

PVSC

Voice

Learning for the Fun of It!



In spring a person's fancy lightly turns to the Summer Extravaganza!!

Summer is time for fun, with a side of learning. Or, better, fun *and* learning. This potpourri of topics has both! One course fee (\$35) gets you access to all of the following dollops of goodness. Pay once and attend when you can.

Keep checking the website: <https://pvscmaine.org/>
Watch for registration opening at the beginning of June.

Presentations Tuesdays, July-August 10:30 a.m-12:30 p.m. UMA-Bangor

- ☞ Maine Railroads: When the Good Times Rolled
- ☞ Restoring the American Chestnut in Maine
- ☞ Why Literacy Matters and How You Can Help
- ☞ Lobster 101, the Industry and the Animal
- ☞ Community Collaborative Rain, Hail, and Snow Network
- ☞ Hiking in Africa
- ☞ Disability Rights Maine
- ☞ Geology of Maine
- ... And more to come!

Field Trips Thursdays, July-August

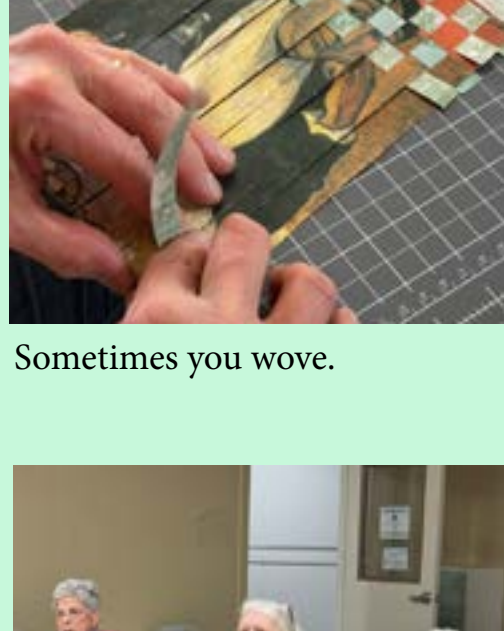
- ☞ Margaret Chase Smith Library and Home, Skowhegan
- ☞ Reny's: The History and Back of the Store Tour
- ☞ Cole Land Transportation Museum, Bangor
- ... And more to come!



Meanwhile, we loved our spring courses



When collaging, sometimes you cut.



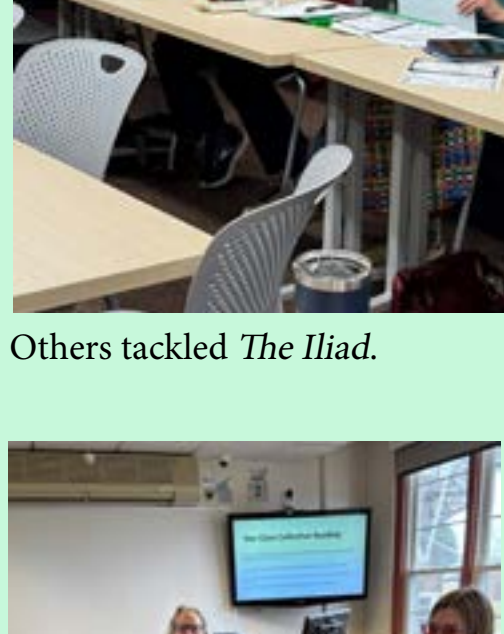
Sometimes you wove.



Often you pondered.



Some of us read and discussed short stories.



Others tackled *The Iliad*.



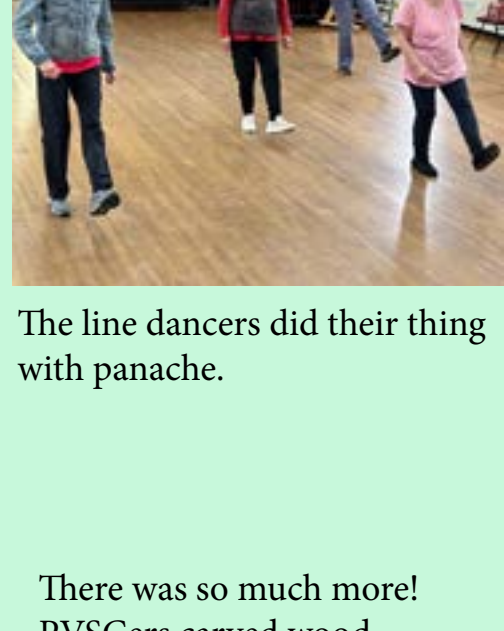
And still others learned how to do 3-D printing.



