



**Lois E. Marshall**  
**INSTITUTE for**  
**LEARNING in**  
**RETIREMENT**  
**SPRING SEMESTER 2023**



✓ LITERATURE

✓ HISTORY

✓ CURRENT EVENTS

✓ SCIENCE

✓ CHOIR

✓ PERSONAL FINANCE

✓ PHOTOGRAPHY

✓ STUDIO ART

✓ YOGA & MORE

**SPRING 2023 - THE DIVISION OF CONTINUING EDUCATION AND WORKFORCE DEVELOPMENT**

## NOTE FROM PROGRAM STAFF

### Greetings Students!

Thank you for your continued interest in the Lois E. Marshall Institute for Learning in Retirement (ILR). Come explore a rich and diverse selection of courses. We have both in-person and online courses available to meet the needs of our students. We hope you'll join us for the ILR's Spring 2023 Semester!

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

Registration begins on February 15, 2023. After purchasing a spring semester membership for \$125.00, students can register online, over the phone or in-person for up to five courses of their choosing.

If you are interested in volunteering to teach for the ILR please call the ILR office at (201) 447-7156 or send us an email at [ilr@bergen.edu](mailto:ilr@bergen.edu).

Cinzia D'Iorio, Executive Director

Mary Kate O'Toole-Mellow, Program Supervisor

Dolores Hunt, Coordinator

Beverly Miller, Secretary

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## CONTACT US

### Institute for Learning in Retirement

Main Number: (201) 447-7156

General Email: [ilr@bergen.edu](mailto:ilr@bergen.edu)

Website: [ilr.bergen.edu](http://ilr.bergen.edu)

The Technology Building, TEC115, Paramus campus

### Mary Kate Mellow, Program Supervisor

[motoole-mellow@bergen.edu](mailto:motoole-mellow@bergen.edu)

(201) 879-3571

### Beverly Miller, Secretary

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(201) 447-7156

## About the Institute for Learning in Retirement

The Lois E. Marshall Institute for Learning in Retirement (ILR) at Bergen Community College serves the intellectual and social needs of a vibrant community of lifelong learners. Our members have a thirst for learning and intellectual stimulation. Membership is open to all persons, 55 years and older. Current members come from a wide range of experiences and backgrounds. There are no educational prerequisites, no exams, and no grades. Courses are taught by members and experts from the larger community who volunteer their time to share their passions and knowledge. Each semester's offerings cover a broad range of topics.

**One fee of \$125.00 per semester, entitles members to attend up to five (5) courses.**

### Why You Should Join

- To become part of a community created specifically to meet the lifelong educational interests and needs of mature adults.
- To have social interaction with other ILR members during classes and other organizational activities.
- To enjoy classes and activities in a diverse and multi-generational college campus setting.
- To have access and borrowing privileges at Bergen Community College Sidney Silverman Library.
- To be able to use the Paramus campus Fitness Center and pool during scheduled free-time hours.

### ILR Instructors - Volunteer to Teach

Each semester we look to grow our course offerings. Should you want to volunteer to teach a course, please send your ideas to [ilr@bergen.edu](mailto:ilr@bergen.edu). Please note, ILR Instructors are entitled to free membership during the semester they are teaching.



### Benefits of Membership

#### Cafeteria

BCC Campus Dining (Pitkin Building, 2nd Floor) is open Monday to Thursday 7:30 a.m. to 6:00 p.m.; Friday 7:30 a.m. to 3:00 p.m. Starbucks is located in the Student Center (Pitkin Building) and is open weekdays 7:30 a.m. to 3:00 p.m. Hours vary during holidays and breaks.

#### Dental Hygiene Clinic

This on-campus program is open to ILR members with a Student ID card. Call (201) 447-7180 for an appointment. There is a minimal charge for this service.

#### Paramus Campus Fitness Center (S-128) and Swimming Pool

ILR members may use the facilities during scheduled free-time hours (which may vary throughout the year). Members should call the Bergen Community College's main number at 201-447-7100 to confirm hours of operation.

Fitness Center Schedule and Medical Release forms are available in the Office of Health Service room HS 100 Pitkin. You must complete a Medical Release form and return it to room HS 100 to receive a medical card before you can use the facilities. You must also present your Student ID card.

#### Sidney Silverman Library

ILR members have access and borrowing privileges at Bergen Community College Sidney Silverman Library by presenting their Student ID card at the desk.

#### Location

The ILR office is in The Technology Building, TEC115, on the Paramus campus. ILR courses are held in various classrooms on the Paramus campus.

**Email [ilr@bergen.edu](mailto:ilr@bergen.edu) to sign up for the ILR email list.**

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



## ILR Registration Information

### Registration for the Spring 2023 semester starts February 15, 2023!

The ILR Spring Semester 2023 begins Monday, February 27 and ends Thursday, June 1. The ILR will not hold class on April 5-7 or May 29. The ILR offers a wide array of workshops and courses, of various lengths, with offerings both in-person and online.

**Important Notice: ILR courses start and end at various times during the semester. You do not have to be present for the entire semester to participate in the ILR.**

#### Register

**Online:** Visit [ilr.bergen.edu/courses](http://ilr.bergen.edu/courses) to register online.

**By Phone:** Call the ILR at (201) 447-7156.

**In-Person:** Visit the ILR office TEC-115 located in The Technology Building on the Paramus campus.

#### Enroll

Before enrolling in courses, students purchase an ILR membership for the semester. Memberships are purchased during registration. For schedule changes contact the ILR.

#### Returning Students

If you are a returning ILR student, use your current username (your email) and password to log in for Registration. For help resetting forgotten passwords visit <https://bergen.edu/portalhelp/> or contact the HelpDesk at (201) 879-7109.

