Monsoon 2022 Catalog

40+ Classes In-Person at our Central Tucson Campus and Online

Curiosity Never Retires
6 Weeks: July 18 to August 26
Welcome to OLLI-UA Monsoon 2022!

This monsoon we are excited to offer in-person classes at our Central Tucson Campus and an online Zoom program. Please note our OLLI-UA 501(c)(3) COVID-19 policy for in-person activities at our campus locations below. Monsoon is the kickoff session of our academic year and gives you a taste of the hundreds of offerings coming your way. It is a great time to join as an annual member as our year runs July 1, 2022 to June 30, 2023.

Monsoon Session Overview

- There are 40+ offerings across OLLI-UA.
- Monsoon runs 6 weeks from Jul. 18 to Aug. 26.
- Central Tucson Campus offerings run Tues / Wed.
- Online classes run Tues – Fri for 6-weeks.

Registration

- Priority Request Registration (PRR) ends Monday, June 20 and runs Tuesday, June 21.
- Registration confirmation emails will be sent after PRR runs on the 21st.
- Open Registration – begins after PRR runs on Tuesday, June 21. During open registration you can continue to add (and drop) classes first come, first serve throughout the term.

What is Priority Request Registration (PRR)?

PRR is a stress-free pre-registration process that allows you to prioritize and request the classes you most want to attend. At the end of PRR, our registration system officially enrolls members in classes, filling each seat based on the priority of the request. This is most helpful for classes with limited capacities like those that are in-person or purposely keep the class size small. It is important to give small capacity classes a higher priority if they are important to you. If a class fills to capacity a waiting list is started and ordered by the next priority assigned. More detail on this process can be found our registration planner materials on our homepage at www.olli.arizona.edu

Memberships and Registration

What you can register for depends on the membership you purchase. Monsoon session is open to our 22-23 annual and Monsoon/Fall members. If you are not a current member, OLLI-UA offers three membership options for this session:

The Annual All OLLI / Central Tucson Campus (CT) Membership costs $375 and allows you to register for all classes across OLLI-UA for the year to come.

The Annual Greater Tucson / Green Valley / Online (GTGV) Membership costs $200 and allows you to register for online classes and take classes at our SE Tucson (Vail) and Green Valley Campuses throughout the year. (Central Tucson classes are not included with this GTGV membership).

The Monsoon / Fall Greater Tucson / Green Valley / Online (GTGV) Semester Membership costs $150 and allows you to register for online classes and take classes at our SE Tucson (Vail) and Green Valley Campuses through 12/31/22. Note the annual GTGV membership is only $50 more for an entire year and is an amazing value.

Complete membership purchase details can be found at www.olli.arizona.edu along with information on available financial assistance.

In-person COVID-19 Policy: Vaccine and Masking Requirements

OLLI-UA 501(c)(3) is taking steps to help ensure the health and well-being of our members, study group leaders and staff, but please know members must decide for themselves if they are comfortable attending in-person activities and assume any personal risk involved. We also ask you to think of our collective membership and act in the best interest of all participants when deciding to attend in-person activities. OLLI-UA continues to provide robust online offerings for those who cannot meet the requirements for in-person activities. These requirements may change. Our website is the best place to stay informed of current practices.
To protect our highly vulnerable learning community, the Board of Directors of OLLI-UA 501(c)(3) is requiring members **be fully vaccinated per CDC guidelines** to attend in-person activities at our campus locations. Masking is now optional in our facilities and classrooms unless an instructor requests masking for their class. You may be required to present proof of vaccination and are strongly encouraged to follow the latest CDC recommendations for COVID-19 including booster shots.

Read our full in-person activities policy at: [https://olli.arizona.edu/page/covid19](https://olli.arizona.edu/page/covid19)

**Monsoon In-person Classes at the Central Tucson Campus (CT)**

The Central Tucson campus is located at 4485 N 1st Avenue, Tucson AZ, on the NW corner of 1st Avenue and Wetmore Road. The facility includes three large classrooms, a member lounge with coffee service for eating or just gathering, and ample parking.

**Online Classes**

Online classes are hosted using Zoom. There is no cost or account needed for members to use Zoom. Zoom is generally easy to use and works across many different devices and operating systems. Learn more on our Zoom resources page: [https://olli.arizona.edu/page/zoom](https://olli.arizona.edu/page/zoom)

**Volunteerism**

As a member-run, volunteer-led organization OLLI-UA is dependent on members stepping up to help in ways big and small. Please consider giving your time and expertise to OLLI-UA. It is also a great way to meet fellow members and develop lasting friendships! Watch for requests along the way to help.

**Planning Tools**

Keep in mind all offerings are subject to change. See our website’s **Class Catalogs** page for the latest information. Clicking on the Class Titles in this catalog will take you to the OLLI-UA registration page for each class. Along with this catalog, we offer additional class registration planners that can be found on our homepage at olli.arizona.edu.

**Need Help?**

You can always email the office at ollimail@email.arizona.edu or call 520-626-9039, Mon – Fri, 9 AM to 4 PM.

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**Cover Feature:**

Monsoon is a time of renewal and rejuvenation in the desert Southwest. We invite you to feed your mind in OLLI-UA’s community learning environment this coming year. We are not just learning for fun. We also keep you active mentally and engaged socially. Healthy aging at its best.
Central Tucson Campus: In-Person

Tuesdays

**Hablando Español / Speaking Spanish**

**Subject Area:** Literature/Writing/Language

**Tuesdays:** 6 Sessions 9:00 AM - 10:30 AM  **Start:** Tue 7/19/22  **End:** Tue 8/23/22

**Location:** Palo Verde Room  **Class Size:** 20

Course Description

-The goal of this class is for each student to realize in speech their listening, reading and writing skills.

-This class is not open to anyone who has not studied Spanish.

-English will only be used when a student is searching for ONE word to complete a thought.

-No grammar lessons will be given. As a group we compose vocabulary lists.

-Two classes are being offered: one in-person at Central Tucson Campus and one on Zoom. You may take this class in person once a week, or you can sign up for both classes and meet on Zoom once a week also.

-There will be TWO sections of 45 minutes each: -FIRST half will be dedicated to students who have been part of the Intermediate series of classes or are very comfortable with the Present Indicative tense and are familiar with the Preterit and Imperfect Indicative tenses. -SECOND half will be dedicated to students who have been part of the Beginning series of classes or whose grammar skills include a familiarity with the Present Indicative tense.

-Students are encouraged to attend both halves but will have speaking privileges in only one group. After the first class, topics for conversation will be suggested by the students.

**Instructor:** Susan Sotelo

Susan Sotelo began her teaching career as a graduate student instructor (GAT) at the University of Arizona. After receiving a MA, she taught K-12 students. Then she returned to the University of Arizona and again taught in the basic language program. After receiving her PhD in Spanish Language Literature, she taught at Pima College. She also taught privately and tutored students. Then she took a job teaching for the Spanish Club in Sun City Vistoso in Oro Valley. This began her experience as a teacher of adult/senior students. She has taught Spanish at Olli Central Tucson since 2015.

