

# June Telephone Topics brought to you by The Mather

Pick up the phone and dial up free, fun, and interesting topics from the comfort of your home. All you need is your telephone!

**Step 1: Find a topic you're interested in**

**Step 2: At the time listed for the program, dial in from any phone by calling (855) 880-1246 or join us online: [zoom.us/join](https://zoom.us/join)**

**Step 3: Enter the meeting ID when prompted: 386 399 7030#**

**Step 4: Listen and enjoy. All calls are free.**

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## **Urban Wildlife with Lisa Burton, Program Facilitator, Lincoln Park Zoo**

Monday, June 1, 9:30 a.m. CT

Learn all about the many critters—squirrels, raccoons, coyotes, cats, and more—that manage to live quite comfortably in the city alongside us humans.

## **See You on the Radio with Jeanne Roppolo, Author, Storyteller & Motivational Speaker**

Tuesday, June 2, 9:30 a.m. CT

Join us for offbeat stories from America's funniest broadcaster, Charles Osgood. These tales will make you stop, listen, and wonder.

## **African Elephants: Poaching & the Importance of Grandmothers with Dr. Charles Foley, Senior Conservation Scientist, Lincoln Park Zoo**

Tuesday, June 2, 11:00 a.m. CT

Learn about elephants' complex social behavior, the important role of older individuals, and the impact of ivory poaching.

**Caregiving & Creativity Chat with Sharon Smith, Mather & Ruthe Guerry, Art Therapist**

Tuesday, June 2, 1:00 p.m. CT

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

**Snippets on Love with Kate Marrs, Presenter**

Tuesday, June 2, 2:30 p.m. CT

Kate will raise our spirits with an uplifting “Love Collage” of stories, quotes, and more.

**Angels among Us with Caryl Derenfeld, Joy Fueled Souls**

Wednesday, June 3, 9:30 a.m. CT

Join Caryl as she leads a talk about the different examples of kindness that we've seen over these last few months. Hear uplifting stories of kindness given and kindness received.

**Facts about Louisiana with Joe Cuniff, Instructor, DePaul University**

Wednesday, June 3, 11:00 a.m. CT

Let's explore interesting facts, trivia, and jokes about Louisiana. We'll also sing songs!

**The Magic of Crystals with Lisa Nigro, Wellness Advocate & Certified Caregiving Consultant**

Wednesday, June 3, 1:00 p.m. CT

Learn about the history and magic of these stones that have been used for healing for many years.

**Celebration of Media Birthday Remembrances with Walter Podrazik, Author, Watching TV: Eight Decades of American Television**

Wednesday, June 3, 2:30 p.m. CT

Wally discusses the lives of four celebrities with June birthdays: Chuck Barris, Curtis Mayfield, Paulette Goddard, and Ellen Corby from The Waltons.

**Cross Your Fingers: A Brief History of Superstitions with Paula Fenza, Historian**

Thursday, June 4, 9:30 a.m. CT

Paula explores the origin and history of many common superstitions.

**What's Your Favorite Flower? With Jan Smith, Presenter**

Thursday, June 4, 1:00 p.m. CT

Learn what your favorite flower says about you, how flowers got their names, and more.

**10 Healthy Habits for Each & Every Day, Part 1 with Randi Kant, MS, MPH, CHES, CPT, Certified Intrinsic Coach**

Thursday, June 4, 2:30 p.m. CT

In two sessions, we'll examine how incorporating small yet powerful habits into our daily routine goes a long way to maximize our physical, emotional, and cognitive health.

**Songs of the Singing Cowboys with Rick Pickren, Musician**

Friday, June 5, 11:00 a.m. CT

Rick performs "Back in the Saddle Again" "My Darling Clementine," and many more.

**Storytelling with Caroline, Caroline Latta, Theatre Department, Columbia College Chicago**

Friday, June 5, 1:00 p.m. CT

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

**The Little Prince, Part 1 with Heidi Parkes, Presenter**

Monday, June 8, 9:30 a.m. CT

Heidi will read and discuss favorite excerpts from Antoine de Saint-Exupery's 1942 book The Little Prince. This is the first of a three-part presentation.

**10 Healthy Habits for Each & Every Day, Part 2 with Randi Kant, MS, MPH, CHES, CPT, Certified Intrinsic Coach**

Tuesday, June 9, 9:30 a.m. CT

Incorporating small yet powerful habits into our daily routine goes a long way to maximize our physical, emotional, and cognitive health. In two sessions, we'll examine their remarkable benefits, as well as strategies to integrate them into your life.

**Getting What You Want with Kate Marrs, Presenter**

Tuesday, June 9, 11:00 a.m. CT

Learn how to take systematic steps to realize your own desires.

**The Hills Are Alive with Heather Braoudakis, Vocalist**

Tuesday, June 9, 1:00 p.m. CT

Join Heather in singing classics from The King and I, Carousel, The Sound of Music, and more.

**Discover French Polynesia with Larissa Rolley, Presenter**

Tuesday, June 9, 2:30 p.m. CT

Learn about the history, culture, and natural beauty of Tahiti and Moorea.

**Judy Garland: Over the Rainbow VIDEO AVAILABLE with John Boda, Presenter**

Wednesday, June 10, 9:30 a.m. CT

John looks back at Judy's amazing life and career with trivia, clips of her performances, and songs he performs.

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

Wednesday, June 10, 11:00 a.m. CT

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

**Game Time with Jeanne with Jeanne Roppolo, Author, Storyteller & Motivational Speaker**

Wednesday, June 10, 1:00 p.m. CT

Use knowledge from everyday life to match wits with other players.

