

**LIFELONG  
LEARNING  
INSTITUTE  
VASSAR  
COLLEGE**

**LLVC  
FALL 2020**

# LIFELONG LEARNING INSTITUTE AT VASSAR COLLEGE

## FALL 2020 Catalog

The Lifelong Learning Institute (LLI) at Vassar College is a volunteer-run organization designed for adults who love to learn and who wish to contribute to the larger community in their pursuit of knowledge.

We are an adult educational program affiliated with Vassar College offering a broad range of non-credit educational courses and activities to members 55 and over. Classes are taught by volunteer members, retired and active faculty, and outside experts.

LLI at Vassar College believes that education is essential at every age. We are called on to continually expand our knowledge, so we might participate fully as citizens in our democracy. The education process is individually motivated as well as collaborative, with new ideas and new skills often introduced by others with a commitment to sharing.

As we age, life experiences enhance our education. We are fortunate that members with unique perspectives, skills, and expertise are willing to share them with us.

Vassar's LLI is committed to forming a community that advances the education of its members in a collaborative fashion. When we study, explore, and discuss together, we model engagement and expansion for each other.

This semester classes will be conducted via Zoom. Most classes will be small, to promote discussion, informed by the interests and knowledge of both volunteer instructors and LLI members.

Members can register for a maximum of three full courses per semester.

When selecting courses, please note the dates it meets.

Four-week courses are half courses and six to eight-week courses count as a full course.

Only LLI members may participate in classes; no guests are permitted.

Membership fee does not include books, photocopied material, transportation, or other fees.

### **Classes meet Tuesdays and Fridays on Zoom:**

- 9:30 – 10:45 am
- 11:05 am – 12:20 pm
- 1:45 – 3:00 pm
- 3:20 – 4:35 pm

### **You Will Be Contacted By Your Instructor With Zoom Access And Login Instructions**

#### **Lifelong Learning Institute at Vassar College**

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# LIFELONG LEARNING INSTITUTE AT VASSAR COLLEGE

## FALL 2020 Schedule

### Tuesday's:

First Section <b>Tuesdays</b> , 9:30 - 10:45 am			
Dates	Weeks	Course	Pg
Sept 22 - Nov 10	8	<b>Keep Breathing Keep Moving at Home</b>	5
Sept 22 - Nov 10	8	<b>Opera as Politics</b>	5
Sept 22 - Nov 10	8	<b>OYEZ &amp; OY VEH: The Supreme Court's Landmark Cases</b>	5
Sept 22 - Oct 13	First 4	<b>Early Aviation 1903-1912</b>	6

Second Section <b>Tuesdays</b> , 11:05 am - 12:20 pm			
Dates	Weeks	Course	Pg
Sept 22 - Nov 10	8	<b>Economics and Issues of the Day</b>	6
Sept 22 - Nov 10	8	<b>The Nature of Shelter</b>	7
Sept 22 - Oct 13	First 4	<b>Slavery, Antislavery and the Underground Railroad</b>	7

### Lunch Break

Third Section <b>Tuesdays</b> , 1:45 pm - 3:00 pm			
Dates	Weeks	Course	Pg
Sept 22 - Nov 10	8	<b>Technology &amp; Ethics</b>	7
Sept 22 - Oct 13	First 4	<b>19th Century Baseball - Origin and the Early Years</b>	8
Sept 22 - Oct 13	First 4	<b>Beginners Guide to Smart Phone Use</b>	8

### Friday's:

First Section <b>Fridays</b> , 9:30 - 10:45 am			
Dates	Weeks	Course	Pg
Sept 25 - Nov 13	8	<b>Colonialism in the Pacific</b>	9
Sept 25 - Nov 13	8	<b>Hudson Valley Hospice: Making Every Moment Count!</b>	9
Sept 25 - Nov 13	8	<b>Mathematical Vision of Humanity's Future</b>	9
Sep 25 - Oct 16	First 4	<b>Discovering the Ghent Altarpiece</b>	10
Sep 25 - Oct 16	First 4	<b>Fusion Dance</b>	11

<b>Second Section Fridays, 11:05 am - 12:20 pm</b>			
Dates	Weeks	Course	Pg
Sept 25 - Nov 13	8	<b>Taking Privacy Seriously</b>	11
Sept 25 - Nov 13	8	<b>Whose Film Is It, Anyway? A Look at Directing Styles</b>	12
Sep 25 – Oct 16	First 4	<b>Harnessing Creativity</b>	12
Sep 25 – Oct 16	First 4	<b>Art, Nature &amp; Dementia: Creating Together</b>	13
Sep 25 – Oct 16	First 4	<b>Honeybees 101</b>	13

**Lunch Break**

<b>Third Section Fridays, 1:45 pm - 3:00 pm</b>			
Dates	Weeks	Course	Pg
Sept 25 - Nov 13	8	<b>Know Your Community</b>	14
Sept 25 – Oct 16	First 4	<b>Maps, Voyages and Discoveries 16th-18th Century America</b>	14
Sep 25 – Oct 16	First 4	<b>Mystical Hollywood</b>	15
Sep 25 – Oct 16	First 4	<b>Holding up a Mirror: Implicit Bias and You</b>	15