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Six Doors to Japan

**Subject Area:** Arts/Culture, History/Current Events, Literature/Writing/Language, Philosophy/Spirituality/Religion, Social Sciences

**Tuesdays:** 6 Sessions 11:00 AM - 12:30 PM  **Start:** Tue 7/19/22 **End:** Tue 8/23/22

**Location:** Ocotillo Room  **Class Size:** 50

**Course Description**
We will take a look at Japan through six different disciplines: history, geography, philosophy, psychology, culture, and the arts. The Japanese have developed a very unique culture, very different from our own. With the time that we have, this can only be an introduction, but hopefully we can open a window into a different world.

**Instructor:** Ray Baxter
Ray Baxter is retired and has been living in Tucson since 2009. He was CEO of a $300 million food company for 22 years. He has also served for two years as Chairman and interim CEO of a rational process capability development and consulting company prior to his full retirement. He has a BA in political science and an MA in Japanese Area Studies from the University of Michigan and an MBA from the Harvard Business School. Currently, Ray is a volunteer with SCORE, providing pro bono mentoring and education for Tucson residents wanting to start a small business or improve their existing business. Ray's teaching experiences includes conducting numerous workshops on rational process capability, organization change management and leadership.

The Godfather

**Subject Area:** Arts/Culture, Travel/Entertainment

**Tuesdays:** 4 Sessions 11:00 AM - 12:30 PM  **Start:** Tue 7/19/22 **End:** Tue 8/9/22

**Location:** Saguaro Room  **Class Size:** 45

**Course Description**
This class is a comprehensive exploration of this classic American film. "The Godfather" is innovative, creative, and a unique milestone in movie making. Areas of the course will include: the origin of the plans to make the film, the "suits" at Paramount, the drama and intrigue behind how the amazing cast was created, decisions and anecdotes involving the dramatic filming of this classic masterpiece, and the response to the film by critics and the general public.

**Instructors:** Arnie Bianco, Susan Williams

Arnie: long time retired educator as a teacher, school principal and adjunct instructor at Chapman University, NAU, Brown Mackie College, and Brookline College. I am an active OLLI member. I have been a teacher for a number of years and have done relationship workshops in more than 10 states. I am a published author who has always loved to teach. My wife is presently a teacher.

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Central Tucson Campus (CT) In-person Offerings

Susan: as a member, I have taken several OLLI classes and I've been a tech host for the last two years. I have taken this class and feel very competent in contributing as a co-instructor.

**Harsh Times novel by Mario Vargas LLosa**

**Subject Area:** Arts/Culture, Social Sciences  
**Tuesdays:** 5 Sessions 1:00 PM - 2:30 PM  
**Start:** Tue 7/19/22  
**End:** Tue 8/16/22  
**Location:** Ocotillo Room  
**Class Size:** 50

**Course Description**
Harsh Times is a 2021 book about the 1954 coup deposing Jacobo Arbenz, duly elected President of Guatemala, through a CIA-inspired military coup by Guatemalan general Carlos Castillo Armas.

The United Fruit Company, based in the U.S. under the control of Sam Zemurray, controlled much of the acreage of Guatemala in order to grow bananas for the American market. To this end, it controlled much of the infrastructure of Guatemala.

Edward Bernays, a nephew of Sigmund Freud, wrote the influential book Propaganda. Edward, the father of Public Relations as a discipline for whitewashing corporate behavior in the U.S., established a campaign to convince the Eisenhower administration that the agrarian program of Jacobo Arbenz was going to establish communism in Central America. The CIA, convinced of this, backed General Armas in his coup.

The novel gives the background leading up to the machinations overthrowing Arbenz and makes for a thrilling tale inspired by real events. Vargas LLosa is a masterful writer and the book is fascinating about this episode in history. The book is available at Amazon and other booksellers for $21.10 new and a variety of other prices used.

Instructor: Charles Peters  
Chuck is an experienced study group leader.

**Case Studies in Medical Ethics**

**Subject Area:** Health/Wellness  
**Tuesdays:** 3 Sessions 9:00 AM - 10:30 AM  
**Start:** Tue 8/9/22  
**End:** Tue 8/23/22  
**Location:** Ocotillo Room  
**Class Size:** 50

**Course Description**
We will start with an overview of the history, evolution and 4 tenets of medical ethics that are the backbone for decision making in the field. What is a medical ethics committee? Who can sit on it? What can it do? What can't it do? Medical ethics runs the entire spectrum from black to white with a whole lot of grey in between. Think of morality as the difference between right and wrong - sounds fairly straightforward. Ethics is the difference between 2 rights. Now the water gets pretty muddy. Then we will jump right into discussions of actual case studies. You make the call. You won't be bored. Our first case will be 'who gets the ventilator.'
Instructor: Michele Romano

Dr. Michele Romano is a Family Physician in Fairfax, Virginia who retired in 2015. She attended VCU (Virginia Commonwealth University) School of Medicine and was elected into the AOA National Medical Honor Society in her junior year. She held a faculty appointment as an associate professor of clinical medicine at VCU and served on both the VCU Board of Trustees and the VCU Health System Board. She was regularly listed as a Top Doc in the Washingtonian Magazine. Dr. Romano was also a nurse for 12 years before going to medical school. She opened and supervised the first intensive care unit in Fairbanks, Alaska in 1970. She and her husband have a second home in Tucson where they spend the winter.

Wednesdays

Current Issues in Healthy Brain Aging

**Subject Area:** Health/Wellness, Science/Math/Technology  
**Wednesdays:** 5 Sessions 9:00 AM - 10:30 AM  **Start:** Wed 7/20/22  **End:** Wed 8/17/22  
**Location:** Ocotillo Room  **Class Size:** 50

**Course Description**
This group will gather to discuss current topics in brain aging, cognitive health, and well-being across the adult lifespan. Each week we will select a recent scientific paper to read as a group. One or two volunteers will present a brief summary of the chosen paper and then lead a group discussion. Possible discussion topics include memory, spatial navigation, super-agers, Alzheimer's disease and related dementias, and lifestyle factors that promote healthy aging and longevity.

Instructor: Paul Hill

Dr. Paul Hill is a research scientist in the Human Spatial Cognition Laboratory located in the Department of Psychology at the University of Arizona. Paul's research is dedicated to understanding how changes in the aging brain affect specific cognitive abilities, behaviors, and well-being.

Eight Days A Week: John Lennon's Best Beatles Songs

**Subject Area:** Arts/Culture, Travel/Entertainment  
**Wednesdays:** Single Session 11:00 AM - 12:30 PM  **Start:** Wed 7/20/22  **End:** Wed 7/20/22  
**Location:** Ocotillo Room  **Class Size:** 40

**Course Description**
John was the original Beatle, a creative presence unlike any other pop musician. Enjoy a curated selection of his finest songs, with a little help from his friends.

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Central Tucson Campus (CT) In-person Offerings

Instructor: John "Nemo" Nemerovski

John Nemo is a lifelong musician and educator who immerses himself in folk, early rock, blues, jazz, and classical music. He plays guitar and provides a fascinating playlist for his music appreciation courses.

**Pedagogy of the Oppressor; Experiential Education on the US-Mexico Border**

**Subject Area:** Philosophy/Spirituality/Religion  
**Wednesdays:** 6 Sessions 11:00 AM - 12:30 PM  
**Start:** Wed 7/20/22  
**End:** Wed 8/24/22  
**Location:** Saguaro Room  
**Class Size:** 45

**Course Description**

An examination of the philosophy of Paulo Freire's work "Pedagogy of the Oppressed" as it applies to the work of BorderLinks' ministry with the people on the Mexican side of our border. His principles for the education of oppressed peoples in the Third World apply "in reverse" to the members of the privileged class in the First World, based on my book (optional) "Pedagogy of the Oppressor" available on Amazon.

