

OLLI

OSHER  
LIFELONG  
LEARNING  
INSTITUTE



West Virginia University®



**Osher Lifelong Learning Institute  
Fall 2015 Course Catalog**

**[www.olliatwvu.org](http://www.olliatwvu.org)**

## A Message from Our Board President

Autumn is my favorite season: falling leaves, cooler temps, hot chocolate, and a new crop of OLLI classes designed just for YOU! I am so happy to welcome you to this new term and all its possibilities for life-long learning, discussion, exploring something new and renewing friendships with OLLI members and friends. Try something outside your comfort zone or something you've thought you should know about but haven't tried yet, or take something you know you'll love.



Whether you are in Morgantown or in Charleston, there will be opportunities to learn and interact with instructors who do this because they all love to share their knowledge and a love of learning. If you feel this is an activity worthy of support, then I urge you to take classes, support OLLI financially, by working on a committee, or dragging a few friends to classes to get them hooked! You won't be sorry, I promise you.

Jim Held, President  
OLLI at WVU Board of Directors



### Welcome to OLLI at WVU!

A warm welcome to our new Board of Directors, staff, volunteers and members. Continuity and change, tradition and innovation are the themes of OLLI at WVU this fall. Please let me know your thoughts and check out our **tell me MORE** sessions; the dates and times are on page 16. I am excited to share this upcoming term with you!

*Angela Faulkner-Van Deysen*  
Executive Director  
ACFaulkner@hsc.wvu.edu

# Who We Are

The Osher Lifelong Learning Institute at West Virginia University, known as OLLI at WVU, provides programs and educational opportunities designed for adults 50 and over.

OLLI at WVU is a membership organization within the School of Public Health at West Virginia University that recognizes the unique experiences, capabilities, and wisdom of mature members of the community. OLLI at WVU emphasizes the sharing of ideas through peer learning, member participation, and collaborative leadership.

During four terms each year, OLLI at WVU offers day and evening courses, lectures, seminars and field trips in such areas as music, literature, art, science, politics, nature, history, health, medicine, and economics. Live drama, movies, and special interest groups add to the choices.

Courses are developed and taught by volunteers from the community who are passionate about their topics, avocations, and interests, and love to share their ideas.

Most Morgantown courses are taught in the OLLI classrooms at the Mountaineer Mall. Others are held at different locations within the Mall or at off-campus locations. Charleston courses are usually taught at the West Virginia University building on the CAMC Campus.

Come and renew your enthusiasm for learning in a relaxed environment that is supportive and filled with humor, wisdom, diversity, and insight. Courses are entirely free of the pressures of grades and exams and you may choose as many as you like.

## TABLE OF CONTENTS

Looking Ahead.....	4	Schedule at a Glance ...	14
Frequent Questions .....	5	Schedule - Charleston ..	17
Membership App. ....	6	Interest Groups .....	19
Registration Form .....	7	Course Descriptions ....	20
Supporters .....	8	Upcoming Travel .....	41
Join a Committee.....	9	Old Quebec City .....	54
Aging Lecture Series ....	10	Charleston Courses .....	55
Courses by Category ....	12	Liability Disclaimer .....	63



A special *Thank You* to  
**Susan Hall Witt**  
for our catalog cover artwork.

# Fall Courses begin September 19, 2015



## Looking Ahead

- ◆ September 9, 2015: The Irving Goodman Annual Aging Lecture, featuring Dr. Graham Rowles at 1:00 PM
- ◆ September 9, 2015: Pre-Term Reception (following lecture)
- ◆ September 19, 2015: Fall Term Begins
- ◆ October 21 and October 27, 2015: **tell me MORE** Lunch Forum (see page 16)
- ◆ December 9, 2015: Holiday Reception
- ◆ January 25, 2016: Winter Term Begins

### ***If you are interested in teaching***

OLLI welcomes your skill, talent, and passion.

Terms run for six weeks with weekly, approximately two-hour presentations. Some instructors choose to offer shorter courses or a one-time presentation. *Read more on page 46 and on the OLLI website.*

**OLLI Winter Term is January 25 - February 20, 2016.  
Course Proposals are due by November 2, 2015, and  
Instructor Commitments are due November 23, 2015.**

## Frequently Asked Questions

Can we register online?

- ⇒ Yes! **Once you are a member**, go to the website ([www.olliatwvu.org](http://www.olliatwvu.org)) and fill out the online Course Registration Form. You will receive an e-mail copy of your registration.

Will I receive a confirmation of courses in the mail?

- ⇒ **Confirmations will not be mailed.** You will be notified if a class is full and you are waitlisted. Please keep a copy of the *Schedule at a Glance* to know when and where each class meets. The catalog is also on the website: [www.olliatwvu.org](http://www.olliatwvu.org)

May I bring a friend to class?

- ⇒ Yes. Ask at the office for a class voucher to attend a single class. We welcome the opportunity to showcase OLLI and to entice others to join. Please consider sharing the joy of OLLI with a gift membership certificate.

Is there an age requirement?

- ⇒ No, but our programs are designed for those over 50.

What is a facilitator and what does he/she do?

- ⇒ Each course needs a facilitator to introduce the instructor, welcome members, distribute course materials, collect instructor feedback forms, remind that it is break time and assist as needed.

-----  
**If you would like to join an OLLI committee or volunteer, fill out this form and send it in with your registration form to OLLI. Committees and volunteer opportunities are listed on page 9.**

Name: \_\_\_\_\_ Ph: \_\_\_\_\_

E-mail: \_\_\_\_\_

***I am interested in:*** \_\_\_\_\_

\_\_\_\_\_

# Membership Application

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip code \_\_\_\_\_

Phone # \_\_\_\_\_ E-Mail \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Relationship: \_\_\_\_\_

Phone # \_\_\_\_\_

Check one: New member \_\_\_\_\_ Renewal \_\_\_\_\_

Please check if you are interested in volunteering with OLLI \_\_\_\_\_

Do you wish to receive the catalog in the mail \_\_\_\_\_ online \_\_\_\_\_

If you are a new member, how did you learn about OLLI?

---

## Annual Membership Dues: July 1, 2015 - June 30, 2016.

Annual members may participate in unlimited courses and activities.

- **Full Member** \_\_\_\_\_ **\$100.00.** (includes voting rights)
- **Faculty Member** \_\_\_\_\_ **\$40.00.** Instructors who have taught at least one course with three or more classes during the prior fiscal year are eligible to receive a discounted membership.
- **Honor Roll Member** \_\_\_\_\_ **\$40.00.** For instructors who have taught or coordinated at least 10 courses and 60 hours.
- **Founding Honor Roll Member** \_\_\_\_\_ **Free**
- **Term Membership Dues: Term Only** \_\_\_\_\_ **\$50.00.**
- **Trial Membership Dues: Term Only** \_\_\_\_\_ **\$25.00.**  
For people who have *never* been an OLLI at WVU member to try a term.
- **Scholarships** are available for those needing them. Ask for a confidential application or fill out the form on our website.
- **Contributions** are always welcome and appreciated.

Send your check (**payable to the WVU Foundation**) and this form to:

**OLLI at WVU**

**Mountaineer Mall, Unit D-9**

**PO Box 9123**

**Morgantown, WV 26506-9123**

## Course Registration Form

Once you have paid your dues, you may register on-line at  
[www.olliatwvu.org](http://www.olliatwvu.org).

Name \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Emergency Contact—Name and Phone \_\_\_\_\_

---

**Please contact the office if your plans change.**

**Please check here if you are willing to serve as class facilitator** \_\_\_\_\_

To register, enter the course number, title and day.

Course #	Title	Day
<i>Ex. #40</i>	<i>How to Register 101</i>	<i>Sunday</i>
	<b>Please attach sheet for additional courses.</b>	

Please return this form and any needed payment (payable to the  
WVU Foundation) to:

**OLLI at WVU**  
**Mountaineer Mall D-9**  
**PO Box 9123,**  
**Morgantown, WV 26506-9123**

## Supporters

OLLI at WVU continues to grow as an organization with the unwavering commitment and generosity of our patrons and supporters. We acknowledge and thank the following:

- ◆ The Bernard Osher Foundation
- ◆ West Virginia University, President's Office
- ◆ WVU School of Public Health (SPH)
- ◆ OLLI \$100K Club
- ◆ Our Distinguished Instructors
- ◆ Committee Members and Volunteers
- ◆ OLLI Members

## Staff

Angela Faulkner-Van Deysen, Executive Director  
Diane Cale, Program Assistant  
Sonja Jewell Kelley, Professional Technologist

### **OLLI Board of Directors (2015-2016)**

- ◇ James Dylan Held, President
- ◇ Stan Cohen, Vice President
- ◇ Royce H. Keller, Secretary
- ◇ Tom Rogers, Treasurer
- ◇ Lillian Smith, SPH Rep.
- ◇ Tony Hylton
- ◇ Karen Long
- ◇ Connie McCluskey
- ◇ Carolyn Nelson
- ◇ Judy Morris
- ◇ Earl Melby
- ◇ Barbara Rasmussen
- ◇ Sumitra Reddy
- ◇ Bill Weiss

### **OLLI Board of Advisors**

- ◇ Mary Ellen Brady
- ◇ Bob Craig
- ◇ Roger Dalton
- ◇ Ann Davidson
- ◇ Phil Faini
- ◇ Suzanne Gross
- ◇ E. Jane Martin
- ◇ Betty Maxwell
- ◇ Art Pavlovic



# JOIN AN OLLI COMMITTEE!!!

## **Curriculum**

**Chair: Bob Craig**

Members help plan and develop course offerings and recruit faculty.

## **Facilities and Technology**

**Chair: Vacant**

Members assist in the planning and maintenance of the OLLI facilities and technology resources.

## **Special Events**

**Chair: Judy Kelley Minor**

Members organize the receptions for each term, the holiday social, and the annual meeting.

## **Membership and Publicity**

**Co-Chair: Nancy Wasson**

**Co-Chair: Vacant**

Members assist in the growth of OLLI by planning and developing marketing strategies, events and assisting with receptions.

## **Finance**

**Chair: Tom Rogers**

**Vice Chair: Connie McCluskey**

Members review reports, revenue and expenses and develop an annual budget.

## **Irving Goodman Annual Aging Lecture Series**

**Chair: Art Jacknowitz**

Members select topics and speakers for this event.

## **History**

**Chair: Carole Boyd**

Members help preserve the history of ALL and OLLI.

## **Office Assistants**

**Chair: Vacant**

Members volunteer in the OLLI office, where they perform various vital duties.

## **Nominating**

**Chair: Ann Davidson**

Members propose a slate of candidates from the membership for election to the OLLI Board.

## **Course Facilitator Volunteers**

Each course needs a facilitator to introduce the instructor and to distribute course materials.

## **Interested in joining a committee or volunteering?**

Contact the office or submit the form on page 5.

# ***PRE-TERM SPECIAL EVENTS***

**JOIN US!**

**September 9, 2015 In OLLI Classroom B**  
from 1:00 PM to 2:00 PM for the

***The Irving Goodman  
9th Annual  
Aging Lecture Series***

**Guest Lecturer:  
Dr. Graham Rowles**



Graham D. Rowles is a Professor in the Graduate Center for Gerontology with joint appointments in Nursing, Behavioral Science, Geography and Health Behavior at the University of Kentucky. His research in the field of environmental gerontology focuses on the lived experience of aging in different contexts.

A central theme of this work is exploration, employing qualitative methodologies, the changing relationship between elders and their environments with advancing age and the implications of these relationships for health and well-being. He has conducted in-depth ethnographic research with elderly populations in inner city, Appalachian, and nursing facility environments.

Dr. Rowles was on the faculty at WVU from 1976 to 1985 and held administrative positions in the Gerontology Center and the Geography Program. We are excited to welcome him back for this lecture.

