#### **Eastern Illinois University**

# The Keep

**Program Catalogs** 

Academy of Lifelong Learning

Fall 2010

# Fall 2010 Program Guide

Academy of Lifelong Learning

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Enjoyable, affordable educational experiences for people 50 and older

# PROGRAM GUIDE

Fall 2010









■ academy of

# Lifetime Learning

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Find us on Facebook

Find out what we are doing and explore the many resource links on our Profile Page!

To learn more about Facebook including how to become a friend, go to **www.facebook.com** and join the millions on Facebook by signing up. Look for us by typing in **Lifetime Learning at EIU**.

For assistance or questions, e-mail us at: all@eiu.edu

EASTERN School of Continuing Education

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# **Advisory Council**

Special thanks to the advisory council members who donate their time and expertise to the advancement of the Academy.

Martha Brown, Ph.D. Jill Nilsen, Ph.D. Ken Baker Jayne Ozier, Ph.D.

Dee Braden Steve Rich

Betty Coffrin Gene Scholes, Ph.D.

Lillian Greathouse, Ph.D., Chair Jeanne Snyder, Ph.D., Past Chair

Mary Anne Hanner, Ph.D. Colleen Stoner
Sharon Kuhns, Chair Elect Mike Strader

Jeffrey Lynch Terry Weidner, Ph.D.

Dr. Gary Mikel

# Purpose of the Academy

The purpose of the Academy is to provide all community members over age 50 an outlet for their creative and educational needs. Sometimes we have interests that we put on hold while we were working full-time, raising our children and taking care of our parents, but now it is time to learn about these subjects we simply did not find time to explore earlier in our lives.

The Academy is here to stimulate your mind and provide you an opportunity to learn new skills, discuss topics of interest, explore new areas of study and just have a good time learning and sharing. We enjoy each other's company whether we are attending a lecture, a workshop or a social event. Exercising our brains in order to stay healthy emotionally and intellectually is fun. Through the Academy, Eastern is reaching out to our community by sharing the great riches of campus: faculty expertise, fine arts programs and the wonderful gardens and buildings.

Come be a part of EIU. Join the Academy.

You are EIU!

Janna and all the Academy Members

# Become a Member

The Academy is a learning community sponsored by the School of Continuing Education at Eastern Illinois University.

The Academy is open to anyone in the area who is age 50 or older and who has a curiosity and a desire to learn.

A one-year membership for \$35 includes these benefits:

- · Free monthly luncheon lectures
- · Social events coordination
- Reduced fees for Academy events at the Doudna Fine Arts Center
- Reduced registration fees for Academy workshops, courses and tours
- Option to purchase an EIU Recreation Center membership
- Complimentary tuition to audit one EIU credit course per semester

The Academy's mission is to grow and serve the educational needs of community members age 50 and older. We welcome your membership and ideas for future programming.

**EIU Campus Map** 

# Workshops

# Research in Aging

Date:

Tuesday, September 7, 2010

Time:

4-5:30 p.m.

Location:

EIU Blair Hall 2165

Presented by:

Jacquelyn Frank, Ph.D.

Cost:

Academy Member: \$20; Non-member: \$35

Register by:

Tuesday, August 31

Come out and join Master of Arts in Gerontology students to learn about current research in Gerontology. Home is a concept that is intricately connected to human memory and emotion. It is also a symbol of our identities. The research presentation explores the links between the meaning of home, sense of self and unsolicited outbursts using the word "home" among people with Alzheimer's disease. The research study puts foward a case for the use of the word "home" among people with Alzheimer's disease as an attempt to affirm their sense of selfhood and poses important issues for caregivers to consider when responding to exclamations such as "I want to go home!" (limit 20 participants)

# **Easy Computing**

Date:

Tuesdays, September 7, 21, and October 5, 2010

Time:

1-2:30 p.m.

