



Fourteen Million Falls

By Kathy Mellstrom

This is not about tumbling water, it is about tumbling people. One out of every three adults sixty-five and older falls each year in the United States. Falls are the leading cause of fatal and non-fatal injury among older adults, and cost over \$30 billion annually.

Last September 23, the National Council on Aging celebrated its seventh annual National Falls Prevention Awareness Day, an event slated for the first day of fall (the season) each year. A fall can have serious consequences for an older adult, compromising health and often independence. Fear of falling keeps some from participating in activities and social engagements, profoundly affecting their quality of life and potentially leading to physical decline, depression, social isolation, and feelings of helplessness. The good news is that most falls can be prevented through a combination of interventions. The NCOA's yearly celebration promotes programs that include education, an action plan, and a support system.

Aging entails a number of possible risk factors for falling. Most of us lose some coordination, flexibility, and balance, making it easier to fall. The aging eye does not see edges, obstacles, and tripping hazards as well because less light reaches the retina, which may also be subject to macular degeneration. More than 90% of older adults have at least one chronic condition such as diabetes, blood pressure issues, stroke, or arthritis. These diseases can increase the risk of falling by causing loss of function, inactivity, depression, or pain. Some of the medications used to treat such chronic conditions can cause dizziness, dehydration, or interactions with other drugs that also increase risk. The environment can present more potential danger. Most seniors

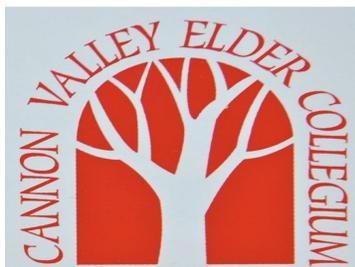
have lived in their homes comfortably for a long time, and may not notice things that pose a risk to the older person they are becoming.

Fortunately, there are strategies to address all of these risk factors. Once one accepts that a fall becomes more likely as time passes, steps can be taken to prevent a fall before it happens. The most important step is to keep your muscles strong through regular exercise and physical activity. A doctor or physical therapist can recommend these based on your physical assessment. Doctors can also review your medications for possible effects on balance and reflexes. A vision check-up can pick up changes in sight that make you less stable, and address them. One should avoid bifocals when walking, as they can distort depth perception and impair your ability to adjust.

Over half of falls occur at home. It is easy to reduce risks in this environment. Remove tripping hazards such as loose rugs, obstacles, and clutter from stairways and hallways. Improve lighting: put night lights in bathrooms, hallways, and bedrooms, and make sure stairs and entrances are well lit. Install railings in stairways and grab bars in your bathroom tub or shower, and by the toilet. Place often-used items in easy reach to avoid standing on a chair or stool.

For more excellent tips on how to prevent falls at home, visit this web page: <http://www.cdc.gov/ncipc/publications/toolkit/ChecklistforSafety.htm>

Finally, if you do fall, tell your doctor. It may be a sign of a new medical issue. By acting to minimize the risks of falling, the 65+ generation can walk with confidence and participate in life's activities.



CVEC Class Schedule-----Winter, 2015
The Questing Mind Never Retires
January 5—February 27, 2015

Title of Class	Professor
<u>Time of Class</u>	<u>Location</u>
Fantasy Literature Monday 9:30-11:30 AM	Richard Bodman Senior Center Rm 106
The History of Medicine, Part 3: Recent Major Advances Monday 9:30-11:30 AM	Edward Lufkin NRC Nygaard Theater
Quantum Reality Monday 1:30-3:30 AM	Rich Noer Senior Center Rm 106
Setting the Standard: The Writers and Performers of The Great American Songbook Tuesday 9:30-11:30 AM	Steven Kelley Village on the Cannon
Humor Tuesday 9:30-11:30 AM	Daniel Van Tassel Senior Center Rm 106
The College Art Collection: Connoisseurship and Conundrums Wednesday 10:00-11:30 AM --**See Course Desc. for dates	Laurel Bradley and Jane Becker Nelson
The Psalms: At the Crossroads of Pain and Joy Wednesday 9:30-11:30	Daniel Quarberg Village on the Cannon
Documentaries 2: Mediated Life Wednesday 9:30-11:30 AM Wednesday 1:30-3:30 PM	Eric Nelson NRC Nygaard Theater NRC Nygaard Theater
The Battle of Little Big Horn Wednesday 1:30-3:30 PM	Robert Bonner Village on the Cannon
Louis H. Sullivan: Man and Architect Thursdays in February, 4 sessions, 9:30-11:30 AM	Jon Rondestvedt Senior Center Rm 106
Return to Erin: Two More Erin Hart Irish Murder Mysteries Thursday 9:30-11:30 AM	Barbara Evans Village on the Cannon
The United States Economic Story Friday 9:39-11:30 AM	Bill Carlson Senior Center Rm 106

