



LifeLong  Learning

FALL 2024 COURSE CATALOG

SPRINGFIELD
COLLEGE



LifeLong Learning

Fall 2024 Programs



About Us

The Springfield College Institute for LifeLong Learning (LLL) was established in 1989. Membership in LLL will help satisfy your passion for learning. LLL offers spring and fall semester classes on current affairs, film, books, and a variety of other subjects of interest to an inquiring mind. Classes are held on the Springfield College campus and other local venues. The LifeLong Learning program also offers occasional receptions, field trips, and travel to encourage an atmosphere of camaraderie and companionship while learning about topics of interest to those who are 55 and older. LLL is part of the continuing studies program at Springfield College. One fee includes access to all LLL class sessions. Additional fees apply for some activities as noted.

Fall 2024 sessions feature a wonderful array of offerings from September 16 to November 22 for the discerning person. Some of our most popular instructors return with new topics to share.

It is with gratitude that the LLL staff thanks all instructors in the program who generously volunteer their time and expertise to present these classes and sessions to our members.

Membership Fee

- Individual: \$25 per semester (reduced fee for fall 2024)

Benefits of Membership

- May enroll in all LLL classes
- Priority registration for all LLL trips
- Free campus parking

Registration Protocol

Registration for all classes and events is required.

- You may register for as many classes as you plan to attend, but please do not "over" register. If you sign up for a class with limited enrollment and find that you cannot attend, please notify the LLL staff as early as possible at lifelonglearning@springfield.edu. *There is almost always a waiting list and we can give the next person in line an opportunity to attend.*
- The LLL staff reserves the right to limit course registration due to classroom space limitations or due to the nature of the course.
- The LLL staff reserves the right to cancel classes if circumstances require.
 - Illness of the instructor
 - Poor weather
- Every attempt will be made to notify members by email if a class is cancelled.

There are three ways you can register for classes this semester:

1. **By mail:** Please complete the registration forms (found at the back of this brochure) and mail them, with a check made out to Springfield College LifeLong Learning, Springfield College, 263 Alden Street, Springfield, MA 01109
2. **Online:** Register online with the Google Form found at springfield.edu/LLLregistration2024
3. **In Person:** Registration Forms will be available at the Kick-Off Coffee Hour on Tuesday, September 17

Kick-Off Coffee Hour

Please join us for an informal social gathering at our kick-off coffee hour on Tuesday, September 17 from 10-11:30 a.m. at the Brennan Center, Room No. 5.

During this time, we will be assisting with course enrollment, accepting registration fees, and answering any questions you may have. Erin Futrell, PhD, assistant professor of Physical Therapy, will also be giving a talk about statistics regarding falls and share some preliminary results from the current fall-prevention study.

Questions or Concerns?

Contact lifelonglearning@springfield.edu.

Notes:

1. You will notice that there are some sessions with size limits. The size of the class is limited by space in the classroom or request of the instructor, based on the activity.
2. Loomis Lakeside at Reeds Landing parking now includes spaces in the front marked as "Visitor."

Meet Your Instructors



Catherine Banks retired from Springfield College after serving for many years as the associate dean of students. After retiring from the College, she served in a leadership role with People to People for the next eight years working both in their Leadership Summit in Washington, D.C., and in their International Program. In the International Program, she traveled all over the world with high school students from Western Massachusetts.



Jim Bates is a 1979 graduate of Springfield College and became interested in the subject matter of President Kennedy while a student at the College after attending an evening seminar on the subject. He has spent the last 40-plus years devouring material on the JFK assassination and on the presidency. This includes books, tapes, seminars, and trips to Dealey Plaza in Dallas, Texas, the site of the assassination. Bates spent 35-plus years in the cable programming business where he worked on the creation and building of cable television networks. He is currently the Director of Major Gifts at the College.



Robert Loesch has presented nine LifeLong Learning programs since 2017. A retired United Church of Christ clergy, he is a graduate of Oberlin College, Yale Divinity School, and Hartford Seminary (now known as Hartford International University for Religion and Peace). He has been a Springfield resident for 30 years.



