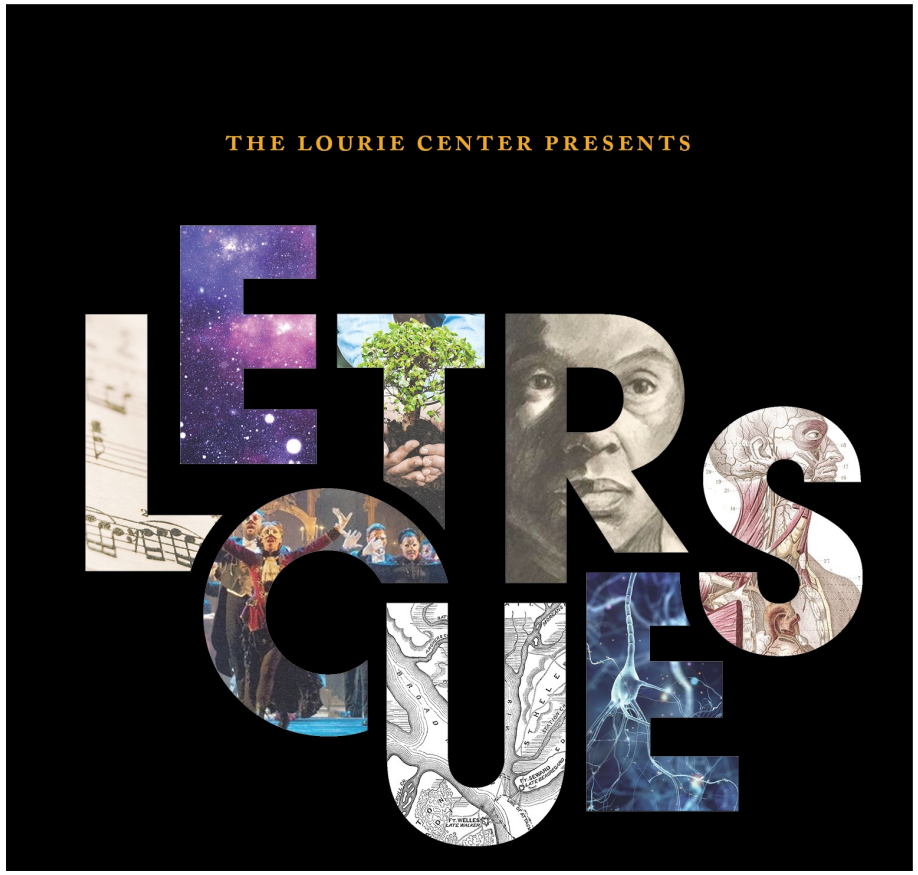

OCTOBER 2022 IN-PERSON CLASSES
MEETING AT THE LOURIE CENTER

THE LOURIE
LECTURES

a lifelong learning series

Genetics of Normal Aging
Mondays 11 am -12 pm **October 3,10,17,24**

How each of us ages is the result of a complex set of circumstances that include genetics that we inherit from our parents, "somatic" genetic changes over time, and the environment. Not even identical twins are truly 100% identical.

How long each of us will live, what we look like as we age, how we sense things, how we think about and plan things, how easy it is for us to "get sick," and how well we are able to respond to medications over time which our doctors prescribe are all affected by both genetics and the environment. The purpose of these talks would be to have us better understand how genetics and the environment are involved in normal aging.

Ruth K. Abramson, is Clinical Professor, Department of Neuropsychiatry and Behavioral Sciences at the University of South Carolina School of Medicine. Dr. Abramson is a PhD medical geneticist and founding fellow of the American College of Medical Genetics with a long time interest and extensive research in the role of genetics and the environment.

Diabetes Explained
Mondays 1-2 pm **October 3,10,17,24**

Prepare yourselves to learn about a disease that affects over 34 million US adults! How does diabetes affect our body? What can we do to prevent or control it? What are the treatment options? How does technology impact management? All of these questions and more will be answered as we go on a 4 lecture journey. Discussion will include the physiology of diabetes: diagnosis and monitoring, risk factors and potential complications, the role of nutrition in self-management, and advances in medication and technology.

