

2022 Fall SAILL Catalog



Springfield Area Institute for Lifelong Learning

The mission of SAILL is to offer the community a catalog of intellectually stimulating education for adults 55 years or better that inspires congenial discovery and discussion in an informal atmosphere.

2022 Fall SA

The 8-week Fall Term is **September 19th-November 11th, 2022.**

Registration for classes opens **Monday, August 29th at 8:30am at USS.**

***All classes will be held at USS Downtown, 125 W Main St, Springfield, OH, unless otherwise noted. Class and tour fees are due at registration.* SAILL is open to all current USS members. Contact Cindy Lockwood, SAILL Coordinator, at 937-323-4948 ext. 140 for more information.**

2022 Fall Term Class Offerings:

Aging Mastery Program: Empower yourself! Join thousands of others who have taken key steps toward positive behavior change by participating in Aging Mastery – a guide to building a playbook for aging well and making the most of the gift of longer life. This innovative program developed by the National Council on Aging encourages developing sustainable behaviors that lead to improved health, financial security, and overall well-being. Presented by experts in their fields.

Maximum 50 participants. Facilitator: Jane Eckels, USS Support Specialist

Fee: No fee

Schedule: 10 sessions meeting Mondays, September 19th-November 7th, 9:00am-10:30am, AND Wednesdays for the first two weeks, September 21st & 28th, 9:00am-10:30am; USS.

Autumn Trails Stable Equine-Assisted Services Center Tour: Meet the horses, staff, volunteers, and students of Autumn Trails Stables Equine-Assisted Services Center. While at the center, participants will also learn about volunteer opportunities and watch adaptive horsemanship and riding lessons, weather permitting. Maximum 20 participants. Tour Guide: Angela Stan, Executive Director

Fee: \$5 class fee

Schedule: 1 session meeting Monday, October 3rd, 3:30pm-4:30pm; Autumn Trails Stable Equine-Assisted Services Center, 2000 Folk Ream Rd, Springfield, OH 45502

American Sign Language: Learn the ABC's, numbers, basic phrases and vocabulary of ASL in a fun environment using games, songs and activities. This class is geared to helping those who are losing their hearing and those who wish to communicate with friends or family who are deaf. Participants will also learn about deaf culture each week in order to understand those who use the language.

Participants must provide their own 3-ring binder or folder.

Maximum 16 participants. Instructor: Vickie Wolfgang

Fee: \$40 class fee

Schedule: 8 sessions meeting Wednesdays, September 21st-November 9th, 4:00pm-5:00pm; USS

Art, for the Fun of it: Join a local artist to work with a number of materials and projects, designed to take your ideas to your next masterpiece. Participants will be having fun with mixed materials including watercolors, inks, drawing tools, tinting paper, and mono-prints.

Maximum 15 participants. Instructor: Joe Lewis

Fee: \$40 class fee

Schedule: 8 sessions meeting Wednesdays, September 21st-November 9th, 5:00pm-6:30pm; USS

SAILL Classes

Balance & Fall Recovery: This series addresses a 10-point checklist that could make a difference between staying home and ending up in the hospital or nursing facility in the days following a fall. A self-assessment will be provided. Participants will be assessed for strength, balance, and flexibility as it relates to fall risk and learn how to safely get on or off the floor.

Maximum 10 participants. Instructor: Emily Stanton, MPT

Fee: \$20 class fee

Schedule: 4 sessions meeting Wednesdays, October 19th-November 9th, 11:30am-12:30pm; USS

Basics of Piano: Learn beginner musical concepts and piano technique in a fun setting. Familiar songs will be taught and song requests are welcome! Participants will learn beginning rhythms, notes, and hand positions. Each class builds to help students play more songs with ease. Personal keyboards welcome. Maximum 10 participants. Instructor: Christina Darding

Fee: \$40 class fee

Schedule: 8 sessions meeting Fridays, September 23rd-November 11th, 9:30am-10:30am; USS

Beginner Guitar: Learn easy chords, scales, exercises, and simple strumming patterns that will have you playing in no time. You'll wonder why you didn't pick it up years ago! No previous experience required. Come learn to play easy songs and enjoy your time with other musicians. Participants will bring their own guitar and chord chart.

Maximum 10 participants. Instructor: John Lippolis

Fee: \$40 class fee

Schedule: 8 sessions meeting Tuesdays, September 20th-November 8th, 9:00am-9:45am; USS

Beginner Ukelele: Is the ukulele an easy instrument to learn? YES! The ukulele is a great first instrument because it only has four strings. In this class, you'll learn easy chords, scales, and songs – everything you need for your campfire solo. Participants will bring their own ukulele and chord chart. Free instrument rental is available through Champaign County Library.

