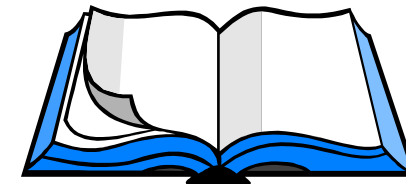


EXPLORE & DISCOVER SALT FALL 2026

**SENIORS LEARNING TOGETHER, INC.
NON-DENOMINATIONAL COMMUNITY SESSIONS**



**\$10/person per Monday
Season Pass: \$30/person (details pg. 9)**

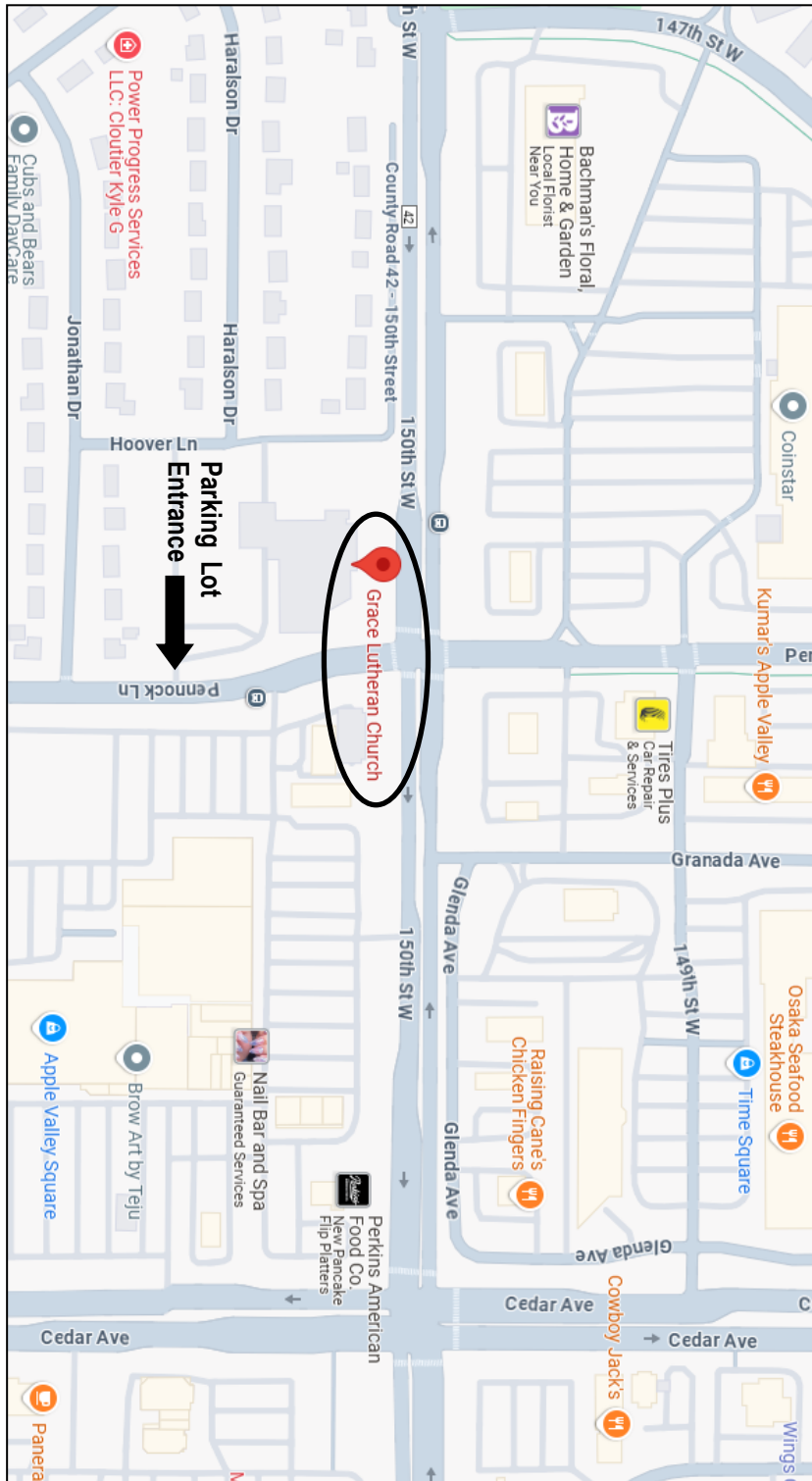
**Monday Mornings 9:30 a.m.-12:00 p.m.
October 5, 12, 19, and 26**

