

OLLI AT VANDERBILT

Fall 2019



Welcome



Norma Clippard,
Director

Welcome to the Osher Lifelong Learning Institute at Vanderbilt! We have many exciting things planned as we continue toward our goal of maintaining a high-quality program with an active and engaged membership.

With four academic terms, our non-credit courses delve into such topics as history, religion, science, politics, current events, and the arts. In addition to attending courses and events, membership is also an excellent opportunity to form new friendships.

Mission Statement

OLLI at Vanderbilt helps adults over 50 rediscover the joy of learning and build community through diverse social interaction.

Member Benefits

- Attend courses
- Participate in all special events and day trips
- Stay informed about other Vanderbilt activities and educational opportunities
- **10% discount at the Vanderbilt Barnes & Noble** (Limited to trade books and apparel and you must show your OLLI membership card to receive this discount.)
- Participate in our Shared Interest Groups

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Fall 2019 Schedule-at-a-Glance

BEGINS	DAY	TIME	COURSE & INSTRUCTOR	LOCATION	FEE	PAGE
9/30	MON	11:30 a.m.	OLLI at the Nashville Jazz Workshop	Nashville Jazz Workshop	\$40	4
10/4	FRI	10:00 a.m.	OLLI at the Nashville Film Festival Instructor: Sarah Childress	Regal Hollywood 27 Cinemas	\$150	4
10/6	SUN	11:00 a.m.	OLLI Steel Drum Band – ADVANCED Instructor: Alli Puglisi	Blair School of Music Vanderbilt University	\$100	5
10/6	SUN	1:00 p.m.	OLLI Steel Drum Band – BEGINNER Instructor: Mat Britain	Blair School of Music Vanderbilt University	\$100	6
10/7	MON	9:30 a.m.	A Lifetime of Strengths: Understanding Strengths in Retirement Instructor: Anna Thomas	St. George's Episcopal Church	\$60	6
10/8	TUE	9:30 a.m.	Our Brains: An Operator's Manual Instructors: Vanderbilt Brain Institute Faculty, Fellows, and Students	First Amendment Center	\$60	7
10/8	TUE	11:00 a.m.	Sleep Science: Sleep, Sleepiness, and Sleeplessness Instructor: Kenneth Lichstein	First Amendment Center	\$60	7
10/9	WED	9:30 a.m.	Creating a Financial Legacy for Future Generations Instructors: Ed Gaw and J. Mack Hargis	The Commons Center Vanderbilt University	\$60	8
10/9	WED	11:00 a.m.	American Popular Music: Part 2 Instructor: Brittany Chase	The Commons Center Vanderbilt University	\$60	9
10/9	WED	2:00 p.m.	Music for Seniors Beginners Harmonica Learning Lab Instructor: Bronson Herrmuth	Scarritt Bennett Center	\$60	9
10/10	THU	9:30 a.m.	Six of the Bible's Most Misunderstood Texts Instructor: Rabbi Rami Shapiro	The Temple	\$60	10
10/10	THU	11:00 a.m.	The History of African Americans in Nashville Instructors: Daniel Sharfstein and Learotha Williams	The Temple	\$60	11
10/11	FRI	9:30 a.m.	Contours of the Haitian Past; Glimpses of the Future Instructor: W. Frank Robinson	West End United Methodist Church	\$60	12
10/11	FRI	11:00 a.m.	Defensive Eating: A Guide to Healthy Eating in the 21st Century Instructor: Randy Pendergrass	West End United Methodist Church	\$60	13

Ways To Register

In Person

Visit our office to register.

DATES:

August 26 – September 27

TIMES: 10:00 a.m.–Noon

AND 1:00–3:00 p.m.

LOCATION: 2007 Terrace Place, Nashville

No appointment necessary. Walk-ins welcome. Please use the visitor parking behind the building.

BENEFITS

- Obtain assistance with navigating the registration system
- Pay securely via debit/credit or check

Mail

Send completed registration form and payment to the following address:

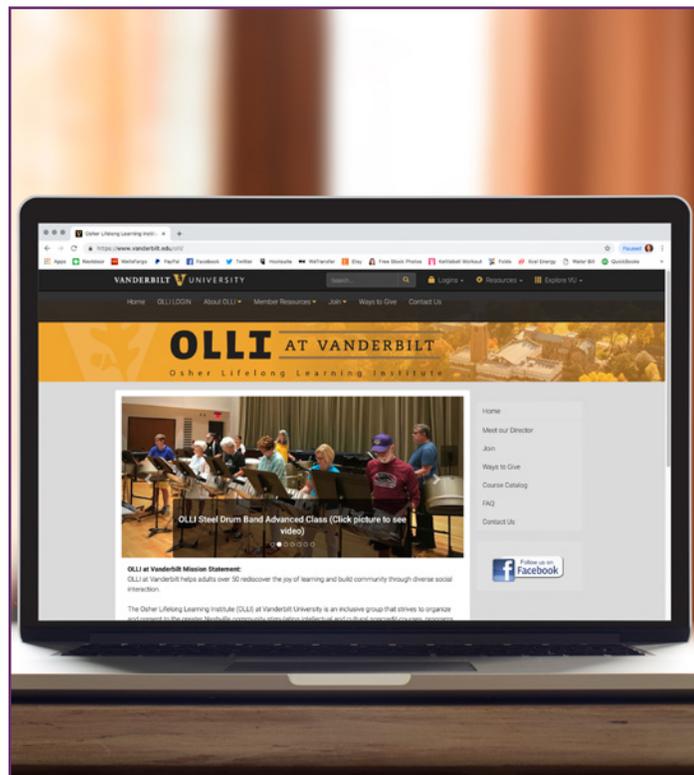
(note: this is not our physical address)

OLLI at Vanderbilt
PMB 407760
2301 Vanderbilt Place
Nashville, TN 37240

BENEFIT

- Great option for those who prefer not to pay online

Before mailing your registration, please check the [OLLI website](https://www.vanderbilt.edu/olli/) for course availability.