Winter, 2015, CVEC Courses

Richard Bodman: Fantasy literature

NSC 106, 9:30-11:30, Mondays

“In the middle of the road of our life, I found myself by a dark wood...” So begins *The Inferno*. The wood is the world of the imagination, the land of faërie, the unconscious self. Anyone can enter, if they dare. Modern fantasy literature is the child of the epic and the fairy story, the creation of word smiths and world smiths in the tradition of Dante, Tolkien and C.S. Lewis. Visitors to this strange realm may glimpse wonder, terror and delight. They will need a moral compass and may be called to heroic feats. None return unchanged.

In this class we will read Ursula LeGuin’s *A Wizard of Earthsea* [1968] and Patrick Rothfuss, *The Name of the Wind* [2007] in addition to essays by Lewis, Tolkien, LeGuin, and others. Weekly readings will average 150 pp. See the expanded description in the electronic edition.

Richard Bodman is a retired professor of Asian Studies and Chinese from St. Olaf College. He has previously taught CVEC courses on China, Afghanistan, and Fantasy and Science Fiction. bodman-r317@aol.com

Ed Lufkin: The History of Medicine, Part 3: Recent Major Medical Advances



Nygaard Theater, NRC,
9:30-11:30, Mondays

Parts 1 & 2 covered the history of humans through William Harvey, “the founder of scientific medicine.” In Part 3 we will cover some of the

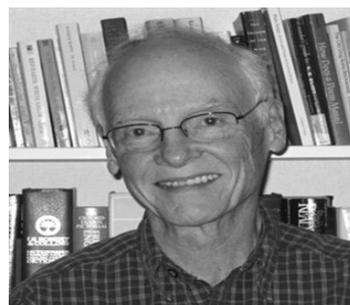
most important medical advances of the past 150 years. These include discoveries of effective antiseptics, vaccination, anesthesia, safe and curative surgery, the control of infant, childhood, and maternal

mortality, the dramatic improvements in diagnostic sciences (microbiology, radiology, cardiology) and the doubling of life expectancy. Modern surgery permits transplantation of most major organs; modern drugs routinely cure childhood leukemia and adult lymphoma and most bacterial infections. We’ll conclude with the topic of molecular medicine, and will read a noted essayist, Lewis Thomas, *The Youngest Science*. We will again use an array of teaching aids including syllabi, powerpoint slide shows, videos, and, we hope, a visit to a new medical facility in Northfield.

Ed Lufkin has taught previous courses on medical topics. His career was as a consultant in internal medicine and endocrinology at Mayo Clinic, Rochester, and he retired in 1998. edward-lufkin4@gmail.com

Rich Noer: Quantum Reality

NSC 106, 1:30-3:30, Mondays



Quantum theory underlies modern technology, from solar cells to iPhones to MRI scans. Its success as a scientific tool is unparalleled. Yet Einstein, originator of the quantum view of light, later turned against the offspring of that view: “I

cannot believe that God plays dice,” he said of the quantum theory that denies causality in favor of a fundamentally statistical reality. And Richard Feynman, Nobel recipient for his work with quantum mechanics, said “I think I can safely say that nobody understands quantum mechanics,” and 50 years later there’s been little change. In this course we’ll explore the historical development of quantum theory, the events that made its strange assumptions and conclusions seem inevitable, and the controversies (past and present) over its meaning and what it says (if anything) about the nature of reality. All this with words and pictures and (rarely) the simplest of equations. See the expanded description in the electronic version.

Rich Noer taught physics, including quantum theory, for 38 years at Carleton. Courses connecting

Stephen Kelly: Setting the Standard: The Writers and Performers of the Great American Songbook

VOC, 9:30-11:30, Tuesdays

During the first half of the Twentieth Century a group of American composers and lyricists created a body of work that stands comparison to the finest songs ever written.



Often called "standards" to reflect both their quality and popularity, these songs served as the sound track to American life. Using the book *Stardust Melodies: A Biography of Twelve Songs* by Will Friedwald as our guidebook, the class will take a mini-

tour through this wonderful repertoire. We'll examine the songs, learn about their composers and lyricists, and listen to a rich variety of vocal and instrumental interpretations. No technical musical experience is required for this course, only a love of listening to masterpieces. See the expanded description in the electronic edition.