***Followed by the Fall Pre-term Reception  
in the Mall Atrium!***

# LUNCH-N-LEARN

Bring Your Own Lunch

September 10, 2015

from 12:00 PM to 1:00 PM learn about  
*Golden Horseshoe*, the Musical

**Presented by Ed Johnson**, this Lunch-N-Learn briefly examines the origins of the Golden Horseshoe, originating from the Spotswood Expedition to the annual award for WV 8th graders. The *Golden Horseshoe*, a musical celebrating West Virginia history and heritage will also be explored. This musical will be presented at the Metropolitan Theatre in Morgantown on September 17th and 18th at 7:30 PM and September 19th at 2:00 PM. ***Bring your lunch and come learn about West Virginia and the Golden Horseshoe!***



Join Heritage Adventures  
for a trip to  
**ANDREWS AFB AIR SHOW**  
on September 19th!

The airshow, a major event in the DC area, returns after a three-year hiatus. Aerial performances include the U.S. Air Force Thunderbirds, the F-22 Raptor, P.-51 Mustangs, the Trojan Horsemen aerobatics team, and more.

**Cost is \$69.00.** Make checks or money orders payable to Heritage Adventures, PO Box 94, Toms Brook, VA 22660. Payment by credit or debit card can be made by calling 540-233-0543.

***Payment should be made by  
September 2nd.***

Round trip transportation departs Walmart, University Towne Center in Granville, WV, at 6:30 AM, September 19th, returning to the same location about 8:00 PM.

Comfortable shoes, hats, and sunscreen are advisable.



# COURSES BY CATEGORY

Category/Course	Session(s)	Date(s)
<b>Arts, Music and Culture</b>		
01. <i>The New Yorker</i> *	6	Sept. 21, 28, Oct. 5, 12, 19, 26
07. <i>The War</i> by Ken Burns	6	Sept. 21, 28, Oct. 5, 12, 19, 26
29. Century Cycle of Plays	6	Sept. 23, 30, Oct. 7, 21, 28, Nov. 4
32. Films Interest Group	3	Sept. 16, Oct. 21, Nov. 18
38. Opera as Drama	6	Sept. 24, Oct. 1, 8, 15, 22, 29
40. The Beach Boys	6	Sept. 24, Oct. 1, 8, 15, 22, 29
47. Great American Songbook	6	Sept. 25, Oct. 2, 9, 16, 23, 30
<b>Economics, Business and Retirement Planning</b>		
16. Using Asset Location	1	Sept. 22
18. Estate Planning	1	Oct. 13
20. A Woman's Outlook	1	Oct. 20
21. Navigating Your Adventure	1	Oct. 27
43. Budgeting/RetireWise	2	Sept. 29, Oct. 6
45. To & Through Retirement	1	Oct. 1
46. Paying Yourself	1	Oct. 8
49. Financial Planning for Women	1	Oct. 23
<b>Health and Wellness</b>		
05. Personalized Medicine	1	Sept. 28
10.1. Much ado about nothing	1	Sept. 22
10.2. Lyme's Disease	1	Sept. 29
10.3. How learning May Help	1	Oct. 6
10.4. Need to be Depressed?	1	Oct. 13
10.5. Cytopathology	1	Oct. 20
11. Healing with Yoga	7	Sept. 22, 29, Oct. 6, 13, Oct. 20, 27, Nov. 3
17. Affordable Care Act in WV	1	Sept. 29
19. Basis of Neurodegenerative	2	Oct. 20, 27
24. Dancing with Duffy	6	Sept. 29, Oct. 6, 13, 20, 27, Nov. 3
26. Fall Prevention	1	Sept. 30
<b>History and Philosophy</b>		
07. <i>The War</i> by Ken Burns	6	Sept. 21, 28, Oct. 5, 12, 19, 26
12. Centering Prayer/Meditation	6	Sept. 22, 29, Oct. 6, 13, 20, 27
13. Disaster at Buffalo Creek	3	Sept. 22, 29, Oct. 6
25. Moonshine & Dixie Mafia	4	Sept. 23, 30, Oct. 7, 14
50. Women and the Motorcar	1	Sept. 25
51. Read your Natal Chart	4	Oct. 2, 9, 16, 23
<b>Hobbies and Talents</b>		
02. Play the Lap Dulcimer	6	Sept. 21, 28, Oct. 5, 12, 19, 26
04. The Knit and Purlers*	6	Sept. 21, 28, Oct. 5, 12, 19, 26
15. Basic Watercolors*	4	Sept. 22, 29, Oct. 6, 27

## COURSES BY CATEGORY

33. Chair Seat Weaving	6	Sept. 23, 30, Oct. 7, 14, 21, 28
37. Beginning Bridge 2	6	Sept. 24, Oct. 1, 8, 15, 22, 29
52. Bridge Games	6	Sept. 25, Oct. 2, 9, 16, 23, 30

### ***Literature, Writing and Research***

08. Intro to Ancestry.com	1	Oct. 19
27. Personal & Family History	2	Oct. 7, 14
34. Share More Stories	3	Sept. 23, 30, Oct. 7
39. Writing Retreat	6	Sept. 24, Oct. 1, 8, 15, 22, 29
42. To Hell and Beyond	6	Sept. 24, Oct. 1, 8, 15, 22, 29

### ***Science and Math***

09. Oceanography	12	Sept. 21, 23, 28, 30, Oct. 5, 7, 12, 14, 19, 21, 26, 28
10.5. Cytopathology	1	Oct. 20
19. Basis of Neurodegenerative	2	Oct. 20, 27
22. Intro to Medicines	3	Sept. 22, 29, Oct. 6
23. Pharmacy Museum	1	Oct. 13
28. Chemistry - Our Lives	1	Oct. 21
41. Geology Scenery	3	Oct. 8, 15, 22

### ***Technology and Training***

03. AV/IT Equipment	1	Sept. 21
08. Intro to Ancestry.com	1	Oct. 19
36. Welcome to Augusoft	1	Oct. 28
44. Shop on Amazon.com	3	Oct. 8, 15, 22
53. Welcome to Augusoft	1	Oct. 23

### ***Travel and Adventure***

06. Look at Disney World	2	Oct. 12, 19
14. Traveling in Israel	1	Oct. 13
30. An Adventure in Europe	1	Oct. 14
31. Old Quebec	1	Oct. 28
35. Old Quebec	1	Oct. 28
48. Let Us Guide Your Ride	1	Oct. 9

Courses that are also **Special Interest Groups** are marked with an asterisk \* following the title. ***Special Interest Groups typically meet between terms unless otherwise determined by the class.***

## SAVE THE DATES

### OLLI at WVU Events

**November 11, 2015**  
**Veterans Day**  
**Celebration**

**December 9, 2015**  
**Holiday Reception**

# SCHEDULE AT A GLANCE

Day / Time	Sessions	Date	Room
<b><u>Monday 10:00 AM - 11:50 AM</u></b>			
01. <i>The New Yorker</i> *	6	Sept. 21, 28, Oct. 5, 12, 19, 26	A
02. Play the Lap Dulcimer	6	Sept. 21, 28, Oct. 5, 12, 19, 26	B
<b><u>Monday 1:00 PM - 2:50 PM</u></b>			
03. AV/IT Equipment	1	Sept. 21	A
04. The Knit and Purlers*	6	Sept. 21, 28, Oct. 5, 12, 19, 26	B
05. Personalized Medicine	1	Sept. 28	A
06. Look at Disney World	2	Oct. 12, 19	A
<b><u>Monday 3:00 PM - 4:50 PM</u></b>			
07. The War	6	Sept. 21, 28, Oct. 5, 12, 19, 26	A
08. Introduction to Ancestry.com	1	Oct. 19	CL
<b><u>Monday and Wednesday 3:30 PM - 4:30 PM</u></b>			
09. Oceanography	12	Sept. 21, 23, 28, 30, Oct. 5, 7, 12, 14, 19, 21, 26, 28	B
<b><u>Tuesday 10:00 AM - 11:50 AM</u></b>			
10.1. The Placebo effect	1	Sept. 22	B
10.2. Lyme's Disease	1	Sept. 29	B
10.3. Learning May Help You	1	Oct. 6	B
10.4. Do I Need to be Depressed	1	Oct. 13	B
10.5. Cytopathology	1	Oct. 20	B
11. Healing with Yoga	7	Sept. 22, 29, Oct. 6, 13, 20, 27, Nov. 3	MDS
<b><u>Tuesday 1:00 PM - 2:50 PM</u></b>			
12. Centering Prayer/Meditation	6	Sept. 22, 29, Oct. 6, 13, 20, 27	A
13. The Disaster at Buffalo Creek	3	Sept. 22, 29, Oct. 6	B
14. Traveling in Israel	1	Oct. 13	B
<b><u>Tuesday 2:00 PM - 4:30 PM</u></b>			
15. Basic Watercolors*	4	Sept. 22, 29, Oct. 6, 27	MAAG
<b><u>Tuesday 3:00 PM - 4:50 PM</u></b>			
16. Using Asset Location	1	Sept. 22	B
17. The Affordable Care Act	1	Sept. 29	A
18. Estate Planning	1	Oct. 13	B
19. Neurodegenerative Diseases	2	Oct. 20, 27	A
20. Woman's Retirement Outlook	1	Oct. 20	B
21. Navigating Your Adventure	1	Oct. 27	B
<b><u>Tuesday 6:00 PM - 7:50 PM</u></b>			
22. Intro to History of Medicines	3	Sept. 22, 29, Oct. 6	A
23. Field Trip - Pharmacy Museum	1	Oct. 13	Museum
24. Dancing with Duffy	6	Sept. 29, Oct. 6, 13, Oct. 20, 27, Nov. 3	Atrium
<b><u>Wednesday 10:00 AM - 11:50 AM</u></b>			
25. Moonshine & the Dixie Mafia	4	Sept. 23, 30, Oct. 7, 14	A
26. Fall Prevention	1	Sept. 30	B
27. Personal and Family History	2	Oct. 7, 14	B
28. Chemistry - Our Lives	1	Oct. 21	A

## SCHEDULE AT A GLANCE

Day / Time	Sessions	Date	Room
<b><u>Wednesday 1:00 PM - 2:50 PM</u></b>			
29. Century Cycle by Wilson	6	Sept. 23, 30, Oct. 7, Oct. 21, 28, Nov. 4	A
30. An Adventure in Europe	1	Oct. 14	B
31. Old Quebec	1	Oct. 28	B
<b><u>Wednesday 3:00 PM - 4:50 PM</u></b>			
32. Films Interest Group	3	Sept. 16, Oct. 21, Nov. 18	A
33. Chair Seat Weaving	6	Sept. 23, 30, Oct. 7, 21, 28, Nov. 4	A/BR
34. Share More Stories	3	Sept. 23, 30, Oct. 7	BR
<b><u>Monday and Wednesday 3:30 PM - 4:30 PM</u></b>			
09. Oceanography	12	Sept. 21, 23, 28, 30, Oct. 5, 7, 12, 14, 19, 21, 26, 28	B
<b><u>Wednesday 6:00 PM - 7:50 PM</u></b>			
35. Old Quebec	1	Oct. 28	B
36. Welcome to Augùsoft	1	Oct. 28	A
<b><u>Thursday 10:00 AM - 11:50 AM</u></b>			
37. Beginning Bridge 2	6	Sept. 24, Oct. 1, 8, 15, 22, 29	WSC
38. Opera as Drama	6	Sept. 24, Oct. 1, 8, 15, 22, 29	A
39. Writing Retreat	6	Sept. 24, Oct. 1, 8, 15, 22, 29	B
<b><u>Thursday 1:00 PM - 2:50 PM</u></b>			
40. The Beach Boys	6	Sept. 24, Oct. 1, 8, 15, 22, 29	A
41. Geology Underlying Scenery	3	Oct. 8, 15, 22	B
<b><u>Thursday 3:00 PM - 4:50 PM</u></b>			
42. To Hell and Beyond	6	Sept. 24, Oct. 1, 8, 15, 22, 29	A
43. Budgeting/RetireWise	2	Sept. 29, Oct. 6	B
44. How to Shop on Amazon.com	3	Oct. 8, 15, 22	CL
<b><u>Thursday 6:00 PM - 7:50 PM</u></b>			
45. To & Through Retirement	1	Oct. 1	B
46. Paying Yourself	1	Oct. 8	B
<b><u>Friday 10:00 AM - 11:50 AM</u></b>			
47. Great American Songbook	6	Sept. 25, Oct. 2, 9, 16, 23, 30	A
48. Let Us Guide Your Ride	1	Oct. 9	B
49. Finishing Touches for Women	1	Oct. 23	B
<b><u>Friday 1:00 PM - 2:50 PM</u></b>			
50. Women and the Motorcar	1	Sept. 25	A
51. How to Read your Natal Chart	4	Oct. 2, 9, 16, 23	A
52. Bridge Games for Beginners	6	Sept. 25, Oct. 2, 9, 16, 23, 30	B
<b><u>Friday 3:00 PM - 4:50 PM</u></b>			
53. Welcome to Augùsoft	1	Oct. 23	B

***Classroom location may change due to technology needs and enrollment. Watch for signs.  
The Classroom Key is on page 16.***

*tell me*  
**MORE**

**Continuing this fall**, our Director, Angela Faulkner-Van Deysen, will be having a lunch forum about and for OLLI.

She will answer questions about our organization and more importantly, she wants to listen to you. Bring your ideas, thoughts, concerns and your lunch and sit down with her from **12:00 PM to 1:00 PM in classroom B** on the following dates.

