality, Wellness & Rehabilitation, and STEM (science, technology, engineering, and mathematics). We're thrilled to kick off the fall semester with Chautauqua for the third consecutive year. Join us for three one-hour sessions exploring history, art and music with an emphasis on the turn of the twentieth century.

We're confident everyone can find a subject during the semester that interests them and sparks a desire to continue learning. We look forward to seeing you this fall!

## 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.

# Course Schedule Fall 2018

## Chautauqua

Thursday, August 30 | Free  
Refreshments included at each session

### President Teddy Roosevelt and the Turn of the Century

3:30 to 4:30 p.m.

Dr. Greg Ferro

Theodore Roosevelt was one of the most exciting and complex presidents in U.S. history. As the 26th president, he served from 1901-1909. Discover his impact on the country at the turn of the century as he was considered the first modern president.

### European Expressionists

4:45 to 5:45 p.m.

Felicia Zavarella Stadelman

Expressionism emerged as a response to widespread anxiety about humanity's increasingly inharmonious relationship with the world and the accompanying lost feelings of authenticity and spirituality. Explore art that was meant to come from within the artist rather than from a depiction of the external visual world.

### Turn of the Century Music

6 to 7 p.m.

Harmony Quartet

The turn of the century was a very interesting time for art and music. Listen to music from the 1900s and learn about the composers who wrote it.

## 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:

- August: 30
- September: 13, 27
- October: 11, 25
- November: 8

## The Top Ten Achievements in U.S. Foreign Policy 1793-1990

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

Dr. Greg Ferro

\$15 non-resident only | Lunch included

Professor Thomas Flagel once stated, “Foreign policy achievements should stand as monuments to skillful negotiation, where human reason engineered stability out of turmoil.” Beginning with George Washington’s Atlantic Wall (1793) and concluding with George H.W. Bush ending the Cold War (1990), this course will explore the importance of foreign policy.

## Architectural History of Italy

Thursday, September 6 | 10 a.m. to noon

Frank Daloise

\$5 non-resident only | Refreshments included

Explore the history of architecture in each region of Italy beginning with ancient Rome through present day. Images and videos will be used to illustrate historical concepts, art and famous structures.

## Edible and Medicinal Plants of Northeast Ohio

Tuesday, September 11 | 10 a.m. to noon

Wanda Kover

\$5 non-resident only | Refreshments included

How do you find, identify and utilize local medicinal plants? You’ll learn why to forage, where and when to gather, useful reference and resource material, identification between safe plants and poisonous look-a-likes, safe uses, and storage tactics.

## A Tale of Two French Impressionists

Thursday, September 13 | 5 to 7 p.m.

Felicia Zavarella Stadelman

\$10 non-resident only | Appetizers & wine

This PBS documentary, filmed in Paris, details the deep and sincere friendship between artists Cassatt and Degas. The evening will conclude with an art project featuring a French Impressionist Twist.

## Akron Zoo’s ZooMobile

Tuesday, September 18 | 10 to 11 a.m.

Akron Zoo Staff

\$5 non-resident only

A staff member from the Akron Zoo will showcase three animals and discuss the adaptations that help these specific animals survive. Please know that due to the inclusion of animals, no refreshments will be available or allowed during this program.

## MVLLI Plus: Impressionism

Tuesday, September 18 | 11:15 a.m. to noon

Cleveland Museum of Art Staff

\$5 non-resident only | Refreshments included

Take a virtual tour and discover the works of Impressionist and post-Impressionist painters like Monet, Degas, Van Gogh and Cezanne. Their experiments with the effects of different light conditions and paint applications created a new way of seeing the world.

## A Buddhist-Inspired Genocide: The Plight of the Rohingya

Thursday, September 20 | 10 to 11 a.m.

Dr. Michael Jerryson

\$5 non-resident only | Refreshments included

Since 2017, over 900,000 Rohingya live in refugee camps in Bangladesh with over 120,000 living in concentration camps since 2012. Dr. Jerryson will locate throughout Burmese history the ways in which the Rohingya became the Burmese “other.”

## MVLLI Plus: Ohio Well Luncheon

Thursday, September 20 | 11:15 a.m.

\$8.50 residents and non-residents

Enjoy a delicious lunch followed by a showing of the film “Deconstructing the Beatles’ Rubber Soul.” This documentary is a part of the multimedia lecture-to-film series which tells the story behind the makings of various Beatles’ albums.

# Course Schedule Fall 2018

## Trip to India

Tuesday, September 25 | 10 to 11 a.m.

Karen Fletcher

\$5 non-resident only | Refreshments included

After studying yoga for five years, Fletcher was inspired to visit the place where it began. She'll explain more about why she went and where she visited. You'll also learn more about using incense.

## Women's Health Symposium: Fall Risk & Prevention

Tuesday, September 25 | 11:30 a.m.

