

## January 2012

### **First Annual Donald K. Wilson Memorial Seminars on Current Events Part I**

Instructed by Paula Guida

#### **The Power and Influence of the Media**

This seminar will examine the media's power and influence on American politics, in shaping public opinion and in directing the course of American society. Examples of discussion points will be:

- How has the role of the media changed over time?
- What forms do the media take and what is the impact of each of these forms?
- What is the difference among the tabloids, the major new networks, the alternative networks and national public radio?
- What role does current technology play in the media's manipulation of America's consciousness?
- Is the media's impact on society and its institutions positive or negative?

This course will explore these questions and more through historical overview, selected readings and class discussion. The last 15 minutes of each class will be reserved for consideration and discussion of events currently making the news.

**Paula Guida** holds a bachelor's degree in Secondary Education and a master's degree in School Counseling from the University of Rhode Island. A twenty-five year member of the South County Coalition Against Racism, she has taught many well-received courses for OLLI.

**Wednesdays, January 11, 18, 25**

**10:00 am**

**Course Fee: \$20.00 per member**

#### **Introduction to Social Networking Part I-Getting Started with Facebook**

Instructed by Denise Levesque Robbin

Are you interested in social networking, but don't know where to begin? Are you curious about Facebook and wonder why it's so popular? Would you like to join the social networking phenomenon? This hands-on workshop will introduce you to the basics of social networking, get you into Facebook for some hands-on learning, and generate plenty of discussion about the advantages and disadvantages of this popular website. You will be guided through Facebook account set-up, creating a Facebook profile, selecting privacy settings and connecting with friends. Everything you need to know to get started! Members are encouraged to bring a laptop if available.

**Denise Levesque Robbin** is an avid Facebook user, is currently the Facebook administrator for the YMCA of Greater Providence, South County branch as well as the social media consultant for the Church of the Ascension in Wakefield. She has both a bachelors and masters degree from URI and has experience teaching in the RI public schools as well as numerous entrepreneurial endeavors.

**Wednesday, January 4**

**10:00 am**

**Lecture Fee: \$10.00 per member**

#### **The Changing face of Sports in America**

Instructed by Ken Bell

Ken Bell, ABC6 Sports Director, will be speaking on "The Changing Face of Sports in America". Ken will share his personal experience over his 42 years in sports casting and there will be a time for questions and answers.

**Ken Bell** graduated from the University of Colorado with a major in Communications and Theater. He began his career as a sportscaster in 1969 as a freshman in college. He worked in Denver, Cedar Rapids, Milwaukee, and at Channel 10 and Channel 6 in Providence. He is in his 29th year as Sports Director at ABC6.

**Thursday, January 12**

**10:00 am**

**Lecture Fee: \$10.00 per member**

## January Cont.

### Back Injury Prevention Class

Instructed by Dr. Jay Korsen

This lecture will be a back injury prevention class. It will discuss how to prevent the most common back injuries beginning with how to get out of bed properly, two foods that may hurt your back, how to get in and out of the car, two ways to lift properly, how many pillows to sleep with, how big they should be, the two best ways to sleep and the one way to avoid as well as how to do preventative exercises that take no more than two minutes a day to keep your spine healthy. The lecture will have handouts for discussion and will allow time for questions and answers. Attendees may be asked to demonstrate the home exercises so dress comfortably.

**Dr. Jay Korsen**, Owner/operator of Back to Health Chiropractic, has been a Chiropractor since 1992. Back To Health Chiropractic offers affordable chiropractic care in a state of the art office.

**Thursday, January 19**

**1:00 pm**

**Lecture Fee: \$10.00 per member**

### Literature of the Holocaust

Instructed by Sheldon Grebstein, Ph.D

Literature can be defined as the imaginative depiction and transformation of human experience by the writer's artistic vision and skill. But how is it possible to depict and transform the Holocaust's unique human experience of absolute evil and atrocity into the sublimity of art? Survivors have written "After Auschwitz to write a poem is barbaric", and "A novel about Auschwitz is either not a novel or is not about Auschwitz." Holocaust literature must create a new definition of tragedy. Yet, in fact, there is a significant body of superb poetry and narrative inspired by the Holocaust which serves to illuminate that human experience and to distinguish the personal and the individual from the mass of the anonymous millions which defy comprehension. This lecture will offer a brief summary of the Holocaust's events and stages, and proceed to examine a few powerful examples of that literature. Ample time will be reserved for questions and discussions.

