Osher Lifelong Learning Institute at Vanderbilt

Register online at vanderbilt.edu/olli
Osher Lifelong Learning Institute at Vanderbilt University supports lifelong learning through educational programs, stimulating tours and trips, and a variety of social events for older adults. The program reflects the high academic standards espoused by the university on all levels. Through noncredit courses, students benefit from the stimulus of lectures and discussions in an informal and relaxed environment. The student body is a cohesive group that projects a true sense of community, always welcoming new members.

2012 Annual Membership
Dues only $10 (September 2012–August 2013)

Benefits include:
- Opportunity to attend classes
- Opportunity to participate in all special events including day trips
- Monthly "Lunch and Learn" sessions
- Staying informed about other Vanderbilt activities and educational opportunities
- Access to Vanderbilt University libraries

Please direct inquiries to:
Norma Clippard, Director
Osher Lifelong Learning Institute at Vanderbilt
Phone: 322-5569; Cell: 364-1331; Fax: 343-1145
Email: norma.clippard@vanderbilt.edu

or
Don Bishop, President
730 Hill Road
Brentwood, TN 37027
Phone: 370-8948
Email: ldonbishop@comcast.net

The Division of Public Affairs sponsors the Osher Lifelong Learning Institute at Vanderbilt.

Osher Lifelong Learning Institute at Vanderbilt University
Fall Kick-off and Reception
Tuesday, September 4, 2012
5:00–7:00 p.m.
Central Library on the Vanderbilt campus
$20 per person
Complimentary parking is provided across the street in Wesley Place Garage.

Meet this fall’s faculty, learn about our upcoming classes, and hear about the Osher updates!

The program will be followed by a cocktail reception on Library Lawn.

For further information, visit our website at vanderbilt.edu/olli

Please register online at vanderbilt.edu/olli or mail your check made payable to Vanderbilt University to:
Osher Lifelong Learning Institute at Vanderbilt
PMB 407760
2301 Vanderbilt Place
Nashville, TN 37240-7760

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## Fall 2012 Schedule at a Glance

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<th>Days</th>
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<td>Mondays</td>
<td>The Rhythm of Music and Life</td>
<td>Oct. 1–Nov. 5</td>
<td>9:30–11:30 a.m.</td>
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<td>Wellness Seminar</td>
<td>Oct. 1–Nov. 5</td>
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<tr>
<td>Tuesdays</td>
<td>The Book of Psalms</td>
<td>Oct. 2–Nov. 6</td>
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<tr>
<td></td>
<td>New York City</td>
<td>Oct. 2–Nov. 6</td>
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<td></td>
<td>Writing Seminar</td>
<td>Oct. 9–April 23</td>
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<td>Lunch and Learn: Terry Clements, Nashville</td>
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<td>Lunch and Learn: Ed Cole, Mass Transit in Nash</td>
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<td>Contemporary Debates in Criminal Justice</td>
<td>Oct. 3–Nov. 7</td>
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<td>Religion and Health: Pitfalls and Possibilities</td>
<td>Oct. 3–Nov. 7</td>
<td>11:00 a.m.–12:15 p.m.</td>
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<td>Thursdays</td>
<td>German Expressionism</td>
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<td>Social Media and Digital Technology</td>
<td>Oct. 4–Nov. 8</td>
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<td>Fridays</td>
<td>Medical Advances</td>
<td>Oct. 5–Nov. 9</td>
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<td>Oct. 5–Nov. 9</td>
<td>11:00 a.m.–12:15 p.m.</td>
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### FALL 2012 COURSE REGISTRATION

**VERY IMPORTANT:** Please check the courses you wish to attend in PRIORITY ORDER by numbering them in order of preference (1=first choice). If we are unable to honor your class choices, you will be contacted by a member of the OLLI staff.

1. A. The Rhythm of Music and Life
2. B. The Book of Psalms
3. C. New York City from the Gilded Age to the Progressive Era
4. D. Contemporary Debates in Criminal Justice
5. E. Religion and Health: Pitfalls and Possibilities
6. F. German Expressionism
7. G. Social Media and Digital Technology
8. H. Medical Advances
9. I. Alexis de Tocqueville’s Democracy in America
10. J. Alexis de Tocqueville’s Democracy in America

### Annual membership

- $10 per person
- **Runs September 2012–August 2013**

### Fall Kickoff

- $20 per person
- (September 4, 2012)

### Fall Term classes

- $80 per person
- **INCLUDES UP TO 3 CLASSES**
- Additional fall term classes: $10 per class for each class beyond 3

### Wellness Seminar

- $50 per person

### Writing Seminar

- $100 per person

### TOTAL

- Mail this form with check made payable to Vanderbilt University to:
  - Osher Lifelong Learning Institute at Vanderbilt
  - PMB 407760
  - 2301 Vanderbilt Place
  - Nashville, TN 37240-7760

**Detailed parking instructions will be sent with registration acknowledgment.**

Now you can register online! [vanderbilt.edu/olli](http://vanderbilt.edu/olli)

When registering online, you will receive class confirmation immediately.

