

Osher Lifelong Learning Institute (OLLI) at UMass Boston



All programs are free and open to members, former members, and nonmembers alike! Summer events and programs are on a first-come, first-served basis. Zoom details for online summer programs will be sent to participants the day prior to the program.

Summer Schedule of Events At-A-Glance

Please note the location of each program (*in-person or online*).

- Monday, July 7 – The Massachusetts State Senate (*in-person*)
- Monday, July 7 – Art and Monuments: Honoring Memory and Service (*online*)
- Tuesday, July 8 – *Crip Camp* (2020). Film screening and discussion (*in-person and online*)
- Wednesday, July 9 – FDR's Four Freedoms (*online*)
- Thursday, July 10 – Summer Book Reviews and Recommendations (*online*)
- Tuesday, July 15 – The Proof of the Pudding Is in the Art (*online*)
- Wednesday, July 16 – The Broken Promise of Americas Asylum System (*online*)
- Thursday, July 17 – Spotlight on OLLI (*multiple locations*)
- Thursday, July 17 – Author Talk with Mary Noé: *The Man Who Shot J.P. Morgan* (*in-person*)
- Friday, July 18 – Group Walk: Boston's Commonwealth Avenue (*in-person*)
- Monday, July 21 – Smithsonian American Art Museum: Young America (*online*)
- Wednesday, July 23 – America's Best Idea: The First Amendment and the Freedom of Religion (*online*)
- Friday, July 25 – Sketchbooks: Maximizing your art-making time (*online*)
- Monday, July 28 – The Birth of the Atomic Age: Los Alamos in 1945 and its Impact Today (*online*)
- Tuesday, July 29 – Downsizing Workshop (*in-person*)
- Tuesday, July 29 – Transforming Anxiety (*online*)
- Wednesday, July 30 – The Implications of Trump's Economic Policies (*online*)
- Thursday, July 31 – Smithsonian American Art Museum: Social Commentary, Social Action (*online*)
- Monday, August 4 – Playing with Composition to Improve your Drawings or Paintings (*online*)
- Monday, August 4 – Integrative Health & Wellness Coaching: The Wheel of Health Approach (*in-person*)
- Tuesday, August 5 – Smithsonian American Art Museum: African American Artists (*online*)
- Wednesday, August 6 – Can Freedom of Speech Survive? And Should It? (*online*)
- Thursday, August 7 – Finding Peace in Uncertain Times (*online*)
- Tuesday, August 12 – Five Wishes Workshop (*online*)
- Wednesday, August 13 – The Four Freedoms: The Way Forward (*online*)
- Friday, August 15 – Group Walk: Northeastern University Campus (*in-person*)
- Monday, August 18 – Emerson Colonial Theatre Tour (*in-person*)
- Tuesday, August 19 – OLLI Reads Book Discussion: *Being Heumann* (*in-person*)
- Wednesday, August 20 – Smithsonian American Art Museum: Latino Art and Culture (*online*)
- Thursday, August 21 – OLLI Reads Book Discussion: *Being Heumann* (*online*)
- Wednesday, September 3 – Charlie Carr (*online*)

OLLI's Summer Programs – Registration Details. Members are encouraged to use the OLLI online registration system to sign up for these events. [Sign-in](#) using your OLLI username and password. Once you are logged in, all summer events will be listed under the [Courses & Programs section](#) (look for Other Programs). Your username and password are still active even if your membership has expired.

Not an OLLI member? Please email (ollireg@gmail.com) or call (617.287.7312) the OLLI office with the program titles you would like to register for.

A few notes about two of our summer programs...

Osher at Dartmouth Summer Lecture Series

Preserving America's Four Freedoms:

The Heart of Our Democracy

6 Wednesdays, July 9–August 13

9:00–11:30 a.m., online/livestream; separate registration for each lecture is required.

Series description: We believe the world and domestic situations today demand that we renew our understanding of the Four Freedoms and the role of our government and political system in ensuring their preservation. The Constitution of the United States contains the political philosophy and a system of checks and balances necessary for the operation of a democratic state to serve all its people. Have we lost the understanding of our individual and collective responsibilities required to make it work? It is time to renew our understanding of what is important to us as individuals and to the future of our country.

Registration Notes: The lectures will be live streamed (via YouTube Live) starting at 9:00 a.m. on Wednesday mornings. A short break is scheduled before the Q&A portion starts. Participants will need to register individually for each session given the nature of how Dartmouth manages the livestream viewing details. OLLI members and nonmembers will register through OLLI at UMass Boston as they would for any other summer program. Registration closes at 8:00 a.m. the Monday before each Wednesday lecture. For those that have registered, a live-stream link (YouTube) will be sent out each Tuesday. **PLEASE CHECK YOUR SPAM/JUNK FOLDERS!** If you sign up for more than one lecture, you will receive a different link for each one.



**Osher Lifelong
Learning Institute**
at Dartmouth



Smithsonian
American Art
Museum

Smithsonian American Art Museum

5 Summer Presentations and Discussions

Summer Program Dates: July 7, 21, 31; August 5 and 20.