<b>Fourth Section Fridays, 3:20 pm - 4:35 pm</b>			
Dates	Weeks	Course	Pg
Sept 25 - Nov 13	8	<b>Technology, Ecology and Society</b>	16
Sept 25 - Nov 13	8	<b>Timeless Goddess/Modern Times</b>	16
Sept 25 - Nov 13	8	<b>Writers' Group</b>	17
Oct 9 – Nov 13	2 <sup>nd</sup> 6	<b>Mindfulness &amp; Self-Care When Your Loved One Has Dementia</b>	17

# LIFELONG LEARNING INSTITUTE AT VASSAR COLLEGE

## FALL 2020 Catalog

Tuesday's: 9:30-10:45am 8 Week Classes (Sep 22-Nov 10)

### Keep Breathing Keep Moving at Home

Presenter **Kele Baker**

Limit: 100 8 Weeks

Take a deep breath, oil your joints, stretch your muscles, and relax into flow in the comfort of your own home. Enjoy soothing and energizing movements and discover self-care practices you can do on your own throughout your day. Drawn from qigong, mindfulness, meditation, simple tai chi principles and the movements of Nature, these fun, comfortable practices support physical, mental and emotional wellbeing, and enhance quality of life. The classes can be done standing or seated, and guidance is given on how to adapt the movements to your capability.

**Kele Baker** is senior trainer for Holden Qigong and board member with the Healer Within Foundation. She facilitates Tai Chi Easy training courses at The Omega Institute and leads group classes at the Walkway Over the Hudson. Kele Baker was the Argentine tango choreographer on the UK Dancing with the Stars when whiplash from a car accident put her body into spasm. She found the gentle, therapeutic, meditative movement of qigong and tai chi helped her recover her flexibility, balance, strength, calm and peace of mind. Kele teaches these practices to seniors and people living with Parkinson's Disease.

Tuesday's: 9:30-10:45am 8 Week Classes (Sep 22-Nov 10)

### Opera as Politics

Presenter **Chuck Mishaan**

Limit: 100 8 Weeks

Opera as Politics begins our exploration of governmental, sexual, economic, and religious politics, and how political ideas were expressed and messaged in opera. A close study of important operas, with a focus on some of the major works of the eighteenth, nineteenth and twentieth centuries, and a look at the current state of opera as a political vehicle, are part of the course. We will experience operatic video performances in class as political themes are developed.

This course begins again, with new material, Chuck's four-semester course of Opera as Politics at Vassar.

**Chuck Mishaan** lectures and writes on the intellectual, political and artistic history of Western Europe from the period of the Enlightenment to the present day. He has been presenting his popular classroom series on Opera as Politics for several years at Vassar LLI and other area LLIs, is a guest lecturer at the Bardavon and has been a lecturer at the Rhinebeck Chamber Music Society and Rhinebeck's Starr Library.

Tuesday's: 9:30-10:45am 8 Week Classes (Sep 22-Nov 10)

### OYEZ & OY VEH: The Supreme Court's Landmark Cases

Presenter: **Mickey Steiman**

Limit: 20 8 Weeks

Established in 1789, the Supreme Court of The United States (SCOTUS) has decided about 30,000 cases. Most have long vanished in the ether of historical legal reasoning. A score of SCOTUS decisions, however, stand out as "landmarks" and helped to form and change, sometimes for the better and sometimes for the worse. American history and society. Through reading the actual opinions and class discussion, this course will examine, as time allows, the reasoning and background of a dozen or so of the most significant SCOTUS decisions from Marbury v. Madison to Citizens United v. Federal Election Commission --- and beyond.

**This course will involve a significant amount of reading of the SCOTUS opinions.**

**Mickey Steiman:** A.B. Colgate University 1968; J.D. Syracuse University College of Law 1972; Senior trial attorney, Office of Special Litigation, United States Department of Justice, Washington, D.C. 1972-1980; 35 years of private practice in Dutchess County; Adjunct Professor, Marist College, Poughkeepsie, NY (1982-1989).

**Tuesday's: 9:30-10:45am First 4 Week Classes (Sep 22-Oct 13)**

### **Early Aviation 1903-1912**

*Presenter:* **Arthur Groton**

**Limit: 100 First 4 Weeks**

A survey of the developments in aviation during the early days: the competitions, the exhibitions, the technical progress, among other topics.

I have been a collector for almost 70 years, wandering through philately, postal history, books by Rockwell Kent and Maurice Sendak, Eastman School in Poughkeepsie and, most recently, early aviation.