**Sheldon Grebstein** was the founding director of Education for the Holocaust and Human Rights Education Center in Westchester, NY and served in this position for 13 years. It was his responsibility to create and administer programs, events, and materials which would encourage and enable teachers to incorporate the Holocaust as a subject in their schools' curriculum. In his position with the center, programs were also offered to students and the community at large.

**Thursday, January 26**

**10:00 am**

**Lecture Fee: \$10.00 per member**

## February 2012

### First Annual Donald K. Wilson Memorial Seminars on Current Events Part II

Instructed by Paula Guida

#### Compromise: The New Dirty Word

The power of compromise has been considered one of the hallmarks of the American political system. Today, as a result in part of the strident ideological stances taken by the extremist factions in both parties, compromise has taken in a more negative meaning. In addition to the political forces at play, special interest groups and well funded lobbyists have created dangerous stalemates between the parties. This course will examine some of the recent difficulties faced by Congress in reaching compromise and what that impact has been on the country. Historical perspective will be provided through a review of some of the significant compromises made during challenging periods of America's history. Selected articles will be provided and class discussion will be an important component of this course.

**Wednesdays, February 8, 15, 22**

**10:00 am**

**Course Fee: \$20.00 per member**

## February Cont.

### Introduction to Social Networking II-Connecting with Facebook

Instructed by Denise Levesque Robbin

You have a Facebook profile, you've got some Facebook friends, and you may even be a "fan" of some Facebook businesses. Now you are ready to "net socialize"! This workshop will guide you through various ways to make more connections, participate in live-chat, send private messages, post photos and promote businesses, causes and organizations you support. Discover YOUR unique style of net socializing! Proactive steps to protect your computer, your personal data and the people you are connected with will also be discussed. Prerequisite-must have taken Part I of this lecture series or have a Facebook profile set up in your name prior to class.

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**Wednesday, February 1**

**10:00 am**

**Lecture Fee: \$10.00 per member**

### Rhode Island and its Railroads

Instructed by Frank Heppner

Rhode Island has the shortest railroads, the fastest trains, and the highest per-capita consumption of doughnuts in the United States. These apparently disparate facts are all connected. The first railroad came to Rhode Island in 1835, but didn't actually come to Rhode Island because East Providence belonged to Massachusetts at the time. The second railroad built in Rhode Island, the Stonington Line, could easily have served Wickford and Kingston, but bypassed both and instead went through the heart of the Great Swamp. In this lectures you will learn about the railroad being so poor that it didn't have a single extra piece of rail and when a rail broke, it had to make a replacement out of siding. Learn this and other strange stories in the history of the railroads of Rhode Island, which have a past as colorful as the state itself.

**Frank Heppner**, author of "Rhode Island and its Railroads", is currently the chairman of the Board of Directors for Friends of the Kingston Station; representative of the Rhode Island Association Railroad Passengers and a member of National Model Railroad Association. He has travelled 500,000 miles by train and has ridden in the cab of an Acela train going 150 mph.

**Thursday, February 2**

**10:00 am**

**Lecture Fee: \$10.00 per member**

### Is the Food You Eat Making You Sick, Achy or Exhausted?

Instructed by Mariann Millette

Is it possible that the foods you eat are making you sick and tired? Do you suffer from headaches, body aches and other illnesses that cannot be explained by your doctor and you do not get relief from medications? This informational lecture and open discussion will talk about how you can determine if your suffering is related to the food you eat. The instructor will discuss different types of common foods and food additives that can be triggers for many types of health related issues. This lecture will also discuss how you can be proactive in determining if you have a food related illness by eliminating and tracking the foods you eat.

**Mariann Millette** has been following the news about food additives since the 1970's. 5 Years ago she began a journey tracking her diet and eliminating food in order to determine what was causing her health issues. Mariann has found much success with this process and would like to share what she has learned with others who may not realize that what they are suffering from has to do with the food they eat.

**Tuesday, February 7**

**10:00 am**

**Lecture Fee: \$10.00 per member**

**Tuesday, February 21**

**6:00 pm**

**Lecture Fee: \$10.00 per member**

## February Cont.

### Theatre 101: It's More than Just Drama

Instructed by Kara Marziali

Do you know the the difference between *theatre* and *theater*? This engaging course fosters a deeper appreciation for the performing arts. It includes an overview of the historical development of drama—it's humble beginnings and why it is still relevant today; defines the collaborative roles of the artists responsible for theatre productions; and offers a working vocabulary of stage 'lingo.' Participants will also be given the opportunity to partake in some improvisations and theatrical games.