at

**Grace Lutheran Church
7800 West County Road 42, Apple Valley, MN 55124**

RIENSAVIOR.ORG/SALT

**LOCATION: GRACE LUTHERAN CHURCH
7800 West County Road 42
Apple Valley, MN 55124
INFO AT: RIENSAVIOR.ORG — (952) 431-5222**



Monday, October 5, 2026
9:30 a.m. — 10:30 a.m.

German POW Camps in Minnesota During WWII
presented by **Matthew Carter**



During World War II, approximately twelve million men and women supported the war effort across the United States. This left large voids in the workforce, especially in agriculture. In 1943, the U.S. began accepting prisoners of war into the country and used them to offset the labor shortage. In total, more than 400,000 prisoners of war were housed in nearly every state across the country. This program will explore the history of these prisoners of war and their connection to the twenty camps across Minnesota.

Matt Carter is executive director of the Dakota County Historical Society (DCHS), a position he's held since January of 2016. He works closely with staff and the board of trustees to manage three historic sites within Dakota County: the Lawshe Museum in South St. Paul, the LeDuc Estate in Hastings, and the Sibley Site in Mendota. With more than 10 years in the museum field, he has researched topics ranging from the

history of baseball to prisoner of war camps in the United States during World War II. He earned a bachelor's degree in Public History with a minor in Library Science and a master's degree in History with a Public History certificate from the University of Wisconsin in Eau Claire. He and his family still call Wisconsin home.

They Chose Minnesota
presented by **Doug Ohman**



Back by popular demand, the esteemed photographer and storyteller, Doug Ohman, is set to captivate audiences once again with his profound exploration of Minnesota's rich history. This eagerly anticipated presentation delves into the compelling question of what drew diverse peoples to seek their future in the enchanting North Star State.

Doug Ohman masterfully weaves together gripping narratives and vivid imagery to illuminate the stories of the many immigrant groups who chose Minnesota as their cherished home. With his signature keen eye for detail and an engaging narrative style, Doug will unveil the unique histories and serendipitous encounters he has unearthed during his travels to captivating historical sites across Minnesota. This is a unique opportunity to journey through time and discover the human tapestry that has shaped this remarkable state, all through the lens of a master storyteller and photographer. Join us for an unforgettable hour filled with exploration, history, and breathtaking imagery that will leave you inspired. Don't miss this chance to learn from Doug Ohman.

Doug Ohman is a Minnesota photographer and story teller. He has spent the past 30 years exploring the great state of Minnesota and gives over

300 presentations each year. Doug has authored 16 books and has been a PBS TV host for 7 documentaries.

Monday, October 5, 2026
11:00 a.m. — 12:00 p.m.

Pilgrimage: A Journey of Body and Soul
presented by **Paul Gauche**



Join Pastor Paul Gauche for a reflective and engaging journey along the Camino de Santiago, the historic pilgrimage route from Porto, Portugal, to Santiago, Spain. Through stories, photographs, Scripture, humor, and honest reflection, Paul will share how walking roughly 125 miles became more than a physical adventure—it became a journey of listening, noticing, trusting, and becoming more available to God. Together, we will explore pilgrimage as “an outward journey that creates space for inward transformation.” Along the way, we will consider biblical pilgrimage stories, including Abraham and Sarah’s call to leave the familiar, the disciples’ encounter with Christ on the road to Emmaus, and the invitation to trust God’s guidance one step at a time. This presentation will invite participants to reflect on their own life journeys—through retirement, change, grief, caregiving, family, vocation, and faith. Sometimes we have to go far to come near. And sometimes, pilgrimage begins right where we are. Bring a friend and we’ll meditate on themes of packing lightly, walking into noticing, learning to trust, listening for God, and asking what we most long for and hope not to miss.