Online

1. Visit <https://www.vanderbilt.edu/olli/>
2. Select the course you want to register for
3. Create an account (I am a new user)
4. Complete your registration

IMPORTANT NOTES

- For your safety, your credit card will not be saved in our registration system.
- You are not fully registered for a course until payment has been received.
- We are able to accept registrations by phone; however, **please do not call and leave your credit card information on a voicemail.**

Fall 2019 Course Descriptions

OLLI at the Nashville Jazz Workshop



This jazz-themed group event provides world class jazz performance with music education over lunch. Packed with snappy musical entertainment in the upbeat atmosphere of “The Jazz Cave,” guests will dine as syncopated rhythms and stories bring jazz legends, and the era

they lived in – back to life. The hour and a half JAZZ Lunch will focus on the great vocal stylings of jazz vocalist, Nancy Wilson featuring Dara Tucker. Some of Nancy’s most famous tunes were “Happy Talk,” “Never Will I Marry,” “Save Your Love for Me,” and “Guess Who I Saw Today,” just to name a few!

DATE:

Monday, September 30

TIME: 11:30 a.m.–1:00 p.m.

LOCATION:

Nashville Jazz Workshop,
1319 Adams Street

FEE: \$40

OLLI at the Nashville Film Festival



Titles selected from features included in the 2019 Nashville Film Festival program will be exhibited at morning screenings for OLLI

class participants. Belmont University faculty member Sarah Childress will curate the selections, provide spoiler-free contextual introductions, and lead post-screening discussions.

INSTRUCTOR:

Sarah Childress, Ph.D.,
*Professor of Film History
and Film Genre, Belmont
University*

DATES: Friday, October 4
through Friday, October 11

TIME: 10:00 a.m.

LOCATION:

Regal Hollywood 27
Cinemas, 719 Thompson
Lane

FEE: \$150

OLLI Steel Drum Band – ADVANCED

If you have a long history of musical experience or have participated in the Beginning OLLI Steel Band for several sessions, this class is for you. A level up from the Beginning OLLI Steel Band, this class moves at a fast pace and focuses on learning the different styles of music that can be played on pan. Latin, jazz, calypso, reggae, rock, and even show tunes are all offered in this class. There is a strong emphasis on proper technique and learning the subtle nuances behind playing the steel pan. The class is highly music oriented and the participants will learn several songs each session, working towards a final recording that you can share with family and friends. Students will be placed according to their preference and the availability of the desired instrument. The Beginning OLLI Steel Band class is a required prerequisite unless instructor permission is granted through a short audition.

INSTRUCTOR:

Alli Puglisi,
Director, OLLI Advanced Steel
Drum Band

DATES: Sundays, October 6,
13, 20, 27; November 3, 10

TIME: 11:00 a.m.–12:30 p.m.

LOCATION:

Blair School of Music,
Vanderbilt University,
2400 Blakemore Avenue

FEE: \$100



OLLI Steel Drum Band – BEGINNER

Take a weekly musical “Cruise to the Islands” by joining the OLLI Steel Drum Band. No musical experience is needed to join this very hands-on class. If you enjoy island music like Harry Belafonte, Jimmy Buffett, Bob Marley, calypso and reggae, this class is for you! The amazing history and construction of the steel drums will be presented through mini-lectures sprinkled throughout the classes. Listening and video examples of calypso music as well as discussions of Trinidadian culture, past and present, will give you a taste of the Caribbean and an understanding of how the steel band art form developed. The instruments are made up of melody, upper harmony, lower harmony, and bass steel drums (much like a choir). Students will be placed according to their desire to learn a particular instrument and their individual strengths.

INSTRUCTOR:

Mat Britain,
Director, OLLI Beginner Steel
Drum Band

DATES: Sundays, October 6,
13, 20, 27; November 3, 10

TIME: 1:00 p.m.–2:30 p.m.

LOCATION:

Blair School of Music,
Vanderbilt University,
2400 Blakemore Avenue

FEE: \$100

A Lifetime of Strengths: Understanding Strengths in Retirement



“What will happen when we think about what is **RIGHT** about people rather than fixating on what is **wrong** with them?” —Don Clifton

In this six-session workshop-style course, participants will have

the opportunity to explore their Clifton Strengths and better understand how those strengths emerge in their day-to-day lives through the power of intentional reflection. Prior to the course, participants will take a 20-minute strengths inventory online. During the course, participants will dive into their unique top five strengths, exploring them from various perspectives. The course will start with an overview of the field of positive psychology and evolution of personality inventories like the Clifton Strengths assessment. Topics that will be covered in this interactive course will include leveraging your strengths in leadership, relationships, parenting, and recreation and using your strengths to create the retirement you desire.