Location:

EIU Booth Library, Room 4450

Presented by:

Jan Little

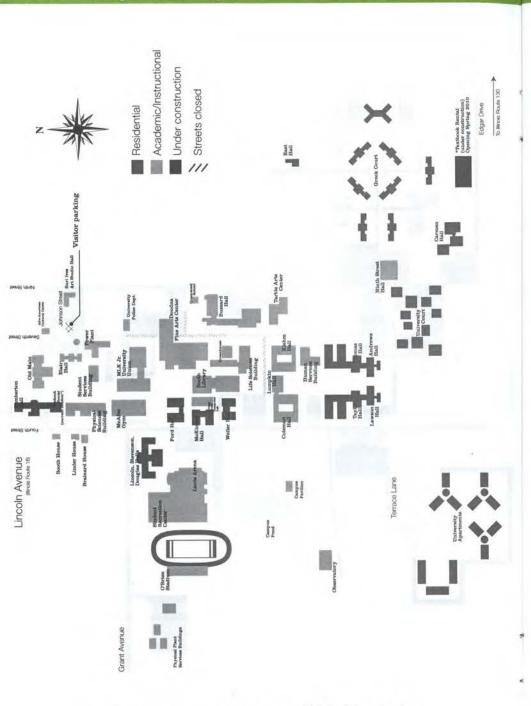
Cost:

Academy Member: \$45; Non-member: \$65

Register by:

Tuesday, August 31

Do you ever wonder where things have gone on your computer? Are you wondering what the hype is about Facebook? Are you having difficulty using email? This is your chance to bring a list of questions and join people of your same cohort while they navigate the computer and web! (limit 20 participants)



Detailed campus maps are available for print or web viewing at www.eiu.edu/map.

# Workshops

# Workshops

### Cooking for One or Two

Date: Wednesdays, September 8, 15, 22 and 29, 2010

Time: 6–7:30 p.m.

Location: EIU Klehm Hall, Room 2309

Presented by: Kathy Rhodes

Cost: Academy Member: \$60; Non-member: \$80

Register by: Wednesday, Sept. 1

Enhance your cooking skills by cooking on a budget. Learn how to cook one time and get three different meals. (limit 20 participants)

#### Plan for a Lifetime

Date: Thursday, September 16, 2010

Time: 4–5:30 p.m.

Location: EIU Blair Hall, Room 3108

Presented by: Attorney Janet Grove

Cost: Academy Member: \$20; Non-member: \$35

Register by: Thursday, Sept. 9

Estate planning has fortunately developed into comprehensive "life planning"—consider putting a plan in place now to address future needs, which may be triggered by remarriage after the loss of a spouse, a need for asset protection, changes in tax laws, or becoming disabled. In planning for the years ahead, you can provide a smooth transition for you as well as your loved ones. (limit 20 participants)

One must learn by doing the thing; for though you think you know it, you have no certainty, until you try.

~Sophocles

#### Wii™ Sports Tournaments

Date: Thursdays, September 16, 23 and 30, 2010

Time: 10–11:15 a.m.

Location: EIU Lantz Clubroom

Presented by: Phyllis Croisant, Ph.D.

Cost: Academy Member: \$45; Non-member: \$65

Register by: Thursday, Sept. 9

Come and experience the virtual sports tournaments that are the rage in senior centers and living facilities. Have a blast making strikes in Wii<sup>TM</sup> Bowling, serving aces in Wii<sup>TM</sup> Tennis, and making birdies in Wii<sup>TM</sup> Golf. You can participate in these sports in either a standing or seated position—the controller acts as the bowling ball, tennis racket, or golf club. After some practice time, teams will be organized for a friendly competition. (*limit 24 participants*)

# History of Castles and Cathedrals Concert Music

Date: Tuesday, September 28, 2010

Time: 7–8:30 p.m.

Location: EIU Doudna Recital Hall

Presented by: Richard Rossi, Ph.D.

Cost: Academy Member: \$25; Non-member: \$45

Register by: Tuesday, Sept. 21

Experience a concert like never before by attending this workshop with the conductor. You will learn the history behind the music and experience a rehearsal prior to the October 10<sup>th</sup> concert. Your tuition for this workshop includes a concert ticket. (*limit 30 participants*)

There is no wealth but life. ~Joh Ruskin

### Research in Aging

Date: Tuesday, October 5, 2010

Time: 4–5:30 p.m.