*Oct. 21, 2015* and *Oct. 27, 2015*

### ***Morgantown Classroom Key***

**A** – The classroom next to the OLLI Office

**B** – The classroom across from the Nail Salon

**Back Room (BR)** - Behind the Main Office

**Computer Lab (CL)** - The Computer Lab is the first door on the left down the hallway that is next to Classroom B, near the restrooms.

**MAAG** - Morgantown Art Association & Gallery - Mountaineer Mall

**MDS** - Morgantown Dance Studio - Mountaineer Mall

**WSC** - Westside Senior Center

500 DuPont Road, Westover, WV 26501

**Other** - See description for location

## **OLLI at WVU Open Policy**

- OLLI members are personally responsible for their own safety and must exercise good judgment when making traveling choices in inclement weather.
- When West Virginia University or Monongalia County Schools are closed for inclement weather, all OLLI activities are cancelled.
- The decision to cancel Charleston Courses and weekend activities due to weather is at the discretion of the instructor. Registered participants will be notified.
- County school delays do not affect OLLI activities.
- When the county calls an early dismissal due to weather, the decision to cancel activities will be at the discretion of the Director.
- The OLLI office observes WVU holidays.



## SCHEDULE AT A GLANCE - CHARLESTON

Day / Time	Sessions	Date	Room
<b><u>Saturday 9:30 AM - 11:30 AM</u></b>			
101.1. All the Moving Parts	1	Sept. 19	Clay Center
<b><u>Monday 5:00 PM - 6:50 PM</u></b>			
102. Autumn on the Trail	1	Sept. 21	Carriage Trail 3296
103. Personal Cultural Heritage	2	Oct. 19, 26	
<b><u>Tuesday 5:00 PM - 6:50 PM</u></b>			
104. Walking for Better Health	4	Sept. 22, 29, Oct. 6, 13	3296
<b><u>Wednesday 5:00 PM - 6:50 PM</u></b>			
105. Inspiring Documentaries	3	Sept. 23, Oct. 28, Nov. 4	3296
106. Savvy Social Security	2	Oct. 7, 14	3296
<b><u>Wednesday and Thursday 5:00 PM - 6:50 PM</u></b>			
107. Look at Disney World	2	Sept. 30, Oct. 1	3296
<b><u>Thursday 3:00 PM - 5:00 PM</u></b>			
101.3. Meet the Maestro	1	Nov. 12	Clay Center
<b><u>Thursday 5:00 PM - 6:50 PM</u></b>			
108. Welcome to Augùsoft	1	Oct. 29	3296
<b><u>Friday 1:00 PM - 2:50 PM</u></b>			
109. Welcome to Augùsoft	1	Oct. 30	2024
<b><u>Friday 5:00 PM - 6:50 PM</u></b>			
101.2. Meet the Musicians	1	Oct. 23	Clay Center

### ***Charleston Courses***

will be held this term at the Clay Center, the Sunrise  
Carriage Trail, and in classrooms  
(3296, 2024, 4020) in the  
**WVU Building on the CAMC Campus**  
**3110 MacCorkle Avenue SE,**  
**Charleston, WV 25304.**

**WWW.OLLIATWVU.ORG**  
**(304) 293-1793**

## ***SPECIAL INTEREST GROUPS***

On the **first Monday** of each month, for individuals who enjoy good conversation with friends

### **The Carl Taylor Chat 'n Chew**

meets at Shoney's in Sabraton at 9:00 AM

---

### **Knit & Purlers**

**On Mondays** from 1:00 PM - 2:50 PM in Classroom B, join others to share ideas, patterns, workshop information and to support each other in knitting.

---

### **Watercolor**

**On Tuesdays** from 2:00 PM - 4:30 PM at the MAAG, be creative and paint with watercolors.

---

On the **3rd Wednesday** of each month at 3:00 PM in Classroom A the

### **International & Independent Film Group**

meets to watch a film.

Check out the *Friday Bulletin* for details.

---

### **Writing Interest Group**

This open, flexible group offers a quiet, nurturing atmosphere for writing your stories and memoirs. This group, coordinated by Dave Ornick (lead) and Cathy Samargo (back up), will meet in Classroom B **on Thursdays**, from 10:00 AM – 11:50 AM.

---

### **Healing Yoga**

This course continues as an interest group meeting between the Spring through Fall Terms **on Tuesdays** from 10:00 AM - 11:50 AM in the MDS.

---

***Special Interest Groups typically meet between terms unless otherwise determined by the class.***

# DO YOU NEED AV/IT ASSISTANCE?

For technical assistance in Charleston, instructors may contact:

**Brian Young**, Network Coordinator  
West Virginia University, Charleston Division  
(304)347-1388  
bryoung@hsc.wvu.edu

For technical assistance in Morgantown, instructors, facilitators and members may contact:

**Sonja Jewell Kelley**, Professional Technologist  
OLLI at WVU  
(304)293-1793  
sljewellkelley@hsc.wvu.edu



This icon indicates that the instructor is an **OLLI at WVU Honor Roll Member** and has taught at least 10 courses and 60 class session hours. If more than one instructor is listed, the Honor Roll member is in ***bold italics***.

Courses that are also **Special Interest Groups** are marked with an asterisk \* following the title.

## CLASSROOM TEMPERATURE

Please note: To save energy the classroom thermostats are set to specific temperatures. Be sure to dress in layers to help make your class environment comfortable.

## IT IS IMPORTANT TO REGISTER

Please be respectful of the time and efforts put in by our volunteer instructors and register for all classes you plan to attend. Also notify the instructor or office should you be unable to be there.

# MORGANTOWN COURSES

## MONDAY

### 01. *The New Yorker* Discussion Group\*

**Instructor(s):** *Margot Racin* and Kris Cooper

**Email:** mbracin@comcast.net

**Session(s):** 6

Monday 10:00 AM - 11:50 AM

Classroom: A

Sept. 21, 28, Oct. 5, 12, 19, 26



**Course Description:** Come join us to discuss a range of topics from recent issues of *The New Yorker*. Members of the group choose articles, fiction, and topics to be discussed each week. All viewpoints welcome! A subscription to *The New Yorker* is not required.

**Instructors' Backgrounds:** Margot Racin is retired after 30 years in the WVU English Department. She has coordinated these discussions in previous terms and looks forward to even more stimulating discussions this term. Kristen Cooper is a publicist with experience in the publishing industry at magazines including *The New Yorker*, *Better Homes & Gardens*, *Travel & Leisure*, and *House & Garden*.

### 02. Learning to Play the Lap Dulcimer

**Instructor(s):** Judy Werner

**Email:** judywerner@frontier.com

**Session(s):** 6

Monday 10:00 AM - 11:50 AM

Classroom: B

Sept. 21, 28, Oct. 5, 12, 19, 26



**Course Description:** Explore the history of and listen to music featuring the lap dulcimer while learning to play this uniquely Appalachian instrument. This is a hands-on class and instruments are provided for use during class. Each week will feature different types of songs including old time fiddle tunes, gospel, waltzes, rounds and harmony, and sing-along "camp" songs. Even if you took the class before, we will be learning all new songs. No music experience is necessary. Come and enjoy this old-time traditional Appalachian instrument.

**Instructor's Background:** Judy Werner taught special education in public schools and worked for WVU Special Education Department. She has played the lap dulcimer for 10 years, performs with local groups, and has taught workshops on the dulcimer, bowed psaltery and tin whistle. Judy and her husband Ed Werner direct the Worley Gardner Winter Music Festival.

### 03. AV/IT Classroom Equipment

**Instructor(s):** Sonja Kelley

**Email:** sljewellkelley@hsc.wvu.edu

**Session(s):** 1

Monday 1:00 PM - 2:50 PM

Classroom: A

Sept. 21



**Course Description:** This hands-on course is open to all: instructors, facilitators and members who are interested in learning to operate the classroom equipment. New ideas are welcome as we develop quick reference sheets and instructional manuals. Want to teach or facilitate a course but concerned about the technical side? This class is for you!

**Instructor's Background:** Sonja Kelley is the on-site OLLI Professional Technologist. She provides information technology support and develops and maintains various websites and databases.

### 04. The Knit and Purlers\*

**Instructor(s):** Judy Kelley Minor,  
Joann King and  
Joyce Moore

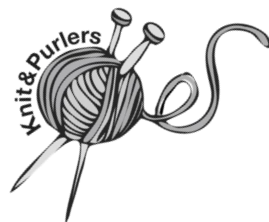
**Email:** bminor404@comcast.net

**Session(s):** 6

Monday 1:00 PM - 2:50 PM

Classroom: B

Sept. 21, 28, Oct. 5, 12, 19, 26



**Course Description:** This course is an interest group for knitters who would enjoy being with other knitters to share ideas, patterns, and workshop information and to support each other in knitting. The instructors keep the members reminded of special programs and events by

email, and request that participants check for them periodically. Please note: If you are a member of the interest group, you still need to register for the course each term.

**Instructors' Backgrounds:** Judy Kelley Minor, Joann King, and Joyce Moore all have different skill levels of knitting and share a sincere love for both the art of knitting and sharing their expertise. They are willing to assist members with their projects and skills or find someone who can. Cecilia Graves, owner of the Needlecraft Barn, will also be a resource.

### **05. Personalized Medicine: How Far are We?**

**Instructor(s):** Allie Karshenas

**Email:** [alkarshenas@hsc.wvu.edu](mailto:alkarshenas@hsc.wvu.edu)

**Session(s):** 1

Monday 1:00 PM - 2:50 PM

Classroom: A

Sept. 28



**Course Description:** The course will describe personalized medicine from its inception to its recent advances. This is for novice attendees who have no clinical or genetic educational background and it will expose them to research and advancements in medicine. It is meant to be a fun and engaging presentation.

**Instructor's Background:** Dr. Allie Karshenas is currently the Associate Vice President for Clinical Operations and Institutional Advancement at Robert C. Byrd Health Sciences and Director of Clinical Operations for the Clinical & Pharmacologic Research Center (CPRC) and an Associate Professor of Pharmaceutical Systems and Compliance in the School of Pharmacy at WVU.

## **Office Assistants Needed!**

We need your help to make coffee and copies, answer phones, and more. To volunteer, please contact the office.

## 06. An Insider's Look at Walt Disney World

**Instructor(s):** Ed Johnson  
**Email:** WBGVA35@aol.com

**Session(s):** 2

Monday 1:00 PM - 2:50 PM

Classroom: A

Oct. 12, 19



**Course Description:** This course a is fun and informal look at Walt Disney World. The class will discuss its origins and background, its development over the years, the four major theme parks, plus the many hotels and other attractions. The class will also take a look "backstage" and provide tips for visitors, both new and experienced.

**Instructor's Background:** Ed Johnson is a former cast member at Walt Disney World (WDW) and continues with a mild case of the "Disney Disease." (First fun fact to learn is that WDW calls all employees cast members!) He received his BS in Marketing and MBA from WVU. Ed was an Associate Professor and Division Chair at WVU Parkersburg for 12 years and an Adjunct Faculty at Waynesburg University.