To update your contact information contact the ILR at [ilr@bergen.edu](mailto:ilr@bergen.edu).

#### Cost

ILR Membership is \$125.00 for one semester and entitles you to register for and attend five (5) courses per semester. The ILR runs both a fall and spring semester. The ILR accepts new members at any time during the semester but does not prorate fees.

#### Payment

Payment is by credit card.

**\*\*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.**

#### Refund Policy

The ILR does not issue refunds.

#### Online Classes

Online classes are through Webex. Before your first class you will receive a link to log on. This will be the same link for every class. Log into your class 10 minutes in advance to address any connection needs.

For assistance with Webex reach out to the HelpDesk Media Technology Department at (201) 879-7109, ext. 3.

Minimum computing requirements for online classes:

- A reliable internet connection
- A laptop with a built-in webcam and microphone or a smartphone or table
- An internet browser (Google Chrome, or Mozilla Firefox)

To learn more visit:

<https://bergen.edu/online/getting-started-with-online-courses>.

#### Classroom Locations

Your classroom location and parking tips will be emailed to you before the start of your first class. You will be notified of any changes to your classes by email or by phone. The ILR phone recording at (201) 447-7156 will also have updates.

**BERGEN COMMUNITY COLLEGE**



**Join a vibrant community of lifelong learners ages 55+ at the Institute for Learning in Retirement.**



Division of Continuing Education and Workforce Development

[ilr.bergen.edu](http://ilr.bergen.edu)

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

## General Information and Policies

### BCC Policies

For BCC General Information, Student Code of Contact and Sexual Harassment Policy, and Drug Free Workplace Act, please visit <https://bergen.edu/ce/general-information-and-policies>

### Directions and Paramus Campus Map

Bergen Community College

400 Paramus Road

Paramus, New Jersey 07652

Visit this BCC webpage:

<https://bergen.edu/about-us/locations/paramus>

### Public Transportation & Bergen Community College inter-campus Shuttle (BCC Shuttle)

NJ Transit: Buses run regularly to campus. Check [www.njtransit.com](http://www.njtransit.com) for schedules and to verify they stop on Campus.

### Parking

Park in student parking only. Most classes on the Paramus Campus are accessible from Parking Lot B. If you have a class in the Evergreen building, you can park in the parking lot right in front of this building.

### Emergency Closings

In the event that the College will be closed or have a delayed opening, official notification is available from the following service:

### BCC Emergency Notification System

- Register at
- <https://bergen.sendwordnow.com/HomePage.aspx>  
BCC website: <https://bergen.edu>
- Call the College's main telephone number (201)447-7100
- Log on to [www.1010wins.com](http://www.1010wins.com) to sign up for email notifications of college closings.
- Listen to radio stations: WCBS/880, WOR/710, 1010 Wins, WVNJ 1160.
- Watch News 12 NJ TV Cablevision

### Student ID Card

Student ID cards are not required to attend ILR classes. All members who do not have a student ID Card and would like to receive one need to obtain a Student ID Number from the ILR, then stop by the Public Safety Department located in the Pitkin Building, first floor, room L-154. Student ID cards for ILR members cannot be applied for online. They must be done in person at Public Safety Department.

### ILR Photography/Video Policy for Members

**NOTICE:** While on the grounds of any Bergen Community College location, you may be photographed or videotaped. Your presence at the college will serve as a voluntary grant to Bergen of the right to photograph your image and to own, license, assign and/or use the same (and/or any portion thereof) forever and throughout the world in any manner and/media including, without limitation, in programming and the advertisement and promotion thereof.

You will not receive any payment for such use and waive any right to bring any action in law or equity against the college and its past, present, and future officers, agents, representatives, employees, successors and assigns for such use.

If you do not agree to the above terms and do not wish to be photographed/taped, please remove yourself from areas where photography/videotaping are taking place.

