

Osher Lifelong Learning Institute at Iowa State University

For Curriculum Committee use		
Semester(s) this course was previously offered:	Proposal Number:	S11-07

COURSE PROPOSAL

Please complete this form with the understanding that you may revise the course description and topics before the catalog is finalized. To see a catalog from last semester, go to the OLLI at ISU Web site: www.isualum.org/olliatisu

If you are completing this form using Microsoft Word, note that it is done in tables form. To see (or to hide) the gridlines, click the Table menu and click Show Gridlines (or Hide Gridlines).

EXPLORING AND EXERCISING OUR

1. **Course title:** MIND – BODY – SPIRIT
Biology -
2. **General field of interest** (e.g., Science, Music): Psychology – Religion – Philosophy - Neurology
3. **Curriculum Committee contact person:** Bob Telleen
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Phone: 515-232-8785 E-mail: telleenbob@yahoo.com
4. **Instructor or coordinator:** Bob Telleen, Joe Johanns – Coordinators
Address: 4127 Stone Brooke Road City: Ames Zip: 50010
Phone: 515-232-8785 E-mail: telleenbob@yahoo.com

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Ted Solomon, Retired Professor of Religious Studies at ISU
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Brief background of instructor (all or part of this will be used in the catalog):

Ann L. Smiley-Oyen – Ph.D, Associate Professor Department Kinesiology at ISU

Jennifer Margrett – Ph.D, Assistant Professor, Human Development & Family Studies at ISU

Joe Johanns – DVM, Parent

Beth Holstein – Ph.D, LMSW. Psych-K practitioner and Counselor.

Warren D. Franke – Dept. Kinesiology – Director, The Exercise Clinic at ISU.

Evelyn Horton, M.Ed., BCBA, Director Youth Community Services at The Homestead,
Innovative Solutions for People with Autism.

Robert Bender, M.D. –Medical Director, The Orr Memory & Healthy Aging Institute, Des Moines.

Jason C.K. Chan – Assistant Professor in Psychology at ISU

Ted Solomon, Retired Professor of Religious Studies at ISU

5. Course description that can be used to advertise the course in the catalog (you may revise this later if you wish).

A large part of who we are is determined by the “Hand We Were Dealt,” and also by how we “Play Our Cards.” In this class we will explore our mind, body and spirit and try to understand what we have inherited and how culture, environment and lifestyle affect our health and play a part of who we are. Also, we will discuss how choices that we make can affect our lives and if it is possible to make changes in the “Hand We Were Dealt.”

6. Specific topics to be covered in the number of classes proposed:

I BRAIN AND BEHAVIOR AND PLASTICITY

Ann Smiley L. Oyen, Ph.D., Associate Professor, Department Kinesiology, ISU

How do different parts of the brain contribute to behavior? Animal and human research will be used to address key behaviors such as language, visual-spatial perception, executive processing, reaching and grasping and locomotion. It is also becoming well-established that the brain changes based on how the person interacts with the environment. Just like muscles respond to strength training, the brain responds when the person is required to think, learn and exercise. This is referred to as plasticity. Research supporting plasticity in developing young adult and older adult will be presented.

II COGNITIVE AGING: MAXIMIZING THE RESOURCES YOU HAVE

Jennifer A. Margrett, Ph.D., Assistant Professor, Human Development & Family Studies at ISU

This presentation will highlight links between lifestyle, social context, mental health, and the aging brain and ways in which we can all increase our aging IQ. We will discuss preserving and coping with cognitive changes as we and our loved ones age.

III PSYCH-K: HOW TO CHANGE OUR HABITS OF THINKING

Beth Holstein, MS.Ed, LMSW. Beth is originally from Rio de Janeiro, Brazil and came to the US as an exchange student in Laurel, Iowa in 1972 and graduated from Gilman High. Beth attended college in Rio before returning to the US to attend Iowa State, where she received a BS in Elementary Education in 1976. She taught Elementary Education in Clinton, Iowa for 2 years. Beth received a MS in Clinical Counseling from Western Illinois U in 1981 and was in private practice for 30 years. Fourteen of those years Beth taught Psych-K. She now teaches this technique nationally and internationally. Currently she is with Preventive Health Sciences, an Integrative Practice in Clive, where she sees clients and practices Psych-K full time.

This presentation is based on the work of Dr. Bruce Lipton and his book “The Biology of Belief.” In his research, Dr. Lipton examined in great detail the processes by which cells receive information. The implication of his research radically changes our understanding of life. It shows that genes and DNA do not control our biology; that instead DNA is controlled by signals outside the cell, including the energetic messages emanating from our positive or negative thoughts. Lipton’s research in cell biology and quantum physics is considered a major breakthrough showing that our bodies can be changed as we retrain our thinking.

