

LIFESPRING

Saugerties Adult Learning Community

Fall 2020

ONLINE-ONLY COURSES



Lifespring

Town Hall
4 High Street
Saugerties, NY 12477

email: lifespring.saug@gmail.com or
lifespringtaskforce@gmail.com
website: lifespringsaugerties.com

WELCOME

Lifespring Online Courses for Fall 2020

New circumstances have led to new ways of learning for many people around the world, and we're excited to announce that Lifespring is joining those who are now using technology to facilitate lifelong learning.

The fall 2020 semester will present four online courses for Lifespring members so that we may continue to come together, virtually with Zoom, to share our knowledge and interests and stimulate our minds in new and creative ways. If you need assistance with the technology, there will be online Zoom training offered before the semester begins to familiarize you with how it works or to provide a refresher if you're already familiar with the technology.

Please note that classes will not be recorded and the recording option will not be available during the online session.

Membership and Fees

All current Lifespring members are encouraged to register for these courses. No fees are necessary; your 2019/2020 membership year has been extended through December 31, 2020 at no additional cost. Lifespring will *not* be accepting any new members for the fall semester, but we are hopeful that we will be able to accept new members for spring 2021.

For additional information about membership, please visit the Lifespring website at:
www.lifespringsaugerties.com

Semester Dates and Schedule

Online Zoom classes will begin on Wednesday, September 30, 2020 and will continue for six weeks through Wednesday, November 4, 2020.

There will be an A period and a B period and you may select one course in each period.

Each class runs for 1 ¼ hours and is followed by 15 minutes of "chat" time, when participants may interact with one another and the Presenter, or may choose to "leave."

The A period begins at 9:30 am
The B period begins at 11:30 am

There is a 30 minute break between the A and B periods for you to pause and refresh!

You may select either one or two courses. All Lifespring courses will be for current Lifespring members only. Any member who wishes to attend must register, and registration will be online only in an easy to use format. **The deadline for registering is September 15, 2020.** (See page 6 for "How to Register for Online Courses.")

COURSE OVERVIEW

Wednesdays: September 30, October 7, 14, 21, 28, November 4

A PERIOD 9:30 — 10:45 followed by a 15 minute optional “chat” time

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B PERIOD 11:30 — 12:45 followed by a 15-minute optional “chat” time

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Lifespring’s goal is academic: to provide a variety of courses for your consideration and reflection. Our curriculum committee makes every effort to schedule presenters who are experienced professionals and enthusiasts; however, Lifespring does not either recommend or not recommend the services or products of any presenter or guest speaker.



COURSE DESCRIPTIONS

A1 *Opera as Politics*

Wed. September 30,
October 7, 14, 21, 28, November 4
9:30 am – 10:45 am
followed by a 15-minute optional “chat” time

In this multi-year course (no previous attendance or experience necessary), we will discuss selected operas in the context of governmental, sexual, economic, racial, and religious politics, and we’ll examine what these operas have to say to us today. Planned lectures include discussions of Mozart’s *Don Giovanni*, Verdi’s *Nabucco* and *Don Carlo*, Wagner’s *Die Walküre*, Puccini’s *Madama Butterfly* and *Turandot*, Gershwin’s *Porgy and Bess*, and Adams’ *Dr Atomic*. Video of opera excerpts will be presented as political themes are developed. Whether you’re an opera fan or new to opera, this course will be sure to inspire and delight.

Presenter

Chuck Mishaan continues to develop a syllabus examining the intellectual, political, and artistic history of Western Europe from the period of the Enlightenment to the present day. He has been presenting his popular classroom series on *Opera as Politics* for several years at Lifespring and other area LLIs. He has been a guest lecturer at the Bardavon Opera House in Poughkeepsie, the Starr Library in Rhinebeck, and at the Rhinebeck Chamber Music Society.

A2 *Ecological Exploration – How the Natural World Works*

Wed. September 30,
October 7, 14, 21, 28, November 4
9:30 am – 10:45 am
followed by a 15-minute optional “chat” time

Join us for this overview of the field of ecology and an introduction to topics and key concepts intended to build environmental literacy. We will explore environmental services we receive from the natural world, species populations, and ecological communities and ecosystems. Biodiversity, the importance of conservation, and the impacts of invasive species and climate change will be discussed, as well as how human introductions of nutrients and pollution effect ecosystem function and what we can do to support sustainable ecosystems.

Presenter

Leslie Surprenant has a B.S. degree in Forest Biology from the SUNY College of Environmental Science and Forestry and has completed a number of graduate courses in environmental studies. She had a 35-year career with the Department of Environmental Conservation (DEC) with 17 years as an aquatic/fish biologist and 10 years as a conservation biologist administering and guiding New York’s invasive species program.

*“Those who contemplate
the beauty of the earth find
reserves of strength that will
endure as long as life lasts.”*

— Rachel Carson

B1 *World Events through the Eyes of Photojournalism*

**Wed. September 30,
October 7, 14, 21, 28, November 4**
11:30 am – 12:45 pm
followed by a 15-minute optional “chat” time

From prehistoric caves, through the heyday of picture magazines, to the latest refinements of the Internet, photojournalism has been a powerful and meaningful reflection of world events. This course examines how photojournalism relates to global perception, from the earliest war photography, through the social upheavals of the 20th century, to a kaleidoscope of modern events affecting the lives of humanity. Drawings, daguerreotypes, glass plates, film, motion picture, and digital imaging that profoundly changed the public’s perception of key events and social movements will be viewed and discussed during the course.