Instructor: Jerry H. Gill

Long time college professor, Ph.D. Duke University, teaching a wide spectrum of Humanities courses, mostly in philosophy and religious studies, most recently at Pima Community College. Widely traveled, I have led numerous semester-abroad programs in Greece, Finland, and Mexico. 30 books and over 100 scholarly articles published. Semi-retired.

**University Libraries: A Wealth of Information For You**

**Subject Area:** Literature/Writing/Language, Social Sciences  
**Wednesdays:** 2 Sessions 1:00 PM - 2:30 PM  
**Start:** Wed 7/20/22  
**End:** Wed 7/27/22  
**Location:** Saguaro Room  
**Class Size:** 45

**Course Description**

Did you know that as OLLI students, you have access to resources at University of Arizona Libraries? It's true. As OLLI students, you can visit any of the four libraries on campus, check out materials and browse the collections.

In this presentation, Jeremiah Paschke-Wood, UAL's lead for Learning and Student Success, will walk you through what sort of resources are available online to interested OLLI-UA scholars, as well as the different collections the library has that might be of interest, including our Special Collections and our general collection, which has over 7 million items (as well as millions of virtual resources as well). We'll also talk about what a "21st Century Library" looks like now for students growing up in a digital world.

The second session will offer interested OLLI-UA students the opportunity to get a tour of the University's Main Library and to see some of its archival treasures as well view our newly renovated space.

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Instructor: Jeremiah Paschke-Wood
Jeremiah Paschke-Wood is a faculty librarian at the University of Arizona, where he works with English Composition, Communication and Philosophy faculty, and the University's student cultural centers. In a previous life, he was a journalist at the Arizona Daily Star and Santa Fe New Mexican.

**CatCard Demystified**

**Subject Area:** DIY/Self-Help  
**Wednesdays:** 2 Sessions 9:00 AM - 10:30 AM  
**Start:** Wed 7/27/22  
**End:** Wed 8/10/22  
**Location:** Ocotillo Room  
**Class Size:** 50  
**Note Skip Day on 8/3/22**

**Course Description**
Attend a session held by Claudia Torres, OLLI-UA Office Specialist. Learn everything you need to do to sign up and get your very own CatCard and become UArizona Official! This will be a two-session class with the first session focused on the benefits and application process. Two weeks later we will hold a follow-up help desk to assist those looking for extra help to complete the process.

The CatCard is the official University of Arizona identification card. All students, faculty, and staff affiliated with the university carry the CatCard for identification. As an OLLI-UA member, you have the ability to get one for yourself! Note, you must maintain a current membership to keep the benefits active.

Applying also gives you your own arizona.edu email address that unlocks many benefits like those of a student. It provides access to a variety of software like Zoom and Office 365 as well as a wide range of on-campus services such as checking out library materials and many times you can receive restaurant and event discounts around the University area. You can even help volunteer as a Zoom class tech host by getting your own UA email address.

Instructor: Claudia Torres
Claudia Torres is the Office Specialist for the Osher Lifelong Learning Institute program at the University of Arizona. Claudia is a Tucson native and attended UArizona.

**Toward an Understanding of Wisdom**

**Subject Area:** Social Sciences  
**Wednesdays:** 2 Sessions 11:00 AM - 12:30 PM  
**Start:** Wed 7/27/22  
**End:** Wed 8/3/22  
**Location:** Ocotillo Room  
**Class Size:** 50

**Course Description**
What is wisdom? Being older makes you wiser? A college degree grants you wisdom? Perhaps having traveled the world makes you wise? Recent research indicates that wisdom includes positive traits related to the acquisition and use of information in the service of the good life. There are 5 strengths which many scholars consider the bedrock of wisdom. In this two-session class, we will look at each and see how the multifaceted
concept of wisdom is life-enhancing for both the individual and the common good.

Instructor: Mark Meadows

Mark has his Ph.D. in Sociology with interests in spirituality, virtues, aging, and comparative worldviews. He has lived and/or worked in Asia, the Middle East, Africa, India, and Mexico. His myriad of human experience were working with Arun and Sunanda Gandhi at the Gandhi Institute for the Study of Non-Violence; teaching at the historically black university Bethune-Cookman; teaching water babies; acting and modeling in Hollywood (was on Three's Company & Welcome Back Kotter), study with an Indian guru and a Navajo Medicine Woman; taxi driver; a college professor and administrator; and was a kindergarten teacher.

Desert Dangers: Bite and Sting Safety and First Aid

Subject Area: Arizona History/Culture, Health/Wellness

Wednesdays: Single Session 1:00 PM - 2:30 PM   Start: Wed 8/3/22 End: Wed 8/3/22

Location: Ocotillo Room Class Size: 50

Course Description
Poison, venom, danger! Arizona is considered the venomous creature capitol of the United States, with more rattlesnake bites per capita than any other state. In this course, participants will identify the venomous creatures of the Arizona desert, from rattlesnakes to Gila monsters. Participants will learn animal behavior, bite and sting prevention, and basic first aid.

Instructor: Laura Morehouse

Laura Morehouse is the Community Outreach Coordinator for the Arizona Poison and Drug Information Center. She has served her current role since 2016, where she provides community education and outreach on poison prevention, medication management, bites and stings safety, and more. Laura received her Master of Public Health degree from the University of Arizona with an emphasis in Health Behavior Health Promotion and is a Certified Health Education Specialist.

Death Doula 101

Subject Area: Arizona History/Culture, DIY/Self-Help, Social Sciences

Wednesdays: Single Session 11:00 AM - 12:30 PM   Start: Wed 8/10/22 End: Wed 8/10/22

Location: Ocotillo Room Class Size: 50

Course Description
What is a Death Doula? Death talk is taboo. We often avoid it all together, but it is one of the most important conversations we are not having! Death care is modernizing. There is an emerging death positive movement. The inclusion of Death Doulas into the mainstream is just one of many important steps we are taking in society to be more accepting and understanding of death, loss, and grief. You are invited to courageously embrace the subject with us. In this study group, you will learn what a Death Doula is and how they are boldly serving their
Instructor: Staci Snyder, MSW/ End of Life Consultant + Death Doula

Staci has been serving individuals and families of all ages, working as a master's level social worker since 2003. Staci’s mission is to provide the community with emotional & practical end-of-life support, education and advocacy. After working as a hospice social worker, Staci’s passion for end of life expanded and she obtained certification as a Death Doula and is a Mentee of Death Doula LA. She is an active member in both local and national Death Doula collectives.

Best New and Remastered Jazz Artists Showcase

Subject Area: Arts/Culture

Wednesdays: Single Session 11:00 AM - 12:30 PM   Start: Wed 8/17/22   End: Wed 8/17/22

Location: Ocotillo Room  Class Size: 50

Course Description

This enjoyable, informative single session features recordings and videos from new and familiar performers. Expand your musical horizons and pick up favorites from musicians around the world.