In connection with Dr. Lipton’s work, Beth Holstein will provide a brief presentation on how to change our habits of thinking through a technique called PSYCH-K. PSYCH-K is considered an Energy Psychology modality in which individuals learn how to change limiting beliefs at the subconscious level of the mind. It is an easy, effective and profoundly transformational technique. Please visit www.psych-k.com for further information.

IV EXERCISE AND BRAIN HEALTH, or Did I remember to exercise today?

Warren D. Franke Ph.D., Professor Dept. of Kinesiology: Director, The Exercise Clinic at ISU. This session will cover some of the benefits of physical activity as they relate to brain health and function, as well as general tips and guidelines related to developing an activity program that works.

V BRAIN AND AUTISM

Evelyn Horton, M.Ed., BCBA, Director Youth Community Services at The Homestead, Innovative Solutions for People with Autism. Joe Johanns, DVM, Parent

This session is geared to help participants understand autism according to the major characteristics of social skills deficits, communication problems and repetitive and restricted interests and behaviors. Participants will engage in activities to discover the impact these characteristics have on their own ability to learn and function. The parent perspective will be shared with examples of how these characteristics are manifested and the impact on life through the age span. These activities will be the basis for investigating simple and direct techniques and supports that can be used to assist anyone with these same difficulties, with or without an autism diagnosis.

VI OPTIMAL AGING AND THE BRAIN

Dr. Bender is a geriatrician who has practiced in Iowa for thirty years. He is currently the medical director at the Orr Memory and Healthy Aging Institute in Des Moines. He sees patients, teaches and does research. His research efforts have centered on optimal aging, brain wellness and preventive medicine.

He will present current information on the aging brain and how to keep it healthy. There has been an explosion of information in this area. Dr. Bender will describe practical ways to put this new information to use in everyday life. New ideas about the mature mind will be discussed and how aging actually affords new opportunities and potential.

VII THE EFFECTS OF HEALTHY AGING ON THE BRAIN AND MEMORY

Jason C.K. Chan, Assistant Professor, Psychology at ISU.

I will talk about how healthy aging affects the functioning of the brain, particularly with regard to memory. Although aging typically has a debilitating effect on memory performance, this influence is by no means universal. Although many older adults show memory deficits, some retain their memory performance well into advanced age. I will describe research findings from the perspective of individual differences and task differences, and will describe recent research on memory rehabilitation in the elderly.

VIII SPIRIT AND SPIRITUALITY

Ted Solomon, Retired Professor Religious Studies at ISU

The great world religions affirm that the Divine Reality (Spirit) is actively present in the human spirit-mind-body for the purpose of transformation or regeneration. Western religions of Judaism, Christianity and Islam view a human being as a specially created integrated unity of spirit-mind-body guided by the Divine Spirit that is other than human. Eastern religions of Hinduism, Buddhism and Taoism hold that the basic self-core of the human is divine and is either distinct, but not separate from, or is identical with Divine Reality. Both Western and Eastern religions have devised practical methods, such as prayer, meditation, yoga, devotional love and social service that harness the powers of spirit-mind-body to achieve salvation or enlightenment - Life At Its Best.

his paragraph should be on page 2. If you needed more space than was provided on page 1, this paragraph will have moved to page 3. To move it back to page 2, click before the first word of this paragraph and press Backspace to remove the page break.

7. Preferred

class size: ___ 15 or less ___ 16-25 ___ 26-35 ___ 36-45 X 46-55 ___ 55 or more

8. Preferred session

(include year) : ___ Sept.-Nov. ___ Jan.-Feb. 2011 March-May

9. Preferred number of weeks and sessions:

___ 4 weeks ___ 6 weeks X 8 weeks

SPRING 2011

X Once a week ___ Twice a week

10. Check preferred class time. Put N/A where you are not available.

	Monday	Tuesday	Wednesday	Thursday	Comments
9:00-10:30					
11:00-12:30		X			
1:00-2:30					
3:00-4:30					

11. Recommended textbook (if any):

The Brain That Changes Itself - Norman Doidge. M.D.

How We Decide – Jonah Lehrer

How God Changes Your Brain - Andrew Newberg & Mark Waldman

The Biology of Belief – Dr. Bruce Lipton

Where to obtain: _____

Cost of textbook: _____

Students will pay: ___ Instructor ___ OLLI at ISU when registering

12. Copying:

If a large quantity of printed materials is proposed, materials may be offered as a packet to be handed out at the beginning of the semester. Cost of printing, if substantial, may be added to cost of course.

Estimated number of pages to be copied for each session: _____

13. Requested equipment

Please check choices. (A more detailed form will be provided for your use before classes begin.)

___ DVD player	___ LCD projector	___ 35mm slide projector
___ VHS player	___ Elmo (opaque) projector	___ Lapel microphone
___ CD player	___ Overhead transparency projector	___ Laser pointer

14. Please list any potential guest presenters and city in which they live:

Dr. Robert Bender – Des Moines, IA

15. Is travel reimbursement requested? 3 Yes ___ No