Maximum 10 participants. Instructor: John Lippolis

Fee: \$40 class fee

Schedule: 8 sessions meeting Tuesdays, September 20th-November 8th, 10:00am-10:45am; USS

Breathe Better, Live Better: Just because you're breathing doesn't mean you're doing it efficiently or in a way that benefits not only your lungs, but all of your body. Did you know that using a proper breathing technique can reduce pain, stress, and anxiety, as well as improve digestion, decrease blood pressure, increase energy levels, and strengthen immunity? Participants will be educated on the importance of proper breathing, instructed on stretches to allow proper breathing and then learn how to breathe properly. Maximum 10 participants. Instructor: Emily Stanton, MPT

Fee: \$20 class fee

Schedule: 4 sessions meeting Wednesdays, September 21st-October 12th, 11:30am-12:30pm; USS

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Chronic Disease Self-Management, Healthy Living: Do you or a loved one live with long-term health conditions such as high blood pressure, arthritis, diabetes, lung disease, heart disease, chronic pain, anxiety, depression, or others? Do you feel limited in your daily activities? Could you benefit from learning ways to better manage symptoms? Healthy Living is for you! Join our certified leaders in a weekly series of interactive, small-group workshops proven to help people who live with ongoing medical conditions. Maximum 20 participants. Facilitators: Tracy Wickham & Cindy Lockwood, USS

Fee: No fee

Schedule: 6 sessions meeting Mondays, September 26th-October 31st, 1:00pm-3:00pm; USS

Computer Basics: Are you having trouble with your computer? Are you tired of struggling to understand how to get your computer hooked up? Would you like to learn how to create, save, or print a file? Do you want to compose and send an email? Would you like to find web pages that you are interested in? If so, this class is for you! You will learn basic computer skills that will help make your life easier and help you connect with family, friends, and community. Maximum 10 participants. Instructor: Colleen Ehmen

Fee: \$40 class fee

Schedule: 8 sessions meeting Mondays, September 19th-November 7th, 2:00pm-3:00pm; USS

Diabetes Empowerment Education Program: Diabetes Empowerment Education Program (DEEP) is an evidence-based diabetes self-management program. This program is designed to help adults with pre-diabetes and diabetes learn skills to control diabetes and reduce health risks.

Maximum 50 participants. Instructor: Renita Porter, FCS Educator, Central State University

Fee: No fee

Schedule: 6 sessions meeting Thursdays, September 22nd-October 27th, 11:00am-1:00pm; USS

Digging Other People's Trash: Join an amateur archaeologist to discuss the varieties of prehistoric and historic period materials that his group has discovered around ancient camps, military outposts, and pioneer homesteads, where humans have discarded their trash and lost possessions since the beginning of mankind. Clark County's 1828 Hunt Family mansion, now known as the Simon Kenton Inn, is among the sites featured in this presentation. Maximum 100 participants. Presenter: Greg Shipley

Fee: \$5 class fee

Schedule: 1 session meeting Wednesday, October 12th, 2:00pm; Festival Green Clubhouse, Springfield Masonic Community, 2655 W National Rd, Springfield, OH 45504

Furoshiki - The Art of Japanese Fabric Wrapping: Furoshiki is a square piece of cloth or fabric used for gift wrapping, transporting items, fashion, and home décor. The word refers both to the craft and to the cloth itself, which usually has an elegant, decorative design. This originated in Japan around 710 BC and has become increasingly popular with cultures around the world as it has transformed the art of gift-giving. Participants will need to bring 2-3 pieces for square fabric, from size 18"x18" to 28"x28". Maximum 10 participants. Instructor: Denise See

Fee: \$5 class fee

Schedule: 1 session meeting Friday, October 7th, 1:30pm-3:00pm; USS

SAILL Classes

Getting to Know Your Phone: Do you have a mobile phone and are either not sure how to use it or want to learn more about it? This class will teach you how to navigate your device, browse the internet, stay connected with family and friends, take photos, and more. Participants must bring an iPhone 11 or newer version to the iPhone sessions, or an Android 11 or newer version to the Android sessions. Maximum 10 participants. Instructors: Tracy Koverman (iPhone) & Josh Lagle (Android), IT Support Specialists, IT Dept., Clark County Public Library

Fee: No fee

Schedule: **iPhone:** 4 sessions meeting Wednesdays, September 21st-October 12th, 10:00am-12:00pm; **USS** **OR** **Android:** 4 sessions meeting Wednesdays, October 19th-November 9th, 10:00am-12:00pm; **USS**

Healthy Aging: Aging well means living well. Understanding the miraculous systems throughout the human body helps to clarify how our actions and habits impact overall health, moods, and quality of life. We can all take small steps toward major future reward. This class reviews basic human anatomy and physiology, implementing nutrition and hydration for optimal health, why strength training is vital for continued independence, and the world of difference that the American culture makes on population health and longevity. Maximum 30 participants. Instructor: Dr. Benjamin Mostaed, PhD