## 07. *The War* (WWII) by Ken Burns

**Instructor(s):** Clyde Richey

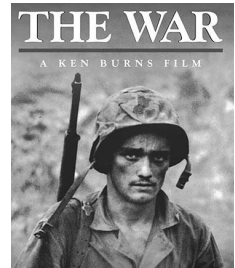
**Email:** clyderichey@yahoo.com

**Session(s):** 6

Monday 3:00 PM - 4:50 PM

Classroom: A

Sept. 21, 28, Oct. 5, 12, 19, 26



**Course Description:** World War II was an enormous and lengthy war with several fronts and many important battles. Burns covers the war in a unique way. His film follows several soldiers with different ranks and points of view.

**Instructor's Background:** Clyde Richey has viewed numerous early outstanding American films, as well as movies set in other countries and cultures. He has done college-level teaching and has written and directed outdoor historic productions.

## 08. Introduction to Ancestry.com

**Instructor(s):** Barb Howe

**Email:** barbara.howe@mail.wvu.edu

**Session(s):** 1

Monday 3:00 PM - 4:50 PM

Classroom: CL

Oct. 19

**Maximum Enrollment: 12**



**Course Description:** This course will provide an overview of the United States' resources on the massive genealogy website Ancestry.com. If you have a subscription, bring your login information. Also bring some names and dates for your ancestors so that we can search for their records to start or add to your online family tree. If you do not currently have a subscription, please contact the instructor for instructions on obtaining a free trial subscription prior to the start of the course.

**Instructor's Background:** Barbara Howe taught American Women's History at WVU and has published articles on the subject. She has used ancestry.com to research her family's history and West Virginia history.

## 09. Oceanography

**Instructor(s):** Dr. Richard Smosna

**Email:** rsmosna@wvu.edu

**Session(s):** 12

Monday and Wednesday 3:30 PM -

4:30 PM

Classroom: B

Sept. 21, 23, 28, 30, Oct. 5, 7, 12,

14, 19, 21, 26, 28



**Course Description:** With this course, we will begin to discuss a wide range of topics, including what it's like to go beneath the sea, waves and tides and currents, the problems of rising sea levels and beach erosion, and fascinating marine critters.

**Instructor's Background:** Richard Smosna has been teaching Geology at WVU for over 35 years.



# TUESDAY

## 10. Med School 104

**Coordinator:** Bob Craig

**Email:** ccraig@hsc.wvu.edu

**Session(s):** 5

Tuesday 10:00 AM - 11:50 AM

Classroom: B

Sept. 22, 29, Oct. 6, 13, 20



**Course Description:** This course will include five sessions by current or retired faculty of the WVU Health Sciences Center on topics of their interest and expertise. Most sessions will be in a lecture format.

**Coordinator's Background:** Bob Craig retired from WVU as Professor Emeritus in the School of Medicine after 42 years on the faculty.

### 10.1. Much Ado About Nothing: The Placebo Effect

**Instructor(s):** Dr. Christopher Martin

**Session(s):** 1

Tuesday 10:00 AM - 11:50 AM

Classroom: B

Sept. 22



**Course Description:** This course will look at the placebo effect in the treatment of human diseases. Although a placebo is an inert substance and should have no activity, it does possess a measurable effect. The reasons for this activity will be discussed.

**Instructor's Background:** Christopher Martin is no stranger to OLLI. He has participated regularly and always gives an interesting and, usually, provocative lecture. Dr. Martin is currently Director of Occupational Medicine at WVU.

### 10.2. Lyme Disease

**Instructor(s):** Dr. Gregory Juckett

**Session(s):** 1

Tuesday 10:00 AM - 11:50 AM

Classroom: B

Sept. 29



**Course Description:** Lyme disease, transmitted by

black-legged (deer) ticks, has become a major health concern that is very much in the media. It is also a major source of controversy as many victims undergo long-term treatment for "chronic Lyme disease," now reclassified as post-Lyme disease syndrome by the Centers for Disease Control. Dr. Juckett will discuss the signs and symptoms of Lyme disease and what can be done to protect you and your family from this tick-borne illness. The contentious debate over "chronic Lyme disease" will also be discussed.

**Instructor's Background:** Gregory Juckett, MD, MPH is a Professor of Family and Emergency Medicine at WVU School of Medicine, where he provides clinical services for the WVU Health Service. He also directed the University's International Travel Clinic for over 20 years. Dr. Juckett's interests include tropical and travel medicine, dermatology, and cross-cultural health care. In addition, Dr. Juckett has extensive international experience in Africa, Asia, Latin America, and the Pacific.

### 10.3. How Learning and Purpose May Help You Live Longer

**Instructor(s):** Dr. Clay Marsh

**Session(s):** 1

Tuesday 10:00 AM - 11:50 AM

Classroom: B

Oct. 6



**Course Description:** This course will explore the importance of learning and purpose and their benefit to each of us as we move through our lives.

**Instructor's Background:** Clay Marsh received his medical training at WVU and graduated with the MD degree in 1985. He returned to his alma mater after a long and distinguished career at the Ohio State University School of Medicine. He has an outstanding record as a researcher, mentor, and clinician. He has been named one of "America's top Doctors" for eight straight years.

### **Facilitators Needed!**

To volunteer, please check the box on your class registration or contact the office.

## 10.4. Do I Need to be Depressed as I Grow Older?

**Instructor(s):** Janie Howsare, MSW, MPA  
and Dilip N. Chandran, MD

**Session(s):** 1

Tuesday 10:00 AM - 11:50 AM

Classroom: B

Oct. 13



**Course Description:** This course will review a consideration of causes, methods of recognition, and ways to treat this very common disorder. Led by a physician and a therapist, this course will examine depression from the perspectives of medicine and psychotherapy. Although depression is a frequent problem among the elderly, it will be pointed out that this is not a necessary consequence of aging.

**Instructors' Backgrounds:** Janie Howsare is Assistant Professor, Department of Behavioral Medicine & Psychiatry, WVU School of Medicine with the Faculty Staff Assistance Program. She received her MSW and MPA degrees from West Virginia University. Dilip Chandran is Medical Director of the CRC Day Hospital and Assistant Professor in the Department of Behavioral Medicine & Psychiatry. He received his MD degree from WVU.

## 10.5. Cytopathology – What a Glimpse through a Microscope Can Tell One

**Instructor(s):** Dr. Carole Boyd

**Session(s):** 1

Tuesday 10:00 AM - 11:50 AM

Classroom: B

Oct. 20



**Course Description:** This course will discuss some cytology techniques (with pictures) that are used to diagnose disease. The instructor will also cover the history of cytopathology, which is the study of diseased cells.

**Instructor's Background:** Dr. Carole Boyd received her undergraduate and graduate degrees in Michigan before coming to Morgantown to teach and practice pathology at WVU School of Medicine. After retirement, she has enjoyed OLLI as an instructor and a volunteer.

## 11. Healing with Yoga

**Instructor(s):** Eva Hnizdo

**Email:** evahnizdo@gmail.com

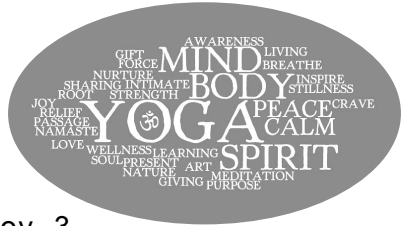
**Session(s):** 7

Tuesday 10:00 AM - 11:50 AM

Classroom: MDS

Sept. 22, 29, Oct. 6, 13, 20, 27, Nov. 3

**Maximum Enrollment: 30**



**Course Description:** This yoga course is designed to develop participants' skills to perform appropriate yoga practice to renew vital energy and to promote physical and mental well-being. The participants will learn yoga poses that stretch and strengthen the body, and breathing and meditation methods. Practicing yoga has a holistic impact on the body. ***Participants are asked to bring their own yoga mat, two yoga blocks, and a yoga belt.***

**Instructor's Background:** Eva Hnizdo, PhD in Epidemiology, has been a Registered Yoga Teacher since 2006 and teaches yoga at NIOSH and Lakeview. She has practiced the Iyengar style of yoga since 1976. This yoga style focuses on correct body alignment and is well suited for senior practitioners.

## 12. Centering Prayer/Meditation

**Instructor(s):** E. Jane Martin

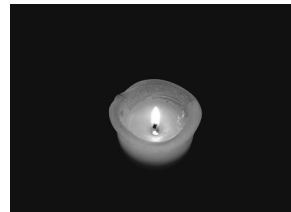
**Email:** elmartin@hsc.wvu.edu

**Session(s):** 6

Tuesday 1:00 PM - 2:50 PM

Classroom: A

Sept. 22, 29, Oct. 6, 13, 20, 27



**Course Description:** In the stressful world we live in, we all need a way to quiet ourselves, access our inner wisdom, and deepen our connection to a higher power. This course will teach the practice of Centering Prayer/Meditation and provide time for practice during the class sessions. It is based on a Christian tradition and most people consider it a part of their religious practice. It is non-denominational. The first class will be used to show a video which portrays the origin of Centering Prayer in modern times through a biography and dialogue with

Father Thomas Keating, one of the pre-eminent founders of the movement.

**Instructor's Background:** As a commissioned Presenter, Jane Martin has taught Centering Prayer numerous times, offered orientation workshops, and held weekly group meetings for the practice of Centering Prayer/Meditation. She is a founding member of the American Holistic Nursing Association and committed to holistic health and self-help principles. She practices Centering Prayer/Meditation.

### 13. The Disaster at Buffalo Creek: Looking Back

**Instructor(s):** Dr. Frances Boyd

**Email:** boydzbeadz@gmail.com

**Session(s):** 3

Tuesday 1:00 PM - 2:50 PM

Classroom: B

Sept. 22, 29, Oct. 6



**Course Description:** More than 30 years ago, one of the deadliest floods in U.S. history occurred in southern West Virginia's Buffalo Creek hollow. In a matter of minutes, 118 were dead and over 4,000 people were left homeless. Seven were never found. This course will look back on this flood disaster, examining the causes and the outcomes. The course will review existing efforts to see if such an event is possible today in light of what was learned from the disaster.

**Instructor's Background:** Dr. Francis Boyd is a former social studies teacher and professor. The issues of Buffalo Creek have been important to her as she served as part of the disaster relief team even two years after the flood.

### Did you know?

- OLLI at WVU has a scholarship fund and accepts donations and applications for funds all year long!
- Members may use the OLLI computers during business hours to practice their skills, check email, digitize their files and register for classes. Help is available!

## 14. Traveling in Israel

**Instructor(s):** Sumitra Reddy

**Email:** smreddy@mail.wvu.edu

**Session(s):** 1

Tuesday 1:00 PM - 2:50 PM

Classroom: B

Oct. 13



**Course Description:** A memorable journey through the historic and Holy Land of Israel will be presented using slides and video. The sights include the living museum of Jerusalem's Old City, Israel museum and Mahane Yehuda market in Jerusalem; the desert fortress of Masada with breathtaking views of the Dead Sea; the remains of the once grand cities of Bet She'an and Caesarea (Keysarya); Safed and Tiberias, near the Sea of Galilee (Lake Kinneret) in the historic Jezreel Valley; Ramat Hanadiv, Zichron Yaakov, Tel Aviv, and Jaffa (Yafo).

**Instructor's Background:** Sumitra Reddy has taught several classes on a variety of subjects for OLLI. These include two World Language classes, Tagore, classic Bengali movies, Indian drums (Tabla), and travels to various countries.

## 15. Basic Watercolors\*

**Instructor(s):** Susan Hall Witt

**Email:** knitwit1120@yahoo.com

**Session(s):** 4

Tuesday 2:00 PM - 4:30 PM

Classroom: MAAG

Sept. 22, 29, Oct. 6, 27



**Course Description:** This course will explore how watercolors work and will apply that knowledge to small paintings, greeting cards, and "failed art" bookmarks.

**Instructor's Background:** Susan Hall Witt is a stained glass and watercolor artist. She teaches stained glass for the community schools program and continues to take classes and workshops to improve her skills.