Event start times vary for each date; separate registration for each program is required. Programs from the Smithsonian American Art Museum (SAAM) connect,

engage, and inspire adult learners by exploring America's stories through **highly**

interactive, artwork-driven videoconferences. Leveraging the Museum's expansive digitized collection, online assets, and strong scholarship, lifelong learning site participants and Smithsonian American Art Museum study group leaders work together to uncover and discuss a variety of topics explored by artists throughout American history. American Art Museum study group leaders are seasoned volunteer videoconference presenters deeply familiar with the Museum's collections and how to facilitate conversations about artworks. Their professional experiences, paired with Museum-provided training, have prepared them to be facile leaders of artwork-based discussions who are responsive to participants' interests. **Zoom Note:** The Smithsonian uses the "waiting room" feature for its online presentations. Participants will be placed in a waiting room after they click on the Zoom link. A few minutes prior to the start of the presentation, the assistant will admit you into the actual Zoom classroom.



The Massachusetts State Senate: A History and Civics Lesson

Monday, July 7 | 10–11:15 a.m. | Thomas Crane Library (Quincy)

This presentation features a first-hand perspective and experience of a state senator as he discusses the history of the Massachusetts State House as well as what is entailed during typical day of a public elected representative. Join Senator John F. Keenan to learn more about our gold domed building on Beacon Hill as well understand what the senator does with his days during and outside of the

legislation session. **Presenter:** John F. Keenan was raised in Quincy, the fourth of seven children, and attended the Quincy Public Schools, graduating from North Quincy High School. He attended and graduated from Harvard University, earning his way through by working in the athletic department equipment room and on the Saturday overnight shift at the *Boston Herald* newspaper. As an attorney, John worked first as a litigator, then as a public defender, followed by work combating insurance fraud. He has served both in the Quincy Mayor's Office and Quincy City Council. In 2010, John was elected to the State Senate, where he proudly serves his hometown of Quincy, as well as Abington, Hanover, Holbrook, Rockland, and a portion of Braintree.

Smithsonian American Art Museum

Art and Monuments: Honoring Memory and Service

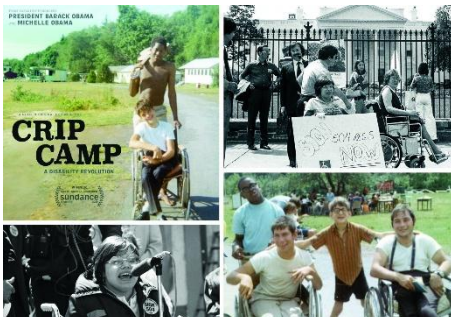
Monday, July 7 | 2–3:30 p.m. | Online via Zoom

The American Battle Monuments Commission (ABMC) and the Smithsonian American Art Museum (SAAM) jointly present this interactive session. The ABMC – the preeminent guardian of America's overseas commemorative cemeteries and memorials – honors the achievements of the U.S. armed forces by preserving their legacy of service and by seeking new and innovative ways of reflecting the evolving nature of sacrifice. As the national institution that documents America's stories through art, the SAAM reveals key aspects of America's culture and history through its collection. During this 90-minute interactive session, representatives of ABMC and SAAM help contextualize the history of memorials, monuments, and art in their collections. Honor, sacrifice, and service are themes that both artists and war memorial designers have brought to life using many different forms of symbolism and allegory. Participants will explore the visual elements of sculpture, architecture, and 2-dimensional works to gain a greater understanding of how art and design conveys these themes, and how the meaning of memorial objects may change over time.



Crip Camp (2020): Documentary film viewing and discussion

Tuesday, July 8 | 10:00 a.m.–12:45 p.m. | Thayer Public Library (Braintree) and on Zoom



No one at Camp Jened could have imagined that those summers in the woods together would be the beginnings of a revolution. Down the road from Woodstock, a revolution blossomed at a ramshackle summer camp for teenagers with disabilities, transforming their lives and igniting a landmark movement. In the early 1970s, teenagers with disabilities faced a future shaped by isolation, discrimination and institutionalization. Camp Jened in the Catskills, exploded those confines. Jened was their freewheeling Utopia, a place with summertime sports, smoking and make-out sessions awaiting

everyone, and campers experienced liberation and full inclusion as human beings. This 2020 award winning, Oscar-nominated documentary also features Judy Heumann whose memoir (*Being Heumann*)

is OLLI at UMass Boston's pick for its summer common read program. *Program Note: Viewing and discussion will take place both online (Zoom) and in-person (Thayer Public Library in Braintree). Participants can also watch the film on their own (via Netflix or Amazon Prime) and still join for the discussion portion.*

Osher at Dartmouth Summer Lecture Series

FDR's Four Freedoms:

Foundation of Modern American Liberalism and Global Liberal Internationalism

Wednesday, July 9 | 9–11:30 a.m. | Online/livestream

In January 1941 Franklin D. Roosevelt's extraordinary State of the Union Address proclaimed his intention to secure and expand democracy at home and promote democracy everywhere in a world then threatened by fascism and imperialist aggression. The Four Freedoms FDR defined in that speech—Freedom of speech and expression, Freedom of worship, Freedom from want, and Freedom from fear—quickly became philosophical and rhetorical foundations for extending his domestic New Deal and using American power to promote global democratic development. They also became justifications for making the United States a global “super power “ that required a massive standing army, navy, and air forces; a worldwide network of military bases, a permanent military-industrial-university complex, and an ever-growing arsenal of nuclear and other weapons of mass destruction, all of which diverted resources and brainpower away from domestic democratic reforms while promoting fear of communism abroad and at home. This lecture includes discussion of these complications, as well as a review of the sources of FDR ideas about human rights and liberal internationalism, and a look at contemporary public responses to the Four Freedoms speech. **Presenter:** Ronald Edsforth is a Research Associate in History at Dartmouth. He retired in 2019 after 26 years of teaching at the College. As a Distinguished Senior Lecturer in History Ron offered courses in American political and economic history, American foreign policy, and global peace history. He also led a revival of the College's interdisciplinary War and Peace Studies Program, serving as its first coordinator from 1998-2004. In 2006 Ron helped to establish the Globalization Studies concentration in Dartmouth's Masters in Arts in Liberal Studies (MALS) program. He served as Chair of Globalization Studies in MALS from 2006 to 2016.