**Tuesday's: 11:05-12:20pm 8 Week Classes (Sep 22-Nov 10)**

### **Economics and Issues of the Day**

*Producer* **Andy Weintraub**

**Limit: 40 8 Weeks**

Should international trade be free? Do minimum wages raise incomes? Do price controls keep prices low? Why are the rich ... rich? Does government spending stimulate the economy?

Should international trade be free? Do minimum wages raise incomes? Do price controls keep prices low? Why are the rich ... rich? Applying the basic principles of college level economics to these and other current economic issues, we'll develop our answers from an economic, rather than a political, point of view.

**Andrew Weintraub** is a former professor of economics at Temple University, a forensic economist who specializes in estimating the value of lost earnings, a magician, and the founder and past president of The CENTER for the Performing Arts at Rhinebeck.

Tuesday's: 11:05-12:20pm 8 Week Classes (Sep 22-Nov 10)

## The Nature Of Shelter

Presenter **Rob Cohen**

Limit: 25 8 Weeks

Basic needs... Food. Shelter. Clothing. In "The Nature in Food" we explored the implications of the foods we eat. This semester we'll be applying the same approach to gain perspective from our choice of shelter.

We intuitively understand our need to be protected from the elements, but our homes provide more than shelter. Our class explores historic and cultural origins of various shelters utilized in the Mid-Hudson Valley.

We will (1) increase our understanding and appreciation for the role shelter has on our health and happiness; (2) use homes from different periods to understand how technology, economics, and culture influence our choices; and (3) evaluate our shelter choices and how contribute to our well-being both as individuals and in aggregate as the dominant species on earth.

**Rob Cohen** is a farmer who practices sustainable agriculture and a technology consultant focused on helping non-profit organizations leverage technology. His lifelong interest in science, history, and understanding how stuff works shaped his unique approach to staying connecting to nature while living and working in an increasingly unnatural environment.

Tuesday's: 11:05-12:20pm First 4 Week Classes (Sep 22-Oct 13)

## Slavery, Anti-Slavery and the Underground Railroad

Presenter: **Peter Bunten**

Limit: 100 First 4 Weeks

This course will examine the history of slavery, anti-slavery and the Underground Railroad in the Mid-Hudson Valley. We'll look at the development of racial slavery in the United States, then turn our attention to slavery in the North and the Dutchess County region. We'll explore how our local history fits within the the national build-up to the Civil War and post-Civil War attitudes toward the emancipated men and women. We'll also look closely at freedom seekers and the contours of the Underground Railroad. Light reading, class discussions, a workshop on understanding "runaway slave" advertisements ... and singing of abolitionist songs!

**Peter Bunten** is chairman of the Mid-Hudson Antislavery History Project, located in Poughkeepsie, with which he has been affiliated for nine years. He has presented multiple lectures on the history of slavery and anti-slavery and conducted workshops on how to use abolitionist songs to understand history.

Tuesday's: 1:45-3:00pm 8 Week Classes (Sep 22-Nov 10)

## Technology and Ethics

**Presenter: Paul Stoddard**

**Limit: 40 8 Weeks**

Technology & Ethics is an overview and discussion of ethical problems related to Artificial Intelligence, Machine Learning, Social Media, Autonomous Vehicles, Blockchain and other new and evolving technologies. The course emphasizes critical thinking about the effects of technology on humans and the global environment. Issues are taken from current news reports and books. The issues are discussed from the perspective of how these technologies affect our day to day lives, and how they might be regulated.

**Suggested Readings:** Weapons of Mass Destruction by Cathy O'Neil  
21 Lessons for the 21st Century by Yuval Noah Harari

**Mr. Stoddard** is a retired computer systems architect and teacher living in Poughkeepsie, New York. He has a BA degree from the University of Rochester and a performance certificate from the Eastman School of Music. He worked at AT&T for 38 years as a computer programmer, manager, technical specialist, and systems architect. In 2019, he developed and taught a course in Technology & Ethics at Ashesi University College in Ghana, West Africa.

**Tuesday's: 1:45-3:00pm First 4 Week Classes (Sep 22-Oct 13)**

## **19th Century Baseball - Origin and the Early Years**

**Presenter: Arnold Serotsky**

**Limit: 24 First 4 Weeks**

This will be a four session class that traces the history of baseball from its conception to the beginning of the 20th century and the current major league system. There will be many visuals presented to support the evolution of the game and both questions and discussion will be welcomed. Topics will include:

- I - **The Origin(s) of the American Game of Baseball** - Legends and Facts
- II - **The Development of Professional Baseball**
- III - **The Role of Baseball in 19th Century America** - Both the Good and the Bad
- IV - **The Stars of 19th Century Baseball**

**Arnie Serotsky** grew up in Brooklyn, a devoted fan of the Dodgers until they moved west!. He has been a baseball memorabilia collector and dealer for over 50 years. A Sustaining Member of the Baseball Hall of Fame for two decades, Arnie is also a member of SABR (Society for American Baseball Research). His first visit to Cooperstown was for the induction of Bob Feller and Jackie Robinson in 1962. For various groups, he has made presentations such as "Which Baseball Hall of Fame Members Really Don't Belong" and "Applying Modern Statistics to the 1936 Hall of Fame Class".

