

Winona State University Retiree Center

FALL 2023



<http://www.winona.edu/retiree/senioruni.asp>

For further program information, please call 507.457.5565

WHAT IS SENIOR UNIVERSITY?

Senior University WSU is a program of the Winona State University Retiree Center. Senior University is a peer-led set of short courses taught by professors emeriti, WSU faculty and topic experts to provide intellectual and cultural stimulation and growth, thus providing opportunities for lifelong learning and leadership, combined with the fellowship of peers sharing a common quest for continued growth. These are non-credit classes, held one day per week during a 4-6 week term with no tests and no grades.

Senior U is open to retirees and adult learners in the community.

At this time, we are planning to hold all Fall 2023 Senior University courses in person on the WSU campus. That is subject to change depending on the level of COVID-19 spread within the community and/or WSU policy. If a Senior University course has to be cancelled, you will receive a full refund. Please see the full cancellation policy along with the course registration link and instructions on [page 10](#) of this booklet.

SENIOR UNIVERSITY CURRICULUM COMMITTEE:

Jim Bromeland, Rill Reuter, Jim Reynolds, Richard Shields

Retiree Center Director, Jessica Kauphusman
Retiree Center Office Manager, Nancy Amann

WSU Retiree Center
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Winona, MN 55987
507-457-5565
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Senior University Classes

Fall 2023

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Spring Birding Senior U Course-Spring 2012

Senior U Lite: Winona's History & Interesting Architecture

Instructor: Mark Peterson

Day: Mondays

Time: 10:00-11:30 a.m.

Sessions: August 21, 28

Course Fee: \$25.00

**Room: August 21st class period will be held on WSU campus
August 28th class period will be a bus tour of Winona**

This class is back by popular demand!

The course will meet twice. The first class will focus on the history of Winona beginning with Native Americans, early settlement, logging industry, and the political climate up to the present. The second class period will be a bus tour of the built environment focusing on the unique and historical architecture of the city.

Mark Peterson was born in Mankato, MN. He graduated from Mankato State University with undergraduate degrees in History and Geography and received his Masters in History from Portland State University, in Portland, Oregon. He was the Museum Director for the Aurora Colony Historical Society in Aurora, Oregon, from 1978-1983. Mark was the Executive Director of the Winona County Historical Society from 1983 until his retirement in 2020. He was also Winona's Mayor from 2013 through 2020.



Remembering the French Revolution

Instructor: Rosine Tenenbaum

Day: Tuesdays

Time: 1:00-2:30 p.m.

Sessions: September 5, 12, 19, 26

Course Fee: \$40.00

Room: To be determined

In 1776 the French King Louis XVI was convinced to help the American Revolutionaries by providing arms, ships and officers to the rebels. This was a way to avenge the humiliating defeat of the Seven Years War that had resulted in the loss of French Canada. The endeavor depleted the King's coffers. Confronted by the refusal of the French "Notables" to finance the Crown, the King called the representatives of the nation to Versailles to solve the crisis. What began as a financial crisis promptly turned into a political confrontation. The "Revolution" started. The revolution of 1789 is ever present in French life, French culture and identity. It is a reference for political strife in France and abroad. It is a constant inspiration for the arts and literature. It is an event constantly reinterpreted. This course proposes to refresh our memory of the subject and revisit the French Revolution, an important event in World History.

Dr. Rosine Tenenbaum has taught French Language, Literature and French Civilization for 40 years at UND Grand Forks and Winona State University. She has an MA from the University of Paris-Sorbonne. She has a PhD in Romance Literatures from UNC Chapel Hill. One of her favorite classes was 18th Century French Political Writers Leading to the Revolution. She chaired the WSU Department of Foreign Languages twice and retired Emerita in 2008.



World History

Multimedia Presentations

Instructor: Gene Pelowski

Day: Mondays

Time: 10:00-11:30 a.m.

Sessions: September 11, 18, 25, October 2

Course Fee: \$40.00

Room: To be determined

This course will be a series of multimedia presentations dealing with the art, literature, music, architecture, religion and historical events of The Renaissance, Gothic & Romanesque Architecture, The French Revolution & Napoleon, Restoration of the Minnesota State Capitol and the Discovery of the Tomb of Tutankhamun.

Gene Pelowski taught Advanced World History at Winona Area Public Schools for 37 years. He has acted as a State Representative in the MN House of Representatives for the past 38 years. He currently chairs the Higher Education Finance and Policy Committee.



Senior U Lite: The Healing Forest: An Introduction to Nature & Forest Therapy

Instructor: Sara Holger

Day: Wednesdays

Time: 1:00-2:30 p.m.

Sessions: September 20, 27

**Course Fee: FREE - Suggested goodwill donation to
"Friends of Whitewater State Park"**

**Room: Sept. 20th class period will be held on WSU campus
Sept. 27th class period will be held at Whitewater State Park**

Back by Popular Demand!

Come learn about the healing power of nature and how being outdoors can enhance your physical, mental and spiritual wellbeing. We'll explore the science behind what happens in our bodies when we spend time outdoors and we'll practice some simple forest therapy activities you can do at home or in a nearby park.

Sara Holger has been an environmental educator since 1994 and has worked as an Interpretive Naturalist for Minnesota State Parks since 1999. She is currently the Lead Interpretive Naturalist at Whitewater State Park. Since 2016, she has been involved in the Park Rx effort to promote outdoor activity for health and wellbeing. In 2021, she completed her Nature and Forest Therapy Guide certification.