## 16. Using Asset Location in your Portfolio Strategy

(See page 51)

## 17. The Affordable Care Act in West Virginia: The Big Picture

**Instructor(s):** Kelly Taylor and  
Jason Whipkey

**Email:** ktaylor5@hsc.wvu.edu

**Session(s):** 1

Tuesday 3:00 PM - 4:50 PM

Classroom: A

Sept. 29



**Course Description:** This course will look at the enrollment process for those interested in signing up for health coverage through the ACA, as well as the long-term implications of the ACA on the health and future of our state's citizens.

**Instructors' Backgrounds:** Kelly Taylor serves as a Navigator with WVU and WV Healthy Start doing outreach and enrollment for the Health Insurance Marketplace and promoting health literacy. Jason Whipkey has served as the Outreach and Enrollment Specialist with Clay-Battelle Health Services since 2013. During this time he has become a statewide resource for other assisters who have questions about the ACA's marketplace and Medicaid.

## 18. Estate Planning with Lifetime Gifts, Spousal Access Trusts, and Qualified Plans

*(See page 52)*

### Did you know?

OLLI at WVU is on Facebook.

"Friend" us at:

*Osher Lifelong Learning Institute at WVU*

### CLASSROOM TEMPERATURE

Please note: To save energy the classroom thermostats are set to specific temperatures. Thermostat temps will not be changed. Be sure to dress in layers to help make your class environment comfortable.

## **19. Biological Basis of Neurodegenerative Diseases**

**Instructor(s):** Laura Christian, PhD

**Email:** [laura.christian@mail.wvu.edu](mailto:laura.christian@mail.wvu.edu)

**Session(s):** 2

Tuesday 3:00 PM - 4:50 PM

Classroom: A

Oct. 20, 27



**Course Description:** This course will discuss the cellular and molecular causes of neurodegenerative diseases such as Huntington's, Parkinson's, Amyotrophic Lateral Sclerosis (ALS, Lou Gehrig's Disease), and Alzheimer's.

**Instructor's Background:** Laura Christian is an assistant professor in the Department of Biology at WVU. She loves to teach about cellular and molecular biology and has done research for nine years.

## **20. Time Matters: A Woman's Retirement Outlook**

*(See page 53)*

## **21. Navigating Your Next Adventure: Managing Your Income in Retirement**

*(See page 53)*

**Please check the OLLI Office Board and our Website for information on opportunities to participate in a variety of research studies that include relaxation techniques, swimming, physical activity, meditation, and others.**

**[WWW.OLLIATWVU.ORG](http://WWW.OLLIATWVU.ORG)**

**[Learners@hsc.wvu.edu](mailto:Learners@hsc.wvu.edu)**



## **22. An Introduction to the History of Medicines, Pharmacy, and Health Care Practices in America**

**Instructor(s):** Clarke Ridgway

**Email:** ridgway.clarke@yahoo.com

**Session(s):** 3

Tuesday 6:00 PM - 7:50 PM

Classroom: A

Sept. 22, 29, Oct. 6



**Course Description:** The course will provide an introduction to various aspects of early American healthcare and its European antecedents with an emphasis on theories of disease and the medicines and dosage forms used during the Colonial period.

**Instructor's Background:** Clarke Ridgway is a retired WVU School of Pharmacy faculty member with an interest in the history of medicines, pharmacy practice, and home remedies.

## **23. A Field Trip to the Pharmacy Museum**

**Instructor(s):** Clarke Ridgway

**Email:** ridgway.clarke@yahoo.com

**Session(s):** 1

Tuesday 6:00 PM - 7:50 PM

Classroom: See Description

Oct. 13



**Course Description:** The WVU School of Pharmacy Cook-Hayman Museum, located in the Robert C. Byrd Health Sciences Center, recreates the interior of a late 19th century pharmacy typical of central Appalachia. Items on display include patent medicines, prescription ingredients, compounding references, and tools of the apothecary. Attendees will meet at the museum. Parking is available in front of the Health Sciences Center and in the garage. Be advised there is no available seating in the museum.

**Instructor's Background:** Clarke Ridgway is a retired WVU School of Pharmacy faculty member with an interest in the history of medicines, pharmacy practice, and home remedies.

## 24. Dancing with Duffy

**Instructor(s):** Bill Duff

**Email:** duffy727@gmail.com

**Session(s):** 6

Tuesday 6:00 PM - 7:50 PM

Classroom: Mountaineer Mall Atrium

Sept. 29, Oct. 6, 13, 20, 27, Nov. 3



**Course Description:** Like other moderate, low-impact activities, such as brisk walking, cycling or aerobics, dancing can help strengthen bones and muscles without hurting your joints. It improves your posture and balance, which can prevent falls. It also increases your stamina and flexibility, reduces stress and tension, builds confidence, and provides opportunities to meet people. Dancing helps with high blood pressure, heart disease, osteoporosis, and depression. The class will work on rhythm, coordination, and flexibility by dancing a waltz or foxtrot and will have fun with something upbeat like salsa and swing! ***This course will be held in the mall atrium and will require a signed waiver prior to the start of the course.***

**Instructor's Background:** Bill Duff holds a Masters in Distance Education from WVU. He also has a certificate from the 1998 World Championship of Dance in San Antonio, Texas for 4 Silver Medals in Dance, finishing 4th place overall. He has taught at WVU for over 10 years. He teaches in the WVU Lifetime Activities Program and at BOPARC. He is able to teach the basics in 15 dances.

## WEDNESDAY

### 25. Moonshine and the Dixie Mafia

**Instructor(s):** Kenton Colvin

**Email:** Kenton.Colvin@mail.wvu.edu

**Session(s):** 4

Wednesday 10:00 AM - 11:50 AM

Classroom: A

Sept. 23, 30, Oct. 7, 14



**Course Description:** This course presents the history of stills, bootlegging, stock cars, and the Dixie Mafia. Learn about how the Appalachia of the deep south (Dixie) became the "Moonshine and Bourbon Capital of the

World." Learn about how Prohibition in 1919 led to bootlegging and southern style racing (NASCAR). Hear the story of *Walking Tall*, the famed Buford Pusser's battle with the State Line Mob.

**Instructor's Background:** Kenton Colvin, who retired from WVU, also worked 26 years for several companies in manufacturing management. He is an adjunct instructor of Industrial and Management Systems Engineering at WVU, an avid history buff and lived in the South for several years.

## 26. Fall Prevention: Health and Home

**Instructor(s):** Louise Morgan, RN, BS

**Email:** lmorgan@emailRHS.com

**Session(s):** 1

Wednesday 10:00 AM - 11:50 AM

Classroom: B

Sept. 30



**Course Description:** Every year, one-third of adults over the age of 65 experience a fall and falls are the leading cause of fatal and non-fatal injuries for seniors. Falls can, however, be prevented. Good fall prevention requires a two-pronged approach involving both healthy choices and a safe environment. This course delves into best practices for both personal health and home safety in order to prevent falls.

**Instructor's Background:** Louise Morgan has over 30 years' experience in healthcare, including as a staff RN and clinical educator. At Reliable Healthcare Solutions, LLC, she was initially hired as the Clinical Intake Coordinator for the Home Health Division. Since then, she has taken on the role of Quality Assurance and Education Coordinator.

## 27. Personal and Family History Writing Projects

**Instructor(s):** Rae Jean Sielen

**Email:** rsielen@populore.com

**Session(s):** 2

Wednesday 10:00 AM - 11:50 AM

Classroom: B

Oct. 7, 14



**Course Description:** Topics for this course will include strategies for organizing your material and

considerations as you compile, write, and produce your work (e.g. sources, voice, truth, scope, photographs, printing/binding). Participants will be able to begin identifying approaches suitable for their own goals, materials, audience, and budget. Handouts will be provided and examples of many completed projects shared. Topics related to commercial publishing ventures such as how to sell manuscripts, find agents, and negotiate contracts will not be covered.

**Instructor's Background:** Rae Jean Sielen is the co-founder/owner of Populore Publishing Company in Westover. For 20 years she has helped individuals, families, organizations, and businesses with a wide variety of publishing projects. She is especially passionate about encouraging others to preserve their personal and family stories.

## 28. Chemistry As Applied to Our Lives

**Instructor(s):** Earl Melby

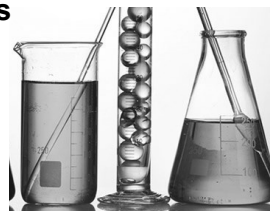
**Email:** emelby1@gmail.com

**Session(s):** 1

Wednesday 10:00 AM - 11:50 AM

Classroom: A

Oct. 21



**Course Description:** This is the first in a series of courses designed to show how our lives are impacted by chemistry. In this session, we will explain the composition of fats and oils: monounsaturated fats, polyunsaturated fats, saturated fats, hydrogenated fats, trans fats, triglycerides, and omega 3 and omega 6 fatty acids. Much is written about the effect of these fats on our health; however, little is written about their composition and chemistry. This course is designed to give everyone a basic knowledge of the chemistry and composition of these fats and eliminate any confusion that anyone may have about them.

**Instructor's Background:** Earl Melby, PhD, is an organic chemist who worked in universities and industry for many years. He has previously taught OLLI courses on polymers and history subjects.

## 29. The Century Cycle of Plays by August Wilson

**Instructor(s):** James Held

**Email:** jim.held@mail.wvu.edu

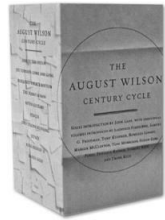
**Session(s):** 6

Wednesday 1:00 PM - 2:50 PM

Classroom: A

Sept. 23, 30, Oct. 7, 21, 28, Nov. 4

Costs: Members will need to obtain the script  
for *Joe Turner's Come and Gone*.



**Course Description:** This course is a review of the ten plays Wilson wrote to chronicle the African-American experience of America in the 20th century. The class will view a new documentary on Wilson's life and work, watch and discuss *The Piano Lesson*, and read and discuss *Joe Turner's Come and Gone*.

**Instructor's Background:** James Held retired from WVU in May, 2013, after 33 years teaching stage design, theatre history, and world theatre and drama. He directed or designed many productions- most recently, scenery for *The Cherry Orchard*.

## 30. An Adventure in Europe

**Instructor(s):** Jerard Welch

**Email:** jwelch@collette.com

**Session(s):** 1

Wednesday 1:00 PM - 2:50 PM

Classroom: B

Oct. 14



**Course Description:** Join us for an adventure to Europe! There will be two presentations in this session. The first hour will take us on a guided tour of the beautiful city of Paris. Next we'll journey through the streets of London. Our second hour will cover Italy and take a glance at some of the highlights of this country such as Rome, Assisi, Siena, Florence, Venice, and Milan Malpensa. Come join us on an adventure! These are the OLLI trips for 2016.

**Instructor's Background:** Jerard Welch is a well traveled adventurer from Collette Travel. He has lived in Paris and previously worked with Murano glass near Venice.

### 31. Old Quebec, a UNESCO World Heritage Site

**Instructor(s):** Doug Estep

**Email:** myheritageadventures@gmail.com

**Session(s):** 1

Wednesday 1:00 PM - 2:50 PM **and**

Wednesday 6:00 PM - 7:50 PM

Classroom: B

Oct. 28

*Same as Course 35*

**Course Description:** This course will be a brief survey of the founding of Quebec, its history, its strategic importance in the French/English struggle for control of North America, and the city and its environs as a beautiful and popular tourist destination today. The instructor has suggested that interested participants read *Shadows on the Rock* by Willa Cather. This course will also highlight the places to be visited in the Old Quebec trip that is being offered on page 54. (This course is not a prerequisite for the trip, nor is enrollment in the trip a requirement for this course.)



**Instructor's Background:** Doug Estep received a BA in History from WVU in 1978, works for the US Treasury in Martinsburg, WV (30+ years), and lives in Shenandoah County, VA, with his wife Carol. Doug appears in two documentaries slated to air on PBS nationally this fall and in the fall of 2016.

