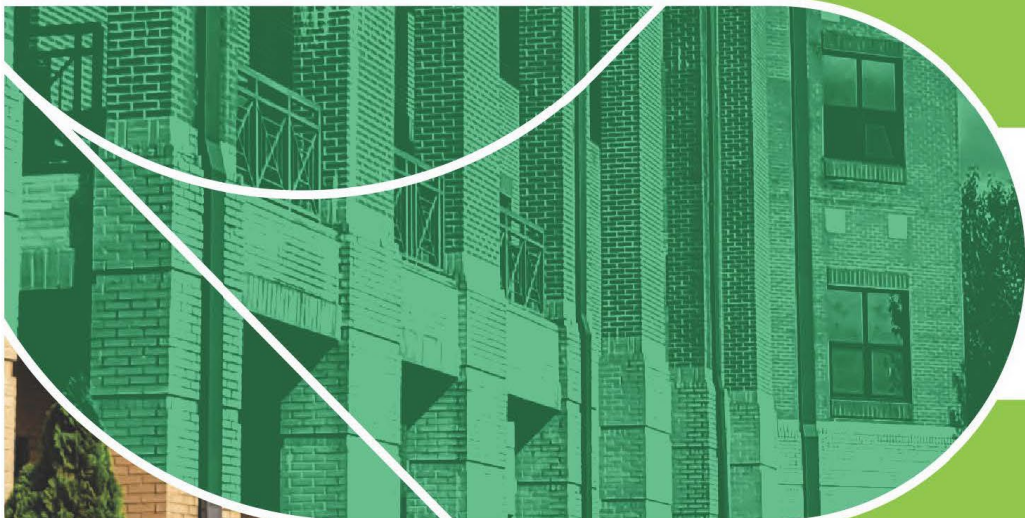




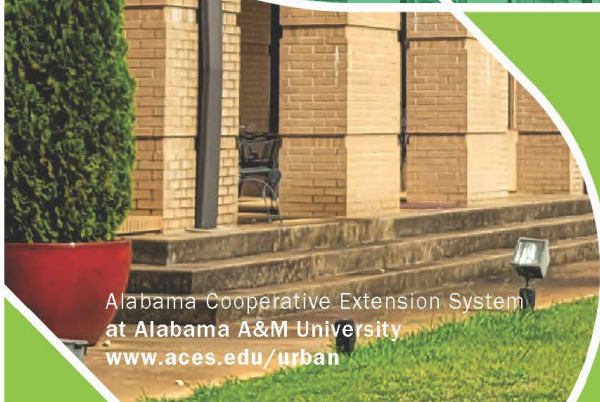
VIRGINIA CAPLES
LIFELONG LEARNING INSTITUTE

Summer 2024



Courses & Activities

Also available online with



Alabama Cooperative Extension System
at Alabama A&M University
www.aces.edu/urban





VCLLI Summer 2024 Courses & Activities

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About the VCLLI

The Virginia Caples Lifelong Learning Institute (VCLLI) is housed on the campus of Alabama A&M University (AAMU). The VCLLI operates under the direction of the Alabama Cooperative Extension System at Alabama A&M University. With rapid and swift changes occurring in the ways in which “we do things” in society, there has never been a more relevant time to become a promoter, advocator, and deliverer of lifelong-learning opportunities. Thus, the mission of the VCLLI is to create and sustain a stimulating, state-of-the-art educational, social, and life-enhancing environment for senior adults. This mission is fulfilled through innovative curricula, experiential learning, and intergenerational activities. Further, the Institute engages in research and advocacy that advance its defining theme of “successful aging.”

Noted for its multidimensional platform, the VCLLI has quickly become a highly acclaimed resource for senior adults in Alabama. Led by its Advisory Council, members drive the programs, activities and are the lifeblood of the Institute. The success and growth of the VCLLI is highly dependent on active involvement of its members by serving as volunteers in various capacities.

VCLLI MEMBERSHIP IS FREE AND IT’S EASY TO JOIN.

