

**SENIORS' COLLEGE
ASSOCIATION OF NOVA SCOTIA**

**SPRING 2021
(via Zoom)**

MESSAGE FROM THE PRESIDENT

Our prime concern at this time is the health and safety of our members. As seniors, we all have to take special care because we are at greater risk for more serious complications from the COVID- 19 virus. As a consequence, we believe that an online alternative, with webinars and Zoom classes, is the only option currently available to us.

INFORMATION SESSION

March 18 (Thursday) - 10:00 am
via Zoom

A video recording of this information session will be available for viewing at www.theSCANS.org after March 18.

ONLINE COURSE REGISTRATION

Register online at www.theSCANS.org

CLASS CANCELLATIONS

Announced at www.theSCANS.org



QR code for online course descriptions and instructor biographies.

COURSES (via Zoom)	
1	<p>Addiction, Mental Health & Suicide: The Question is Not Why the Addiction But Why the Pain - Barbara Ross</p> <p>Mondays, 10:00 am - 11:30 am, Apr 19 - May 31 (no class on May 24)</p> <p>Mental illness, substance use and suicide affect individuals from all corners of the community, regardless of age, race, sex, or income. The links between mental health, substance use and suicide issues are complex and often misunderstood. They might develop independently as a result of common risk factors or one might lead to the other as a result of self-medication or prolonged distress. Research suggests that those with an addiction are about twice as likely to suffer from at least one mental health issue, and vice versa. Additionally, stigma and discrimination can affect all stages of the lives of people living with mental illnesses and/or addiction issues - dealing with friends, family, communities, and employers, as well as justice and health care systems. Many of us are aware of a friend, relative or colleague who is affected by addiction and/or mental health issues. The goal of the course is to provide some insight and a deeper understanding of the subject matter with an open minded and non-judgmental approach, sharing stories and open discussion.</p>
2	<p>Ageing Well with Food and Nutrition: Achieving a Sense of Well Being - Sandi Berwick</p> <p>Tuesdays, 10:00 am - 11:30 am, Apr 20 - May 25</p> <p>Exploring well-being is used in the context of a holistic perspective of both health and quality of life. This course will provide an overview of the food and nutrient recommendations for older and aging people. Topics will focus on the understanding and application of the determinants of healthy eating, client-centered care, and the nutrition care process. Determinants of healthy eating encompass a range of individual (physiological, psychological, and biological) and environmental (social, cultural, economic, and physical) factors that influence decisions and access to food and nutrition. The aging process as well as various chronic diseases can affect individuals in many ways and can be exacerbated by a range of environmental factors.</p>
3	<p>The Prescient Hannah Arendt - Daphna Levit</p> <p>Wednesdays, 1:30 pm - 3:30 pm, Apr 21 - May 26</p> <p>The contemporary resurgence of interest in the writings of Hannah Arendt is not surprising. She was an original thinker who defied categorization, who challenged convention and who tried to understand the complexity of being human and political in the modern world. She rejected the designation of philosopher and considered herself a political theorist. This course will attempt to introduce, in very broad strokes, the vast range and diversity of her brilliant contribution to our understanding of human history and society. Given the time limitations of the course, and the length of many of her books, we will not attempt detailed readings but will concentrate on excerpts and key ideas from the following books:</p> <ol style="list-style-type: none"> 1) <i>Eichmann in Jerusalem: A Report on the Banality of Evil (1963)</i> 2) <i>Origins of Totalitarianism (1951)</i> 3) <i>The Human Condition (1958)</i> 4) <i>The Life of the Mind (1977)</i> <p>Many of Hannah Arendt's ideas are controversial and hopefully will inspire active participation in defiance of the limitations of Zoom.</p>



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SPRING 2021
Course Program (via Zoom)

Continue your life-long learning by joining the Seniors' College Association (SCANS), a registered non-profit organization providing affordable non-credit academic courses to seniors (50+) in Nova Scotia.

Membership entitles you to enrol in any number of courses offered per year. Membership can be started at any time and is valid for three consecutive terms. The annual fee is \$150 + HST (total \$172.50).

CONTACT

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COURSES (via Zoom)	
4	How to Talk Back to an Economist: Updated Pandemic Version - Alex Roberts Thursdays, 1:30 - 3:30 pm, Apr 22 - May 27 <i>"Economics is too important to be left to the experts." - Ha-Joon Chang</i> The subtle, arcane, (but not so dismal) science of economics affects each one of us daily - be it the rising cost of family groceries, investing in the stock market, or making informed choices as a voter. However, a little training in some basic concepts can go a long way in helping to comprehend the often abstract and counter-intuitive economic theories shaping our lives. This six-week crash course is designed as a lively, accessible, and painless guide to economics and the economy - with an emphasis on ideas and understanding rather than esoteric charts, incomprehensible jargon, and arms-length equations. Hot-button issues such as globalization, neuroeconomics, the size of government deficits, growing inequality, digital currencies, "Bidenomics," and the merits and demerits of carbon taxes will be featured – along with snapshots of the most influential economists. Relevant real-world examples, video clips, cartoons, notable quotations and case studies will be employed to help demystify the jargon and to explain key ideas. NOTE: The Covid-19 pandemic has forced a transformational rethink in both economics and politics. This iteration of the course contains substantial new material exploring this new dynamic.
5	The Manhattan Project: The Making of the Atomic Bomb - Cameron Reed Fridays, 10:00 - 11:15 am, Apr 23 - May 28 The use of atomic bombs at Hiroshima and Nagasaki in 1945 were pivotal events of the twentieth century. These bombs were developed under the auspices of the United States Army's "Manhattan Project", which had its origins in 1939. This course will explore the scientific background to nuclear weapons, how the Manhattan Project came to be organized, some of its leading personalities, its facilities, development of the bombs, the context of the war in the summer of 1945, and the bombing missions. Nine countries now possess nuclear weapons, and we will also briefly survey the current status of nuclear weapons deployments, the most lasting legacy of the Manhattan Project. No background in science and mathematics is needed, although memories of a high-school physics or chemistry class would be beneficial. The main requirements are curiosity and a willingness to engage with some unusual concepts and quantities.

Video recordings of each class will be made available to all registered course participants until June 11, 2021, except for courses designated as not to be recorded.