**WWW.OLLIIATWVU.ORG**  
**(304) 293-1793**

### 32. International and Independent Films Interest Group\*

**Instructor(s):** James Held

**Email:** jim.held@mail.wvu.edu

**Session(s):** 3

Wednesday 3:00 PM - 4:50 PM

Classroom: A

Sept. 16, Oct. 21, Nov. 18,

**International  
& Independent  
Films**



**Course Description:** This interest group presents an international and/or independent film on the 3rd Wednesday of each month.

**Instructor's Background:** James Held retired from WVU in May, 2013, after 33 years of teaching stage design, theatre history, world theatre and drama and is a lifelong fan and student of film.

### 33. Chair Seat Weaving Workshop

**Instructor(s):** Kay Beamer

**Email:** kaybeamer1@aol.com

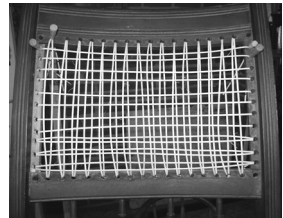
**Session(s):** 6

Wednesday 3:00 PM - 4:50 PM

Classroom: A/BR

Sept. 23, 30, Oct. 7, 14, 21, 28

(Oct. 21 class will be held in BR)



**Course Description:** In this course, participants will work on weaving chair seats, backs, or small benches. Participants must provide their own projects and supplies.

**Contact the course instructor or OLLI office for more information on needed supplies.**

**Instructor's Background:** Kay Beamer learned chair caning from Carl Taylor's class many years ago and has enjoyed caning many chairs and teaching others since that time.

## Office Assistants Needed!

We need your help to make coffee and copies, answer phones, and more. To volunteer, please contact the office.

### 34. Share More Stories

**Instructor(s):** Alan Rosenbluth

**Email:** rosenbluthq@aol.com

**Session(s):** 3

Wednesday 3:00 PM - 4:50 PM

Classroom: BR

Sept. 23, 30, Oct. 7



**Course Description:** We all have stories: memories of childhood/family, life-changing events, loss of loved ones, surprises, and even fantasies. Please read one or several of your stories. Not ready to share? Come listen, then you can contribute later. This is not a writing class; it's just for sharing and having fun.

**Instructor's Background:** Alan Rosenbluth, a retired pharmacy professor and dean, has enjoyed creative writing for more than 25 years. Following retirement in 2001, he attended writing classes and workshops (in WV, NC, and CA) and has written dozens of short stories and memoirs involving sports, grandchildren, strange happenings, and high school

### 09. Oceanography

**Instructor(s):** Dr. Richard Smosna

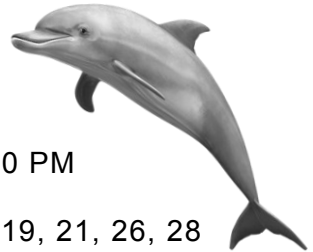
**Email:** rsmosna@wvu.edu

**Session(s):** 12

Monday and Wednesday 3:30 PM - 4:30 PM

Classroom: B

Sept. 21, 23, 28, 30, Oct. 5, 7, 12, 14, 19, 21, 26, 28



**Course Description:** This course will explore a wide range of topics, including what it's like to go beneath the sea, waves and tides and currents, the problems of rising sea levels and beach erosion, and fascinating marine critters.

**Instructor's Background:** Richard Smosna has been teaching Geology at WVU for over 35 years.

### 35. Old Quebec, a UNESCO World Heritage Site

*(Repeat of Course 31, see page 38)*



# ***Ready for an Adventure?***

## **OLLI at WVU presents Collette Trips for 2016**

For more information, attend Course 30, *An Adventure in Europe*, (page 37) or contact the OLLI office.

### ***Reflections of Italy-709246***

November 2-11, 2016



10 Days • 13 Meals: 8 Breakfasts, 1 Lunch, 4 Dinners  
Highlights... Rome, Colosseum, Assisi, Perugia, Siena, Florence, Chianti Winery, Venice, Murano Island, Milan and Malpensa.

### **London & Paris-709249**

October 19-26, 2016



8 Days • 9 Meals: 6 Breakfasts, 3 Dinners  
Highlights... Pub Dinner, Buckingham Palace, Big Ben, London Theatre Performance, Eurostar Train, Eiffel Tower Dinner, Seine River Cruise, Arc de Triomphe, and Paradis Latin Cabaret.

### **36. Welcome to Augùsoft, the New Registration System**

**Instructor(s):** Sonja Kelley

**Email:** sljewellkelley@hsc.wvu.edu

**Session(s):** 1

Wednesday 6:00 PM - 7:50 PM

Classroom: A

Oct. 28

*Same as course 53*

**Course Description:** OLLI at WVU is implementing a new membership and registration software, called Augùsoft, that will allow members to pay for memberships and trips with a credit card in the office or online. It will manage courses and course registrations. (No more waiting to see if a class is full; this software will automatically tell you and ask if you want to be on a waiting list!) This course will provide an overview of the features for members, steps for instructors and more. Handouts with instructions will be provided, and be sure to bring your laptop and tablet to dabble in the software.

**Instructor's Background:** Sonja Kelley is the on-site OLLI Professional Technologist. She provides information technology support and develops and maintains various websites and databases.

### **THURSDAY**

#### **37. Beginning Bridge 2**

**Instructor(s):** Andy Cockburn,  
Bill Johnson, Vicki Kane  
and Lynne Ostrow

**Email:** acockbur@gmail.com

**Session(s):** 6

Thursday 10:00 AM - 11:50 AM

Classroom: Westside Senior Center

Sept. 24, Oct. 1, 8, 15, 22, 29



American Contract  
Bridge League

**Course Description:** This course is intended for people who have a basic knowledge of bridge, such as we provided in the previous Beginning Bridge course. The emphasis will be on improving bidding and play by playing deals under the supervision of an experienced player.

***This course will be held at the Westside Senior Center, where the Morgantown Duplicate Bridge Club plays.***

**Instructors' Background:** Andy Cockburn is an ACBL certified Club Director and Life Master. Lynne Ostrow is a Silver Life Master, Certified ACBL Director and leader of the Duplicate Bridge game on Thursdays in Morgantown. Vicki Kane is the manager for the Mountaineer Duplicate Bridge Club and active, along with Bill Johnson, in the ACBL.

### 38. Opera as Drama: The Fall 2015 Opera Season

**Instructor(s):** Byron Nelson

**Email:** bnelson2@wvu.edu

**Session(s):** 6

Thursday 10:00 AM - 11:50 AM

Classroom: A

Sept. 24, Oct. 1, 8, 15, 22, 29

The Metropolitan Opera

PITTSBURGH OPERA

**Course Description:** The course provides introductions to and critical analyses of the four Met in HD productions (*il Trovatore*, *Otello*, *Tannhäuser* and *Lulu*) and the two mainstage productions of the Pittsburgh Opera (*Nabucco* and *Così fan Tutte*). In particular, the course will focus on the centrality of Giuseppe Verdi's operas in the standard operatic repertory and the importance of the two German operas, Wagner's *Tannhäuser* and Berg's *Lulu*. The course will attempt to enrich the experience of the audience at the operas, both in the movie theatre and the opera house.

**Instructor's Background:** A lifelong opera enthusiast, Byron Nelson as an English professor at West Virginia University taught such courses as Shakespeare, Milton, and the Bible as Literature.

### 39. Writing Retreat\*

**Instructor(s):** Rae Jean Sielen

**Email:** rsielen@populore.com

**Session(s):** 6

Thursday 10:00 AM - 11:50 AM

Classroom: B

Sept. 24, Oct. 1, 8, 15, 22, 29



Honor  
Roll

**Course Description:** Having a hard time finding time to work on your life story, novel, poetry, journal, or letters? Come write in a quiet, comfortable, supportive environment. Bring paper, pen, laptop, etc. There will be at least 1.5 hours of quiet writing time each session. At

the last session, if there is interest, we will stay an extra hour or so to talk about what we've been working on and to share (optional) some of our writing.

**Instructor's Background:** Rae Jean Sielen is the co-founder/owner of Populore Publishing Company in Westover. For 20 years she has helped individuals, families, organizations, and businesses with a variety of publishing projects. She is especially passionate about encouraging others to preserve their personal and family stories.

**40. The Beach Boys--Light and Dark**

**Instructor(s):** Barry Lee Wendell

**Email:** wendell.barry@aol.com

**Session(s):** 6

Thursday 1:00 PM - 2:50 PM

Classroom: A

Sept. 24, Oct. 1, 8, 15, 22, 29

**Course Description:** This course will review the work of the Beach Boys and their influences in the context of the history of Los Angeles, the world of rock and roll, and for many of us, our formative years. The class will listen to music, watch videos and movies, and share our memories.



**Instructor's Background:** A native of Baltimore, Barry Wendell lived in Los Angeles for more than 25 years. He has previously taught OLLI courses about the Brill Building, Motown Record Company, and the British Invasion 1964-1969.

**41. Geology Underlying Scenery at Some Popular US National Parks**

**Instructor(s):** Eb Werner

**Email:** ebwerner@frontier.com

**Session(s):** 3

Thursday 1:00 PM - 2:50 PM

Classroom: B

Oct. 8, 15, 22



**Course Description:** All that pretty scenery we see in many of our national parks is created through the

interaction of a number of geological causes — from the rocks laid down in the area, tectonic forces on those rocks, and more recent forces of wind, water, and ice. Featured are the Grand Canyon and nearby parks of southern Utah, Yosemite, other parks of the Sierra Nevada and Grand Tetons, and a little bit of Yellowstone. The presentation will include back country scenes that require a bit more effort than just getting out of your car to see.

**Instructor's Background:** Eb Werner has spent about 45 years working on projects in various aspects of geology, including several years of college level teaching.

#### **42. To Hell and Beyond: Exploring Dante's *Divine Comedy***

**Instructor(s):** Jay Cole

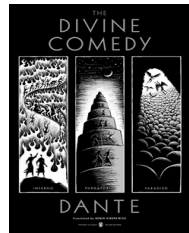
**Email:** jay.cole@mail.wvu.edu

**Session(s):** 6

Thursday 3:00 PM - 4:50 PM

Classroom: A

Sept. 24, Oct. 1, 8, 15, 22, 29



**Course Description:** Building on the Winter 2015 course which provided biographical background on Dante, this Fall 2015 course will focus on reading the *Comedy*. Sessions one and two will cover *Inferno*, sessions three and four will cover *Purgatorio*, and sessions five and six will cover *Paradiso*. **Participants will need a copy of Dante's *Divine Comedy* with all three sections.**

**Instructor's Background:** Jay Cole is a WVU alumnus with an MA from Ohio State and a PhD from Michigan. He currently serves as senior advisor to WVU President Gordon Gee.

#### **43. RetireWise©** (see page 53)

#### 44. How to Shop on Amazon.com

**Instructor(s):** Dee Quaranto

**Email:** dee.quaranto@gmail.com

**Session(s):** 3

Thursday 3:00 PM - 4:50 PM

Classroom: CL

Oct. 8, 15, 22

**Maximum Enrollment:** 12



**Course Description:** In this course, we will explore how to research products, prices, sellers, and policies so that class participants can shop on Amazon.com with confidence.

**Instructor's Background:** Dee Quaranto runs an online business and has been shopping on Amazon for 12 years. She is also a certified computer repair technician.

#### ***If you are interested in teaching for OLLI at WVU*** **Frequently Asked Questions**

- **How much input does an instructor have into the design of the course?** OLLI instructors have freedom to determine every aspect of the courses they offer. The number of sessions, the number of participants, the time of day, day of the week, and mode of instruction are all determined by the instructor.
- **What kinds of topics interest OLLI participants?** OLLI members are enthusiastic learners with diverse interests. Nearly any topic will attract some portion of the 530+ membership. Our course catalog includes everything from science, economics and history to theatre, arts and crafts, and wellness.
- **If I decide to offer a course, how many class sessions am I required to teach?** As the instructor, you determine the number of class sessions for your course. Our terms follow the seasons starting with Summer and run for six weeks. (We are piloting a four week term for Winter 2016.) We encourage courses of all durations as many of our members travel. (However, only one session will be approved for the first time instructors.)
- **How long is each class period?** Generally a class period is 1 hour and 50 minutes and also must include a break ½ way through. Some courses require longer class periods and a few have shorter class periods that may meet more frequently.

