



OSHER@Dartmouth

Discovering the new. The provocative. The timeless.



Photo by Anne Baird

Summer 2017 Newsletter

Study Leader Profile: Marianne Barthel - Healing Art

We've all heard of the healing arts, but in Marianne Barthel's case she actually uses art to enhance the healing process. In her 'day job' Marianne is the Dartmouth-Hitchcock Arts Program Coordinator. This past winter term, she taught "Take Two van Goghs and Call Me in the Morning" for Osher at Dartmouth. The course explored current research about the role of art in a holistic approach to healing. Students spent six sessions at DHMC learning the many ways that art is used to enhance treatment, from experts such as Joe O'Donnell, MD, Professor of Medicine and Psychiatry at the Geisel School of Medicine; Vivian Ladd, Museum Educator at the Hood Museum; Kathy Kirkland, MD,

Professor of Medicine at Geisel and a specialist in Palliative Care at DHMC; and Robert Santulli, MD, who specializes in Dementia and Alzheimer's.

Marianne came to her present role by a circuitous and serendipitous route. After living in New Jersey, Arizona, and South Carolina, she and her husband moved to the Upper



Valley 17 years ago, the last three of which have been in Norwich, where they are raising their two daughters. Marianne's background in events planning and fund raising for such groups as the Make-A-Wish Foundation and the Norris Cotton Cancer Center led to additional work as a volunteer at DHMC. One day, while she was in the Volunteer Services Office, the director came in and asked, "if the job had been posted yet?" Clearly, Marianne was in the right place at the perfect time, because the job in question was that of Arts Program Coordinator, a position that she describes as her "dream job". Aside from some Art History classes in college, her pri-

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President's Corner



I'm writing this from my personal perspective, as an ordinary member, since my term as President is over. A team of Osher members has been working tirelessly for some time on the project of identifying our needs and finding a new home. These are my thoughts on that effort and goal.

Why Osher at Dartmouth Needs A New Building

WHAT OUR MEMBERS DESERVE

Our program requires space for classes, offices for staff, adequate parking, ADA access, current technology, and space

for gathering and socializing in one location. Even with a new building, we will continue to offer classes in retirement facilities and utilize other spaces if needed.

THE DOC HOUSE

Our current classroom space is inadequate. The DOC House, our primary classroom venue, holds approximately 50 people total in three classrooms. Two of these rooms (Founders Room, located to the right as you enter the building, and the Pond Room, across from the stairs) are very small. The space requirements for each term differ as we offer more classes and see higher registration numbers during our Fall term, while we have fewer classes in Winter and

Spring. At peak usage we need space for 1,250 persons in 90 classrooms. Because there is not enough space at the DOC House, we rent spaces in the community, which can be costly and often requires our members to travel to many different venues to attend class. The staff spends many hours visiting or maintaining contact with off-site classrooms in locations in Hanover, Lebanon, Norwich, and West Lebanon.

For many reasons, we have outgrown the DOC House! In 2015, our staff offices were relocated temporarily to 7 Lebanon Street in downtown Hanover, as they could no longer adequately work in the upper level of the DOC House.

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Notes From the Finance Committee

In past newsletters we have seen how we use the money in our various funds. In this newsletter we look at how the Finance Committee operates.

The mission of the Finance Committee is to facilitate, not to control, the use of our financial resources. We have introduced the concept of 'Finance Buddies', individuals from the committee who work closely with an assigned program chairperson to help manage the finances at the program level. This is a great opportunity for new committee members to more quickly get to the heart of our financial operations.

Currently we have a group developing long-range financial models that will project the cost of renting, or owning, our own space, and comparing future expenses to our expected revenues. Other members are working on projects to create a key financial indicators dashboard for the leadership group; to create guidelines for funding new ventures that were not



included in the original annual budget; and to look at better ways to forecast our revenues and expenses over the years ahead.

Our annual meeting in May will mark the moment when longstanding members of the Finance Committee stand down as their terms conclude. This year we expect to have three vacancies to fill and invite a new cadre of members to join us.

If you think you would like to join but are not certain, contact Lisa in the office and please do come along to one of our monthly meetings and try us out.

*- Iain Sim,
Treasurer and Chairman,
Finance Committee*

Annual Meeting 2017

You are cordially invited to attend our Annual Meeting on Wednesday, May 24. This year's meeting will take place once again at The Quechee Inn at Marshland Farms. Registration is required - cost is \$30 per person. This year, Richard G. Mills, Executive Vice President of Dartmouth College, will address attendees with the topic "A New Perspective on Higher Education".