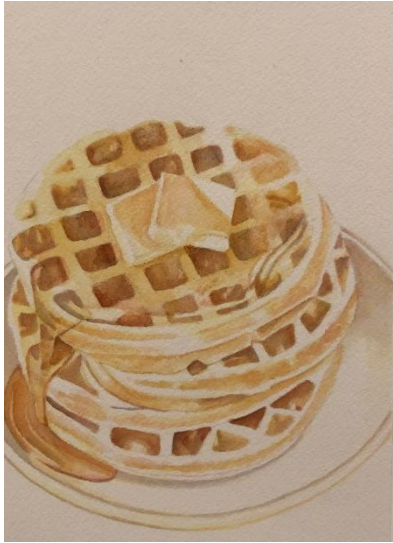
Summer Book Reviews and Recommendations

Thursday, July 10 | 12–1:00 p.m. | Online via Zoom

Curious to learn about what others are reading this summer (or have read during the winter)? Have you ever found yourself at the beach, in your backyard, or on a bench during the summer wishing you had a book with you? Need a break from the computer screen? This event allows participants to share book titles and quick, personal reviews to help others build their summer reading lists. Don't have a book to share? No problem! Join and listen to recommendations that might inspire you to check them out.

The Proof of the Pudding Is in the Art:

Learning to capture the essence of food in drawing or painting



Tuesday, July 15 | 10:00 a.m.–12 noon | Online via Zoom

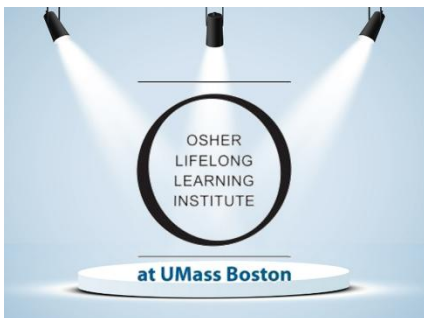
Grab your favorite summer food, pull up a chair, and immerse yourself in this 2-hour fun-filled art workshop! Using a medium of your choosing (drawing or painting), we will develop our hand-eye coordination by rendering what we see in front of us onto our own paper. We will learn how value studies can help us with full color artworks. Some prior drawing or painting experience is helpful but not mandatory. ***Program Note:** The workshop facilitator will email out a list of supplies recommended for this workshop a week in advance.* **Presenter:** Kate Nordstrom is an artist and art educator in Barrington, Rhode Island. Her passion for art started in childhood and has remained an important part of her life. Her most recent work details the ruggedness of the New England coastline, the majestic beauty of NE lighthouses, and the California landscape/architecture. Kate is thrilled to be teaching with OLLI. She is thrilled to be teaching at OLLI.

Osher at Dartmouth Summer Lecture Series

The Broken Promise of America's Asylum System

Wednesday, July 16 | 9–11:30 a.m. | Online/livestream

When Senator Edward Kennedy sponsored the Refugee Act of 1980, he urged his congressional colleagues to pass a bill that would “welcome homeless refugees to our shores” and “give statutory meaning to our national commitment to human rights and humanitarian concerns.” The Refugee Act has transformed the United States over the past 45 years. However, the U.S. refugee and asylum system has never entirely lived up to the lofty goals that Senator Kennedy articulated, and the federal government now appears to be abandoning them entirely. In this lecture, Professor Rosenbloom will assess both the achievements of the Refugee Act and its shortcomings, and examine how immigrant communities are organizing to demand a better future. **Presenter:** Rachel Rosenbloom is Professor of Law at Northeastern University School of Law, where she teaches courses on immigration law, refugee and asylum law, and administrative law. From 2017 to 2020, she was the Co-Director of the Northeastern University Immigrant Justice Clinic. Her scholarship has focused on the immigration enforcement system, the intersection of criminal law and immigration law, and debates over American birthright citizenship since the passage of the Fourteenth Amendment.



Spotlight on OLLI: Learn. Connect. Explore.

Thursday, July 17 | 10:00 a.m.–12 noon | Multiple Locations

You're invited to check out the Osher Lifelong Learning Institute (OLLI) at UMass Boston and what awaits if you join our learning community!

