

## Fall 2021 Presenters

### **David Berman, PhD**

A Professor Emeritus of Political Science and an associate with the Morrison Institute for Public Policy at ASU, he has written 11 books and over 100 papers, book chapters, or referred articles dealing with politics, public policy, state and local government. His Morrison Institute studies include direct democracy, clean elections, top-two primaries, redistricting, dark money, and the state's political culture.

### **Jacqueline May Carter, MD**

Dr. Carter practices outpatient medicine with a focus on nutrition and prevention. She grew up in Massachusetts and moved to Arizona in high school. She attended Cornell University for her undergraduate studies and then proceeded to the University of Arizona for medical school. She completed a dual certification program in downtown Phoenix in Internal Medicine and Pediatrics.

### **Bob Dukelow**

Bob Dukelow is an aspiring Renaissance Man. A Jack-of-All-Trades and Master-of-None, at least none that he can talk about. Following a long career working for the government, he now enjoys gardening, writing, hiking in the mountains, and teaching classes for NFLL.

### **Elton Bordenave, PhD,**

The Director for the Center for Resilience in Aging at AT Still University, Elton has developed CarePLaCe, a program to develop customized training and assistance for caregivers and care recipients. He has studied healthcare administration and policy and incorporating community resources and families into the healthcare continuum. He coordinates the Matter of Balance, a falls prevention program at AT Still University.

### **Pam Carter**

Pam had retired from cooking before she discovered the many uses of her new Air Fryer. Now she prepares many meals a week and even packs the Air Fryer when she is traveling to the cooler weather in Arizona. Pam is a member of NFLL since 2018. She retired after several years as a corporate trainer -- empowering individuals to be successful in their careers. So, it is natural for Pam to want to share what she has learned with others.

### **Marie-France Ganansia**

Born in North Africa, Marie-France spent most of her adult life in France and only 15 years in the USA. She holds French and American citizenships. She spent her working life as an anesthesiologist and raising two boys, who now live in the USA. She has two adorable teen grandchildren in Illinois. She enjoys retirement, traveling, trying to improve her photography, and exploring Arizona with New Frontiers friends. She volunteers as the NFLL Newsletter editor and facilitator.

### **Zarrín Caldwell**

Zarrín Caldwell has more than 20 years of professional experience devoted to international education and exchange. She has traveled widely and has worked for several non-profit organizations, including an interfaith association. She turned her interest in humanity's spiritual heritage into a podcast in 2019, *The Soul Salons: Exploring our Spiritual Heritage*.

### **Brian Dille, PhD**

A faculty member in the MCC Social Science Department Dr. Dille received his Political Science B.A. from Brigham Young University, and his M.A. and Ph.D. from Arizona State University. In addition to his full teaching schedule at MCC, he directs the school's Model UN program and offers an annual Model UN simulation for high school students each Spring at MCC. He is the author of the recently published *Engaging the United Nations* and the forthcoming *Arizona Voices*.

### **Kate Helms-Tillery, PhD**

Dr. Kate Helms-Tillery is a speech-language pathologist and clinical educator at ASU. Her specialty is aural rehabilitation and speech-language therapy for individuals with hearing loss. She also has over 20 years of experience in the field.

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### **Gary Kleeman, PhD**

Gary has served on community boards, including New Frontiers for Lifelong Learning the ASU Retirees Association, and the ASU Emeritus College's Dean's Council. Travelling the world with his wife Vina and sharing the experiences has been an important part of his retirement. He served in both administrative and faculty positions at ASU Tempe and was a founding administrator and faculty member at the ASU Polytechnic campus.