Instructor: John "Nemo" Nemerovski

John Nemo is a lifelong musician and educator who immerses himself in folk, early rock, blues, jazz, and classical music. He plays guitar and provides a fascinating playlist for his music appreciation courses.
Online Classes

Tuesdays

**Because Every Body Dies: Funeral Planning Rights and Options**

**Subject Area:** DIY/Self-Help

**Tuesdays:** Single Session 9:00 AM - 10:30 AM   **Start:** Tue 7/19/22 **End:** Tue 7/19/22

**Location:** Online Zoom Offering 2  **Class Size:** 300

Course Description

The death of a loved one is never easy. Arranging affordable, dignified, meaningful care for someone who has died shouldn't add to the difficulties. After this presentation, you will be prepared to make well-informed financially sound decisions for yourself or a loved one.

Instructor: Martha Lundgren

Martha Lundgren comes to us from the Funeral Consumers Alliance of Arizona. FCAAZ is a non-profit independent consumer advocacy organization, dedicated to providing objective information about the requirements and options in making after-death arrangements. Martha first became acquainted with FCAAZ when she was looking for a speaker for a death education series she was organizing. She was so impressed that she joined the board of directors in 2017 and has served as president of the board of FCAAZ since 2018.

**Decision Making In Life - A Framework**

**Subject Area:** DIY/Self-Help

**Tuesdays:** 4 Sessions 9:00 AM - 10:30 AM   **Start:** Tue 7/19/22 **End:** Tue 8/9/22

**Location:** Online Zoom Offering 1  **Class Size:** 300

Course Description

During the Monsoon session, Mike Stewart will facilitate a 4 session class on decision making in life. Revised based on previous iterations' lessons learned, Mike will address a particular framework for making decisions. The class will discuss the following components: maps & models we use in life; domains we use to bin activities in life; roles we play in life; objectives (purpose) in life; risk to our purpose/objectives; mitigation of those risks; decision outcomes - good process/bad outcome//bad process/good outcome; and resources we can use to improve the quality of our decisions. Further, Mike will provide various scenarios for illustration and discussion. Mike invites participants to bring scenarios to class for further discussions and illumination. The last 25 minutes of class will be reserved for such consideration. Further, Mike will coordinate with OLLI for some ‘water cooler’ discussions sessions, should there be interest.

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Instructor: Michael Stewart
A Transfer Instructor from OLLI at GMU in NOVA, Mike Stewart has led interactive classes on decision-making models and practical real-life examples. Mike is a 28-year Veteran of the US Army and an experienced Intelligence Officer, Leader, Manager, and Industry Veteran (SAIC, LEIDOS, MJS Consulting, LLC; Advanced Onion, Inc.) with 50+ years of observing Human Behavior.

Change A Child's Story - CASA of Pima County

Subject Area: Civic Engagement/Community/Government

Tuesdays: Single Session 11:00 AM - 12:30 PM  Start: Tue 7/19/22  End: Tue 7/19/22

Location: Online Zoom Offering 2  Class Size: 300

Course Description
Over 3,000 Pima County children are in foster care through no fault of their own. Too often, these children are shuffled through our current system without experiencing a consistent, positive, adult relationship - someone who truly knows and understands them.

Research has confirmed that just one positive adult relationship changes a child's outcome dramatically, thus providing for a brighter future. We know that every child in foster care deserves a Court Appointed Special Advocate (CASA) volunteer, but unfortunately not everyone will be lucky enough to have one.

CASA Volunteers are everyday people who are doing extraordinary things to help change a child's story. In this class, participants will learn about the child welfare system in Arizona, the realities for children in foster care, and how everyone can help these children succeed. Explore the potential of helping change a child's story!

Instructor: Amy Brandhuber
Amy Brandhuber is the CASA of Pima County Program Supervisor. She has been in this role for over four years. She has worked in child welfare for over 20 years. She has earned her Masters in Public Administration and Policy from American University in Washington, D.C. Amy is committed to improving the lives of Pima County's most vulnerable children, abused and/or neglected foster children and understands the difference one caring adult can make in a child's life now and in the future.

News & Views with Sherry & Doug

Subject Area: History/Current Events

Tuesdays: 6 Sessions 11:00 AM - 12:30 PM  Start: Tue 7/19/22  End: Tue 8/23/22

Location: Online Zoom Offering 1  Class Size: 80

Course Description
Every week we pick and vote on topics to discuss. We like to discuss news from many different angles. So all civil opinions/views are welcome.

News & Views Guidelines - Session Leaders: Sherry & Doug

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1-We begin the class by soliciting at most 8 topics from the students for possible discussion. Sometimes topics can be combined.

2-A list of all of the topics is created in order of suggestion.

3-A vote is taken for each suggested topic. Students can vote for as many topics as they wish to discuss.

4-The voting results will be immediately shown.

5-Topics are discussed by vote total (most to least) and in the event of a tie, either in order of suggestion or by SGL or group decision.

6-The person who suggested a topic will be given 1-2 minutes to present their topic - either in advance of the vote if the topic is not clear or when the topic is up for discussion.

7-We may decide to TRY using various other methods to accommodate & facilitate discussion as agreed with the class members (e.g. Breakout Rooms, brief presentations, etc.)

8-IMPORTANT: We ask that everyone please keep your comments succinct - don't ramble and please refrain from repeating yourself or others. We want EVERYONE to be able to speak.

Instructors: Sherry Goncharsky, Doug Syme

Sherry Goncharsky worked at IBM as a programmer and systems engineer after studying computer science at the University of Illinois. As a retirement job, she spent time "teaching computers to behave for their owners." Soon after joining OLLI, the pandemic hit and she became an active part of the tech hosting community and is also part of the AV Committee. Her hobbies include reading and crocheting.

Doug Syme was born and raised in Dublin. Graduated 1972 in Mechanical Engineering from Trinity College, Dublin University. Recruited in 1983 to establish manufacturing of a Weighing and Batching System in New Jersey after the system was bought from the company for which I was working in Ireland. I am a Naturalized Citizen of the United States. Lived and worked in NJ for 8 years. Lived in PA for 25 years. Worked in small firm providing Equipment and Services to Commercial Swimming Pools. Retired in 2016 and moved to Green Valley. I have served on the board of Esperanza Estates HOA. I am a World Rugby Licensed Educator and teach Rugby Refereeing. I volunteer with Sahuarita Food Bank. I also enjoy Choral Singing and participate in a number of Choirs in the area. I am an active student and Tech Host with OLLI.

Cataclysm Now!: Great Disasters

Subject Area: History/Current Events

Tuesdays: 2 Sessions 1:00 PM - 2:30 PM   Start: Tue 7/19/22   End: Tue 7/26/22

Location: Online Zoom Offering 1 Class Size: 300

Course Description

A review of great natural disasters ranging from local to worldwide. Hurricanes, floods, volcanoes, tsunamis, forest fires and tornadoes. Oh, and consideration of the end of our planet.
Instructor: Buzz Olson


**WWII Adventures on the High Seas**

**Subject Area:** History/Current Events  
**Wednesdays:** Single Session 1:00 PM - 2:30 PM  
**Start:** Tue 7/19/22  
**End:** Tue 7/19/22  
**Location:** Online Zoom Offering 2  
**Class Size:** 300

**Course Description**

The geography of the war being fought around the world meant troops encountered challenges over many bodies of water. Whether it was traveling on a troop ship across the Atlantic Ocean evading German subs or parachuting out of a burning plane in the South Pacific or surviving a typhoon, Allied soldiers were often in peril of heading for Davy Jones Locker. Stories will be taken from the presenter's books based on interviews with 260 veterans.