Spotlight on OLLI is our open house event where prospective members (and current ones) can explore a mini-classroom experience, learn what OLLI offers members, and connect with one another. This program will be offered at three locations: online via Zoom, in-person at Thayer Public

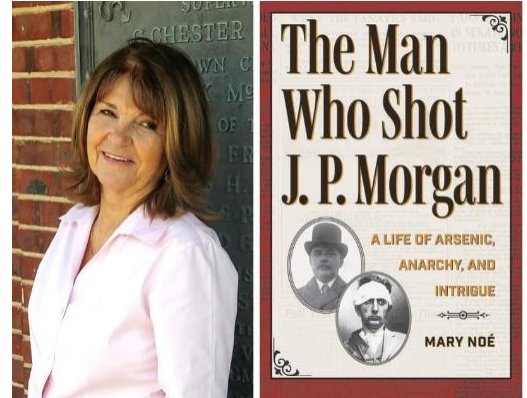
Library, and in-person at the UMass Boston campus. Each location will offer a specific learning experience and there will be one common presentation for all to enjoy by the Cleveland Art Museum. After the classroom presentations, all participants will learn more specifics about OLLI at UMass Boston.

Refreshments will be served at the two in-person locations, and for those joining us at UMass Boston, you'll be able to enjoy a Boston Harbor cruise after the event has ended.

Author Talk with Mary Noé: *The Man Who Shot J.P. Morgan*

Thursday, July 17 | 6–7:00 p.m. | Jamaica Plain Library

The thrilling, true story of a prolific criminal's many identities and exploits. *The Man Who Shot J. P. Morgan* is a riveting tale of false identities, radical political beliefs, and ambitious criminal schemes set during the tumultuous time shortly before the United States entered World War I. In 1906 and 1915, Cambridge, MA was the location of the national news story when a Harvard Ph.D. candidate and adjunct professor poisoned his wife nine days after childbirth. Cambridge police and court proceedings continued for nine years later when he emerged as a Cornell Ph.D. and bombed the U.S. Capitol and shot J.P. Morgan. This true story of deceit and brilliance is chronicled in Mary Noé's narrative nonfiction book *The Man Who Shot J.P. Morgan, A Life of Arsenic, Anarchy and Intrigue*.



Presenter/Author: Mary Noé is a lawyer, writer, and lecturer and holds the rank of Professor at St. John's University, Collins College of Professional Studies. After graduating high school, she worked in a typing pool at the New York office of the FBI. Several secretarial jobs later and after obtaining her Class 2 license, she applied to Varsity Transit for a position as a bus driver for New York City Schools. The New York City Human Rights Division brought an action against Varsity since they would not hire females. She was the only female driver among the 700 male drivers working from Varsity's Brooklyn location. She is a graduate of Brooklyn College magna cum laude and St. John's University School of Law.

Group Walk: Commonwealth Avenue Stroll

Friday, July 18 | 10–11:30 a.m. | Boston Common (Park Street T Station)



OLLI's Walking SIG (Shared Interest Group) invites you to experience a walk with fellow OLLI members and guests along Boston's Grand Boulevard! Discover the stunning beauty and charm of Commonwealth Avenue through a combination of exercise, conversation, and history as you pause to learn more about the statues that are placed on the mall. The goal of the Walking Group is to promote a healthy lifestyle through walking as well as to provide a

chance for socialization with other OLLI members. The group takes advantage of the area's natural resources (both urban and rural). Walks usually take about 90 minutes, and the group can accommodate walkers of various abilities, both tortoises and hares! **Program note:** More precise details on where to meet will be sent out to registered participants. During the regular school year, an active membership is needed to participate in OLLI's Shared Interest Groups activities. [Check out all of OLLI's SIGs!](#)

Smithsonian American Art Museum

Young America

Monday, July 21 | 1:30 – 2:45 p.m. | Online via Zoom

The transition from colonial rule to national independence was a pivotal time in American history. Participants will explore colonial and early federal art that tells the story of growing national ambitions, territorial expansion, and the beginning of industry. The Smithsonian American Art Museum's presentations encourage participants to share their thoughts and to participate in the conversation over the 75-minute presentation.



Osher at Dartmouth Summer Lecture Series

America's Best Idea: The First Amendment and the Freedom of Religion

Wednesday, July 23 | 9–11:30 a.m. | Online/livestream

America's best idea, the separation of church and state, is under attack by those who espouse Christian nationalism, which seeks to conflate religion and the state by means of religious symbols and taxpayer support for religious education. This is both bad theology and bad history. Jesus himself declared that his kingdom "was not of this world," and the nation's founders emphatically were not, as David Barton and other Christian nationalists argue, evangelical Christians. Painfully aware of the wars of religion in Europe and England, the founders wanted to avoid the entanglement of church and state while guaranteeing freedom of religion. In so doing, they were drawing on the ideas of Roger Williams, a former Puritan who founded the Baptist tradition in America. Williams wanted to separate the "garden of the



church" from the "wilderness of the world" by means of a wall of separation – in large measure because he wanted to protect the integrity of the faith from interference by the state. The First Amendment has worked remarkably well throughout American history, and those who would seek to abrogate the separation of church and state are actually working against their own interests.

Presenter: Randall Balmer, the John Phillips Professor in Religion at Dartmouth College, is an award-winning historian, a CNN contributor, and commentator on religion in North America. After earning his PhD from Princeton University, he taught at Columbia University for twenty-seven years before coming to Dartmouth in 2012. He is the author of eighteen books, including *Redeemer: The Life of Jimmy*

Carter and Bad Faith: Race and the Rise of the Religious Right. His second book, *Mine Eyes Have Seen the Glory: A Journey into the Evangelical Subculture in America*, now in its fifth edition, was made into an award-winning, three-part PBS documentary. Dr. Balmer was nominated for an Emmy for writing and hosting that series.

