

LOIS E. MARSHALL INSTITUTE FOR LEARNING IN RETIREMENT  
AT BERGEN COMMUNITY COLLEGE

Keep Learning

Fall 2021 - The Division of Continuing Education and Workforce Development

## NOTE FROM PROGRAM STAFF

Greetings Students!

Thank you for your continued interest in the Institute for Learning in Retirement (ILR) and we hope you'll join us for the Fall 2021 semester!

Come explore rich, academic and cultural topics in-person and online.

Courses will continue to be facilitated by dedicated volunteer instructors who are passionate about the content they share with you.

Registration begins online, on September 22<sup>nd</sup>

If you are interested in teaching a topic, please call the ILR office at 201-447-7156, or send us an eMail at [ilr@bergen.edu](mailto:ilr@bergen.edu)

Cinzia D'lorio, Dean  
Scott Cohen, Program Supervisor  
Beverly Miller, Secretary

## NOTES

- For online courses we recommend these minimum computing requirements:
- A reliable internet connection.
- A laptop with a built-in webcam and microphone or a smartphone or tablet.
- An internet browser (Google Chrome, or Mozilla Firefox)
- Please log in to your class session 10 minutes in advance to address any connection needs.
- Since space is limited, it is important that you register only for courses you will be able to attend.
- The ILR does not issue refunds .
- Canceling your credit card payment through your credit card company will result in a \$35.00 processing fee from the ILR. Failure to pay the fee will result in delayed registration.



## ILR REGISTRATION

**Enroll Today! Visit [ilr.bergen.edu/courses](http://ilr.bergen.edu/courses)**

If you are a returning ILR student, please use your current User Name (your email) and Password to log in.

If you have trouble logging in, please contact our office at [ilr@bergen.edu](mailto:ilr@bergen.edu)

The Fall 2021 Semester Membership fee is \$125.00 and you can choose up to **6 courses**.

### Course Dates

The ILR is in session on days that the College as a whole is open. Some of these days are holidays.

Please check your calendars for holidays, family events, and conflicts in your schedule before choosing your courses each semester. Once your course dates are set, it is difficult to change them. Please use your best discretion when selecting your courses.

## MONDAY Course Offerings

### *The Greatness of*

#### *Alec Guinness*

**IR-109-001WB**

It is unfortunate that Sir Alec Guinness may forever be tied to "Star Wars", and secondly to "Bridge Over the River Kwai" as most remembered of his films. Between 1949 and 1960 Sir Alec changed forever the meaning of British comedy with a series of blockbuster comedies and some extremely serious films: "Kind Hearts and Coronets", "The Lavender Hill Mob", "The Man in the White Suit", "The Last Holiday (serious)", "The Ladykillers".

**Mondays:** 10/11, 10/18, 10/25, 11/1, 11/8

**Time:** 1:30 - 3:30 p.m.

**Instructor:** Theo Solomon, BCC Faculty

**Location:** Online

### *The Criminal Justice System in Film*

**IR-906-001WB**

This course will consist of a review of some of the more outstanding films related to criminal justice. From the satiric "And Justice For All", the courtroom dramas of "Runaway Jury", "The Color Webster" to an outright comedy "The Amazing Dr. Clitterhouse starring Edward G. Robinson.

**Mondays:** 11/15, 11/22, 11/29, 12/6

**Time:** 1:30 - 3:30 p.m.

**Instructor:** Theo Solomon, BCC Faculty

**Location:** Online

### *A Mix of History and Politics*

**IR-810-001**

Talks on George Washington, Huey Long, Paul Robeson, and Branch Rickey.