To request information on becoming a member:

Visit us online: www.aces.edu/go/VCLLI

We hope this catalog captures your mind and prompts you to become involved with the VCLLI at Alabama A&M University. Please go to page 18 for registration information.



About Dr. Virginia Caples

The Virginia Caples Lifelong Learning Institute (VCLLI) is named in honor of the late 1890 Extension Administrator Dr. Virginia Caples, who had a vision to develop a lifelong learning center for older adults. With the opening of the VCLLI, AAMU joined the ranks of its sister Institution, Hampton University, to become only the second Historically Black College and University (HBCU) and the first 1890 land-grant institution, in the nation to address learning and advanced quality of life for the older adult population.

Dr. Caples' tenacity in service and scholarship, advanced her from a plantation in Doddsville, Mississippi to twice fulfilling the role of interim president of Alabama A&M University, in Huntsville, Alabama. Her commitment and devotion to Alabama A&M University was evident over her 38-year career on "The Hill." Oh, the hats she wore... Dr. Caples served in capacities as provost and vice president for academic affairs, associate dean, distinguished university professor, and 1890 administrator. She left an indelible mark in each role.

As a scholar, Dr. Caples had numerous presentations, articles, and other publications to her credit on such topics as: nutrition education for underserved populations, leadership skills for the twenty-first century, parental guidance and career choices of youth, competencies needed by home health aides, and workplace and professional challenges for women of color, the future of 1890 Extension. In addition to her publications, Dr. Caples conducted workshops and training sessions on developing the quality enhancement plan, meeting and exceeding accreditation standards, leadership, curriculum and program development, strategic planning, and the freshman-year experience. She participated in training sessions and research in Germany, Australia, Tanzania and Sudan in eastern Africa, South Africa, and St. Kitts and Belize in the Caribbean.

Dr. Caples was a member of the Epsilon Gamma Omega Chapter of Alpha Kappa Alpha Sorority, Incorporated, and the Greater Huntsville Chapter of The Links Incorporated. She was married to Hundley Batts, Sr., and together they owned and operated "Your Community Station" WEUP 103.1 FM; WEUZ 92.1 FM (Hip Hop, Rhythm, and Blues); and "Huntsville's Heritage Station" WEUP 1700 and 94.5 FM (Gospel, Inspiration and Talk); WEUP 1600 and WHIY 1190 AM (Delta Blues).

Dr. Virginia Caples' earthly journey ended on February 19, 2018. However, her legacy continues—forward-reaching and everlasting.



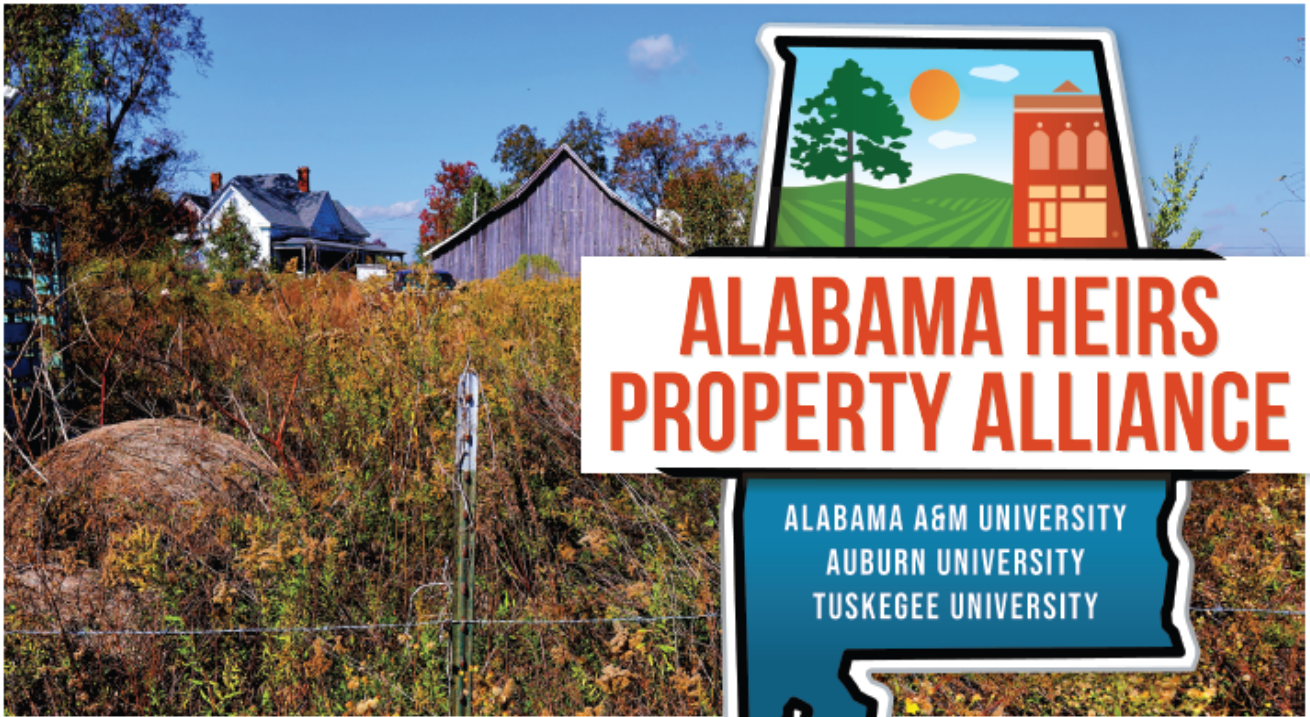
1-2-3 Photography!

