

# LIFESPRING

*Saugerties Adult Learning Community*

## Mini Courses

FEBRUARY 2022



*Lifespring*

Town Hall  
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# WELCOME

## *Lifespring Continues: New February Mini Courses! Two Weeks and Too Good to Miss!*

**Lifespring continues to adjust to new ways of offering our members education opportunities safely through Zoom in the comfort of one's own home.**

These new-for-2022 February Mini Courses are a way that we can come together virtually to share our knowledge and interests and stimulate our minds in new and creative ways.

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

### *Membership and Fees*

Courses are open to all Lifespring members and to non-members who would like to participate as guests and have an easy introduction to our lifelong learning organization's offerings.

There are no additional course registration fees for these February Mini Courses. Members and guests may attend free of charge.

### *Dates and Schedule*

**Each online Zoom course will consist of two sessions, February 2 and February 9.  
You may choose one course from each time slot.**

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

**A Period is 9:30 am – 10:45 am**

**B Period is 11:30 am – 12:45 pm**

There is a 45-minute break between the A and B periods for you to refresh!

You may select one course from each time period, or just select one course from one time period. No course changes are permitted between the two weeks. Registration is online only using a Lifespring Registration form. **See Page 8 for Detailed Registration Information.**

# COURSE OVERVIEW

*Two Wednesdays: February 2 and February 9*

## A PERIOD 9:30 am – 10:45 am

- |           |                                       |        |
|-----------|---------------------------------------|--------|
| <b>A1</b> | The “Magic” of Rocks, Goats, and Time | page 4 |
| <b>A2</b> | Office of the Aging Special Programs  | page 5 |

## B PERIOD 11:30 am – 12:45 pm

- |           |   |        |
|-----------|---|--------|
| <b>B1</b> | Restorative Practices in Criminal Justice and the Community | page 6 |
| <b>B2</b> | A Visit with Jon Bowermaster                                | page 7 |

**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** *The “Magic” of Rocks, Goats, and Time*

**Two Wednesdays: February 2 and 9, 9:30 am – 10:45 am**

Have you ever had the experience where a farfetched idea you have starts to materialize, and then, as it gets closer to reality, you begin to wonder if you should go through with it? Because of self doubt, some will back away, but others will run right toward the fire. In 2000, Presenter Karen Soubeyrand, a 44-year old with no backpacking experience began hiking the Appalachian Trail. Her AT hike turned out to be everything she thought it would be and so much more. Although some people refer to a long-distance backpacking trip as a coming of age experience, Karen says, “We hikers prefer to call it Magic.” Join us on this virtual experience of adventure and discovery!

### **Presenters**

**Karen Soubeyrand**, a retired property manager living in Holland, Ohio, is a wife, mother, and grandmother. In 1999, after she and her husband sold their apartment building and her elderly mother passed away, she had an unexpected window of free time coupled with good health and few responsibilities, which led to the plan of hiking the Appalachian Trail. Karen notes that “Hiking the AT not only formed lifelong friendships with AT legends like Mad Mike Davis, who will also contribute to this program,” but also shaped her outlook on nature and society. Currently, Karen continues to hike in the Sierra Nevada backcountry, and she has hiked more than 1,000 miles of the Pacific Crest Trail as well.

**Mad Mike Davis**, started long-distance hiking as a celebration of his 50th birthday in 1992 when he backpacked the 265-mile Long Trail in Vermont. Then in 1998, backpacking the Appalachian Trail became his next goal, which he hiked in 600-mile segments until he finally stood on Mount Katahdin in Maine in September 2020. He continued some additional trips each year on the Pacific Crest Trail with Karen, aka Rikki Tikki Tavi, whom he had met on the AT where they became hiking partners during days of walking and struggling. Their partnership turned into a lasting friendship as they dealt with the bugs, heat, cold, storms, boredom, some unpleasant people, and long days, all with the support of their families.

## **A2** *Office for the Aging Special Programs*

**Two Wednesdays: February 2 and 9, 9:30 am – 10:45 am**

### **Week 1, February 2**

#### **Two Important Medicare Programs**

Participants will learn about two useful programs that are coordinated through the Offices for Aging throughout New York State – the Health Insurance Information Counseling and Assistance Program and the Medicare Savings Program. Information will be provided on how coordinators and volunteers in these programs help citizens eligible for Medicare plans choose and change plans, as well as providing information and general, non-partisan advice about available plans in our area.

#### **Presenter**

**Bob Meci** has coordinated the HIICAP (Health Insurance Information Counseling and Assistance Program) since 2011. Bob retired from the US Department of Veterans Affairs in 2011, having served in various capacities for 22 years. During his time in the Department of Veterans Affairs, he was a research policy analyst in several northeastern VA Medical Centers, including the Manhattan/Brooklyn (New York Harbor) Medical Center as medical research administrator, and as a senior policy analyst and program administrator at the VA Central Office in Washington, DC.

### **Week 2, February 9**

#### **Safety in the Home**

Participants will learn multiple ways for keeping oneself safe in one's home. Current best practices will be discussed, including how to conduct a home safety assessment, lighting, obstacles, vision resources, if needed, and practical solutions to keeping oneself safe. Tips for avoiding falling prey to scams that target senior citizens, as well as some practices for maintaining balance and strength as one ages to avoid falls and hospitalization will also be discussed.