INSTRUCTOR:

Anna Thomas,
Assistant Director of Training
and Communication, Office
of the Dean of Students,
Vanderbilt University

DATES: Mondays, October 7,
14, 21, 28; November 4, 11

TIME: 9:30 a.m.–11:00 a.m.

LOCATION:

St. George’s Episcopal
Church, Hampton Hall,
4715 Harding Pike

FEE: \$60

Our Brains: An Operator's Manual



In this series, a group of Vanderbilt's outstanding researchers will give you an insider's view of the topics they study. Weekly topics will include the anatomy of the brain; our senses of smell, hearing, and vision; and the effects of our

interactions with the world: technology, addiction, physical activity, and mindfulness.

INSTRUCTORS:

Vanderbilt Brain Institute
Faculty, Fellows, and Students

COURSE ORGANIZER:

Rebecca Ihrie, Ph.D.,
Assistant Professor of Cell
and Developmental Biology
and Neurological Surgery,
Vanderbilt University

DATES: Tuesdays, October 8,
15, 22, 29; November 5, 12

TIME: 9:30 a.m.–10:45 a.m.

LOCATION:

First Amendment Center,
Lecture Hall, 1207 18th
Avenue South

FEE: \$60

Sleep Science: Sleep, Sleepiness, and Sleeplessness



This six-session course will present a cursory survey of the complexities of healthy and disordered sleep. We will explore what comprises normal sleep (e.g., sleep stages and

sleep duration), how sleep is measured (e.g., polysomnography, sleep diaries), how sleep changes across the lifespan (not such bad news for older adults), and health risks of inadequate sleep. We will explore where sleepiness comes from (e.g., brain chemicals and the body's circadian rhythm) and how to mitigate the drag of jet lag. Lastly, we will touch on some of the 80 sleep disorders (e.g., insomnia, sleep apnea, narcolepsy, restless legs) and typical treatments.

INSTRUCTOR:

Kenneth Lichstein,
Professor Emeritus of
Psychology, The University
of Alabama

DATES: Tuesdays, October 8,
15, 22, 29; November 5, 12

TIME: 11:00 a.m.–12:15 p.m.

LOCATION:

First Amendment Center,
Lecture Hall, 1207 18th
Avenue South

FEE: \$60

Creating a Financial Legacy for Future Generations

This course will discuss guidelines for creating a lifetime legacy by examining our past, present, and future. Past decisions, events, and their effects on us will be discussed as to their value in today's world. The present will be reviewed as it pertains to creating a legacy while personally remaining financially sound. Living longer and outliving our money is becoming an unfortunate reality that sometimes reduces our ability to create a legacy. Discussions will broach the topics of preventing outliving one's financial resources and ways to save money during retirement such as reducing income tax, avoiding RMD taxes, current tax changes, and estate planning. Future lifetime legacy plans will be outlined with detailed explanations on how to accomplish your goals. Creating a legacy is important, but just as important, is training descendants on their responsibility to continue the legacy for future generations.

INSTRUCTORS:

Ed Gaw, CFP, AAMS, ARCP,
*Senior Vice President, Wells
Fargo Investments* and
J. Mack Hargis, Ph.D.,
*Metro Principal, Adjunct
Professor, Consultant, Retired*

DATES: Wednesdays,
October 9, 16, 23, 30;
November 6, 13

TIME: 9:30 a.m.–10:45 a.m.

LOCATION:

The Commons Center,
Vanderbilt University,
1231 18th Avenue South

FEE: \$60



American Popular Music: Part 2



This course will cover a variety of topics pertinent to understanding popular music in the United States and abroad. A historical approach will be used, with an

emphasis on important styles, artists, and social and cultural issues. Through class lectures and discussions, students will gain an understanding of the nature of popular music, how it is created, how it functions within human society, and how it is a direct expression of the cultural context in which it is produced. For this reason, we will also discuss historical, political, religious, philosophical, and other aspects of American society.

INSTRUCTOR:

Brittany Chase,
Adjunct Assistant Professor
of Musicology and
Ethnomusicology,
Vanderbilt University

DATES: Wednesdays,
October 9, 16, 23, 30;
November 6, 13

TIME: 11:00 a.m.–12:15 p.m.

LOCATION:

The Commons Center,
Vanderbilt University,
1231 18th Avenue South

FEE: \$60

Music for Seniors Beginners Harmonica Learning Lab

This six-week series will be led by Teaching Artist and multi-talented instrumentalist and vocalist, Bronson Herrmuth. This series is for beginners; no prior experience required. Participants will gain foundational understanding about the diatonic harmonica's design as well as learn proper ways to clean and care for their instrument. They will learn and practice effective techniques for holding and playing the harmonica, including: the “train” exercise to develop lung capacity and use of the diaphragm; the “pucker” technique for playing single notes; how to create vibrato and “bend” notes; and more. While having fun learning simple, familiar songs and playing music together, participants also will be introduced to basic music therapy and harmonica tablature. Harmonicas will be provided for all participants.

INSTRUCTOR:

Bronson Herrmuth,
Teaching Artist

DATES: Wednesdays,
October 9, 16, 23, 30;
November 6, 13

TIME: 2:00 p.m.–3:15 p.m.