**WEDNESDAY, MAY 24, 2017
THE QUECHEE INN AT MARSHLAND
FARMS, QUECHEE, VT
11:00 AM TO 2:30 PM**

**\$30 PER PERSON
REGISTRATION REQUIRED
REGISTER ONLINE OR
CALL (603) 646-0154**

Your registration includes one of the following meal options:

- Lemon Chicken with chopped tomatoes, chardonnay and thyme; Rice Pilaf; Garden Vegetables
- Maple Brushed Grilled Salmon Fillet topped with port wine, caramelized red onion, and fresh herb butter; Rice Pilaf; Garden Vegetables
- Grilled Vegetable Ratatouille with basmati rice

Films at the Nugget

Once every month, Osher at Dartmouth offers its members the chance to attend a special screening of a selected film at no cost. Members are welcome to bring a guest.

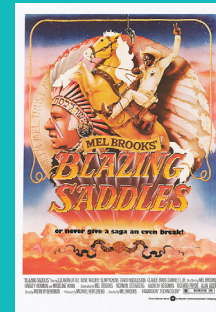
And Popcorn, Too!

More and more Osher members have realized what a fabulous deal this is at the Nugget Theater in Hanover. Attendees receive:

- the chance to view an award-winning film, preceded by some insightful hints...and oh, yes, popcorn is available!
- An unusual 25% discount on lunch after the movie at the Canoe Club, available for our members only

Come early to guarantee a good seat!

Blazing Saddles is our next film, showing at 10 am on Tuesday, May 23.



See you at the movies, and maybe lunch after!

*- Bruce Macdonald,
Marketing &
Communications
Committee Member*

Mark your calendars for more films coming to this year's series:

Monday, June 5
Citizen Kane

Tuesday, July 18
Grapes of Wrath

Friday, August 18
Thelma & Louise

**ALL SHOWS
BEGIN AT
10:00 AM**

Osher Office Art Gallery

Stop by our 7 Lebanon Street offices to enjoy a new exhibit every two months.

May/June

Cindy Heath & Margaret Sheehan
“Fiber Fusion” (fiber arts)

July/August

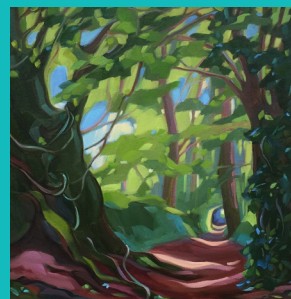
Anne Hartmann, Anne Semprebom, & Judith Pettingell
“The Outsiders” (photography)

The gallery is free to view during regular office hours:

Mon-Thurs 8:30a to 4:30p
Fri 8:30a to 1:00p



Images from the March/April gallery show “Still Seeing Green”, which featured paintings by artist Meg McLean. Meg’s work has appeared in numerous publications, and she has illustrated several children’s books.



2017 Summer Lecture Series

GLOBAL CHALLENGES CONFRONTING THE UNITED STATES

This year’s series will take place on Thursday mornings from July 13 – August 24, 9:00 am to 11:30 am at Spaulding Auditorium.

The World Order that has been in place for decades is suddenly facing important challenges from all sides: Russia is flexing its muscles again; China is becoming militarily assertive; Britain is exiting the European Union; terrorism has become a de-stabilizing force globally; cyber attacks are proliferating from many sources; and the planet is warming, with many potential negative long-term effects on the way we live.

There is considerable uncertainty about how these challenges will work out and how the U.S. (and the world) should respond to create the most positive outcomes possible.

This seven-session lecture series probes the most important challenges in depth. In the first six sessions a different, prominent speaker will provide his/her insights into one of the challenges, fram-

ing the key issues and explaining various U.S. policy options. In the seventh and culminating session our speaker will tie the six sessions together into a coherent “big picture” world view.

Our distinguished speakers for this series are:

July 13: James Steinberg - former U.S. Deputy Secretary of State
“U.S. Policy Toward a Rising China”

July 20: Chris Inglis - former Deputy Director, National Security Agency
“Cyber Warfare”

July 27: William Perry - former U.S. Secretary of Defense
“Nuclear Proliferation & Global Terrorism”

August 3: Julie Smith - former Acting National Security Advisor to Vice President Biden, currently Director at the Center For New American Security
“Brexit/European Union/U.S.”