Location: EIU Blair Hall 2165

Presented by: Marla Berg-Weger, Ph.D., St. Louis University

Cost: Academy Member: \$20; Non-member: \$35

Register by: Tuesday, Sept. 28

Join Master of Arts in Gerontology students to learn about current Gerontology research! The Person-Centered Mobility Risk Appraisal (PCMRA) was developed in 2009-2010 by the St. Louis Consortium for Older Driver Education & Research (SCODER). The PCMRA is a measure of threat appraisal associated with the prospect of present and/or future mobility loss/change that may come with advanced age. Loss of the ability to drive is a significant mobility concern for many older adults. Other concerns may include: access to alternative transportation, loss of ability to walk distances, difficulty climbing stairs, etc. This research presentation is based on the development and implementation of this scale. (limit 20 participants)

# Nuclear Proliferation in Middle East and the Origin of Three Religions (Judiasm, Christianity, and Islam)

Date: Wednesdays, October 13, 20 and 27, 2010

Time: 1–2:30 p.m.

Location: EIU Blair Hall, Room 2116

Presented by: Alan Baharlou, Ph.D.

Cost: Academy Member: \$45; Non-member: \$65

Register by: Wednesday, Oct. 6

Two sessions will discuss three of the world's greatest religions originated in the Middle East. The scriptures of these religions (Old Testament, New Testament, and Koran) were written by people of this region, all men. This region has affected the cultural attitudes of the world more than any other region. What are these cultural attitudes and their evidence and impact? One session will discuss nuclear proliferation and its consequences are among the most critical issues of our time, particularly in the Middle East. All of these sessions are interactive! (limit 20 participants)

#### Look What I Did With a Leaf!

Date: Thursday, October 14, 2010

Time: 4:30–6 p.m.

Location: Douglas Hart Nature Center

Presented by: Jennifer Tariq

Cost: Academy Member: \$20; Non-member: \$35

Register by: Thursday, Oct. 7

Look What I Did With a Leaf is an adorable book inspired by nature and you can be a part of it. We'll use the book as a jumping-off point for inspiring our creativity. We'll take a short hike and collect leafs, seeds, nuts, etc. and then turn them into artistic creations. What will you be able to create from a few leaves and twigs: a bat, a dinosaur, or a mythical creature from beyond? Bring a child for intergenerational fun! (limit 15 participants)

### Intergenerational Etiquette Class

Date: Thursday, October 21, 2010

Time: 5:30–7 p.m.

Location: EIU Klehm Hall, Room 1418

Presented by: Kathy Rhodes

Cost: Academy Member: \$35; Non-member: \$55

Register by: Thursday, Oct. 14

Learn to share your knowledge of good table manners and all-around etiquette with the younger generation. Bring a child to learn about table etiquette and help them be comfortable in social situations! Registration includes class period and dinner at *Pantera* with your child friend.

A grand finale dinner for participants will be held on **Tuesday, October 26** from 6–7:30 p.m. at *Pantera*, the University's fine dining facility, to practice the etiquette skills you have learned in a dinner setting! (*limit 20 participants*)

### **Beginning Conversational Spanish**

Date:

Thursdays, October 28, November 4, 11 and 18, 2010

Time:

5:30-7 p.m.

Location:

EIU Blair Hall, Room 3108

Presented by:

Luz Whittenbarger

Cost:

Academy Member: \$60; Non-member: \$80

Register by:

Thursday, Oct. 21

These classes will focus on basic Spanish sounds and pronunciation by active participation of students in dialogues, music and other interactive activities. (limit 20 participants)

#### Turn Your Passion into Profit

Date:

Monday, November 15, 2010

Time:

4-6 p.m.

Location:

EIU Blair Hall, Room 2116

Presented By:

Jeanne Dau, Business Solutions Center

Cost:

Academy Member: \$20; Non-Member: \$35

Register by:

Monday, Nov. 8

There is a saying, "Do what you love; the money will follow." This course will explore how to turn your passion into profit. We will generate ideas through creative thinking exercises and identify opportunities in our community for income generation. We will work to determine the earning potential of your idea, and finally, we will hear from "boomers" sharing their personal entrepreneurial journey. The highest rate of entrepreneurial activity over the past decade belongs to the 55-64 age group. Do you want to see if you should join the trend? Come join us at this fantastic workshop. (*limit 15 participants*)

Personally I'm always ready to learn, although I do not always like being taught.

~Winston Churchill

### A Bird's Eye View of Chinese History

Date:

Tuesday, November 30, 2010

Time:

11 a.m.-12:30 p.m.

Location:

EIU Blair Hall, Room 2116

Presented by:

Jinhee Lee, Ph.D.