**To see this full list, visit our website to find these FAQs for teaching for OLLI at WVU under the Instructors' tab.**

## 45. Getting To and Through Your Retirement

(see page 51)

## 46. Paying Yourself: Income Options in Retirement

(see page 51)

### FRIDAY

#### 47. The Great American Songbook

**Instructor(s):** Leo Horacek

**Email:**

leo\_horacek@yahoo.com

**Session(s):** 6

Friday 10:00 AM - 11:50 AM

Classroom: A

Sept. 25, Oct. 2, 9, 16, 23, 30



**Course Description:** The Great American Songbook is a phrase that is commonly used to refer to the body of American popular songs written roughly between 1920 and 1950. Never before or since has so large a proportion of the American public loved and appreciated the same music. Songwriters such as George Gershwin, Cole Porter and Irving Berlin and lyricists Oscar Hammerstein, Lorenz Hart, and Dorothy Fields provided songs still heard and enjoyed. The class will examine words and music for these and other composers of the period.

**Instructor's Background:** Leo Horacek is a Professor Emeritus of music at WVU.

#### 48. Travel Training: Let Us Guide Your Ride

**Instructor(s):** Kelli LaNeve

**Email:** laneve@busride.org

**Session(s):** 1

Friday 10:00 AM - 11:50 AM

Classroom: B

Oct. 9



**Course Description:** This course will teach you how to read and understand bus schedules, plan a trip, signal a bus, pay fares, purchase tickets, and ride safely and confidently. Various smart-phone and social media applications to assist in determining the location of

Mountain Line Transit buses will be explored. This course is designed to enhance independence and mobility options.

**Instructor's Background:** Kelli LaNeve has been the Mobility Coordinator with Mountain Line Transit since 2013 and is working to develop programs to ease the mobility barriers for residents of Monongalia County.

#### **49. Finishing Touches for Women: Take Control of Your Financial Plan**

*(see page 52)*

#### **50. Women and the Motorcar**

**Instructor(s):** Kathryn Swanson

**Email:** kswa997@gmail.com

**Session(s):** 1

Friday 1:00 PM - 2:50 PM

Classroom: A

Sept. 25



**Course Description:** Men's love affair with the automobile is well known and is part of our society. But did you know that in 1888, Bertha Benz took a 65 mile trip to her mother's house driving her husband's invention, the Benz Paten Motorwagen, the world's first motorcar? Or that in 2014, Mary Barra became the first woman CEO of a major global automaker? That women have been involved with the motorcar since its invention is not well known...or even known at all. This course hopes to help restore women to their rightful place in automotive history.

**Instructor's Background:** Kathryn Swanson is a member of the Allegheny Region of the Porsche Club of America. She attends Drivers' Education sessions at Watkins Glen, Pitt Race and Mid-Ohio annually. She is a graduate of the SCCA Accredited Porsche Sport Driving School Three Day Race License Course, and the G-Force One Day Advanced Car Control Clinic & Lapping Day, Porsche Sport Driving School. Kathryn is a lifetime motor head who can drive a standard transmission sports car using heel-and-toe method and... she's a girl.



## 51. Beginning Astrology: How to Read Your Natal Chart

**Instructor(s):** Julia Wilson

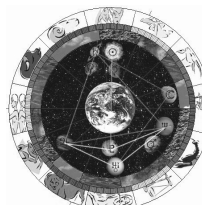
**Email:** jrw3055@tidewater.net

**Session(s):** 4

Friday 1:00 PM - 2:50 PM

Classroom: A

Oct. 2, 9, 16, 23



**Course Description:** Learning to read a natal chart is like learning to read; it takes work, but it's fun. Week 1: elements and modalities; how to get your own chart. Week 2: aspects and houses; beginning to read the chart. Week 3: lesser indicators; practice in small groups. Week 4: practice with charts of famous people.

**Instructor's Background:** Rev. Julia Wilson is a member of the New England Conference of the United Methodist Church, and recently retired from active ministry.

## 52. Bridge Games for Beginners & Intermediate Players

**Instructor(s):** Ray Crist

**Email:** raymond\_crist@yahoo.com

**Session(s):** 6

Friday 1:00 PM - 2:50 PM

Classroom: B

Sept. 25, Oct. 2, 9, 16, 23, 30



**Course Description:** This course is intended to help participants improve their game ability and understanding through non-competitive playing practice.

**Instructor's Background:** Raymond Crist has been playing Bridge for over 65 years.

**Check out the OLLI Friday Bulletin for upcoming events from these partners!**

### University Club

Universityclub.wvu.edu

uniclub@mail.wvu.edu

(304) 293-4252

### WVU Retirees Association

Retirees.wvu.edu

retirees@mail.wvu.edu

(304) 293-3389

### **53. Welcome to Augùsoft, the New Registration System**

**Instructor(s):** Sonja Kelley

**Email:** sljewellkelley@hsc.wvu.edu

**Session(s):** 1

Friday 3:00 PM - 4:50 PM

Classroom: B

Oct. 23

*Repeat of course 36*

**Course Description:** OLLI at WVU is implementing a new membership and registration software, called Augùsoft, that will allow members to pay for memberships and trips with a credit card in the office or online. It will manage courses and course registrations. (No more waiting to see if a class is full; this software will automatically tell you and ask if you want to be on a waiting list!) This course will provide an overview of the features for members, steps for instructors and more. Handouts with instructions will be provided, and be sure to bring your laptop or tablet to dabble in the software.

**Instructor's Background:** Sonja Kelley is the on-site OLLI Professional Technologist. She provides information technology support and develops and maintains various websites and databases.

### **OLLI goes to the WVU School of Theatre and Dance**

**Coordinator:** Stan Cohen

*The Clean House* - By Sarah Ruhl

Sunday at 2:00 PM (date to be determined)

*Kiss Me, Kate* – By Cole Porter

Sunday, October 25, 2015 at 2:00 PM

The WVU School of Theatre and Dance presents another exciting series of performances. <http://theatre.wvu.edu/our-season/>

The cost of tickets is being negotiated.

Payment through the OLLI office is required no later than the Monday preceding the date of the performance. Updates will be in the Friday Bulletin and on [www.olliatwvu.org](http://www.olliatwvu.org) under upcoming trips.

# FINANCIAL PLANNING 101

## Courses offered by TIAA-CREF Advisors

Each instructor is a Wealth Management Advisor at TIAA-CREF. They are the primary contacts within the client relationship. They provide a range of financial solutions, personalized education, counseling and objective advice that takes into account all of the client's holdings and investments.

### 16. Using Asset Location in your Portfolio Strategy

**Instructor(s):** Erik Huffman  
**Email:** [Ehuffman@tiaa-cref.org](mailto:Ehuffman@tiaa-cref.org)  
**Session(s):** 1  
Tuesday 3:00 PM - 4:50 PM  
Classroom: B  
Sept. 22



**Course Description:** There are assets that are taxed now, assets that are taxed later, and assets that are never taxed. In this course we will discuss goals and strategies to consider when designing the best portfolio for you.

### 45. Getting To and Through Your Retirement

**Instructor(s):** Robert Hoskin  
**Email:** [Rhoskin@tiaa-cref.org](mailto:Rhoskin@tiaa-cref.org)  
**Session(s):** 1  
Thursday 6:00 PM - 7:50 PM  
Classroom: B  
Oct. 1



**Course Description:** Are you ready to retire? The goal of this course is to discuss getting participants to and through the retirement years.

### 46. Paying Yourself: Income Options in Retirement

**Instructor(s):** Nicolas Heywood  
**Email:** [Nheywood@tiaa-cref.org](mailto:Nheywood@tiaa-cref.org)  
**Session(s):** 1  
Thursday 6:00 PM - 7:50 PM  
Classroom: B  
Oct. 8



**Course Description:** There are a lot of considerations, rules and tax implications that make retirement planning decisions complex. This course will explore when to tap into different retirement accounts and explain various income distributions.

**49. Finishing Touches for Women: Take Control of your Financial Plan**

**Instructor(s):** Jennifer Ross  
**Email:** jennifer.ross@tiaa-cref.org  
**Session(s):** 1  
 Friday 10:00 AM - 11:50 AM  
 Classroom: B  
 Oct. 23



**Course Description:** This course will explore techniques to help stay in control of the portfolio you've accumulated. Topics will include: how to get your investments allocated; options when creating an estate plan; elder care planning that works without worry; pursuing your passion with insights on life after your career; and discovering the right questions to ask your financial advisor.

---

**Courses offered by Brian Kurcaba**

Brian Kurcaba is a lifelong resident of Morgantown, with 12 years of experience as a financial Advisor for Edward Jones. He will be joined by Cathy Johnson for course number 18. Cathy Johnson is a Wealth Management Consultant with Saybus Partners.



**18. Estate Planning with Lifetime Gifts, Spousal Access Trusts and Qualified Plans**

**Instructor(s):** Brian Kurcaba and Cathy Johnson  
**Email:** brian.kurcaba@edwardjones.com  
**Session(s):** 1  
 Tuesday 3:00 PM - 4:50 PM  
 Classroom: B  
 Oct. 13



**Course Description:** Leaving a legacy is an important financial goal. This course will explain how you can protect your legacy assets without affecting retirement lifestyle.

## 20. Time Matters: A Woman's Retirement Outlook

**Instructor(s):** Brian Kurcaba

**Email:** brian.kurcaba@edwardjones.com

**Session(s):** 1

Tuesday 3:00 PM - 4:50 PM

Classroom: B

Oct. 20



**Course Description:** This course is a woman-focused seminar discussing retirement income, Social Security withdrawal rates, inflation risks, and costs of health care and long-term care.

## 21. Navigating Your Next Adventure: Managing Your Income in Retirement

**Instructor(s):** Brian Kurcaba

**Email:** brian.kurcaba@edwardjones.com

**Session(s):** 1

Tuesday 3:00 PM - 4:50 PM

Classroom: B

Oct. 27



**Course Description:** This course will discuss planning for retirement by evaluating expenses/income, looking at ways to preserve savings using annuities, supplemental health care and long term care, considering factors that may adversely affect your savings.

---

## Course offered by Bo Blankenship

Bo Blankenship, CFP, CLU, MA is an experienced financial services representative and financial planner in the Roanoke, Virginia, area.

## 43. RetireWise

**Instructor(s):** Bo Blankenship CFP

**Email:**

plansmart\_midatlantic@metlife.com

**Session(s):** 2

Thursday 3:00 PM - 4:50 PM

Classroom: B

Sept. 29, Oct. 6



**Course Description:** The topics this course covers include: budgeting, investments and financial planning delivered by an experienced financial professional who will help participants clarify retirement goals and identify the steps needed to achieve them. Participants will receive a helpful resource guide that is theirs to keep.

Heritage Adventures and OLLI at WVU  
Invite you to tour

## **Old Quebec City**

### **June 18-25, 2016**

Take an eight (8) day coach tour to Old Quebec City on June 18-25, 2016. The trip includes transportation in a clean, modern coach, seven (7) nights lodging in a three star hotel in the heart of Old Quebec, breakfast daily, four lunches, four dinners, and all admissions.

Included are day trips to locations such as I'le d'Orleans (Orleans Island), the Basilica-Sainte-Anne-de-Beaupre, Montmorency Falls, Grosse I'le (Big Island), and Wendake (Huron reservation).

Cost is \$1,599 per person, double occupancy, \$2,099 for a single. For more information contact the OLLI office or Heritage adventures at 540-233-0543.



**See Courses 31 and 35**

(The course is not a prerequisite for the trip, nor is enrollment in the trip a requirement for this course.)

# CHARLESTON COURSES

## 101. How an Orchestra Works

**Instructor:** Betty King

**Email:** [bking@wvsymphony.org](mailto:bking@wvsymphony.org)

**Session(s):** 3



**Course Description:** The West Virginia Symphony Orchestra is West Virginia's premier performing arts organization, presenting classical, pops, and chamber music concerts annually throughout the Mountain State. The WVSO is a proud member of the community and enriches the region by providing affordable, high-quality concerts, collaborations with West Virginia arts organizations, and a nationally award-winning education program. Meet musicians and staff as you gain exclusive access to the WVSO.