Instructor: Kayleen Reusser

Kayleen Reusser is the author of 10 books on World War II, based on interviews with 260 World War II veterans. She has presented programs virtually and in-person across the US. Reusser preserves American military heritage, while honoring veterans. Reusser is the wife and mother of Air Force airmen.  

**Design Your Own Rain Garden**

**Subject Area:** DIY/Self-Help  
**Tuesdays:** Single Session 3:00 PM - 4:30 PM  
**Start:** Tue 7/19/22  
**End:** Tue 7/19/22  
**Location:** Online Zoom Offering 1  
**Class Size:** 300

**Course Description**

In a region where water is scarce and landscape irrigation accounts for as much as 70% of our residential water consumption, rain gardens provide a beautiful solution. A rain garden, also known as passive water harvesting, is "a simple depression in the ground that becomes a watery oasis every time it rains." Rainwater harvesting earthworks contour the soil to make use of the rainwater runoff. This approach adds interest to the landscape, saves water and reduces our reliance on groundwater, while providing plants with free, clean, salt-free water. Whether doing the work yourself or hiring some to help you, this study group will look at:

- Why rain gardens are more important than ever
- How to identify best locations on your property to create your passive water harvesting basins
- How to construct rain gardens so that they are both functional and beautiful, and view a basin being built
- What are the rain garden zones and which plants are best suited to each
- What issues you might encounter and how to deal with them
- How to make your rain gardens "sponges" that hold onto moisture.

No special gardening knowledge is required; just a willingness to learn.

Instructor: Charlene Westgate
Charlene Westgate is owner of Westgate Garden Design, a sustainable landscape design firm in Green Valley, Arizona. She is a Permaculture Designer through the Sonoran Permaculture Guild. A Certified Water Harvesting Professional through Watershed Management Group and a Green Valley Master Gardener with the UofA Cooperative Extension.

Charlene has been a designer for the past 20 years and an avid desert gardener for nearly 30 years. Using Nature as a resource, she creates lush landscapes of native plants that provide beauty and enjoyment to people, and food and habitat for birds, butterflies and other wildlife.

Maximize Your iPhone Camera App For Better Photo Images

Subject Area: Science/Math/Technology

Tuesdays: 5 Sessions 3:00 PM - 5:00 PM   Start: Tue 7/19/22   End: Tue 8/16/22

Location: Online Zoom Offering 2 Class Size: 50

Course Description
Apple offers users a brilliant, if not the best, camera with its iPhone, but most people who own an iPhone, don't take full advantage of the capabilities of the camera app. "Photo" is the standard default mode when the iPhone Camera is opened, but this app is capable of impressive images when using the many built-in modes and tools.

In this class, which focuses on iPhone technology, and not photography per se, participants will be exposed to the full set of photography capabilities within their iPhone camera and post-production editing using the features of the Photos app. They will learn about exposure and focus; photography modes beyond Photo, like Pano, Live Photos, Burst, and Portrait; and how to enhance photographic images with camera features such as Night Mode and Filters.

Participants will go on to learn how to manipulate images using the expansive set of editing tools in the Photos app. Once the capabilities within the Apple Apps have been explored, participants will be introduced to some easy-to-use apps available in the App Store that will make it possible to modify photo images in some innovative and fun ways.

For this class, participants must have an iPhone X or later model to use during class. Owners of earlier model phones may attend, but their phones may not have some of the capabilities that will be covered.

Instructor: Ann Baxter
Ann Baxter retired in 2014 after a business career with a variety of companies, working in public relations, sales management, training, and consulting. In both her business career and in retirement, she has traveled extensively. To record her adventures she has mastered the iPhone camera, iPad, Mac computer and the iMovie
app to turn her still photos and video clips into creative movies that capture both the images and the spirit of her travels.

7 Great Design Ideas for a Bird-Friendly Yard

Subject Area: DIY/Self-Help

Tuesdays: Single Session 3:00 PM - 4:30 PM    Start: Tue 7/26/22    End: Tue 7/26/22

Location: Online Zoom Offering 1    Class Size: 300

Course Description
Two common misconceptions exist about bird-friendly landscaping. Some believe that landscaping for wildlife means an ugly, "weedy" landscape, too unkempt for a residential setting. Others believe that their small yard will make no difference, so why bother. These attitudes could never be further from the truth! Designing for wildlife is not only beautiful, it gives homeowners a chance to break out of the cookie cutter mold of the typical residential landscape and create a lush oasis of varied and colorful plants that can be enjoyed by people and birds. Plus, with the loss of nearly 3 billion birds over the last 50 years, even the smallest yard can include some native plants that make a difference for our winged friends.

If you'd like to design a beautiful landscape for people and birds, then this class is for you. Participants will learn:
- How wildlife is threatened and how gardens can make a difference.
- How a beautiful "naturescape" can reduce utility bills, save water and increase year-round enjoyment.
- The basic conditions necessary for a successful wildlife garden.
- Specific plants that you can plant to attract birds and which birds they attract.
- How even a small space can become a wildlife oasis.
- What resources are available to you as you design a project.
- Using the Tucson Audubon Society's Habitat at Home program to help you create your bird-friendly yard and gain certification in the process.

No special gardening knowledge is required; just a willingness to learn.

Instructor: Charlene Westgate

Charlene Westgate is owner of Westgate Garden Design, a sustainable landscape design firm in Green Valley, Arizona. She is a Permaculture Designer through the Sonoran Permaculture Guild. A Certified Water Harvesting Professional through Watershed Management Group and a Green Valley Master Gardener with the UofA Cooperative Extension.

Charlene has been a designer for the past 20 years and an avid desert gardener for nearly 30 years. Using Nature as a resource, she creates lush landscapes of native plants that provide beauty and enjoyment to people, and food and habitat for birds, butterflies and other wildlife.
**TEP Home Energizer Workshop**

**Subject Area:** Civic Engagement/Community/Government, DIY/Self-Help  
**Tuesdays:** Single Session 11:00 AM - 12:00 PM  
**Start:** Tue 8/2/22  
**End:** Tue 8/2/22  
**Location:** Online Zoom Offering 2  
**Class Size:** 50

**Course Description**
Want to learn how to save energy, and money, at home? Want to receive a kit filled with energy efficiency devices for FREE? Attend the Home Energizer Workshop! Learn free and low-cost energy efficiency measures you can implement at home to save energy and money! All workshop participants will receive a free Energy Efficiency Kit worth more than $40 that includes LED lightbulbs, a low-flow showerhead, faucet aerators, and more. The workshop is offered for free, courtesy of TEP.

**Instructors:** Adam Kingery, Jonathan Heras

Adam Kingery was a classroom teacher in Arizona for 13 years before joining the Exchange as an outreach presenter in 2016. For many of those years, Adam's students benefited from the programs offered by the Exchange. Adam holds a Master's Degree in Educational Leadership and has an undergraduate degree in Political Science from the University of Arizona, as well as a teaching certificate from Prescott College. He manages the logistics and team of energy presenters for the Bright Students middle school program and the Home Energizer Workshop for both Tucson Electric Power and Unisource Energy Services. Adam also assists with curriculum revisions and new program development.

