

Mahoning Valley Lifelong Learning Institute

Course Schedule Fall 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:

Gordon B Hinckley said it best:
“One of the great ironies of life
is this: He or she who serves
almost always benefits more
than he or she who is served.”

Most volunteers I’ve met agree! In fact, volunteering can be important to our well-being. The International Council on Active Aging strongly believes in the seven dimensions of wellness. Those dimensions are emotional, intellectual, physical, vocational, social, spiritual and environmental wellness. They overlap and coordinate to provide rich environments for living well.

One of the seven dimensions that is often overlooked is our vocational wellness. It is important that we continue to contribute to society throughout our lives as experienced professionals, caregivers, and most importantly, volunteers.

According to research, volunteering helps you develop new skills, have a healthier body, and build your own experiences.

This semester is unique in that we will have many programs for our learners to grow intellectually and also have opportunities to volunteer. We look forward to seeing you soon!



Brian Kolenich

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

This past summer marked the tenth anniversary of the thought that sparked what would become the Mahoning Valley Lifelong Learning Institute. When you look at this semester, it has well over 40 lectures that will inspire, ignite new ideas, and build on the wonderful community of lifelong learners that the past ten years have created.

While the growth of our Institute has taken huge leaps of faith (such as the capital campaign to build and endow it), much of our growth has been an iterative, step-by-step process. Thinking about the path that we have taken makes me think of a story I read about ski mountaineer Kit DesLauriers, who made history by being the first person to ski from the summit of each continent’s highest mountain. When asked how she accomplished skiing down Mt. Everest, she said that she took it incrementally. She spotted a rock fifty feet down the summit from her and made plans to ski there, and so on. Likewise, it was one step at a time that we accomplished building the Institute to serve over 1,200 with over forty lectures each semester.

The Institute was built to bring affordable, accessible, academic-level learning to older adults in the Mahoning Valley and to expand a community of like-minded people, with the hope of creating new friendships. While we have been blessed with a base of donors and partners that built and endowed our Institute, our future success and sustainability will be built by the next generation of donors that support the community the Institute has grown to inspire. Please see Marise, Susan Berny or visit mvlli.org to make your tax-deductible gift.

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 2019

YoChautauqua: The Fabulous 50s

Thursday, August 29

Free

Refreshments included with each session

President Eisenhower and The Cold War 1953-1961

3:30 to 4:30 p.m.

Dr. Greg Ferro

Elvis Presley and rock-and-roll upset the conservative views of the status quo, and television becomes the dominant medium, sparking fear of declining education and morals for the nation's young people. The Civil Rights Movement begins as African Americans actively challenge segregation in schools, cafés, and public transportation. National apprehension of the Russians intensifies when the Soviet Union launches Sputnik; in response, the United States forms NASA, and the "space race" between the two global superpowers ensues.

Abstract Expressionism Movement

4:45 to 5:45 p.m.

Felicia Zavarella Stadelman

Many art movements started in the 1950s and reached their peak decades later. Abstract expressionism in particular influenced many art forms worldwide. It was the first specifically American movement to achieve international influence and put New York City at the center of the western art world.

Music of the 50s

6 to 7 p.m.

Harmony Quartet

The 1950s were an interesting time for art and music. Listen to music from the 1950s and learn about the artists who created the sound of a generation.



MVLLI Plus:

Meditate with Vince Lisi

Every other Thursday

11 a.m.

Chapel

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

Dates this semester:

- September 5
- September 19
- October 3
- October 17
- October 31
- November 14

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. Classes are free to Ohio Living Park Vista residents unless noted otherwise.

Course Schedule Fall 2019

Sacred Emergencies: What Turns Us Violent?

Tuesday, September 3
10 to 11 a.m.

Dr. Michael Jerryson
\$5 for non-residents

For centuries, we have had religiously motivated violence from around the globe. Scholars have begun to identify the impact and power behind the intersections of religion and violence, but they have yet to find the catalyst that transforms ordinary people into religious freedom fighters. This talk explores Dr. Jerryson's new theory called "Sacred Emergencies" and how they can explain this transformation.