August 10: Matthew Rojansky - Director of the Keenan Institute at the Woodrow Wilson Center

“Russia/NATO/U.S.”

August 17: Kerry Emanuel - MIT professor and Director of the Program in Atmospheres, Oceans, and Climate at MIT
“Global Warming”

August 24: Admiral James Stavritis - former NATO Supreme Commander Europe
“Beyond The Horizon: 21st Century Global Security and Risk”

This promises to be the most ambitious and powerful summer lecture series we have done to date, and one you surely won’t want to miss. The expertise and dynamism of our speakers is exceptional.

COST: \$25 per person, single sessions; \$95 per member series ticket; \$120 per non-member series ticket. Tickets on sale now. Register at osher.dartmouth.edu or call (603) 646-0154.

- John Ferries,
Co-Chair, Summer Lecture Series Committee

Study Leader Profile (cont.)

mary exposure to great art was as a child. Her father's business career took his family all over the world and she was fortunate enough to have a mother who enjoyed taking her to some of the finest art museums. As she wandered through the museums she never guessed that one day she would curate the multi-million dollar art collection at DHMC.

Two more bits of luck encouraged her to become a study leader. Curriculum Committee member Barbara Jones, who had read about her work, convinced her to offer a class. She was then assigned a mentor – Osher's now President-elect, John Sanders.

If you're fortunate enough to spend time with Marianne you'll learn fascinating facts about the role of art in the healing process. Studies show

that the level of cortisol, a hormone produced under stress, is reduced when patients are exposed to various forms of art. Not all of the art is two-dimensional, or even visual. DHMC uses the services of a therapeutic harpist, Margaret Stephens, whose music can match a patient's heartbeat, lowering stress and blood pressure. A writer/poet, Marv Klassen-Landis, and visual artist Christine Orcutt Henderson hold group classes in inpatient psychiatry. Fascinating research is underway studying the benefits that music has for people suffering from dementia. Marianne is hoping to expand research opportunities at DHMC to include Neurology and Heart Failure patients. Yet, as with most things, truly touching events tend to occur at the most personal level, such as the patient who

told her that the painting in her I.C.U. room was "her lifeline" to the world.

Ever the fund-raiser, Marianne applied for and received matching grants from the New Hampshire State Council on the Arts and the Dartmouth - Hitchcock Volunteer Board. Her goal is to create a \$2.2 million endowment for arts programs at DHMC. Thanks to the generosity of visionary donors who have given seed money for the endowment, she jokes that she has only \$2.1 million to go.

We're hoping that her first experience at Osher inspires her to lead another class, because there's still so much more to learn.

- Steve Tofel,
Chair,

Marketing & Communications Committee

President's Letter, cont.

7 LEBANON STREET

Located approximately a mile from the DOC House, our staff works from this location in downtown Hanover. There is no free parking close to the office, and finding a meter or space in the garage can be difficult. The rent for the office space is high, and our lease expires in 2018. Our members do not have easy access to staff. This arrangement has made it difficult for staff to schedule classes and coordinate with each other on office tasks, as a staff member is always stationed at DOC House while classes are in session.

A NEW HOME

We have visited other Osher facilities and have seen what might be possible.

- We deserve a well-maintained building with adequate classrooms and appropriate technology, where students and study leaders can share visual presentations, connect

with lecturers from afar, and have reliable internet connections.

- We deserve a building with volunteer, office, and storage space where members can safely park and walk into the building and access classes if using a wheelchair or walker.
- We deserve a building where we can offer lectures and classes for up to 80 persons when appropriate.
- We deserve a home where members can meet and socialize with one another before and after classes, celebrate a new term, converse with a new author, or simply have fun together.

POSSIBILITIES: WHAT COULD WE DO WITH A NEW HOME?

- Create and utilize a large space so members might gather and play games like bridge, cribbage, mah-jong, Scrabble, or perhaps practice Tai Chi or Yoga. This same space could be used to offer movie classes.

- Develop a music room with a piano, for use as a music classroom or performance space. Members might utilize this space for singing, band, or orchestra practice and performance.
- Develop an art room with adequate space for members to store art projects between classes.
- Develop a computer classroom in which members can learn to use tablets, computers, and smartphones.

The Leadership Council and the College are aware of the need for adequate space in today's Osher at Dartmouth environment. There is an active "New Home" committee which is exploring every possibility; we have looked at properties in Etna, White River Junction, Lebanon, and Hanover. We will keep working until we find the right place!