**Mondays:** 10/25, 11/1, 11/8, 11/15

**Time:** 1:00 - 2:00 p.m.

**Instructor:** Richard Burnon

**Location:** Paramus

### *Born Under Saturn: The Temperament*

#### *of the Creative Genius*

**IR-108-001WB**

For centuries, the creative temperament of the artist has been one associated with many personal challenges. The artist was considered to have been born under the influence of Saturn, which afforded them an abundance of creativity and inspiration, but burdened them with personalities that were prone to melancholy, eccentricity, self-destruction and other disorders that were, in an era before modern psychology, broadly categorized as "madness". With a heavy concentration from the Renaissance to Romanticism, this course will examine a number of case studies, including Jacopo Pontormo, Caravaggio, and Francisco Goya. Rather than any futile attempt to diagnose the artists of the past, we will look at their recorded biographies alongside their art, and consider whether their temperaments contributed to the creation of masterpieces.

**Mondays:** 10/11, 10/18, 10/25, 11/1

**Time:** 2:00 - 3:15 p.m.

**Instructor:** Denise Budd

**Location:** Online

## TUESDAY Course Offerings

### *Introduction To*

#### *Digital Photography*

**IR-437-001WB**

This course is for those who have a basic knowledge of the fundamentals of digital camera operation. You'll learn the concepts of exposure, depth of field, lighting, and composition to improve your photographs, including pictures of family and friends. You'll also learn how to download, organize, and get your images printed. If all this sounds complicated, don't worry, we'll keep it simple. Please have your camera and user's manual available.

**Tuesdays:** 10/12, 10/19, 10/26, 11/2

**Time:** 10:00 - 11:30 a.m.

**Instructor:** Ray Turkin

**Location:** Online

### *More Topics in French Life:*

#### *Fashion, Food, Education & Architecture*

**IR-788-001WB**

Learn about aspects of French culture that define French life. We will explore the history of 'haute couture' which has influenced American style for centuries, the cuisine of various regions of France which you encounter on menus everywhere, the national educational system which is so very different from our own, and the best known structures in France.

**Tuesdays:** 11/2, 11/9, 11/16, 11/23

**Time:** 10:30 - 11:45 a.m.

**Instructor:** Ronnie Friedman

**Location:** Online

### *African-American Women Writers*

#### *of the 21<sup>st</sup> Century*

**IR-112-001WB**

We will read and discuss different types of literature written by influential African-American women. We will start with "Caste: The Origins of Our Discontents" by Isabel Wilkerson. Other books are "Another Brooklyn" by Jacqueline Woodson, "The Hate U Give" by Angie Thomas, "An American Marriage" by Tayari Jones and "Becoming" by Michelle Obama.

**Tuesdays:** 10/26, 11/2, 11/9, 11/16, 12/7

**Time:** 1:00 - 2:30 p.m.

**Instructor:** Emily Ginder

**Location:** Online

### *Putting Genes In Your*

#### *Genealogy*

**IR-724-001WB**

More people are using DNA testing as part of their genealogical research. This course focuses on the basics; why you might want to use DNA testing, which DNA tests and companies to use, how to interpret your DNA results, and what to do next. Prerequisites: Students should be familiar and experienced with basic genealogy resources, family research methodology and comfortable navigating websites on the Internet. This course is sponsored by the Genealogical Society of Bergen County.

**Tuesdays:** 10/12, 10/19, 10/26, 11/9, 11/16

**Time:** 12:30 - 2:30 p.m.

**Instructor:** Fred Voss

**Location:** Online

**TUESDAY Course Offerings cont'd*****Hamilton Returns to Broadway - This Fall 2021!* IR-811-001**

Today, Hamilton, a ground-breaking musical featuring Black and Latino actors playing the founding fathers is the hottest ticket on Broadway. Hamilton, who as an immigrant became the first Secretary of the Treasury and founded the U.S. financial system, died at the hands of Vice President Aaron Burr upon the dueling grounds in Weehawken, NJ. The course features music from the Broadway production tied together with the history behind each song.

**Tuesdays:** 10/12, 10/19, 10/26, 11/2

**Time:** 1:00 - 2:30 p.m.

**Instructor:** Rick Feingold

**Location:** Paramus

***Current topics in the Environment* IR-521-001**

Come discuss current topics dealing with the environmental issues such as energy, pollution, climate change, sustainability, and more!

