

## 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, 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 – Tradition and Innovation in American Roots Music (*in-person*)
- Wednesday, August 6 – Can Freedom of Speech Survive? And Should It? (*online*)
- Thursday, August 7 – Finding Peace in Uncertain Times (*online*)
- Wednesday, August 13 – The Four Freedoms: The Way Forward (*online*)
- Thursday, August 14 – Writing on the Porch: A Writing Workshop (*online*)
- Tuesday, August 19 – OLLI Reads Book Discussion: *Being Heumann* (*in-person*)
- Tuesday, August 19 – Speaking Out Against the “Mammy” Monument (*in-person*)
- Wednesday, August 20 – What Would You Save? (*online*)
- Thursday, August 21 – OLLI Reads Book Discussion: *Being Heumann* (*online*)
- Thursday, August 21 – The Amistad Trials: *What Price Freedom?* (*in-person*)
- Wednesday, September 3 – Speaker Charlie Carr: How I Met Judy Heumann (*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](mailto:ollireg@gmail.com)) or call (617.287.7312) the OLLI office with the program titles you would like to register for.

### 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](http://www.umb.edu/olli)) or contact our office via email ([ollireg@gmail.com](mailto:ollireg@gmail.com)).



## 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.



**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.*



**Osher Lifelong  
Learning Institute**  
at Dartmouth

## 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.

## The Art of the Song: Tradition and Innovation in American Roots Music

Tuesday, August 5 | 2–3:30 p.m. | Boston Public Library (Copley/Central Branch)

From its early days in the 1920s with pioneers like the Carter Family and Jimmie Rodgers to global icons such as Willie Nelson and Dolly Parton, American roots music has always centered on the power of the song. This presentation blends historical storytelling with live musical performance to explore the deep artistry of the genre. We'll trace its journey from the folk traditions of rural working-class communities to the emergence of the singer-songwriter and beyond. Whatever you're facing in life there's a country song that speaks to it. **Presenter:** Taylor Ackley is first and foremost a folk musician. Born into a working-class family with a remarkable musical heritage, his work was influenced by generations of pickers, singers, songwriters and fiddlers across his family. He holds a Master's Degree and PhD in Composition and a Master's Degree in Ethnomusicology from Stony Brook University. His scholarly work examines American folk and popular music through analysis, composition, historical research, performance and ethnography. Taylor is no stranger to OLLI as he has taught several courses on roots music through shared courses with OLLI at Brandeis University.



### 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.

### 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.

## Writing on the Porch: A Writing Workshop

**Thursday, August 14 | 10–11:30 a.m. | Online via Zoom**

Summer invites us to linger on the porch, to remember, to imagine. What poems, fragments, or stories are caught in the corners of your life? Give yourself time to write. In this writing workshop we will gather on the OLLI porch to write and share our words. Through writing prompts, silly and serious, and writing sessions, (short and medium, up to 20 minutes) your imagination will be invited to the page. Participants will be encouraged to share their work and offer positive comments to others. Prior creative writing experience is not necessary. Please come ready to write, please keep camera on during sharing and prompts to encourage our special community. **Presenter:** Margarita Bonifaz has been writing since childhood. She was first published at age 7 in The Phoenix, with her poem "Fairy Toast." She started her 33-year teaching career with a teaching fellowship at Smith College. For many years, Margarita took

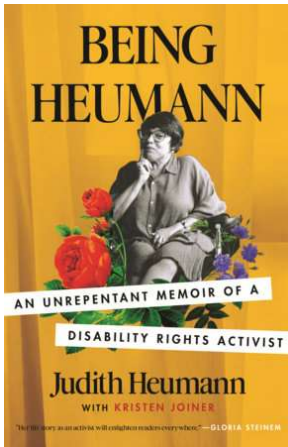
writing workshops with Pat Schneider, the magical creator of Amherst Writers and Artists. Margarita has a novel in the drawer and many stories on her desktop. She believes everyone has stories in them: in our post it notes, in old letters, in our conversations; we just need to listen and write. She is delighted to be teaching at OLLI.

## OLLI Reads Summer Book Discussion

### *Being Heumann: An Unrepentant Memoir of a Disability Rights Activist*

**Tuesday, August 19 | 10:30 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.

## Black Voices Raised in Protest: Speaking Out Against the "Mammy" Monument

**Tuesday, August 19 | 1–2:00 p.m. | In-Person (Grove Hall Senior Center, Dorchester)**

In 1923, Congressional supporters of the so-called "Lost Cause" of the Confederacy pushed for the construction in Washington, D.C. of "a monument in memory of the faithful colored mammies of the South." Opposition from Black leaders like W.E.B. Du Bois, Mary Church Turrell, and others helped defeat the proposal. All but forgotten are two of the strongest voices against the monument — Robert W. Carter, a Black man living in Brookline, Massachusetts, and Maude Nooks Howard, a Black woman from Circleville, Ohio. This presentation tells their story — and that of another "Mammy" figure: one that was included in a Confederate monument in Arlington National Cemetery before being removed in 2023.