Fee: \$10 class fee

Schedule: 2 sessions meeting Thursdays, September 22nd & 29th, 10:00am-11:30am; **USS**

It's All About the Cue Ball: Take part in billiards instruction where the instructor will demonstrate and teach drills to improve straight shooting. There will also be drills to promote better cue control and pattern play. Maximum 10 participants. Instructor: Steve Schuler

Fee: \$40 class fee

Schedule: 8 sessions meeting Mondays, September 19th-November 7th, 10:00am-11:00am; **USS**

Joys of Pastel Drawing: Celebrate the joy in creating art with pastels (colored pencils, chalk pastels and oil pastels). Emphasis will be placed on color theory review, shading with color, and placement of color to create harmonies. Practice with each medium will take place before beginning a final project. Participants will need to bring basic chalk pastels and basic oil pastels to class.

Maximum 15 participants. Instructor: Gail Hakala-Eldridge

Fee: \$40 class fee

Schedule: 8 sessions meeting Fridays, September 23rd-November 11th, 11:30am-12:30pm; **USS**

Log Cabin Christmas Quilt or Tree Skirt: The Log Cabin design dates back to pioneer days and is one of the most popular quilting patterns. This class will go through the process of making either a Christmas quilt or tree skirt. Join to learn fabric and color selection, tools needed, cutting and organizing strips, sewing blocks, and finishing the project with borders and backing. Participants will need to bring a sewing machine (not necessary at first session), quilt pattern (Eleanor Burns - Log Cabin), and supplies. Maximum 8 participants. Instructor: Phyllis Bageant, **USS**

Fee: \$40 class fee

Schedule: 8 sessions meeting Mondays, September 19th-November 7th, 1:30pm-3:30pm; **USS**

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Make It/Take It - German/Moravian Star: Learn how to fold decorative strips of paper to make a 3D German traditional Christmas star ornament. Maximum 10 participants. Instructor: Denise See

Fee: \$5 class fee

Schedule: 1 session meeting Friday, September 23rd, 1:30pm-3:00pm; USS

Make It/Take It - Iris Paper Folding: Iris folding is a paper craft technique that involves folding and arranging strips of colored paper in a spiral pattern. The center of the pattern resembles the iris of a camera lens. The finished designs can be used for greeting cards, scrapbook embellishments and art! Maximum 10 participants. Instructor: Denise See & Kris Michaels

Fee: \$5 class fee

Schedule: 1 session meeting Friday September 30th, 1:30pm-3:00pm; USS

Medical Reserve Corps: Volunteers in Action: The events of 9/11 revealed the need for registered volunteers and led to the development of the Medical Reserve Corps (MRC). Learn the history of local and national disasters, how the MRC has evolved over time, and the difference volunteers have made across the nation. Maximum 50 participants. Instructor: Sandy Miller, RN, MRC Coordinator

Fee: \$5 class fee

Schedule: 1 session meeting Tuesday, September 27th, 1:00pm-2:00pm; USS

Pilates (in-person or virtual): Pilates is a system of movement that utilizes heightened mind-body awareness to strengthen/stabilize the core and improve posture, balance, and coordination. This beginner's class will introduce you to the principles while performing exercises on an exercise mat. Participants must have their own mat and be able to comfortably get on/off the floor. For those using *Zoom*, the link will be emailed to you one week prior to the first session.

Maximum 20 participants in-person. No maximum on *Zoom*. Instructor: Teresa Magill

Fee: \$40 class fee

Schedule: 8 sessions meeting Mondays, September 19th-November 7th, 9:00am-10:00am; USS

Sewing a Swing Jacket in Knit: This class will require some knowledge of sewing, although the pattern is fairly easy. Learn to sew a jacket that is made from either sweater knit or regular 4 way stretch knit and should be light or medium weight. Participants will need their own sewing machine capable of zigzag stitch, material, cutting notions, and pins. Maximum 6 participants. Instructor: Jane Skogstrom

Fee: \$10 class fee

Schedule: 2 sessions meeting Thursdays, October 6th & 13th, 9:30am-12:30pm; USS

Stained Glass 3D Heart: Create a beautiful 3D stained glass heart that will be lovely hanging in a window, from a ceiling fan chain, or set on a small stand. Participants can be beginner or experienced and will learn to cut glass, foil glass pieces and solder it all together. Maximum 6 participants.

Instructor: Cindy Gatten

Fee: \$20 class fee + \$20 supply fee, payable at registration

Schedule: 4 sessions meeting Wednesdays, September 21st-October 12th, 6:00pm-8:00pm; Cindy's Glass Studio, 3496 Old Mill Rd, Springfield, OH 45502

SAILL Classes

Stained Glass Basics: Participants will learn the basic techniques of working with stained glass and will create one stained glass panel (no larger than 8"x10"). They will learn to cut glass pieces to fit patterns, properly foil glass, solder glass pieces together, and cleanse/polish the finished piece. Participants must bring their own safety glasses.