Jonathan Heras has been presenting energy-related education courses for the Environmental Education Exchange for over 3 years, to elementary, middle, and high school-aged students, as well as to adults throughout Arizona! He also acts and helps develop programming at Borderlands Theater and the Gaslight Theater in Tucson.

**Brain Injury Basics and Resources**

**Subject Area:** Health/Wellness  
**Tuesdays:** Single Session 1:00 PM - 2:30 PM  
**Start:** Tue 8/2/22  
**End:** Tue 8/2/22  
**Location:** Online Zoom Offering 1  
**Class Size:** 60

**Course Description**
The brain affects everything we do, how we do it, and even who we are. After a brain injury, life often gets turned on its head for both survivors and their families. Living with this “invisible disability” can be especially frustrating, as it is frequently overlooked and misunderstood. In the Brain Injury Alliance of Arizona's Brain Injury Basics and Resources presentation, we will explore different types of acquired brain injuries (ABIs) and their causes, as well as the mechanics involved and how symptoms may manifest in a survivor. Participants will have the opportunity to share their personal experiences with brain injury as we discuss how this invisible disability changes the lives of not only the survivors, but those of their families, friends, and community as well.
Additionally, we will look at available Arizona-based resources and programs for survivors, family members, and professionals who work with them, as well as ways to cover the existing service gaps in well-meaning systems. Brain injury is the leading cause of death and disability worldwide, meaning we all know someone who lives with its effects - even if we don't realize it. We welcome you to join us in learning more about this all-too-common injury and our critical mission of preventing injuries, inspiring hope, and promoting understanding.

Instructors: William Grove
Will Grove is a resource facilitator and public policy professional with the Brain Injury Alliance of Arizona and a graduate of Syracuse University. Will has been working for BIAAZ for nearly 4 years and is a Certified Brain Injury Specialist. Prior to joining BIAAZ, Will worked in youth behavioral health for 10 years.

Domestic Violence 101

Subject Area: Health/Wellness, Social Sciences
Tuesdays: Single Session 9:00 AM - 10:30 AM   Start: Tue 8/23/22   End: Tue 8/23/22
Location: Online Zoom Offering 1   Class Size: 300

Course Description
Domestic violence is often considered a "private matter," but with more than 15,000 calls to 911 each year regarding domestic violence just in Tucson and Pima County - and only 1 in 10 incidents being reported - this is no private matter.

Domestic violence is a public health and public safety issue, and right now survivors of domestic violence are experiencing a pandemic within a pandemic. The key to ending domestic violence is for all of us to talk about it, learn about, offer support to those experiencing it, and find our own ways to challenge and change the conditions that allow it to exist in our community.

Come join a discussion about the scope and dynamics of intimate partner violence, ways to support abuse victims, and how we can address the societal foundations that serve as the root of gender-based violence.

Instructor: Ed Sakwa
Ed Sakwa is the CEO at Emerge Center Against Domestic Abuse and has worked in the domestic violence service field for 15 years.
Just Back from Italy....It’s Time to Make Pasta!

Subject Area: Crafts/Cooking

Tuesdays: Single Session 1:00 PM - 2:30 PM  Start: Tue 8/23/22  End: Tue 8/23/22

Location: Online Zoom Offering 1  Class Size: 300

Course Description

Fresh off the boat from a cruise through Italy, Rob will teach you how to make pasta at home. You will learn how to make pasta by hand and also by using either your Kitchenaid stand mixer or crank pasta machine (about $30 on Amazon). This is a demonstration class that will be recorded. So, watch the class live on zoom, then practice it yourself by watching the recorded zoom class. Delizioso!

Instructor: Rob Getlan

Rob Getlan is an avid home cook and enjoys teaching about food and restaurants at OLLI.

Wednesdays

Addressing a Controversial and Perplexing Phenomenon

Subject Area: Science/Math/Technology

Wednesdays: 2 Sessions 9:00 AM - 10:30 AM  Start: Wed 7/20/22  End: Wed 7/27/22

Location: Online Zoom Offering 1  Class Size: 300

Course Description

If you attended this Summer class, please note the Monsoon class will contain new material. Specifically: Incidents at U.S. and Soviet missile sites; The mysterious explosion over Siberia; The Roswell incident; Some relevant science.

The Pentagon, by law, must now investigate reports of unidentified aerial objects (UAP's, formerly UFO's). A Harvard astrophysicist instituted the Galileo Project to get hard data about possible alien artifacts near Earth (including UAP's). This is the latest surge of interest in a phenomenon that has been with us for some time. In this class I'd like to examine this phenomenon without any preconceived ideas about its' nature or source. There are many perplexing questions here, and I'd like to address them in a balanced, objective manner.

Instructor: Carl DeVito

I am an emeritus professor at the University of Arizona. Lately I have been active in the conceptual aspects of astro-biology, and participated in conferences on these matters over the past few years.
Film Discussion Group (Online)

**Subject Area:** Arts/Culture

**Wednesdays:** 6 Sessions 11:00 AM - 12:30 PM    **Start:** Wed 7/20/22  **End:** Wed 8/24/22

**Location:** Online Zoom Offering 1  **Class Size:** 70

**Course Description**
We will meet weekly to discuss a film that has been watched by the class. The film selection will be assigned to or voted upon by class members. A class member will lead the discussion for the movie. This class has been ongoing for several years and generates lively and controversial discussions as members dissect and compare films, frequently calling upon their own personal and professional experiences. Please consider volunteering to lead the discussion. A guide to how to lead the discussion will be given out prior to the first session. Currently due to the pandemic movies will be from Netflix and Amazon, and occasionally from other Streaming services, all at additional cost.

**Instructor:** Trudy Hill

Trudy Hill has an MS degree in Art Education from the University of Wisconsin, Madison and has taught art to Elementary and Junior High School students as well as Adults. She was a co-SGL for previous Science Fiction and Poetry Classes and SGL for Calligraphy Class at OLLI Central Tucson. Her background includes working for Visa International as an architect of the computer chips (on your credit cards) and the Visa systems that support them. Currently, she volunteers as a Tech Host for OLLI Zoom classes. Since she was a young girl, she has loved and read Science Fiction.

CatCard Demystified

**Subject Area:** DIY/Self-Help

**Wednesdays:** 2 Sessions 9:00 AM - 10:30 AM    **Start:** Wed 7/27/22  **End:** Wed 8/10/22

**Location:** Online Zoom Offering 2  **Class Size:** 300  –  **Note Skip Day on 8/3/22**

**Course Description**
Attend a session held by Claudia Torres, OLLI-UA Office Specialist. Learn everything you need to do to sign up and get your very own CatCard and become UArizona Official! This will be a two-session class with the first session focused on the benefits and application process. Two weeks later we will hold a follow-up help desk to assist those looking for extra help to complete the process.

The CatCard is the official University of Arizona identification card. All students, faculty, and staff affiliated with the university carry the CatCard for identification. As an OLLI-UA member, you have the ability to get one for yourself! Note, you must maintain a current membership to keep the benefits active.

Applying also gives you your own arizona.edu email address that unlocks many benefits like those of a student. It provides access to a variety of software like Zoom and Office 365 as well as a wide range of on-campus
services such as checking out library materials and many times you can receive restaurant and event discounts around the University area.