**Instructor's Background:** Betty King begins her ninth season as a staff member of the WVSO. She joined the staff as Education Manager and has assumed operations duties over several seasons. Her education specializations are in music for K-12 and English for 7-12, and she has taught adults throughout her career. Her passion for classical music is infectious!

### 101.1. How an Orchestra Works: All the Moving Parts

Saturday 9:30 AM - 11:30 AM

Classroom: Clay Center

Sept. 19

**Course Description:** In this session get a backstage tour led by Betty King and explore the many unexpected considerations when planning a concert, and hear a sneak preview of the WVSO's Opening Night Concert.

### 101.2. How an Orchestra Works: Meet the Musicians

Friday 5:00 PM - 6:50 PM

Classroom: Clay Center

Oct. 23

**Course Description:** In this session spend time with WVSO musicians and learn about their professional lives,

the journeys they took to join the WVSO, and why they love orchestral music. Then hear them rehearse on stage at the Clay Center.

### **101.3. How an Orchestra Works: Meet the Maestro**

Thursday 3:00 PM - 5:00 PM

Classroom: Clay Center

Nov. 12

**Course Description:** In this session, visit with Maestro Grant Cooper and ask your questions about how he chooses a program, how he rehearses the orchestra, and what inspired him to lead the WVSO. Then join the WVSO for a working rehearsal for one of our favorite programs of the season!

## **MONDAY**

### **102. Autumn Brings Changes to the Sunrise Carriage Trail**

**Instructor(s):** Joan Steven

**Email:** [jsteven001@aol.com](mailto:jsteven001@aol.com)

**Session(s):** 1

Monday 5:00 PM - 6:50 PM

Classroom: Sunrise Carriage Trail

Sept. 21



**Course Description:** The arrival of cooler weather brings changes to the feel, looks and plants on the Carriage Trail. We will find a variety of nuts and ferns we did not see in the spring, as well as leaves in their Autumn glory. The walk will begin at the bottom, off Justice Row.

**Instructor's Background:** Joan Steven is a Master Gardener and Master Naturalist. She has been on the Carriage Trail Steering Committee since its establishment as a city trail. She has a life long love of nature and is a Charleston resident.



### 103. Personal Cultural Heritage Appreciation

**Instructor(s):** Leslie Bakker, RN, MSN

**Email:** lesbak44@gmail.com

**Session(s):** 2

Monday 5:00 PM - 6:50 PM

Classroom: 3296

Oct. 19, 26



**Course Description:** This course will explain the meaning of cultural heritage. After completing a cultural heritage assessment, participants will have a broader personal awareness of their cultural heritage and its importance in their lives.

**Instructor's Background:** Leslie Bakker has nursing experience in community health, home health, and nursing education in the US and northern Europe. She has applied her interest in cultural diversity to her nursing practice, having developed a subspecialty in cross-cultural nursing. She has designed and delivered diversity education programs, presented at conferences and published in professional journals.

## TUESDAY

### 104. Walking for Better Health

**Instructor(s):** Christa Hamra

**Email:** christahamra@yahoo.com

**Session(s):** 4

Tuesday 5:00 PM - 6:50 PM

Classroom: 3296

Sept. 22, 29, Oct. 6, 13



**Course Description:** This course will be a combination of class lecture, Q&A about what the participants are interested in learning, and actually walking outside. Distances will depend on the physical ability of the participants, which will be assessed in the first class.

**Instructor's Background:** Born and raised in WV, Christa Hamra graduated from Marshall University in 1992 and has worked as a media sales person in Charleston ever since. Sales is her passion. So is following a healthy

lifestyle. Her first race was in 2008 (5K) and she has completed four half and two full marathons.

## WEDNESDAY

### 105. Inspiring Documentaries

**Instructor(s):** Nancy Daugherty

**Email:** ndaugherty@hsc.wvu.edu

**Session(s):** 3

Wednesday 5:00 PM - 6:50 PM

Classroom: 3296

Sept. 23, Oct. 28, Nov. 4



**Course Description:** This course contains intriguing documentaries with time for facilitated group discussion and reflection.

- *Alive Inside*, a film by Michael Rossato-Bennett, is a joyous exploration of music's capacity to reawaken our souls and uncover the deepest parts of our humanity. (Sept. 23)
- *Angel's Perch*, directed by Charles Haine with JT Arbogast (writer/actor), is set almost entirely in Cass, WV, and examines the relationship of a young professional man with his grandmother when she is increasingly affected with Alzheimer's disease. (Oct. 28)
- *Age of Champions*, by Christopher Rufo, is the inspiring story of a group of athletes. It looks at a 100 year old tennis champion, 86 year old pole vaulter, and others who capture the triumphant spirit of seniors tackling old age with grace, humor and optimism. (Nov. 4)

**Instructor's Background:** Nancy Daugherty has led the WV Geriatric Education Center for the past eight years, supplying educational courses for health professionals leading to better understanding of the complexity involved in caring for older adults.

### 106. Savvy Social Security Planning

**Instructor(s):** Greg Dennis

**Email:** gdennis@investorscapital.com

**Session(s):** 2

Wednesday 5:00 PM - 6:50 PM

Classroom: 3296

Oct. 7, 14



**Course Description:** This course will explain Social Security benefits and how to maximize them. It is designed to help answer questions such as: When am I eligible? How are my benefits calculated? How do spousal, survivor, and divorce benefits work? What if I work and receive benefits? What is my best age to file? The course will also cover some lesser known filing strategies to help get the most from your benefits.

**Instructor's Background:** Gregory Dennis was a professional basketball player from '92 to '99. He then went to work for Morgan Stanley where he was trained and licensed in various financial services. After 14 years in financial services, he founded Dennis Wealth Management, LLC. He is a graduate of East Tennessee State University and is currently pursuing his MBA.

## WEDNESDAY AND THURSDAY

### 107. An Insider's Look at Walt Disney World

**Instructor(s):** Ed Johnson

**Email:** WBGVA35@aol.com

**Session(s):** 2

Wednesday and Thursday

5:00 PM - 6:50 PM

Classroom: 3296

Sept. 30, Oct. 1



This course is a fun and informal look at Walt Disney World. The class will discuss its origins and background, its development over the years, the four major theme parks, plus the many hotels and other attractions. The class will also take a look "backstage" and provide tips for visitors, both new and experienced.

**Instructor's Background:** Ed Johnson is a former cast member at Walt Disney World (WDW) and continues with a mild case of the "Disney Disease." (First fun fact to learn is that WDW calls all employees cast members!) He received his BS in Marketing and MBA from WVU. Ed was an Associate Professor and Division Chair at WVU Parkersburg for 12 years and an Adjunct Faculty at Waynesburg University.

## THURSDAY

### **108. Welcome to Augùsoft, the New Registration System**

**Instructor(s):** Sonja Kelley

**Email:** sljewellkelley@hsc.wvu.edu

**Session(s):** 1

Thursday 5:00 PM - 6:50 PM

Classroom: 3296

Oct. 29

*Same as course 109*

**Course Description:** OLLI at WVU is implementing a new membership and registration software, called Augùsoft, that will allow members to pay for memberships and trips with a credit card in the office or online. It will manage courses and course registrations. (No more waiting to see if a class is full; this software will automatically tell you and ask if you want to be on a waiting list!) This course will provide an overview of the features for members, steps for instructors and more. Handouts with instructions will be provided, and be sure to bring your laptop or tablet to dabble in the software.

**Instructor's Background:** Sonja Kelley is the on-site OLLI Professional Technologist. She provides information technology support and develops and maintains various websites and databases.

## FRIDAY

### **109. Welcome to Augùsoft, the New Registration System**

**Instructor(s):** Sonja Kelley

**Email:** sljewellkelley@hsc.wvu.edu

**Session(s):** 1

Friday 1:00 PM - 2:50 PM

Classroom:

Oct. 30

*Repeat of course 108*

# Have you seen the information available on our website?

## OSHER LIFELONG LEARNING INSTITUTE

Search this site

HOME ABOUT US JOIN NOW MEMBERS INSTRUCTORS COMMITTEES NEWS MAKE A GIFT



Welcome to OLLI!

OLLI members on the WVU Zip Canopy Tour at Coopers Rock, May 2, 2015.

MORGANTOWN SPRING CLASSES

CHARLESTON SPRING CLASSES

UPCOMING TRIPS

EVENT CALENDAR

Menus on the top and left side of most pages assist with helping you find the information you want.

LATEST NEWS

PROTECT YOURSELF FROM IDENTITY THEFT  
Wednesday June 03 2015

EASY SUPPORT CHOICES  
Wednesday June 03 2015

And our Latest News section details information from news, to trips, to course changes and more.

There is so much you can see and do! For example:

As a member...

## OSHER LIFELONG LEARNING INSTITUTE

HOME ABOUT US JOIN NOW MEMBERS INSTRUCTORS COMMITTEES NEWS MAKE A GIFT

Members

Back to OLLI

Morgantown Courses

Charleston Courses

Course Registration

Course Catalogs

Event Calendar

Schedule at a Glance

- Look at upcoming courses
- Register for courses
- View the catalog online
- View the event calendar online and more!

[www.olliatwvu.org](http://www.olliatwvu.org)

## OSHER LIFELONG LEARNING INSTITUTE

HOME ABOUT US JOIN NOW MEMBERS **INSTRUCTORS** COMMITTEES NEWS MAKE A GIFT

🏠 Instructors

Back to OLLI

Honor Roll

Teaching a Class for OLLI

Information for New  
Instructors

Course Proposal Form

Instructor Commitment

- Learn about being an instructor
- Submit a course proposal
- Submit a course commitment form
- Glean information on available technology and more!

**If you have a question or suggestion be sure to let us know!**

# COMING THIS WINTER!!

## Augùsoft

Coming this fall, OLLI at WVU will be using Augùsoft by Lumens. This is a real-time membership and registration software. Some major benefits include enhanced communication options for members and instructors, the utilization of electronic course registration and dues payment, credit card acceptance members will get immediate notification that they are registered for their desired course.

Starting in November, we will have kiosks located in the office and classrooms in Morgantown to assist members with this transition. Additionally, we are offering special courses to review Augùsoft's abilities and how to use them in both Morgantown and Charleston.

**Join, Renew, Pay, Review Course Offerings, Register, Submit Course Proposals, and Communicate electronically online anywhere or in our office.**

## *And the Legal Details.....*

**Media Releases** are available and kept on file in our office. Please be sure to fill one out and let us know if you do not want to be shown in OLLI photographs and media.

### **Membership Upgrade Policy**

A **Trial Member** has the option of becoming Full Member for an additional \$75.00 within the same fiscal year, or may pay \$50.00 for one additional term.

A **Term Member** is considered a Full Member once he/she has paid full membership dues of \$100.00.

### **Liability Disclaimer**

Individuals acknowledge and assume any and all risk associated with participation in OLLI at WVU activities. OLLI at WVU makes no representation regarding the appropriateness of any activity for an individual. OLLI at WVU disclaims any and all liability for each individual's participation in any activities.

If a course involves physical activity, participants are responsible for wearing the proper attire and using the proper equipment (if applicable). It is highly recommended that participants consult their physician before participating in physical activity.

### **Non-Discrimination Statement**

West Virginia University is an Equal Opportunity/Affirmative Action Institution. The University does not discriminate on the basis of race, sex, age, disability, veteran status, religion, sexual orientation, color, or national origin in the administration of any of its educational programs, activities, or with respect to admission or employment.



Address Service Requested

Nonprofit  
Organization  
U.S. Postage  
Morgantown, WV  
Permit No. 230

Osher Lifelong Learning Institute  
Mountaineer Mall Unit D-9  
PO Box 9123  
Morgantown, WV 26506-9123

***Fall Term Begins  
September 19, 2015!***

Phone: 304-293-1793  
Fax: 304-293-4779  
Website: [www.olliatwvu.org](http://www.olliatwvu.org)  
Email: [learners@hsc.wvu.edu](mailto:learners@hsc.wvu.edu)