Stephen Kelly retired in 2011 after teaching music history at Carleton College for thirty-seven years. He has been a Fulbright Scholar and has published scholarship on medieval music, the medieval monastery, jazz history, and pedagogy. Kelly taught jazz history for twenty-five years and plays sax a clarinet in Occasional Jazz. See the expanded description available in the electronic edition. skelly@carleton.edu

Daniel Van Tassel: Humor

NSC 106, 9:30-11:30, Tuesdays

What evokes laughter? Are there certain topics or techniques that ensure a comic response? How can something be funny for some and not for others? In search of



answers to such questions, this course celebrates the legacy, traditions, variety, spontaneity, and creativity of humor and its contribution to our wellbeing

and humanity. Stuffed with things to make you laugh and smile and think, the syllabus includes a library of laughter. Focusing on works of humor

down through the ages and across cultures, we'll get acquainted with theories of humor, figure out devices and elements uniquely employed for achieving humor, and come to appreciate more fully its origins and purposes.

Daniel E. Van Tassel, author of *Back to Barron: Life in the Heartland at Mid-Century*, grew up in Wisconsin, graduated from St. Olaf College, and earned graduate degrees in literature from the University of Iowa. He taught at Concordia College, Pacific Lutheran University, and Muskingum College, where he served as academic dean and professor of English. He and his wife Rhoda moved to Northfield last year upon retiring after living a decade in southern California, where he was on the faculty at Cal State University San Marcos. drvantassel2@gmail.com

Laurel Bradley and Jane Becker Nelson: The College Art Collection: Connoisseurship and Conundrums Five sessions: Jan 21, 28, Feb 4 (Carleton's Weitz Center for Creativity, Rm 008); Feb 11, 18 (St. Olaf Dittman Center, Rm 205). Enrollment limited to 12; tuition is \$30.



Carleton and St. Olaf are both home to small art museums, with art collections largely hidden from view. This behind-the-scenes course offers background on the history and rationale for academic museums, and then provides opportunities to get up close to works

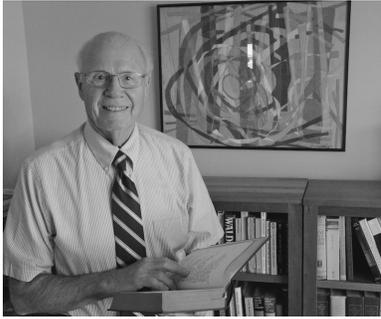
of art. These connoisseurship sessions, in which students hone their knowledge of artistic media, also provide a forum for larger issues including the role of museums and collections in liberal arts college education today, quality and authenticity, fakes and forgeries, and the art market.



At Carleton since 1996, **Laurel Bradley** is Director and Curator of the Perlman Teaching Museum; **Jane Becker Nelson** joined the Flaten Art Museum at St. Olaf College as Director in 2013. lbradley@carleton.edu beck-erj@stolaf.edu

David Quarberg: The Psalms: At the Crossroads of Pain and Joy

VOC, 9:30-11:30, Wednesdays



When Erma Bombeck famously declaimed, “If life’s a bowl of cherries, what am I doing in the pits?” she revealed her kinship with the singers, poets and prayers in the Psalms of the Hebrew Bible that are called “laments.”

The laments are a prominent feature of the psalmic collection and have spurred renewed study in recent decades. This course will investigate life situations out of which the laments arose and the conceptions of God they reveal. The course will focus on two points of special interest: (1) the move occurring in most of the laments from pain to joy -- the crossroad -- as a key to our dealing with similar experiences; (2) the “internal argument” in the Psalms raised by the disparity between the covenant promise and life experience.. The text: the book of Psalms in the Bible.

David Quarberg is a retired ELCA pastor with degrees from St. Olaf College and Luther Seminary and additional graduate study at Harvard Divinity School. . He served congregations in California, Illinois and Minnesota. He and his wife, Genevieve, have resided in Northfield for the past 10 years. davidquarberg@hotmail.com

Eric Nelson: Documentaries 2: Mediated Life (two sections)

Nygaard Theater, NRC, 9:30-11:30 and 1:30-3:30, Wednesdays

In this class we will investigate the language of images through seven documentaries that explore film, photography and visual art. Our explorations will take us from a Brazilian artist’s collaboration with trash pickers in Rio de Janeiro’s vast garbage dump to Bruegel masterpieces in the Kunsthistorisches Museum in Vienna to graffiti art on the streets of LA. These diverse perspectives challenge us with a familiar question posed in unfamiliar ways: What gives visual images their power? Is it the creator’s genius? How

does cultural context function? Can a visual fabrication attain the authority of truth? Will its authority survive if its truth is called into question?