**Tuesday's: 1:45-3:00pm First 4 Week Classes (Sep 22-Oct 13)**

## **Beginners Guide To Smart Phone Use**

**Presenter: John Wargo**

**Limit: 25 First 4 Weeks**

This course is designed for anyone interested in using a Smart Phone in a safe, secure and fun manner. The course will cover the basics of phone security, how to productively use various apps, and



how to navigate the confusing world of social media. Although I'll be using an Android phone, the apps I'll be covering can also be used on an iPhone

Over this 4 week class, I'll highlight and demonstrate several useful apps that include Travel, Photography, Fitness & Well Being, Investments, Sports, News, Weather, Beer & Wine, and email access. I'll also discuss how to safely navigate the many Social Media apps, including Facebook, WhatsApp, Instagram, LinkedIn and others as time permits.

### John Wargo

- IBM Senior Engineer & Program Manager; retired in June 2018 after 38 years
- Lions Clubs International volunteer for over 29 years, serving in various positions at the Club, District, State and International level
- LinkedIn profile: [www.linkedin.com/in/johnwargo1](http://www.linkedin.com/in/johnwargo1)
- Facebook profile: [www.facebook.com/john.wargo.923](http://www.facebook.com/john.wargo.923)

Friday's: 9:30-10:45am 8 Week Classes (Sep 25-Nov 13)

## Colonialism In The Pacific

Presenter **Tom Walker**

Limit: 40 8 Weeks

This eight-week course will examine how colonialism affected relationships between Japan, China and the United States, from the mid-19th Century to mid-20th Century. Towards the end of this course, students will assess how the disasters of this late colonial period affect our present-day actions.

**Tom Walker** is a graduate of the United States Naval Academy and served in three Navy squadrons as a pilot and legal officer. He has taught at Vassar LLI, Bard LLI and Dutchess Community College. He recently retired as a senior counselor in the New York State Division of Veteran Affairs, where he regularly conducted advanced training courses online and in person to large audiences.

Friday's: 9:30-10:45am 8 Week Classes (Sep 25-Nov 13)

## Hudson Valley Hospice: Making Every Moment Count!

Producer **Sophia Sciacca**

Limit: 100 8 Weeks

Hudson Valley Hospice will present 8 sessions providing information to dispel the myths associated with hospice care and explain what you need to know before a crisis. 8 individual topics will be presented:

1. General Overview of Hospice
2. Advance Care Planning including Healthcare Proxy and MOLST forms
3. Community Resources for Aging Safely
4. Caring for the Caregiver
5. Physical Care & Comfort at End of Life
6. Complementary Therapies
7. End of Life Doulas and Hospice Volunteers
8. Coping with Grief

Individual 8 presenters' bios can be provided prior to each presentation. Please let me know of specific deadline per presentation date.

Friday's: 9:30-10:45am 8 Week Classes (Sep 25-Nov 13)

## Mathematical Vision of Humanity's Future

Presenter: **Christopher Parks**

Limit: 30 8 Weeks

**This course considers selected issues facing humanity:** Highlighting extreme resource extraction that is occurring now. Population growth to 10 billion people, with a backdrop of extreme poverty declining swiftly and family sizes approaching four people. Shifting energy sources from fossil fuels, using David MacKay's Sustainable Energy to inform the scale of such a shift. The class emphasizes scientific publications in Nature and Science magazines, such as Safe Operating Space for Humanity, and C. Mann's The Wizard and the Prophet.

**Dr. Christopher C. Parks** has a Sc.B. from Brown University and a Ph.D. from Berkeley, both in Physical Chemistry. He worked on computer chips at IBM using Secondary Ion Mass Spectrometry to count and visualize in space enormous numbers of atoms. This class on humanity's future combines strong interests in mathematics and sciences.

Friday's: 9:30-10:45am First 4 Week Classes (Sep 25-Oct 16)

## Discovering The Ghent Altarpiece

Presenter: **Roberta Shayo**

Limit: 40 First 4 Weeks

The Ghent Altarpiece, a monumental 15th century polyptych renowned for its vibrant luminosity and detailed realism, is universally recognized as a major advancement in oil painting. Over the centuries, the altarpiece's panels were stolen, sawed in half, damaged by fire and hidden in a salt mine! Miraculously, the altarpiece survived and is undergoing state-of-the-art restoration. We'll explore the history and significance of the Ghent Altarpiece from the 15th century to the present, celebrating artist Jan van Eyck and encountering Philip the Good, John Calvin, King Philip II of Spain, Napoleon, Hitler, Monuments Men and past/contemporary art conservators along the way.