Sketchbooks: Maximizing your art-making time

Friday, July 25 | 10:00 a.m.–12 noon | Online via Zoom

Why do artists keep sketchbooks? What do I draw in my sketchbook? This workshop is for anyone interested in incorporating regular artmaking into his or her life. We will discuss the benefits of using sketchbooks to enhance the artmaking practice. Most of the workshop will be spent drawing in your sketchbook from photographs. We will practice capturing the most important elements of a scene and editing out unnecessary details. Other topics include thumbnail sketches, gesture drawing, color experimentation, and more! By the end of the workshop, you will have many ideas on how to use limited amounts of time to create art. [*Program*](#)



Note: The workshop facilitator will email out a list of recommended supplies for this workshop a week in advance. **Presenter:** Kate Nordstrom is an artist and art educator in Barrington, Rhode Island. Her passion for art started in childhood and has remained an important part of her life. Her most recent work details the ruggedness of the New England coastline, the majestic beauty of NE lighthouses, and the California landscape/architecture. Kate is thrilled to be teaching with OLLI. She is thrilled to be teaching at OLLI.

The Birth of the Atomic Age: Los Alamos in 1945 and its Impact Today

Monday, July 28 | 1:30–3:00 p.m. | Online via Zoom



What was it like to live in WW2 Los Alamos, NM where the world's first atomic bomb was built? What were the considerations that went into dropping nuclear bombs on Hiroshima and Nagasaki? How did their use influence nuclear policy after the war? Inspired by the research for her historical novel, *Hill of Secrets*, set in WW2 Los Alamos, author Galina Vromen will bring alive that momentous period. This will be followed by a discussion with Genny Peterson, OLLI program coordinator and a 20th-century historian, about the issues that led to the legacy of nuclear proliferation today. **Presenter/Author:** Galina Vromen spent more than a decade as a foreign correspondent, mostly for Reuters News Agency -- in the Netherlands, UK, France, Mexico and Israel. After retiring, she harnessed her research and writing skills to release her debut historical novel, *Hill of Secrets*, which has garnered some 3,500 five-star ratings on Amazon. The research on the

book sparked her interest in the aftermath of the use of the atom bomb and she has become well-versed on issues of nuclear arms today. For more about Vromen and her book see www.galinavromen.com.

Presenter: Genny Peterson graduated with an MA in Public History in 2020 from UMass Boston. Her thesis was about postwar history, memory, and identity in Japan as interpreted through the popular Japanese media of anime. Genny has consumed history through popular media since she was a kid, especially through historical nonfiction. Often drawn to stories before, during, and after WWII, she became particularly interested in the Japanese experience after realizing many of her favorite animated TV shows and films came from Japan.

Downsizing Workshop

Tuesday, July 29 | 10–11:30 a.m. | Tufts Library, Weymouth

Are you or a loved one considering Downsizing but unsure where to start? Come to this workshop designed specifically for older adults and their families led by a team of professionals from Coldwell Banker Realty who specialize in helping seniors transition smoothly into their next place. Whether you're planning to move soon or just exploring your options, this workshop will provide valuable insights to guide you.

Transforming Anxiety

Tuesday, July 29 | 1:30–3:00 p.m. | Online via Zoom

We are living in the age of anxiety; a situation that often makes us feel as if we are locked into endless cycles of stress, sleeplessness and worry. But what if we had a way to leverage our anxiety to help us solve problems and fortify our well-being? What if instead of seeing anxiety as a curse, we could recognize it for the unique gift that it is? In this workshop, we will be learning about ways to work with anxiety and see it as essential for our survival. This will be a combination of lecture, discussion and meditation, breathing exercises. **Presenter:** Katherine Robinson majored in psychology and anthropology at the University of Vermont. She also did graduate training in mental-health counseling and is certified by the McLean Meditation Institute (AZ) and Yoga Body. She recently became a certified

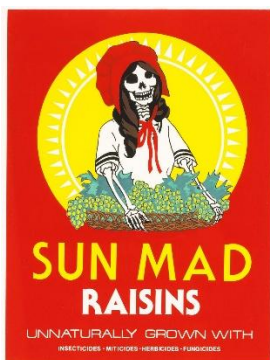
Brain Longevity Therapist through the Alzheimer's Research & Prevention Foundation. Katherine's passions are teaching meditation, breathwork, and energy techniques to calm the body and grow new neurons in the brain. She loves to explore the healing vibrations of sound and motivate and inspire others to be the best that they can be.

Osher at Dartmouth Summer Lecture Series

The Implications of Trump's Economic Policies

Wednesday, July 30 | 9–11:30 a.m. | Online/livestream

In his famous “Four Freedoms” speech, the third of FDR’s “four essential human freedoms” was “freedom from want—which, translated into world terms, means economic understandings which will secure to every nation a healthy peacetime life for its inhabitants—everywhere in the world.” 89 years after FDR spoke these words, here in 2025 are Americans enjoying freedom from want? Does the answer to this question depend on one’s life station on important dimensions such as educational attainment? And, either way, are current U.S. economic policies reducing want or expanding it—both here in the United States and around the world? This talk will examine important economic forces and policies to understand what all this means for American workers, families, and communities. **Presenter:** Matt Slaughter is the Paul Danos Dean of the Tuck School of Business at Dartmouth, where in addition he is the Earl C. Daum 1924 Professor of International Business. He is also a member of the American Academy of Arts and Sciences, a life member of the Council on Foreign Relations, a research associate at the National Bureau of Economic Research, a member of the Aspen Institute’s Economic Strategy Group, and an academic advisor to the McKinsey Global Institute. From 2005 to 2007, Matt served as a member on the Council of Economic Advisers in the Executive Office of the President. Through Congressional testimony and other forums, he works, as a lifetime independent, with leaders of both parties.