Instructor Makala Smith is a Registered Dietitian and Diabetes Educator, Board Certified in Advanced Diabetes Management. Makala is Director of Diabetes Education and Prevention Programs at Carolina Diabetes & Kidney Center in Sumter, SC for the past 7 years, as well as co-coordinator of MOMs In Control, a clinic for women with Diabetes in Pregnancy. She received both her graduate and undergraduate degrees from Winthrop University in Rock Hill, SC. Her research interests are centered around diabetes in pregnancy and diabetes prevention.

The Upside of Downsizing!
Tuesdays 11 am- 12 pm **October 4, 11, 18, 25**

Is it nearing time for you or a loved one to downsize? Get the tools to overcome fear and avoid the stumbling blocks to a smooth transition. We will cover common questions and concerns regarding transitions to a new chapter of life: Preparing your home for sale, staging, home Inspection. Should you sell your home AS IS ? Learn about estate sales and services that help you sort a lifetime of treasured stuff. How do you pay for a new place or retirement home before you sell? Probate, one-time tax exemption, choosing the right community. Can you really get a 30 year mortgage at 75? And how to make the "Winning Bid".

Your expert instructor is Anna Paige DuRant with The DuRant Team at Coldwell Banker Realty. DuRant is a Broker, Realtor, a Certified Senior Real Estate Specialist SRES, Certified Relocation Specialist, and #1 Small Team for Coldwell Banker Realty for the Carolinas. She offers staging, professional organization, repair services and furniture estate sales.

History of Glenn Springs, SC
Tuesdays 1 pm- 2 pm **October 4, 11, 18, 25**

Discover a little-known slice of South Carolina history in Glenn Springs! "The Glenn Springs Company" a grand hotel that opened in July 1836, quickly became known for its elegance, gentility, and the prominence of its guests. Where opulence was the standard, it became known as the unofficial capital of South Carolina because of the judges, US senators, representatives, and officials who spent summers with their families at Glenn Springs, enjoying the spring water known as the "true Elixir of Life." The course explores the migration of Scots and Scots-Irish into upstate South Carolina and the impact they had, hotels and resorts in South Carolina during the 1800s, and the importance of railways to the financial health of the state.

David Gregg Hodges has been in the life insurance business with MassMutual for 45 years. He is married to Susan Graybill Hodges for 47 years, with four children and nine grandchildren. His 2019 book "Sunset Lodge in Georgetown, the Story of a Madam", explores the history of the famous Georgetown County brothel, the Sunset Lodge. David has served on the State Museum Foundation, the South Carolina Humanities board, and is a member of The Cooperative Ministry board. He often publishes in the Columbia Metropolitan Magazine, the Coastal Observer, and is currently is writing a book about the Glenn Springs Hotel in Spartanburg County.

What in the World is Happening to Our World?
Political, Economic, Cultural Conflict Among and Within Nations
Wednesdays 1-2 pm **October 12, 19, 26, November 2**

The world has changed dramatically since the end of the Second World War, experiencing decolonization, the end of the "cold War", extraordinary economic development, the growth of technology and communications, and improvements in health care, poverty and education. However, issues such as energy dependence, climate change, terrorism, heightened nationalism, human rights, authoritarianism and the use of brute force command headlines and threaten to derail our collective progress. In four sessions, we will look at the shifting political and economic landscape in Africa, the Americas, Asia and Europe. We will also consider the forces and factors that are impacting and changing the World Order, such as Globalization, Trade and Aid, Climate Change, Media, Ideology, and more,

Dr. Morris "Moss" Blachman is a Distinguished Clinical Professor Emeritus, U of SC. Moss taught Latin American politics, U.S. foreign policy and international relations in U of SC's politics department for 23 years, then 24 years as Associate Dean for Continuous Professional Development and Strategic affairs for the USC School of Medicine. Moss received his Ph.D. from New York University, his MA from U of SC and his BA from Brandeis University. He also served as an intelligence officer in the United States Air force, including a tour in Vietnam for which he was awarded the Bronze Star.

THE LOURIE LECTURES provide engaging discourse for adults over 50. Taught by academics and content experts, topics explore the arts and humanities, science, culture and more. Satisfy your thirst for learning through these weekly and bi-weekly talks, presented by the Lourie Center, a 501(c)(3) organization.

COST PER COURSE:

$10 FULL MEMBERS
$20 ASSOCIATE MEMBERS
$30 NON-MEMBERS
FREE! Bring a friend as your guest.

www.LourieCenterSC.com/Lourie-Lectures

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