## Week-at-a-Glance IN-PERSON Courses (Page 1 of 2)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>IR-640</b> <b>Discovery Series: Ellis Island, Jersey Shore, Old Croton Aqueduct</b> 3/6, 3/13, 3/27 10:00 - 11:30 a.m. <i>Mario Medici</i>	<b>IR-956</b> <b>Native American History</b> 2/28, 3/7, 3/14, 3/21, 4/4, 4/11, 4/18, 4/25, 5/2, 5/9 11:00 a.m. - 12:30 p.m. <i>Emily Ginder</i>	<b>IR-939</b> <b>Senior Balance Yoga</b> 3/15, 3/22, 3/29, 4/12 10:00 - 10:45 a.m. <i>Rennie Ackerman</i>	<b>IR-619</b> <b>Watercolors For All</b> 3/2, 3/9, 3/16, 3/23, 3/30, 4/13, 4/20, 4/27, 5/4, 5/11 10:00 a.m. - 12:00 p.m. <i>Barry Shiff</i>	<b>IR-961</b> <b>How the West Was Won</b> 3/3, 3/10, 3/17, 3/24 10:30 a.m. - 12:00 p.m. <i>Janet Dinardo-White</i>
<b>IR-948</b> <b>US Space Program History, Apollo Soyuz, John Glenn, Apollo 15/Lunar Rover</b> 4/10, 4/17, 4/24 10:00 a.m. - 12:00 p.m. <i>Joe Lennox</i>	<b>IR-930</b> <b>Photography Potpourri: "What does this button do? And what to do after you know!"</b> 4/4, 4/11, 4/18, 4/25, 5/2 12:00 - 1:30 p.m. <i>Harmon Kaplan</i>	<b>IR-958</b> <b>Story of American Steel: Andrew Carnegie, Charles M. Schwab, Sparrows Point Legacy</b> 3/1, 3/8, 3/15, 3/22, 3/29 11:00 a.m. - 12:30 p.m. <i>Rick Feingold</i>	<b>IR-960</b> <b>RMN: Road to Resignation</b> 3/9, 3/16, 3/23, 3/30, 4/13, 4/20, 4/27, 5/4, 5/11, 5/18, 5/25, 6/1 10:30 a.m. - 12:30 p.m. <i>Jim Devine</i>	<b>IR-919</b> <b>Impact of Healthcare and Claiming Social Security Costs in Retirement</b> 3/3, 3/10, 3/17, 3/24, 3/31, 4/14 12:30 - 1:30 p.m. <i>Theresa J. Yarosh</i>
<b>IR-964</b> <b>America's Funny Ladies: Fanny Brice, Molly Picon, Gilda Radner, Joan Rivers</b> 4/3, 4/10, 4/17, 4/24 1:00 - 2:30 p.m. <i>Dick Burnon</i>	<b>IR-955</b> <b>Great Religions of the World</b> 3/21, 3/28, 4/4, 4/11, 4/18 1:00 - 2:30 p.m. <i>Gloria B. Thomas</i>	<b>IR-929</b> <b>Fall in Love with Poetry</b> 4/12, 4/19, 4/26, 5/3, 5/10, 5/17 1:00 - 2:30 p.m. <i>Laura Freedgood</i>	<b>IR-970</b> <b>Film Program 1 - Conspiracy Theories</b> 3/2, 3/9, 3/16, 3/23, 3/30 11:00 a.m. - 1:00 p.m. <i>Theo Solomon</i>	<b>IR-954</b> <b>Lively Discussions on "Lessons from the Light"</b> 3/3, 3/10, 3/24, 3/31, 4/14, 4/21, 4/28, 5/5 1:45 - 3:00 p.m. (4/28, 5/5) end 3:45 p.m. <i>Rachel Wieland</i>
	<b>IR-521</b> <b>Current Topics in Biology and the Environment</b> 2/28, 3/7, 3/21, 3/28 2:00 - 3:00 p.m. <i>Robert Dill</i>	<b>IR-963</b> <b>Caring Clowns</b> 3/22, 3/29, 4/12, 4/19, 4/26, 5/3 2:00 - 3:00 p.m. <i>Helene Kotzker</i>	<b>IR-957</b> <b>Current Events Club</b> 3/2, 3/9, 3/16, 3/23, 3/30 1:00 - 2:00 p.m. <i>Herman Lindenbaum</i>	<b>IR-806 Write Away!</b> 4/21, 4/28, 5/5, 5/12 11:00 am - 12:30 p.m. <i>Mary Blehl Walsh</i>
	<b>IR-959</b> <b>Poetry: A Generative Workshop to Get You Writing</b> 2/28, 3/7, 3/28, and 4/4 5:00 - 6:00 pm. <i>John Findura</i>	<b>IR-921</b> <b>Neurology 202</b> 3/1, 3/15, 3/22, 3/29 2:30 - 4:00 p.m. <i>Judith Lustig</i>	<b>IR-911</b> <b>Mindfulness: Theories and Practice</b> 3/23, 3/30, 4/13, 4/20 2:15 - 3:15 p.m. <i>Peter Dlugos</i>	

Courses organized loosely by start date and time.

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# Week-at-a-Glance IN-PERSON Courses (Page 2 of 2)