**Tuesday:** 10/19

**Time:** 1:30 - 3:00 p.m.

**Instructor:** Robert Dill

**Location:** Paramus

***Diamond Dot Painting* IR-908-001**

Diamond dot painting is a new craft hobby that is a mix between paint-by-numbers and cross-stitch. When diamond painting, you apply tiny resin "diamonds" attached to a stick, to a coded adhesive canvas to create shimmering "diamond art." It is becoming popular because you can be "artistic" without having any art or craft background. It also minimizes stress and anxiety, stimulates creativity, and is a relaxing activity to do by yourself or with friends. The results are beautiful enough to hang on the wall!

All supplies will be available for you to complete a small finished product while in class.

Supply cost = \$2.00

**Tuesdays:** 10/12, 10/19, 10/26

**Time:** 2:30 - 4:00 p.m.

**Instructor:** Maureen Smith

**Location:** Paramus

**WEDNESDAY Course Offerings*****American Artists of the 18<sup>th</sup> and 19<sup>th</sup> Centuries* IR-110-001WB**

We will explore the lives and times and study the paintings of American artists from the 18<sup>th</sup> and 19<sup>th</sup> centuries. The painters studied will be: Copley, Stuart, Peale, Cole, Heade, Church, Bierstadt, Moran, Whistler, Eakins, Home and Sargent.

**Wednesdays:** 10/6, 10/13, 10/20, 10/27, 11/3, 11/10

**Time:** 11:00 a.m. - 12:00 p.m.

**Instructor:** Sandra Martin

**Location:** Online

***Financial Planning in Retirement* IR-860-001**

Most people look at retirement as the 'finish line.' In reality, it is a new phase in your financial life which can span as long as your working years. Retirement typically presents more questions than answers. What will be my medical expenses? Who will make decisions on my behalf if I have diminished financial capacity? What are my insurance needs? Most importantly, will I outlive my retirement assets? This course analyzes many aspects of financial planning including, investment management, insurance planning, tax planning, and estate planning. The objective of this course is to help retirees navigate through the uncertainty of retirement and plan accordingly.

**Wednesday:** 10/6

**Time:** 12:00 - 1:30 p.m.

**Instructor:** Alex Macchio

**Location:** Paramus

***EGYPT: See the Pyramids Along the Nile and Much More!* IR-114-001WB**

We'll arrive at Cairo and spend some time at the pyramids, mentioned in the Connie Francis song. The pyramids are estimated to date to about 2500 BC. Then off to Luxor and the Valley of the Kings and the Karnak Temple. Next down the Nile is Aswan and Kom Ombo Temple, Lake Nasser and Abu Simbel as well as many other ancient sites. We'll see these places through the instructor's photos and comments.

**Wednesday:** 11/10

**Time:** 12:30 - 2:30 p.m.

**Instructor:** Marvin Rothenberg

**Location:** Online

***Contemporary Issues in French et Plus!* IR-234-001WB**

Parlez-vous français? Un peu? Comme ci comme ça?! If you already know basic French vocabulary and grammar, use it to give and get information! Classes are conducted mostly 'en français' for an authentic experience. Students are encouraged to practice the language in a warm friendly setting.

**Wednesdays:** 10/6, 10/13, 10/20, 10/27, 11/3, 11/10, 11/7, 12/1

**Time:** 3:00 - 4:30 p.m.

**Instructor:** Virginia Rauch

**Location:** Online



## THURSDAY Course Offerings

**Watercolors For All** **IR-619-001**

This course is designed for anyone with a reasonably good understanding of how to handle watercolor techniques. Discussions and demonstrations provide students with unlimited information regarding color mixing, wet on wet painting, dry brush and much more. Students are responsible for their own supplies. Supplies needed are: watercolor set, watercolor pad, 8X10 or 9X12 rough paper, mixing tray, brushes: round #10, #8, flat #1/2, rigger brush (long haired brush).