LOCATION:

Scarritt Bennett Center,
Fondren Hall,
1027 18th Avenue South

FEE: \$60



Six of the Bible's Most Misunderstood Texts

Sometimes you know a story so well that you don't know it at all. This is especially common when it comes to Biblical stories. You learn them in Sunday School; you watch them on television and in the movies; you hear them preached from pulpits...you know them, right? Probably not. In this course we will explore six well-known and often misread and therefore misunderstood stories from the Bible: the Creation of the Universe (Genesis 1-2); the Expulsion from Eden (Genesis 3); The Giving of the Ten Commandments; The Patience of Job, Elijah and the Still Small Voice (I Kings 19:11-13); Barabbas and the Trial of Jesus (the Gospels). Drawing on rabbinic midrash, Jewish mysticism, and contemporary scholarship, Rabbi Rami leads us into a deeper reading of these classic texts and invites us to discover new meanings in these ancient and timeless stories. This is a course for anyone interested in learning about alternative readings of biblical texts.

INSTRUCTOR:

Rabbi Rami Shapiro, Ph.D.,
Co-Director,
One River Foundation

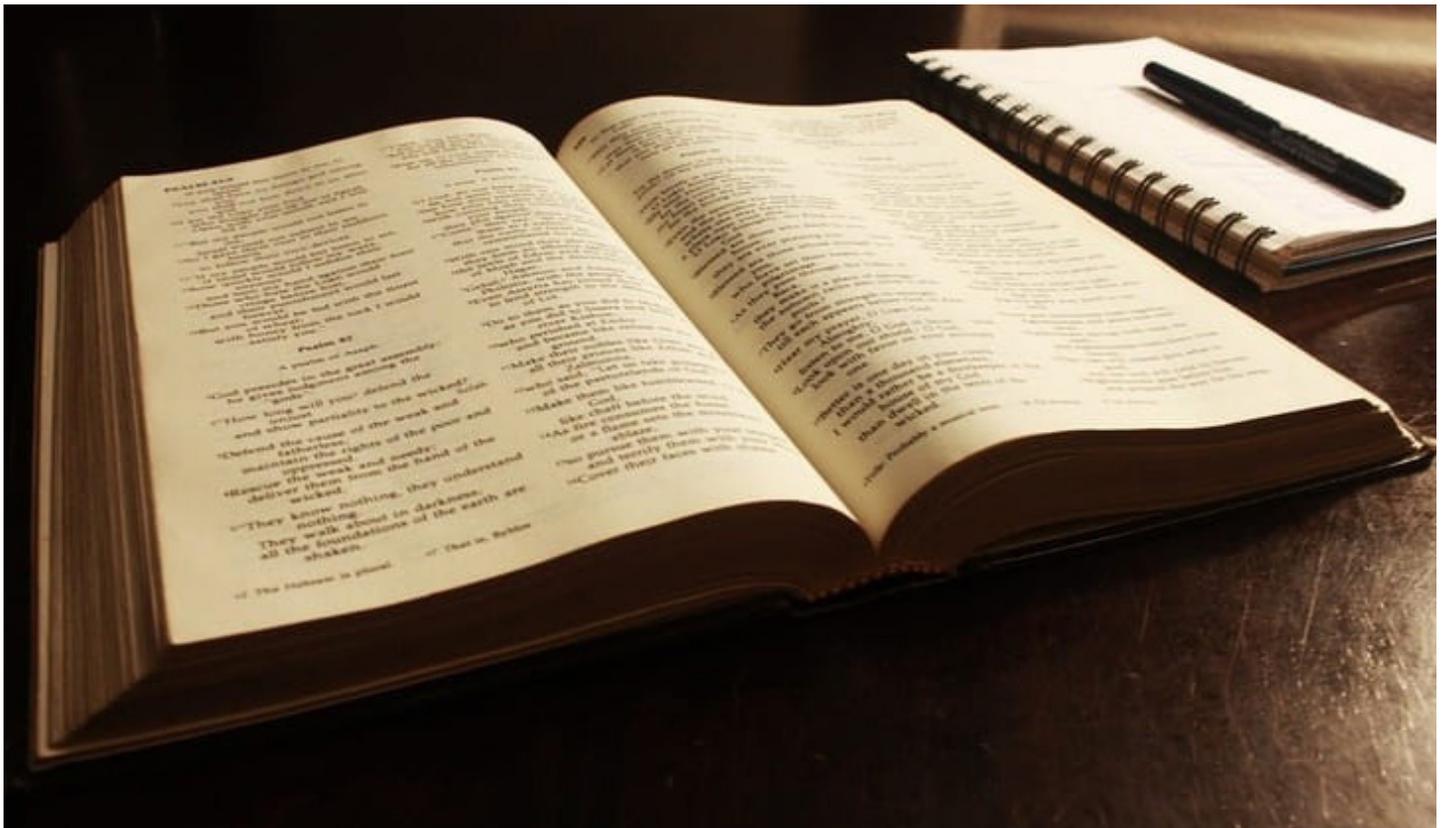
DATES: Thursdays, October 10, 17, 24, 31; November 7, 14

TIME: 9:30 a.m.–10:45 a.m.