Please mail form on page 5 or register online.
Class fee of $80 entitles you to take three classes, with a $10 fee for each additional class.

**Mondays**

**October 1, 8, 15, 22, 29; November 5**

**Location:** St. George’s Episcopal Church, 4715 Harding Road 9:30–11:30 a.m.

The Rhythm of Music and Life

Beth Gottlieb, Percussionist in Gary Sinise’s Lt. Dan Band, Former Professor of Music, University of Alabama and Rollins College

This course provides an understanding of rhythms and music from different cultures and how societies are shaped by cultural and artistic beliefs. The Rhythm of Music and Life is not a typical music course; the purpose is to enable students to develop an appreciation and understanding of music and rhythms from many different cultures. Rhythms have always been a means of communication within different societies, and in some cases reflect political and religious beliefs. For example, in Africa and South America, rhythms reflect social gatherings, religion, dance, tribal activities, and many day-to-day communications.

By drawing comparisons to the use and development of music and rhythms in our own society (for example, wartime usage of military drums for communication), we can examine how societies differ from each other and how our lives are shaped by our cultural and artistic beliefs. This course will also sensitize students to the importance of rhythm with its relationship within all aspects of life. The Rhythm of Music and Life course is a mixture of music, history, anthropology, and sociology. For fun, the course provides basic rhythm instruction using a variety of percussion instruments. Everyone will come out as a musician!

Suggested text: *Planet Drum: A Celebration of Percussion and Rhythm.*

**Tuesdays**

**October 2, 9, 16, 23, 30; November 6**

**Location:** Belle Meade United Methodist Church, 121 Davidson Road 9:30–10:45 a.m.

The Agony and Ecstasy of Religious Belief: The Book of Psalms

James Crenshaw, Robert L. Flowers Professor of Old Testament, Emeritus, Duke University

Biblical psalms voice the full range of human emotions. Here desperate individuals cry out for relief from their suffering, not the least of which is brought on by a sense of divine abandonment. Here, too, awestruck worshipers sing joyous praise of God who they think has extended inexhaustible mercy to them. In a word, agony and ecstasy are combined in exquisite poetry, as if putting words to God’s music. Psalms of lament and praise have a long history, reaching back to the third millennium with the famous
lament over the destruction of the city of Ur, Abraham’s hometown according to the book of Genesis, and with unchecked praise of the god Marduk. This class will examine both the beauty and the anguish of ancient psalms, biblical and extra-biblical.

11:00 a.m.–12:15 p.m.
New York City from the Gilded Age to the Progressive Era
Sam McSeveney, Professor of History, Emeritus, Vanderbilt University
We will examine New York City from the 1870s to the 1910s, a half century marked by the city’s territorial expansion, especially the creation of Greater New York City (1898), and five-fold population increase. Major immigrant groups (the Irish, Germans, East European Jews, and Italians) will be discussed, as will racial minorities (Blacks and Chinese). The city’s economy, classes, and politics will be discussed. Finally, housing and transportation, diseases and disasters, and cultural life will receive attention.

“Each speaker was an expert, well versed in his/her field, and each was a superb presenter.”

WEDNESDAYS
October 3, 10, 17, 24, 31;
November 7
Location: The Commons Center, Vanderbilt campus
9:30–10:45 a.m.
Contemporary Debates in Criminal Justice
Chris Slobogin, Professor of Law, Vanderbilt University
Oct. 3 — The Death Penalty
Oct. 10 — The Insanity Defense
Oct. 17 — Preventive Detention and Sentencing
Oct. 24 — Government Surveillance
Oct. 31 — Interrogation Practices
Nov. 7 — The Class Decides

11:00 a.m.–12:15 p.m.
Religion and Health: Pitfalls and Possibilities
Keith G. Meador, MD, ThM, MPH, Professor of Psychiatry and Preventive Medicine, Professor in the Graduate Department of Religion, Director of the Center for Biomedical Ethics and Society, Vanderbilt University
This course reviews the historical context and current research and conversations regarding religion and health in American culture. We will examine the significance and implications of our “therapeutic culture” and how the religion and health conversation interacts with this phenomenon. The contemporary religion and health movement has frequently distorted our interpretations and understandings of both religion and health, doing a service to neither. While considering these potential pitfalls and distortions which only perpetuate our captivity to the excesses and deficiencies of modern medicine, we will examine the possibilities as to how religion and health—conceptualized in a public health framework of community and formation in practices of caring—can offer a theologically thoughtful and informed lens through which to engage alternative perspectives on health and human flourishing even in the midst of the inevitable frailty and finitude of human existence.