*Donations to the Friends of Whitewater State Park can be mailed to the address below. Please note on your check or an enclosed note that your donation is for the Introduction to Forest Therapy class.

Friends of Whitewater State Park
19041 Highway 74
Altura, MN 55910



Mental Health First Aid for Adults

Instructor: Connie Mettille

Day: Thursdays

Time: 1:00-3:00 p.m.

Sessions: October 5, 12, 19, 26, November 2

Course Fee: \$60.00

Room: To be determined

Mental health concerns continue to rise dramatically. This class will examine the prevalence, incidence, and front-line management of mental health illness in our communities. Participants in this course will have the opportunity to become Mental Health First Aid certified through the National Alliance on Mental Illness (NAMI). Mental Health First Aid USA is a public education and prevention tool designed to improve knowledge of mental health issues and give participants the skills to intervene effectively with those experiencing a mental health problem.

A requirement of MHFA USA (certifying body) program is that each participant have a participant manual (\$18.95). The manual provides more detailed information about the content that will be presented in class. The cost of the manual is included in the course fee.

Finally, to become certified in Mental Health First Aid, participants will need to use their personal computer or smart phone and email to establish a secure, on-line account with Mental Health First Aid--USA. A small portion of in-class work (a knowledge pre-test, post-test, and course evaluation) will be completed together using your personal digital device. MHFA-USA uses this anonymous information to assess course effectiveness and instruction.

Professor Connie Mettille has over 30 years of classroom experience including: elementary, middle school and high school teaching and coaching assignments; as well as experience teaching, coaching, and researching in the University setting where her emphasis is pedagogy across the life span and behavioral interventions. Connie Mettille is currently an Assistant Professor in the Health, Exercise, & Rehabilitative Sciences Department at Winona State University.



**MENTAL
HEALTH
FIRST AID®**

The Evolution of Pandemic Viruses

Instructor: Osvaldo Martinez

Day: Mondays

Time: 2:30-4:00 p.m.

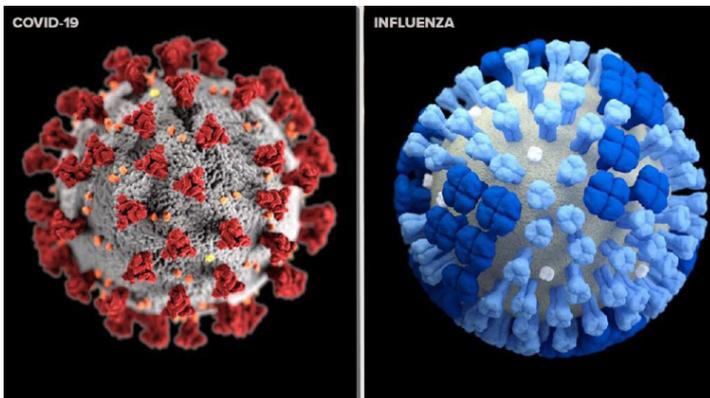
Sessions: October 9, 16, 23, 30, November 6

Course Fee: \$40.00

Room: To be determined

In this course we will discuss the source and evolution of pandemic viruses including Corona and Influenza viruses. To study the evolution of these pandemic viruses we will focus on how viruses change their genomes (genetic blueprint) and how the infected host and population can exert pressure to the development of mutant viruses. We will also discuss how different viral hosts play a role in limiting or increasing the spread of pandemic viruses. We will also discuss the challenges of developing a vaccine in the context of viruses that can readily mutate.

Osvaldo Martinez has a Masters in virology from McGill University and a PhD in Autoimmunity from the University of Illinois at Chicago. His post doctoral work on the Ebola virus and host pathogen interactions was completed at Mount Sinai (New York). He has taught Microbiology to undergraduates, graduates, medical students and adults. His area of research interest is host pathogen interactions. Osvaldo is currently working on a novel Ebola virus vaccine and teaching Microbiology, Immunology and Genetics at Winona State University.



SENIOR UNIVERSITY FALL 2023

Registration for courses is primarily done online with a credit card. If you don't have access to a computer or would prefer to pay by check, please stop in at the Retiree Center, and we can assist you.

Start your online registration here:

https://mnscu.rschooltoday.com/public/getclass/category_id/219/program_id/37

Watch your email for a message confirming your registration and providing additional details about the class or classes for which you have registered. If you do not receive a confirmation email, or if you have any questions or need assistance, contact us weekdays during regular business hours at:

WSU Retiree Center

227 W. Wabasha

Winona, MN 55987

retiree@winona.edu

507.457.5565

<http://www.winona.edu/retiree/senioruni.asp>

WSU Outreach and Continuing Education

continuingeducation@winona.edu

507.457.5080 (Direct)

800.342.5987 Ext. 5080 (Toll free)

SENIOR UNIVERSITY CANCELLATION AND REFUND POLICY

If a class must be canceled due to insufficient enrollment, inclement weather, or emergency circumstances, you will be notified as soon as possible and receive a full refund.

You may withdraw from a class and receive a full refund if we receive your withdrawal and refund request in writing, via email, mail or in person, at least five full business days before the first class date. Please note: if you pay by check, you will need to complete a W9 form to receive a refund by check from Winona State University. Credit Card payments will be refunded within 3-5 business days.

HOPE TO SEE YOU IN CLASS!



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