Cost:

Academy Member: \$20; Non-member: \$35

Register by:

Tuesday, Nov. 23

This workshop will introduce a brief history of pre-21st Century Chinese civilization for the first half of the lecture, and focus on the past 150 years of Chinese history for the second half. (*limit 20 participants*)

### Research in Aging

Date:

Tuesday, November 2, 2010

Time:

4-5:30 p.m.

Location:

EIU Blair Hall, Room 2165

Presented by:

Madelyn Iris, Ph.D.,

Director, Leonard Schanfield Research Institute

CJE SeniorLife, Chicago, Illinois

Cost:

Academy Member: \$20; Non-member: \$35

Register by:

Tuesday, Oct. 26

Join Master of Arts in Gerontology students to learn about elder self-neglect. This research presents a conceptualization of Elder Self-Neglect (ESN), identifies the constituent domains, and proposes a conceptual model based on the importance for assessing symptoms and indicators. Findings may help focus programmatic and research efforts, leading to the development of measures that open the field for further research and theory generation. (*limit 20 participants*)

Teachers open the door.
You enter by yourself.

~Chinese Proverb

# Workshops

# Ghosts of Edgar Allan Poe

Date: Wednesday, November 10, 2010

Time: 2–3 p.m.

Location: Charleston Carnegie Public Library, Rotary Room B

Presented by: Brian Ellis

Cost: FREE

Register by: Wednesday, Nov. 3

Spend a spine-tingling hour in the parlor of Edgar Allan Poe as played by Brian "Fox" Ellis, a master storyteller. Poe recounts the tormented true tales of his life and how they led to his classic tales of terror. Do not look away as the father of the horror story reveals the darkness that lurks in us all, journeying into the catacombs of our basest fears. Hear "The Raven" and "The Tell-Tale Heart" as well as lesser known work that has inspired generations of writers, writers that have dared to follow in his daunting footsteps.

This program is made possible in part by an award from the Illinois Humanities Council, National Endowment for the Humanities, the Illinois General Assembly and Eastern Illinois University. (*limit 50 participants*)

#### Good Grief!

Date: Thursday, December 2, 2010

Time: 4–5 p.m.

Location: EIU Klehm Hall, Room 1418

Presented by: Isaac Sandidge

Cost: Academy Member: \$20; Non-member: \$35

Register by: Wednesday, Nov. 24

This study examines the impact of spousal loss on the psychological well-being of the survivor. It seeks to examine the influence of grief patterns and critical periods of grief. It examines differences in complicated vs. "normal" grief and the factors that make one susceptible to depressive symptoms throughout the course of the grief process, from 3 months to 12 months following loss. This presentation will be focused on these research questions, along with open dialogue between the researcher and guests. (*limit 20 participants*)

# A Message from the Coordinator

Hello,

I am sending a warm welcome to those of you who are new members and a returning hello to our returning members! And when I say warm, I am serious—the heat index is to be 105° F today!

The demographics of our membership have changed over the past year, so you will see some changes to our schedule. We have new evening courses and workshops for those of you who continue to work during the day, and for those members who are busy volunteering during the day but need some private learning experiences in the evening. We are growing as an organization and have over 200 members, which is an outstanding number. Our growth is due in large part to word of mouth from happy members. We hope to continue to grow so that we can bring you more workshops of the high caliber that you have received thus far.

Over the past year we embarked on a large Educational Needs survey study of Coles County residents over age 50 and received over 500 responses. I want to thank our cooperating agencies in the study at this time; they were:

- · Eastern Illinois University
- Eastern Illlinois University Annuitants Association and Alumni Association
- · Lake Land College
- · Sarah Bush Lincoln Health Services
- · Eastern Illinois Area of Special Education
- Community Unit School District #1
- · Community Unit School District #2
- R.R. Donnelley & Sons Company

This summer we have worked with two graduate students to review the information gained from the study, and will develop programming starting in the Spring and Summer 2011 that reflects those findings. That information will be used by our Curriculum Committee and myself to provide you with the programming that you most desire. Thank you for your work to make this survey a success. Special thanks to the Curriculum Committee members who helped develop the survey. I am excited to review the results and start planning and disseminating the information to all of you so that you can share ideas for great providers of workshops and courses.

I hope you will find the Fall 2010 Academy offerings interesting, and that you will make plans to attend the workshops and courses we offer by registering early. Remember to share this information with your friends who are non-members so that we can share the experience of learning.