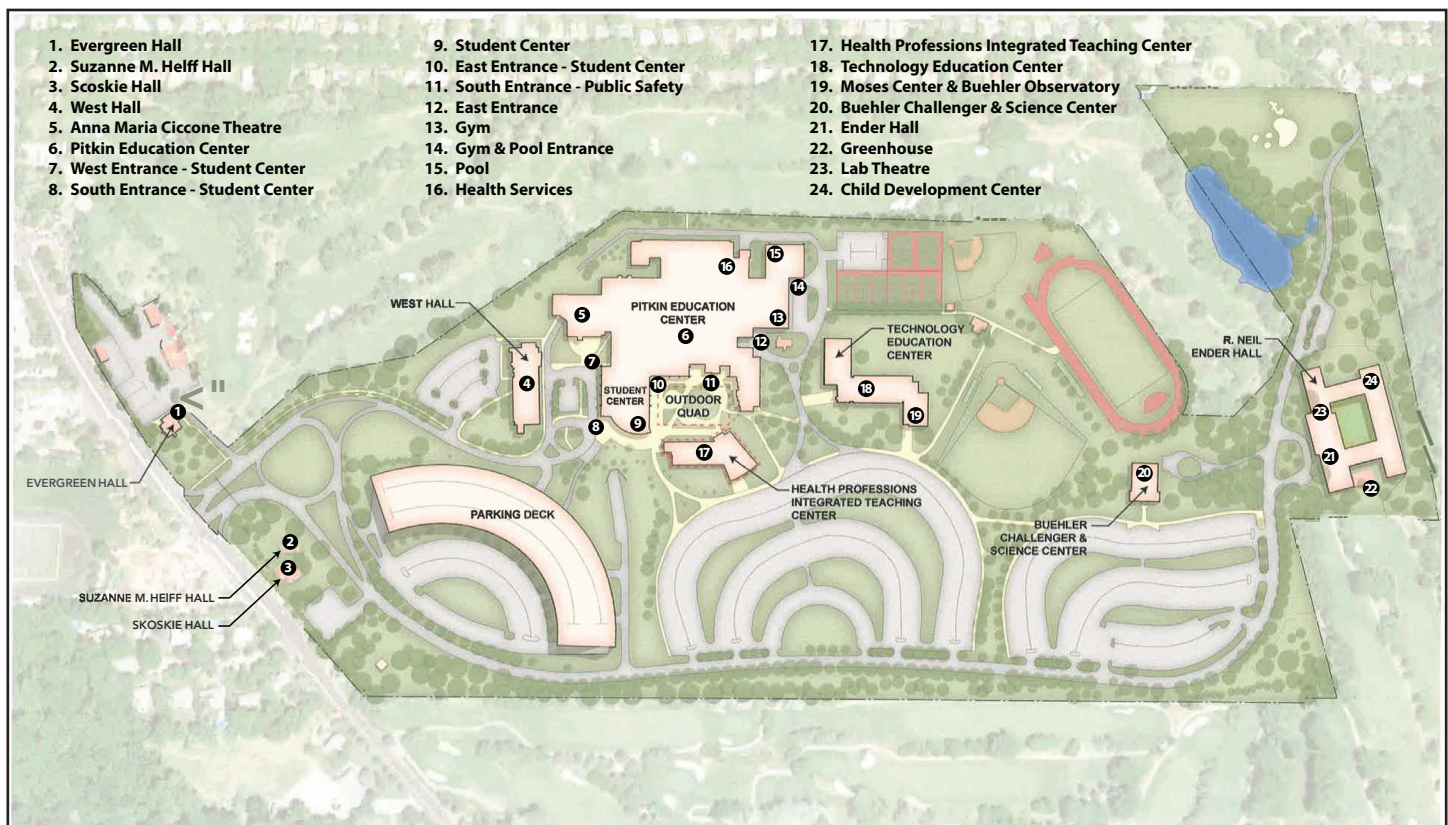
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>IR-962</b> <b>Concussion &amp; Brain Injury:</b> <b>A Silent Epidemic</b> 5/9, 5/23 10:00 - 11:00 a.m. <i>Rachel Ishak</i>	<b>IR-088</b> <b>AARP Smart Driver Course</b> (Sign up for one date. Extra cost for this course.) 3/ 29, 4/26, 5/10 10:00 a.m. - 4:30 p.m. <i>Frank Biamonte</i>	<b>IR-971</b> <b>Film Program 2 - Great Beginnings, Middles, Endings and Effects Without Computers</b> 4/13, 4/20, 4/27, 5/4, 5/11 11:00 a.m. - 1:00 p.m. <i>Theo Solomon</i>	
			<b>IR-969</b> <b>Financial Markets: Stocks, Bonds, Alternatives and Cash</b> 4/20, 4/27, 5/4 12:00 - 1:30 p.m. <i>Traphagen CPAs &amp; Wealth Advisors</i>	
	<b>IR-952</b> <b>Private Journey: Understanding Incontinence &amp; Bladder Retraining</b> May 2 1:00 - 2:30 p.m. <i>Rosemary Donnelly</i>		<b>IR-676</b> <b>Sketching For All Thursdays In-person:</b> 3/2, 3/9, 3/16, 3/23, 3/30, 4/13, 4/20, 4/27, 5/4, 5/11 1:00 - 2:30 p.m. <i>Barry Shiff</i>	
	<b>IR-786</b> <b>Selected Topics in US History</b> Tues/Thur 5/18, 5/23, 5/25, 5/30, 6/1 1:00 - 2:15 p.m. <i>Tom DeStefano</i>		<b>IR-786</b> <b>Selected Topics in US History</b> Tues/Thur 5/18, 5/23, 5/25, 5/30, 6/1 1:00 - 2:15 p.m. <i>Tom DeStefano</i>	
	<b>IR-247</b> <b>ILR Choir</b> <b>Sing, Sing, Sing</b> 4/4, 4/11, 4/18, 4/25, 5/2, 5/9 3:00 - 4:30 pm. <i>Barbara Heitmann</i>		<b>IR-808</b> <b>Baseball: Oddities and Ironies</b> 4/13, 4/20, 4/27, 5/4 1:00-2:00 p.m. <i>Dan Schlossberg</i>	
<b>Courses organized loosely by start date and time.</b>				

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## Week-at-a-Glance ONLINE Courses

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>IR-965</b> <b>Makers of History:</b> <b>Catherine the Great</b> <b>Augustus Caesar,</b> <b>Machiavelli, Darwin,</b> <b>Galileo</b> 4/17, 4/24, 5/1, 5/8, 5/15 10:30 - 11:45 a.m. <i>Manfred Weidhorn</i>	<b>IR-724</b> <b>Family History 101</b> 3/7, 3/14, 3/21, 3/28, 4/4 12:30 - 2:30 p.m. <i>Fred Voss</i>		<b>IR-437</b> <b>Intro to Digital Photography</b> 3/2, 3/9, 3/16, 3/23 10:00 - 11:30 a.m. <i>Ray Turkin</i>	
<b>IR-544</b> <b>Art and Artists of Spain</b> 2/27, 3/6, 3/13, 3/20, 3/27, 4/3 2:00 - 3:00 p.m. <i>Sandra Hancock Martin</i>			<b>IR-393</b> <b>Financial Fitness in Retirement</b> 3/16, 3/23, 3/30, 4/13 1:00 - 2:00 pm <i>David Chepauskas, CFP</i> <i>and James Maimone,</i> <i>Summit Financial</i>	



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## Course Descriptions

### MONDAY Course Offerings

#### The Art and Artists of Spain IR-544

Explore the lives, study the paintings, and learn about the time periods of Spanish artists from the Renaissance through modern times. We will study El Greco, Ribera, Velázquez, Murillo, Goya, Sorolla, Gaudí, Picasso, Dalí and Miró. Professor Martin studied at the Prado Museum and the Complutense (University of Madrid) on a Rockefeller Fellowship. She has taught this course in Spanish at Ramapo College and at ILR. This class will be in English.

