Lifelong Learning Program

Fall 2020

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For more information on sponsoring the Lifelong Learning Program, see page 13.
**Welcome** to the Lifelong Learning Program at East Carolina University.

_Greetings,_

This past spring started out as an exciting one as we moved into new classroom space, that allowed for larger classroom sizes, the opportunity to run classes simultaneously, and everyone’s favorite, easier parking! Mid-semester we were hit with the unimaginable, the out of control pandemic that shut down the world. The university did like so many others and mandated that all face to face classes and meetings cease and teleworking to commence immediately. This meant the course lineup that our curriculum committee had worked so diligently to establish was now on hold. Working quickly with several of our instructors, we were able to transition several classes online into the summer months, allowing us to offer virtual courses for the first time ever.

In keeping our members safety and health a top priority, we have made the decision to move to a fully virtual format for the semester. I am excited to say that this decision also brought a new all-inclusive membership for optimal engagement throughout the semester. While we will certainly miss seeing everyone in person this semester, I hope you will take advantage of this unique opportunity to learn from the comfort of your home. I look forward to welcoming everyone back to face to face courses again when it is safe to do so. Until then, I look forward to seeing everyone virtually!

Stay healthy and well.

Andrew Ross  
Coordinator, Lifelong Learning Program

**Who We Are**

The Lifelong Learning Program at East Carolina University (ECU) offers adults affordable learning experiences in a relaxed atmosphere. Our purpose is to connect, engage and inspire the eastern North Carolina community by providing interesting and enriching courses, workshops and lectures, stimulating speakers, enjoyable trips, and more!

**Membership Benefits**

Annual membership includes the following benefits:

- Member exclusive courses and events
- Discounted Lifelong Learning courses
- Opportunity to obtain an ECU 1card
  - Utilization of services at ECU Joyner, Laupus and Fletcher Libraries
  - Utilization of ECU Transit

**Contact us!**

Attn: Lifelong Learning Program  
East Carolina University  
Academic Outreach, Continuing and Distance Education  
Mail Stop 514  
1000 East 5th St.  
Greenville, NC 27858  
252-328-9198  
llp@ecu.edu  
www.llp.ecu.edu  
Facebook: ECU Lifelong Learning Program  
Instagram: @eculifelonglearning

**On the Cover:**

Johanna Genz at Sylvan Heights. Photo taken by Andrew Ross and modified by Ashley Cox.
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# Book Talk: "Being Mortal"

**Instructor: V. Dougherty**

This two part series begins with a conversation on "Being Mortal: Medicine and What Matters in the End" by Atul Gawande, a book that has the potential to change medicine – and lives. The book explores the hopes of patients and their families facing terminal illness and their relationships with the physicians who treat them. In his bestselling books, Gawande, a practicing surgeon, has fearlessly revealed the struggles of his profession. He examines its ultimate limitations and failures – in his own practices as well as others’ – as life draws to a close. And he discovers how we can do better. By exploring the inescapable realities of aging and death, Gawande shows that what medicine can do often runs counter to what it should. Through eye-opening research and gripping stories of his own patients and family, Gawande reveals the suffering this dynamic has produced. "Being Mortal" shows that the ultimate goal is not a good death but a good life – all the way to the very end.

The following educational session shows us some steps we can take to help us do a better job of dealing with our own mortality. This session details the resources available in North Carolina that can assist in making your health care choices known to your family, your medical team, and others that may be involved in your care. You will also have the opportunity to complete your own advance care planning documents. Facilitators, witnesses and notaries will be available to discuss questions you may have and assist you in finalizing your documents. Your completed documents can then be scanned to your Vidant electronic health record for future reference. Photo ID is required for completion of documents.

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<tr>
<td>Tuesdays (2)</td>
<td>9/15 &amp; 9/22</td>
<td>1:00pm–3:00pm</td>
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# Dementia Care Station Rotation

**Instructors: J. Matthews & S. Sawyer**

Come and learn more about caring for someone living with dementia. You will rotate through four stations: 1.) Dementia 101: The Basics of Dementia, 2.) Strategies for Communicating with Someone Living with Dementia, 3.) PAC: An Introduction to Teepa Snow’s Positive Approach to Caring for Someone Living with Dementia, 4.) Resources for Caregivers. This event will be informative and interactive. You will spend about 20 minutes at each station.