“The course was very interesting—good balance between lectures and audience participation.”
German Expressionism: In Conjunction with the Frist Center for the Visual Arts

Patricia A. Ward (Coordinator), Professor of Comparative Literature, Emerita, Vanderbilt University

German Expressionism was a pioneering modernist movement that touched the visual arts, cinema, theater, design, and music during the first decades of the twentieth century. This course will give an introduction to the movement and its historical and political contexts. Lecturers include Trinity Kennedy (associate curator, Frist Center), Andy Campbell (program manager, education, Nashville Symphony), and Vanderbilt faculty members Peggy Setje-Eilers (German), Leonard Folgarait (History of Art), and Helmut Smith (History). Osher members will be able to take docent-guided tours of an exhibition from the Detroit Institute of Arts at the Frist on Monday, October 22, and Monday, October 29 (2:30 p.m., free for Frist members, $7 for seniors*).

To further enhance the class, you are invited to the following offerings in the Frist Auditorium. All events are free with the exception of the panel discussion on September 27.

- **Thursday, September 27, 6:30 p.m., panel discussion on German Expressionism with members of the Frist, the Nashville Opera, and the Nashville Symphony ($8 for Osher members,* reservations at (615) 832-5242 or at nashvilleopera.org)**
- **Friday, October 19, 6:30 p.m., lecture, “Detroit’s Masterpieces of German Expressionism,” Salvador Salort-Pons, Head, European Art Department, Detroit Institute of Arts**
- **Thursday, October 25, 6:30 p.m., Company Rose Dance Performance**
- **Thursday, November 1, 6:30 p.m., lecture, “Bertolt Brecht and Expressionism,” Peggy Setje-Eilers, Department of Germanic and Slavic Languages, Vanderbilt University**
- **Friday, November 16, 7:00 p.m., film, “Metropolis”**

*Payable at the Frist Center

**Social Media and Digital Technology**

Gene Policinski, Senior Vice President/Executive Director, First Amendment Center, Nashville, Tennessee, and Washington, D.C.

Stu Miller, Member and Retired Chief Information Officer

Technology is changing so rapidly and so intrusively that privacy, as we know it today, may become a thing of the past. Bottomless databases of information make it easier for companies to target you specifically for advertising and marketing. What are the ways you will receive news and information five years from now? What is social media’s role in education and politics? These and other topics will serve to de-mystify what is happening with technology today and how to use it to your advantage.

**Medical Advances**

This session’s medical advances series will be taught by six different Vanderbilt doctors and highlight a few patient stories that are both heartwarming and amazing! We’ll hear about a woman whose head had become detached from her spine and another patient whose pregnancy triggered a rare heart condition which led to a heart transplant. Additional topics feature technology that provides us with the ability to remove brain tumors that were previously inoperable and creates a way for heart patients to live without having a pulse. While many of us are fortunate enough to have access to world-class care, there are still disparities in health care in the U.S. that need to be discussed in forums such as ours. Join the discussion with experts in medicine, surgery, medical ethics, and public health.

“I enjoyed learning about new medical advances from articulate experts.”

**FRIDAYS**

October 5, 12, 19, 26; November 2, 9

Location: John Seigenthaler Center, 1207 18th Avenue South

9:30–10:45 a.m.

Medical Advances

This session’s medical advances series will be taught by six different Vanderbilt doctors and highlight a few patient stories that are both heartwarming and amazing! We’ll hear about a woman whose head had become detached from her spine and another patient whose pregnancy triggered a rare heart condition which led to a heart transplant. Additional topics feature technology that provides us with the ability to remove brain tumors that were previously inoperable and creates a way for heart patients to live without having a pulse. While many of us are fortunate enough to have access to world-class care, there are still disparities in health care in the U.S. that need to be discussed in forums such as ours. Join the discussion with experts in medicine, surgery, medical ethics, and public health.
11:00 a.m.–12:15 p.m.
Alexis de Tocqueville’s
Democracy in America
Lucius Outlaw Jr., Professor of Philosophy,
Vanderbilt University
The objective of the course is to explore critically the founding principles, conditions, customs, habits, and practices that defined and gave shape and direction to the development of the United States of America as a purportedly “democratic” nation-state. Achieving democracy, “with justice for all,” has been compromised—and was at the founding—by agendas for social, political, economic, and cultural orderings according to which power, in various forms, was to be gained and exercised predominantly, and to their advantage, by a particular racial group and its ethnic subgroups—“white” people—while curtailed or denied for persons of other racial and ethnic groups. We will work to enhance our understandings of what continues to be one of this country’s most enduring and vexing challenges: how to achieve and maintain a stable and just “democratic” nation-state with a demographically dynamic population consisting of varying numbers of similar and different racial and ethnic groups. We will explore these matters through a historically informed reading of Alexis de Tocqueville’s Democracy in America, which will provide us with a particularly acute perspective on the U.S. American democratic republic as it was being developed during the first half of the 1800s, and assess the legacies of those developmental efforts and consequences.