Smithsonian American Art Museum

Social Commentary, Social Action

Thursday, July 31 | 10–11:15 a.m. | Online via Zoom

Artists living in America have often visualized and engaged with social issues through their artistic practice. Participants will examine 18th-21st century art to discover the range of approaches artists have used to make their voices heard. The Smithsonian American Art Museum’s presentations encourage participants to share their thoughts and to participate in the conversation over the 75-minute presentation.

Playing with Composition to Improve your Drawings or Paintings

Monday, August 4 | 10:00 a.m.–12 noon | Online via Zoom

One of the essential elements of all 2D art and design (both representational and abstract) is composition. During this workshop we will explore the following guiding questions: what is composition; why do artists need to understand composition; how can being intentional about composition enhance a future piece of art. This workshop is for anyone interested in learning the basics about composition. Using thumbnail sketching, students will have the opportunity to experiment with composition. Students are welcome to



bring their own photographs for inspiration or may choose to draw from photographs provided by the instructor. Some prior drawing experience is helpful but not necessary. ***Program Note:** The workshop facilitator will email out a list of supplies recommended for this workshop a week in advance.* **Presenter:** Kate Nordstrom is an artist and art educator in Barrington, Rhode Island. Her passion for art started in childhood and has remained an important part of her life. Her most recent work details the ruggedness of the New England coastline, the majestic beauty of NE lighthouses, and the California landscape/architecture. Kate is thrilled to be teaching with OLLI. She is thrilled to be teaching at OLLI.

Integrative Health & Wellness Coaching: The Wheel of Health Approach

Monday, August 4 | 1:30–3:00 p.m. | Hingham Public Library

This 90-minute presentation will introduce participants to a holistic approach towards health and wellness using an assessment tool known as the Wheel of Health. Nine areas will be explored as you identify challenges/successes in nine areas: movement, nutrition, environment, relationships, personal development, spirituality, sleep & rest, work life balance, and mind & body. The outcome is to encourage participants to develop a personalized plan with goals and strategies for healthy living, stress management, and/or personal growth. **Presenter:** Julianne Mazzawi, PhD, RN, journey has taken her through diverse roles in the health care industry and weight loss management, shaping a unique blend of skills that include a strong foundation in health and wellness, with a particular focus on weight loss, mindfulness practices, breath work, and yoga. As a nurse for over 40 years, she has been privileged to empower individuals to achieve their health and wellness goals using a holistic, patient-centered approach. As a health coach, she believes in focusing on the interconnectedness of mind, body, and spirit to support clients in making sustainable lifestyle changes. Julieanne currently works at the Manning College of Nursing and Health Sciences at UMass Boston and is preparing to sit for the National Board for Health & Wellness Coaching (NBHWC) certification exam. She recently completed a nationally approved educational program in health and wellness coaching at the University of Vermont.



Smithsonian American Art Museum

African American Artists

Tuesday, August 5 | 10–11:15 a.m. | Online via Zoom

The lives of African American artists lend insight into the context of their works. Learn about the diverse body of artwork created by African American artists and the historical, social, and cultural events, as well as the life experiences, that inspired their work. The Smithsonian American Art Museum's presentations encourage participants to share their thoughts and to participate in the conversation over the 75-minute presentation.

Osher at Dartmouth Summer Lecture Series

Can Freedom of Speech Survive? And Should It?

Wednesday, August 6 | 9–11:30 a.m. | Online/livestream

The many current threats to free speech include: “cancel culture,” which penalizes those who question prevailing orthodoxies; rampant self-censorship about “sensitive” topics; Big Tech wielding unprecedented power to restrict and chill expression; government officials pressuring Big Tech to suppress even more material; campus assaults on academic freedom; state laws that bar the teaching of “divisive” concepts; federal and state laws (including President Trump’s executive orders) that have some positive and some negative implications for free speech, including on campus; federal and state laws that restrict minors’ access to sexually oriented online expression; public officials’ (including the

President's) initiation of defamation lawsuits against their critics; and weak public support for free speech, the media, and universities, according to polls. This presentation will discuss the pros and cons of free speech and censorship, addressing legal principles, and policy considerations. **Presenter:** Nadine Strossen, New York Law School Professor Emerita and Senior Fellow at FIRE (the Foundation for Individual Rights and Expression), was national President of the American Civil Liberties Union from 1991 to 2008. An internationally acclaimed free speech scholar and advocate, who regularly addresses diverse audiences and provides media commentary around the world, Strossen is also the Host and Project Consultant for *Free To Speak*, a 3-hour documentary film series distributed on public television in 2023.



Finding Peace in Uncertain Times

Thursday, August 7 | 1:30–3:00 p.m. | Online via Zoom

The world has recently been turned upside down with a worldwide pandemic, political unrest, climate change and the threat of war. All of these events are making many of us feel disconnected, fearful and unsure about the future. Connecting to ourselves and finding ways in which to be resilient, calm down the fear response in the nervous system and activate the relaxation response is crucial during these times. We have so much more power over our responses than we can even imagine. In this presentation, learn how to accept the moment, find inner peace and learn coping strategies to help you surf the waves of uncertainty. **Presenter:** Katherine Robinson majored in psychology and anthropology at the University of Vermont. She also did graduate training in mental-health counseling and is certified by the McLean Meditation Institute (AZ) and Yoga Body. She recently became a certified Brain Longevity Therapist through the Alzheimer's Research & Prevention Foundation. Katherine's passions are teaching meditation, breathwork, and energy techniques to calm the body and grow new neurons in the brain. She loves to explore the healing vibrations of sound and motivate and inspire others to be the best that they can be.

FIVE WISHES®

Five Wishes

Tuesday, August 12 | 1:30–2:30 p.m. | Online via Zoom

Five Wishes is the first advance directive outlining your personal, emotional, and spiritual needs and medical wishes. It provides a vehicle for you to choose the person you want to make healthcare decisions for you if you are unable to make them for yourself. Five Wishes allows you to describe precisely how you wish to be treated if you get seriously ill. During this program, participants will have an opportunity to reflect on their wishes, and the facilitator will review how to complete a Five Wishes document. Participants will have an opportunity to reflect on their wishes and blank, legal copy of the Five Wishes for their personal use. **Program Note:** *Required physical materials for this presentation will be mailed out to each participant. Therefore, registration for this program will close on August 4 to ensure materials are received in a timely manner.*

Presenter: Judith Paré, PhD, RN, RHNC, is a Clinical Professor and the RN/BS program director at UMass Boston. Judith's areas of expertise include rural nursing, psychiatric nursing, and community health. Judith is a published author and a national speaker on Alzheimer's care and the lived experiences of rural and remote nurses. In 2024, Judith co-authored *Rural Healthcare and the Pandemic: Challenges, Solutions, and Future Needs*. This undergraduate nursing and public health textbook is designed to provide insight into the lived experiences of rural bedside nurses during and beyond the COVID-19 pandemic.

Osher at Dartmouth Summer Lecture Series

The Four Freedoms: The Way Forward

Wednesday, August 13 | 9–11:30 a.m. | Online/livestream

The concept of freedom has evolved over the course of American history from the founding ideas in the Bill of Rights that citizens should be able to live their lives without government interference to the 20th century concept that people should be able to fulfill their potential--if necessary, with the help of government. Roosevelt's Four Freedoms spoke to the contemporary version, although want and fear do not appear in the Constitution. However, two obstacles have prevented the full realization of FDR's vision and hinder those who advocate for it today: the persistence of 18th century beliefs with respect to property rights; and the structure of American political institutions. The U.S. system of checks and balances was designed to restrain the elected legislature, which the Framers understood from history would be susceptible to demagogues and mob rule. By dividing the legislature and empowering state governments, they inadvertently impeded Congress' ability to act during times of emergency. Frustrated lawmakers and citizens turned to the presidency to lead. When crises passed, Congress typically would reassert its powers, aided by our state-oriented parties and independent judiciary. The parties today, however, have nationalized and are deeply polarized, and the Supreme Court has begun to empower the person of the president, while disempowering the executive branch. The essence of the American experiment for nearly 250 years has been preserving the best of our constitutional system, while adapting to the current needs of citizens and communities. The way forward is contentious and uncertain, but it must start with restoration of Congress and a more balanced exercise of power.

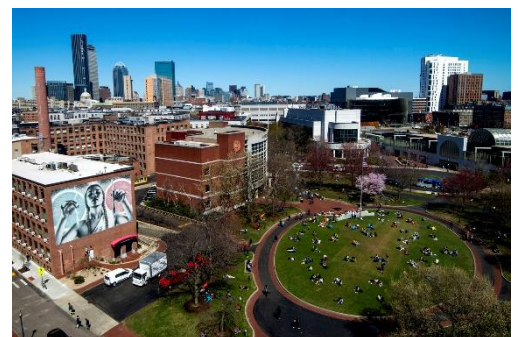


Presenter: Linda L. Fowler is Professor of Government and Frank J. Reagan Chair in Policy Studies, Emerita, at Dartmouth College, where she continues to lecture and conduct research. Fowler specializes in American politics: publishing two books on congressional elections (*Political Ambition: Who Decides to Run for Congress* (Yale 1989) and *Candidates, Congress, and the American Democracy* (Michigan, 1993)), as well as numerous articles and chapters. She then turned to U.S. foreign policy with *Watchdogs on the Hill: The Decline of Congressional Oversight of U. S. Foreign Relations* (Princeton, 2015). She is currently publishing articles about the further decline of congressional oversight, most recently the loss of outside expertise in the national security committees. Fowler holds her BA from Smith College and MA and PhD from the University of Rochester.

Group Walk: Northeastern University Campus

Friday, August 15 | 10–11:30 a.m. | Northeastern Boston Campus

Enjoy a walking excursion with OLLI's Walking SIG as they wind their way through Boston's Northeastern University campus taking in the various sights and history of this urban campus. Founded in 1898 as the Evening Institute for Younger Men, Northeastern now boasts 13 campuses, including the 73-acre Boston location which is designated as an urban arboretum, award winning modern architecture, state of the art dorms, public art murals, and sculptures. The goal of OLLI's Walking SIG (Shared Interest Group)



is to promote a healthy lifestyle through walking as well as to provide a chance for socialization with other OLLI members. The group takes advantage of the area's natural resources (both urban and rural). The walks usually take about 90 minutes, and the group can accommodate walkers of various abilities, both tortoises and hares! **Program note:** More precise details on where to meet will be sent out

to registered participants. During the regular school year, an active OLLI membership is needed to participate in OLLI's Shared Interest Groups activities. [Check out all of OLLI's SIGs!](#)

Theatre Tour: The Emerson Colonial Theatre

Monday, August 18 | 11:00 a.m.–12 noon | Emerson Colonial Theatre (Boston)



Emerson Colonial Theatre, which opened in 1900 with a production of *Ben-Hur*, is the oldest continuously operated theater in Boston; as well as being amongst the most magnificent, having retained most of its original period details. In its storied history, The Colonial Theatre has debuted such seminal Broadway shows as *Anything Goes*, *Porgy and Bess*, *Oklahoma!*, *Born Yesterday*, *Follies*, *A Little Night Music*, *Grand Hotel*, and *La Cage aux Folles*, among others. Reviving a great theatrical tradition, Boston's newly restored Emerson Colonial

Theatre officially re-opened its doors in July 2018 with the pre-Broadway World Premiere of *Moulin Rouge! The Musical* and has since launched hits such as *A Beautiful Noise – The Neil Diamond Musical* and *The Queen of Versailles*. On this Historical tour, guests are invited to immerse themselves in stories of the building's rich history, specifically about the birth of musicals at the Colonial prior to their Broadway bows, admire the famed architecture from the turn of the last century and take a behind-the-scenes look at Boston's oldest continuously-operated theatre. *Program Note: this tour includes stairs.*



Smithsonian American Art Museum

Latino Art and Culture

Wednesday, August 20 | 1:30–2:45 p.m. | Online via Zoom

The concept of a collective Latino identity began to emerge in the United States in the mid-20th century. Explore how Latino artists shaped the artistic movements of their day, often using their work to communicate with a larger public about social justice and themes of diversity, identity, and community. The Smithsonian American Art Museum's presentations encourage participants to share their thoughts and to participate in the conversation over the 75-minute presentation.

OLLI Reads Summer Book Discussion

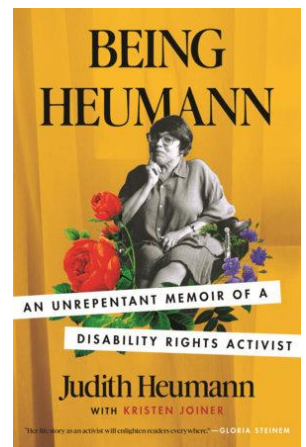
Being Heumann: An Unrepentant Memoir of a Disability Rights Activist

Tuesday, August 19 | 11:00 a.m.–12 noon | In-Person (Adams Street Library)

Thursday, August 21 | 10–11:30 a.m. | Online via Zoom

Through *Being Heumann*, one of the most influential disability rights activists in U.S. history tells her personal story of fighting for the right to receive an education, have a job, and just be human. Paralyzed from polio at eighteen months, Judy Heumann's struggle for equality began early in life. From fighting to attend grade school after being described as a 'fire hazard' to later winning a lawsuit against the New York City school system for denying her a teacher's license because of her paralysis, Judy's actions set a precedent that fundamentally improved rights for disabled people.

Working with a community of over 150 disabled activists and allies, Judy successfully pressured the Carter administration to implement protections for disabled peoples' rights, sparking a national movement and leading to the creation of the Americans with Disabilities Act. Candid,



intimate, and irreverent, Judy Heumann's memoir about resistance to exclusion invites readers to imagine and make real a world in which we all belong. OLLI Reads is open to all OLLI members and guests, and allows us to come together as a community reading and discussing the same book. We hope you will be part of our OLLI Reads.



Charlie Carr, Local Disability Rights Activist

Wednesday, September 3 | 3:30–4:30 p.m. | Online via Zoom

Charlie Carr is an authentic disability rights pioneer who has been active in the independent living and disability rights community for over 40 years. He was institutionalized for seven years in his youth and fought his way out by co-founding the Boston Center for Independent Living in 1974. He went on to start his own Independent Living Center, the Northeast Independent Living Program in Lawrence, MA in 1980 and grew it to become a premier ILC nationally. In 2007, he entered public service and

was the commissioner of the Massachusetts Rehabilitation Commission until 2015. Today, he is working as a consultant and educator promoting the full integration of people with disabilities into society with particular emphasis on youth engagement and empowerment with the ADA generation.

Learning For The Love Of It! – About OLLI at UMass Boston

The Osher Lifelong Learning Institute at UMass Boston is an inclusive, member-powered organization that offers educational and cultural programs to inspire adult learners ages 50+. Our non-credit courses are taught by volunteers, and there is no homework, tests, or grades. The organization is funded by The Bernard Osher Foundation and is part of a nationwide network of 124 OLLI programs. At UMass Boston, OLLI is housed in the Gerontology Institute, a part of the Manning College for Nursing and Health Sciences. For more information, please visit our website (www.umb.edu/olli) or contact our office via email (ollireg@gmail.com).