Paul Gauche is an ELCA pastor, writer, and musician known for his grounded, hopeful, and imaginative approach to faith. With nearly 30 years at Prince of Peace Lutheran Church, he now serves as Pastor for Formation and Thriving at Our Savior's Lutheran Church, fostering embodied, honest, and connected faith practices. He created Thriv'era, a ministry pathway focused on seven life-giving rhythms to cultivate resilient faith and rediscover grace. Paul's core desire is to live generously, love deeply, and help build a world where faith is embodied and hope is contagious.

Indigenous Farming in the American Midwest and Plains
presented by **Michael Michlovic**



The rich history of North American agriculture, spanning over five millennia, is a testament to the ingenuity of its indigenous peoples. This presentation will delve into the origins of the crops they cultivated, exploring the diverse farming and gardening techniques employed across the continent. A particular focus will be placed on the fascinating diffusion of these domestic plants into the upper Midwest and Northeastern Plains, with special attention given to the region now known as Minnesota. Furthermore, I will highlight findings from my own archaeological excavations, offering insights into small-scale agricultural practices within fortified settlements.

Dr. Michael Michlovic's formative years were spent in North Braddock, Pennsylvania, followed by his academic journey at the University of Pittsburgh and a Ph.D. in anthropology from the University of Illinois, Urbana. He joined Moorhead State in 1975, dedicating 40 years to teaching archaeology and anthropology before retiring in 2015. His esteemed career includes leading field projects in prehistoric archaeology across various North Dakota and Minnesota locales, as well as a memorable excavation in the Samoan Islands. Dr. Michlovic has since authored two books on regional archaeology, with a third manuscript currently in progress, all accessible through Amazon and as free PDF downloads from the University of North Dakota's Digital Press.

Monday, October 12, 2026
9:30 a.m. — 10:30 a.m.

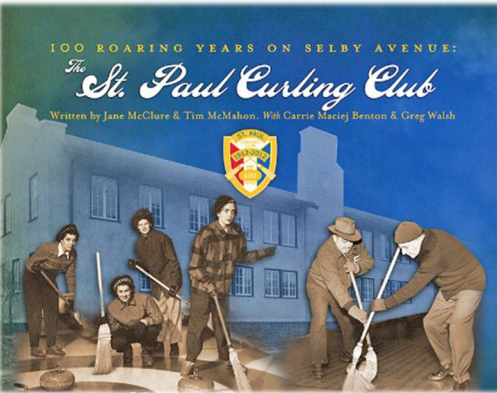
Beyond the Shaking: An Update on Parkinson's
presented by **Joan Hlas**



Joan Hlas will present a comprehensive 50-minute overview of Parkinson's disease, followed by a 10-minute Q&A session. This engaging presentation will cover the fundamentals of Parkinson's, including its symptoms and progression. Attendees will also receive valuable updates on the latest advancements in care strategies and cutting-edge research aimed at understanding and treating this complex neurological condition. Prepare for an informative session designed to enhance your knowledge and address your questions.

Joan Hlas, Manager of the Struthers Parkinson's Center, brings over two decades of invaluable experience to her role. Her tenure includes dedicated service as a social worker, offering individual support to patients and families, facilitating crucial support groups, and expertly orientating new patients. Joan's commitment extends to broader advocacy; she has presented extensively at local, regional, and national conferences, significantly enhancing education and awareness surrounding Parkinson's disease. Her contributions are further amplified through her role as faculty for the Parkinson's Foundation's Team Training Program, her service on the Center of Excellence Mentoring Task Force, and her insightful consultations on social work within Parkinson's care. In her personal time, Joan cherishes camping, puzzle games, and family time.

The History of Curling: 500 Years of Throwing Rocks at Houses
presented by **Tim McMahon**



Prepare for an insightful journey into the world of curling! This engaging presentation will meticulously trace the sport's rich Scottish heritage, exploring its fascinating evolution and eventual transplantation to the picturesque landscapes of Minnesota. We will delve into compelling narratives, highlighting the enduring legacy of curling through generations and its vibrant presence today. An interactive question and answer session will be seamlessly integrated, offering ample opportunities for engagement following the presentation.