Elizabeth O'Neill, DPE, is a professor of Exercise Science and serves as the program director for the Applied Exercise Science major for the Department of Exercise Science at Springfield College. She is an American College of Sports Medicine certified exercise physiologist and a National Strength and Conditioning Association certified strength and conditioning specialist. Her teaching and research interests focus on exercise as medicine.

Dietrich Schlobohm, PhD, taught at Springfield College for 36 years. He holds a PhD in American History from Michigan State University. Schlobohm's area of specialization is the environmental history of America. He is also a nature educator with a lot of experience working with children at Arcadia Wildlife Sanctuary and leading nature walks in West Springfield, Mass.

Murray Watnick MD, is board certified in diagnostic radiology and nuclear medicine. He graduated from Columbia University and MD State University of New York. His residency was done at Boston City Hospital Diagnostic Radiology and Radiotherapy. He served as a medical officer with Strategic Air Command (SAC) and Third Air Force. For more than two decades, he worked as a diagnostic radiologist at a community hospital in Westfield, Mass., with positions of chief radiologist and president of the medical staff. He also worked as a radiologist at the Veterans Affairs Medical Center in Leeds, Mass., including working with returning combat veterans suffering from post-traumatic stress disorder. He has served as a temporary advisor in radiology for the World Health Organization to promote the World Health Imaging System, including trips to Central America. His teaching clinical appointments include the University of Massachusetts, University of Connecticut, Harvard University, and Boston University, the latter as associate professor.

William Simpson Fine Arts Series at Springfield College



The new season of the William Simpson Fine Arts Series at Springfield College will entertain and inspire. Experience the arts with magnificent work from artists and performers from both inside and outside the Springfield College community. Attendees will be dazzled by dance performances, captivated by art exhibitions, and delighted by concerts and literary events.

All programs are open to the public, and most events are free of charge unless otherwise noted. Visit springfield.edu/simpson to discover the full fall 2024 series schedule of events.

If you would like to receive email reminders before each event, we encourage you to email us at vapa@springfieldcollege.edu.

Fall 2024 Program Descriptions

1. JFK The Presidency

John F. Kennedy was the youngest president elected in 1960 at 43. He also won the closest election, at that time, by less than 150,000 votes. He was known as a “foreign policy” president since much of his 1,000 days in office were highlighted by various crises around the world. However, he did have a domestic agenda, highlighted by his Civil Rights bill.

In this lecture, Jim Bates '79, who has given many JFK-related lectures in the past, will delve into JFK's presidency. In doing so, the lecture will give a detailed overview of JFK's presidency and the various dilemmas encountered during his brief time in office. John Kennedy was pressured more than any other president to go to war, and yet he resisted the many chances to do so.

Date: Tuesday, September 24

Time: 10 a.m. to Noon

Location: Springfield College, Brennan Center, Room No. 5

Instructor: Jim Bates, Director of Major Gifts, Springfield College Office of Development

2. Talking Books

Catherine Banks returns to lead a group of avid readers to discuss books that they have read and recommend, and to discuss the book assigned to that session. There will be three sessions.

Please join us to discuss the following books:

- *American Dirt* by Janine Cummins
“*American Dirt* is both a moral compass and a riveting read. I couldn't put it down. I'll never stop thinking about it.” Ann Patchett - Author
- *Remarkably Bright Creatures* by Shelby Van Pelt
“Truly original and touching, *Remarkably Bright Creatures* is a story of family, community, and optimism in spite of darkness. Prepare to fall in love with a most exceptional octopus.
Helen Hoang - Author
- *Three Sisters* by Heather Morris
There was one promise that the three sisters were asked to make - to stay together at all costs. *Three Sisters* by Heather Morris tells of survival and love, from Slovakia to Auschwitz to Israel.

Dates: Session 1: Friday, September 27

Session 2: Thursday, October 31

Session 3: Friday, November 22

Time: 10:30-11:30 a.m.