LOCATION:

The Temple,
5015 Harding Road

FEE: \$60



The History of African Americans in Nashville

The History of African Americans in Nashville explores the black experience in the city from its founding and settlement in 1779 to the end of the modern civil rights movement. The course will document the lives of the city's enslaved and free people of color as well as the cultural, religious, and educational institutions that they built. The course will also consider how black men and women in Nashville defined freedom and equality in the nineteenth and twentieth centuries and developed and sustained protest movements starting before the Civil War. Finally, we will pay close attention to the ways this history has been recovered, celebrated, contested, and erased from the city's public memory.

INSTRUCTORS:

Daniel Sharfstein,
*Professor of Law and
Professor of History Director,
George Barrett Social Justice
Program Vanderbilt University
Law School and Learotha
Williams, Associate Professor
of African American and
Public History and coordinator
of the North Nashville
Heritage Project at Tennessee
State University*

DATES: Thursdays, October
10, 17, 24, 31; November 7,
14

TIME: 11:00 a.m.–12:15 p.m.

LOCATION:

The Temple,
5015 Harding Road

FEE: \$60



Contours of the Haitian Past; Glimpses of the Future



On January 12, 2010, Haiti was struck by one of the deadliest earthquakes in modern history. The 7.0 magnitude quake ravaged the nation, killing an estimated 230,000 people, injuring 30,000, and leaving millions homeless.

As the world mobilized to send aid and support, nearly every mention of Haiti in the press reminded readers that it was “the poorest country in the Western Hemisphere with 80 percent of the population living below the poverty line and 54 percent of the population living in abject poverty.” A more succinct summary often referenced Haiti simply as a “failed state.” In truth, there is far more to Haiti than just instances of disaster, poverty, and suffering. Haiti today cannot be understood without knowledge of its rich and complex past. Consider that just over 200 years ago, Haiti (then known as the French colony of Saint-Domingue) was the most profitable tract of land in the world, amassing great riches from the production of sugar and the utilization of African slave labor. This course seeks to examine the story of the Haitian people’s struggle to fashion a way of life based on equality and autonomy. We will look at Haiti’s triumphs and failures from the time of the Haitian Revolution, including efforts at nation-building, instances of United States occupation and foreign intervention, political legitimacy and the dangers of autocratic regimes, and forms of artistic and cultural expression.

INSTRUCTOR:

W. Frank Robinson, Ph.D.,
Assistant Professor of History,
Vanderbilt University

DATES: Fridays, October 11,
18, 25; November 1, 8, 15

TIME: 9:30 a.m.–10:45 a.m.

LOCATION:

West End United Methodist
Church, 4th Fl Theatre,
2200 West End Avenue

FEE: \$60

Defensive Eating: A Guide to Healthy Eating in the 21st Century

The importance of nutrition pertaining to health is well established in scientific literature. In this six-week course we will examine the role of nutrition in the current epidemic of degenerative diseases (e.g., diabetes, cancer, heart disease). We will also discuss the role of the standard American diet in disease progression and the strategies to implement for prevention and possible reversal.

INSTRUCTOR:

Randy Pendergrass,
*Licensed Sports Nutritionist,
Certified Strength and
Conditioning Specialist, and
Licensed Massage Therapist*

DATES: Fridays, October 11,
18, 25; November 1, 8, 15

TIME: 11:00 a.m.–12:15 p.m.

LOCATION:

West End United Methodist
Church, 4th Fl Theatre,
2200 West End Avenue

FEE: \$60



Instructor Bios

Mat Britain

Mat Britain has pursued his love of percussion from the plains of Kansas to the island of Trinidad. He has traveled numerous times to Trinidad and performed with the Amoco/BP Renegades Steel Band at the prestigious Panorama Festival, most recently for Panorama 2013. Living in Nashville, Tennessee, he directs the Vanderbilt University Steel Drum Band program and leads his professional steel band Deep Grooves. Britain is indeed an All-American percussionist with a global perspective that permeates his grooves, style, and musicianship.

Brittany Chase

Brittany Chase is currently Adjunct Assistant Professor of Musicology and Ethnomusicology at Vanderbilt University. She completed her Master of Music in Ethnomusicology at the University of Florida, where she focused on American Popular Music and Contemporary Christian Music. She has presented her work at the 2011 and 2013 Southeast and Caribbean Chapter of the Society of Ethnomusicology conference. Previously, she studied at Vanderbilt University, where she received her B.A. in American Studies with a minor in Corporate Strategy. She was also a four-year member of the Spirit of Gold Marching Band and its service organization, Tau Beta Sigma. Before coming to Vanderbilt, Brittany taught at Middle Tennessee State University and Belmont University.

Sarah Childress

A deep-rooted Florida native, Sarah has done anything but stay put. She parlayed an International Studies B.A. from Emory