Do you enjoy photography, but need some inspiration? Are you new to the hobby and want to learn more? Then grab your cell phone, tablet, digital camera, or whatever device you have for taking digital photographs and join a group of like-minded participants as we learn, grow, inspire, support, and engage each other in the world of writing with light.

- Day(s):** Tuesday | June 18th
- Time:** 10:00 a.m.
- Duration:** 1 hour
- Presenter:** Janet Burgess, Certified Photographer
- Delivery:** Virtual
- Number of Sessions:** 1

Brief Bio of Presenter: Janet Burgess is a dedicated participant of the Virginia Caples Lifelong Learning Institute. She received her certificate in photography from the University of Alabama at Birmingham. She enjoys nature photography most and has participated in an art exhibition at the Shelby County Arts Council and sold some of her art for charity.

Register: www.aces.edu/go/PhotographySu24



HEIRS PROPERTY WATCH PARTIES

Heirs Property Watch Parties will be hosted in twelve counties by Alabama Extension educators and will take place five times during 2024.

At the watch parties, participants will learn about commonly faced **heirs property** issues, **hear from experts**, **engage in Q&A**, and **receive resources and tools**.

Events will take place from **5:30–7:00 p.m.**

To find a nearby watch party or learn more about the events, visit https://aub.ie/heirs_property.

- **March 12:** Heirs Property Overview
- **May 13:** Working with an Attorney
- **July 9:** Family Conversations and Family Trees
- **September 10:** Working with the Tax Office
- **November 19:** Estate planning and Important Papers



The Alabama Cooperative Extension System (Alabama A&M and Auburn Universities) is an equal opportunity educator, employer, and provider.

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www.aces.edu



Crafty Creations: A Meshy Situation

Discover ways to use deco mesh. Add personal touches and new techniques to save on personalized gifts, decorations, and customized creations.



- Day(s):** Tuesday | July 16th
- Time:** 10:00 a.m.
- Duration:** 1 Hour
- Presenter:** Janet Burgess, Volunteer Crafter
- Delivery:** Virtual
- Number of Sessions:** 1

Brief Bio of Presenter: Janet Burgess is a dedicated participant of the Virginia Caples Lifelong Learning Institute. Janet Burgess has rarely met a craft she doesn't like. Every chance she gets, she's trying something new to create art to cover every square inch of the walls of her home.

Register: www.aces.edu/go/MeshCreationSu24



Dementia Memory Café (sponsored by TARCOG)

Offered through Dementia Friendly Alabama and in partnership with Alabama Cares Program at TARCOG, Area Agency on Aging, Dementia Memory Cafés are social outings for individuals living with dementia or experiences cognitive declines. A memory café provides respite for caregivers and an engaging activity for care-recipients.