You can even help volunteer as a Zoom class tech host by getting your own UA email address.

Instructor: Claudia Torres

Claudia Torres is the Office Specialist for the Osher Lifelong Learning Institute program at the University of Arizona. Claudia is a Tucson native and attended UArizona.

**Captured! Stories of WWII Prisoners of War**

**Subject Area:** History/Current Events

**Wednesdays:** Single Session 1:00 PM - 2:30 PM  **Start:** Wed 7/27/22  **End:** Wed 7/27/22

**Location:** Online Zoom Offering 1  **Class Size:** 300

**Course Description**

A 16-year-old Army soldier survives the Bataan Death March, only to be forced to work as a slave laborer by the Japanese for three years during World War II. His memoirs of that time are part of this class, including details such as the POW who saved his life at risk of being killed for doing so. Another story includes a ball turret gunner who dared to escape, not once but four times, from his German captors. Can he get a message to American forces before his prison is bombed? These and other stories are taken from the instructor’s book, 'Captured! Stories of American WWII Prisoners of War.' These stories will inspire patriotism and love of country as none other.

Instructor: Kayleen Reusser

Kayleen Reusser is the author of 10 books on World War II, based on interviews with 260 World War II veterans. She has presented programs virtually and in-person across the US. Reusser preserves American military heritage, while honoring veterans. Reusser is the wife and mother of Air Force airmen.


**The Great Depression, an Intimate View**

**Subject Area:** History/Current Events

**Wednesdays:** Single Session 9:00 AM - 10:30 AM  **Start:** Wed 8/3/22  **End:** Wed 8/3/22

**Location:** Online Zoom Offering 1  **Class Size:** 300

**Course Description**

The parallels to our present time are ominous: 1919-20...an international pandemic killing close to a million Americans...a stock market with wild gyrations...political turmoil - in short, an all-too familiar scenario not unlike our present times. Author Ed Linz traveled the U.S. in the late 1990's listening to Americans who survived the Great Depression. His resulting book, They Never Threw Anything Away, published in 2021, captures a broad
spectrum of those memories and provides a blueprint for our current generation to survive if present conditions degenerate into challenging social and economic turmoil. Linz will recount the turmoil of the 1920's which led to the difficult years of the 30's while profiling 22 of the 50 Americans he interviewed.

Instructor: Ed Linz

Ed Linz lives in Virginia and Maine. He has commanded a nuclear submarine, taught high school for 25 years, and remains active teaching and writing. He has Masters degrees from Christ Church College, Oxford and George Mason University. He is the author of 4 books ranging from fiction to non-fiction and a textbook on teaching science to special needs students. Mr. Linz was the recipient of a life-saving heart transplant in 1994 and remains grateful to his donor family. He speaks frequently to community groups on organ and tissue donation and on 20th century American history.

Investing Wisely for Your Retirement and Beyond

**Subject Area:** DIY/Self-Help

**Wednesdays:** Single Session 9:00 AM - 10:30 AM  
**Start:** Wed 8/10/22  
**End:** Wed 8/10/22

**Location:** Online Zoom Offering 1  
**Class Size:** 300

**Course Description**
Join Carol Lally, an attorney from the Los Angeles Regional Office of the U.S. Securities and Exchange Commission, to learn strategies for smart investing, tips to avoid fraud, and how to plan for diminished capacity. Hear about the SEC's mission, its responsibilities and organization, and how you can use the SEC's resources to inform and protect yourself. Q&A to follow the presentation.

Instructor: Carol Lally

Carol Williams Lally is the Supervisory Attorney of the Complaints and Inquiries Branch of the Los Angeles Regional Office of the Securities and Exchange Commission. She serves as the office's lead liaison to the enforcement and examination programs at other agencies, helps the office set its enforcement and examination priorities by managing the evaluation of all tips, complaints, and referrals, and oversees the office's investor outreach programs. Carol is a graduate of the Colorado College and Duke University School of Law.
Thursdays

**Famous Movie Quotations**

**Subject Area:** Arts/Culture

**Thursdays:** 2 Sessions 9:00 AM - 10:30 AM  **Start:** Thu 7/21/22  **End:** Thu 7/28/22

**Location:** Online Zoom Offering  **Class Size:** 300

**Course Description**

Students in this class will be presented with a famous movie quotation. The quotations have been identified/listed by the American Film Institute (AFI). What follows is a fun competition (points given) as members are presented with the quote, identify the person who said it, and the year it was released. Many of the quotes are currently found in our everyday conversations. Lots of surprises and plenty of fun.

Instructors: Arnie Bianco, Susan Williams

Arnie: long-time retired educator as a teacher, school principal and adjunct instructor at Chapman University, NAU, Brown Mackie College, and Brookline College. I am an active OLLI member. I have been a teacher for a number of years and have done relationship workshops in more than 10 states. I am a published author who has always loved to teach. My wife is presently a teacher.

Susan: I have been in Tucson for about three years. Shortly thereafter, I joined OLLI as student and then became a Tech Host. This year, as well as attending classes, I became a Tech Host for several class and a Co-Host for a class.

**Forgiveness: Making Peace with Ourselves and Others**

**Subject Area:** DIY/Self-Help, Health/Wellness, Philosophy/Spirituality/Religion

**Thursdays:** 6 Sessions 11:00 AM - 12:30 PM  **Start:** Thu 7/21/22  **End:** Thu 8/25/22

**Location:** Online Zoom Offering  **Class Size:** 30

**Course Description**

Forgiveness has nothing to do with absolving someone of their action. It has everything to do with relieving oneself of the burden of being a victim - letting go of the pain and transforming oneself from victim to survivor. (Paraphrased from C.R. Strahan)

What do you understand by forgiveness? The concept of forgiveness is often misunderstood. It is aimed at the person we believe to have harmed us. In actuality, the process of forgiveness takes place in our own minds and hearts. And it is as important to forgive ourselves as it is to forgive another person.

Dr. Fred Luskin's book, Forgive for Good: A Proven Prescription for Health and Happiness, and his videos on forgiveness will provide the groundwork for helping to better understand this reconciliatory process. Utilizing
these tools from Luskin as a springboard for discussion, class participants will explore elements of forgiveness including the myths surrounding forgiveness and how and why we hold onto resentment and blame. Our conversation will focus on how we can move from punishing ourselves and others to becoming people who are kinder, happier, more grateful, and more at peace with ourselves and our world. While reading the book and viewing the videos are not required for the discussion, they could be helpful in furthering participants' understandings of these concepts. Please bring your insights and wisdom and join us to share in this discussion.

Instructor: Mary Ellen Klawiter

Mary Ellen lived her first fifty years in Philadelphia, Pennsylvania where she worked as an educator, a Director of Religious Education, and a Hospice Chaplain. Since moving to Sahuarita, Mary Ellen received an M.S. in Mental Health Counseling and counseled at-risk teens, pre-teens, and people struggling with loss. Her undergraduate work was in History and Theology and her graduate theological studies were in Religious Education and Clinical Pastoral Education.