University into a ten-year advertising career. Her work with ESPN, Discovery Channel, Capital One, Coca-Cola, and Delta Air Lines, supervising TV campaigns, introduced her to the production scenes of N.Y., L.A., Australia, and finally Nashville, where she oversaw production of “The Scout,” an ESPN branded-entertainment series starring Seymour Cassel. When the boutique agency she worked for disbanded, Sarah enrolled at Vanderbilt University to study Southern Literature. After rediscovering her talent for analyzing images, she focused her research and teaching on cinema, specifically documentary and experimental cinema. She also helped found the FLiCX and International Lens programs at Vanderbilt and has introduced films and led post-screening discussions at both the Belcourt Theatre and Frist Art Museum. She has also facilitated several post-screening discussions for the OLLI On Film special interest group. After receiving her Ph.D. and two teaching awards in 2009, she decided to try film producing. The result was *Música Campesina*, which screened at the Film Society of Lincoln Center’s Latinbeat festival, the Mill Valley Film Festival, BAFICI, the MSP Latin Film Festival, and on HBO. At MSP, she met the founder of Adopt Films, who hired her as Acquisitions Manager for the 2012 Berlin and Cannes Film Festivals, where they procured *Sister, Barbara*, *Caesar Must Die*, and *Tabu*. Meanwhile, she taught Cinema Studies courses at Bowdoin College and made the short films *Flow* and *Blue Dragon Mussel Wagon*, which exhibited in Boston and Berlin. She returned to Nashville in 2016 and is now teaching film history and film genre courses at Belmont, and partnering the startup

Headstrong Media Group, which works with legacy musicians on brand building, project management, and audience outreach.

Ed Gaw

Ed Gaw graduated from David Lipscomb University, with a degree in finance. He has advanced endorsements in (CFP) Certified Financial Planning, (AAMS) Accredited Assessment Management Specialist, (ARPC) Accredited Retirement Planning Counselor, and (RIC) Registered Investment Counselor. Ed has 32 years experience with Dean Witter, Hillard Lyons, and Wells Fargo Advisors. While teaching at Trevecca University, Ed discovered a curriculum need for additional information on personal finance. He coauthored a textbook and developed a course designed to educate students on basic financial practices. The course focused on money management and investing to insure a comfortable retirement.

J. Mack Hargis

J. Mack Hargis, a high school principal, retired at the age of 45 from the Metro-Nashville School System. He was an Adjunct Professor for several area universities and served on the Nashville Board of Education and Park Board. Mack received his Ph.D. from George Peabody College of Vanderbilt University. While teaching at Trevecca University, Mack discovered a curriculum need for additional information on personal finance. He coauthored a textbook and developed a course designed to educate students on basic financial practices. The course focused on money management and investing to insure a comfortable retirement.

Suzana Herculano-Houzel

Suzana Herculano-Houzel, Ph.D., is an Associate Professor of Biological Sciences and Psychological Sciences and is an internationally recognized researcher who studies neuroanatomy and the cellular composition of brains across species.

Bronson Herrmuth

Bronson Herrmuth, former RCA recording artist (The Ozone Ramblers) and founding member of the acoustic duo Crowding 50, is a talented singer and multi-instrumentalist who performs on harmonica, fiddle, mandolin and guitar. Herrmuth has toured 44 states and 18 countries with such artists as Billy Ray Cyrus, Suzy Bogguss, and Ray Stevens, and opening for Willie Nelson, The Charlie Daniels Band, The Kentucky Headhunters, Asleep At The Wheel, and many others.

Rebecca Ihrie

Rebecca Ihrie, Ph.D., is an Assistant Professor of Cell and Developmental Biology and Neurological Surgery. She specializes in the understanding of stem cells in the brain and their relationship to brain tumors in children and adults.

Kenneth Lichstein

Kenneth Lichstein is Professor Emeritus of Psychology, The University of Alabama. He recently served as Chair of this department and previously served as Director of Clinical Training at the University of Memphis. He is a fellow of the American Psychological Association and is certified in Behavioral Sleep Medicine. His research has focused on sleep with an emphasis on psychological processes in late-life insomnia,

hypnotic-dependent insomnia, comorbid insomnia, and epidemiology of sleep. Professor Lichstein's research has been supported continuously from 1988 to 2015 by the National Institute on Aging, the National Institute on Drug Abuse, the National Institute of Mental Health, private foundations, and industry. He has published over 190 articles/chapters and has authored, coauthored, or co-edited six books. Professor Lichstein has served on the editorial board of a number of journals including the *Journal of Consulting and Clinical Psychology and Sleep*. He is the founding editor of the journal *Behavioral Sleep Medicine*, and was a member of the founding Board of Directors and the Executive Committee of the Society of Behavioral Sleep Medicine. Professor Lichstein was the 2017 recipient of the Peter Hauri Career Distinguished Achievement Award from the Society of Behavioral Sleep Medicine.

Robert Matthews

Robert Matthews, Ph.D., is a Research Associate Professor and imaging specialist in the Department of Molecular Physiology and Biophysics. He was previously a faculty member at Meharry Medical College. His research interests include the anatomy and physiology of the reward and limbic systems of the brain.

Randy Pendergrass

Randy Pendergrass is a Nashville native with 25 years of experience as a clinical nutritionist in a Nashville hospital specializing in metabolic disorders. He is a Licensed Sports Nutritionist, Certified Strength and Conditioning Specialist, and Licensed Massage Therapist. Randy is married and has one dog, two ducks, and two bee hives.

Alli Puglisi

Alli Puglisi graduated from Vanderbilt University's Blair School of Music in 2013 with a music performance degree with a special focus on the steel pan. While at Blair, she was selected to travel to China where she taught a weeklong music camp as part of a musical collaboration between the countries. Originally from Mundelein, Illinois, Puglisi now considers Nashville home where she freelances in various musical and educational settings including the Deep Grooves Steel Band. She arranges music for and is the assistant director of the Vanderbilt Steel Band Program and is the newly appointed director of the Osher Advanced Steel Band.