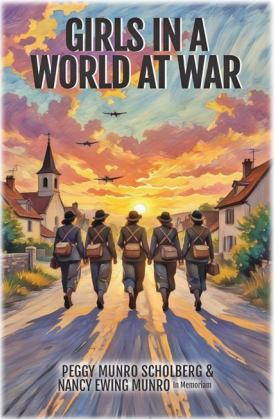
Tim McMahon boasts a rich curling legacy, deeply ingrained in his family for over six decades. His passion for the sport is further highlighted by his twenty-year tenure curling alongside his wife. McMahon is also a notable author, co-writing "100 Roaring Years on Selby Avenue: The St. Paul Curling Club." This celebrated book documents the storied history of one of the United States' most significant curling institutions, which proudly serves over 1,200 dedicated members.

Monday, October 12, 2026
11:00 a.m. — 12:00 p.m.

Women in WWII: In Her Words
presented by **Peggy Munro Scholberg**



Join Peggy as she shares compelling stories from "Girls in a World at War." This poignant book offers a firsthand account from young women who served in an Army General Hospital in France during World War II, situated close to the intense Battle of the Bulge. Their experiences were profound, including caring for survivors liberated from the Dachau concentration camp. The narrative artfully captures their journey across the Atlantic, their unique lodging in a castle, and their work alongside German prisoners of war. Enriching the journey are vivid descriptions of trips to Paris, joyous weddings, and the unforgettable celebration of Victory in Europe (VE) Day. Books will be available for purchase.



Peggy Munro Scholberg, an esteemed resident of Apple Valley, is thrilled to announce the publication of her mother's poignant World War II narrative. Originally a comprehensive manuscript of 660 pages, Peggy has painstakingly abridged this compelling account into the published work, "Girls in a World at War," ensuring her mother's remarkable story is accessible to a wider audience.

Learn Tips on How to Stay Safe in Your Home and Prevent Falls
presented by **Jess Luce**



Join us for an insightful presentation designed for older adults, their caregivers, and anyone interested in enhancing safety and well-being. Led by Jess Luce, Dakota County Public Health Supervisor, this session will delve into the critical topic of Fall Prevention. Discover why fall prevention is paramount for older adults and gain practical, actionable tips to significantly reduce your risk. You'll be empowered to learn that most falls are preventable and how simple exercises can make a profound difference in maintaining your independence and safety. Jess Luce, with his expertise in fall prevention and Dakota County's aging initiatives, will provide valuable guidance in bolstering your confidence and safety. So come along to gain the knowledge and tools you need to stay safe and active.

Jess Luce is currently a Dakota County Public Health Supervisor of the Substance Use and Prevention unit and the Communities for a Lifetime Initiative, Dakota County's aging initiative to prepare for aging communities.

Monday, October 19, 2026
9:30 a.m. — 10:30 a.m.

State Driving for Seniors
presented by **Joanie Somes**



This session addresses the physical and cognitive changes associated with aging that impact safe driving, independence, and overall quality of life. We will explore how these changes affect driving abilities and discuss strategies to mitigate them. Recognizing the "at-risk driver" and appropriate interventions will also be covered. The MN Emergency Nurses Association's resources for older driver safety will be showcased, including how to access them. Participants will learn to describe the impact of aging on driving, outline safety-promoting actions, and access valuable resources developed by MN emergency nurses. Please note: this session does not qualify for insurance discounts.

Joan Somes, PhD, RN-BC, NRP, brings 40 years of emergency department nursing experience and 48 years as an emergency care educator. Currently, she serves as a critical care educator for Regions Hospital EMS and contributes to special projects for the Minnesota Department of Health. As chair of the Minnesota Emergency Nurses Association's Quality, Safety, and Injury Prevention Committee, she has secured a statewide grant for nine consecutive years. This initiative focuses on educating the public about aging drivers, recognizing age-related changes, and exploring options for drivers or their families. Dr. Somes also edits the geriatric section of the Journal of Emergency Nursing and is a frequent presenter and author on the topic.