You are sure to have fun as you join in one of the hands-on, sensory stimulating activities.

Day(s): Tuesday | July 9th (Limestone County)
Wednesday | July 31st (Marshall County)

Time: 12:30 p.m.

Duration: 1.5 hours

Delivery: In-person

Number of Sessions: 2

Presenter: Lydia Weeks, *Alabama Cares Coordinator*
Darrell Hill, *Alabama Cares Case Manager*



Brief Bio of Presenter: Top of Alabama Regional Council of Governments (TARCOG), Area Agency on Aging, serves communities throughout DeKalb, Jackson, Limestone, Madison, and Marshall counties, identifying common regional issues, opportunities, and challenges. Alabama Cares Program supports family caregivers with information, assistance, and resources to help them take care of their aging loved ones and themselves.

Register: www.aces.edu/go/MemoryCafeSu24



DEMENTIA MEMORY CAFE

Art & Apps



Registration is required. Space is limited.

Refreshments are provided.



Limestone County Extension Office

1109 West Market Street, Suite A | Athens, AL 35611

Tuesday, July 9, 2024 | 12:30 p.m. - 2:00 p.m.

Marshall County RSVP

9272 US-431 | Guntersville, AL 35976

Wednesday, July 31, 2024 | 11:00 a.m. - 1:00 p.m.

Register by calling **256.716.2663** or online at
www.aces.edu/go/MemoryCafeSu24



Greeting Cardmaking

Family Life Center

Let your creativity flow through the folds, cuts, and embellishments of your uniquely designed greeting cards. Using simple low-cost supplies, we will create personalized greetings cards for gifts or keeps.



- Day(s):** Thursday | June 27th
- Time:** 1:00 p.m.
- Duration:** 1 Hour
- Delivery:** In-person
- Location:** Family Life Center | 228-F Binford Drive, Huntsville, AL 35805
- Presenter:** Danielle Rudolph, VCLLI Site Director
- Number of Sessions:** 1

Brief Bio of Presenters: Danielle Rudolph is the site director of the Virginia Caples Lifelong Learning Institute. She has served in this capacity for three years. VCLLI is a program of Alabama Extension at Alabama A&M University that focuses on best management practices to help us age with grace.

Register: www.aces.edu/go/OnsiteSu24



Grounds & Gardens | Lawn Equipment Management & ATV/ORV Safety

Learn financial and health benefits of proper lawn equipment maintenance. Receive tips and strategies to keep your equipment operating longer and efficiently.

Get hands-on to learn how to safely handle all-terrain vehicles (ATVs) and off-road vehicles (ORVs).

** Liability waivers are required for participation.*

Day(s): Tuesday | July 23rd

Time: 2:00 p.m.

Duration: 1 Hour

Delivery: In-person

Location: AAMU Agribition Center | 4925 Moores Mill Road, Huntsville, AL 35811

Presenter: Marcus Garner, Urban Regional Extension Agent

Number of Sessions: 1

Brief Bio of Presenter: Marcus Garner is an urban regional Extension agent for Alabama Extension at Alabama A&M University. He serves Madison, Marshall, and Limestone counties with programs in home grounds, gardens and home pests.



Register: www.aces.edu/go/OnsiteSu24



Grounds & Gardens | Summer Swarms

This session will provide strategies to prevent pests inside and outside the home. Learn how to understand summer swarms, such as June bugs, ladybugs, cicadas, etc., and how to avoid or respond to infestations.

Day(s):	Tuesday June 25 th
Time:	2:00 p.m.
Duration:	1 Hour
Delivery:	Virtual
Presenter:	Marcus Garner, Urban Regional Extension Agent
Number of Sessions:	1



Brief Bio of Presenter: Marcus Garner is an urban regional Extension agent for Alabama Extension at Alabama A&M University. He serves Madison, Marshall, and Limestone counties with programs in home grounds, gardens and home pests.