W. Frank Robinson

W. Frank Robinson is an Assistant Professor of History at Vanderbilt University. He completed his undergraduate studies at the Johns Hopkins University and received his graduate degrees from the University of Florida and Auburn University with concentrations in African Area Studies and Latin American history. He specializes in the history of Latin America and the Caribbean, with a focus on twentieth century political and social movements, nation-state formation, race and ethnicity, and Caribbean diaspora communities.

Rabbi Rami Shapiro

Rabbi Rami Shapiro, (1981) Ph.D., is an award-winning author of over thirty-six books on religion and spirituality. Rami co-directs the One River Foundation (www.oneriverfoundation.org), is a Contributing Editor of *Spirituality and Health* magazine, and hosts two podcasts: *Essential Conversations with Rabbi Rami* (www.spiritualityhealth.com)

and Holy Rascals: Conversations on the Edge (www.oneriverfoundation.org)

Daniel Sharfstein

Daniel Sharfstein is a professor of law and history at Vanderbilt University, where he teaches, among other courses, a seminar on the history of African Americans in Nashville and co-directs Vanderbilt Law School's George Barrett Social Justice Program. A Guggenheim Fellow, he is the author of two award-winning histories of race and citizenship in the United States. The first book, *The Invisible Line: A Secret History of Race in America*, was the basis for an Osher Lifelong Learning Institute course that he taught in 2013. His latest book is *Thunder in the Mountains: Chief Joseph, Oliver Otis Howard, and the Nez Perce War*.

Anna Thomas

Anna Thomas is a Gallup certified Clifton Strengths coach who has delivered trainings and workshops for Vanderbilt students, faculty, and staff. She has worked at Vanderbilt for over 10 years and currently oversees professional development and training for the student services staff at the university. Dr. Thomas has an Ed.D. in Higher Education Leadership and Policy and M.Ed. in Human Development Counseling, both from Peabody College at Vanderbilt. In her free time, she enjoys doing yoga, reading, cooking, and playing with her three children.

David Vago

David Vago, Ph.D., is the research director of the Osher Center for Integrative Medicine and director of the Contemplative Neuroscience and Integrative Medicine (CNIM) Laboratory

at Vanderbilt University Medical Center. He is interested in adaptive mind-brain-body interactions and their relevance in psychiatric settings.

Learotha Williams

Learotha Williams, Jr., Ph.D., is an Associate Professor of African American and Public History and coordinator of the North Nashville Heritage Project at Tennessee State University. Dr. Williams teaches courses that explore enslavement and emancipation in Tennessee, African American history, and Public Memory. He is also a member of Tennessee's Review Board for the National Register of Historic Places, serves on the Board of the Metro Historical Commission Foundation, and is a member of the board of the Friends of Fort Negley. Since his arrival at Tennessee State University, he and his students have worked closely with African American Heritage societies and groups throughout Middle Tennessee where they have focused on African American history in rural spaces. He has completed an edited work with Amie Thurber, Ph.D. tentatively titled "A People's Guide to Nashville" and is currently writing "A Song in a Strange Land: Black Nashville in History and Public Memory." This work will explore the role African Americans have played in Nashville's history and how we study and celebrate it in public spaces. Dr. Williams is a native of Tallahassee, Florida, where he earned his Ph.D. from Florida State University in 2003.

Fall 2019 Registration **Deadline: September 27, 2019**

To be considered for late registration, please contact the OLLI office at (615) 343-0700

Name _____

First name for badge (if different from above) _____

Street Address _____

City _____ State _____ ZIP _____

Phone _____ Home Cell

It is important that you provide us with an email address in order to receive course updates.

Email address _____

Returning Member New Member If new member, referred by _____

Select the courses you'd like to register for in the left column.

Register	Course	Fee
<input type="checkbox"/>	OLLI at the Nashville Jazz Workshop	\$40
<input type="checkbox"/>	OLLI at the Nashville Film Festival	\$150
<input type="checkbox"/>	OLLI Steel Drum Band – ADVANCED	\$100
<input type="checkbox"/>	OLLI Steel Drum Band – BEGINNER	\$100
<input type="checkbox"/>	A Lifetime of Strengths: Understanding Strengths in Retirement	\$60
<input type="checkbox"/>	Our Brains: An Operator's Manual	\$60
<input type="checkbox"/>	Sleep Science: Sleep, Sleepiness, and Sleeplessness	\$60
<input type="checkbox"/>	Creating a Financial Legacy for Future Generations	\$60
<input type="checkbox"/>	American Popular Music: Part 2	\$60
<input type="checkbox"/>	Music for Seniors Beginners Harmonica Learning Lab	\$60
<input type="checkbox"/>	Six of the Bible's Most Misunderstood Texts	\$60
<input type="checkbox"/>	The History of African Americans in Nashville	\$60
<input type="checkbox"/>	Contours of the Haitian Past; Glimpses of the Future	\$60
<input type="checkbox"/>	Defensive Eating: A Guide to Healthy Eating in the 21st Century	\$60
TOTAL		

Ways to Register

ONLINE

vanderbilt.edu/OLLI

Online registration is fast and the best way to ensure you will get into classes before they reach capacity.

MAIL

Send completed form and payment to the following address (note: this is not our physical address):

OLLI at Vanderbilt
PMB 407760
2301 Vanderbilt Place
Nashville, TN 37240

QUESTIONS?