Signs You Are in the Middle of a Scam
presented by **Mike Pahl from Nice Guys**



Scams today are more convincing, more personal, and harder to recognize than ever before. Technology has given scammers more ways to reach us through text messages, emails, fake websites, computer pop-ups, social media, and phone calls that can look surprisingly legitimate. Artificial intelligence (AI) is making scams even more difficult to spot by helping create realistic messages, cloned voices, and highly personalized scams. In this class, we'll walk through the most common warning signs that indicate you may be in the middle of a scam before it's too late. Using real-world examples, you'll learn how scammers create urgency, exploit emotions, demand secrecy, and pressure you into acting quickly or paying in unusual ways. This class will help you trust your instincts, slow down, and know when to stop,

step back, and ask for help so you can protect yourself and your money.

Mike fell in love with technology in elementary school and discovered his passion for helping people while assisting his friends' parents with technology after school. After graduating from high school, Mike began working at the Apple Store at Mall of America. During his time there, he recognized a need for a better way for everyday consumers to receive technology support. That realization led him to leave Apple and launch Nice Guy Technology LLC in February 2011. For the past 15 years, Mike and his team at Nice Guy Technology have helped more than 3,000 clients across the Twin Cities metro area with Macs, PCs, iPhones, Android phones, iPads, printers, TVs, routers, and much more. Mike's mission is simple: everybody deserves technology that doesn't frustrate them and service that makes them feel valued.

Monday, October 19, 2026
11:00 a.m. — 12:00 p.m.

In the Footsteps of Nicollet
presented by **Jason Lee Willis**



In 1830, Professor Joseph Nicollet's midlife crisis led him to give up his career as an astronomer in France to travel to America for a journey of self-discovery. By 1839, Nicollet had traveled the prairies, woods, and rivers of Minnesota, where he became part of the fabric of the state's history. Motivated by his own midlife crisis, author Jason Lee Willis methodically followed in the footsteps of Nicollet to create a video series, a novel, and even a children's book about the eccentric Nicollet.

Jason Lee Willis is the author of over twenty novels, but for most of his adult life, he was a high school English teacher, where he taught journalism, creative writing, and mythology. Upon stepping away from teaching in 2023, he became a freelance journalist, blogger, and podcaster to experiment in various forms and genres of storytelling. Check out his website williswrites.com for a buffet of stories.

Popular Music Focused on the 60s, 70s, and 80s
presented by **"Young Once"**



"Young Once" brings the unforgettable music of the singer-songwriter era to life, celebrating the classic hits of the 1960s through the 1980s. From heartfelt ballads to feel-good favorites, their repertoire features the lyrical storytelling, rich harmonies, and memorable melodies that have stood the test of time. The name reflects the joy of revisiting the songs that remind us we were all young once. They proudly perform what they call "Timeless Music," beloved classics that continue to captivate audiences of every generation. "Young Once" creates a warm, engaging atmosphere that has guests singing along, reminiscing, and making new memories together.

Young Once is a Burnsville, Minnesota-based band united by friendship and a shared passion for the unforgettable music of the 1960s, 1970s, and 1980s. Featuring Joe Eyman, Dave Brazina, Pam Walcher, and Tom Bartoe, the group blends guitars, banjo, percussion, and rich vocal harmonies to create an engaging, interactive performance. Audiences are encouraged to sing along as they enjoy the timeless songs they know and love.

Monday, October 26, 2026
9:30 a.m. — 10:30 a.m.

Hearing Loss Today: Health, Treatment, and Technology
presented by **Dr. Madeline Osborne**



Did you know hearing loss affects more Americans than cancer or diabetes, yet most people wait years before seeking help? In this session, audiologist Dr. Madeline Osborne, will take you inside the science of hearing loss: what causes it, how to recognize the signs, and why addressing it matters far more than most people realize. You'll learn about the surprising connections between hearing loss and overall health, including memory, balance, and cognitive decline, and hear about landmark research showing that treatment can make a meaningful difference. The good news: today's hearing technology has come a long way. From hearing aids that stream directly from your phone and adapt to your environment using AI, to cochlear implants for those with more significant loss, there are more options than ever before. Whether you've noticed changes in your own hearing or are curious on behalf of someone you love, this session will leave you informed, encouraged, and ready to take the next step in support of hearing health.