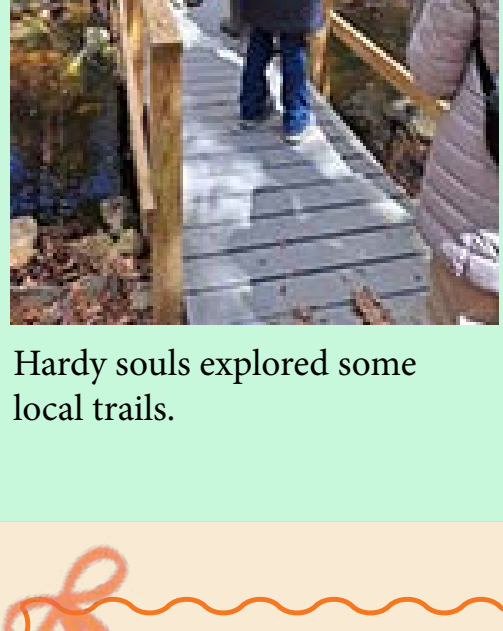
Tim Hudson shared tales from his career with the National Park Service



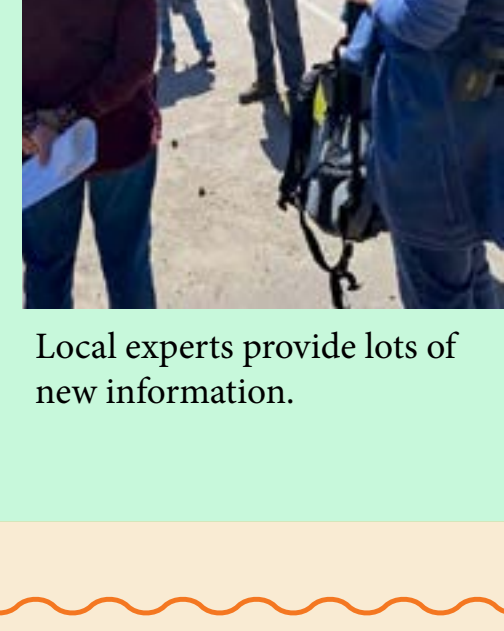
A few of the participants in "Girls on Fire."



The line dancers did their thing with panache.



Hardy souls explored some local trails.



Local experts provide lots of new information.



There was so much more! PVSCers carved wood, drummed, made furniture, and learned about Maine's economy. Spring was all about learning and doing.

Photo credits: Grace Barlett, Anita Kurth, Ann Torrey, Shelia Zahm

Volunteer teachers power PVSC

It's hard to imagine how Penobscot Valley Senior College could exist without teachers who love to teach so much they continue to teach for free after they retire.

Ruth Nadelhaft is one of them, and has been generous with her offerings. She started her PVSC career with a class on science fiction – she loves Ursula Le Guin's "Left Hand of Darkness" ("a masterpiece"). She went on to teach classics of English literature – Bleak House by Charles Dickens, Nostromo, and Middlemarch by George Eliot. Bravely, she's teaching Homer's Iliad this spring.



"There are many things I like and enjoy about teaching for Senior College," she said. "I like the people who sign up for classes, not just the ones I teach. They're devoted readers, come from interesting backgrounds, and have interesting things to say."

Bleak House class spawns a book group

In fact, the students in her *Bleak House* class were so engaged and had such a good time, they didn't want to give it up, and created a book group dedicated to discussing books considered classics, meeting mostly monthly, now in its third year.

Ruth teaches with a mixture of erudition (she earned her doctorate from the University of Wisconsin with a dissertation on character doubles in the works of Joseph Conrad), passion (she has opinions), and humor (she has a penchant for T-shirts with messages).

She and her late husband, Jerry Nadelhaft, moved to Maine in 1967 when he accepted a position in the History Department at the University of Maine in Orono. Due to the nepotism rules of the time, Ruth couldn't teach at the same school as her husband, and instead taught for years at Bangor Community College, which became part of the University of Maine Augustus in Bangor. She eventually was able to teach on the Orono campus and was director of the Honors Program from 1995-98.

Getting medical providers to love literature

With the Maine Humanities Council she organized literature seminars for medical practitioners at Eastern Maine Medical Center, St. Joseph Hospital and Acadia Hospital, discussing such books as *Achilles in Vietnam* by Jonathan Shay. (She's a fan of "The Pitt" TV series.)

For years she and Jerry divided their time between New York City (the hometown of both of them) and Maine. Luckily for us, she now spends most of her time in Maine.

By Christina Diebold

PVSC NEEDS YOU!

Classroom helpers

Our recordings of classroom presentations are great for those times when you have to miss a class. But they don't happen automatically—someone needs to push the buttons on the computer. That means a "tech" person for each course.