**Mondays Online:** 2/27, 3/6, 3/13, 3/20, 3/27, 4/3

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

**Instructor:** Sandra Hancock Martin, M.A.T.

#### Discovery Series: Ellis Island, Island of Hope, Island of Tears", "Highlights of the Jersey Shore" and "Along the Old Croton Aqueduct: A Historic Walk" IR-640

This course is led by instructor Mario Medici of Mario Medici Lectures LLC. and it encompasses three different lectures each on a different date, all featuring pictures and photos. "Ellis Island: Island of Hope, Island of Tears" on (3/6) covers the island's earliest days up to the present day. Relive some of our immigrants' experiences, and stories, along with their fears and disappointments. "Highlights of the Jersey Shore" on (3/13) covers an array of fascinating towns and the history to go with them. Lighthouses, beaches, forts, historic buildings, shipwrecks, are among the discoveries. "Along the Old Croton Aqueduct: A Historic Walk" on (3/27) will provide a brief history of the OCA and how it transformed New York City. Built back in the mid-nineteenth century, the OCA provided NYC with its first supply of fresh water.

**Mondays In-person:** 3/6, 3/13, 3/27

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

**Room:** Tec-201

**Instructor:** Mario Medici, MBA

#### America's Funny Ladies: Fanny Brice, Molly Picon, Gilda Radner, Joan Rivers IR-964

America's Funny Ladies will cover Fanny Brice (4/3), Molly Picon (4/10), Gilda Radner (4/17), and Joan Rivers (4/24).

**Mondays In-person:** 4/3, 4/10, 4/17, 4/24

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

**Room:** Tec-201

**Instructor:** Dick Burnon

#### US Space Program History: Apollo Soyuz, John Glenn, Apollo 15 and the Lunar Rover IR-948

Join us for a course on US Space History featuring the following 3 lectures.

1<sup>st</sup>: "Apollo Soyuz - Enemies Become Friends": The U.S. and Soviet space programs join together in a historic and groundbreaking mission that was an initial step in warming up the Cold War.

2<sup>nd</sup>: "John Glenn - An American Icon": Learn about the amazing life and accomplishments of one of America's most dynamic heroes.

3<sup>rd</sup>: "Apollo 15 and the Lunar Rover": Roaming and exploring the lunar Hadley Mountains and Hadley Rille in the world's first and most innovative space buggy.

**Mondays In-person:** 4/10, 4/17, 4/24

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

**Room:** Tec-201

**Instructor:** Joe Lennox

#### Makers of History: Catherine the Great of Russia, Augustus Caesar, Machiavelli, Darwin, Galileo IR-965

Join us as well learn about 5 important historical figures with each class meeting within this course featuring a lecture on one of them. The lectures are as follows: Catherine the Great of Russia; Augustus Caesar, the first, longest serving, and possibly the best of the Roman emperors; Darwin, one of the greatest scientists; Machiavelli, one of the most notorious of writers,

who offers many insights into human behavior; Galileo, the father of modern science and the most important person in history.

**Mondays Online:** 4/17, 4/24, 5/1, 5/8, 5/15

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

**Instructor:** Emeritus Professor Manfred Weidhorn

### TUESDAY Course Offerings

#### Native American History IR-956

We will learn about the history of the United States from the perspective of the American Indians who lived west of the Mississippi River before and after the Civil War. The class will include lectures, documentaries, videos, and literature.

Discussion of the material will be encouraged. *Required Reading:* "An Indigenous Peoples' History of the United States for Young People" by Roxane Dunbar-Ortiz (ISBN 978-0-8070-4939-6)

**Tuesdays In-person:** 2/28, 3/7, 3/14, 3/21, 4/4, 4/11, 4/18, 4/25, 5/2, 5/9

**Time:** 11:00 a.m. - 12:30 p.m.

**Room:** Tec-201

**Instructor:** Emily Ginder

#### Great Religions of the World IR-955

Our discussions will focus on three major religions: Judaism, Christianity, and Islam. These religions are called the Religions of the Book, since the books of Scripture are fundamental to their faith. These religions are part of our daily global and local news. Many of our family, friends, and neighbors belong to one of these three religions. Does understanding of these religions help us understand today's religions / political turmoil?

**Tuesdays In-person:** 3/21, 3/28, 4/4, 4/11, 4/18

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

**Room:** Tec-201

**Instructor:** Gloria B. Thomas, Ph.D.

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## Course Descriptions

### TUES Course Offerings Cont'd

#### Current Topics in Biology and the Environment IR-521

This course will discuss biology and current stories dealing with the environment and other environmental issues such as energy, pollution, climate change, sustainability, and assorted topics.

**In-person:** 2/28, 3/7, 3/21, 3/28

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

**Room:** S-343

**Instructor:** Robert Dill, MS & MA, BCC faculty

#### The Private Journey: Understanding Incontinence & Bladder Retraining IR-952

Over 25 million Americans experience episodes of incontinence, with the majority of us being over the age of 60. Many people suffer in silence, embarrassed and isolated. But it doesn't have to be this way. This workshop will provide a deeper understanding around incontinence as well as some practical strategies to address common triggers and strategies to manage symptoms. Please note, the content of this workshop is not to be considered medical advice. Rather, it provides basic information to supplement the advice of your medical professional.

**Tuesday In-person:** May 2

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

**Room:** Tec-201

**Instructor:** Rosemary Donnelly

#### ILR Choir "Sing, Sing, Sing" IR-247

This class is open to all for pleasure and fun. We will sing popular music, old standards, and show tunes. No auditions necessary, just a desire to sing. In the fall semester students perform a Holiday Concert at Bergen Community College, that is open to the public, at the end of the semester. Membership in singing groups, rehearsals, and engagements outside of

the classroom are at the discretion of the instructor, independent of the class.