- Sylvia Sands Paxton, President

Letters to the Editor

Q: It seems that some people are successful getting into the classes they want while others complain that they are often wait-listed for the most popular courses. Is there some trick to improving one's luck?

Signed, Frustrated

A: We hate to see members not get the class placements they want, and we do everything we can to accommodate as many as possible. A major problem is class space – available sites for times convenient to members are mostly limited in number of participants.

At exactly 8:30 am* on the morning registration begins, our website starts to accept on-line registrations. At the same time, the office opens its doors and begins to process paper registrations received by

mail, as well as accommodate members who have come to the office to register in person.

Since computers work faster, it's almost inevitable that registrations processed on our website will be completed first. For the most popular classes, this can be the difference between getting a seat in the class or ending up on the wait-list. So the "trick" to improving your luck seems to be: register on our website as close to the opening time as possible.

**Registration for summer term 2017 begins at noon.*



If you have a question or comment you'd like to see in our next Letters to the Editor, please send it to the office via one of the methods listed below. We will post your submission anonymously unless you direct us to include your name.

Mail your Letters to the Editor to this address:

Osher at Dartmouth
7 Lebanon Street, Suite 107
Hanover, NH 03755

E-mail your Letters to the Editor to this address:

osher@dartmouth.edu

(Please include "Letters to the Editor" in the subject line of your message.)

Guess Who?

How well do you know the members of Osher at Dartmouth's Leadership Council? We'll give you a chance to become a little more familiar with four of them this issue! The images on the right are pictures of four Council members in their younger days (top row), and as they currently appear (bottom row). See if you can guess which images show our incoming President John Sanders, Secretary Martha Clark, Treasurer Iain Sim, and Program Manager Lisa King! (Answers below.)



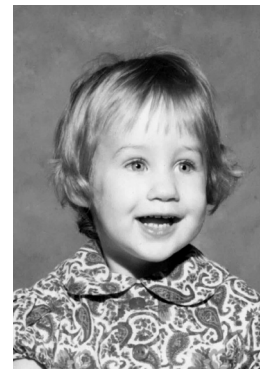
Child 1



Child 2



Child 3



Child 4



Adult 1



Adult 2



Adult 3



Adult 4

Answers:
Martha Clark: Child 1 and Adult 3
Lisa King: Child 4 and Adult 2
John Sanders: Child 2 and Adult 1
Iain Sim: Child 3 and Adult 4



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Summer Classes June 6 - August 22, 2017

Tech Café Dates

Need help with your laptop or mobile device? Have a question about Osher registration or downloading course materials? Stop by and get answers!

Wed., June 21 10:00 - 11:30 am
Tues., July 25 9:30 - 11:00 am
Tues., Aug. 1 9:30 - 11:00 am
Tues., Aug. 8 9:30 - 11:00 am

No appointment necessary. All Tech Café sessions take place at the DOC House.

Lisa's Corner



Osher at Dartmouth and Volunteering

How does Osher operate? How do we offer so many great courses? How do we find study leaders to lead those courses? How does the catalog come together? Join a committee and find out! Become involved with other volunteers, help us recruit study leaders, and make Osher at Dartmouth better through your participation!

Many organizations and businesses would not be in existence if volunteers didn't contribute their time and expertise, and Osher at Dartmouth is no exception. Our committees always need volunteers to identify opportunities for our program to improve, strengthen membership, expand our course and lecture offerings, and more. I ask each of you to consider becoming part of one of our committees, but I'm focusing today on our Curriculum Committee. If you became a member of Osher because you enjoy our courses, being part of this committee offers you the chance to help develop upcoming terms and recruit new study leaders. Being a committee member doesn't have to be a huge commitment: we meet once each month, and each member takes responsibility for tasks to work on before the next meeting. Time commitments can be minimal if every member pitches in and helps out. If you can talk on the phone, compose positive, upbeat emails to follow up with potential leaders, if you know friends, neighbors, or colleagues with interesting backgrounds or passion for a subject, you have what's needed on Curriculum. We can show you the ropes and give you the tools to help us continue offering great courses. The satisfaction of knowing you helped build our next course catalog by making a few calls and sending a few emails is truly a rewarding experience. Don't just take my word for it: Talk to a current curriculum committee member today!

- Lisa King, Program Manager