



Independent, With Help

"I am so blessed to have the help I do, so I can stay in my apartment," says Bette Bass. "I have a lot of challenging health problems," she explains. Bette has limited mobility and very little vision, and is prone to developing pneumonia. Kathy Bengtson, Director of Homecare at



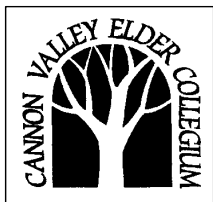
Northfield Hospital, visits Bette once a week to set up her medications, and to discuss any problems or changes in health indicators that arise and make a plan to manage them. Bette also gets grocery shopping help, and at times other services as needed.

Typically a patient is referred to Homecare after a surgery, illness, or other trauma, Kathy says. "The nurse is the case manager, and is the eyes and ears of the physician." The nurse works with the client at home to set goals and make plans to achieve them. Collaboration encourages the patient to participate and take responsibility for these goals. Education is an essential part of the program – clients learn how to manage their own care and how to monitor their health status so problems can be caught before they become critical. The goal of homecare is to keep the client out of the hospital. Studies show that people recover more rapidly at home than in the hospital, and they also avoid exposure to germs that exist in the hospital environment. And of course the cost of homecare is much less than hospital care.

Based on the recommendations of the homecare nurse and the

patient's physician, Physical Therapy and Occupational Therapy are often also called to the home. P.T. seeks to restore maximum mobility and physical function. O.T. seeks to teach patients to safely accomplish the ordinary tasks of daily life, from getting dressed to using the bathroom, often with the help of adaptive devices. Therapists may also recommend adaptations to the home, such as railings, ramps, etc. The bottom line is safety. Medicare and insurance will cover these services for a period, on the condition that the patient is homebound (there are strict guidelines for this), that skilled nursing is needed, and that they are part of a recovery plan, i.e. the patient is expected to improve. Under these conditions, the home services may be discontinued once the patient has recovered. Ongoing service after that point requires another source of payment, either private or through a public program available to low income patients. Conditions that lead to continuing deterioration, such as Parkinson's disease or multiple sclerosis, may not be eligible for Medicare or insurance coverage for homecare, unless the patient has long-term care insurance.

Individuals who need some assistance with daily living that can not be provided by a spouse or other relative are good candidates for ongoing homecare services. Visits by a home health aide, help with bathing and certain homemaking tasks can enable some to remain in their homes when otherwise they would need to transfer to a continual care facility. While people are often loath to pay out of pocket for such services, it is much less costly than nursing home care or other residential based continual care. Most of us want to keep My Place and My Independence as much as possible, for as long as possible. Assistance trumps dependence. *By Kathy Mellstrom*



CVEC Class Schedule – Winter 2012

For Lifelong Learning

The Questing Intellect Never Retires

January 9 – March 2, 2012

(Registration Begins November 21, 2011)

<u>Title of Class</u> <u>Time of Class</u>	<u>Professor</u> <u>Location</u>
Einstein! Monday 9:30 – 11:30 am	Rich Noer Weitz Center Rm 8 *
Understanding Evolution Monday 1:30 – 3:30 pm	Mary Caroline Henry Weitz Center Rm 8 *
The Book of Revelation: Apocalypse and Allegiance Tuesday 9:30 - 11:30 am	Richard Collman Northfield Senior Center Rm 106
Exploring the Haunted Ground Of Erin Hart's Ireland Tuesday 9:30 – 11:30 am	Barbara Evans Village on the Cannon
How to be Your Family's Best Doctor Tuesday 1:30 – 3:30 pm	Edward Lufkin NRC Theater
Paris and the Birth of Modernism Wednesday 9:30 – 11:30 am Wednesday 1:30 - 3:30 pm	Eric Nelson NRC Theater & Fireside Room
Islam: Unity and Diversity Thursday 9:30-11:30	Vern Faillettaz Northfield Senior Center Rm 106
Plains Indians In The 19th Century Thursday 1:30 - 3:30 pm	Bob Bonner Village on the Cannon
Celebrations of the Sun Cycle Thursday 1:30 – 3:30 pm	Mary Flaten Three Links , Parkridge Dining Rm
The Economy: Then and Now Friday 9:30 - 11:30 am	Bill Carlson Northfield Senior Center Rm 106

