

SPRING 2024

RISE COURSE FACILITATORS

Nancy Baker is a Classicist by training and taught classical languages, philosophy, and the history of ideas for many years. In retirement she's been doing adult education and programming, has been a docent at the Currier Museum of Art for over ten years, and is a determined advocate for free public libraries by serving as the Chair of her local library's Board of Trustees.

Ann Backus is an instructor in occupational safety at the Harvard Chan School of Public Health. She is also Director of Outreach at the Harvard Chan Education and Research Center and has worked with fishermen on the Northeast coast for over 20 years.

Tom Barry has an MBA from NH College and a BA in English Literature from UMass Boston. He taught Economics at the Vocational Tech, and has worked for Digital Equipment Corporation, Compaq, and HP.

Dr. Barbara Beierl has taught RISE courses on American, English, and World literature, including fiction, drama, poetry, and nonfiction.

Martha Brooks As a Certified Zentangle Teacher, it is my great joy to share this fun, relaxing, and easy to do art method! I am a retired Speech Pathologist who loves family/friend gatherings, rescuing greyhounds and the Coast of Maine.

Judy Brophy Judy Brophy has been translating technology into understandable English for over 40 years. After a career as an educational technologist in industry and academia, she currently teaches seniors in area colleges and libraries. She is an avid traveler. In the computer versus human game she is rooting for the humans.

Amy Jo Cielinski is a certified Yoga Teacher who trained in the shakti flow tradition of at OM Yoga in Concord, NH and Bethel Farm Yoga in Hillsborough, NH. She has received additional training through the National Multiple Sclerosis Society, yoga for hip/knee replacements, and yoga for osteoporosis.

James Collins is a graduate of Engineer Manhattan College, P.E. and has an MBA from Adelphi University. He worked for 35 years at Arthur D. Little as a Corporate Executive, 18 years as a Corporate Management Consultant and is a lecturer and author.

Michael Conley, Ed.D. has been interested in the intersection of spirituality, literature, and psychology for his entire career. He has studied the literature of James Joyce and other modern writers extensively.

Dr. Diane Connell taught full time at Rivier University in the Division of Education & Counseling and is currently teaching there as an Adjunct Professor Emeritus. Her professional contributions include research, writing, & speaking in the fields of Special Education, Education, Neurology, and Psychology. Diane uses her professional background to bring current brain-based information to her students in the RISE class *Learning about your Brain: Discovering Way to Enhance your Life*.

Susan Deschenes is the RISE Coordinator. She had a long career as a public librarian in New Hampshire and often chose films for libraries' collections. She developed her love of film at the University of Rochester, where she volunteered in the Film Studies Center during her undergraduate years.

Joan Gibson taught in public and private schools for fifty years, retired from Nashua High, and went on to teach ESOL (English as a Second or Other Language) at the Adult Learning Center. Living life is her focus; enjoying people is the process.

Colleen Hogan-Mazzola is a 1982 graduate of Rivier University with a B.A. in Early Childhood Education and Elementary Education. Colleen went on to receive an M.Ed. in Education from the University of Massachusetts Lowell, a Post Graduate degree in Interdisciplinary Education, and a Graduate Certificate in Early Education Leadership from Harvard Graduate School of Education. She recently retired from the MA public school system and continues to learn and teach.

Robert Hoffman is a professional musician, speaker, and writer on music with eclectic tastes and diverse experience, including many years as a RISE facilitator.

Barry Jackson is a Professor Emeritus from Rivier University, where he taught for 25 years and served as the Chair of Modern Languages and Chair of the Rivier Honors Program. At that time, Rivier offered an MA in Spanish as well as teacher certification. After retiring from Rivier, he taught English in China for four years.

Sheila Kabat has been a lover of art and art appreciation during her adult life. She learned to sketch and paint in her 20's. She has travelled to art museums in Spain, Ireland, France, Italy and throughout the US. She has enjoyed the opportunity to study/research artists and their works for and with RISE students for the last 20 years.

Marjorie Kamp has a B.S from the University of Massachusetts, Amherst; an M.Ed. from Antioch College, and an MBA from Suffolk University. She taught and coached for 10 years in the Wellesley Public Schools, followed by years in procurement management at Digital Equipment Corporation, Raytheon, MetLife and EMD Millipore.

She is an active outdoors person and lover of nature, especially birds and national parks, as she is concerned about the well-being of our environment.