**Kara Marziali** holds a BFA in Theatre Arts from Emerson College in Boston. She also traveled abroad to study theatre and acted in several Moliere plays throughout Europe. She has performed at Providence Performing Art Center (PPAC), Warwick Musical Theater, and the American School in Paris, France. She is a current board member of The Community Players, Rhode Island's oldest community theatre organization. In 2010, Kara was awarded the Performing Arts Hall of Fame from St. Mary Academy-Bay View, her high school alma mater. Kara continues to perform throughout New England in both theatre and film.

**Monday, February 13**

**6:00 pm**

**Lecture Fee: \$10.00 per member**

**Thursday, February 23**

**10:00 am**

**Lecture Fee: \$10.00 per member**

### Healing Conversations Toward End of Life

Instructed by Anthony Silbert

Many people struggle to engage in meaningful and important conversations with family members and loved ones as they near end of life. Frequently family members and caregivers, who want to be supportive, lack the skills to prompt these significant conversations and miss the opportunity to connect more deeply or provide the support most needed. Healing Conversations provide a framework and tools to strengthen these interactions we all want and need at this special time. The structure of these conversations gives the family member, loved one and/or caregiver confidence, the questions energize those involved in the conversation, and the resulting stories inspire positive action.

**Anthony Silbert** is a Co-Founder of Innovation Partners International and has over 20 years of experience in organizational development consulting, training, speaking and facilitation. His areas of expertise include strengths-based and participatory approaches to strategy, change, innovation, and collaboration. Tony is dean and faculty of national Training Laboratories (NTL), a Taos Institute Associate, and serves on the board of three local non-profits. He works with private, public and non-profit organizations both domestically and abroad. Tony is committed to positively transforming elder and long-term care. The book, "Healing Conversations Now", which he co-authored, was prompted by powerful questions and conversations he had with his dying mother, Lynne (who passed of lung cancer in 2006).

**Thursday, February 16**

**10:00 am**

**Lecture Fee: \$10.00 per member**

### The MOOD CURE: The 4-Step Program to Take Charge of Your Emotions - Today

Instructed by Dr. Lynda Wells

Whether you are under a dark cloud, are overwhelmed by stress, are too sensitive to life's pain, or chronically suffer from the blahs, there are natural ways to correct the malfunctions in brain and body chemistry underlying these moods. Your brain transmits your feelings through four highly specialized and potent kinds of mood molecules. If it has plenty of all four, it keeps you as happy as you can possibly be, given your particular life circumstances. You will learn what the best brain foods are for you and how to find and use the amino acid supplements that will jump-start all of your emotional engines and keep them fired up.

**Dr. Lynda Wells** is a licensed nutritionist and a Nationally Certified Nutrition Specialist. She has a Ph.D. in physiology and biochemistry from Boston University and did post doctoral research on the nervous system. While teaching at the New England Nutritional Association, she studied nutrition for seven years. After completing an internship in nutrition at the Lemuel Shattuck Hospital in Boston and an intensive herbal apprenticeship with the well-known herbalist, Rosemary Gladster, Dr. Wells has devoted her time to researching, writing about and counseling people in natural healing.

**Wednesday, February 29**

**2:00 pm**

**Lecture Fee: \$10.00 per member**

## March 2012

### Elder Domestic Abuse 101

Instructed by Angela Marandola

Educating people on elder domestic abuse is ultimately the most critical tool for prevention. This course allows individuals to achieve a broad understanding of elder domestic abuse through facilitated discussion, case studies, and classroom exercises. The course presents an opportunity for someone to be part of the prevention effort by examining Warning Signs and Red Flags for abusive behaviors and learning about personal safety steps for friends, family, or themselves. Participation is encouraged.

**Angela Marandola** is a Prevention and Outreach Advocate for the Domestic Violence Resource Center of South County where she currently co-facilitates a support group for elder victims of domestic violence. She has been involved in victim advocacy and domestic violence education for 4 years. She has worked for the Blackstone Valley Advocacy Center, New Hope, Inc., and for the RI National Guard in a variety of capacities ranging from direct victim services to community prevention and training.

