

## **COURSE DESCRIPTIONS Fall 2023**

### **A GIFT OF TIME / Ted Smith, B.S.**

Both science and spirituality converge to tackle the questions of time. Why are we moving through the flow of time? Why forward and not back? What would existence be without it? What has science discovered about the true nature of time versus our human perception of it? Recent scientific discoveries give us insight into why we should consider this precious commodity to be one of God's greatest gifts to humanity.

### **COMMON PSYCHIATRIC DISORDERS: DIAGNOSIS AND TREATMENT / Moshe S. Torem, M.D.**

This topic will cover common psychiatric disorders, their diagnosis and treatment. The following conditions will be reviewed and explained: Anxiety, Depression, Schizophrenia, Delirium and Dementia. The following disorders will also be discussed: Bipolar Mood, Obsessive Compulsive, Post-traumatic Stress and Dissociative.

### **EAST MEETS WEST / Gurmukh Bhatia, B.S. and Neelam Bhatia, M.Ed.**

Gurmukh and Neelam will provide a brief overview of India where they were born and raised, and how they came to America. This is a fascinating look at the diversity that is India—the states, the foods, the languages, the dialects and more. They will touch on what people in India think of Americans and vice versa. And...they will speak about arranged marriages in India and details of their own arranged marriage. It will be an amusing look at the realities and the misconceptions.

### **ELDER LAW: SAGE ADVICE SERIES / Kyla Williger, J.D.**

This course is designed to provide you with a basic overview of the areas of law which typically impact people as they age. By the end of the course students should have a firm idea of how the systems work and what steps they can take to protect themselves and their loved ones in the future.

### **ENOUGH ABOUT ME...LET'S HEAR ABOUT YOU / Richard Burgess, M.A.**

A class about who we are, where we came from and what led us to the here and now. Each week we will take turns sharing life events about family, triumphs and failures, joys and regrets. Each week will be a different question that will enable us to get to know each other more personally and remind us that we all had and continue to have fascinating lives.

### **FASCINATING MEN: WASHINGTON, JEFFERSON, LINCOLN AND ELVIS / Steven Schecter, M.A.**

All these men have something in common. They are American icons. Their homes are tourist attractions. Politically and culturally, they have helped shape our country.

**GREAT INSTRUMENTALISTS ACROSS A VARIETY OF MUSICAL INSTRUMENTS AND ERAS / Marty Cohen, Ph.D.**

The class will include musical selections and a little biographical information from many brilliant musicians spanning eras, styles and instruments, including Jascha Heifetz, Yo-Yo Ma, Andres Segovia, Harry James, Fats Waller, Earl Scruggs, Jimi Hendrix and Harpo Marx, along with others.

**HEROES OF THE HOLOCAUST / Avery Fromet, J.D.**

As everyone knows, Hitler's Final Solution caused the death of untold millions. Defying the Third Reich would result in severe penalties—even death. In spite of this, many people from all over the world risked their lives to save those who were condemned simply by virtue of their ethnic background. We will identify some of these heroes and describe the feats that saved countless lives.

**INTRODUCTION TO TAI CHI AND QIGONG / Gary A. Harris, BSEE, Certified Member of American Tai Chi Qigong Assoc.**

This is an 8-Step Yang Style Tai Chi form that will introduce students to several basic movements that are in the 24-Step Yang Style form. We will also play several different Qigong exercises. Tai Chi is a form of Qigong. Qigong exercises help to gather and move energy throughout the body. We will also do some basic exercises to help with balance.

**LOOKING AT "MAY FOURTH" THROUGH THE DOCUMENTARY LENS / Laura Davis, Ph.D. and Drew Tiene, Ph.D**

As a National Historic Landmark, the site of the shootings at Kent State, May 4, 1970, literally guides you to walk in the steps of history. You feel the place vividly and understand its story factually. You see, as the Landmark program hoped, the pattern of connection to other American events, beginning with the Boston Massacre. You may come to feel that it's just as important to preserve the May 4 story as it is to preserve the site. What might affect preservation? In our time together, we will consider that question as we examine the story in the way that most people do—through the documentary lens.

*Note: To create room for discussion, prior to Oct. 3 you'll receive information to read or view before each of the four class sessions.*

**MIND OVER BODY: WAYS TO CHANGE BEHAVIOR / Ted Chandler, Ph.D.**

Through lecture, demonstration and interactive activities, participants will learn new ideas and strategies to alter behaviors. We will problem solve, reframe and discuss pain management using the power of suggestion and hypnosis to assist with healing. Irrational beliefs and myths will be challenged to resolve issues.

**MOMENTS IN MUSIC / Ed Wiles, M.A. Music Ed., M.A. Church Music**

For those who love music, this course is the perfect way to end your day at SAGE! It is a musical treat designed by lecturer-musician, Ed Wiles. Invited local musicians, advanced music students from Hudson's Western Reserve Academy and informative commentary concerning the music, composers and performers provide a complete music appreciation experience.

**NEWS AND VIEWS / Rose McIntyre, M.S.W.**

An open forum discussion group. Suggested topics offered each week by participants may focus on global, national, regional and local political and social issues. Join in this lively class session.

**READING AND REFLECTION / Neelam Bhatia, M.Ed.**

A lively discussion group as participants share their opinions and experiences related to the selected books.

1. Lady Tan's Circle of Women – Lisa See
2. The Personal Librarian – Marie Benedict and Victoria Christopher Murray

**THE UPRIGHT LIFE ACCORDING TO FOUR RELIGIOUS TRADITIONS / Samuel Barnett, Ph.D.**

This course introduces what four of the world's major religious cultures teach about what it means to live a moral, upright life. We will try to gain a basic understanding of how Hinduism, Buddhism, Sikhism, and Islam conceive of the good life and being a good person. Prior knowledge of these traditions is not needed.

**THROUGH THE EYES OF THE ARTIST / Felicia Zavarella Stadelman, M.A., Art Historian**

These lectures offer an exclusive into the remarkable lives and times of our most famous and beloved artists. With over 57 artists in her series, you will have the opportunity to learn about artists you may not know but will never forget! Some of the artists featured are: Viktor Schreckengost, Henri de Toulouse Lautrec, Vincent Van Gogh and Gustav Klimt.

**TV GAME SHOW FUN / GERRY NEMETH, B.S.E.E.T.**

Gerry has been a fan of TV game shows since the Art Fleming *Jeopardy* days. He has been teaching the TV game show class for 15 years at several area locations. He looks forward to sharing his knowledge of TV game shows with the SAGE participants.

**“WOMEN WHO RUN WITH WOLVES” / Rose McIntyre, M.S.W.**

There will be a recitation of 4 ancient stories known all over the world about our hidden inner wisdom. Based on the book of the same title by Clarissa Pinkola Estes.

**WORLD HISTORY AS TOLD BY SALT / Ted Smith, B.S.**

A rock, a mineral, a spice, also a preservative and a medicine. We will explore how the acquisition of salt inspired innovation and financed wars, even changed governments and cultures. From ancient China and Egypt to pre-revolutionary France, the re-emergence of modern Israel and even how Gandhi overturned British colonialism, we will learn how the trade and distribution of this valuable commodity shaped our history.

**WORLD MONUMENTS AND STRUCTURES / Avery Fromet, J.D.**

The world has some of the most beautiful and fascinating monuments and structures. Angkor Wat, the Taj Mahal, and Big Ben are just a few of these iconic edifices. The reason for their construction or the structures themselves have engrossing backgrounds and stories. This series will explore these structures.