#### **Presenter**

**Susan Koppenhaver** is the Director of the Office for the Aging in Ulster County. She has been a healthcare administrator her entire career, spanning nursing home and home-care administration, practice management, enriched housing, foster family care, and drug rehabilitation. She received her Master's degree in Public Health from Columbia University in 1994.



## **B1** *Restorative Practices in Criminal Justice and the Community*

Two Wednesdays: February 2 and 9, 11:30 am – 12:45 pm

### Week 1, February 2

#### **Restorative Justice: The Criminal Justice System Response to Mass Incarceration**

Restorative justice is an approach to justice that seeks to repair harm by providing an opportunity for those harmed and those who take responsibility for the harm to communicate about and address their needs in the aftermath of a crime. This process enables everyone affected by a particular incident to play a part in repairing the harm and finding a positive way forward.

First, we will cover the ideological basis and methodology for the approach, and then we will discuss the different models for carrying out these “approaches” using examples from real life situations. **Important Note:** This session has been extended to end at 1 pm.

#### **Presenter**

**Dr. Ivan Godfrey** is uniquely qualified to present this course having worked at the New York State Office of Mental Health, Bureau of Forensic Services. After working as a Correction officer at various New York State prisons for 20 years, he then served as a Psychological Evaluator & Re-entry Coordinator in prisons and jails. He is currently an Associate professor teaching Criminal Justice and Behavioral Science courses at SUNY Ulster Community College. He also teaches Forensic Mental Health and Social Work courses at both Russell Sage and SUNY Albany. Locally, Dr. Godfrey is a member of the Ulster County Restorative Justice Task Force.

### Week 2, February 9

#### **Conflict Resolution in the Community**

The multiple services and programs of the **Dispute Resolution Center**, celebrating forty years in 2022, will be explored. Participants will learn about the mediation process and how it works, and examples of the various types of cases that have been mediated through the DRC will be discussed. Information will be provided on how to become a certified mediator to volunteer for the DRC and also about the Court Appointed Special Advocate (CASA) Program and how to volunteer for that program as well. The DRC provides support to residents of Ulster, Orange, Sullivan, and Putnam counties, including community resolution and court for small claims, family mediation, youth and elder care issues, and Special Education & Lemon Law concerns. Examples of the various types of cases that have been mediated through the DRC will be discussed.

#### **Presenter**

**Donna Ramlow**, a certified mediator, is Executive Director of the Dispute Resolution Center (DRC) and has been with the DRC for 29 years working in the Alternative Dispute Resolution field. Ms. Ramlow began working with the agency in 1992 as a CASA volunteer. During her time with the DRC, she has been involved in the development and implementation of a majority of the DRC's new programs and contracts. Currently she provides training to mediator and CASA volunteers, teaches Parent Education for the agency's Department of Social Service contract, and provides conflict resolution training to various businesses and agencies throughout the four counties the DRC serves.



## B2 *A Visit with Jon Bowermaster*

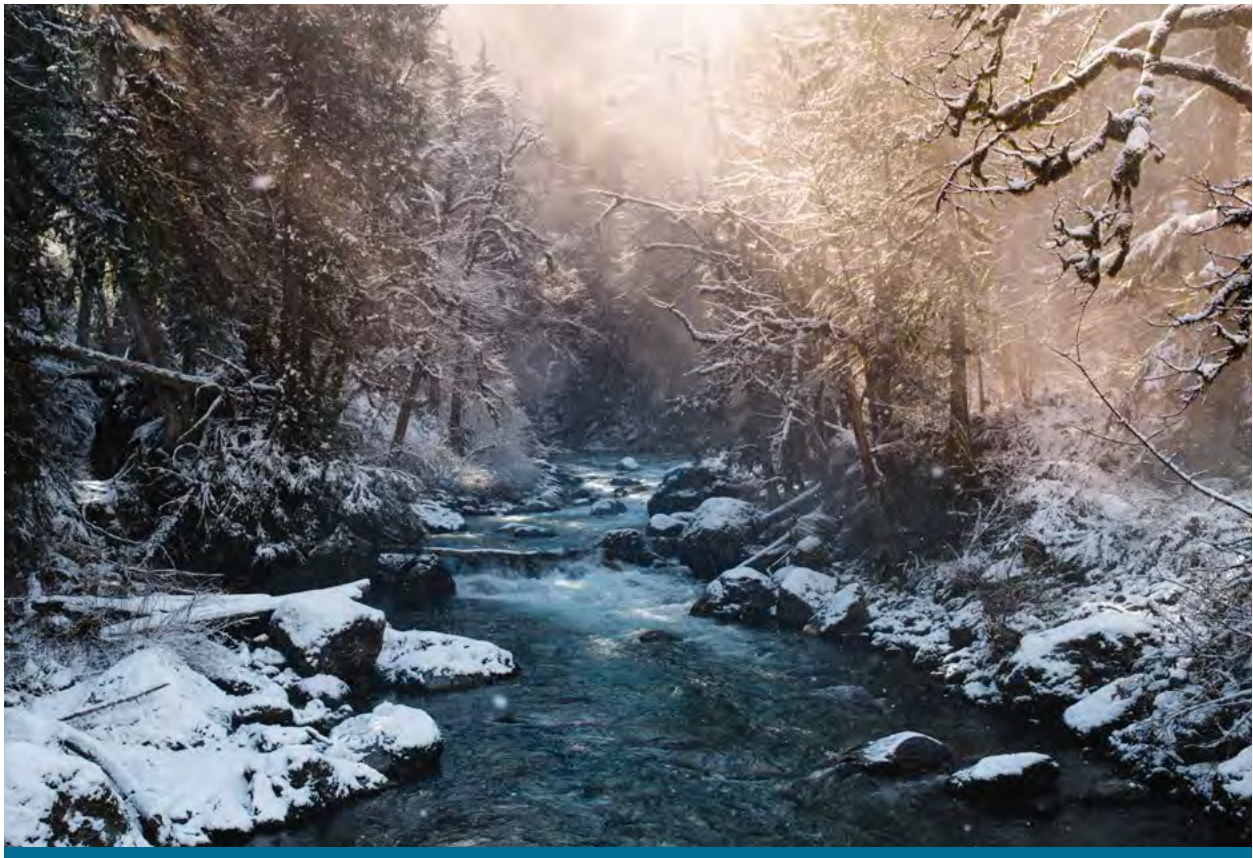
Two Wednesdays: February 2 and 9, 11:30 am – 12:45 pm

