

COLUMBIA UNIVERSITY

Emeritus Professors in Columbia

EPIC News

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A Message to EPICureans!

If you're like me, you haven't really adjusted to the world of #hashtags, twitter feeds and other social media. Even though I'm joined at the fingertips to my computer for writing, research and e-mail, I haven't the foggiest notion how to tweet (an act that can't possibly be difficult considering the universe of people who do it). We'll have fun next Tuesday learning about these platforms and breaking bread together with a complimentary lunch. Bring your phones (or tablets or laptops) and appetites. Our instructor will also have tips on the many things that these gadgets can do that most of us never use. Like it or not, we do need to keep up with these things. And if you have grandchildren – they will appreciate it!

I am happy to report that Professor Emeritus Dickson Despommier's discussion of indoor vertical farms in urban environments was very enlightening and certainly well delivered. I personally had not realized the extent to which indoor, industrial scale growing of food is one practical solution to replenishing the world's supply of trees, conserving water, minimizing use of agricultural chemicals, reducing energy consumption, and – of course – feeding the world. [The New Yorker article is worth a read.](#)

EPIC yoga, led by Prof. Emerita Ginny Papaianou, continues on Thursday mornings with two session options, mat at 10 AM or "gentle"/beginner chair format at 11:15. And, amazingly, we are almost into April and our next Graduate Scholar Talk.

Have a good day.

*Jeanne Mager Stellman, President, EPIC
Professor Emerita & Special Lecturer
Mailman School of Public Health*

Tuesday, March 27: Mobile Technology and Social Media Workshop

Still trying to figure out what a #hashtag is or how to read one? Wondering why you can't tweet, when it obviously doesn't take a lot of talent to do it? Then bring your mobile phone and learn how to make it work better for you. Connor Norris, a senior IT major at New Jersey Institute of Technology, will show you how to find and cleverly use your phone's flashlight, camera, voice commands, and more to help with to-do lists, driving directions, and other daily tasks. Connor will also introduce Twitter, Instagram, and Facebook.

Lunch provided. Guests welcome!



12:00 - 1:30 p.m.

**Faculty House
Seminar Room 1**

**Can't make the meeting?
[Click here to join us online](#)**

[Please click here for map](#)

RSVP

Thursday, April 4: "Neurobehavioral Predictors of Risk and Resilience following Early Adversity"

Our final Graduate Scholar Talk of the year will be presented by Michelle Van Tieghem, a second-year graduate student in the Psychology Ph.D. program at Columbia. Before joining the Developmental Affective Neuroscience Lab at Columbia, Ms. Van Tieghem was a research assistant at the NIMH, where she studied the neurobiology of atypical emotion processing in adolescents with disruptive behavior disorders.

Her graduate research examines how the early environment shapes neurobiological development and influences socioemotional functioning. Currently, she is investigating the neurobiological, behavioral and social factors that predict risk versus resilience for psychopathology following early adverse caregiving.



12:15 - 2:00 p.m.
Ward H. Dennis Room
602 Lewisohn Hall

Guests welcome!

[Please click here for map](#)

A sandwich lunch is provided. RSVP to insure an appropriate catering order.

RSVP

Tuesday, April 10: Does Age-Related Hearing Loss Affect the Brain?

Justin S. Golub, M.D., MS is an otologist/neurotologist, a specialist of the ear and surrounding skull base. He provides both medical and surgical treatment of common disorders as well as rare, complex conditions. One of Dr. Golub's passions is introducing cutting edge treatments to the practice of otology. He is a pioneer in endoscopic ear surgery, directing one of the few training courses in the country on this new minimally invasive technique. He is also one of the first American members of the International Working Group on Endoscopic Ear Surgery. Dr. Golub is actively engaged in clinical and translational research to improve patient care and outcomes.

On April 10, he will be discussing his research investigating associations and effects of age-related hearing loss on the brain. This includes whether age-related hearing loss may increase the risk of dementia and depression.