We will see and discuss *Man with a Movie Camera* (Soviet Union, 1929), *Finding Vivian Maier* (2013), *Exit Through the Gift Shop* (2010), *Close-up* (Iran, 1990), *Museum Hours* (2013), *War Photographer* (2000), *Waste Land* (2010). Out-of-class common showings of the films in the NRC Nygaard Theater will be arranged Mondays 3:15-5:15 and Fridays 9:30-11:30 for those who don’t have access to them through Netflix.

Eric Nelson is Professor Emeritus of English at St Olaf College. nelsoner@stolaf.edu

Robert Bonner: The Battle of Little Big Horn

VOC, 1:30-3:30, Wednesdays

The Battle of the Little Big Horn, once known as Custer's Last Stand, is one of the iconic moments in American history. This course will examine



the trajectories that brought the native people and the American army to that field, study what happened there, and take a look at the consequences, both immediate and long term. We will read accounts from participants on both sides, and look at some of the visual representations of that moment during the century that followed. See the expanded description in the electronic version.

Robert Bonner is Professor Emeritus of History at Carleton, where he taught History of the American West and American Indian History, among other offerings.

Jon Rondestvedt: Louis H. Sullivan: Man and Architect

Four sessions in February; tuition is \$30.

NSC 106, 9:30-11:30, Thursdays in February



On our first meeting together, we will look at the man--whom Frank Lloyd Wright called "der Meister"--and his significant contributions as a member of the Chicago School of Architecture.

Our second gathering will find us examining several major multi-floored commercial buildings for which he is best known and then turn to his conscious use of decoration while collaborating with George Elmslie.

Our third session turns to his final efforts as an architect: the eight "jewel box" banks spread across the Upper Midwest. We will then focus entirely on the National Farmers' Bank Building of Owatonna, one of the eight.

Our final get-together takes us to Owatonna for an up-close-and-personal look at this bank building considered by many to be the best of Sullivan's "jewel boxes."

Jon Rondestvedt is a retired teacher of English and the humanities for Robbinsdale Area Schools. Since retiring, he has taught classes which focus on art and architecture for both the CVEC and for other lifelong learning programs across the state which are like old friends. jjrondestvedt@gmail.com

Barbara Evans: Return to Erin: Two More Erin Hart Irish Murder Mysteries

VOC, 9:30-11:30, Thursdays

False Mermaid continues Minnesota author Erin Hart's series of novels featuring American pathologist Nora Gavin and Irish archeologist Cormac Maguire. Although *False Mermaid's* story shifts between St. Paul and Ireland, *The Book of Killowen* reunites both detectives on Irish soil. We will read both of these books in our class. Explore archeology, forensic science, geography, history, folklore, literary travel, mythology and traditional Irish music



topics referenced by Ms. Hart. Although having read Ms. Hart's first two novels (*Haunted Ground* and *Lake of Sorrows*) is not required, you may wish to read them to expand your knowledge of our main characters. Ms. Hart will visit our class to discuss her writing and to share some hints about future adventures. Take a mental break from our Minnesota winter to solve crimes while experiencing the rich Irish culture so artfully woven into the fabric of these novels.

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. She has taught past CVEC classes with various subjects (i.e. Hemingway, Frank Lloyd Wright, the Arts and Crafts movement, Transcendentalism, literary travel, and Irish literature.). Her interests include architecture, literary and architecture-based travel, photography, and restoration of her arts and crafts home here in Northfield. barbjevans@aol.com

Bill Carlson: The United States Economic Story

NSC 106, 9:30-11:30, Fridays

This course will explore early history followed by U. S. growth to world economic leadership. The U. S. had a strong economy linked to Great Britain and the Industrial Revolution. We will link that foundation to a rapidly expanding economy. The period following the Civil War led to world economic leadership by 1900. Economic change before and after the great depression will be examined.



The more egalitarian economy after World War II and the changes leading to our present economy will be explored. There will not be a formal textbook. Instead, an extensive set of readings for each class will be supplied through the "One Drive". We will provide an easy way for you to access that material as a member of the class. See the expanded description in the electronic edition.