Location: Springfield College, Brennan Center, Room No. 5

Instructor: Catherine Banks, Retired Associate Dean of Students, Springfield College

3. Exercise is Medicine: Personalized Fitness Program

Exercise is a powerful tool to optimize one's health and well-being. Engaging in regular physical activity can aid in managing chronic health conditions, improve fitness, and support activities of daily living. This course will offer participants an opportunity to learn more about their fitness level and receive custom exercise prescription and personal training.

Attendance at all sessions is required.

*Enrollment is limited to 11 participants. If you would like to be added to the "waitlist," please email lifelonglearning@springfield.edu.

Dates: Session 1: Thursday, October 3
 Session 2: Thursday, October 10
 Session 3: Thursday, October 17
 Session 4: Thursday, October 24
 Session 5: Thursday, October 31
 Session 6: Thursday, November 7
 Session 7: Thursday, November 14
 Session 8: Thursday, November 21

Time: 2:45-3:45 p.m.

Location: Springfield College, Wellness Center

Instructor: Elizabeth O'Neill, DPE, Springfield College, Program Director for the Department of Exercise Science and Professor of Exercise Science

4. Environmental Medical Emergencies, Vacation Dangers: Mistakes and Strategies

Topics to be included:

1. High altitude illness
2. Frostbite and hypothermia
3. Rip tides and currents and near-drowning
4. Lightning strikes
5. Heat-related illness
6. Radiation injury (with discussion of the electromagnetic spectrum)

Audience members will be encouraged to share personal experiences.

Date: Thursday, September 26

Time: 11 a.m. to Noon

Location: Springfield College, Brennan Center, Room No. 5

Instructor: Murray Watnick, MD

5. Edith Wharton (1862-1937), American Author

Edith Wharton was one of the most popular female American authors during the first 40 years of the 20th century. Robert Loesch will tell her story of growing up in Manhattan and then designing, building, and financing her estate, The Mount in Lenox, and her lifetime of writing and publishing from 1895 until she died in 1937 in Paris. As a former professional tour guide at The Mount, Loesch has a wealth of knowledge about her life and The Mount.

Date: Friday, October 4

Time: 10-11:30 a.m.

Location: Loomis Lakeside at Reeds Landing

Instructor: The Rev. Robert Loesch

6. Colonial American History: Part 9

Part 9 of our course will examine the American Indian, Black Robe (DVD), and American Society in the 18th Century: Social Classes.

Dates: Session 1: Wednesday, November 6
Session 2: Wednesday, November 13
Session 3: Wednesday, November 20

Time: 10-11:30 a.m.

Location: Springfield College, Brennan Center, Room No. 5

Instructor: Dietrich Schlobohm, PhD

7. JFK: "Just Plain Dumb Luck"

This lecture is an in-depth review of the Cuban missile crisis of 1962. Drawing on several resources, the lecture illustrates just how close we came to nuclear Armageddon. JFK is often portrayed as the hero in this, but there were several others who played vital roles in its avoidance.

Date: Thursday, November 7

Time: 10 a.m. to Noon

Location: Springfield College, Brennan Center, Room No. 5

Instructor: Jim Bates, Director of Major Gifts, Springfield College Office of Development

LifeLong Learning Fall 2024 Membership and Registration Form

Name 1: Last Name _____ First Name _____

Name 2: Last Name _____ First Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email Address _____

New member Yes

Returning member Yes

I am 55 years old or older. Yes No

Registration for programs

Membership fee, single: \$25 (reduced fee for fall 2024) \$25

Donation to the Marilyn Cohen Spirit Award for Physician Assistant (optional) \$ _____

This award was established by Learning in Later Life (now called LifeLong Learning) in memory of founding member Marilyn Cohen, who was instrumental in the establishment of the Learning in Later Life program. She also was supportive of the health sciences programs at Springfield College. The Marilyn Cohen Scholarship is awarded to a student in the physician assistant program.

