January Presentation

What We Learned from Welcoming Afghan Families

After the U.S. withdrawal from Afghanistan, numerous Afghans who had assisted the U.S. in Afghanistan were at risk and fled their country. The U.S. sought sponsors who would help the Afghans transition to life in the U.S. In Carbondale, four Sponsor Circles formed and welcomed four families to Carbondale. The sponsors found housing and furniture; drove the families to medical, English as a Second Language classes, and other appointments; enrolled them in schools and public benefit programs, helped them find jobs, and helped them navigate shopping and financial matters. In the process, the sponsors learned much about Afghanistan and the customs of these families. The sponsors also experienced our nation and our customs through fresh eyes and ears. In this presentation, the representatives of the four circles will share their experiences. The Sponsor Circles are First Presbyterian, St. Francis Xavier and the Unitarian churches and an independent Heartland Circle.

Special Accommodations

SILIR members needing a special accommodation to participate in a SILIR activity must notify SIU Conference and Scheduling Office 618/536-7751 two weeks prior to the published date of an activity or at the time of registration for a trip. SILIR will make reasonable efforts to accommodate those with special needs. SILIR is not required to provide services of a personal nature so if you need assistance of a personal nature during a SILIR activity, it is your responsibility to provide the personal assistant.
SILIR Monthly Interest Groups

Musical of the Month Interest Group
This group on the last Friday of the month to watch and discuss a musical or movie musical.

The next meeting will be

January 27
at Epiphany Lutheran Church.
12:15-3:30 pm

Spirited

Monthly Book Club
The Book Club meets on the 3rd Monday of the month at 9:30am at Epiphany Lutheran Church on West Chautauqua.

January 16
January’s book selection is

Never
by Ken Follett

Monthly Lunch Discussion Group
Members are invited to join this group to meet monthly to share lunch and open conversation.

January 26, 2023
11:45 am
Location:

213 S. Court St., Marion, IL

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<td>15</td>
<td>16</td>
<td>Book Club 9:30 am</td>
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<td>Monthly Program Coffee - 9:30 Meeting - 10:30 am</td>
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On October 16, 1997 the SIUC Division of Continuing Education (DCE) placed an article in the Southern Illinoisan inviting interested people over age 55 to attend a meeting to learn about “Learning in Retirement.” DCE sponsored the organization in cooperation with the Elderhostel Institute Network.

From the beginning, Lana Campbell represented DCE and was invaluable in her assistance to the organization. Lana recalled that Bernadell Armour (“Bernie”) had been a member of a Learning in Retirement organization in northern Illinois and had asked that SIUC start one. Planning gained momentum when acting Chancellor John Jackson sent Lana an article about Learning in Retirement organizations elsewhere with a note to “make it happen.”

Howard Webb came to that first meeting, and he immediately assumed a crucial leadership role that first year. Three subcommittees were formed: Administration and Finance, Curriculum, and Membership and Publicity. Three representatives from each of these subcommittees were selected to form the first Steering Committee. Members included: Howard Webb, Chair; Ruth Bauner, Vice Chair; Jim Quisenberry, Secretary; Lois Morgan; Bill Perk; Dave Christensen; Dee Poston-Brown; Emil Spees; and Tippy Bach.

Each committee met several times over the next few months and designed the first session of courses, wrote bylaws, developed a budget, and otherwise planned the beginning of the organization. SILIR followed the national Institute of Learning in Retirement guidelines, yet adjusted the structure to suit the learners in southern Illinois.

The original notice to the public stated that: “Older adults within commuting distance of SIUC will be given the opportunity to attend a series of classes or forums. This is an opportunity for seniors in the area who want to share expertise and interests, make new friends, and continue to learn about new subjects and challenge their intellect. The focus groups [sic] will be peer led and will meet once a week in most cases, for 3 - 8 weeks, determined by the topic.”

The first six classes (Chinese Cooking, Expository Writing, Creative Writing, Aviation, Space and Technology, and Surfing the Net) began the week of March 16, 1998. Sixty members joined the group during the initial signup period. Monthly meetings were scheduled for the third Wednesday of each month, a practice that continues to this day. The very first monthly program presented authors Jean Reynolds and Carol Cross speaking about Kisses from Hanna, a record of correspondence between Ruth Sullivan of Herrin and a pen pal, Bruijn Muikser, from Rotterdam, Holland.

