

# FREE MONTHLY EVENTS

## For Fall 2017 Members:



**THE ACADEMY**  
**FOR LIFELONG LEARNING**

*The Athletic Club for Your Mind*

### Modern Death & What Matters in the End, George Ho Jr., MD.

**Thursday, Oct. 26, 11:30 am-1 pm**

Explore the reality of modern death during this lecture. Our concept of death has changed from acceptance of the inevitable to death becoming optional because of the marvelous miracles of modern medicine. Recently, death has become more fearful and frightening with scientific advancements compounded by a healthcare system that regards medicine as a business. How, when and where we die have changed in the last century. We will examine why and explore how hospice and palliative care can improve the end of life. "Dying well" and a "good" death are both possible.

For 40-plus years, George worked in Rheumatology and had a special interest in Hospice and Palliative Medicine. Now retired, he welcomes the opportunity to apply that professional knowledge, experience and talent to helping members of the Academy navigate the healthcare system through information and self-exploration. Since 2011, he has facilitated the Academy course entitled "Making and Sharing Sound End-of-Life Choices" and the demand for this information has continued.



### Music of Latin America:

### From Mambo to Tango, Lorenz Rychner

**Tuesday, Nov. 7, 11:30 am-1 pm**

This lively presentation will take us on a journey through the fabulous diversity of melodies and rhythms, from Cuba and Puerto Rico via Mexico and Bolivia to Brazil and Argentina. We'll compare styles and influences, watch historic footage, and try to keep our tapping toes in check. We'll need to be careful not to crank the music too loud so the neighbors don't complain.

Lorenz Rychner took up piano and clarinet lessons as a child in his native Switzerland. He combined a career in publishing with a busy performing schedule. After emigrating to Australia he spent 15 years as a full-time musician. In 1985, while in Los Angeles studying orchestration and conducting, he accepted an invitation to head up the music synthesis and electronic orchestration programs at the Grove School of Music. Many published books and articles later, he moved to Colorado in 1996 and was the at Recording magazine. Lorenz teaches classes regularly at The Academy with a concentration and undeniable love for Jazz.

# Tattered Cover Book Sale at The Academy



**Tattered Cover  
Book Store**  
EST. 1971, DENVER CO

## Nov. 7-9, 9:30 am-1:30 pm

A great way to support The Academy and find some wonderful books. The Tattered Cover will give the Academy 10 percent of its sales to benefit our scholarship and technology fund.

**And featuring the book,**

***Citizen: An American Lyric* by Claudia Rankine**

**Expert-Led Discussion on Nov. 7 at 1:30 pm**

This book has been selected by Lighthouse Writers Workshop, the City & County of Denver, and NEA Big Read to invite public discourse through a program called Denver Talks.

**Join the discussion about the book with your fellow Academy participants. Explore its messages and themes, and what we can take away from the work, both as individuals and a part of the community.** A limited number of copies are available at the Denver Talks locations, found at [DenverTalks.org](http://DenverTalks.org)

About the book: Claudia Rankine's *Citizen* looks at racism today, from everyday slights in the classroom and at the supermarket to police shootings nationwide to incidents involving public figures like Serena Williams and Zinedine Zidane. Using a blend of essay, image, and poetry, Rankine thoughtfully examines how these stresses accumulate-impacting the behavior, morale, and potential of individuals and communities.

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