### **Jay Mark**

Jay is an historian, writer, and photographer. The former *Antiquing In Arizona*, columnist in The Arizona Republic, he pens columns for the Antique Register. Jay has produced 7 antiques-related books for Dover Publications, co-authored *The Buckhorn*, an Arcadia Publications Images of America series book, and was a contributing author of *And Tiko-Tu?*

### **Heather Mulder**

Heather Mulder is the Outreach Program Manager for Banner's Alzheimer Institute. She graduated with a BS in Music from Illinois State University; worked with older adults in a long-term care setting and with an Area Agency on Aging. She has written dozens of articles on aging services. Her empathy for the stress and load of caregiving was heightened when she cared for a loved one who suffered through memory loss.

### **Donald Larry**

A retired architect and euphonium musician, Donald is a graduate of the ASU College of Architecture, where he taught ten years. Don has practiced architecture throughout the world. In the 1990s he was a principal architect and mentor at Taliesin West for Frank Lloyd Wright's legacy firm, Taliesin Architects. Don was recognized as an Arizona CultureKeeper in 2003 and is a member of the AZ and OR Historical Societies and Historic Brass Society.

### **Sheila & Archie Millhollon**

Shelia, and her husband Archie, are long-time NFLL members who generously give their time to present programs for NFLL members. Shelia, an accomplished musician has taught piano and with COVID learned to teach online. Archie has facilitated many courses over the years on the MCC campuses and Leisure World.

### **Mel Munchinsky**

My work has taken me to Russia over the last twelve years and so I have an interest in Russian politics and Gorbachev's story intrigues me regarding his influence on global affairs over the last 40 years and how we can learn from him today as we go through global change. My background is in Sociology and Political Science.

### **LaCinda and John Lewis**

LaCinda and John Lewis are long time Gilbert residents. They are also active in politics and have served in leadership positions in the LDS Church. They were mission leaders for the church for three years in Cambodia. Both have advanced degrees as well as being the parents of eight children. They willingly share their experiences with groups.

### **Nydia Montijo, MPH**

Nydia has worked in health and human services for 40+ years, half of which has specifically focused on older adult issues. She has a master's degree in Public Health with an emphasis in Community Health Practice. Her educational and personal experience as a caregiver makes her an ideal candidate to teach numerous topics. She is the Community Outreach Coordinator for the Foundation for Senior Living.

### **Daniel Mueller**

Daniel Mueller was a student of public policy and Chinese history in college and graduate studies. He has taught American Government, public policy, and English as a second language. He spent 10 years in China teaching English and studying Chinese. He is fluent in Chinese after several years of study and hard work at the Beijing Culture and Language University.

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### ***Pam Ostrowski***

The author of *It's Not That Simple: Helping Families Navigate the Alzheimer's Journey*, and CEO of Alzheimer's Family Consulting, Pam is an expert in providing dementia and Alzheimer's guidance to family members in private consultations to learn one-on-one how to cope with the emotional, financial, and personal challenges they face as they progress with their loved one's journey. Her book is based on her 14-year dementia and Alzheimer's journey with her mother.

### ***Sonny Sampedro, DC***

Dr. Sonny, a chiropractic physician, has been a popular and humorous speaker for New Frontiers for several years. Since 2009, he has been teaching at Central Arizona College on the topics of radiation biology and radiation protection.

### ***Sal Sepulveda***

Sal grew up on Fort Huachuca before World War II. His father was the installation's shoemaker. When the fort closed, the family moved to Los Angeles where Sal's father made shoes for the film industry. After high school and a stint in the US Army, Sal found work in the grocery business. When he retired, he was the Arizona regional supervisor for A&P grocery stores. Sal now lives in Chandler. His hobbies are gardening and military history.

### ***Bill Quehm & JK Wight***

JK Wight and Bill Quehm are members of the Docent's and Speakers Bureau Outreach for the Commemorative Air Force Museum. Both are lifelong learners on the history of the air warriors who protect.

### ***Scott Sandell, MBA***

Scott is President of the Phoenix Chapter of the Foundation for Personal Financial Education (FPFE) which is a 20-year-old nationwide nonprofit speaker's bureau dedicated to providing financial education without bias or the burden of sales.