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<th>Day</th>
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<tr>
<td>Wednesday</td>
<td>9/9</td>
<td>10:00am–12:00pm</td>
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Getting Your (Legal) Ducks in a Row

Instructor: C. Alexander

This two-hour summary course will review the essential legal documents and pragmatic planning choices that every adult should consider to promote their wishes, protect their legacy, minimize family discord and safeguard loved ones in the event of incapacity. The interactive course will focus on practical, cost-saving and time-saving measures to ensure that an individual’s needs and wishes are followed if the individual becomes unable to make personal or financial decisions due to incapacity.

Day          Date          Time
Thursday   10/1          3:00pm–5:00pm

Investing with Confidence in Turbulent Times

Instructor: M. Weissman

Given the environment, it’s not unusual for investors to be feeling somewhat emotional during the COVID-19 crisis. Join us for a discussion on investing for the long term, we’ll review how the current circumstances may impact investor emotions and behavior, and how to help overcome potentially detrimental, emotionally-driven investment decisions with the help of a strategy.

Day          Date          Time
Thursday   9/24          2:00pm–4:00pm

Movie & Discussion: The Leisure Seeker

Instructor: T. Jovel

We’ll be watching the movie, The Leisure Seeker, followed by a discussion of the characters, story and how it all relates to caregiving. This movie follows a runaway couple in their eighties as they go on an unforgettable journey in an old RV they call “The Leisure Seeker”. Ella suffers from cancer and has chosen to stop treatment. John has Alzheimer’s. Yearning for one last adventure, the self-proclaimed “down-on-their-luck geezers” kidnap themselves from the adult children and doctors who seem to run their lives to steal away on a forbidden vacation of rediscovery. With Ella as his vigilant copilot, John steers their ‘78 Leisure Seeker RV along the forgotten roads of Route 66 toward Disneyland in search of a past they’re having a damned hard time remembering. Darkly observant, told with humor, affection, and a touch of irony, The Leisure Seeker is an odyssey through the ghost towns, deserted trailer parks, forgotten tourist attractions, giant roadside icons, and crumbling back roads of America. Ultimately it is the story of Ella and John: the people they encounter, the problems they overcome, the experiences they have lived, the love they share, and their courage to take back the end of their own lives.

Day          Date          Time
Wednesday   11/4          2:00pm–5:00pm
Movie & Discussion: The Leisure Seeker

Instructor: T. Jovel

We'll be watching the movie, The Leisure Seeker, followed by a discussion of the characters, story and how it all relates to caregiving. This movie follows a runaway couple in their eighties as they go on an unforgettable journey in an old RV they call “The Leisure Seeker”. Ella suffers from cancer and has chosen to stop treatment. John has Alzheimer’s. Yearning for one last adventure, the self-proclaimed “down-on-their-luck geezers” kidnap themselves from the adult children and doctors who seem to run their lives to steal away on a forbidden vacation of rediscovery. With Ella as his vigilant copilot, John steers their ’78 Leisure Seeker RV along the forgotten roads of Route 66 toward Disneyland in search of a past they’re having a damned hard time remembering. Darkly observant, told with humor, affection, and a touch of irony, The Leisure Seeker is an odyssey through the ghost towns, deserted trailer parks, forgotten tourist attractions, giant roadside icons, and crumbling back roads of America. Ultimately it is the story of Ella and John: the people they encounter, the problems they overcome, the experiences they have lived, the love they share, and their courage to take back the end of their own lives.

Day  Date  Time
Wednesday  11/4  2:00pm–5:00pm

Reverse Home Mortgages

Instructor: G. Wenstrom

Today’s retiree’s may find themselves having to consider other options in addition to Social Security, retirement plans, and personal savings to help meet financial needs. HECMs (Home Equity Conversion Mortgage, also called reverse mortgages) can, in the right circumstances and with the right borrower, offer both shorter-term (immediate need) and longer-term benefits and help close in the gaps. HECMs accomplish this by turning part of the equity of the homes into cash that can be used today, or a line of credit that will be there when needed. In addition, a HECM can be used as financing for the purchase of a home. A HECM can also eliminate an existing monthly mortgage payment, if there is one, and supplement other sources of retirement funds. Retirement shouldn’t be about worrying. It should be about enjoying life to the fullest. A reverse mortgage might be the planning tool that can put you on a path towards a more flexible and satisfying retirement.