12:00 - 1:30 p.m.

Faculty House
Garden Room 2
[Please click here for map](#)

RSVP

EPIC Yoga Spring Schedule

Professor Emerita Virginia Papaioannou, a registered teacher with the Yoga Alliance, continues to lead EPIC Yoga Thursdays in Faculty House in the Spring 2018 semester.

No prior experience is required to join. Yoga can benefit people at all levels of physical training and health, but it is always wise to consult with a physician before undertaking any new exercise regime. Modifications will be offered to any participants with specific limitations arising from recovery from injury, arthritis, limited movement, or other causes.

Two one-hour classes are offered each week.

The 10:00 to 11:00 a.m. class practices breathing techniques and moves through some basic yoga poses, concentrating on alignment, balance, and flexibility. Those with experience move more deeply into the poses.

From 11:15 a.m. to 12:15 p.m., we practice gentle/chair yoga, which is ideal for those of more limited mobility or flexibility. Classes include breathing, stretching, and yoga poses, done either seated in a chair or standing.

No yoga mats are required for this class.

Please see the EPIC events calendar for schedule details.

For more information, [see the EPIC website](#) or [email Lalla Grimes](#).

Morningside Gardens Speaker Series Continues April 18

In 2017, EPIC launched the [Morningside Gardens Speaker Series](#) in collaboration with Columbia's School of Professional Studies. Coordinated by Professor Emerita Jo Shepherd and Morningside Retirement and Health Services, the series is free and open to the public. Talks take place at 100 LaSalle Street, Room #MC. For more information, please call 212-666-4000 or email ronb@mrhsny.org.

Spring 2018 Program

February 21, 7:00 p.m.

["Yoking Up Yoga"](#) Where does Yoga come from and where is it going? Is Yoga an important part of Hinduism? Some answers to these questions may surprise you. You don't need to be a yogi to find this talk interesting! Speaker: Frances Pritchett, Professor Emerita of Modern Indic Languages, Department of Middle Eastern, South Asian, and African Studies, Columbia University

March 14, 7:00 p.m.

["Rethinking Rural Healthcare Delivery: A Nigerian Diaspora-Town Union Partnership."](#) Dr. Ferdinand Ofodile will share experience and insights from the Nnobi USA Diaspora Health Group, a path breaking medical mission project in Nnobi, the Nigerian village where he was born. The free health fairs and screening offered by the group in 2016 and 2017 have benefited over 2500 people, hundreds of whom were treated on the spot for malaria, hypertension, and diabetes. The Nnobi project is not only providing much needed health screening, but also developing a model for further Diaspora-Town Union efforts to improve and sustain health in Nigeria, which remains near the bottom of World Health Organization indices. Speaker: Ferdinand Ofodile, M.D., Clinical Professor Emeritus of Surgery, Columbia University Medical Center

April 18, 7:00 p.m.

["Eve and Adam in the Gardens"](#) For millennia, readers have interpreted the story of Adam and Eve by pandering to him and blaming her for their expulsion from the Garden of Eden (Genesis 2-3). But there are more excellent ways to understand the story. This talk will undercut the traditional reading by exploring anew the story of Eve and Adam as they enter the Gardens of Morningside. Speaker: Phyllis Trible, Baldwin Professor Emerita of Sacred Literature, Union Theological Seminary

May 16, 7:00 p.m.

["Columbia University on Morningside Heights: The Early Years in Postcard Views"](#) As the title implies, Mr. Susi takes us on a tour of Morningside Heights using vintage postcards he began collecting more than 20 years ago. Speaker: Michael V. Susi, Assistant Vice President for Academic Affairs, Columbia University; local historian and postcard collector

On the Horizon

[Please see the EPIC Calendar of Events](#) for further details about Spring 2018 programs.

Tuesday Talks

April 24

Professor Sunil K. Agrawal
Lecture and Tour: Robotics and Rehabilitation (RoAR) Lab, Columbia University

Annual Reception

May 8