



# The Osher Pillars



Osher Lifelong Learning Institute at UK  
MOREHEAD

Offering Classes for Adults 50+

FALL 2009



OLLI at UK  
Morehead

Leadership Council

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Curriculum Chair

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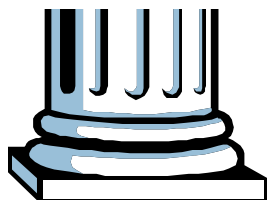
Catherine Riley

Betty Sharp

Sandra Stevens

Helen Williams

Sharon Williams



**REGISTRATION IS NOW OPEN by Mail!**

OPEN HOUSE

Wednesday, Sept. 9th 1:00 - 3:00pm  
Rowan Co. Public Library

*Instructor Presentations \* Register for Classes \* Refreshments*

UPDATES IN REGISTRATION & FEES FOR THE FALL SEMESTER

To eliminate the long lines during Open House, we will be taking registrations by mail and during Open House.

**Please note: Courses Are Filled on a First Come, First Enrolled Basis.**

- Membership Fee: \$10 Fall Semester (includes 1 course)
- Registration Fees: \$10 for each additional course  
(some classes may have additional fees)

Fall 2009 Courses for Adults 50+

- **EXPLORING OUR ROOTS: GENEALOGY, GENETICS AND GENOMES**
  - **FOR THE LOVE OF NATURE**
    - **BEHIND THE SCENES: PERFORMING AND VISUAL ARTS**
    - **INTRO TO WORLD LANGUAGES & LANGUAGE LEARNING**
    - **COMPUTERS: INTRODUCTION TO WORD & BEYOND**
  - **MT. STERLING HEALTH FORUM: DIMENSIONS OF WELLNESS**

How to Register for Classes:

1. **Mail:** Complete registration materials & send to the OLLI Office listed on the registration form. For copies of forms, visit an **Osher Information Site** (see back), call toll-free (866) 602-5862, or email: DianaL@uky.edu  
*Please Note:* We are unable to accept credit card charges for registration at this time, we apologize for any inconvenience.
2. **Open House:** Registration will be open.
  - **Returning OLLI Students:** if you have already completed a membership form in the past, you only need to complete a semester registration form.

**BEHIND THE SCENES: PERFORMING AND VISUAL ARTS****Facilitator: Bob Lindahl****Dates:** Sept. 16, 23, 30, Oct. 7, 14, 21, 28, Nov. 4  
**Times:** Wednesdays, 2:45 - 4:15pm**Location:** Various venues in Morehead  
**Course fee:** \$10.00

Join OLLI as we get a behind the scenes look at the various visual and performing arts taking place right here in Rowan County. Topics and Artists include:

- Storytelling and the Cave Run Storytelling Festival with Carolyn Franzini
- Kentucky Center for Traditional Music with Jesse Wells
- History and Tour of the Rowan County Arts Center with JD Reeder
- Performing Community Theatre with JD Reeder
- Folk Art and Artists with the Folk Art Center
- Art Studios Tour: 7-8 Artists will Demonstrate/Perform/Discuss their Various Art Techniques at the Rowan County Arts Center
- Pine Grove Art Studio - Commercial Art & Painting with Oils with Christine Barker
- Print Making with Bob Franzini

**COMPUTER BASIC CONCEPTS: *INTRO TO WORD & BEYOND*****Instructor: Carol Laferty****Dates:** Oct 16, 23, 30, Nov. 6  
**Times:** Fridays , 10:00 - 12:00noon  
**Course fee:** \$10.00**Location:** Maysville Community &  
Technical College - Rowan Campus

Word Processing is the backbone of computer use. This four-week session is an introduction to using Office WORD, and is for beginners, as well as users who wish to polish their skills. We will practice the creation, formatting, editing, and saving of different kinds of documents. Among those will be letters, flyers, newsletters, tables, simple forms, and inserting clip art and photographs. During the sessions we will learn to create mailing labels, as well as preparing a holiday family newsletter. A USB flash drive (available locally) is required for saving documents in class.

**FOR THE LOVE OF NATURE****Facilitator: Bob Grueninger****Dates:** Sept. 22, 29, Oct. 6, 13, 20, 27, Nov. 3, 10  
**Times:** Tuesdays, 10:00 - 11:30am  
**Course fee:** \$10.00**Location:** Varies including Park Place  
Meeting Room & On-site locations

This course will consist of mini talks & walks to explore and enjoy the many facets of nature. Each session will introduce a different topic and will take place at numerous locations, yet will be open to events as they present themselves. Sessions will include birding with Fred Busroe and Evelyn Morgan and Fish Management with Fred Howes, both at the Fish Hatchery; Trees and Shrubs with Jeff Lewis from the US Forest Service; Astronomy with Jack Whidden at the Eagle Trace Golf Course in the evening; Invasive species with Steve Bonney, from the Fish and Wildlife Dept.; Weather in Mind presenting Severe Weather, Local Weather Patterns & Safety with NWS NOAA Warning Coordinator/Meteorologist; Rocks and Basic Land Forms with John Philley. The final class meeting will be a culmination of the fall semester for **all OLLI Fall 2009 members**. We will meet at the new state-of-the-art Space Science Center at MSU for a tour and a show at the Star Theatre (additional entrance fee may apply).