Day  Date  Time
Wednesday  11/11  10:00am–12:00pm

Road to Medicare

Instructor: C. Curran

It is important for everyone nearing Medicare eligibility to obtain accurate information for coverage and delivery options, supplemental health insurance, Medicare health plans, and prescription drug coverage. Attention to these issues will help you avoid serious or costly problems. This workshop will help you map your journey to Medicare, highlighting roadblocks and warning signs along the way.

Day  Date  Time
Friday  9/18  10:00am–12:00pm
**Story of the Prophets**

*Instructor: M. Farhadi*

This class is designed to discuss the prophets of God and why God sent many Prophets and Messengers. In the Holy Book *Qur’an*, God mentioned twenty-five messengers, and five of strong will. These five are Abraham, Noah, Moses, Jesus, and Muhammad (PBUH). In this class, we will review the life and mission of these five Prophets based on the Qur’anic stories.

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<td>Tuesdays (4)</td>
<td>9/22-10/13</td>
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**A Discussion about Native Americans**

*Instructor: A. Hunt*

This program promotes a great awareness of Native American culture. It will cover the State and Federal recognized tribes of North Carolina as well as highlighting federally recognized tribes and demographics. We will dive deep into the Native world view and core values. Some additional topics that will be covered include: tribal sovereignty; structure of tribal government; food ways; health and healing; spirituality; ceremonies; oppression; and stigma, myths, and more. Information will be provided about state and location events that participates can attend and support.

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<td>10/10 &amp; 10/24</td>
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**Quakers in the Here and Now**

*Instructor: M. Glazer*

Many people think that Quakers - also known as the Religious Society of Friends - are a relic of the past. But no - Quakers are alive and well in the here and now - even in Pitt County. In this class, we will look at who and where the Quakers are now; a glance at how they evolved from their start in England in the 1600s; who and where they are now; and take a look the testimonies that guide their lives.

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**Views from the Forecastle**

*Instructor: R. Homovec*

Richard Homovec, a seasoned photographer and United States Coast Guard certified Able Seaman, has accumulated numerous collections of photos from his time at sea. Some of his photos have been published in the Smithsonian Institution’s *Ocean Planet*. In this class, we will view and discuss documentary photos of the US Navy and Merchant Marine from 1976-1986, relating military, oceanographic and commercial uses of the oceans during the Cold War.

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<td>Friday</td>
<td>10/23</td>
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### Current Events

**Moderator: R. Tyer**

The moderator will introduce various topics after which the floor will be open for discussion by all participants. Everyone is encouraged to seek supporting data in order to remain as objective as possible. Reading multiple sources on the subjects will give everyone a broader view of the issues. Some topics may carry over from month to month. Share your ideas and learn from the opinions of others in the course.

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<td>9/8-12/8</td>
<td>10:00am–12:00pm</td>
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### Memoir Writing

**Moderator: G. Schwartz**

Writing your memoirs can be a gift for both you and your family. This interest group meets every other week and each time we meet, we will review our stories, receive feedback from others in the group, and discuss prompts and topics for the future meetings. Some writers may just be beginning, while others may have years of experience. All are welcome to come and share their stories, continue to learn, and be with others having similar interests in writing their memoirs.

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<th>Day</th>
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<td>9/14-12/7</td>
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### Men's History Book Club

**Moderator: T. Weil**

Here’s a book group for men, although women are still welcome. The focus is on non-fiction books of history and historical figures. Members will choose and discuss a different book every month. You will get the chance to make new friends and discuss interesting and stimulating topics.

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<th>Day</th>
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<td>9/14-12/14</td>
<td>1:00pm–3:00pm</td>
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Climate Change and Mass Extinction
Instructor: J. Robertson

This course will explore five mass major life extinctions that have occurred on earth over the course of the last 450 million years of its 4.5-billion-year geologic history, plus the sixth extinction that is currently underway due to global warming and other human-caused impacts. We will examine the fascinating circumstances that led to their respective apparent causes, and how those circumstances might relate to current climate change impacts on the future of life on earth. Current alarming global climate change trends and causes will also be explored in some detail.