### ***Stephen Siek, PhD***

A Faculty Associate at ASU and a Professor Emeritus of Music at Wittenberg University, Dr. Siek has lectured and written about the early work of Frank Lloyd Wright, including a scholarly study of Wright's 1909 home for Burton Westcott in Springfield, Ohio. He is the author of *England's Piano Sage: The Life and Teachings of Tobias Matthay*, and *A Dictionary for the Modern Pianist*.

### ***Arparna Rao, PhD***

Dr. Aparna Rao is an audiologist and clinical educator at ASU. Her interest in aural rehabilitation is from the standpoint of the study of brain changes in response to auditory training. She has over 20 years of experience in the field.

### ***Cindy Schrantz***

Cindy spent 35 years in the insurance industry serving in various leadership positions. Her communications and public relations degrees still come in handy during retirement as she volunteers with United Food Bank, her HOA Board, the Southeastern Regional library, and as co-chair of the NFLL Curriculum Committee. She is a grandmother and constant learner.

### ***Rebecca Stivers***

Rebecca is the founding director of USA Clydesdale Preservation Foundation which supports the "at-risk" Clydesdale Breed through education, conservation, research, presentation and historic archiving.

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### *Carol Stuttard*

Carol is a Maricopa County Master Gardener, Horticultural Instructor at the Desert Botanical Garden and Horticulture Professor at MCC

### *Edward F. Stuart, Ph.D.*

Dr. Stuart is a Professor Emeritus of Economics at Northeastern Illinois University, where he has been a member of the faculty since 1986. He earned his Ph.D. in Economics at the University of Oklahoma, specializing in International Economics and Russian and Eastern European Studies. He teaches courses in international economics, the economics of the European Union, comparative economic systems, European economic history, and macroeconomic theory.

### *Indre Viskontas, PhD*

Dr. Viskontas has a BSc in Psychology, a Masters of Music (Voice Performance) and a Ph.D. in Cognitive Neuroscience and currently enjoys a faculty positions at the San Francisco Conservatory of Music and the University of San Francisco. There she is pioneering the application of neuroscience to musical training.

### *Other classes are led by or facilitated by a dedicated group of NFLL members including:*

Mary Adamick – Walkers Explore Parks

Mary Boehlen – Mysteries and Mayhem Book Group

Ruth Brooks – Facilitator: Frank Lloyd Wright

Orville Don Brown – Facilitator: WWII History from the Sky

Suzanne Brown – Facilitator: The Soul Salon, CAF Fieldtrip, Capitalism versus Socialism

Jean Bruno – Facilitator: Fact or Fiction: Truth About Alzheimer's

Donn Cahill – Facilitator: Everyone Needs Long Term Care, Gravity ... Don't Let it Win, What about YOU?

Marlin Fried – Facilitator: Capitalism versus Socialism, Dark Money in Arizona, Living Well with Hearing Loss, Kiss the Ground

Melita Hillman – Facilitator: Gardening in the Low Desert

Sue Hite – Facilitator: Saluting our Veterans, Required Minimum Distributions

Greg Master -- Trailblazers Hike Group & Trailers Hike Group

Jacki McDugle – Facilitator: Avoiding Fraud and Abuse Scams, Finding Unbiased Financial Advice

Larry Merrill – Facilitator: Nuclear Readiness

Archie Millhollon – Facilitator: Brain Myths Exploded Part II

Larry Morrow – Coffee and Conversation II

Janice Overdorff -- Bookshelf

Bill and Sissy Riley – Back to Games

Dan Taylor – Facilitator: Improving Caregivers' Quality of Life,

Barbara Thelander – Facilitator: Bullets and Bedlam on AZ Frontier, Making College Affordable in AZ, WHATIZAT?!!

Nancy Tossell – Facilitator: Stonehenge

Jennifer Wong – Facilitator: Update on COVID

Allan Zisner – Morning Bicycle Ride, Monday Conversation via WebEx, and How I spent my vacation