

# MATHER TELEPHONE TOPICS

Register in advance by calling (888) 600.2560 or emailing [teltopics@mather.com](mailto:teltopics@mather.com).

At the time listed for the program, dial in from any phone . . . and enjoy. All calls are FREE!

MARCH 2020



## MEDITATION

*Susan Wilkens, Yoga Instructor,  
Dancing Cranes*

**Monday, March 2, 9, 16 & 23  
12:00 p.m. CT**

Learn simple breathing and focusing techniques you can do to help reduce stress and multiply your "happiness factor"!

## Meditation

**Monday, March 2, 9, 16 & 23  
12:00 p.m. CT**  
See feature left.

## Brain Health Revisited

*Lisa Nigro, Wellness Advocate &  
Certified Caregiving Consultant*  
**Tuesday, March 3  
1:00 p.m. CT**

Discover more of the latest research on ways to improve our brain function.

## Facts about Iowa

*Joe Cuniff, Instructor,  
DePaul University*  
**Wednesday, March 4  
11:00 a.m. CT**

Let's explore interesting facts, fun trivia, and jokes about the State of Iowa. We'll also sing some songs from the Great American Songbook.

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## Your Turn: Feedback on Telephone Topics

*Lisa Evans, Mather*  
**Thursday, March 5  
11:30 a.m. CT**

Here's your chance to give your opinion on specific topics you liked and didn't like, what you'd like to hear more about, or even topics you'd like to present.

## Songs You've Requested

*Heather Braoudakis, Vocalist*  
**Thursday, March 5  
1:00 p.m. CT**

Heather sings a collection of your favorites from the '30s through the '70s, including great songs by artists like Andy Williams, the Beatles, the Carpenters, and many more!

## Storytelling with Caroline

*Caroline Latta, Theatre Department,  
Columbia College Chicago*  
**Friday, March 6  
1:00 p.m. CT**

Hear a master storyteller read a thought-provoking short story, followed by discussion.

INTERACTIVE TALKS, EXERCISE, PERFORMANCES, LECTURES, AND MORE

*All programs are central time (CT).*





## ST. PATRICK'S DAY & IRELAND

*Caryl Derenfeld, Joy Fueled Souls*

**Tuesday, March 17**

**11:00 a.m. CT**

Join a festive discussion on traditions and legends of St. Patrick's Day and enjoy a virtual tour through Ireland.

### Chair Yoga

*Tom Wilkens, Yoga Instructor,  
Dancing Cranes*

**Monday, March 9 & 23**

**2:00 p.m. CT**

Through a series of stretching postures and breathing techniques, yoga develops strength, flexibility, stamina, and balance.

### Inspiration from the Resale Store

*Kate Marrs, Presenter*

**Tuesday, March 10**

**11:00 a.m. CT**

We'll look at surprise discoveries we can make at the resale shop, even in the artworks aisle.

### Caregiving & Creativity Chat

*Sharon Smith, Possibilities Coach,  
Mather & Ruthe Guerry,  
Art Therapist*

**Tuesday, March 10**

**1:00 p.m. CT**

Caregivers and care receivers: Learn how to relieve stress through creativity exercises and get resources for better self-care.

### Armchair Travel: TV as Your Exotic Escape

*Walter Podrazik, Author,  
Watching TV: Eight Decades  
of American Television*

**Wednesday, March 11**

**11:00 a.m. CT**

We'll look at adventure series, some shot on location, such as *Magnum* and *Hawaii Five-0*, as well as real-life exploration shows such as *Around the World in 80 Days*.

### Game Time with Jeanne: Movie Trivia

*Jeanne Roppolo, Author, Storyteller  
& Motivational Speaker*

**Wednesday, March 11**

**1:00 p.m. CT**

Have fun challenging your knowledge by guessing the actors, directors, release date, and synopsis for selected films.

### Judy Garland

*Rich Lang, Media Historian*



**Thursday,  
March 12**

**11:00 a.m. CT**

Hear about one of the brightest, most tragic movie stars of Hollywood's Golden Era.

### Hip Health & Mobility

*Paige Corley, Certified  
Personal Trainer*

**Thursday, March 12**

**1:00 p.m. CT**

Learn why proper body mechanics and pelvic strength are so important in maintaining mobility.

### Simply Strong

*Randi Kant, MS, MPH, CHES, CPT,  
Certified Intrinsic Coach*

**Friday, March 13**

**11:00 a.m. CT**

Join us for a guided strength-training routine that can be done in the comfort of your home.