**Tuesdays In-person:** 4/4, 4/11, 4/18, 4/25, 5/2, 5/9

**Time:** 3:00 - 4:30 pm.

**Room:** A-104

**Instructor:** Barbara Heitmann

#### Poetry: A Generative Workshop to Get You Writing IR-959

Over the course of four classes, each participant will learn new ways of sparking their writing and getting their poetry from their head onto a page.

*Student Materials: Notebook and a pen*

**Tuesdays In-person:** 2/28, 3/7, 3/28, and 4/4

**Time:** 5:00 - 6:00 pm.

**Room:** Tec-201

**Instructor:** Professor John Findura, MFA, Ed.D, M.Ed, BCC Faculty

#### Family History 101 IR-724

Many people are interested in their family's past. This course covers the basics of searching records, such as birth, marriage, and death documents as well as ship manifests, naturalization documents, military, and census records. We will discuss both traditional (paper) and online records, therefore students must be familiar with navigating the Internet.

**This Course is sponsored by the Genealogical Society of Bergen County.**

**Tuesdays Online:** 3/7, 3/14, 3/21, 3/28, 4/4

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

**Instructor:** Fred Voss

#### Photography Potpourri: "What does this button do? And what to do after you know!" IR-930

These classes will remove the fear from the "computer with a lens." Once you know a few basics you will be able to photograph friends and family events with confidence, even add an artistic flair to your images. The classes will be adaptable to the wishes of the students including small fun

assignments if desired. Bring your camera, a basic point-and-shoot to an advanced DSLR, but to get the most from the class it should be an "adjustable" DSLR or mirrorless camera. Bring your questions and be ready to have fun with your camera! *Student Materials: camera, charged battery, memory card, camera manual (if possible)*

**Tuesdays In-person:** 4/4, 4/11, 4/18, 4/25, 5/2

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

**Room:** S-343

**Instructor:** Harmon Kaplan

#### Selected Topics in US History IR-786

This course will cover the US Constitution, Jefferson Davis, William McKinley, World War I and World War II. Note: this course is held on both Tues. and Thurs.

**Tuesdays/Thursdays In-Person:** 5/18, 5/23, 5/25, 5/30, 6/1

**Time:** 1:00 - 2:15 p.m.

**Room:** Tec-201

**Instructor:** Tom DeStefano, M.A.

#### Concussion & Brain Injury: A Silent Epidemic IR-962

Concussion in sports have been making more news headlines than ever before. However, concussions and other brain injuries don't only impact athletes. In this course, we will: Define brain injury and concussion; Review prevalence of brain injury and concussion in the United States; Discuss the symptoms and impact of brain injury on the individual; Identify groups who are at greater risk for brain injury and review risk factors; Discuss prevention and management strategies.

**Tuesdays In-person:** 5/9, 5/23

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

**Room:** Tec-201

**Instructor:** Rachel Ishak, MSW, Brain Injury Alliance of New Jersey

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## Course Descriptions

### WEDNESDAY Course Offerings

#### **The Story of American Steel: Andrew Carnegie, Charles M. Schwab and the Sparrows Point Legacy IR-958**

Scotsman Andrew Carnegie built a steel empire, became wealthy, and then gave it all away. Charles Schwab would become wealthy leading Bethlehem Steel but died bankrupt. In 1887, Sparrows Point was an isolated stretch of marshland on the shore of the Chesapeake Bay. By 1958, it was the biggest steel mill in the world. In 2015, it was a pile of demolished rubble. Sparrows Point is a story of capitalism, labor unions, race, gender, and civil rights. Lecture and WYPR (Baltimore) documentary.

**Wednesdays In-person:** 3/1, 3/8, 3/15, 3/22, 3/29

**Time:** 11:00 a.m. - 12:30 p.m.

**Room:** Tec-201

**Instructor:** Rick Feingold, MBA

#### **Neurology 202 IR-921**

Come join us as we explore topics in neurology. The topics presented will be: Head Trauma, Seizures, Back Pain and Parkinson's Disease. No prior medical knowledge necessary.

**Wednesdays In-person:** 3/1, 3/15, 3/22, 3/29

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

**Room:** Tec-201

**Instructor:** Judith Lustig, MD

#### **Senior Balance Yoga IR-939**

We will work on simple but effective moves to help with balance, stability, and core strength. These moves are easy to incorporate into your daily life and are beneficial to anyone who struggles with balance issues or just wants an enjoyable movement class. *Wear comfortable clothing.*

**Wednesdays In-person:** 3/15, 3/22, 3/29, 4/12

**Time:** 10:00 - 10:45 a.m.

**Room:** Tec-203

**Instructor:** Rennie Ackerman

#### **Caring Clowns IR-963**

This course provides an introduction to the history of clowning and clown arts including clown magic, balloon twisting and face painting. Learn how you pick a clown name, face, and costumes. We will explain where we clown and what we do in various venues. Bring a sense of humor!

**Wednesdays In-person:** 3/22, 3/29, 4/12, 4/19, 4/26, 5/3

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

**Location:** Tec-203

**Instructor:** Helene Kotzker, Call Us Clowns

#### **Fall in Love with Poetry IR-929**

Are you mystified by poems? Read lyrical and accessible contemporary works and discover how using your heart as well as your head can unlock the door and make poetry a pleasurable experience.

*Course Materials: Please bring a pen and notebook or computer*

**Wednesdays In-person:** 4/12, 4/19, 4/26, 5/3, 5/10, 5/17

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

**Room:** Tec-201

**Instructor:** Laura Freedgood, Ph.D

### **AARP Smart Driver Course IR-088**

The Smart Driver course is the nation's first and largest refresher course designed specifically for drivers 50 and older. For over 40 years the course has taught millions of drivers safety strategies so they can continue driving safely as long as possible.