**Thursdays:** 10/7, 10/14, 10/21, 10/28, 11/4, 11/11, 11/18, 12/2, 12/9

**Time:** 10:00 a.m. - 12:00 p.m.

**Instructor:** Barry Shiff

**Location:** Paramus

**Introduction of Falun Dafa -  
An Ancient Chinese Mind and  
Body Practice** **IR-740-001**

Introduction of Falun Dafa - An Ancient Chinese Mind and Body Practice Falun Dafa (also known as Falun Gong) is a powerful mind and body practice that was revealed to the public in 1992 and spread to 100+ countries around the globe. This course will offer a brief introduction of Falun Dafa and its characteristics, and help students learn the five sets of meditation exercises. The course has three sessions: I. Introduction, Exercise 1 and 2, II. Exercise 3 and 4 + Review exercises 1 and 2, and III. Exercise 5 + Review all 5 sets of exercises. Please prepare a sitting mat for the third session. This program is provided by NJ Falun Dafa Association, a non-profit organization that provides activities, advocacy and health education to the public.

**Thursdays:** 10/14, 10/21, 10/28

**Time:** 10:00 - 11:30 a.m.

**Instructor:** Jan Cao

**Location:** Paramus

**U.S. Diplomacy II: Spanish-American War  
to Pearl Harbor** **IR-111-001**

Many historians consider the Spanish-American War the formal U.S. debut on the international stage, the first loosening of the nation's 100-year isolationist policy. Forty-three years later, the Japanese sneak attack on Pearl Harbor moved the U.S. to the center of the international stage. This course is a follow-up to last Spring's review of U.S. diplomacy from the Revolution to the Spanish War. We will examine the results and consequences of that shift, including the Boxer Rebellion; the Panama Canal question and the Mexican upheavals; nation's response to the outbreak of The Great War and the isolationist controversies of the 1920s and 1930s.

**Thursdays:** 10/21, 10/28, 11/4, 11/11, 11/18, 12/2

**Time:** 10:30 a.m. - 12:30 p.m.

**Instructor:** James Devine

**Location:** Paramus

**Retiree's Guide to  
Financial Fitness** **IR-393-001WB**

The goal of this course is to educate our students on the most pivotal topics in retirement. We discuss inflation, longevity, asset allocation, excess withdrawals, and how to invest money based on different retirement goals and objectives. We also discuss how to add additional guaranteed income to supplement social security, pensions, and other guaranteed investments. We'll cover innovative inheritance techniques such as Roth conversions. The instructor has been teaching this course for over 20 years and is a Financial Planner.

**Thursday:** 10/7

**Time:** 1:00 - 2:00 p.m.

**Instructor:** Dave Chepauskas

**Location:** Online

**Sketching For All** **IR-676-001**

This course is designed for anyone with a reasonably good understanding of the art of sketching using pencils. **Students are responsible for their own supplies.** Supplies needed: 2H HB 2b 4b, 6b, general sketching pencils 2b, 4b, 6b, Pencils, colored pencils, art stix, kneaded eraser, sketch pad and photos to sketch.

**Thursdays:** 10/7, 10/14, 10/21, 10/28, 11/4, 11/11, 11/18, 12/2, 12/9

**Time:** 1:00 - 2:30 p.m.

**Instructor:** Barry Shiff

**Location:** Paramus

**5 US Presidents** **IR-602-001**

The impact of the following US Presidents will be discussed: George Washington, Thomas Jefferson, James Madison, Teddy Roosevelt, Harry Truman.

**Thursdays:** 10/7, 10/14, 10/21, 10/28, 11/4

**Time:** 1:00 - 2:00 p.m.

**Instructor:** Tom DeStefano

**Location:** Paramus

**Neurology 101** **IR 702-001**

Come join us as we explore topics in Neurology such as: Dementia, Stroke, Dizziness, Neuropathy, Carpal Tunnel Syndrome, Shingles and Bells Palsy. No prior medical knowledge necessary.