Maximum 8 participants. Instructor: Jonelle Newman, Springfield Museum of Art

Fee: \$25 class fee + \$20 supply fee, payable at registration

Schedule: 5 sessions meeting Wednesdays, September 21st-October 19th, 10:00am-12:00pm; Springfield Museum of Art, 107 Cliff Park Rd, Springfield, OH 45504

Strength/Weight Training: Interested in improving your strength but intimidated by the equipment? This class will meet in the USS Fitness Center and participants will learn proper form and technique, as well as how to develop a personal fitness program. Dr. Mostaed has over 30 years of experience teaching strength training. Maximum 10 participants. Instructor: Dr. Benjamin Mostaed, PhD

Fee: \$10 class fee

Schedule: 2 sessions meeting Thursdays, October 6th & 13th, 10:00am-11:30am; USS

Vertigo, BPPV, Dizziness? What Can You Do?: Participants will learn about vertigo, BPPV (problems with crystals of the inner ear), dizziness and aging changes with balance. Learn to specifically recognize the cause of the problem in order to treat the particular issue. Participants will also learn some specific exercises and tips to help alleviate the balance disorders.

Maximum 50 participants. Instructor: Sue Creager, PT

Fee: \$5 class fee

Schedule: 1 session meeting Wednesday, October 12th, 9:30am-11:00am; USS

Watercolor Upcycle Jewelry: Create beautiful watercolor earrings and jewelry using fun watercolor techniques such as sponge, resist, wet on wet, and salt. Later, participants will embellish their art with fun and shiny upcycled "junk", creating their own one-of-a-kind jewelry.

Maximum 8 participants. Instructor: Denise Roberts

Fee: \$15 class fee + \$5 supply fee, payable to instructor at first session

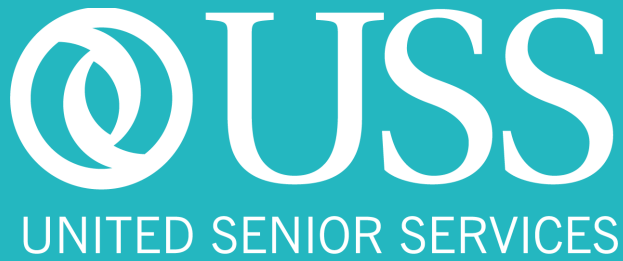
Schedule: 3 sessions meeting Wednesdays, September 28th-October 12th, 10:30am-11:30am; USS

When Disaster Strikes: Personal Preparedness: Participants will learn what things are needed to be prepared in an emergency, what to pack if displaced by an event, and what to stockpile when needing to shelter in place. Presented by the Medical Reserve Corps (MRC).

Maximum 50 participants. Instructor: Sandy Miller, RN, MRC Coordinator

Fee: \$5 class fee

Schedule: 1 session meeting Tuesday, October 4th, 1:00pm-2:30pm; USS



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The War in Ukraine: Past is Present: The Russian invasion of Ukraine in February 2022 surprised many people throughout the west, but for the Ukrainians, eastern Europeans, and some Russians it was presaged by history in both word and deed. Christian Raffensperger, Professor and Chair of History at Wittenberg University, will talk about the past of the region and how it impacts the present war, including analyzing the claims made by Vladimir Putin and talking about where the conflict may end. Presenter: Christian Raffensperger, Wittenberg University

Fee: No fee, registration is not required

Schedule: 1 session meeting Tuesday, September 13th, 6:00pm; Gaier Room - Clark County Public Library, 201 S. Fountain Ave, Springfield, OH 45506

Why Campaign Coverage is Terrible: Campaign coverage is terrible, but probably not in the way that you imagine. In an ideal world, we would learn about the policy differences between the parties and candidates. In reality, too much of the coverage ignores policy and just reports on polls. And, in fact, most races beyond a few big ones receive little to no coverage at all. We will discuss how campaigns are covered and why many of us struggle to be good citizens.

Presenter: Staci Rhine, Wittenberg University

Fee: No fee, registration is not required

Schedule: 1 session meeting Thursday, October 27th, 6:00pm; Gaier Room - Clark County Public Library, 201 S. Fountain Ave, Springfield, OH 45506

SAILL Steering Committee Members:

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**Looking for something not in the catalog? Class suggestions are always welcome!
Interested in teaching a class? Contact Cindy Lockwood, SAILL Coordinator at
clockwood@unitedseniorservices.org or 937-323-4948 ext. 140.**

937-323-4948

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