



PVSC

Voice

Learning for the Fun of It!



Spring is coming!

Yes, it is! And so is a rich menu of courses for your delight. Classes run 4-6 weeks and begin the week of March 23. Details will be available on the website in mid-February. Registration opens on March 2.

Mondays, 10:00-12:00 - "What's Wrong with Maine? It's the Economy, Stupid!" Bernard (Berney) Kubetz, facilitator

Tuesdays, 10:00-12:00 - "Wild Bangor and Orono" A panel of Maine Master Naturalists. (Outdoor course)

Tuesdays, 10:00-12:00 - "Scrapbooking / Journalling." Kal Elmore

Tuesdays, 11:00-1:30 - "Handcarved Wooden Spoon Shop." Wayne Hall

Tuesdays, 2:00-4:30 - "Creating Rustic 'Stick' Furniture." Wayne Hall

Wednesdays, 10:00-12:00 - "A Life in the National Park Service." Tim Hudson

Thursdays, 10:00-12:00 - "Short Story Variety Course" Claire Levesque

Thursdays, 1:30-2:30 - "Beginner Line Dancing." Mary Smith and Carol Plummer

Thursdays, 4:00-6:00 - "3D and Me." Dave Hopkins

Fridays, 10:00-12:00 - "The Iliad, Then and Now" Ruth Nadelhaft

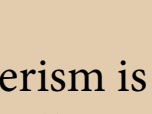
Fridays, 1:30-3:30 - "Burn It All Down without Burning Out: Lessons from Y.A. [young adult] Dystopia's Transformative Heroines." Sarah Hentges

Exciting News about the PVSC Website

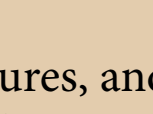
We're thrilled to announce that Phase II of the PVSC website will launch before the 2026 Spring Term—bringing you a smoother, smarter experience! Changes include:

- One-stop membership and registration. Renew your membership and register for courses in one easy step—just like shopping on Amazon!
- Single memberships remain just \$25! We've eliminated the household membership so that each member can access their own information.
- Your personal dashboard: See your invoices and membership status.
- Track courses you've taken.

Stay tuned for details in early February! Of course, you may still email our Administrator at admin@pvscmaine.org or call 207-659-1359.



PVSC NEEDS YOU!



Volunteerism is our lifeblood. All events, courses, lectures, and woods walks are organized and taught by cadres of volunteers. Each of them earns our immense gratitude for giving so much to PVSC members.

Currently, PVSC needs to grow its Tech Team. Tech members, assigned to each course and lecture, ensure that all AV technology works for each class. We need new tech volunteers, training to start during spring courses. If you join us, you will learn UMA-B's AV system by partnering with one of our current tech members. We promise you will not be left alone to problem-solve its idiosyncrasies.

Your reward for your contribution: when you agree to tech for a course, you can take it for free. If willing to join this valued Team, reach out to Shelia Zahm (shelia.zahm@maine.edu), Sheila Krautkremer (sheila.krautkremer@maine.edu), or Suzanne Gordon (suzanne.gordon@maine.edu).



A President with Passions

There's one thing for sure about Suzanne Gordon, PVSC's new president: she's prepared to take on challenges, at least one of them surprising. She's had a career as a pediatric physical therapist, helping children with neurological problems and serving for 23 years as professor and administrator with the School of Physical Therapy at Husson University. After retiring in 2018, she turned her attention to nonprofits, serving on the boards of the Mabel Wadsworth Center and the Old Town-Orono YMCA.

About three years ago she became interested in Penobscot Valley Senior College, particularly enjoying the democracy/politics classes organized by Berney Kubetz. And, luckily for us, she took on the challenge of succeeding Ann Leipman Torrey as president at our annual meeting last October.

Suzanne sees sustainability as the big goal for PVSC, and that involves attracting more members, including younger seniors as the older generation ages out, and navigating the transition from paper to online communication with a new website. The 2020-2022 pandemic took a toll on Senior College, sharply reducing membership, but at the same time promoting the use of Zoom. PVSC now offers in-person classes, Zoom classes, and hybrid classes.

After growing up in St. Louis, Missouri, Suzanne has lived in North Carolina and Arizona. She and her husband, Geoff, moved to Maine in 1981 when he accepted a position with the Climate Change Institute at the University of Maine. In pursuing something different in retirement, Suzanne and Geoff developed a passion for tango, and now they dance for three hours twice a week with an international group at the Keith Anderson Community House in Orono. (Tango is the surprising challenge.) They also like to do tai chi with Shiwa Noh.

Although Suzanne has taken on the PVSC leadership challenge, no one has as yet stepped up to serve as vice president. If you think you could, by all means contact Suzanne at gordons@husson.edu.

~ By Christina Diebold



Get shot!



PVSCers are smart people. We know how to take care of ourselves and are keenly aware of the measures that tend to lead to successful aging—exercise, healthy diet, socializing, continuing to learn, positive attitude.

But here's a surprising key to the good life:

vaccinations are not just for preventing Covid, flu,

or RSV. A fascinating article in the New York Times recently explained how

getting shots can actually reduce the chance of conditions like heart disease

and even dementia.

Flu shots, for example, have been shown to substantially reduce the risk of

heart attacks, pneumonia, and strokes. RSV vaccinations likely have similar

effects. Covid-19 shots help prevent long Covid and its damage to both

physical and mental health.

Most surprising, perhaps, the shingles vaccine has been linked to lower rates

of dementia. In one large study, vaccinated subjects had a 24% lower rate of

dementia. Even those childhood shots are beneficial: those who got them had

33% fewer cases of dementia.

The research is relatively new, and all the results aren't in. But the bottom line

is simple: there's hope for a healthier old age in getting those shots.

If you have a New York Times subscription, you can read the full discussion

at <https://www.nytimes.com/2026/01/03/health/vaccines-dementia-heart-elderly.html>