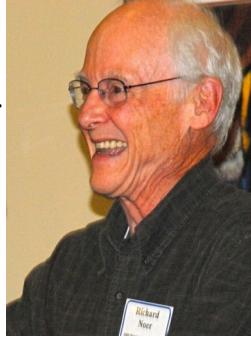
* Could be changed; follow website

CVEC COURSE DESCRIPTIONS: WINTER 2012

1. Rich Noer - Einstein!

Monday 9:30 – 11:30, Weitz Center

Time magazine's "Person of the Century" in 2000, Albert Einstein first drew unprecedented public attention for his revolutionary scientific ideas (in particular, the theories of relativity and the light quantum). In the public eye he evolved into an iconic figure, instantly recognizable with his tousled hair, ruffled sweaters, and twinkling eyes—widely revered but understood by few outside the physics community. Our classes will be devoted mainly to conceptual discussion of Einstein's scientific ideas, including the relativity of space and time, gravity as the curvature of space-time, $E=mc^2$, black holes, light as photons, and the "spooky action at a distance" of quantum theory. Though these ideas sometimes strain our credulity, they are surprisingly easy to talk about without a need for mathematical analysis. Reading an excellent recent biography, we'll also try to understand Einstein as a person.



Rich Noer taught physics at Carleton for 38 years. He also became interested in the history and philosophy of science, co-authored a text for liberal-arts students, and taught freshman seminars and interdisciplinary courses aimed at connecting the sciences with the humanities.

2. Mary Caroline Henry, Understanding Evolution

Monday 1:30-3-30, Weitz Center

What does "evolution" mean? By what mechanisms does it occur? Why has it been so controversial? How did the theory

of evolution make biology into a true science? In this course we will explore these questions. We will see how genetic inheritance



provides the foundation for evolutionary change. We will understand how the theory of evolution unites observations from

many different areas of biology and how these observations provide evidence for evolution. Perhaps more importantly, we will see how this theory forms the basis for testable hypotheses about living things. And finally, we will consider the possible conflict between current evolutionary thought and religious belief.

Mary Caroline Henry was educated at Swarthmore College and the University of Pennsylvania. She taught high school biology at a girls' school in Cairo and basic biology at a women's college in Tehran. She has taught ethology and neurobiology at Carleton and animal physiology and neuroscience at St. Olaf, as well at introductory biology courses at both colleges.

3. Richard Collman, *The Book Of Revelation: Apocalypse And Allegiance*, Tuesday 9:30-11:30, Senior Center, Room 106

The Book of Revelation: Apocalypse and Allegiance is the title of a new book by J. Nelson Kraybill that will examine Revelation in its historical context and open windows into the political, economic, and social realities of the early church. What is the relevance of John's apocalypse for our lives today in another empire? With photographs and other visuals, the book and extra materials will further consider Revelation as a great source of worship, poetry, and music throughout history. While a mystery to many, this book is the subject

of popular novels and is often abused in prophetic predictions. How were worship practices described in Revelation countercultural long ago and are they so now? Engage this most dangerous book in the Bible through reading and discussion.



Rev. Richard F. Collman is a retired United Methodist minister and musician who has taught courses on Revelation over the years in various settings. He remains inspired by the Book of Revelation for its contribution to worship, music, and art and for the questions it raises about our allegiances today.

4. **Barbara Evans, Exploring the Haunted Ground of Erin Hart's Ireland**

Tuesday 9:30-11:30, Village on the Cannon

Haunted Ground is the first of Erin Hart's three novels. In it Ms. Hart weaves archaeology, anthropology, and forensic science into a mystery rich in Irish characters and culture. Hart's detectives seek to unravel a possible murder that begins with the discovery of the remains of a red-haired woman in a peat bog near Galway. Class participants will read both *Haunted Ground* and *Lake of Sorrows*. Related topics will include archaeology, forensic science, geography, history, folklore, literary travel, myth and music relevant to this novel. Ms. Hart will visit our class to discuss her work and to preview her upcoming fourth novel. Enjoy mentally leaving wintry Minnesota to tempo-



rarily dwell in the lush, green beauty of Erin Hart's Ireland.