Course sessions include:

- 15th century context; works of Jan van Eyck; exploration of the altarpiece's iconography
- Ghent Altarpiece's role in the evolution of art; review of Northern versus Italian Renaissance style
- Overview of events that impacted the altarpiece's fate (e.g. Protestant Reformation; Napoleonic era; occupation of Belgium in WWI; Nazi art plunder and WWII "Monuments, Fine Arts and Archives" recovery efforts (*aka Monuments Men*)
- Conservation interventions

Expected outcomes include:

- Appreciation for the enduring beauty and significance of iconic artwork
- Insight into stylistic distinctions of representative 15th century art
- Awareness of art within a broader historical and cultural context

**Suggested Readings:** Noah Charney, *Stealing the Mystic Lamb*. New York: PublicAffairs, 2010.  
Robert M. Edsel, *The Monuments Men*. New York: Center Street, 2009.  
Peter Schmidt, *The Ghent Altarpiece*. Brussels: Ludion, 2001.

**Roberta** fell in love with the Ghent Altarpiece at the age of seven after discovering it in a discarded library book. As her work life winds down, Roberta finally can indulge her passion for Northern Renaissance art through independent study and has been thrilled to offer presentations on the Ghent Altarpiece at community settings in New York and Arizona. Roberta continues to work in NYC's financial industry and holds an M.P.A from Seton Hall University.

**Friday's: 9:30-10:45am First 4 Week Classes (Sep 25-Oct 16)**

## **Fusion Dance**

**Presenter: Anna Mayta**

**Limit: 25 First 4 Weeks**

This is a course that has been developed to enable participants to understand, be inspired, and learn about different cultures through dance. The cultures we will be looking are: Flamenco, (Spain), Bharatanatyam (India), West African, modern (USA), Chilean and Caribbean dances.

The goal of this course is for the audience to be able to get an understanding, learn the differences, similarities, history and cultural aspects, of each dance style. My aim is that each participant will leave with love, inspiration, understanding and excitement to learn more about cultures and dances from around the world.

In each class I will talk about the history, and cultural aspects of these dance forms: their similarities and differences and showcase some dance videos to show the different aspects and similarities of these dance forms. These will also showcase the costumes.

**First Class:** Flamenco from Spain and Bharatanatyam from India.

**Second Class:** Latin dances from Chile to the Caribbean.

**Third Class:** West African dance and Modern dance.

**Fourth Class:** Summary and conclusion.

**Anna Mayta** is a dance improviser, choreographer, and instructor. She graduated from Empire State College in June 2001 with a BA in Dance in Education. In 2006, she was awarded a dissemination award from the Dutchess County Arts Council in Poughkeepsie, New York. Ms. Mayta has been teaching, performing, and choreographing for 15 years. She has developed two programs throughout this time period. One is teaching the Spanish language through movement, and the other is fusion dance, which centers on the incorporation of African, Classical Indian, Flamenco, Modern and Latin dance styles. She is currently working in the Mid-Hudson Valley.

**Friday's: 11:05-12:20pm 8 Week Classes (Sep 25-Nov 13)**

## **Taking Privacy Seriously**

**Producer: Ernest Giglio**

**Limit: 25 8 Weeks**

This 8- week course examines why privacy is necessary for our well-being and then proceeds to discuss how privacy became a constitutional right. Privacy is also protected by the Tort Law and by

the Fourth Amendment. We then investigate the application of privacy law to national security, the digital and media age. We conclude by trying to explain why privacy is a hard case. Although we must talk about "cases" legal knowledge is NOT required but interest in the subject matter would be helpful.

**Suggested Readings:**

Samuel Warren and Louis Brandeis (1890). "The Right to Privacy," Harvard Law review, vol. 4.  
Raymond Wacks: A Very Short Introduction (Oxford U Press, 2015).  
James B. Rule. Privacy in Peril (Oxford U Press, 2007).

**Ernest Giglio** is Professor Emeritus of Politics and American Studies. He served as a Fulbright Scholar at the University of Nottingham (UK) and at Minya University (Egypt). He also served as a Study Abroad Professor for American University's London Semester Programme, 1993 & 1997. He is the author of two books, three book chapters and eight referred articles. He also served as a speaker for the U.S. Bi-Centennial Commission and the Pennsylvania Humanities Council.

Friday's: 11:05-12:20pm 8 Week Classes (Sep 25-Nov 13)

### Whose Film Is It Anyway? A Look At Directing Styles

*Presenter:* **Sybil DelGaudio**

Limit: 40 8 Weeks

As a collaborative effort, film has always been subject to questions of authorship. Is it the screenwriter, the producer or the director who is in creative control? Since film is essentially a visual medium, one measure of authorship is to identify certain stylistic similarities in a director's work. This course looks at the ways in which certain directors have exhibited elements of "style" in more than one of their films. For participation in this course, students will be asked to watch specific feature films on their own using streaming services (e.g., Netflix, Prime, YouTube); library DVD loans or other accesses to films (Kanopy, etc.).

The class itself will be a Zoom session, which will include an analysis by the presenter, illustrative film clips and encouraged input from students.