Dr. Madeline Osborne is an audiologist with Midwest Hearing, a division of Midwest Ear, Nose & Throat Specialists, where she primarily serves patients at the Vadnais Heights and Lakeville clinics. She earned her Doctor of Audiology and Master of Arts degrees from the University of Minnesota – Twin Cities and holds the Certificate of Clinical Competence in Audiology (CCC-A) from the American Speech-Language-Hearing Association. Dr. Osborne is a member of the American Academy of Audiology, the Academy of Doctors of Audiology, and the Minnesota Academy of Audiology. She is passionate about helping patients and families navigate hearing loss with empathy and expertise.

Our Voting Rights
presented by **Frank Sachs**



Believe it or not, how regular people voted was not something the Founding Fathers thought much about or planned for when writing the Constitution, or when they added the Bill of Rights. As a result voting in America has not always been straight forward, nor is its impact always clear. This presentation addresses how the process of voting was originally conducted, who it was intended for, how it evolved and expanded over time, and where it might be headed in the future. And just what is "Ranked Choice Voting?"

Frank Sachs is a retired twin cities educator with a BS in American History and a MS in Guidance and Counseling. He has taught in college, and both public and private schools for 45 years. The last 37 were at the Blake School in Minneapolis where he was Director of College Counseling while teaching in the Social Studies department. Frank retired from Blake in 2019 and is now serves as Faculty Emeritus.

Monday, October 26, 2026
11:00 a.m. — 12:00 p.m.

The Art of Lutherie
presented by **Ben Manning**



Join us for a fascinating talk by Ben Manning, a seasoned luthier with a rich history in crafting musical instruments. Ben will share his journey, beginning with his early explorations of dulcimer creation in the 1960s. He'll elaborate on the meticulous training and dedication required to master the art of lutherie, highlighting the precision and skill that goes into every instrument. The presentation will culminate in a captivating overview and demonstration of some of his remarkable creations, discussing their unique significance. A selection of Ben's instruments will be available for viewing during this insightful session.

Ben Manning, a Welsh native raised near Liverpool, shares a connection to early Beatles history. His enduring Welsh accent often prompts inquiries about his origins, to which he humorously replies, "Minnesota." A dedicated Bluegrass musician since 1966, Ben has performed across England and the USA. In Minnesota, he's a familiar face with bands like Long Time Gone Bluegrass. Since retiring in 2006, Ben has focused on his passion for lutherie, specializing in mandolins and guitars. His professional-quality instruments can be explored at www.yourmando.com.

Bald Eagles
presented by **Stan Tekiela**



This presentation, developed by Stan Tekiela, masterfully showcases the captivating beauty of the Bald Eagle, our esteemed national symbol. You will undoubtedly understand Stan's assertion that a "bad picture" of this magnificent bird is virtually impossible. The program is replete with hundreds of Stan's finest eagle photographs, offering both an engaging and educational experience. Prepare to be inspired and eager to learn more about these remarkable creatures. Witness the Bald Eagle's breathtaking aerial prowess as they elegantly twist, spin, and cartwheel through the Alaskan sky, their focus unwavering. Stan Tekiela skillfully brings these extraordinary moments to life, delving into the behavior, habitat, and intriguing etymology of the Bald Eagle, truly embodying the spirit of North America's iconic raptor.

Stan Tekiela stands as a pioneering figure in nature education, renowned for originating the widely embraced series of state-specific field guides. For more than thirty years, his prolific output has included over 130 meticulously crafted field guides, engaging nature appreciation books, and informative wildlife audio CDs. His

extensive work covers nearly every state, making him a leading authority in accessible nature identification and appreciation across the nation.

ATTENDING SALT MADE EASY: WALK RIGHT IN

**Location: Grace Lutheran Church
7800 West County Road 42, Apple Valley, MN 55124**

**Doors open at 8:30 a.m.
Presentations start promptly at 9:30 a.m.**

The schedule will look like this:

- **9:30-10:30 a.m.:** first two programs (one in the worship space, one in the hall)
- **10:30-11:00 a.m.:** coffee/cookie break in the lobby and in the narthex
- **11:00 a.m.-12:00 p.m.:** second two programs (one in the worship space, one in the hall)

**Presentations: \$10.00 per person per Monday
(Pay with cash or checks made out to 'Seniors Learning Together')**

The \$10.00 includes one presentation at 9:30 a.m. and one presentation at 11:00 a.m.
You pay only on the day you come. No pre-registration!