Register: www.aces.edu/go/SwarmsSu24



Summer 2024

Courses & Activities



Identity Theft Awareness & Prevention

Identity theft is when someone tries to steal and use your personal information to defraud or harm you. In this session you will learn preventive methods to safeguard you and your identity.

Day(s): Wednesday | June 12th

Time: 12:00 p.m.

Duration: 1 hour

Delivery: Virtual

Presenter: Dr. Theresa Jones, Regional Extension Agent
Alabama Extension at Auburn University

Number of Sessions: 1

Brief Bio of Presenters: Dr. Theresa Jones is the regional Extension agent specializing in the program areas of resource management and workforce development.

Register: www.aces.edu/go/IDTheftSu24



Saving the Family Property: Estate Planning/Heirs Property Information Session



This workshop will provide education on an overview, prevention, and resolution of residential heirs' property.

Topics include:

- Overview: Heirs' Property Identification, Information, & Impact
- Prevention: Basics of Estate and Succession Planning
- Resolution: Challenges of Owning Heirs' Property & Family Conflict Resolution
- Resolution: Legal Structures to Hold Heirs' Property

Day(s):	Saturday July 27 th
Time:	9:30 a.m. - 2:30 p.m.
Duration:	5 Hours
Presenters:	Legal Services Alabama
Delivery:	In-person
Location:	Alabama A&M University Dawson Building Auditorium
Number of Sessions:	1



Brief Bio of Presenter: Legal Services Alabama (LSA) has eight offices and a centralized call center, working together to fulfill its mission statement: to provide free, client-centered, civil legal advocacy to low-income Alabamians and collaborate with others across the state and nation to find solutions to systemic issues caused by poverty and social justice inequities.

Register: www.aces.edu/go/HPinfo727

Tai Chi for Exercise

Participate in Tai Chi with a small group at Alabama A&M University. During the weekly sessions, engage in movement aimed at improving balance, preventing falls in older adults, and reducing some sources of pain.



- Day(s):** Mondays (Weekly) | June 3rd – July 22nd
- Time:** 10:00 a.m.
- Duration:** 1 Hour
- Delivery:** In-person
- Location:** AAMU Wellness Center | 4011 Meridian Street, Huntsville, AL 35811
(Corner of Meridian St. & Chase Rd.)
- Presenter:** Moses Eben, Program Coordinator
- Number of Sessions:** 8
- Brief Bio of Presenters:** Moses Eben is the program coordinator of the Global Initiative Program at Alabama A&M University.

Register: www.aces.edu/go/OnsiteSu24



***In-Person &
Digital Learning
Experiences***

HISTORIC HUNTSVILLE TOUR

In person | Guided Walking Tour

JULY 11, 2024 | 10 AM

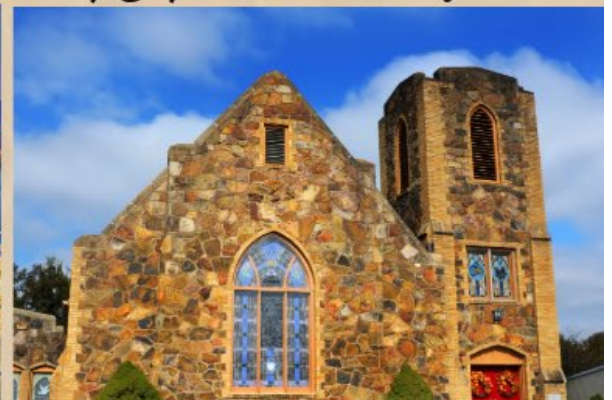
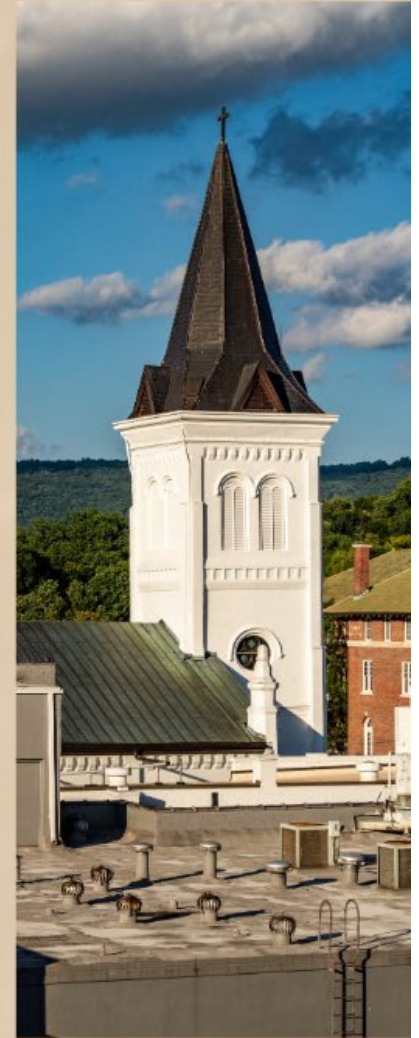
Starting/Meeting Location:

Harrison Brothers Hardware Store
124 Side Side Square
Huntsville, AL 35801

***WEAR COMFORTABLE SHOES**

FREE

Registration Required: www.aces.edu/go/HSVHistory





Thursday, July 25th
10:00 a.m.

Register: www.aces.edu/go/GWCMuseumSu24

The G.W. Carver Interpretive Museum is a community museum focused on educating individuals of all ages, races, and creeds on the rich historical contributions of African Americans. Within the walls of the museum, there is information on Dr. Carver's life and legacy, local African American ancestry, and notable accomplishments from black scientists, inventors, and explorers from the past and present.

website: <https://www.gwcarvermuseum.com/>

"When you do the common things in life in an uncommon way, you will command the attention of the world." - George Washington Carver



COURSES/ACTIVITIES/WORKSHOPS SUMMARY

TITLE	DATE/TIME	MEETING ID	GO URL
1-2-3 Photography!	6/18 @ 10:00 am	817 2308 7127	www.aces.edu/go/PhotographySu24
AL Heirs Property Alliance Watch Party	7/9 @ 5:30 pm	<i>Link is for registration purposes only.</i>	https://aub.ie/heirs_property
Crafty Creations: A Meshy Situation	7/16 @ 10:00 am	883 1109 0019	www.aces.edu/go/MeshCreationSu24
Dementia Memory Cafés	7/9 @ 12:30 pm 7/31 @ 11:00 am	<i>Link is for registration purposes only.</i>	www.aces.edu/go/MemoryCafeSu24
Greeting Cardmaking (Family Life Center)	6/27 @ 1:00 pm	<i>Link is for registration purposes only.</i>	www.aces.edu/go/OnsiteSu24
Grounds & Gardens: Lawn Equipment Maintenance & ATV/ORV Safety	7/23 @ 2:00 pm	<i>Link is for registration purposes only.</i>	www.aces.edu/go/OnsiteSu24
Grounds & Gardens: Summer Swarms	6/25 @ 2:00 pm	868 1229 7054	www.aces.edu/go/SwarmsSu24
Identity Theft Awareness & Prevention	6/12 @ 12:00 pm	849 7204 7534	www.aces.edu/go/IDTheftSu24
Saving the Family Property: Estate Planning/Heirs Property Education	7/27 @ 9:00 am	<i>Link is for registration purposes only.</i>	www.aces.edu/go/HPinfo727
Tai Chi for Exercise	6/3- 7/22 (Mons. Weekly) @ 10:00 am	<i>Link is for registration purposes only.</i>	www.aces.edu/go/OnsiteSu24
<i>In-Person Experience:</i> Historic Downtown Huntsville	7/11 @ 10:00 am	<i>Link is for registration purposes only.</i>	www.aces.edu/go/HSVHistory
<i>Digital Experience:</i> G. W. Carver Interpretive Museum	7/25 @ 10:00 am	850 7652 3619	www.aces.edu/go/GWCMuseum



Alabama Extension News



Dance Your Way to Better Health with Two-Step Tuesday

Every Tuesday | 6–7 PM | Room 240

Alabama A&M University Campus, Dawson Building
4900 Meridian Street N, Huntsville, Alabama 35811

IN-PERSON & VIRTUAL

Two-Step Tuesday is a fun, interactive, 1-hour aerobic line dance class for all ages. Groove to the beat, do some fancy footwork, and increase your daily steps!

