



GIFT GIVING SEASON IS UPON US
Annual Membership – \$40 (makes a great gift!)

Non-credit, affordable, member-developed courses,
field trips, travel and fun for adults age 50 and up.

Information and course catalog available online at
<http://OLLI.granite.edu> or call 603-513-1377 for a copy

Learning for the fun of it!

What's Happening in OLLI?

By Jacki Fogarty

OLLI at Granite State College offers classes for adults age 50 and up in two terms: a fall term from August to December and a spring term from February to June.

Highlights of the fall term included:

- **HISTORY CLASSES** – Women Pilots in WWII, Vietnam, Concord Coaches, Auto Racing in New England, Freedom Trail Stories, Civil War Soldier;
- **LITERATURE** – Shakespeare's Taming of the Shrew, Faulkner and Hemingway;
- **POLITICS** – Picking the President, Holding Your Elected Officials Accountable, On the Campaign Bus with John McCain, Immigration, Best NH Commentators on the Primary;
- **SCIENCE** – Weather, Ticks, Brook Trout, Pulpit Rock, Winter Birds;
- **ARTS** – painting (hands on lessons), basket-weaving, drama, folk dancing, Bob Dylan, Japanese Woodblock Prints, soap making;
- **CULTURAL** – Native Americans and U.S. Law, Roots and Routes of Jewish Humor, Rainbows and Halos, Cornish Colony, Journey to Patagonia, Love and Sex in Ancient Israel, Tasha Tudor;
- **LEGAL** – Supreme Court, Federal and State Judicial System, women in prison, CSI-Cyber Crimes;
- **VARIED OTHER CATEGORIES** – Finance, Taxes & Protection, Cremation, Aching Knees, Spanish for Travelers, social media, retirement living options, Night Visitors (Wildlife Cameras on NH Tree Farm);
- **TOURS OUTSIDE OF THE CLASSROOM** – Lewis Farm, NH State House, Kimball Jenkins House, Nottingcook in Blazing Color walk, Bank of NH Stage Theatre, Clark House Museum

OLLI committees have been consumed with making the next year even more exciting and fun for OLLI members. Continuing the tradition of offering course topics that are important, fascinating, fun and sometimes new and sometimes a walk back in time, OLLI in Concord will offer 77 courses in the spring term in all of the categories listed above and more.

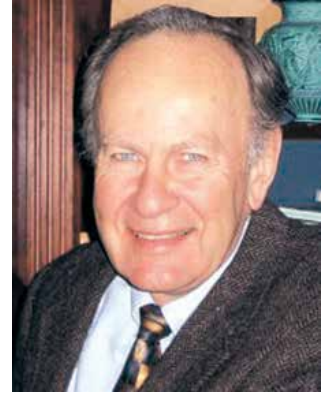
The Spring Catalog will be out in January and OLLI's Spring Preview will be held January 16, 1:00 p.m., at Tad's Place, Heritage Heights in Concord. It's a great opportunity to meet many of the presenters as they offer information about their upcoming courses, to pick up a new catalog and, best of all, it's open to the public. Registration for spring classes begins February 3.

And OLLI offers more than classes as part of its membership benefits. A holiday lunch and Yankee Swap is scheduled for members on December 19. January will feature one of OLLI members' favorite events, a Game Day, on January 23. And the Special Interest Group, Senior Citizen Scientists will meet in January for a workshop in identifying trees by their twigs. A Mug 'n' Muffin is planned in February with more to come on that at a later date. And continuing volunteer recruitment and training in between terms builds OLLI's strength since this is a program that runs on volunteer energy.

Don't forget, if you need a last minute gift, OLLI memberships are a terrific idea. An OLLI membership can be a life-changer for anyone over age 50. Gift memberships can only be purchased by calling the OLLI office, but information about OLLI is available online at olli.granite.edu.



OLLI members enjoying a class on Korean customs and cooking.



SPIRITUALITY AND HEALTH

This is the season when many faiths hold important celebrations: Mawlid al-Nabi (honors the birth of Mohammad), Christmas (honors the birth of Jesus), Hanukkah (celebrates the Maccabean revolt & rededication of the second temple), Zarathosht Diso (honors the death of Zarathustra). Historically medicine, health and religion have been associated since the beginning of recorded history. A very abbreviated look at history tells us that religious organizations and people of "faith" were the leaders in health and social care. In 1247 the Priory of St Mary of Bethlehem in London was Europe's first mental hospital. The Quakers, in 1813, established "Friends Hospital" in Philadelphia. The McLean Hospital, Bloomingdale Asylum, and the Hartford Retreat all followed with moral treatment as the principle therapy. Beginning with Freud, in the early 1900s, a separation grew between mental health care and religion. In fact, you might say the pendulum swung in the opposite direction as 'science' became religion and psychiatrists were its high priests.

But times have again changed. Spirituality is increasingly recognized as an essential element of patient care and health.

In 1996 spirituality became integrated into the required George Washington School of Medicine curriculum, and by 2014 90% of US medical schools were incorporating spirituality in their curriculum. (1) In 2012 there were nearly 8,000 articles (over 4 times that of 2006) on religion, spirituality and health. Studies on sexual behavior (2) have found that there is an inverse relationship between religion/spirituality and risky sexual behavior thereby resulting in fewer cases of sexually transmitted diseases. Studies have also shown an inverse relationship between depression, suicide, anxiety and religion/spirituality. In today's world it is important to know that there is an inverse relationship (86%) between religion/spirituality and substance abuse documented in many articles (3). Religion/spirituality are on our side in the battle over drugs.

There is a growing body of literature supporting the inverse relationship between religion/spirituality and physical health (including cancer, endocrine function, dementia, hypertension and coronary heart disease). Bottom line – religion/spirituality lowers mortality (4&5). In fact, an increased survival of 37% for those who are engaged in religion/spirituality is equivalent to the effects of cholesterol lowering drugs or cardiac rehabilitation after a heart attack. (6)

Our constitution guarantees people the right to their religious and spiritual beliefs. These beliefs enhance our own and our societal well-being. Let's not be ashamed or timid about celebrating our faith. Let's not belittle or prohibit anyone from exercising his or her faith. Spirituality and faith benefit not only the believer, but also our society as a whole.

1. Sajja & Puchalski, AMA J Ethics. 2018;20:655-663.
2. Nonnemaker JM, McNeely CA, Blum RW. Public and private domains of religiosity and adolescent health risk behaviors: evidence from the National Longitudinal Study of Adolescent Health. Social Science and Medicine. 2003; 57(11): 2049–2054
3. Wills TA, Yaeger AM, Sandy JM. Buffering effect of religiosity for adolescent substance use. Psychology of Addictive Behaviors. 2003; 17(1): 24–31.
4. McCullough ME, Hoyt WT, Larson DB, Koenig HG, Thoresen C. Religious involvement and mortality: a meta-analytic review. Health Psychology. 2000; 19(3): 211–222.
5. Chida Y, Steptoe A, Powell LH. Religiosity/spirituality and mortality: a systematic quantitative review. Psychotherapy and Psychosomatics. 2009; 78(2): 81–90.
6. McCullough M. Religious involvement and mortality. In: Plane TG, Sherman AC, editors. Faith and Health: Psychological Perspectives. New York, NY, USA: Guilford Press; 2001. pp. 53–74.