Marina Kirsch - Marina is the author of the award-winning book, *Flight of Remembrance*, about her family during WWII in Latvia, occupied Poland, and Germany. She has provided more than 110 presentations about this wartime story in twelve states, including several past presentations for RISE. Marina is a New Hampshire Humanities presenter who regularly presents at NH nonprofits and corporations, but she also schedules live or virtual events independently in NH and other states. A resident of Kensington, NH, Marina is also a graphic designer, book designer and editor, and a Distinguished Toastmaster and officer of the Exeter NH Speak-Ups Toastmasters club.

Cal Knickerbocker, a former instructor and education manager at IBM, has taught at the University of Texas, Dallas, and at RISE since 1999.

Susanevelyn Lavoice is a Nashua native who has a BA from Plymouth State University and an M. Ed. In English Education from Fitchburg State College. She taught at the intermediate level in Nashua for 40 years and volunteers teaching creativity and social emotional learning through children's literature. She is also certified to teach children's yoga and meditation. She has a deep personal interest in Brain and Body wellness and has taken online instruction in the wellness field from neuroscientists and immunologists.

Irving Lipschitz is a Professor Emeritus in Chemistry from the University of Massachusetts, Lowell.

Lorraine Ludwicki - Lorraine Ludwicki is a Life Coach. She shares tools and techniques to cultivate new interests and wake up latent aspirations to live your best life now. Lorraine started her coaching practice and classes in 2015 after completing the *Creative Insight* coaching certification program. The tenets evolved beyond goal setting and action plans to developing emotional intelligence, mindful living and present moment thinking. In 2023, she travelled to Bali and was certified in Sound Healing using Tibetan and crystal singing bowls, gongs, and other vibrational healing instruments. She's guided a global community of individuals toward living their lives with imagination, creativity, tranquility, and peace. She is also a fantastic home chef.

Dr. Ann McGreevey is a longtime educator and writer. She was a professor at Notre Dame College in NH and now lives in Marblehead, MA.

David McNeil has a master's degree in education. He taught Social Studies for more than 30 years and has been a long-time RISE facilitator.

Joanne Merrill was the Director of Athletics at Rivier University and has been a longtime instructor for the RISE Exercise Class. Let's get moving again!

Gretchen Nadeau - Gretchen has been teaching group exercise classes and personal training clients for over 30 years. She is certified through the National Exercise and Trainers Association (NETA) and holds a certification in Silver Sneakers. Gretchen is the Fitness Coordinator at Covenant Living, a retirement community in Keene, NH.

Nancy Nordstrom, M.Ed., our current RISE President, is a frequent RISE facilitator. She is a member of the RISE Curriculum Committee and the author of *Learning Later, Living Greater: The Secret for Making the Most of Your After-50 Years*. Prior to retirement she was the Director of the Road Scholar Institute Network.

Clayton Ogilvie has an master's degree in public administration from the University of New Hampshire. Before retirement, he worked for the Department of Energy in the Freedom of Information/Privacy Act Office.

Charlie (Charlotte) Pogue has a BA in Math from Northeastern University's 5-year Cooperative Education program, earning enough to pay all her college expenses and graduate not owing a dime. She also has an MBA from SNHU, expenses paid by her employer. Retiring after forty-four years in Information Technology, she enjoys volunteering for Tax-Aide and VITA and participating and facilitating at RISE.

Valerie Raudonis is a native of Nashua where she practiced law for over 40 years, primarily in the areas of estate planning, probate, and family law. She is a former instructor in Rivier College's paralegal program. Valerie is the author of the poetry collection *Sea Glass Secrets* and was a member of Poetry Society of NH's board of directors.

William Sawyer holds an MBA from the University of Pennsylvania, a Ph.D. from the University of New York, and an M.A. from Boston College in Spirituality and Ministry. He presented workshops on spiritual transformation at two Franciscan centers and two prisons for more than 10 years.

Rabbi Jon Spira-Savett has served as rabbi of Temple Beth Abraham in Nashua since 2008. He has served twice as president of the Nashua Area Interfaith Council, sits on the Ethics Committee of Southern New Hampshire Medical Center, is a co-convenor of the Greater Nashua Interfaith Housing Justice Group, and represents the rabbis of the state on the Commission for Holocaust and Genocide Education. Rabbi Jon teaches ethics, history, and textual interpretation. He is co-host of *Tov!*, a podcast exploring Jewish ethical ideas and TV's "The Good Place."

Lynn Thieret is an RN who has taught in the nursing department at Rivier University for 28 years. She has taught card making and paper crafting classes for 25 years. She

has been an active participant in the RISE program for 11 years and enjoys using her creativity to promote paper crafting. Each class is a fun and exciting time.