Enjoy the rest of your summer!

Respectfully,

Janna Overstreet, MA
Project Coordinator, School of Continuing Education
joverstreet@eiu.edu

# Member-Only Social Events

### Tito Puente, Jr. Concert

Date: Friday, September 24, 2010

Time: 7:30 p.m.

Location: EIU Doudna Fine Arts Center

Cost: \$12

Register by: Friday, Sept. 17

(Pick up your reserved tickets at the ticket window.)

Jazz and latin revered performer, son to the late performer of the same name, world class musician having played in some of the great venues across the world.

### Cathedrals, Castles and Colonies Concert

Date: Sunday, October 10, 2010

Time: 4 p.m.

Location: EIU Doudna Fine Arts Center

Cost: \$5

Register by: Friday, Oct. 1

(Pick up your reserved tickets at the ticket window.)

Great music celebrating great architecture.

#### Pantera Dinner

Date: Tuesday, October 19, 2010

Time: 6 p.m.

Location: EIU Klehm Hall, Room 1418

Cost: \$10 (pay at door)

Register by: Tuesday, Oct. 12 (Please pre-register by Oct. 12

to reserve your plate.)

\$10 dollars buys you wonderful company and cuisine.

# **Member-Only Social Events**

## 100 years of Broadway Concert

Date: Saturday, October 30, 2010

Time: 7:30 p.m.

Location: EIU Doudna Fine Arts Center

Cost: \$20

Register by: Friday, Oct. 22

(Pick up your reserved tickets at the ticket window.)

Great show tunes, lots of fun memories.

#### Pantera Dinner

Date: Tuesday, November 16, 2010

Time: 6 p.m.

Location: EIU Klehm Hall, Room 1418

Cost: \$10

Register by: Tuesday, Nov. 9 (Please pre-register by Nov. 9

to reserve your plate.)

\$10 dollars buys you wonderful company and cuisine.

#### Christmas Carols

Date: Thursday, December 9, 2010

Time: 7:30 p.m.

Location: Wesley United Methodist Church

Cost: FREE

Musical holidays!

#### It's A Wonderful Life

Date: Sunday, December 12, 2010

Time: 2 p.m.

Location: EIU Doudna Fine Arts Center

Cost: \$12

Register by: Friday, Dec. 3

(Pick up your reserved tickets at the ticket window.)

A Holiday Classic play!

# Member-Only Luncheon Lectures

### Memoir Writing

Date: Wednesday, September 8, 2010

Time: Noon

Location: Charleston Carnegie Public Library, Rotary Room B

Presented by: Janet Messenger

Come and learn how to write about special memories of your life to give to your children, grandchildren, and other special people in your life.

#### Adult Fitness/ Recreational Center Orientation

Date: Wednesday, October 13, 2010

Time: Noon

Location: EIU Lantz Gym
Presented by: Stacey Ruholl

Stacey Ruholl will be presenting on EIU's Adult Fitness Program

### Historical Preservation Society

Date: Wednesday, November 10, 2010

Time: Noon

Location: Charleston Carnegie Public Library, Rotary Room B

Presented by: Kit Morice

Come and experience the history, establishment and preservation of the city of Charleston. A five-year overview of buildings, resources and historical districts will be presented. Learn what happened in the past 5 years and the goals for the future!

### Holiday Potluck/Academy Update

Date: Wednesday, December 8, 2010

Time: Noon

Location: Charleston Carnegie Public Library, Rotary Room B

Bring your favorite main dish, vegetable, fruit, dessert or bread, and we will have ourselves an old-fashioned potluck to celebrate the holidays! A potluck dinner is the best way to have a great meal. Make one dish and enjoy 20!

# Resources for Fun and Learning

#### **Business Solutions Center**

Whether you are an existing business looking to expand or a person who needs specialized assistance with a new business idea, we may be the resource for you. For more information, contact us at 581-2913 or jcdau@eiu.edu.

### Caregiver Workshop Series

Free workshops to teach and support those who are in a caregiving role with parents or other family members. For further information, contact Julie Benedict: 581-8415 or jabenedict@eiu.edu.

### Computer Workshops

Free computer workshops for every level of learner, offered in wonderful Booth Library. For further information, contact Technology Services: 581-6091 or register at www.library.eiu.edu/workshops/welcome.asp.