Presenter: Dr. Shermeen Farukhi

Free | Lunch included

This discussion will define what a fall is, help you overcome the fear of falling, review the risks we face as we age and how you can prevent falls.

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

Thursday, September 27

10:30 to 11:30 a.m. | Lunch to follow

Dr. Louis Zona & Joyce Mistovich

524 Wick Ave., Youngstown, 44505

Become inspired by landscapes! Join us at the Butler Institute of American Art and explore masterpiece landscapes from their renowned collection.

## The Top Nine Conflicts between U.S. Presidents and the Supreme Court (1803-1997)

Tuesday, October 2 | 9:30 a.m. to 12:30 p.m.

Dr. Greg Ferro

\$15 non-resident only | Lunch included

Presidents often disagree with Supreme Court decisions but rarely risk direct confrontation. When they go head-to-head, the Court usually wins. Some cases being discussed include: Lincoln and Habeas Corpus, Jackson ignoring the Court and the Burr Conspiracy, and Executive Privilege.

## Interior Design Basics

Thursday, October 4 | 10 a.m. to noon

Frank Daloise

\$5 non-resident only | Refreshments included

Learn about the procedures, materials and concepts of interior design. Daloise will discuss colors, flooring, furniture, floor plans, accessories and more.

## Sikhism:

### The Fifth Largest Global Religion

Tuesday, October 9 | 10 to 11 a.m.

Dr. Michael Jerryson

\$5 non-resident only | Refreshments included

Sikhism's founder, Guru Nanak, is known for his statement that he is neither a Hindu nor a Muslim, but, since its origin in the late fifteenth century, Sikhs have been mistaken as both. Explore their formation, distinctive core beliefs, practices, theological stances on monotheism and the legacy of bhakti poetry.

## MVLLI Plus:

### My Experience as an Immigrant and Political Refugee in Paris

Tuesday, October 9 | 11:15 a.m. to 12:45 p.m.

Alex Cristian

\$5 non-resident only | Refreshments included

Learn how it feels to be "a man without a country" from someone who has experienced it first-hand. Cristian will explain his experience in Paris as well as the time he spent in Buenos Aires.

## Viktor Schreckengost:

### Infusing Art into Everyday Life

Thursday, October 11 | 5 to 7 p.m.

Felicia Zavarella Stadelman

\$10 non-resident only | Appetizers & wine

Schreckengost was an industrial designer often referred to as the American DaVinci. He spent most of the 20<sup>th</sup> century quietly infusing every corner of the U.S. with his work. After discussing the artist, you'll create art inspired by his work.

## The Human Gut Microbiome

Tuesday, October 16 | 10 to 11 a.m.

Carl Johnston

\$5 non-resident only | Refreshments included

What is the human microbiome? Learn more about the role it plays in your health and nutrition and what scientists have discovered about changes in the microbiome as humans age.

## The Hubble Telescope and Study of Galaxies

Thursday, October 18 | 10 to 11 a.m.

Dr. Patrick Durrell

\$5 non-resident only | Refreshments included

Launched over 28 years ago, the Hubble Telescope has revolutionized the field of astronomy. Uncover more about the research and discoveries of this amazing instrument from Dr. Durrell, a physics and astronomy professor at YSU and Director of the Ward Beecher Planetarium.

## MVLLI Plus: Ohio Well Luncheon

Thursday, October 18 | 11:15 a.m.

\$8.50 residents and non-residents

Enjoy a delicious lunch followed by a showing of the film "Belle de Jour." Released in 1967, this drama follows a young housewife in Paris as she tries to find fulfillment in her life.

## Heroes of the Holocaust

Tuesday, October 23 | 10 to 11 a.m.

Jesse McClain

Free | Refreshments included

These brave individuals were from various countries around the world and dedicated to helping as many as they could. Explore how they assisted others while putting themselves at risk.

## MVLLI Plus:

### America's Story Through Art

Tuesday, October 23 | 11:15 a.m. to noon

Cleveland Museum of Art Staff

\$5 non-resident only

Focusing on years 1945-2000, learn about the empowerment of various segments of American society. The discussion will include civil rights, changing gender roles, the rise of the consumer, the decline of social hierarchy and the impact of technology on American life and art.

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

Thursday, October 25

10:30 to 11:30 a.m. | Lunch to follow

Dr. Louis Zona & Joyce Mistovich

524 Wick Ave., Youngstown, 44505

This is your opportunity to gain first-hand experience with the museum's still lifes. The program concludes with a visual palate of food from the Collections Café.

## History of and Introduction to Chair Yoga

Tuesday, October 30 | 10 to 11 a.m.

Karen Fletcher

\$5 non-resident only | Refreshments included

Explore the history of yoga and its growing interest in the U.S. You'll learn correct breathing methods and participate in a series of gentle poses or asanas ... both on the chair and off.

**To Register:**

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

# Course Schedule Fall 2018

## Women's Health Symposium: Asthma, Allergies and Skin Conditions

Tuesday, October 30 | 11:30 a.m.