**Exploring our Roots: Genealogy, Genetics and Genomes****Facilitator: Bob Grueninger****Dates:** Sept 21, 28, Oct, 5, 12, 19, 26, Nov 2, 9  
**Times:** Mondays, 1:00 - 2:30pm**Location:** Rowan Co. Public Library  
**No Course Fee**

The purpose of the course is to help people research their ancestry with the expectation that those participants interested will have made significant progress in compiling their family records by the end of the series. The course will start with an overview of genealogy research, and then will go into the many tools available for such research such as the Kentucky Research Room at the Rowan County Public Library, resources at the MSU Library, the Church of Latter Day Saints (a major sponsor of genealogical research) and others. Experts will explain genetic counseling and the Human Genome Project. Those who have conducted genealogical research will explain and demonstrate their own projects. Finally, participants will share their own findings from research into their family roots.

**Part I: Who are my ancestors and how do I find out? Beginning genealogy, searches, connecting generations, resources and examples.**

**Instructors:** *Ruth Korzenborn, Rebecca Bryan Boone Chapter Regent of KY DAR  
Cindy Leach, Public Services Librarian & Georgia Ramey, Technology Specialist, Rowan Co. Public Library  
John Philley and Kent Freeland, Professors Emeriti, MSU*

**Part II: Why is it important?**

**Genetic counseling:** *Heather Pierce, MD, Dir. Genetic Counseling  
UK Markey Cancer Center*

**The Human Genome Project:** *David Peyton, Asst Professor, MSU Biology Dept.*

**Immigration to America and specifically to Kentucky:**

*Alan Lake and Reedus Back and Pastor Lloyd Dean*

**Part III: Sharing of student genealogical discoveries and future plans**

**Intro to World Languages & Language Learning****Instructor: John R. Secor, Assoc. Prof. MSU****Dates:** Sept. 30, Oct. 7, 14, 21, 28, Nov. 4, 11**Times:** Wednesdays, 5:00 - 6:30pm**Course fee:** \$10.00**Location:** MSU Campus

Breckinridge Hall #209

Many of us have had a smattering of one or more languages in school and been exposed to others through travel and meeting (and hosting) visitors from abroad. This course will promote the learning of world languages by seeking answers to the following questions: (1) what are the world's languages, where are they spoken and by whom, (2) what resources are available to help learn one of these languages - Internet, study abroad, library, etc., (3) how do the four skills (listening, speaking, reading, writing) evolve after childhood, and affect learning strategies, (4) how do spelling and pronunciation systems differ among several common Western languages, (5) which basic greetings are essential to rudimentary communication in a foreign country, and (6) what is the role of non-verbal signs, gestures, and body language, in intercultural communication.

A desired goal of this course is to establish study groups which will continue exploration and learning of a world language on their own. As language is the prism of our experience, learning to communicate in another language, or extending one's skills in a second or third language helps to develop new systems of thought and expression. It is no longer to see others through a glass darkly, to coin a phrase, but to see them face to face.

Please note:

1. When registering, please be sure to **write on the registration form** those languages you would most like to learn about. Study groups will be formed from your choices.
2. Due to timing, you are welcome to bring snacks to class, and/or class members may want to organize international snacks to share.

*A New OLLI Class In Mt. Sterling for Adults 50+!  
Learning, Just for the Joy of it!*

**Come Learn More at the  
Open House in Mt. Sterling**

Sept. 21st

1:00 - 3:00pm

@ Mt. Sterling - Montgomery Co. Public Library

**Health Forum: Dimensions of Wellness**

**Dates:** Mondays, Oct 5<sup>th</sup> – Nov. 23<sup>rd</sup> (except Oct.19)      **Time:** 10:00 – 11:30am  
**Location:** Montgomery Co. Health Dept.                      **Course Fee:** \$10.00

*Join our special guest speakers as they present a new topic each week  
on the interrelated dimensions of wellness.*

**Topics & Sessions:**

- **Normal, Healthy, Brain Aging: A Model for Brain Wellness**  
Gregory Jicha, MD, PhD, Dept. Neurology, UK
- **Using the Internet to Find Important and Reliable Health Information**  
Ann Rathbun, Health Physical Education & Sport Science, MSU
- **New Guidelines in Physical Fitness for Older Adults & A Matter of Balance**  
Bob Grueninger, Professor Emeritus, Health Physical Educ. & Sport Science, MSU  
Gina Bryant, Montgomery Co. Health Department
- **Sleep: The Golden Chain**  
Jeff Hughes, RRT, RPSGT, Sleep Laboratory Coord., St. Claire Regional Med. Center
- ...and more topics TBA such as : Bone Health and Osteoporosis, Diabetes, Nutrition

**For more information, please contact the OLLI at UK Office at  
*Toll free (866) 602-5862*  
or visit an OLLI Information Site**

OLLI Info Sites will be supplied with all semester & registration materials.

- Rowan County Public Library
- Rowan County Extension Office
- Mt. Sterling - Montgomery County Public Library

To receive copies by email/mail, write to DianaL@uky.edu or call toll-free 866-602-5862.