Reading and Discussing The New Yorker

Subject Area: Arts/Culture, History/Current Events

Thursdays: 6 Sessions 11:00 AM - 12:30 PM  Start: Thu 7/21/22 End: Thu 8/25/22

Location: Online Zoom Offering 2 Class Size: 45

Course Description

The New Yorker magazine is a rich resource for current, historic, cultural, and scientific information. To get the most out of this resource each week we discuss five current articles. The class chooses an article for next week's group discussion, then four different class members volunteer to provide an introduction into other articles. Each class starts with a group discussion. Then the volunteers' introductions are used to provide the base for the four additional weekly discussions. All members are encouraged to make presentations and participate in discussions.

Instructors: Ronald Peterson, John Nemo

Ron Peterson has been a UA OLLI-UA member since 2012 following a career as a broker and investment banker in Washington, DC. He served as a VP at Paine Webber and Prudential Securities and headed a financial futures unit for Merrill Lynch. He is the author of "Solomon's Wishes," a book on investment strategies and tactics and two other books, won two investment contests and lectured on markets for banks and individual investors. He holds two masters' degrees and four graduate certificates.

John Nemo is a lifelong musician and educator who immerses himself in folk, early rock, blues, jazz, and classical music. He plays guitar and provides a fascinating playlist for his music appreciation courses.
Defining and Defying Dementia

Subject Area: Health/Wellness

Thursdays: 3 Sessions 1:00 PM - 2:30 PM  Start: Thu 7/21/22  End: Thu 8/4/22
Location: Online Zoom Offering 1  Class Size: 50

Course Description
This program is for those who currently feel mentally well and seek to maintain that mental vitality. It is also for those with concerns that their mental health has slipped while questioning the normal aging process. It may also be beneficial for caregivers and family members of impaired individuals seeking a better understanding of the mental decline process that seems to have suddenly taken the mind of their loved one while searching for a path to avoid the same outcome.

The class will be divided into 3 parts:

--Part I: We will take a Brain Tour (Class One) From movement to memory, find out what different parts of the brain do and how they can be affected by dementia. Understanding the anatomy of the diseased brain gives us the insight to help us better cope with the changes. Also knowing what to expect when certain parts of the brain are affected.

--Part II: Defining Dementia (Class Two) Dementia will be defined as an umbrella term that includes many different types of memory impairment. This will include their differences, similarities and pathophysiology. Before we can consider the possibility of prevention, we must understand Dementia in all forms.

--Part III: Defying Dementia (Class Three) In our attempts to defy Dementia, we will address potential risks thus motivating us to take action against the possible threat that has not yet completely materialized. We will discuss building a better brain at any age while defining Cognitive Reserve and Brain Resilience.

Instructor: Rinda Moore
After 36 years of nursing, Rinda is a retired Geriatric Nurse Practitioner. Her work as an RN led her to care for those with complications related to bedridden states of health, many suffering from altered states of mental health. She continued this specialty practice as a Geriatric NP.

Dream Group

Subject Area: Social Sciences

Thursdays: 6 Sessions 3:00 PM - 4:30 PM  Start: Thu 7/21/22  End: Thu 8/25/22
Location: Online Zoom Offering 1  Class Size: 30

Course Description
Attendees share texts of their night time dreams and are invited to contribute their ideas and insights on others' dreams. Various techniques of interpretation will be demonstrated, such as "If it were my dream." The group format opens multiple perspectives and layers of meaning. "Ahas" of recognition follow as we unpack the

Phone: 520.626.9039  Email: ollimail@email.arizona.edu  Website: www.OLLI.arizona.edu
In this process we learn to listen to our intuition, increase compassion for others, discover deeper aspects of ourselves and receive guidance.

Instructor: Helen Landerman

Dr. Landerman has been curious about the meaning of her dreams and writing them down for decades. She has participated in dream groups for 30 years and has led dream groups for 4 years. Because dreams speak a language of visual symbols, her Harvard Ph.D. in Romance Languages and Literatures has prepared her for work with metaphors and archetypes. She has 15 years of experience teaching at the college level. She is certified by Jeremy Taylor's Marin Institute for Projective Dream Work and is a longtime member of the International Association for the Study of Dreams.

Fridays

Hablando Español / Speaking Spanish

Subject Area: Literature/Writing/Language

Fridays: 6 Sessions 9:00 AM - 10:30 AM  Start: Fri 7/22/22  End: Fri 8/26/22

Location: Online Zoom Offering 1  Class Size: 20

Course Description
- The goal of this class is for each student to realize in speech their listening, reading and writing skills.
- This class is not open to anyone who has not studied Spanish.
- English will only be used when a student is searching for ONE word to complete a thought.
- No grammar lessons will be given. As a group we compose vocabulary lists.
- Two classes are being offered: one on Zoom and one in-person at Central Tucson Campus. You may take this class on Zoom once a week, or you can sign up for both classes and meet in-person* once a week also. (*All-OLLI-CT 2022-2023 Membership or Summer 2022 Membership required for in-person.)
- There will be TWO sections of 45 minutes each: - FIRST half will be dedicated to students who have been part of the Intermediate series of classes or are very comfortable with the Present Indicative tense and are familiar with the Preterit and Imperfect Indicative tenses. - SECOND half will be dedicated to students who have been part of the Beginning series of classes or whose grammar skills include a familiarity with the Present Indicative tense.
- Students are encouraged to attend both halves but will have speaking privileges in only one group. After the first class, topics for conversation will be suggested by the students.

Instructor: Susan Sotelo

Susan Sotelo began her teaching career as a graduate student instructor (GAT) at the University of Arizona. After receiving a MA, she taught K-12 students. Then she returned to the University of Arizona and again taught in the basic language program. After receiving her PhD in Spanish Language Literature, she taught at Pima
Declutter 101: how to sort your stuff (easily)

Subject Area: DIY/Self-Help

Fridays: Single Session 1:00 PM - 2:30 PM   Start: Fri 7/22/22 End: Fri 7/22/22

Location: Online Zoom Offering 1 Class Size: 300

Course Description
Simple solutions to solve your clutter challenges. If you can't open your drawers, clutter topples out of closets, and paperwork covers your tabletops then this class is for you. Join Organizing Humorist and bestselling author Jamie Novak when she shares her relatable approach for what to do with all the stuff, including the things the kids don't want to inherit. She will also provide a helpful list of need-to-know resources.

Instructor: Jamie Novak
An expert professional organizer Jamie Novak has been helping busy people declutter for 25+ years. You may have seen her on morning TV or read her newest book, Keep This, Toss That. If you are ready to simply, Novak can show you how, even if you feel overwhelmed or are attached to sentimental things.

Social Security 101: What You Need To Know for Retirement

Subject Area: Health/Wellness

Fridays: Single Session 3:00 PM - 4:30 PM   Start: Fri 7/22/22 End: Fri 7/22/22

Location: Online Zoom Offering 1 Class Size: 300

Course Description
Social Security Administration representative talks about the benefit options, including spousal and survivor benefits as well as how to engage with Social Security, when you are ready to start collecting. We will also discuss different scenarios such as working and receiving benefits and the related rules. A brief discussion of when to enroll in Medicare to avoid penalties is also included.

Instructor: Jack Burns
Public Affairs Specialist in Arizona for the Social Security Administration. Has worked with Social Security for almost 20 years. Prior to working as a Public Affairs Specialist, worked training and supervising benefit services staff in Social Security offices in Phoenix and Mesa, AZ.
OLLI-UA Online Speaker Series Events

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Vietnam Passage, 1962-1963
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Stephen Trimble - The Mike File:
A Story of Grief and Hope
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