**Presenter:** Ken Liss is a public historian and president of the Brookline Historical Society. A retired librarian who worked at Harvard, Boston College, Boston University, and the Boston Public Library, he leads walking tours of different Brookline neighborhoods and researches and writes on local history, baseball terminology, and word and phrase origins.

## What Would You Save? Stories About Fire, Justice, and Who Gets Left Behind

**Wednesday, August 20 | 10:00–11:30 a.m. | Online via Zoom**



Each year, more than 300,000 people lose their lives to fire — more than the entire population of Worcester. But these aren't just isolated house fires or distant wildfires. We're talking about urban fires — fast-moving, large-scale blazes that can destroy hundreds or even thousands of homes in a single night. These fires happen in overcrowded buildings, in informal settlements, in neighborhoods pushed to the margins — where people are left out of safety by design. From the towering tragedy of Grenfell Tower in London to the daily, barely-reported blazes in Cape Town, Nairobi, Dhaka, and

beyond, urban fire is a growing crisis — and one of the most preventable. We think of fire as a disaster. But more often, it's a systems failure. It's poor housing. It's invisible risk. It's injustice, igniting. Fire isn't just a hazard. It's a mirror, reflecting the cracks in our systems, our assumptions, and our responsibilities. This event isn't just about fire — it's about inequality, institutional failure, and who gets protected when the worst happens. It's a space for reflection, connection, and conversation. **Presenter:** Join Danielle Antonellis — a South Shore native, fire safety engineer, and founder of Kindling, a nonprofit working globally to make fire safety a right, not a privilege — for a story-driven conversation on what fire reveals about inequality, protection, and the systems we count on to keep us safe. Now based in South Africa, Danielle has worked in some of the world's most fire-prone and overlooked places — from refugee camps and informal settlements to garment factories, schools, and hospitals — listening to survivors' stories and pushing global institutions to finally take fire seriously, not just as a technical risk, but as a matter of justice.

## The Amistad Trials: *What Price Freedom?*

Thursday, August 21 | 6–7:30 p.m. | Roslindale Library (BPL Branch)

The issue of slavery versus freedom reared its ugly head in this court case, more than two decades before the Civil War exploded in 1861, concerning the fate of a group of Africans after they rebelled aboard the Spanish schooner *La Amistad* ("Friendship") in 1839. The Amistad trials delved into the question of whether enslaved people could be considered property. They pitted the American government against the Spanish government, President Martin Van Buren against Secretary of State John Forsyth, the executive branch against the judicial branch, and abolitionists against slave traders. The presenter frames the trials as the first civil rights case in American history and highlights how the trials exposed divisions within the US government and society regarding slavery and its legality. This case finally received the recognition it deserved from Stephen Spielberg's 1997 Academy Award-nominated feature film, *Amistad*. **Presenter:**



The Honorable Dennis J. Curran was an associate justice of the Massachusetts Superior Court, appointed to the seat by former governor Mitt Romney in 2006. He has taught the practice of Political Science and Law at Tufts University and Roger Williams University of Law. He was born and raised in

Boston. He graduated from Boston Latin School and received his bachelor's and master's degrees from the University of Pennsylvania and his law degree from the University of Virginia. Curran's lifelong passion has been history. He has been elected a Fellow of the Massachusetts Historical Society and is a member of the Board of Advisors of the nationally-respected Lincoln Forum.

## **Charlie Carr: How I Met Judy Heumann and Her Influence on My Own Activism**

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

Through this informal conversation, Charlie Carr recounts his interactions with Judy Heumann, and the friendship and mentorship that resulted from their work and advocacy for independent living. Charlie 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 was inspired by Judy who was working at the Center for Independent Living in Berkeley, CA at the time. Their lives continued to be intertwined as Charlie lent his voice and support to protests and movements to fully include people with disabilities in society. While Judy's efforts were focused in California, Charlie and others led the way in Boston, most notably during 1977 to get section 504 of the Rehabilitation Act of 1973 passed. Join OLLI as we welcome



Charlie Carr for an afternoon of conversation, history and inspiration. Charlie highly encourages (insists) that folks ask questions along the way to make the program more interactive and fun. **Presenter:** Charlie Carr is a disability rights pioneer who has been active in the independent living and disability rights community for over 40 years. 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.