TOTAL: \$ _____

Check enclosed payable to Springfield College Yes No

Please fill out both sides of this form and mail it with your check (payable to Springfield College), to Springfield College, LifeLong Learning, 263 Alden St., Springfield, MA 01109, or bring it and your check with you to register in person. Keep a copy of this registration for your reference during the semester.



LifeLong Learning Fall 2024 Class Selection

Check the box(es) at the right after each offering for which you want to register. Please register only for those sessions you really intend to attend. **Please fill out both sides of this registration form and submit it for email or mail-in registration.**

Class Session	Location	Date	Time	You	Other
1. JFK The Presidency	Brennan, Room 5	Tuesday, September 24	10 a.m. to Noon		
2. Talking Books					
Session 1	Brennan, Room 5	Friday, September 27	10:30-11:30 a.m.		
Session 2	Brennan, Room 5	Thursday, October 31	10:30-11:30 a.m.		
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3. Exercise is Medicine: Personalized Fitness					
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Session 6	Wellness Center*	Thursday, November 7	2:45-3:45 p.m.		
Session 7	Wellness Center*	Thursday, November 14	2:45-3:45 p.m.		
Session 8	Wellness Center*	Thursday, November 21	2:45-3:45 p.m.		
4. Environmental Medical Emergencies	Brennan, Room 5	Thursday, September 26	11 a.m. to Noon		
5. Edith Warton, American Author	Loomis Lakeside	Friday, October 4	10-11:30 a.m.		
6. Colonial American History: Part 9					
Session 1	Brennan, Room 5	Wednesday, November 6	10-11:30 a.m.		
Session 2	Brennan, Room 5	Wednesday, November 13	10-11:30 a.m.		
Session 3	Brennan, Room 5	Wednesday, November 20	10-11:30 a.m.		
7. JFK: "Just Plain Dumb Luck"	Brennan, Room 5	Thursday, November 7	10 a.m. to Noon		

*Springfield College main campus

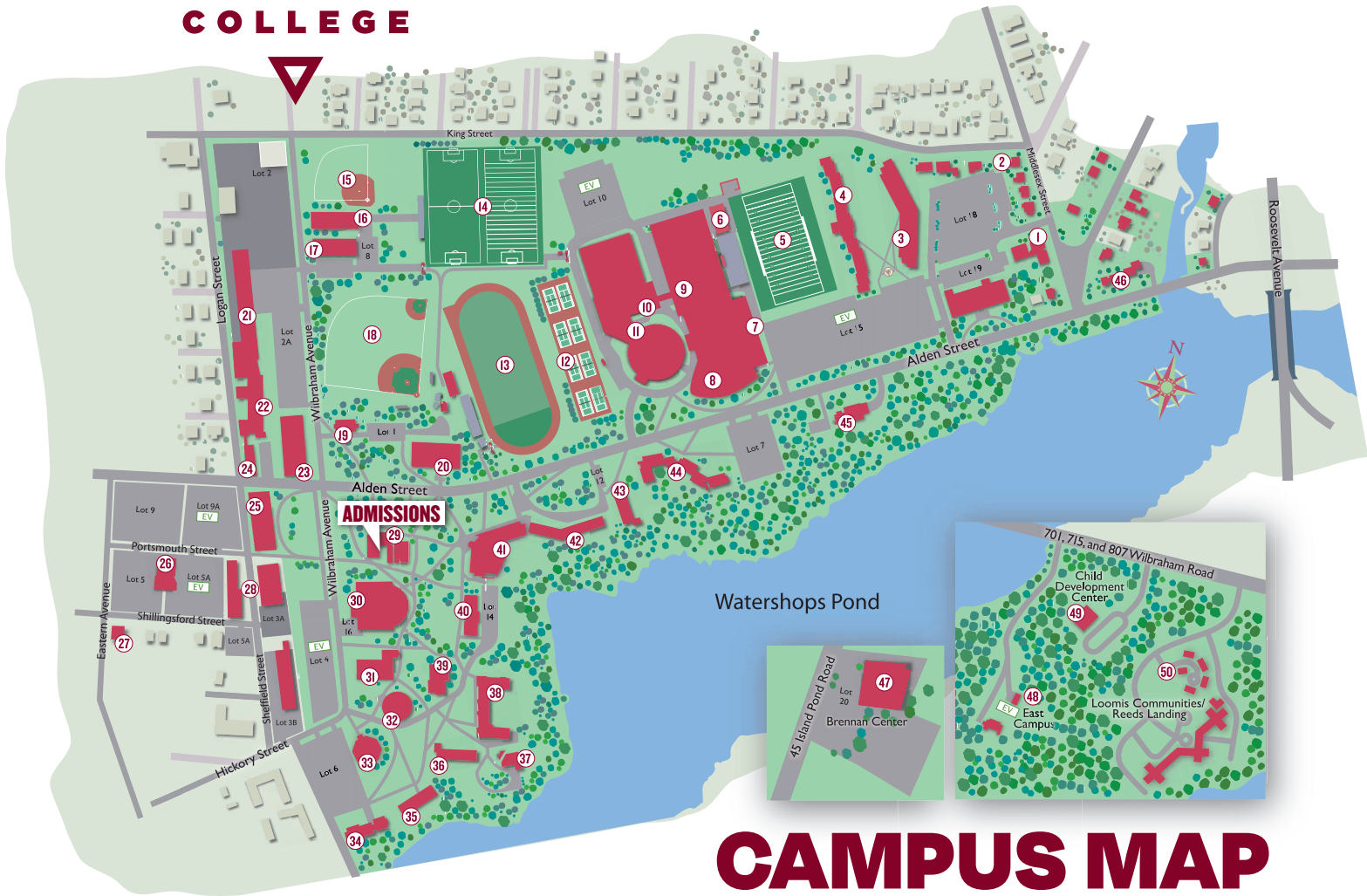
Your LifeLong Learning Fall 2024 Class Summary