Call (615) 343-0700

Fall 2019 Registration **Beyond the Classroom**

We are compiling a list of members who are interested in assisting with various areas of need within the program. Please indicate your interest by checking the corresponding item(s) below and return with your registration.

Name _____ Phone _____

Email Address _____

Shared Interest Groups

Looking for new ways to engage with your OLLI peers? Consider joining one of our Shared Interest Groups! Have an idea for a new group? Visit the [website](#) to learn how.

Shared Interest Groups		Fee
	<p>Afterthoughts: Book Club The OLLI book club meets the first Monday of each month from 11:30 a.m. – 12:30 p.m. at St. George's Episcopal Church, 4715 Harding Road. A list of current and future book selections is available on the group's website.</p>	Free
	<p>Restaurant Adventures The group's upcoming restaurant selections, including dates, times, and locations and previous reviews are available on the group's website.</p>	Free
	<p>OLLI Sangha This group will meet on the first Friday of each month from 9:30 a.m. – 10:30 a.m. at the OLLI office, 2007 Terrace Place. Additional information is available on the group's website.</p>	Free
	<p>OLLI On Film The group's upcoming film selections, including dates, times, and locations are available on the group's website.</p>	Free

Volunteer Opportunities

Get a behind-the-scenes peek at the inner workings of the OLLI program.

Serve on a Committee	
	Advisory Board of Directors
	Special Events
	Curriculum

Additional Needs	
	Identify new members and promote program
	Identify organizations with potential members
	Assist on special event days
	Develop and lead a shared interest group
	Recruit instructors
	Provide office assistance
	Volunteer as a Classroom Assistant
	Photograph and video courses and events

Policies and Procedures

Class Cancellation Policy

WEATHER-RELATED: Should inclement weather force us to cancel classes, a cancellation notice will be posted on our [website](#) no later than 8:00 a.m. Cancellations will also be televised on Channel 2. The listing will show as OLLI at Vanderbilt. We will **NOT** call or send emails regarding weather-related cancellations.

NON-WEATHER-RELATED: On rare occasions, we are forced to cancel classes for non-weather-related circumstances. Should this occur, we will post a notice on our [website](#) and emails will be sent to enrolled members. For this reason, it is **EXTREMELY IMPORTANT** for all students to provide us with an up-to-date email address and to check your email on a regular basis.

Fee Structure

Courses are individually priced. Fees are listed on the Schedule-at-a-Glance and in the course descriptions.

Gift Certificates

Give the gift of learning! Gift certificates make great presents for birthdays, holidays, or other special events. Visit our [website](#) or call our office at (615) 343-0700 for more information.

Guest Policy

OLLI students are welcome to bring a single guest one time during the term **ONLY IF** prior approval has been granted. To request pre-approval, call our office at (615) 343-0700. We reserve the right to refuse unapproved guests.

Name Badges

A name badge for the current term will be available at the first day of class at the registration table along with lanyards. Wearing the current term's name badge is mandatory and Classroom Assistants will be enforcing this policy. Please make sure your name badge is visible when entering class.

Parking

Parking directions for each venue will be available on our [website](#).

Refund Policy

Due to the low cost at which these courses are provided and the additional cost it would take to process refunds, no refund is given for those who wish to withdraw from classes; however, members can transfer into a course (in the same term, in the same price tier) on a space-available basis.

Scholarship Program

OLLI is pleased to provide financial assistance for members who may be otherwise unable to take part in our OLLI community. Please visit our [website](#) for additional information.

Code of Conduct

OLLI at Vanderbilt's goal is to create environments that maximize the learning experience for all members. Many of our programs offer a forum for the lively and sometimes passionate exchange of views. To that end, our learning community follows principles of courtesy and mutual respect that promote reasoned discourse and intellectual honesty. Opposing viewpoints are honored and appreciated to preserve the dignity of others.

Violations may include, but are not limited to, denigrating other's views or opinions, threatening behaviors, offensive or abusive language, disruptive classroom conduct, sexual harassment or discrimination, and monopolizing discussions. Personal attacks will not be tolerated.

Members who do not or cannot adhere to these principles may be removed from class and/or activities and denied the privilege of future participation.

Important Announcement

In an effort to be more fiscally and environmentally responsible, our catalogs will be available to view on our website and sent via email only. **No catalogs will be mailed.**



Academic Calendar

FALL 2019

REGISTRATION OPENS	Monday, August 26
REGISTRATION DEADLINE	Friday, September 27
FIRST DAY OF CLASSES	Monday, September 30

WINTER 2020

REGISTRATION OPENS	Monday, November 18
REGISTRATION DEADLINE	Friday, January 3
FIRST DAY OF CLASSES	Sunday, January 12

***Note: Our office will be closed December 24–January 1**

SPRING 2020

REGISTRATION OPENS	Monday, February 10
REGISTRATION DEADLINE	Friday, March 13
FIRST DAY OF CLASSES	Sunday, March 22

SUMMER 2020

REGISTRATION OPENS	Monday, May 18
REGISTRATION DEADLINE	Friday, July 3
FIRST DAY OF CLASSES	Sunday, July 12



Contact Us

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FACEBOOK: facebook.com/OLLIVanderbilt

EMAIL: oshervu@vanderbilt.edu



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