The cost per attendee for the AARP Smart Driver 6-hour course is \$20 for AARP Members and \$25 for non-AARP members. Attendees pay at the time for the class, by check made out to AARP, or CASH, (checks are preferred). NO CREDIT CARDS ARE ACCEPTED.

#### **This 6 HOUR course is designed to help participants:**

1. Learn research-based safety strategies that can reduce the likelihood of having a crash
2. Understand the links among the driver, vehicle, and the road environment, and how this awareness encourages safer behavior.
3. Learn how aging, medications, alcohol, and other health-related issues affect driving ability, and ways to adjust to allow for these changes.
4. Increase confidence.
5. Know how to drive safely when sharing the road with others.
6. Learn the newest safety and advanced features technology brings to vehicles.
7. Learn when driving may no longer be safe.
8. Explore other ways to travel.

**Wednesdays In-person:** 3/ 29, 4/26, 5/10 (sign up for one date)

**Time:** 10:00 a.m. - 4:30 p.m. **Room:** S-343. **Instructor:** Frank Biamonte

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## Course Descriptions

### THURSDAY Course Offerings

#### Intro to Digital Photography IR-437

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.

*Course Materials: Please have your digital camera and user's manual available.*

**Thursday Online:** 3/2, 3/9, 3/16, 3/23

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

**Instructor:** Ray Turkin

#### Watercolors For All IR-619

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: watercolor set, watercolor pad, 8X10 or 9X12 rough paper, mixing tray, brushes: round #10, #8, flat #1/2, rigger brush (long haired brush).*

**Thursdays In-person:** 3/2, 3/9, 3/16, 3/23, 3/30, 4/13, 4/20, 4/27, 5/4, 5/11

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

**Room:** Tec-203

**Instructor:** Barry Shiff

#### Conspiracy Theories - Film Program 1 IR-970

This course will feature movies with a conspiracy theme chosen from the following selection: "Conspiracy Theory" with Mel Gibson and Julia Roberts; "Three Days of the Condor" with Robert Redford and Faye Dunaway; "Day of the Jackal" with James Fox and Michael Lonsdale; "I Accuse (J'accuse)" with Jose Ferrar and Anton Walbrook; "Il Mafioso" (In Italian with English subtitles) with Alberto Sordi and Norma Bengell; "The Parallax View" with Warren Beatty and Hume Cronyn.

**Thursdays In-person:** 3/2, 3/9, 3/16, 3/23, 3/30

**Time:** 11:00 a.m. - 1:00 p.m.

**Room:** A-104, Pitkin Educational Center

**Instructor:** Professor Theo Solomon, retired BCC faculty

#### Current Events Club - Open Discussion on Events of the Week IR-957

Enjoy a weekly discussion of current events led by ILR instructor Herman Lindenbaum. Lindenbaum has been conducting an ongoing current events club at the Paramus JCC, and is excited to bring a version of this club to the ILR at BCC. Topics covered will include science, health care, domestic politics, international events, and other subjects of interest to the participants. Lindenbaum will inform the students of proposed subjects for the following sessions, and research these subjects in advance of class using a variety of sources. Breaking news stories will also be discussed.

**Thursdays In-person:** 3/2, 3/9, 3/16, 3/23, 3/30

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

**Room:** Tec-201

**Instructor:** Herman Lindenbaum, BEE, MBA, PE

#### Sketching For All IR-676

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 In-person:** 3/2, 3/9, 3/16, 3/23, 3/30, 4/13, 4/20, 4/27, 5/4, 5/11

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

**Room:** Tec-203

**Instructor:** Barry Shiff

#### RMN: The Road to Resignation IR-960

Born in controversy, Richard Milhouse Nixon's political career ended in catastrophe. From the contentious 1946 California House battle versus veteran incumbent Jerry Voorhis to the final firestorm over his pardon by the U.S.'s only unelected president, the 39th President dominated the political landscape for over a quarter-century. This twelve-week, 2-hour course will concentrate on the political Nixon: the early California political battles with Voorhis; Helan Gaughan Douglas and Earl Warren; the bitter 1960 presidential campaign; the disastrous 1962 California gubernatorial race; the comeback that culminated in 1969's Presidential Inauguration; the three-way battle for the Nixon Administration's soul; the Pentagon Papers and other pre-Watergate scandals and finally, the "long national nightmare."

**Thursdays In-person:** 3/9, 3/16, 3/23, 3/30, 4/13, 4/20, 4/27, 5/4, 5/11, 5/18, 5/25, 6/1

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

**Room:** Tec-201

**Instructor:** Jim Devine

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## Course Descriptions

### THURS. Course Offerings Cont'd

#### Financial Fitness in Retirement

**IR-393**

This 4-session course will cover the key risks of retirement including inflation, longevity, asset allocation, excess withdrawals, and much more. We will discuss how to invest money based off of different retirement goals and objectives. Additionally, we discuss how to add additional guaranteed income to supplement social security, pensions, and other guaranteed investments. Session 1: "Main Risks of Retirement" - high inflation, longevity, health care expenses Session 2: "Investing" - asset allocation, alternate investment vehicles, and more Session 3: "Maximizing Income Streams" - pensions, annuities, and social security Session 4: "Comprehensive Financial Planning" - long-term care, investment accounts, roth vs traditional 401(k), inheritance techniques and more

**Thursday Online:** 3/16, 3/23, 3/30, 4/13

**Time:** 1:00 - 2:00 pm

**Instructors:** David Chepauskas, CFP and James Maimone, Summit Financial

#### Mindfulness:

#### Theories and Practice

**IR-911**

Would you like to quiet your mind, reduce stress, and gain greater clarity and emotional balance? Mindfulness meditation is a mind-body practice that involves focusing your attention on the present moment, to be aware of your thoughts, feelings and actions, compassionately and without judgment. We will learn about the benefits of mindfulness, and practice together. Sessions will consist of a short introduction, 15 to 20 minutes of practice, and following discussion. No experience required

**Thursdays In-person:** 3/23, 3/30, 4/13, 4/20

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

**Location:** TEC-201

**Instructor:** Peter Dlugos, Ph.D., BCC faculty

#### Film Program 2 - Great Beginnings, Middles, Endings and Effects Without Computers

**IR-971**

Join us as we explore an exciting mix of films which feature either a great beginning, great middle, great ending, or great effects created without computers. You are sure to have a great time!