**Sybil DelGaudio** was Professor of Radio/Television/Film at Hofstra University and served for six years as Dean of its School of Communication. She is the author of journal articles and books on film history and theory and her production work has combined her interest in animation scholarship with a passion for documentary, resulting in two projects she directed for public television, Animated Women and Independent Spirits. Both films have been shown on PBS stations around the country as well as at international film festivals, garnering festival prizes, as well as an Emmy for Animated Women.

Friday's: 11:05-12:20pm First 4 Week Classes (Sep 25-Oct 16)

### Harnessing Creativity

*Presenter:* **Christina Fusco**

Limit: 50 8 Weeks

Beyond academic techniques and practice, meaningful artmaking also requires the maker to harness personal expression and creativity. Based on the ideas surrounding Creative Aging - in which creativity expands and peaks in later life - students will have the opportunity to grow their creative voice and confidence through exercises that encourage spontaneous mark-making, open associations, and the

abstraction of ideas. The blank canvas can be intimidating; so as a class, students will take steps to overcome personal reservations or anxieties that are limiting their creative potential.

Students will leave this workshop with a new toolbox of processes that can enhance their artmaking, making it more personal, therapeutic and true to one's expression of ideas.

**Christina Fusco** has her Master's in Art Therapy and Creativity Development from Pratt Institute. For the past 6 years, she has taught at schools, private studios, community centers, and art museums in NYC, working with students from ages of 18 months to 89 years old, recognizing the importance of self-expression and development in all stages of life. Her personal practice is in watercolors, gouache, and oil painting, based in Kingston, NY. She also works at the Barrett Art Center as an Outreach and Programs Coordinator.

Friday's: 11:05-12:20pm First 4 Week Classes (Sep 25-Oct 16)

## Art, Nature & Dementia: Creating Together

**Presenter: Michelle Olsen**

Limit: 100 **First 4 Weeks**

This course is created for people living with dementia and/or their care partners. Often our days are spent completing 'tasks' on the to-do list which can disconnect us causing challenging emotions to arise. Being in nature has been shown to improve our emotional and physiological well-being. This course utilizes creative expression, mindfulness and nature to become more present, to connect more deeply with ourselves, one another and with the beauty around us. Students will enjoy being a part of a welcoming and supportive community and learn how to cultivate more joy and gratitude by exploring various art and natural materials.

**Materials:** Some type of pastels (oil or chalk) and paper  
Watercolor pad & watercolor palette  
Black sharpie, glue, Scissors  
Yarn (any is fine)  
We will be gathering found materials from nature

Have a camera or camera/phone handy to take pictures to share (*if able*)

**Suggested Readings:** The Secret Therapy of Trees by Marco Mencagli and Marco Nieri  
Foraged Art by Peter Cole & Leslie Jonath  
Morning Altars by Day Schildkret

**Michelle Olson, PhD, LCAT, ATR-BC, ACC/MC** is a social gerontologist, a licensed, board certified and registered creative arts therapist and activity consultant with a specialization in memory care. Dr. Olson has worked in various eldercare settings for over twenty years. Additionally, she is a gerontology professor and a consultant. She is also the founder and executive director of Evergreen Minds, Inc., a local not for profit offering people living with dementia opportunities for meaningful connections and pathways to physical, social and emotional well-being through mindful immersions in nature and expressive arts.

Friday's: 11:05-12:20pm First 4 Week Classes (Sep 25-Oct 16)

## Honeybees 101 - An Introduction

*Presenter:* **Jim O'Brien**

Limit: 10    **First 4 Weeks**

Honeybees 101 is an introductory course that will cover: the activities of the beekeeper at the hive, the anatomy of a honeybee, the healing benefits of honeybee products, and the future of honeybees.

I have been a beekeeper since 2015. I started by assisting the beekeeper at Liberty View Farm in Highland. For three years, I had two hives of my own, which did not survive. Last year I assisted with hives on, 'Hops Hollow' farm, in Beekman. I plan to have a hive of my own bees at Hops Hollow this year.

**Friday's:**      **1:45-3:00pm**      **8 Week Classes**      **(Sep 25-Nov 13)**

## **Know Your Community**

*Presenter:* **Lucy Johnson**

Limit: 75    **8 Weeks**

The Mid-Hudson Valley has many not-for-profit organizations. Here we convene panels to look at a wide variety of these organizations, their benefits to the community and volunteer opportunities they provide.

*Panel:* **Food and Agriculture:** Numerous organizations in the Mid-Hudson Valley promote community oriented, ecologically sound, and economically viable local agriculture.

**Environmental Organizations:** Panelists will focus both on their own organization and on related organizations with which they work.

*Panel:* **Health:** Independent organizations and major medical centers in the Poughkeepsie area work to provide information, services, and volunteer opportunities.

*Panel:* **Arts:** Dutchess has a vibrant arts scene. We will examine Visual Arts, Media Arts, and Performing Arts.