Many people are at least vaguely aware of the most recent of the past mass extinctions that brought an end to the dinosaurs (as well as many other species) at the end of the Cretaceous Period 66 million years ago -- a catastrophe caused by the impact of a massive asteroid near the Yucatan Peninsula. However, the other four past extinctions, some of which were much more extensive, are less well known. Most of them were related to rapid and very large increases in atmospheric CO2, accompanied with rapid global warming.

Exploration of the five past exchanges will be based primarily on the 2017 book, The Ends of the World, by Peter Brannen. The sixth (current) mass extinction discussion will be based partially on the 2015 Pulitzer Plize book, The Sixth Extinction, by Elizabeth Kolbeert. The course will be presented at an educated layperson’s level (no geology or other science degree required).

Day       Date       Time
Thursdays (5)  10/1-10/29  10:00am–11:30am

Clutter-Free Living
Instructor: Dr. Y. Newman

We have rooms, closets, attics, garages, sheds, and storage units full of stuff, just because we can. It’s so easy to accumulate stuff and more stuff. It seems to multiply all on its own! Your life has become filled with clutter. It makes you feel burdened, overwhelmed, and frustrated by it all. You want to do something about it, but you feel tired at the thought of it and become better and better at procrastination. You are not alone. This course will provide guaranteed strategies and tools for how to dig yourself out of the mess. Dr. Newman is skilled in creating a guilt-free, open, and supportive environment that will help you finally begin to tackle the clutter. Join the clutter-free club!

Day     Date       Time
Tuesdays (2)  9/8 & 9/15  6:00pm-7:00pm (7:30pm on the 15th)
**Introduction to Facebook**

**Instructor: A. Ross**

Worldwide, over 2.5 billion people use social media to stay connected with family and friends. You may be surprised to find 41% of all seniors, ages 65 and up, are actively using Facebook to stay in the loop. This course will take you through the basics of Facebook including: a brief overview of Facebook, adding and changing photos/videos, searching for people you may know, following pages, privacy settings and more. Attendees will need an active email address they can access (one email address per person) and/or an already established Facebook account. Please bring your laptop or tablet to the session.

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**Introduction to the iPad**

**Instructor: L. Spain**

In this course, we will explore the basic features of the iPad: the home screen, dock, applications, opening and closing apps, rearranging and deleting apps, the multi-tasking bar, settings and a few other features. We'll even cover a few tips and tricks: hidden special characters, adding PDF’s to your iPad, controlling notifications, and more.

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<td>5:30pm–7:30pm</td>
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**Introduction to Italy and Italian Conversation**

**Instructor: Dr. S. Dellana**

This short course builds on a familiarity with the Italian language. Emphasis is on Italian reading, listening comprehension, and speaking for those who have completed the Lifelong Learning course, “Introduction to Italy and Conversational Italian.” A goal of the course is to increase ability to navigate and communicate in Italian when visiting Italy.

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<td>Tuesdays (5)</td>
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<td>3:00pm–4:30pm</td>
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**Reflections on the Universe**

**Instructor: B. Glatthorn**

The goal of the course is to ponder the question asked by William Blake (1757-1827): “What do you see when you look out over the landscape? Do you simply see the sun rising or do you see the flaming forth of the deep mystery of the universe?” This course aims to stimulate an aesthetic appreciation and a sense of the sacredness of the universe expanding our sense of connectedness with the Earth. The course will combine short presentations, discussion, time for reflection and writing. One two-hour session will be given to each of the topics that constitute the operating principles of the universe: Emergence, Community and Diversity.

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**So You Think There is STRESS In Your Life?**

**Instructor: M. Hall**

We all have things in life that cause stress. This course will help to understand what stress does to our body and mind. Since you can’t eliminate stress, you will learn ways to minimize and handle stress that you may encounter.

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Travels with David

Instructor: D. Parke

Join David as he shares his travels through Australia and New Zealand. The session will consist of pictures, discussion of travel arrangements, what needs to be done prior to beginning a trip, what needs to be done at the end of the trip, and suggestions on how to really enjoy a trip outside the continental United States. Further discussion will include such topics as: how much clothing to take, how much cash to take, how mobile do you need to be, concerns with drinking water and local food, and addressing other questions the class might have.