**Option to SAVE \$\$: Buy three, get one FREE!
Season Pass: \$30 per person for all four Mondays in fall.**

We are again offering a "Season Pass" for this Fall SALT season for \$30 per person, which covers all four Fall 2026 Mondays. You purchase the Fall 2026 "Season Pass" at the first session on Monday, October 5, 2026, for \$30/person, and you are good to go for the following three Mondays, October 12, 19, and 26. (Payment with cash or checks made out to 'Seniors Learning Together.' No refunds for missed sessions). BUY THREE . . . GET ONE FREE!

SO SIMPLE, SO EFFICIENT!

No worries about long check-in lines: we will have many tables staffed with friendly, competent SALT team members greeting and directing you, checking you in!

After check-in, you may immediately proceed to the location of the presentation you are attending. Both locations, the worship space and the hall, will be open for you to enter and take your seats. Presentations start promptly at 9:30 a.m. We ask that you arrive at least 30 minutes beforehand to allow for check-in. Keep in mind that you can check in starting at 8:30 a.m.

SALT is a wonderful program of enrichment learning made fun! Our presentations are offered to you in an enjoyable format. There are no questions to answer or tests to take. With continued involvement from active adults, we are able to offer you the very best programs available.

Should you have any questions regarding the SALT program and/or the check-in process, call Marianne at (952) 698-1714 or email marianne.brass@risensavior.org.

Give SALT a try. You will be glad you came!

SALT

A Look at Seniors Learning Together, Inc.

Discover the enriching opportunities offered by the SALT program, where we have proudly served our communities for 29 years by providing exceptional learning experiences for individuals aged 55 and over.

This fall, we invite you to join us for four engaging Monday mornings filled with insightful presentations from a diverse array of excellent speakers. *Please note that the SALT program will be held at: Grace Lutheran Church, located at 7800 West County Road 42, Apple Valley, MN 55124.* This location better accommodates the needs of our SALT audience, providing an enhanced and more comfortable learning environment.

Our SALT program is designed to explore and discover a multitude of topics that cater to your interests and enhance your knowledge. Each session offers a unique opportunity to delve into areas ranging from the wonders of nature and the complexities of history to the profound aspects of religion and personal testimonials. Our carefully curated lineup of speakers brings a wealth of experience and expertise, ensuring that each topic is presented with depth and clarity. Whether you are looking to expand your understanding of the world, engage in stimulating discussions, or simply enjoy the company of like-minded individuals, the SALT program is an excellent choice for your spring learning journey. The location at *Grace Lutheran Church* offers ample parking, accessible facilities, and a welcoming atmosphere, making it easier than ever to participate in our engaging sessions.

Join us as we embark on this enlightening experience, designed not only to enrich your mind but also to foster a vibrant community of learners. The SALT program promises to be a rewarding avenue for intellectual growth and social connection. *We are excited to welcome you to Grace Lutheran Church for our fall sessions and believe this venue will greatly enhance your experience.*

Please be advised that the location for the SALT program is now Grace Lutheran Church in Apple Valley. We want to emphasize that SALT is solely utilizing the facilities of Grace Lutheran Church for the purpose of hosting the program. SALT remains an independent, interfaith non-profit organization with no specific religious affiliations.

For complete, up-to-date information on the SALT sessions each Spring and Fall go to the Risen Savior website risensavior.org/salt or scan the QR code. We look forward to seeing you at our Grace Lutheran Apple Valley location!



Acknowledgements:

This program is made possible with the support of the following organizations:

All Saints Catholic Church (Lakeville), Church of the Risen Savior (Catholic, Burnsville), Easter Lutheran Church (Eagan), The Fountains at Hosanna! (Lakeville), Grace Lutheran Church (Apple Valley), Mary Mother of the Church (Catholic, Burnsville), Prince of Peace Lutheran Church (Burnsville), St. James Lutheran Church (Burnsville), St. John Neumann Catholic Church (Eagan), Shepherd of the Valley Lutheran Church (Apple Valley), The Well (Rosemount),

and with additional generous donations from the Burnsville-Savage Lions Club.

To our participants: You are our best ambassadors! Help us continue to provide quality programs. Invite your friends to join us. Thank you!