*Panel:* **Museums:** Museums are focused on education, conservation and preservation. We have a wide variety of museums in the region.

*Panel:* **Education:** Many educational programs and initiatives are available to our community that take place outside of school and college classrooms.

*Panel:* **Social Services:** Families in Dutchess County face a myriad of needs. Many agencies and services exist which contribute to sustaining and enhancing family life.

*Panel:* **Religious and Spiritual Life:** Dutchess County is a rich mosaic of religious and spiritual groups. We will meet three groups that cross denominational borders.

This course is produced by 8 members of the VCLLI Curriculum Committee: **Lucy Johnson, Sudhir Desai, Muriel Horowitz, Kathy Kurosman, Betty Olsen, Janie Richlin, Molly Shanley, Carole Wolf.** We each are familiar with different aspects of the mid-Hudson Community and have coordinated our knowledge to create these panels.

**Friday's:**      **1:45-3:00pm**      **First 4 Week Classes**      **(Sep 25-Oct 16)**

## **Maps, Voyages and Discoveries 16th-18th Century America**

*Presenter:* **Jean-Claude Fouéré**

Limit: 20    **8 Weeks**

The maps selected and displayed in the course will take us across oceans and over land. They will give us a chance to visit new places, places recently discovered by Western European navigators and

explorers\*, and will help us build up voyage after voyage knowledge of the Americas with some emphasis on North America.

\* *Western Europe is the point of departure and of reference for the course.*

The course is covered in four (4) sessions plus one visit to the NYPL Map Section if opened at the time.

**Jean-Claude Fouéré** Educated as an engineer with a dual Master of Science in Physics Engineering and in Optical Systems, I have worked twenty years on design of optical systems as an engineer and engineering manager, followed by twenty years of marketing of semiconductor manufacturing systems in Europe and Asia.

Retired, I am currently on the Executive Committee of the ADK, past Chair of Canada-based Light Up The World, a NGO dedicated to installations of PV systems and LED's in remote areas of Central and South America, and on the Board of the World Affairs Council of the Mid-Hudson Valley Chapter.

Friday's: 1:45-3:00pm First 4 Week Classes (Sep 25-Oct 16)

## Mystical Hollywood

*Presenter:* **Nathan Rosenblum**

Limit: 100 **First 4 Weeks**

An exciting exploration into the hidden history of Hollywood from the beginning of film to the present. Discover the many connections between the cinema and mysticism. Many little known films and texts will be explored showing how this influence has been so profound. Ultimately, we shall see that what this means both for our appreciation of film as an art form and for our personal spiritual understanding.

**Dr. Nathan Rosenblum** is a Professor of Esoteric Studies, Author, Ordained Interfaith Minister and Lecturer. As a Theosophist, his work is focused on spirituality and the interconnections of mystical ideas with history, the arts, the sciences, culture, and consciousness. He endeavors to demonstrate that all knowledge is to be seen as being aspects of one whole.

Friday's: 1:45-3:00pm First 4 Week Classes (Sep 25-Oct 16)

## Holding up a Mirror: Implicit Bias and You

*Presenter:* **Ann Garton and Tanya Livingstone**

Limit: 18 **First 4 Weeks**

This experiential course invites participants into an inquiry about what implicit bias is and how it operates in our lives. Over four weeks, participants will learn about key concepts from contemporary brain science, key triggers of racial bias and various strategies for disrupting racial bias. Working together, the course leaders and participants will create a brave space that fosters authentic conversations about how implicit bias shows up in us and in our lives. This course is appropriate for all participants – whether you are deeply engaged in thinking about the construct of race (and racism) and how it affects everyone's lives or you are just beginning to learn. Participants will be expected to do some preparation and reading to enrich classroom exercises and dialogue in small and large groups. A willingness to engage is essential. This is a team-taught course.

**Course area:** Social studies, Personal growth

### Suggested reading:

Everyday Bias: Identifying and Navigating Unconscious Judgments in Our Daily Lives by Howard J. Ross

**Anne Gardon** and **Tanya Livingston** met through the Race Unity Circle (Poughkeepsie) which is dedicated to eliminating racism and fostering race amity. Anne and Tanya offer this course as an expression of their shared commitment to race equity and to promoting dialogue about differences based upon deep listening, openness and honesty. Tanya brings her experience as a facilitator and founding member of Courageous Conversations (Bridgeport, CT) and her background in producing activities and events that connect people from diverse walks of life. Anne's relevant experience includes her work as a facilitator, consultant and leadership coach to nonprofit organizations.

Friday's: 3:20-4:35pm 8 Week Classes (Sep 25-Nov 13)

## Technology, Ecology and Society

*Presenter:* **Lucy Johnson**

Limit: 40 8 Weeks

Unlike other animals, which adapt biologically when climate changes, or move to a different place, humans have adapted primarily through their "extra-somatic" technology. After looking at the early stages of this adaptation and introducing the concept of the chaine operatoire as a way of studying a technology, we will explore papers on adaptation written by my students over the years using the chaine operatoire framework.