MVLLI Plus:

America Emerging, the 1700s

Tuesday, September 3
11:15 a.m. to 12:15 p.m.

Cleveland Museum of Art Staff
\$5 for non-residents

Take a virtual tour of the art and discuss the developing American identity, folk art, the influence of the Age of Reason, the effect of the mercantilist economy and underlying causes of the American Revolution.

Big Bands of the 40s and 50s

Thursday, September 5
10 a.m. to 12 p.m.

Joy Decker Borland
\$5 for non-residents

Big Bands originated in the early 1900s, and they dominated Jazz and Swing music throughout the 40s and 50s. They became a popular accompaniment for dance clubs during WWII and afterward. Their music incorporated elements of Broadway, Vaudeville, Tin Pan Alley and Ragtime. This class presents the Big Band sounds of musicians such as Benny Goodman, Tommy Dorsey, and many others.

Introduction to Mindfulness Meditation

Tuesday, September 10
9:30 to 10:30 a.m.

Carol Huncik
\$5 for non-residents

Mindfulness is something we all naturally possess, but it's more readily available to us when we practice it on a daily basis. There is growing research showing that when you train your brain to be mindful, you're actually remodeling the physical structure of your brain. Come and enjoy learning how to be more mindful!

MVLLI Plus:

Nutrition for Optimal Aging

Tuesday, September 10
10:45 to 11:45 a.m.

Gina Jones, MS, RD, LD
Free
Lunch included

An introduction to functional medicinal nutrition as it relates to optimal aging. Learn about the importance of a real food, nutrient-dense diet to promote health and wellness, as well as using food to heal from common health issues.

The Hidden Lives of our Greatest Artists

Thursday, September 12
5 to 7 p.m.

Felicia Zavarella Stadelman
\$10 for non-residents
Wine and appetizers included

The most outrageous tales about some of our most famous artists — all the good stuff our art history books left out! Stadelman says, "Many of the best artists lived on the edge of chaos — where all great art is born." You will never view art the same way again!

Lunch and Learn: A Collection of Collections

Tuesday, September 17

10:30 to 11:30 a.m.

Free

Lunch to follow

The Butler Institute of American Art
524 Wick Avenue, Youngstown

Art comes to life before your eyes in these in-depth, gallery participatory conversations. Join us as we take a detailed look at 18th century artist William Paxton's works: Paxton's Women.

Safari Africa: Malawi

Thursday, September 19

10 to 11:30 a.m.

Dr. Betty Rider

\$5 for non-residents

Let's safari across Malawi together! Learn about the people and culture of Malawi.

MVLLI Plus:

Ohio Well Luncheon

Thursday, September 19

11:45 a.m.

\$8.50 for residents and non-residents

Enjoy a delicious African lunch followed by a showing of the film "Out of Africa," a 1985 American romantic drama directed and produced by Sydney Pollack, starring Robert Redford and Meryl Streep.

MVLLI Plus:

Grab a cup of coffee, take a break with friends and stay for another program!

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They are featured in green throughout this brochure.

Black Holes Both Big and Small

Tuesday, September 24

10 to 11 a.m.

Dr. Patrick Durrell

\$5 for non-residents

Black holes are perhaps the strangest objects in our universe — regions of space where the gravity is so strong, even light cannot escape. Learn about how we find these strange objects, including stellar-mass black holes that come from stellar evolution, and the much larger supermassive black holes that reside in the centers of most galaxies.

U.S. Supreme Court Decisions 2018 to 2019

Thursday, September 26

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

Dr. Greg Ferro

\$15 for non-residents

Lunch included

Review and discuss the past year's U.S. Supreme Court decisions and their impact.

Akron Zoo's ZooMobile

Tuesday, October 1

10 to 11 a.m.