Barbara Evans taught American Literature, Drama, Debate and Composition in Rochester, MN for 34 years. She is a graduate of and has been a visiting professor at St. Olaf College, teaching public speaking and first year writing. Her interests include literary travel, architecture, photography, and restoration of her arts and crafts home here in Northfield.

5. **Ed Lufkin: How to be Your Family's Best Doctor**

Tuesday 1:30-3:30 PM, NRC Theatre

In this course we'll address topics I've not covered in the past: **Recent important advances in medicine; genitourinary, gastrointestinal, and pain disorders; how to stay in your home longer; first aid; and preparing for Obamacare.** Slide seminars and discussions will be the principal tools of this course, but videos



also where possible. Our reading will be mainly from handouts, not a textbook. My intent is to show how you can best navigate the seas of change in the medical field by staying well informed.

Ed Lufkin served most of his medical career in the endocrine division, Mayo Clinic, Rochester, MN. His special interest was in women's health, but he had broad interests in patient care, drug research and education, and served for three years as medical editor of the Mayo Clinic Health Letter.

6 & 7. **Eric Nelson, Paris and the Birth Of Modernism**

**Wednesday 9:30-11-30 and 1:30-3:30
NRC Theater & Fireside Room**

In the first decades of the 20th century Paris was the center of an international revolution in all the arts – poetry and fiction, painting and sculpture, music and

dance. Innovations in one medium might quickly move into other aesthetic forms. The new medium of film influenced the formal innovations of Cubism (Picasso and Braque were avid movie-goers), which in turn influenced T. S. Eliot's *The Love Song of J. Alfred Prufrock* and *The Waste*



Land. This extraordinary cross-pollination was facilitated by cafés and salons that had long fostered revolutionary ideas in the arts and in politics. We will examine their histories and the roles they played in the birth of Modernism, as well as the bohemian character of the Left Bank, which has roots that go back to the 12th century. Hemingway's *The Sun Also Rises* will give us a vivid fictional account of this expatriate bohemian life. Steve Kelly will guide us through the jazz scene in Paris and Mary Easter will show us how Isadora Duncan and Josephine Baker created new kinds of interpretive dance. No less important were Gertrude Stein and Sylvia Beach, who drew these strong-willed individuals into an intimate creative community. Our Gallic feast will conclude with a light dessert: Woody Allen's delightful fantasy, *Midnight in Paris*.

Eric Nelson is Professor Emeritus of English, St Olaf College.

8. Vern Faillettaz, Islam: Unity and Diversity

Thursday 9:30-11:30 AM, Senior Center 106

Muslim countries have recently experienced amazing changes in political



life. Several have opted for Islamic grounded democracies in which Islamic political parties have been successful. This course will introduce the fundamental beliefs and regular practices among Muslims. It will examine the unities in the Islamic world, and attend to diversity among Sunni, Shi'ite and Sufis, and among countries that practice Islam. We will also discuss the increasing leadership of Muslims in U.S. political and cultural life.

Vern Faillettaz graduated from the University of California, Berkeley. He received a Master of Divinity degree from Luther Theological Seminary, St. Paul, MN, and a Ph.D. in Biblical Studies from the University of Chicago. He studied Islam at the Center for the Study of World Religion at Harvard University and taught an Islam course at St. Olaf for 20 years. He led the Middle East Semester from St. Olaf in the eighties.

9. Bob Bonner, Plains Indians In The 19th Century



Thursday 1:30-3:30, Village on the Cannon

The years 1750-1890 encompass the rise and the collapse of the traditional horse-and-bison culture of the aboriginal inhabitants of the plains of western America. We will attempt to understand that culture as a whole as we learn the history of particular tribes and their interactions with Europeans and Americans who encroached upon the lands they called their own. Particular examples we will study more closely will be taken from the histories of the tribes of the northern plains, e.g. Blackfeet, Crow, Sioux, and Cheyenne. Readings will include contempo-

rary native testimony as well as modern scholarship.