**Thursdays:** 10/7, 10/29, 11/4

**Time:** 1:00 - 2:00 p.m.

**Instructor:** Judith Lustig, MD

**Location:** Paramus

## FRIDAY Course Offerings

### *Yo Chi*

**IR-784-001WB**

Yo Chi is a fitness activity that combines the practice of Yoga with Tai Chi. The Purpose of Yo Chi is to build strength, balance, and flexibility by combining the stability of yoga poses with the mobility of Tai Chi forms. Yoga will be practiced while either seated or standing, and Tai Chi forms will be done while standing. The practice has been uniquely modified to be gentle and simple to follow, offering a successful, joyous experience for all. No prior experience in either yoga or Tai Chi is required. Participants should wear loose, comfortable clothing, and it is preferable to practice in bare or stockinged feet.

**Fridays:** 10/1, 10/8, 10/15, 10/22, 10/29, 11/5, 11/12

**Time:** 10:00 - 11:00 a.m.

**Instructor:** Rosemary Donnelly

**Location:** Online

### *The Road to the Civil War* **IR-873-001**

The roots of the Civil War can be traced back to colonial times. By the 1850s, the tensions that had long existed between North and South had heightened dramatically. After years of compromise between the two sections, why was accommodation no longer possible? Was the war the result of a failure of political leadership? Did the events of the 1850s make compromise impossible? Was the Civil War inevitable?

**Fridays:** 10/29, 11/5, 11/12

**Time:** 10:30 a.m. - 12:00 p.m.

**Instructor:** Janet DiNardo-White

**Location:** Paramus

### *Qi Radiance Healing*

**IR-907-001WB**

Experience the timeless beauty of Qigong, an ancient practice of gentle movement, breathing, and sound. Learn healing and soothing meditation. Release stress and tension, boost immunity and promote healing, by advancing the free flow of qi: the body's innate energy.

**Fridays:** 10/8, 10/15

**Time:** 1:00 - 2:00 p.m.

**Instructor:** Virginia Smith

**Location:** Online

## SATURDAY Course Offerings

### *Medicare 101*

**IR-107-001WB**

Learn about all the parts of Medicare and the best way to structure this key healthcare cost in retirement. We will review both Medicare Supplements, Medicare Advantage plans as well as the cost structure of Medicare.

**Saturday:** 10/9

**Time:** 11:00 a.m. - 12:00 p.m.

**Instructor:** Theresa Yarosh

**Location:** Online

### *The Impact of Healthcare*

**Costs in Retirement**

**IR-884-001WB**

A comprehensive overview of the impact of healthcare costs in retirement. How does Medicare impact your decision of when to take social security? What is the best way to strategically design a plan with this healthcare cost structure in mind? Bring your questions to our thoughtful discussion.

**Saturday:** 10/16

**Time:** 11:00 a.m. - 12:00 p.m.

**Instructor:** Theresa Yarosh

**Location:** Online

### *Claiming Social Security* **IR-113-001WB**

Learn the various strategies behind Social Security claiming. This will be an eye opening course for those looking into claiming their Social Security income. This course will have a special focus on the impact of healthcare costs as a result of Medicare.

**Saturday:** 11/6

**Time:** 11:00 a.m. - 12:00 p.m.

**Instructor:** Theresa Yarosh

**Location:** Online

## FALL 2021 DATES TO REMEMBER

September 22 <sup>nd</sup> .....	Registration Opens	October 6 <sup>th</sup> .....	Courses Begin
October 4 <sup>th</sup> .....	Registration Closes	November 25-26 .....	College Closed

*Save The Date: Spring Registration Opens February 16, 2022*



The ILR is a program of the Division of Continuing Education and Workforce Development  
For all Continuing Education Course Offerings please visit us at: <https://ce.bergen.edu>

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