It's not really that technical; if you're comfortable with your computer, you can do this. We'll train you. The same half-dozen people have been donating their time ever since Covid, and they need some help. The best part? If you volunteer, you don't pay for that course. So come on down and get techie! We need you! Contact Suzanne at suzanne.gordon@maine.edu.

Better classroom audio

We need your input! We've improved our audio experiences in Eastport Hall 135, especially for those of us with hearing challenges.

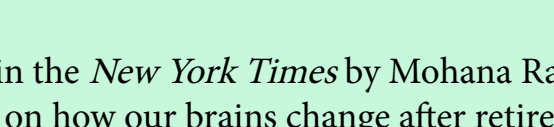
How is it working? Please share your feedback about the success of our improvements to audio amplification. With input about your hearing experience, we can learn how to provide better audio support. Share your thoughts with the tech person for your class, or with Suzanne at suzanne.gordon@maine.edu.

Share your knowledge!

PVSC is deeply grateful to our instructors in sharing their knowledge, skill, and time—all as volunteers! YOU, too, have enthusiasm about a topic or experience you could share with others. Yes, it's a little scary getting up in front of an audience. But our audiences are the best: very supportive, appreciative, and fun. Please consider teaching or facilitating a PVSC lecture or class. You do not need a certificate, degree, or award, but bring enthusiasm and some preparation.

If you're willing to share as an instructor or facilitator, please contact either Shelia Z. (Extravaganza presentations) at shelia.zahm@maine.edu or Sheila K. (courses) at sheila.krautkremer@maine.edu.

And if you know someone else who would make a good instructor, please send their name along. The quality of the PVSC classes depends upon our instructors! We all benefit from one another's enthusiasm and expertise.



Tips for aging well

Here at the *Voice*, we keep our eyes out for articles about successful aging. It's surprising how often research confirms what we geezers already know—and how often PVSC provides ways to help us age well. We need mental stimulation? PVSC checks that box. Ways to meet new people? Attention to physical health? Regularly scheduled activity? Check, check, and check.

Still, a recent article in the *New York Times* by Mohana Ravindranath highlighted research on how our brains change after retirement. The findings both confirm that we're doing the right thing and provide a couple of insights about managing this aging thing.

Structure and purpose

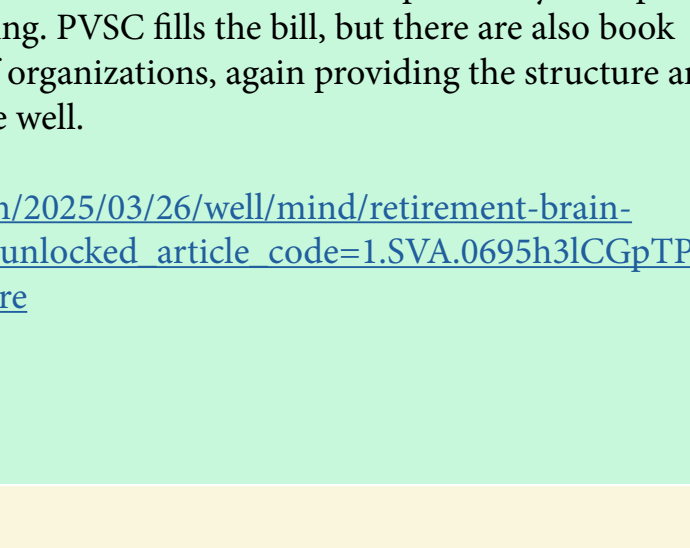
A need for structure keeps turning up in the research, which in turn is related to one big need: a sense of purpose. Our workplaces don't need us anymore. Our families probably do, but usually not in the intense way they once did. So we need new commitments.

Did you know that volunteer work can actually stave off cognitive and even physical decline? That kind of commitment provides challenges and structure that help keep us healthy. (Hmm . . . PVSC always needs new committee members and classroom assistants, instructors—see the article below!)

Pursuing the new

A commitment to a new project is another recommended tactic.

Projects, whether it's planning a trip, learning woodwork, or whatever, require planning and often learning something new. They give us a sense of purpose, even if it's only temporary.



Beneficial socializing

When we retired, one whole social network disappeared. Cognitive decline can actually follow if that network is not replaced. Experts recommend not just a social life, but regular, routine social contacts, preferably with people who challenge our thinking. PVSC fills the bill, but there are also book clubs, and many kinds of organizations, again providing the structure and challenge that help us age well.

https://www.nytimes.com/2025/03/26/well/mind/retirement-brain-mental-health-tips.html?unlocked_article_code=1.SVA.0695h3CCGpTPyIIg&smid=nytcore-ios-share