

OSHER LIFELONG LEARNING INSTITUTE AT TOWSON UNIVERSITY

WINTER 2020

7400 York Road, Room 101

10:30 a.m.-noon, unless otherwise specified

Free and Open to Osher Members

Please RSVP by emailing [Shelby Jones at sjones@towson.edu](mailto:sjones@towson.edu) or calling 410-704-3688

Tuesday, January 7, 2020

WHITE HOUSE MEMORIES

Alan DeValerio

Former White House butler, Alan DeValerio, will give the inside details about all of the preparations involved in White House entertaining. He worked as a butler for a decade starting in 1980. Not only will he relate his firsthand experience with history, but he will pass on the stories from those people that he worked with who have been taking care of our First Families ever since the Franklin Roosevelt administration. DeValerio will also display many of the White House artifacts including menus, programs, Christmas cards, and personal photos that he has collected over the years. After the presentation his new book, "A History of Entertainment in the Modern White House", will be available for purchase and signing.

Alan DeValerio is a native of Rhode Island but he has lived in the DMV area since 1979. He came to this area out of an interest in writing political humor. He is retired and now gives presentations about his White House experiences as butler from 1980 to 1990.

Tuesday, January 28, 2020

IMPROVING BALANCE AND PREVENTING FALLS

Thomas Bruns

As we age there are factors that increase our risk of falling. Learn about the systems that contribute to balance and how aging affects these systems. Explore modifiable and non-modifiable risk factors and get some strategies to reduce the risk of falling. At the end of the presentation, you will be equipped with the knowledge to self-assess your fall risk. This information will be helpful in identifying basic strategies to avoid falls. It will help you to understand if you might qualify for medical or rehabilitation services to reduce fall risk and will offer basic lifestyle modifications that may reduce the risk of falling without outside intervention.

Thomas Bruns is a physical therapist with extensive experience working in senior fitness. He is trained to treat vertigo, concussion, and a variety of other neuromuscular conditions that affect gait and balance. His background is in strength athletics. In addition to his clinical work, he has helped coach senior athletes toward their goals.

Thursday, January 30, 2020

IMMIGRATION FROM THE NORTHERN TRIANGLE OF CENTRAL AMERICA

Ronn Pineo

Rising crime, homicide, economic despair, infant mortality. The common narrative of the situation in the Northern Triangle nations of Central America—Guatemala, Honduras, and El Salvador—points to these grim circumstances to explain the exodus of families leaving for America. But it is not actually the case that conditions have worsened in this region in recent years. In fact, the best available data shows improvement in many socio-economic measures over the past decade. Please join Ronn Pineo, professor of history at Towson University, for a presentation on the forces driving migrants from Central America and consideration of best policy options for the United States in dealing with the humanitarian crisis on the border.

Dr. Ronn Pineo earned his PhD in Latin American History from the University of California, Irvine. He is the author of three books, including two on the Andean region and one on comparative Latin American urban history. Dr. Pineo is a professor of history at Towson University in Baltimore, Maryland where he teaches a wide variety of courses in Latin American history. He is a six time Fulbright recipient, with awards for lecturing and study in Mexico, Ecuador, and mostly recently in Perú. He served as guest editor for a special edition 2019 on public health care issues for the *Journal of Developing Societies*, contributing to the edition a piece on Cuba. He has also written articles on Latin American economic policy and on Bolivia under Evo Morales for the *JDS*. Professor Pineo is a frequent enrichment lecturer on cruise ships visiting Latin America and the Caribbean. Professor Pineo is a recipient of Maryland's "teacher of the year" award, the Regents' Prize for Excellence in Teaching.

Tuesday, February 4, 2020

EASE INTO ORGANIZING AND DOWNSIZING

Nancy Rothman

Learn how to find peace with the daunting task of shedding possessions and getting organized to create a welcoming home that enhances your lifestyle. Move from feeling swamped to having a sense of lightness. Techniques include envisioning a positive, aesthetically pleasing environment. Room by room reframing and refreshing establishes a sense of flow. The uplifting power of brief work sessions can combine for an ocean of change. Finding ways to honor, repurpose, or let go of loved ones' legacies is emotional, yet ultimately freeing. **Nancy Rothman began her career as a marketing associate in publishing for such companies as HarperCollins and Harcourt Brace Jovanovich. She then taught and tutored English on the secondary level prior to retirement. Along the way, Nancy has studied and implemented organizing techniques in her own life and for her friends.**

Monday, February 10, 2020

CHECK ALL THAT APPLY: RACE AND ETHNICITY ON THE U.S. CENSUS

Elizabeth Clifford

How—and why—does the U.S. census measure race and ethnicity? Only six questions are asked about every person living in the U.S. at the time of the census and two are about race and ethnicity. How we have asked those questions, and how people answer them, as well as our understanding of race and ethnicity, have changed over time. We will discuss how those designing and carrying out the census try to get an accurate count of something as amorphous and crucial as race/ethnicity.

Dr. Elizabeth Clifford joined the Department of Sociology, Anthropology, and Criminal Justice at Towson University in 2000 and served as department chair from 2012 to 2018. She is the co-author of the book "Immigration and Women: Understanding the American Experience." She is the founder and co-coordinator of the Baltimore Immigration Summit. She earned degrees from University of Toronto and Northwestern University. In her spare time she likes to hike, bike, kayak, jog, knit, read, cook, make cartoons, and travel, but usually not all at once.

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