**Lucy Johnson** is Professor Emerita of Anthropology at Vassar College. Her focus in anthropology, for which she taught primarily archaeology and biological anthropology courses, has always been on the relationship between humans and the environment as modified by technology. Lucy is active in environmental organizations in the Valley and is the Curriculum Director for Vassar LLI.

Friday's: 3:20-4:35pm 8 Week Classes (Sep 25-Nov 13)

## Timeless Goddess/Modern Times

*Presenter:* **PM Vincenza Dante**

Limit: 40 8 Weeks

Encounter the Timeless Goddess across world cultures and Her role in human history, art and literature dating from paleolithic times to the current marginalization of the Divine Feminine in modern Western society. Learn how the once revered Crone Goddess (now misunderstood and maligned due to associations with aging and death) has been exiled and explore the impact on society and the role of Elder women. Class will be informative, encourage personal growth and reflection through discussion, writing & creative visualization. Class members are encouraged to envision an Awakened Feminine world where Elder women (and all women) are honored, respected change-makers.

**ALL GENDERS WELCOME!** This course does not require a particular belief system or religious affiliation. Timeless Goddess/Modern Times aims to explore the Goddess archetype (Divine Feminine) from multiple perspectives and cultural lenses to note how various belief systems influence the actual treatment of women in daily life. Ultimately, this class calls members to retrieve & nourish the gifts of the exiled Goddess by empowering the inner Feminine (in all genders) to help bring more balance into our modern troubled world.



**Vincenza Dante**, is a Mental Health Consultant, Workshop Leader and Educator with a lifelong interest in cross cultural spiritual traditions. A Licensed Creative Arts Therapist, Licensed Clinical Social Worker, and an ordained minister for a non-denominational church, her spiritual journey has included studies in Eastern traditions in Nepal, Tibet & India, Kabbalah studies with Rabbi Jacob Simonson, medicine wheel gatherings with Chippewa Medicine Man, Sun Bear, and shamanic trance dances in Southern Italy. She has been involved in Kundalini Yoga practices for 25 years. Recently, Vincenza Dante retired from Arlington Central School District, where she was a school social worker.

Friday's: 3:20-4:35pm 8 Week Classes (Sep 25-Nov 13)

## Writer's Group

*Presenter:* **Laurie Hedlund**

Limit: 20 8 Weeks

A writer's group is a supportive community of like-minded writers who come together to pursue the art and craft of writing. Writers of all levels of experience, and of all interests are welcome to practice writing and share our writing in a safe place without asking for or offering feedback. We will try new writing exercises at each session. All will have a chance to read their writing out loud if they choose to do so. The main purpose of the group is to write together in the same space and to listen to each other's writing.

**Materials:** Notebook and Pen

**Suggested Readings:** Writing Down the Bones by Natalie Goldberg

**Laurie Hedlund** Some of you may remember me from Beverly Sloane's Memoir and Legacy Letter VCLLI classes. During early summer I have been taking Natalie Goldberg's online class "Find Your Voice, Tell Your Story", and I became inspired to organize a writers' group in order to connect with fellow writers in our area. It's an opportunity to meet new people, make friends, find writing accountability partners and discuss issues related to writing. Hope to see you there!

Friday's: 3:20-4:35pm 2<sup>nd</sup> 6 Week Classes (Oct 9-Nov 13)

## Mindfulness & Self-Care When Your Loved One Has Dementia

*Presenters:* **Michelle Olson and Scott Lavitt**

Limit: 100 6 Weeks

Caregiving for a loved one with dementia is rewarding and challenging. It is not uncommon to experience complex and difficult feelings and emotions. Family caregivers often put their needs last or ignore them all together.

This course encourages students to become aware of their habitual ways of being in and relating to the world that may further contribute to suffering and offers compassionate ways to transform these habits to cultivate calmness, joy, gratitude & resilience!

This course is infused with loving-kindness, creativity, a little humor and recognizes all that you do and connects us as a community of caregivers.

**Materials:** Journal (*a simple, inexpensive journal of any kind is fine, art journals without lines are preferred*)

Preferred art material such as colored pencils, pastels or watercolor pencils, a black sharpie

**Michelle Olson, PhD, LCAT, ATR-BC, ACC/MC** is a social gerontologist, a licensed, board certified and registered creative arts therapist and activity consultant with a specialization in memory care. Dr. Olson has worked in various eldercare settings for over twenty years and works as a gerontology professor and consultant and recently founded Evergreen Minds, Inc., non-profit for people living with dementia based in nature, mindfulness and expressive arts.

**Scott Lavitt, M.A.** is a caregiver to his dad, who has Alzheimer's, learned the tools of mindfulness, self-compassion and humanistic psychology necessary to thrive during his challenging journey. With 30 years' experience as a creative in advertising and a master's in teaching English, Scott now teaches other family caregivers the tools that are part of his own daily life.

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