Through videos, archival footage, and conversation, Jon Bowermaster will present two sessions that shine a documentary spotlight on environmental issues around the world, as well as at issues here in the Hudson Valley. The first session on February 2nd will focus on the big, international expeditions and films that he has done for the National Geographic Society. The second session on February 9th focuses closer to home and will include new work from the Hudson River Stories project. Prepare to be inspired!

### Presenter

**Jon Bowermaster** is a writer, filmmaker, environmentalist, and adventurer. He has written 11 books and directed/produced more than 30 documentary films with an environmental focus. Jon is a six-time grantee of the National Geographic Expedition Council and is nationally and internationally recognized for his work. For the last several years, Jon and his team have made a series of short films focused on the environmental risks and issues, as well as hopes and successes

here in the Hudson Valley. Jon also hosts the Green Radio Hour every Sunday on Radio Kingston and takes a personal look at environmental issues impacting the Hudson Valley and beyond. Jon, who has lived in the Hudson Valley for more than 30 years, will share samples of his amazing films and talk to us about his unique and highly engaging career and work. You can learn more about Jon's work at [oceans8films.com](https://oceans8films.com) and [hudsonriverstories.com](https://hudsonriverstories.com).



# HOW TO REGISTER FOR FEBRUARY MINI COURSES

**These courses are open to both Lifespring members and guests. There is no fee for enrolling. Registration is online only.**

*Registration is online. [Click here to register now.](#)*

**If you are unable to open this link, you may also request an online registration form by sending an email to: [registrar@lifespringsaugerties.com](mailto:registrar@lifespringsaugerties.com)**

*The deadline for registering is Thursday, January 27, 2022.*

**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, simply click the link to the registration form, shown above. Enter all of the required information and click on submit. Class sizes are not limited and you will be enrolled in the courses for which you register.

You will receive an immediate confirmation that your registration has been submitted successfully, along with a listing of the course selections you have made. If you do not receive the Google Registration Confirmation email, please check your SPAM or JUNK folder.

Within 24 hours after registering, you will receive a separate email for each course, which will contain access information, including a Zoom link for both weeks of the course.

If you have difficulty filling out the registration form, or if you do not receive your Zoom invitation, please contact **[registrar@lifespringsaugerties.com](mailto:registrar@lifespringsaugerties.com)**

## *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](mailto:lifespring.saug@gmail.com)**



# BOARD OF DIRECTORS & TRANSITION TEAMS

Beginning in mid-March 2020, 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 several semesters via Zoom, as well as Winter Presentations and these February Mini Courses. 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, 2021 - July 31, 2022*

<b>President</b>	Susan Puret
<b>Vice President</b>	Natalee Rosenstein
<b>Secretary</b>	Maureen Bybee
<b>Treasurer</b>	Peg Nau
<b>Registrar</b>	Laura Phillips

## Board Committee Coordinators

<b>Curriculum</b>	Connie Cuttle
<b>Events &amp; Hospitality</b>	Colleen Greco Maureen Huben
<b>Membership</b>	Susan Davis
<b>Program Support</b>	Susan Krompfer

## Members-at-Large

Lee Gable	Anne Miller
Maureen Huben	Leslie Surprenant
Diane McDowell	

## Ad Hoc Standing Committees

<b>A/V</b>	Rich Davis
<b>Class Managers</b>	Lee Gable
<b>Publications</b>	Susan Greenstein

## Online Task Force

<b>Coordinator</b>	Laura Phillips
Rich Davis	
Colleen Greco	
Anne Miller	
Carolyn Siewers	