Akron Zoo Staff

\$5 for non-residents

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

To Register:

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

Course Schedule Fall 2019

MVLLI Plus:

America Expanding 1801 to 1861

Tuesday, October 1

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

Cleveland Museum of Art Staff

\$5 for non-residents

Learn about the results and impact of the westward expansion, landscape painting, Jacksonian democracy and genre art by exploring the frontier life and taking a virtual tour of art from this period.

Zoroastrianism:

The Oldest Credal Religion

Thursday, October 3

10 to 11 a.m.

Dr. Michael Jerryson

\$5 for non-residents

We explore one of the oldest and most influential monotheistic religions in the world: Zoroastrianism. Although there are very few followers alive today, their religion was incredibly influential in the doctrinal foundations of the Abrahamic religion, as well as Asian religions. The talk will cover the early history, beliefs and practices of Zoroastrians.

Safari Africa: South Africa

Tuesday, October 8

10 to 11:30 a.m.

Dr. Betty Rider

\$5 for non-residents

Let's safari across South Africa together! Learn about the people and culture of South Africa.

MVLLI Plus:

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MVLLI Plus:

Women's Health Symposium – Body Changes as We Age

Tuesday, October 8

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

Cara Berg-Carramusa, MSPT, GCS

Free

Lunch included

This module will globally explore some of the “normal” and “not-so-normal” body system changes that people may experience as they navigate the journey of aging. This session will offer an open Q&A for participants.

Leonardo DaVinci — It's All About the Smile

Thursday, October 10

5 to 7 p.m.

Felicia Zavarella Stadelman

\$10 for non-residents

Wine and appetizers included

Few people know the amazing story behind the man often described as the embodiment of the Renaissance. He once said, “People of accomplishment rarely sat back and let things happen to them. They went out and happened to things.”

Porosity in Everyday Life: Tiny Holes Everywhere

Tuesday, October 15

10 to 11:30 a.m.

Dr. Douglas Genna

\$5 for non-residents

Everywhere you go you are surrounded by tiny holes. Come learn how porous materials impact your everyday life and how they will impact your future. Discover the basics of porosity, and dive into the cutting edge research being done in the field, which includes finding solutions to environmental problems such as carbon dioxide capture and water purification.

Lunch and Learn: A Collection of Collections

Thursday, October 17

10:30 to 11:30 a.m.

Free

Lunch to follow

*The Butler Institute of American Art,
524 Wick Avenue, Youngstown*

Celebrate 100 years of great American Art as we take a closer look at the History of the Butler with Dr. Louis Zona. We'll get an overview of some of The Butler's most renowned treasures.

History of the Man Made Wonders of the World

Tuesday, October 22

10 a.m. to 12 p.m.

Frank Daloise

\$5 for non-residents

The history and fun facts of the ten man made wonders of the world. Learn about the cultures that are responsible for them, the architecture, materials used, physical facts, geography and how to tour/visit these sites.

Pittsburgh Zoo: Animal Antics

Thursday, October 24

11 a.m. to 12 p.m.

Pittsburgh Zoo Staff

\$5 for non-residents

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

Sojourn to the Past

Tuesday, October 29

10 to 11 a.m.

Penny Wells & Students

\$5 for non-residents

Sojourn to the Past is a life changing leadership, development and history immersion journey to the civil rights sites in the South. Youngstown High School students who have participated in this journey will share their experiences and discuss how it has impacted their lives.

MVLLI Plus:

Eat This, Not That!

Tuesday, October 29

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

Angela Zurasky

\$5 for non-residents

Learn tips on making healthier food choices.

U.S. Foreign Policy: Implications, Impact, Common Denominators 1970 to 2018

Thursday, October 31

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

Dr. Greg Ferro

\$15 for non-residents

Lunch included

This course is for people who want to learn more about U.S. foreign policy. Participants will then be able to discuss the challenges and opportunities of U.S. foreign policy in the 21st century. Foreign policy is about more than wars!