Australia

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<tr>
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New Zealand

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Vermiculture

Instructor: G. Lee-Tyson

Vermiculture, or worm farming, has many benefits. It is very inexpensive, uses recycled ingredients and helps you grow healthy plants and vegetables. Worm castings, or waste, is a nutrient-rich, natural fertilizer and soil conditioner. Worms can eat and break down many times their weight in organic materials, like apple and banana peels, kitchen waste, and egg shells. Worm bins take up little space and can be kept in or outdoors year round. When properly maintained, they do not smell. In this course, you will learn how to create your own worm farm.

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A Week at a Glance

Monday
Memoir Writing (p.5)
9:30am–12:00pm
Men’s Hist. Book Club (p.5)
1:00pm–3:00pm

Tuesday
Symposium on Aging (p.15)
7:30am–1:00pm
Current Events (p.5)
10:00am–12:00pm
Story of the Prophets (p.4)
10:00am–12:00pm
Book Talk: "Being Mortal" (p.1)
1:00pm–3:00pm
Clutter-Free Living (p.6)
6:00pm–7:00pm

Wednesday
Dementia Care Station (p.1)
10:00am–12:00pm
Reverse Home Mortgages (p.3)
10:00am–12:00pm
Travels with David (p.9)
1:00pm–3:00pm
Vermiculture (p.9)
1:00pm–4:00pm
Movie: “The Leisure Seeker” (p.2)
2:00pm–5:00pm
Intro to iPad (p.7)
5:30pm–7:30pm

Thursday
Climate Change (p.6)
10:00am–11:30am
Quakers in the Here & Now (p.4)
10:00am–12:00pm
Investing with Confidence in Turbulent Times (p.2)
2:00pm–4:00pm
Intro to Italy & Italian Conversation (p.8)
3:00pm–4:30pm
Getting Ducks in a Row (p.2)
3:00pm–5:00pm

Friday
STRESS in Your Life (p.8)
10:00am–11:00am
Introduction to Facebook (p.7)
10:00am–12:00pm
Reflections on the Universe (p.8)
10:00am–12:00pm
Road to Medicare (p.3)
10:00am–12:00pm
Views from the Forecastle (p.4)
10:00am–12:00pm

Saturday
Discussion: Native Americans (p.4)
10:00am–11:30am

*Please note that some courses may overlap. Refer to course description for further information.
How Do I Register?
An all-inclusive membership is available for the Fall semester. The cost is $60 and registration will open on August 24th. It is the only registration option this semester.

You may register online for your membership or by calling our office. When registering for your membership, please indicate which classes you are interested in taking this semester.

Program Cancellation
The Lifelong Learning Program reserves the right to cancel any course due to low enrollment and to substitute faculty or make other changes, as needed.

Inclement Weather
If ECU is closed due to inclement weather, all Lifelong Learning Program courses will be cancelled. Registered participants will be notified by email or phone.

Accommodations
Individuals requesting accommodation under the Americans with Disabilities Act (ADA) should contact the Department for Disability Support Services at least 48 hours prior to the event at 252-737-1016 (voice/TTY).

Helpful Tips
Out of respect for the instructor and your peers, please log on to the virtual classroom on time.

Payment Options
Check payable to: East Carolina University. Please call to pay with credit card.

Mail:
Lifelong Learning Program
East Carolina University
Mail Stop 514
1000 E. 5th St
Greenville, NC 27858-4353

Walk In:
ECU Campus
Mendenhall, Room 222
1000 E. 5th Street
Greenville, NC 27858

Telephone:
252-328-9198

Web:
llp.ecu.edu
A Special Thank You

Curriculum Committee
Phil Bullock
Dr. Patricia Dunn
Maliha Farhadi
Nell Garner
Barbara Glatthorn
Tamyra Jovel
Dr. Yoshi Newman
Gloria Schwartz
Nanci Weil
Ted Weil

Events Committee
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Alicia Franco
Karen Hillman
Mary McGowan
Andrea “Cookie” Thompson
Jill Schaller

Special Projects
Jean Farmer
Mary Hall
Alice Keene
Dr. Vivian Mott

Program Partners
Congregation Bayt Shalom
Cypress Glen
Immanuel Baptist Church
Fletcher, Joyner and Laupus Libraries
Mid-East Commission Area Agency on Aging
Pitt County Agricultural Center
Pitt County Community Schools and Recreation
Pitt County Historical Society
Sheppard Memorial Library
St. James United Methodist Church
Vidant Health