Bill Carlson is Professor Emeritus in Economics at St. Olaf College. His principle teaching emphasis was statistics and quantitative economics. 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. carlsoncharbill@msn.com



CANNON VALLEY ELDER COLLEGIUM

Registration Form 2015 Winter Term Classes January 5 – February 27, 2015

Registration Begins November 17, 2014 (Forms and payment may be submitted early.)
Complete the form below and bring or mail to: Cannon Valley Elder Collegium,
Northfield Senior Center, 1651 Jefferson Parkway, Northfield MN 55057

Include course fee of \$50.00, (\$30.00 for *The College Art Collection* or *Louis H Sullivan: Man and Architect*) or check the financial assistance box. Books, other materials, and travel when specified for a class, are extra and optional.

Name (A) _____

Name (B) _____

Address _____

City / ZIP _____

Telephone _____

E-mail (A) _____

E-mail (B) _____

(Email addresses to be used only for CVEC activities)

Check if you need financial assistance _____

Check if this is your first CVEC class _____

Included is a tax-deductible gift of _____

Check if you wish to receive registration confirmation by postcard, not email. _____ (Email saves printing & postage.)

Those who feel able are invited to include a tax-deductible contribution. Actual expenses incurred by CVEC per course registration average about \$65.

Because many volunteer their time, our administrative costs have always been minimal. The difference between CVEC's tuition revenue and total cost has been bridged by member contributions and grants.

Questions concerning registration should be directed to:

Dale Sommers, Operations Director
 101 St. Olaf Ave #212, Northfield, MN 55057
 507-645-8673 d.sommers@charter.net

For class selection, indicate person A, B, or both.

_____ Fantasy Literature

_____ History of Medicine, Part 3

_____ Quantum Reality

_____ The Great American Songbook

_____ Humor

_____ The College Art Collection (\$30 tuition)

_____ The Psalms

_____ Documentaries 2: Mediated Life

_____ The Battle of Little Big Horn

_____ Louis H. Sullivan: Man and Architect (\$30 tuition)

_____ Return to Erin

_____ The United States Economic Story

Do you think you may have difficulty hearing the instructor and/or discussion in class? Check here _____ if you'd like to borrow a pocket microphone/amplifier/earbud unit.

Register Early to Avoid Being Disappointed

All registrations must be accompanied by a check unless financial assistance has been requested. A registration box will be available at the Northfield Senior Center *before* November 17, 2014. If you must mail your registration, send it early enough to *arrive by* November 17. All registrations received before November 17 or by 7:00 PM on November 17 will be treated as arriving at the same time, and random selection will be used to fill courses if necessary.

If the class for which you register is oversubscribed, you will be notified immediately, so you may register for another class. Anyone who registers by the opening day of registration and is not admitted to an oversubscribed class will be given priority for admission if the same class is offered again and the person again registers for the class by the opening day of registration.

Please register by December 12, 2014. Confirmation of registration will be sent by email or post card after December 12; sooner if a class fills. Class availability and enrollment numbers will be updated periodically at www.cvec.org and posted at the Senior Center.

Non-Profit Organization

**Cannon Valley Elder Collegium
1651 Jefferson Parkway
Northfield, MN 55057**

**U.S. Postage Paid
Northfield, MN 55057
PERMIT # 51**

**CVEC is a non-discriminatory
Organization**

Change Service Requested



From the Director:

From time to time—more often, recently—we’ve had to deal with oversubscribed courses. Instructors set a limit for their class size considering the style of the class they want (principally discussion *vs* lecture), and taking into account the space and available seating in the classroom they’ve been assigned. If applications on the first day of registration exceed that limit, the class is chosen randomly by lot...which often leaves a few (sometimes many) people disappointed. That can’t be avoided in most cases, but beginning with the upcoming registration we’re going to try a sort of “consolation” process—if we’ve received your application for a course by 6 p.m. on the first day of the registration period and you’re not one of the winners of the lottery, we’ll give you priority the next time the course is given if you again register by 6 p.m. on the first day. This will include the lottery losers from the Amish and College Art courses in the recent past. Of course there’s no guarantee that the course *will* be repeated, but if there’s that much demand it typically is.

To close, a few words about the loss of one of our most valued instructors of recent years. Dick Cantwell died on September 7 after a period of declining health. He taught eight courses for us from 1998 to 2011, most involving his great love of opera. He was the featured speaker at our 2008 annual membership meeting, when he told us about “The Greatest Lied (Song) in the World.” His illness and passing have left a large hole in our curriculum, and much sorrow in our hearts.

Rich