Dr. Asif Khan

Free | Lunch included

So many people deal with the repercussions of allergies and asthma as the seasons change. Learn more about both as well as various skin conditions that may occur as you age.

## Assassinations, Attempted Assassinations and their Significance (1865-1995)

Thursday, November 1 | 9:30 a.m. to 12:30 p.m.

Dr. Greg Ferro

\$15 non-resident only | Lunch included

Regan assassination survivor Jim Brady once said, "Assassinations have altered the presumed course of events, changing personal and public lives forever." Examine the history of assassinations and how they impacted the country.

## Zoo for All

Tuesday, November 6 | 11 a.m. to noon

Pittsburgh Zoo Staff

\$5 non-resident only

Discover the answer to one of the most frequently asked questions... "Where and how does the zoo get animals?" You'll also have an opportunity to meet a few zoo animals. Please know that due to the inclusion of animals, no refreshments will be available or allowed during this program.

## Suzanne Valadon: Discovering the Artist Within

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

Felicia Zavarella Stadelman

\$10 non-resident only | Appetizers & wine

Valadon transformed herself from an artist's model into a successful artist by observing and learning their techniques. Learn about the woman known as "mistress of Montmartre" and create your own art.

## Chemistry of Energy: Molecules that Changed the World (Part One)

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

Douglas Genna

\$5 non-resident only | Refreshments included

Chemical discoveries can lead to vertical leaps in the quality of life in many ways. The first of this multi-part series will discuss molecules that, once discovered or synthesized, have had dramatic impacts on the lives of humans.

## MVLLI Plus: Ohio Well Luncheon

Tuesday, November 13 | 11:45 a.m.

\$8.50 residents and non-residents

Enjoy a delicious lunch followed by a showing of the film "In the Heat of the Night." Starring Sidney Poitier as detective Virgil Tibbs, the film follows an unsolved murder in Mississippi. It received five Academy Awards in 1968 including Best Picture.

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

Thursday, November 15

10:30 to 11:30 a.m. | Lunch to follow

Dr. Louis Zona & Joyce Mistovich

524 Wick Ave., Youngstown, 44505

Start spreading some holiday cheer! Rediscover the story of Christmas through art in the Butler's collection and create a handmade holiday greeting!

## Library Makerspace Orientation and Software Introduction

Tuesday, November 27 | 10 a.m. to 12:30 p.m.

Stuart Gibbs

Free

Michael Kusalaba Public Library

2815 Mahoning Ave., Youngstown, 44509

This branch of the Public Library of Youngstown and Mahoning County features a laser engraver, vinyl printer, 3D printer and more. Learn about Makerspace and create something of your own!



## Women's Health Symposium: Courageous Conversations

Tuesday, November 27 | 11:30 a.m.

Connie Morgan

Free | Lunch included

Learn how to begin the conversation about living wills as well as medical and financial power of attorney. Find out why these documents are so important.

## Chemistry of Energy: Chemistry and the Environment (Part Two)

Thursday, November 29 | 10 to 11:30 a.m.

Douglas Genna

\$5 non-resident only | Refreshments included

Both industrialization and chemicalization have impacted the environment in which we live. This lecture explores the effects of modern chemical and energy industries on the environment. Discover more about modern energy production (fracking), the effects of carbon dioxide production and alternative energy production.

## MVLLI Plus: Contemporary Art

Thursday, November 29

11:45 a.m. to 12:30 p.m.

Cleveland Museum of Art Staff

\$5 non-resident only

Explore the stimulating and diverse art of the later 20th and early 21st centuries and encounter styles ranging from Abstraction to Pop Art to variations of Realism. The techniques used to create these works will also be discussed.

## Living Consciously and Aging Well

Thursday, December 6 | 2 to 3:30 p.m.

Ron Pevny

\$5 non-resident only | Refreshments included

Ron Pevny has dedicated 40 years to assisting people as they negotiate life transitions. He'll share with you an empowering vision for this time in your life, grounded in an abundance of research into healthy, purposeful longevity. Even as certain abilities diminish, you can still be the pinnacle of personal and spiritual development.

## Weekend Workshop: Conscious Eldering: Aging with Intention and Passion

Friday, December 7

4 to 8:30 p.m. | Dinner included

Saturday, December 8

9 a.m. to 4 p.m. | Lunch included

Sunday, December 9

9 a.m. to 2 p.m. | Brunch included

Ron Pevny

\$50 residents and non-residents

This experiential three-day workshop is for people seeking an empowering vision for aging in today's world. You'll receive the tools to help you deepen your experience of purpose, passion, growth and service in the elder third of life. Experience a dynamic introduction to the types of inner work that support becoming an engaged, conscious elder. **Deadline to register is Thursday, November 1.**

**To Register:**

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



Park Vista

1216 Fifth Avenue  
Youngstown, Ohio 44505

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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:

