New Title

Our new title is The Osher W&M Gazette. Twenty-six people responded to our call to suggest a newsletter title reflective of our new name, Osher Lifelong Learning Institute at W&M. Twenty-one titles were suggested.

The Board selected the title you see on the banner above. And extends a sincere thank you to Susan Flood for suggesting the new title.

Still Time

There is still time to sign-up for one to eight of our 160 courses, and unlimited one-time lectures and activities including the Town and Gown Noon Lecture Series.
The following are not fully subscribed as yet:

A Women's Perspective: A Healthier You through Screening and Prevention

Accounting Information and Resource Allocation in Capital Markets

Conquer Your Hidden Fears and Take Your Life to the Next Level

Conversational Hebrew

Demystifying the Stock Market - How to Become a Confident Investor

Excel for Beginners

How Preferences, Motivations and Culture Shape Behavior

Is the Paris Climate Accord Within Reach?

Islam: An Overview

Justice and War

Lace, Fashion, and Lace-making in America

Live the Life You Were Meant to Live

Protecting Your Estate from Probate, Taxes, Creditors and Long-Term Care Expenses

Scientific and Social Aspects of Drug Discovery and Drug Development

Spinal Injury Avoidance Concepts and Postural Improvement Tutorial

Television Sports Today

The Life Most Worth Living: Virtue Ethics in Ancient and Modern Perspective

The Middle of Nowhere is Somewhere

The Phoenicians


Transportation Security Administration Past, Present, Future

Understanding How to Take a Better Photograph

What “Bugs” You: An Introduction to Insects and Other Anthropods

Windows 10: Make it Work for You
Writing for the Fun of It

Browse the course offerings on the registration site to see the open courses.

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**Catalog Updates**

Room Assignments for Courses Listed in the Catalog as TBD:

- Aging Smartly, Aging Successfully – Integrated Science Center, Room 3280
- Eastern Religions – An Overview – School of Education, Room 2030
- Traditional Chinese Customs – School of Education, Room 2066

You may confirm your schedule including room locations by logging into the registration site, clicking the down arrow beside “Menu,” clicking “Current Registrations,” and then clicking “Schedule Print View.”

Course Canceled – The Life of Major General Lawson Kemper
Glenn Winters teaches “Understanding Opera, Part II” this Spring semester in the Sadler Center auditorium. The course completes a two-semester survey of Virginia Opera’s 2018-2019 season. Glenn is community outreach musical director of the Virginia Opera. Photo by David Scherer, Institute’s PR & Marketing Committee.

Dementia: What You Should Know

By Gordon Bratz, Institute’s PR & Marketing Committee

“Do things you don’t ordinarily do.” That was her answer to “what can we do to maximize our brain connections?”

Pattie Gaudio, Dementia Services Educator at Williamsburg Landing will discuss the basics of dementia and what the latest thinking and current research is targeting to help alleviate what is being described as an “epidemic” at her Town and Gown presentation on March 28 at the W&M School of Education.

During a recent interview, she said that there are close to 100
different types of dementia and Alzheimer’s disease accounts for approximately 70% of the cases. “We are now looking to non-invasive methods to diagnose people who are in the long pre-clinical phase of Alzheimer’s and hopefully to introduce them to lifestyle changes that can make a difference. Changes such as diet, exercise, Brain Games, socializing and controlling stress in addition to medications now being researched.

Pattie has devoted her life to this subject. Her mother had dementia and then her husband developed a combination of Alzheimer’s and Lewy body dementia. She is now devoted to educating and helping other people navigate the challenges of this disease and lead as healthy a life as possible.

The presentation should be highly informative and easy to understand. “I like to use simple analogies to help people make sense of the medical processes I discuss,” she said.

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**Instructors Attend Training at New Site!**

Seven of the fourteen instructors scheduled at Thomas Nelson Community College attended training on January 25. Pictured here: Bob Spencer, Scott Langhorst, Elizabeth Guiliano, William Wemple,
NO CLASSES during Spring Break, March 4-8 *except computer lab classes

Free Shuttle Transport

Your membership includes transport on WATA’s Green Line Shuttle. The Green Line Shuttle departs from W&M’s Kaplan Arena at the corner of Brooks and Compton Streets approximately every 30 minutes, on the hour and half hour, and runs a continuous loop around campus with stops closer to Andrews Hall, Integrated Science Center, Morton Hall, Sadler Center, Small Hall, Swem Library, Ewell Hall, and Tucker Hall. Just show your nametag when you board the bus. Click on the bus schedule for more details.

Course Cancellations, Office Closures
When necessary, announcements of class and event cancellations, and of the closing of our office, will be on a recording on our office phone at (757) 221-1506. When W&M is closed, Osher Institute at W&M is closed. For all other instances, call our office and listen to the recording.

Parking

Cars parked on the W&M campus must display a parking hangtag. Hangtags are available via mail or in-person application for $12.00 per academic year (September 2018 to June 2019). See page 59 of the Spring 2019 Course Catalog or go to the W&M Office of Parking Services at 201 Ukrop Way.

Members who display a DMV handicapped parking permit AND an Osher parking hangtag may park in any on-campus faculty/staff parking space or metered parking space, the latter at no charge provided both the permit and hangtag are displayed.
Opportunities to Voice Your Parking Concerns

As we are all aware, parking on campus can be challenging. All W&M parking decal holders, including our members with Osher decals, will receive an email with a link to a parking study survey conducted by W&M within the next week or so.

Additionally a parking study team will be on campus the week of March 11 to gather data and conduct field interviews with stakeholders and parking constituents.

This information will be used to access the current parking situation and to make recommendations for updates and adjustments.

“The Final Frontier: The Exploration of the Solar System by Humans,” taught this semester by Prof. Joel Levine, Department of Applied Science at W&M, considers the new exploration that may result in humans becoming a two-plant species. Photo by David Scherer, Institute’s PR & Marketing Committee.
Volunteers Wanted

Do you realize that virtually everything our Institute is, and does, and can be is accomplished by volunteers? (We have two fulltime and three part time members on staff.)

We are in need of people who will:

- Write brief articles about instructors and members for this newsletter.
- Take photos of classes and activities for use in this newsletter and to accompany news releases to public media.
- Assist the setup of classrooms.
- Help the hospitality committee at special events.
- Aid the Program Committee identify courses and instructors
- Assist in the office during registration periods.
- Sell advertising in our course catalogs

To volunteer, contact Scherry Barra, Institute Director at (757) 221-1506 or osher@wm.edu.
Osher Institute at W&M member Diane Howerton captures a scene during Make Your Images Great Again instructed by Helen Oderisi. Photo by Ann Rex.

Support Our Advertisers


Their support helped to pay for the production and distribution of the catalog to over 2,200 members and agencies.

Cruise the Trade Routes of Coastal Iberia- September 29 - October 7, 2019
This unique and exclusive nine-day small ship voyage showcases the coastal jewels of the Iberian Peninsula between Barcelona, Spain, and Lisbon, Portugal, during the best time of year! Cruise ancient trade routes from the Mediterranean Sea to the Atlantic Ocean. Sail up Spain’s legendary Guadalquivir River, “the great river,” into the heart of beautiful Seville, an exclusive opportunity only available on this itinerary and by small ship. Visit Portugal’s lesser-traveled Algarve region and the regal city of Granada, Spain. Stand on the “Top of the Rock” to see the Pillars of Hercules spanning the scenic Strait of Gibraltar and call on the enchanting Balearic Island of Mallorca. Visit the Baroque Church of St. Anthony, with its intricate gilded carved wood interior in Lagos. During daily port calls and included excursions, enjoy stunning scenery and see four UNESCO World Heritage sites. Onboard lectures enhance your journey and promote engagement in the history, legends and contemporary life of these beautiful cities and villages.
Starting at $4595 per person if booked by 3/11/2019, double occupancy.

Questions: Contact Donna Coggins, 757-221-1165, travel@wm.edu.