



# LIFE LONG LEARNING FOR ALL GENERATIONS

## News You Can Use

VOLUME 4, ISSUE 3

Nov/Dec 2009

John A. Logan College  
Center for Life Long  
Learning  
Educational Programming  
Office, B30  
985-3741, Ext. 8696

### Did You Know That

- Every year, the U.S. President is presented with at least **one live turkey & 2 dressed turkeys** by the National Turkey Federation. The live turkey is traditionally pardoned & lives out the rest of his days on a peaceful farm?
- Rudolph the Red-Nosed Reindeer was originally created for **Montgomery Ward** department stores as part of a promotional gimmick?

Want to learn more? Become a part of the John A. Logan College Center for LifeLong Learning for All Generations where you can tell us what you want to know more about. Call (618) 985-2828, Ext. 8583, to receive more information.

## "Aging With Grace" Keynote Address at March 8, 2010 Intergenerational Spring Conference



Author and keynote speaker Dr. David Snowdon will highlight this year's conference with an hour-long presentation on the Nun Study, a 23-year-old on-going project in which researchers study aging and disability using data collected from nuns. The goal of the study has been to determine the causes and prevention of Alzheimer's disease, other brain diseases, and mental and physical disability associated with old age.

Participants in the Nun Study are American Roman Catholic sisters who are members of the School Sisters of Notre Dame, an international religious congregation that began more than 150 years ago in Bavaria, Germany. The 678 participants in the Nun Study were 75 to 102 years old when the study began, and the average age of the participants was 83 years. More than 85 percent of the participants were teachers.

Participants have included women representing a wide range of function and health, from sisters in their 90s who are highly functional with full-time jobs to sisters in their 70s who are severely disabled, unable to communicate, and bed-bound.

Each of the study participants agreed to participate in annual assessments of their cognitive and physical function, medical exams, blood drawing for genetic and nutritional studies, and brain donation at death for neuropathologic studies. In addition, the sisters have given investigators full access to their convent and medical records.

Snowdon will discuss his findings, which indicate that traits in early, mid and late life have strong relationships with the risk of Alzheimer's disease, as well as the mental and cognitive disabilities of old age.

Snowdon, a professor of neurology at the University of Kentucky's College of Medicine, earned his Ph.D. from the University of Minnesota in epidemiology (i.e., the study of the causes of diseases in populations).

## ...And They Swam and They Swam All Over the Dam

Unlike the little fishies in Kay Kyser's hit of the '40's , you do not have to swim anywhere to get a great workout at the JALC Community Health Education Complex. Check out these offerings for Spring semester. All seniors (60 and over) get their tuition waived and only pay \$35 (lab fee) for each class they take @ CHEC. Class info is posted online: [http://www.jalc.edu/schedules/pdfs/2010\\_spring/chec.pdf](http://www.jalc.edu/schedules/pdfs/2010_spring/chec.pdf)

In addition to the Aerobic and Aquatic classes, the Community Health Education Complex will offer a host of classes for Spring, 2010, including:

- Step Aerobics & Yoga
- Stretching for Seniors
- \*Total Body Aerobics
- \*Fit for Life Core Conditioning
- \*Fit for Life Balance & Strength
- Elements of Physical Fitness
- Lifetime Strength Fitness
- Lifetime Total Fitness
- Parent (or grandparent) & Tot Swimming
- Beginning, Intermediate and Advance Swimming
- Scuba Diving & Life Guard Certification

*\*New offerings for SP10 semester*

For more information about classes at the Community Health Education Complex, contact Deana Smith at 618/985-2828, Ext. 8502 or [deanasmith@jalc.edu](mailto:deanasmith@jalc.edu)

## Intergenerational Book Discussion Club



*The Color of Water*, James McBride  
**No Discussion in December**  
*Serena*, Ron Rash  
*Snowflower and the Secret Fan*, Lisa See  
*Horse Soldiers*, Doug Stanton

November 27

January 26

February 23

March 23

This book discussion group is open to anyone. The discussions are lively and enlightening. The group meets the fourth Tuesday of the month from 1:30 –3:00 in the Terrace Dining Room, just off the cafeteria. Bring your book and ideas for discussion and join us.