Presenter

Gary Miller is a veteran photojournalist, filmmaker and live television director with more than forty years of experience for clients like The New York Stock Exchange, *Time* magazine, *Newsweek*, corporate Fortune 500 companies, museums, and galleries. He has taught freelance photography at The New School for Social Research, and he is the author of *Freelance Photography* in Petersen’s How-To photographic library.

“Observe the life moving like a river around you ... and realize that the images you make may become part of the collective history of the time that you are living in.”

— *Eli Reed*

B2 *Dealing with the World of Medical Care Now*

**Wed. September 30,
October 7, 14, 21, 28, November 4**
11:30 am – 12:45 pm
followed by a 15-minute optional “chat” time

Seniors are always concerned about their health and how to age gracefully, but none of us have ever had to deal with healthcare in the middle of a pandemic. This course will consider a number of philosophical and practical issues regarding senior health. Presentation topics include: dealing with ageism and communication with medical professionals, risk assessment in the balance of staying safe and having a life, the reality of medical errors and how to protect your health, medical ethics and issues of patient autonomy, beneficence, justice, and patient responsibility, and moral choices when facing the end of life.

The course is team taught by Norm Bowie and Carolyn Siewers. Norm will discuss philosophical and organizational overviews, how to make seemingly impossible medical and personal decisions during the COVID-19 pandemic, and the reality of medical errors. Carolyn will contribute experiences and anecdotal insights and will explore practical and pragmatic considerations for determining your own healthcare.

Presenters

Norman Bowie has a PhD in philosophy with a specialization in political philosophy. He is Professor Emeritus, Carlson School of Management, at the University of Minnesota, and he is the co-author of *The Individual and the Political Order* as well as numerous articles in professional journals.

Carolyn Siewers is a retired Certified Occupational Therapy Assistant with more than 25 years in the medical field. She has significant experience presenting medical information in plain language for individuals and families to make informed choices in healthcare, and she has extensive experience with the navigation of healthcare systems and services, medical terminology and jargon, medical procedures, and reviews of medical research.

HOW TO REGISTER FOR ONLINE COURSES

Registration for fall Lifespring courses will be online only; a Google Registration Form will be emailed to all Lifespring members from the Registrar in the coming week.

As with in-person courses, this semester's online courses are for Lifespring members only. **You must register for a course in order to attend;** the Zoom courses will not be recorded.

To enroll in the course(s) of your choice, you will simply click on a FILL OUT FORM button within the email that you will receive. Enter your personal information, check off your course selections, and click on SUBMIT.

You will receive an immediate confirmation that your registration has been successfully submitted along with a listing of the course selections you have made.

If you plan to view your course on the same computer/device as a family member or friend who is also a Lifespring member, only one person needs to register. If you experience any difficulty filling out the form or have other questions, send an email to **lifespringtaskforce@gmail.com**

Within a week of registering, you will receive a separate Zoom email invitation for each course in which you are enrolled. This will serve as a confirmation that you are registered in the course and will provide the link to log onto the course. You will also receive a reminder closer to the start date.

There will be an opportunity for you to sign up for a Lifespring Zoom review course in September, where you will be able to learn or refresh your Zoom "How-To" information and skills.

To ensure that your registration form goes into your email INBOX, please add this address to your email contacts list: registrar@lifespringsaugerties.com

Please note: The final day for fall registration is September 15, 2020.

There is NO Registration Form included in this online course catalog; you will receive a Google Form, in a separate email, as described above.

Feedback

We welcome your thoughts, suggestions, opinions, and ideas about ways we can all get through this pandemic together while keeping our learning community vibrant, strong, and safe.

Please send any comments or questions to: **lifespring.saug@gmail.com**

BOARD OF DIRECTORS & TRANSITION TEAMS

Beginning in mid-March, when we became aware that the COVID-19 global pandemic was going to vastly affect all of us, the Lifespring Board of Directors has guided the organization through the steps necessary to keep our organization going and to take the actions and efforts necessary to make possible these online courses for the fall 2020 semester. Our entire membership is grateful for the creative and considered approach of the Board members and the relevant committees, particularly the special Online Task Force that developed the plans and strategy to keep us a vibrant and vital lifelong learning organization during these challenging times.

Board of Directors

August 1, 2020 - July 31, 2021

President	Susan Puretz
Vice President	Natalee Rosenstein
Secretary	Maureen Bybee
Treasurer	Peg Nau
Registrar	Laura Phillips

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Program Support	Susan Krompier

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Diane McDowell
Maureen Huben
Lucy Stagich
Leslie Surprenant

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Class Managers	Lee Gable
Publications	Susan Greenstein

Online Task Force

Laura Phillips, *Coordinator*
Maureen Bybee
Rich Davis
Anne Miller
Mary Porter Hall
Carolyn Siewers