Questions?

Nkenge Hyter - (205) 612-7204
nch0004@aces.edu



Free Online Registration

Register with the link below or QR code
<https://www.aces.edu/go/3857>



The Alabama Cooperative Extension System (Alabama A&M University and Auburn University) is an equal opportunity educator and employer. Everyone is welcome! Please let us know if you have accessibility needs. www.aces.edu



FREE VEGGIES & FLOWERS

Visit the community garden/farm

A partnership of Madison County District 6 Commissioner Violet Edwards
and Alabama A&M University

Located on Meridian Street near Alabama A&M University's Normal Hills Apartments

Growing this season:

- Yellow squash
- Zucchini squash
- White scallop squash
- Blue lake bush green beans
- Irish potatoes
- Butternut squash
- Spaghetti squash
- Cucumbers: Burpless & Pickling
- Tomatoes: several varieties
- Peppers: several varieties
- Okra: Clemson spineless, Cowhorn, Burgundy
- Purple hull peas
- Lima Beans
- Roma green beans
- Cantaloupe
- Honeydew melons
- Watermelons
- Sweet corn
- Sunflowers, Zinnias, and other flowers for cut flowers

Harvest times vary.

Visit throughout the summer months to see what's available.



VIRGINIA CAPLES LIFELONG LEARNING INSTITUTE | MEMBERSHIP FORM

Last Name _____ First Name _____

Address _____

City _____ State _____ Zip _____

Home Phone (_____) _____ - _____ Cell Phone (_____) _____ - _____

Email Address _____

Emergency Contact _____ Phone (_____) _____ - _____

I WOULD LIKE TO BECOME A MEMBER OF THE VCLLI: _____ *Member's photos may be used periodically to promote the VCLLI.

Member Profile

Your response to the following questions will help us better serve you and other members of the VCLLI.

Age Range _____ Under 50 _____ 50-59 _____ 60-69 _____ 70-79 _____ Over 80

How did you hear about the VCLLI?

___ Radio ___ Internet ___ Printed Publication ___ TV/News ___ Church ___ Word of Mouth ___ Other

Gender ___ Male ___ Female

Are you retired? _____ Yes _____ No

Occupation (current or before retirement) _____

Ethnicity: African American _____ Caucasian _____ Hispanic _____ Asian _____ Other _____

ARE YOU INTERESTED IN PARTICIPATING IN ANY OF THE FOLLOWING ACTIVITIES (Check all that apply)

- ___ Developing Courses
- ___ Assisting a facilitator in a class
- ___ Helping with recruitment efforts
- ___ Serving on the VCLLI board/committees
- ___ Providing assistance at special events
- ___ Helping with mailings
- ___ Helping with fundraising
- ___ Volunteering with VCLLI

Would you be interested in facilitating a course? Yes _____ No _____

If yes, what topic(s)

Please return this form to: **VCLLI, c/o Cándra Johnson DeBose**
P.O. Box 967, Normal, AL 35762

FOR OFFICE USE ONLY

Received by _____ Date _____ / _____ / _____ Membership Date _____ / _____ / _____



Share Your Knowledge and Talents through the VCLLI

With the vibrant, dynamic, skilled, and talented senior adult population in the state of Alabama, we know some of you are just waiting to be asked, "Why not share what you know?"

This is our invitation or bidding for you to be a VCLLI course leader. There are no papers or tests to grade. Just come and share your knowledge with people who have a true "love for learning."

For more information on how to be added to the VCLLI roster of course leaders, contact us.

Visit us online at www.aces.edu/go/VCLLI or 334.201.2847 (*Danielle's business mobile number*).



 **VIRGINIA CAPLES**
LIFELONG LEARNING INSTITUTE



Alabama Cooperative Extension System
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www.aces.edu/urban