Check the sessions you've chosen to attend and **keep this page** for your records.

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*Springfield College main campus

SPRINGFIELD COLLEGE



CAMPUS MAP

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|---|---|--|
| 1. Alumni House | 18. Archie Allen Baseball Field/
Aschermann Family Ability Field | 34. International Hall |
| 2. Graduate Village | 19. Weiser Hall | 35. Reed Hall |
| 3. Senior Suites | 20. Harold C. Smith Learning Commons | 36. Massasoit Hall |
| 4. Townhouses | 21. Blake Hall | 37. Power Plant |
| 5. Stagg Field | 22. Living Center | 38. Alumni Hall |
| 6. Bugbee Family Pavilion | 23. Locklin Hall | 39. Marsh Memorial |
| 7. Art Linkletter Natatorium | 24. Kakley Graduate Annex | 40. Administration Building |
| 8. Wellness Center | 25. Health Sciences Center | 41. Richard B. Flynn Campus Union |
| 9. Field House | 26. Public Safety | 42. Abbey-Appleton Hall |
| 10. Athletic Training/Exercise Science Facility | 27. Center for Leadership
and Civic Engagement | 43. Lakeside Hall |
| 11. Physical Education Complex/
Blake Arena/James Naismith Court | 28. Facilities Management | 44. Gulick Hall |
| 12. Appleton Tennis Courts | 29. Stitzer Welcome Center at Judd Gymnasium
(Admissions) | 45. President's Residence |
| 13. Blake Track | 30. Cheney Hall | 46. Office of Conferences and Special Events |
| 14. Irv Schmid Sports Complex | 31. Schoo-Bemis Science Center | 47. Brennan Center |
| 15. Potter Softball Field | 32. Hickory Hall | 48. East Campus |
| 16. Athletic Annex | 33. Fuller Arts Center/Appleton Auditorium | 49. Child Development Center |
| 17. Towne Student Health Center | | 50. Loomis Communities/Reeds Landing |