Robert Bonner taught American Indian History at Carleton College, from whence he retired in 2001.

10. Mary Flaten, Celebrations of the Sun Cycle

Thursday 1:30-3:30: Three Links , Parkridge Dining Room

“A life without festival is a long road without an inn.” – Democritus. There are four major junctures in the relationship of the earth to the sun, two solstices and two equinoxes. Halfway between each of them are the so-called “cross-quarter days.”



Yearly festivals have traditionally clustered around all eight of these calendar points. In this day and age, marvelous arrays of artificial light are everywhere 24/7, so much so that appreciation of the life-giving solar orb is sometimes forgotten. Each class meeting will feature the solar origin of one major festival day, starting with the Winter Solstice/Christmas/Festival of Lights, with its possible original meaning, and with a look at historical and cross-cultural ritual variations. Decorative cloths and objects appropriate to the season will enliven the room, and some samplings of food will be provided. Some of the classes will include a story circle, where each participant will be given the opportunity to briefly share a memory relevant to the topic. The text will be [The Dance of Time](#), by Michael Judge, available from Monkey See, Monkey Read.

Mary Flaten, M.A., M.A.T., grew up loving Christmas and Easter, Halloween and Thanksgiving. In addition to cele-

brating those festivals, she has led and participated in celebrations of the eight seasons of the solar calendar for over 25 years.

11. Bill Carlson, The Economy: Then and Now

Friday 9:30-11:30, Northfield Senior Center, Room 106

In this course we will spend six weeks studying late 18th, 19th, and early 20th century economic history and then spend two weeks considering the effect of the highly



skewed income distribution on our present economy. The course will examine in detail the industrial revolution starting in Britain followed by a major emphasis on the growth of the U. S. economy in the 19th century including the role played by Minnesota. This will be followed by looking at the great depression in the 1930's. With this background we will read the book, “Aftershock: The Next Economy & America’s Future”, by Robert B. Reich, Professor of Public Policy, University of California, Berkley. Our study and the book will provide a starting point for a discussion of the present economy. The paperback book is available at Monkey See Monkey Read, Northfield.

Bill Carlson is Professor Emeritus in Economics at St. Olaf College. His principal teaching emphasis was statistics and quantitative economics. Since retirement he has spent significant time studying the industrial revolution. In addition he has led a number of International Study Programs leading students to many places in the world. He has written three textbooks, numerous papers, including considerable research on highway accidents. He was the only member of the St. Olaf faculty with an undergraduate degree in Mining Engineering.

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From the Director:

All of us serving on the CVEC Board were gratified to begin our 14th academic year on September 19 with a record enrollment of 209 students. While our mission has never been merely to set new records, we do feel happy with this endorsement of our curriculum, and believe this testifies to the variety, novelty, and appeal of the courses being offered, as well as the abundant good will and friendliness of the students and faculty. You may be assured we will remember these points in our future planning, which is completed for the winter term, and almost completed for spring.

It was particularly nice that the classroom we were hoping for in the Weitz Center opened as scheduled on Sept. 20. The course chosen for this was Hartley Clark's **The Arab Revolt Against Misrule**. It quickly reached its quota of enrollment and the classroom lived up to its promise of state-of-the-art technical facilities. It was fitting that one of Carleton's most noted faculty was willing to lead this course. I'm sure I speak for all participants when I extend my personal gratitude to Carleton College for the use of this space, and we are eager to continue this splendid example of sharing the college's mission with our community.

On the subject of shared missions, we point with satisfaction to the program given at the Northfield Senior Center on Oct. 21, when Prof. Ed Berkeley gave a seminar to a sizeable audience of local citizens on the play under his direction, Shakespeare's *The Tempest*. This seminar was jointly sponsored by the Senior Center, the public library, and CVEC, who also sponsored a post-production seminar by Ruth Weiner of the Carleton theatre department. We are now hoping to offer a film festival at the Weitz Center in the not-too-distant future, to show our membership a truly modern and comfortable cinema theatre in action. Please join us on these shared journeys, and offer your suggestions for others that appeal to YOU.

Ed