### The Daily Eastern News

Find out about what is happening on campus and upcoming events. To read the DEN online, go to **www.dennews.com**.

#### Doudna Fine Arts Center

Find out what is happening at the new Doudna Fine Arts Center at www.eiu.edu/doudna. For further information, contact the Doudna Box Office: 581-3110 or doudnatix@eiu.edu.

#### Tarble Arts Center

A gem of a gallery right here in central Illinois. For exhibit or event information, contact Tarble Arts: 581-2787 or tarble@eiu.edu.

I would rather have a mind opened by wonder than one closed by belief. ~Gerry Spence

# Reminder List: What I Registered For

	Workshop Name		Date	Time	Location
[	Research in Aging		9/7	4 p.m.	EIU Blair Hall, Room 2165
[	Easy Computing	9/7& 21	, 10/5	1 p.m.	EIU Booth Library, Room 4450
[	Cooking for One or Two	9/8, 15, 22	& 29	6 p.m.	EIU Klehm Hall, Room 2309
[	Plan for a Lifetime		9/16	4 p.m.	EIU Blair Hall, Room 3108
[	Wii™ Sports Tournments	9/16, 23	& 30	10 a.m.	EIU Lantz Gym, Clubroom
[	History of Castles & Concert Music	Cathedrals	9/28	7 p.m.	EIU Doudna Fine Arts, Doudna Recital Hall
]	Research in Aging		10/5	4 p.m.	EIU Blair Hall, Room 2165
[	Nuclear Proliferation in the Middle East at the Origin of Three	nd	20, 27	1 p.m.	EIU Blair Hall, Room 2116
[	Look What I Did W	ith a Leaf!	10/14	4:30 p.m.	Douglas-Hart Nature Center
[	Intergenerational Et	iquette	10/21	5:30 p.m.	EIU Klehm Hall, Room 1418
[	Etiquette at Pantera [Grand Finale for In		10/26 onal Etiq	6 p.m. uette]	EIU Klehm Hall, Room 1418
[	Beginning 10/28 Conversational Span		& 18	5:30 p.m.	EIU Blair Hall, Room 3108
[	Turn Your Passion Into Profit		11/15	4 p.m.	EIU Blair Hall, Room 2116
[	Bird's Eye View of Chinese History		11/30	11 a.m.	EIU Blair Hall, Room 2116
[	Research in Aging		11/2	4 p.m.	EIU Blair Hall, Room 2165
	Ghosts of Edgar All	an Poe	11/10	2 p.m.	Charleston Carnegie Public Library, Rotary Room B
-	Good Grief		12/2	4 p.m.	EIU Klehm Hall, Room 1418

# Membership/Course Registration Form

lome N	Nailing Address				
ity		State	ZIP		
lome F	Phone	E-mail Address	E-mail Address		
merge	ncy Contact Name	Phone			
Mem	bership Fees (Membership due	s are non-refundable.)			
☐ Ne	w Annual Membership \$35	Renew Ann	Renew Annual Membership \$35		
	Workshop Name	Member \$	Non-Member \$		
	Research in Aging (Sept. 7)	\$20	\$35		
	Easy Computing	\$60	\$85		
	Cooking for One or Two	\$60	\$85 \$35 \$45		
	Plan for a Lifetime	\$20			
	Wii™ Sports Tournaments	\$35			
]	History of Castles & Cathedrals	\$25	\$40		
	Research in Aging (Oct. 5)	\$20	\$35		
	Nuclear Proliferation	\$60	\$85		
	Look What I Did With a Leaf!	\$20	\$35		
]	Intergenerational Etiquette	\$25	\$40		
	Beginning Conversational Spani	ish \$60	\$85		
	TurnYour Passion Into Profit	\$30	\$50		
]	A Bird's Eye View of Chinese Hist	tory \$20	\$35		
	Research in Aging (Nov. 2)	\$20	\$35		
	Ghosts of Edgar Allan Poe	FREE	FREE		
]	Good Grief!	\$20	\$35		
aym	nent Information: Total C	ost for My Worksh	op Choices:		
	☐ Cash ☐ C	heck (payable to Easter	n Illinois University)		
	☐ Charge Card: ☐ M	I/C Usa D	iscover		
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The more sand that ias escaped from the

has escaped from the hourglass of our life, the clearer we should see through it.

~Jean Paul Sartre