**Thursday, March 1**

**10:00 am**

**Lecture Fee: \$10.00 per member**

### “Allow Me to Introduce You to Your Grandchildren”: An Examination of Generation ME-dia

Instructed by Susan Baran

This lecture will address the composition of *Generation ME-dia*, a generation growing up in a hyper-commercialized, media saturated culture. It will look at the statistics surrounding media consumption and the societal and individual consequences of those consumptive behaviors. Members of the OLLI audience, many of whom are grandparents, will gain a stronger understanding of postmodern childhood and the consumer-driven world with which their grandchildren are forced to contend. Media literacy will be the driving theme of this discussion.

**Susan Baran** is a Communication professor at Bryant University in Smithfield, RI, who specializes in media and culture. She received her advanced degrees in the areas of Media Literacy and Education and has also taught at the University of Connecticut, URI, Salve Regina and Rhode Island College. Before going into teaching, Susan spent 16 years in broadcasting as a reporter, anchor, writer and producer. She worked in a number of markets including LA, Boston, New York, and Philadelphia. Today, Susan uses her industry experience to educate students about critical consumption of media messages and the need for the media literacy in the K-12 school systems. Her students have conducted service learning workshops all over the state for schools in Wakefield, Smithfield, and Providence, among others.

**Monday, March 5**

**10:00 am**

**Lecture Fee: \$10.00 per member**

### Introduction to Social Networking III-Building Community

Instructed by Denise Levesque Robbin

Are you wondering how you might use Facebook and other social networking sites to showcase your passion, promote your business, or support the causes you believe in? This workshop will provide you with the tools you need to nurture your Facebook relationships and build your community—and ultimately, other will be supporting and promoting YOU! Share photos, videos, and links. Create pages and groups, encourage sharing, use shoutouts and tags, ask questions and encourage discussions, create events, consider blogging. Then use these tools, together with the net-social skills learned in sessions I and II, to build a network of support.

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**Wednesday, March 7**

**10:00 am**

**Lecture Fee: \$10.00 per member**

## March Cont.

### Genealogy Forum

Facilitated by Ellen Tetreault and Lee Gilson Dursin

Are there relatives in your attic waiting to be discovered? Would you like to turn your “roots” into a full bloom family tree? In addition to the rapidly expanding genealogical sites on the internet are marvelous resources available here in Rhode Island. There are extensive holdings where staff and experienced volunteers are ready to help with your individual research. At this forum there will be presentation and information about how to begin, where to begin and the archive resources close by in assisting you with your genealogy pursuits.

**Ellen Tetreault** has her BA from RI College and MS in Information Science from Florida State University. She currently works as an independent researcher in the field of education, but also has training in general reference and health reference. Ellen’s interest in family history stems from a curiosity about her father’s family, whom she never knew.

**Lee Gilson Dursin** was formally the President of the Rhode Island Genealogical Society.

**Thursday, March 8**

**10:00 am**

**Lecture Fee: \$10.00 per member**

### Introduction to Social Networking Part I-Getting Started with Facebook

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**Monday, March 12**

**10:00 am**

**Lecture Fee: \$10.00 per member**

### Introduction to Labyrinth’s

Instructed by Helen Rowe-Drake

Experience the history and path of the labyrinth...an ancient symbol that relates to wholeness. Participants will have the opportunity to “walk” a labyrinth taking a meandering journey but purposeful path. “Your life is a sacred journey. And it is about change, growth, discovery, movement, transformation, continuously expanding your vision of what is possible, stretching your soul, learning to see clearly and deeply, listening to your intuition, taking courageous challenges at every step along the way. You are on the path...exactly where you are meant to be right now...And from here, you can only go forward, shaping your life story into a magnificent tale of triumph, of healing of courage, of beauty, of wisdom, of power, of dignity, and of love.” Caroline Adams.

**Helen Rowe-Drake** is a member of the Labyrinth Society with extensive experience and education in its history and practice. Helen will guide your experience in meditation and centering for personal health and well being.

**Saturday, March 17**

**10:00 am**

**Lecture Fee: \$10.00 per member**

### Bioethical Issues in Genetic Counseling

Instructed by Dr. Louise Paquin

Is genetic counseling a kind of eugenics? This lecture will use one or more case study discussions to allow the participants to explore several of the issues that arise in today’s genetic counseling. Discussion by participants, in small groups, will be the springboard for the proposal of several other issues, both in the present and anticipated for the near future.

**Dr. Louise Paquin** is a PhD geneticist with certification from the American Board of Medical Genetics. She has been a college professor for the past 31 years, teaching both genetics and Bioethics courses.

**Monday, March 19**

**10:00 am**

**Lecture Fee: \$10.00 per member**

**March Cont.**

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**Tuesday, March 20**

**6:00 pm**

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