To be continued in the next newsletter!
SILIR Session I Classes: February 6 — March 10, 2023

Monday

Andre Dubus Short Stories
Instructor: Beth Lordan
February 6-March 6
9:30 - 11:30 am
Epiphany Lutheran Church

We will read and discuss stories from “The Winter Father” by Andre Dubus.

Tuesday

Recent Medical Research - What is Relevant to Me? Has my Doctor Read about this?
Instructor: Mary Pohlmann, M.D., Ph.D.
February 7-March 7
1:30 - 3:30 pm
Epiphany Lutheran Church

We often hear of new medical research in news reports, but are they relevant to me? Are my doctors aware of the latest research and should it impact their practice of medicine? These questions will be discussed using the article "Top 20 Research Studies of 2021 for Primary Care Physicians" and will include studies regarding type 2 diabetes; musculoskeletal conditions, such as back pain; gastrointestinal conditions, including constipation and cancer detection; cardiovascular conditions; and other practice guidelines.

Wednesday

Flora of Southern Illinois
Instructor: Chris Benda
February 8-March 8
1:30 - 3:30 pm
Epiphany Lutheran Church

This course will cover the basics of botany and provide an understanding of the flora and natural areas of southern Illinois through slideshow presentations and hands-on instruction.

Week 1: Intro to Botany
Week 2: Winter Tree ID
Week 3: Natural Areas of Illinois
Week 4: Rare Plants of Illinois
Week 5: Understanding FQA (Floristic Quality Analysis)

25th Anniversary of SILIR

To celebrate 25 years, SILIR will host a luncheon following the April 19 monthly meeting.
Event will be held at Giant City Lodge.

Mark your calendar now!
**SILIR REGISTRATION FORM (PLEASE FILL IN YOUR NAME AND ADDRESS.)**

First Name ___________________________ Last Name ___________________________
First Name ___________________________ Last Name ___________________________
Street ________________________________________________________________
City ___________________________ State _______ Zip Code __________
Day Phone Number ___________________________ Cell Phone __________________
*E-mail Address ___________________________

**NEW MEMBERS:** How did you hear about us?  □ Friend  □ Newspaper  □ Social Media/Online  □ Radio/TV

If you are registering more than yourself for a class/trip, please list the name(s) of the SILIR member you are registering.

Name: ___________________________ (23W09019SP1)  *FY23 Membership Dues ..........$13 x ___ = ___  
(January 1 — June 30, 2023)  
*NOT applicable if you previously paid the annual dues of $25 between July 1—December 31, 2022

Addtl. Name: ___________________________ (23W09019SP1)

**INTEREST GROUPS** — July 1, 2022—June 30, 2023

Name: ___________________________ (23W09019SP1)  Monthly Musicals .................$10 x ___ = ___
Name: ___________________________ (23W09019SP1)  Book Study Group .................$10 x ___ = ___
Name: ___________________________ (23W09019SP1)  Lunch Discussion Group ............$10 x ___ = ___

**SESSION I CLASSES** — February 6—March 10, 2023

Name: ___________________________ (23W09019SP1)  Short Stories .........................$10 x ___ = ___
Name: ___________________________ (23W09019SP1)  Recent Medical Research ..............$10 x ___ = ___
Name: ___________________________ (23W09019SP1)  Flora of So. IL .........................$10 x ___ = ___

TOTAL: $ ________________

LEARNING IN RETIREMENT PROGRAM WAIVER DISCLAIMER: Most SILIR activities require very little mobility. When an activity requires traveling up to 1 mile or more or navigating 10 steps or more, or involves longer waiting or standing times, we will alert you so that you may choose wisely.

Signature ___________________________ Date ________________

My signature confirms that I have read and understand the activity level of any trip sponsored by Learning in Retirement and accept the risks and conditions of the trip. I am aware that some trips may encounter rough terrain and closed-toe shoes will aid in maintaining my safety.

**Please submit a check payable to “SIU Carbondale” or credit card information below.**

Credit Card Number ___________________________ Exp. __________
Name on Card ___________________________ CVC ______
Email (for receipt): ___________________________
What will you learn today?

Visit the SI Learning in Retirement
web page at:

https://conferenceservices.siu.edu/silir