To Register:

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

Course Schedule Fall 2019

Race & Religion: An American Legacy

Tuesday, November 5

10 to 11 a.m.

Dr. Michael Jerryson

\$5 for non-residents

Whether we are aware of it or not, we view religion and race together. People often assume Asian Americans are Buddhist; likewise, the same people assume African Americans are not Buddhist. Explore the American phenomenon of race and the ways in which religious identity impacts racial construction.

MVLLI Plus:

America Transforming 1860 to 1918

Tuesday, November 5

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

The Cleveland Museum of Art Staff

\$5 for non-residents

We examine the years 1860 to 1918, including momentous social changes brought about by urbanization, industrialization, immigration and technological inventions.

What is Art —

Reveal Your Hidden Talent

Thursday, November 7

5 to 7 p.m.

Felicia Zavarella Stadelman

\$10 for non-residents

Wine and appetizers included

Art is a celebration of human achievements — a proclamation that we managed to go beyond fulfilling just our basic primal needs. Art is an experience based on the interrelationship between people and their world.

Safari Africa: Zimbabwe

Tuesday, November 12

10 to 11:30 a.m.

Dr. Betty Rider

\$5 for non-residents

Let's safari across Zimbabwe together! Come learn about the people and culture of this African country.

MVLLI Plus:

Women's Health Symposium: Pneumonia

Thursday, November 12

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

Dr. Vivian Starr

Free

Lunch included

Learn why older adults are more susceptible to pneumonia, tips for prevention and how to identify the symptoms early.

Lunch and Learn:

A Collection of Collections

Tuesday, November 14

10:30 to 11:30 a.m.

Free

Lunch included

The Butler Institute of American Art

524 Wick Avenue, Youngstown

A local artist will join us for an in-depth exploration of the medium of painting.

To Register:

Visit MVLLI.org or call

330.746.2944, ext. 1553.

Fourteen of the Most Interesting Presidential Appointments to the U.S. Supreme Court

Thursday, November 19

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

Dr. Greg Ferro

\$15 for non-residents

Lunch included

The president and Congress did not decide *Roe v. Wade*, *Bush v. Gore* or *Citizens United*; the United States Supreme Court did! Learn about the impact of the Supreme Court's groundbreaking decisions, as well as some of the most interesting Supreme Court Justices in U.S. history – including the first woman, the first Italian and the first former Ku Klux Klan member nominated for the Supreme Court.

Tai Chi: Moving for Better Balance... and a Better YOU!

Tuesday, November 21

10 a.m. to 12 p.m.

Cara Berg-Carramusa, MSPT, GCS

\$5 for non-residents

Learn the who, what, when, where and why of Tai Chi – Moving for Better Balance. This module will offer the participants an opportunity to physically experience the Tai Chi exercise program through a demonstration and mini-session.

MVLLI Plus:

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Snapshots from Last Semester



Mahoning Valley Cares

Discovery is built into our genes. It's human nature to ask questions, explore new ideas, and learn things we didn't know yesterday. The Mahoning Valley Lifelong Learning Institute provides an outlet for our natural curiosities, offering collegiate-level courses you can't find anywhere else.

But did you know that this Institute is largely funded by charitable gifts?

These charitable gifts most often come from people who attend classes at the Institute – people who eagerly look forward to each semester; people who love to learn, discuss and grow; people like you.

As a not-for-profit organization, we rely on the help of those most devoted to our cause to provide the operating support to maintain and grow programming. These tax-deductible charitable gifts help us bring low- or no-cost programming to the community.

When donors make a lasting investment in the Mahoning Valley in this way, whether large or small, it helps us serve more people with more programs – quality programs not offered anywhere else.

Simply put, charitable donors help us ensure that our Institute can meet the growing needs of the Mahoning Valley community. The Mahoning Valley Lifelong Learning Institute just finished its fifth year, with attendance reaching an all-time high.

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 Fall semester, and are certain that you'll find a course selection that will inspire you. Happy learning!



Susan Berny



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.

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