### Storytelling with JoAnn

*JoAnn Montemurro, Storyteller*

**Friday, March 13**

**1:00 p.m. CT**

Sit back and enjoy a tale delivered by a master storyteller, then join a discussion about the story.

### Saint Patrick's Day & Ireland

**Tuesday, March 17**

**11:00 a.m. CT**

See feature left.

### Chair Ballet Stretch

*Jeanine Dent, Instructor*

**Tuesday, March 17**

**1:00 p.m. CT**

Learn stretching and strengthening techniques using ballet positions, focusing on hip flexors, core strength, and spinal alignment.

### Brenda Lee

*Brian Salgado, Presenter*

**Wednesday, March 18**

**11:00 a.m. CT**

Hear about the life, career, and music of one of the most popular artists of the 1960s.

## HEALTHY EATING ON A BUDGET



*Randi Kant, MS, MPH, CHES, CPT,  
Certified Intrinsic Coach*

**Friday, March 20, 11:00 a.m. CT**

Eating healthy does not have to wreak havoc on your food budget. Explore smart and creative ways to economically include healthy foods in your diet.

### Paintings That Changed the World

**Thursday, March 19**

**11:00 a.m. CT**

See back cover.

### The Little Rascals Revisited

*Sidney Kibrick, Actor*

**Thursday, March 19**

**1:00 p.m. CT**

Hear, straight from the source, the story of *Our Gang* or *Little Rascals*. Sidney Kibrick, who played "Da Woim," the sidekick of Butch the bully, will be interviewed by Ron Falzone, associate professor in Cinema & Television Arts at Columbia College Chicago.

### Healthy Eating on a Budget

**Friday, March 20**

**11:00 a.m. CT**

See feature above.

### Storytelling with Megan

*Megan Wells, National Touring Storyteller, 2016 Oracle Winner*

**Friday, March 20**

**1:00 p.m. CT**

Hear a master storyteller read a thought-provoking short story, followed by a discussion.

### Choosing Joy

*Kate Marrs, Presenter*

**Tuesday, March 24**

**11:00 a.m. CT**

We have choices in how we spend our energy and time. Amid all that life presents us, peace and joy can help bring us through.

### Who Are You, Really?

*Jeanne Roppolo, Author, Storyteller & Motivational Speaker*

**Wednesday, March 25**

**1:00 p.m. CT**

How daring are you? Are you a people person or a wallflower? Discover ways of gaining insight into your own personality.

### Bette Davis

*Rich Lang, Media Historian*



**Thursday, March 26**

**11:00 a.m. CT**

Join a talk about one of the greatest actresses in Hollywood history. Bette's career spanned 60 years and 100 acting credits!

### Active Adult Exercise

*Paige Corley, Certified Personal Trainer*

**Thursday, March 26**

**1:00 p.m. CT**

Join Paige as she leads us for a 45-minute monthly session of seated and standing exercises that will boost your mind and body.

### Helen Taft

*Ricki Saady, Presenter*

**Friday, March 27**

**11:00 a.m. CT**

Learn the story of this First Lady who published her memoirs, owned and drove a car, and supported women's suffrage.

### Storytelling with Will

*Will Casey, Theatre Department, Columbia College Chicago*

**Friday, March 27, 1:00 p.m. CT**

Sit back and enjoy a tale delivered by a master storyteller, then join a discussion about the story.

### Time for Us: Let's Chat!

*Kate Marrs, Presenter &*

*Lisa Evans, Mather*

**Monday, March 30**

**11:00 a.m. CT**

Join an uplifting chat about thoughts and experiences from your world.

### Feisty Females: Women of our Time

*Caryl Derenfeld, Joy Fueled Souls*

**Tuesday, March 31**

**1:00 p.m. CT**

We'll discuss women from the late twentieth and early twenty-first centuries who have made an impact.

*This publication, in part or in its entirety, may not be distributed in any manner without the prior written consent of Mather. Organizations interested in subscribing to the Telephone Topics program should call (888) 600.2560.*

**REGISTER TODAY! CALL (888) 600.2560 OR EMAIL TELTOPICS@MATHER.COM**

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## DIAL UP FRESH TOPICS TO ENLIGHTEN YOUR DAY WITH **MATHER TELEPHONE TOPICS.**



## **PAINTINGS THAT CHANGED THE WORLD**

*Casey Pax, Art Therapist, Mather*

**Thursday, March 19, 11:00 a.m. CT**

Discover how art goes beyond style and technique  
to affecting the world and challenging what we  
believe is right and true.