**Feeling Loved Is Sharing Love with Ann Dionne, Author & Certified Life Coach**

Wednesday, June 10, 2:30 p.m. CT

Expressing love or compassion for others benefits both parties.

**Food Additives with Jan Smith, Presenter**

Thursday, June 11, 9:30 a.m. CT

Let's talk about what's behind those food labels. What are those mysterious substances added to some foods, and are they bad for you?

**Frank Sinatra, Part 2 with Brian Salgado, Presenter**

Thursday, June 11, 11:00 a.m. CT

Rich explores more about Sinatra's amazing life and career.

**How Bones, Joints & Muscles Benefit from Exercise with Paige Corley, Certified Personal Trainer**

Thursday, June 11, 1:00 p.m.

Find out how movement works in your body to help reduce joint pain, allowing bones to move more smoothly and strengthen muscles.

**Let's Talk with Joe Cuniff, Instructor, DePaul University**

Thursday, June 11, 2:30 p.m. CT

Joe speaks "off the cuff" in a presentation that might include comedy, variety, interviews, travel stories, talk about food, fun facts, surprises, and great American songs.

**Storytelling with JoAnn with JoAnn Montemurro, Storyteller**

Friday, June 12, 1:00 p.m. CT

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

**Hits of the '50s with Rick Pickren, Musician**

Friday, June 12, 2:30 p.m. CT

Let's return to the roots of rock 'n' roll, as Rick performs many longtime favorites such as "Blue Suede Shoes," "Good Night, Irene," "Donna," and more!

**The Little Prince, Part 2 with Heidi Parkes, Presenter**

Monday, June 15, 9:30 a.m. CT

Heidi reads and discusses favorite excerpts from Antoine de Saint-Exupery's 1942 book The Little Prince.

**Our Favorite Commercial Characters with Walter Podrazik, Author, Watching TV: Eight Decades of American Television**

Wednesday, June 17, 11:00 a.m. CT

Hear about memorable figures from TV commercials, from Mr. Whipple to the GEICO Gecko.

**A Soldier's Musical Salute with Steven Frenzel, Film Historian**

Wednesday, June 17, 1:00 p.m. CT – VIDEO AVAILABLE

Sing along to songs of the World War II era sung by the Andrews Sisters and other stars who entertained the troops.

**Discover Sicily with Larissa Rolley, Presenter**

Wednesday, June 17, 2:30 p.m. CT

Join Larissa on a road trip around Sicily and discover a charming island full of interesting history, delicious food, and strong traditions.

**Inside the Recording Industry with Richard Wolod, Retired Record Company Executive**

Thursday, June 18, 11:00 a.m.

Get the inside story on the recording industry and hear personal stories about working with famous rock artists.

**Sammy Davis Jr. with Brian Salgado, Presenter**

Thursday, June 18, 1:00 p.m. CT

Hear about the life and career of this great singer, dancer, actor, comedian, impressionist, and activist.

**First Ladies: Lucy Hayes with Ricki Saady, Presenter**

Friday, June 19, 11:00 a.m. CT

Learn about the first First Lady to hold a college degree.

**Three Ways to Cheer Up! With Kate Marrs, Presenter**

Tuesday, June 23, 2:30 p.m. CT

Kate will share ways to improve our mood. Don't miss it!

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

Wednesday, June 24 9:30 a.m. CT

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

**El Greco: Ambition & Defiance with Dave Williams, Art Institute of Chicago**

Wednesday, June 24, 11:00 a.m. CT

Hear the history of this expressionistic artist best known for extremely elongated figures.

**Your Ultimate To-Do List with Jeanne Roppolo, Author, Storyteller & Motivational Speaker**

Wednesday, June 24, 1:00 p.m. CT

Why do 42% of Americans create lists? What does this say about who we are?

**Perry Como with Brian Salgado, Presenter**

Thursday, June 25, 11:00 a.m. CT

Rich will discuss the life and career of this baritone superstar.

**Sleep Savvy with Randi Kant, MS, MPH, CHES, CPT, Certified Intrinsic Coach**

Friday, June 26, 11:00 a.m. CT

Learn how the quantity and quality of our sleep significantly impact our health, as well as helpful ways to get the best sleep possible.

Storytelling with Will with Will Casey, Theatre Department, Columbia College Chicago

Friday, June 26, 1:00 p.m. CT

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

**Celebrating Life with a Final Party with Jeanne Roppolo & Kate Marrs, Presenters**

Friday, June 26, 2:30 p.m. CT

We don't get to choose how or when we're going to leave this earth. We can only decide how we're going to live. Before it's all over, plan your own parting party "Your Way."

**Let Freedom Ring with Heather Braoudakis, Vocalist**

Tuesday, June 30, 9:30 a.m. CT

Heather sings some patriotic music that you likely know by heart. Celebrate our heritage with American composers like George M. Cohan, Irving Berlin, and more, singing our favorites from "God Bless the USA" to "God Bless America."

**Paintings That Changed the World with Casey Pax, Art Therapist, Mather**

Tuesday, June 30, 11:00 a.m. CT

Discover how art goes beyond style and technique to profoundly affect the world and challenge beliefs.

**Carbs: Good or Bad for You? With Paige Corley, Certified Personal Trainer**

Tuesday, June 30, 2:30 p.m. CT

Not all carbs are created equal. Many people will avoid eating carbs to help lose weight, but some carbs are beneficial. Paige gives us the nutritional facts!