Volunteer Liaison
Jean Farmer

Catalog Designer
Ashley Cox
Andrew Ross

Instructors/Coordinators
Charlotte-Anne Alexander
Christal Curran
Dr. Scott Dellana
Vicki Dougherty
Maliha Farhadi
Barbara Glatthorn
Mary Kay Glazier
Mary Hall
Richard Homovec
Aleshia Hunt
Tamyra Jovel
Gwen Lee-Tyson
Jean Matthews
Dr. Yoshi Newman
David Parke
Jack Robertson
Andrew Ross
Sallie Sawyer
Gloria Schwartz
Leslie Spain
Ruel Tyer
Ted Weil
Matthew Weissman
Geri Wenstrom
The Lifelong Learning Program and You

The Lifelong Learning Program thrives due to the support of volunteers. Our program relies heavily on the volunteer efforts of members to keep functioning and to bring in new ideas. There are so many ways to get involved!

Curriculum Committee
Helps the Lifelong Learning Program recruit new and talented instructors. This committee helps develop and evaluate new and on-going courses and supports our instructors.

Events Committee
Develops a variety of events to encourage our members to get to know one another and build friendships. The committee organizes social functions by planning, hosting and participating in the events.

Course Host
Serves as a course liaison throughout the semester. The host gets the course started by introducing the instructor and making announcements. They assist the instructor by taking attendance, handing out materials, and setting up A/V or other equipment, as needed. Training is provided.

Teach or Lead a Course
Would you like to share a skill or special interest with our Lifelong Learning Program members and other adults? Teaching or leading a course is an exciting opportunity and a valuable contribution to our program. If you know someone who would make a good instructor for our program, please contact us. To print the course proposal form visit llp.ecu.edu.

To find out how you can become more involved, please call 252-328-9198 or email us at llp@ecu.edu.

Donations and Sponsorships

Lifelong Learning Program courses, events and trips are made possible through memberships, program fees, donations and sponsorships.

Sponsorship levels are available in:

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Call our office to discuss donation and/or sponsorship opportunities. Donations can also be made online at llp.ecu.edu by clicking on “Support/Give”.

llp.ecu.edu | 252.328.9198
Webex Virtual Platform

All courses will be provided via the Webex Virtual Platform.

**Course Invitation**
A week before the class start date, registered participants will receive a calendar invite from Webex. If accepted, it will populate the course event on your email calendar.

**Joining the Meeting**
You will be able to join the class via phone, smartphone, tablet, laptop, or desktop computer. Your invitation will contain a green "Join" button, as well as instructions for joining by phone.

**Using the Features**
If you join using a computer or tablet, there will be several icons to take notice of: the microphone, the video, the share screen, the participant list, the chat box, and the icon with the "X" that you click when you are ready to leave the course meeting. When the icon is red, that particular feature is activated. To disable a feature, click the respective icon. Please make sure to disable your camera feature prior to entering the meeting room by clicking the icon that resembles a video camera.

**Other Helpful Features and Tips**
The Picture or initials of the individual speaking will show on the main screen with the chat feature on the right-hand side. You will be able to ask questions via the chat box. Click on the icon that has a hand in the middle of it next to your name in the chat box to indicate you would like to ask a question. A red microphone icon with a slash through it next to a participants name in the chat box indicates that person's microphone is off.

Additional Visual Instructions can be found [HERE](#). You can also view a short tutorial on how to join a webex meeting and use its basic functions below.
ENRICHING THE FUTURE
SYMPOSIUM ON AGING

TUESDAY, OCTOBER 20, 2020

TOPICS:

• CBD Oil and It’s Benefits - TBD
• MIND Your Memory - ECU Family Medicine
• Resources for Caregivers - ECU Geriatrics Workforce Enhancement Program
• Estate and Legal Affairs - Graham Nuckolls Conner Law Firm
• Alzheimer’s Research - ECU Wooten Lab
• Aging in Place - Mid-East Commission Area Agency on Aging

REGISTRATION OPENS 9/21

Registration required
Register at llp.ecu.edu or call (252) 328-9198

7:30 a.m. - 1:00 p.m.
Interactive Webinar
$20/person