Wellness Seminar
Active Aging Program Taught by Nationally Certified Instructors
$50 per person (limited to 30)
MONDAYS
October 1, 8, 15, 22, 29;
November 5
1:00–2:45 p.m.
Location: Vanderbilt Dayani Center
The Active Aging program combines exercise and expertise. Each movement class will be preceded by an interactive thirty-minute education session. Participants will be able to experience everything from warm-water exercise to balance training and ballet, along with nutrition, stress management, and bone health.

Sessions will be held at the Vanderbilt Dayani Center for Health and Wellness at Vanderbilt, a clinical wellness facility staffed by exercise specialists, physical therapists, physicians, nurses, nutritionists, and health psychologists who specialize in helping those with wellness challenges. The facility has a fully equipped exercise floor, a group fitness room, and a warm water (87°F) swimming pool. The Dayani Center offers a variety of programs to improve strength, balance, and functional fitness, all while having fun.

Classes are taught by nationally certified instructors, most with more than ten years of teaching experience.

The classes included in the Active Aging program are:
- **Water Aerobics**—a fun-filled pool workout. Exercises are designed to improve cardiovascular fitness, strength, and balance. Nonswimmers are welcome.
- **Arthritis Aqua**—a relaxed-pace pool class for those new or returning to exercise. This easy-does-it class features gentle exercises to keep your joints mobile and reduce pain. Nonswimmers are welcome.
- **Ai Chi**—an aquatic movement and relaxation program that can be enjoyed by anyone, regardless of fitness or mobility level. Students will learn gentle movements and relaxation techniques. Nonswimmers are welcome.
- **Take It to the Chair**—A seated land-based program designed to improve strength, balance, and flexibility needed for everyday tasks such as carrying groceries, walking the dog, or climbing stairs. Appropriate for all levels of exercisers.
- **Stretch and Tone**—A land-based program designed to build strength, agility, balance, and flexibility using a variety of movements, from ballet to boxing. All levels are welcome. Movements can be done seated or standing.

Note: Aqua shoes are recommended for pool classes. These can be purchased at discount stores, as well as sporting goods stores. Comfortable tennis shoes are recommended for land classes. No flats or sandals, please.
All participants will be asked to sign a waiver and may require a physician’s release.

* Limited to thirty participants and will be enrolled on a first-come, first-served basis.
It is our hope at the Osher Lifelong Learning Institute at Vanderbilt that this program continues to grow and enrich the lives of adults for many years to come. Monetary contributions are part of what ensures that the program will last and that it will continue to be affordable and accessible to all. Your gift to OLLI at Vanderbilt will enhance the lifelong learning experience not only for those currently involved in the program but for future generations as well. You can support lifelong learning by completing the form below or you may visit vanderbilt.edu/giveonline, fill in the amount you would like to give, and click the Continue button.

Donor name(s)  _________________________________________________________________
Address _________________________________________________________________________
Email __________________________________________________________________________

Please accept my gift of:

$50___ $75___ $100 ____ Other ___________

Mail this form with check made payable to Osher Lifelong Learning Institute at Vanderbilt to:
PMB 407727
2301 Vanderbilt Place
Nashville, TN 37235-7727

For additional information about other methods of payment, please visit giving.vanderbilt.edu and click “Ways to Give.”

Gifts are tax deductible to the extent allowed by law. A receipt will be mailed to you.

Your contribution is truly appreciated. Thank you!

**The Writing Life Seminar**

Led by Victor Judge, Lecturer, Vanderbilt University Divinity School

$100 per person (limited to 12)

2nd and 4th Tuesdays, October–April, excluding the month of December

October 9, 23; November 13, 27; January 8, 22; February 12, 26; March 12, 26; April 9, 23

8:30–10:00 a.m.

Location: The Cathedral of the Incarnation, 2015 West End Avenue (complimentary parking at the church)

In describing the work of a writer, the contemporary American author Annie Dillard contends, “The line of words is a miner’s pick, a woodcarver’s gouge, a surgeon’s probe. You wield it, and it digs a path you follow. Soon you find yourself deep in new territory. Is it a dead end, or have you located the real subject? You will know tomorrow, or this time next year.” Participants in this writing workshop will experience the challenges and the pleasures of the “writing life” by composing assignments in both prose and poetry and through sharing their work with their peers. We shall read and discuss each contribution for its strengths and make recommendations for revisions. The seminar is designed for beginning writers with no previous publication experience.

* Limited to twelve new participants and will be enrolled on a first-come, first-served basis.

“All presentations were informative, energetic, and entertaining... very appropriate for an election year.”