**Thursdays In-person:** 4/13, 4/20, 4/27, 5/4, 5/11

**Time:** 11:00 a.m. - 1:00 p.m.

**Room:** A-104, Pitkin Educational Center

**Instructor:** Professor Theo Solomon, retired BCC faculty

#### Baseball: Oddities & Ironies

**IR-808**

Baseball is America's national pastime not only because it has the longest sustained history, but also because it is full of surprises, as the 2002 postseason showed. This will be a fun class, with lots of little tidbits and a few guest speakers, as in my three previous years at ILR before Covid struck everybody out! It will include many items from my new 2023 book, "Baseball's Memorable Misses", to be published February 7, 2023, such as the number of Cy Youngs won by Nolan Ryan, the number of RBI crowns for Willie Mays, and the All-Star appearances by Kirk Gibson -- all zero! This class is guaranteed to be educational, entertaining, and informative.

**Thursday In-person:** 4/13, 4/20, 4/27, 5/4

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

**Room:** Tec-201

**Instructor:** Dan Schlossberg

#### Financial Markets: Stocks, Bonds, Alternatives and Cash

**IR-969**

For the first time since the Great Financial Crisis, the Federal Reserve has transitioned from an ultra-low interest rate regime and accommodative monetary stance to a restrictive policy with higher interest rates. The impact over the past year has been profound, with most asset classes being materially affected. This class will look at the role the Federal Reserve plays in financial markets and the impact their decisions have on stocks, bonds, alternatives, and cash.

**Thursday In-person:** 4/20, 4/27, 5/4

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

**Room:** S-343

**Instructor:** Traphagen CPAs & Wealth Advisors

#### Selected Topics in US History

**IR-786**

This course will cover the US Constitution, Jefferson Davis, William McKinley, World War I and World War II. Note: this course is held on both Tues. and Thurs.

**Tuesdays/Thursdays In-Person:** 5/18, 5/23, 5/25, 5/30, 6/1

**Time:** 1:00 - 2:15 p.m.

**Room:** Tec-201

**Instructor:** Tom DeStefano, M.A.

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## Course Descriptions

### FRIDAY Course Offerings

#### How the West Was Won IR-961

Didn't we all watch Gunsmoke, Wagon Train, and, of course, Bonanza? Remember the Lone Ranger and his faithful horse Trigger? These TV shows shaped our images of what the "Wild West" was like. Today, Yellowstone is the story of a present day family in Montana trying to hold onto this legacy. The settlement of the West, a period that lasted only 25 years, is an era that has captured the imagination of many Americans. This class will explore both the myth and the reality of this time period.

**Fridays In-person:** 3/3, 3/10, 3/17, 3/24

**Time:** 10:30 a.m. – 12:00 p.m.

**Room:** Tec-201

**Instructor:** Janet Dinardo-White

#### Impact of Healthcare and Claiming Social Security

#### Costs in Retirement IR-919

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. Claiming Social Security? Learn the various strategies behind Social Security Claiming. This course will have a special focus on the impact of healthcare costs as a result of Medicare.

Session 1: "Medicare 101"

Session 2: "Savvy Social Security Planning: What Baby Boomers Need to Know About Their Retirement Income"

Session 3: "The Impact of Healthcare Costs in Retirement" This class is recommended after taking "Medicare 101" and "Savvy Social Security Planning".

**Fridays In-person:** 3/3, 3/10, 3/17, 3/24, 3/31, 4/14

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

**Room:** Tec-201

**Instructor:** Theresa J. Yarosh

#### Lively Discussions on "Lessons from the Light"

#### by Kenneth Ring Ph.D. IR-954

Research by the medical sector has been occurring for the past 50 years on what happens when people have a Near Death Experience. We now have a potential road map as to what to expect at the moment of transition even though this knowledge is not commonly known. Come join a group of like-minded people who find spirituality a topic of interest for lively discussions on "Lessons from the Light" by Kenneth Ring Ph.D. For the last two classes we will watch and discuss movies related to "Lessons from the Light" that score high on the conscious frequency spectrum. Everything and anything can lower or raise our frequency from its typical set-point. These two movies will immerse you in a high level of joy, peace, and meaning.

*Course Materials: Please come with a copy of "Lessons from the Light" by Kenneth Ring, Ph.D. If possible, students should read about the first half of this book before coming to the first class. Discussion will focus on the various topics from the course book.*

**Fridays In-person:** 3/3, 3/10, 3/24, 3/31, 4/14, 4/21, 4/28, 5/5

**Time:** 1:45 - 3:00 p.m. with last two classes 1:45 - 3:45 p.m.

**Room:** A-104

**Instructor:** Professor Rachel Wieland, BCC Faculty

#### Write Away!

Write Away! is a light-hearted approach to what some consider a serious endeavor: putting the written word on paper (or computer). The course is geared towards those just getting started on memoir, or those who have a work in progress. Reflections on theme, purpose, audience, selection of material and chronology will assist in understanding this most popular genre of the 21st century. A writer's toolbox will be provided, as well as prompts for homework assignments. The only requirement is the willingness to listen with an open mind to your classmates' work, should they choose to read.

*Course Materials: paper and pen*

**Fridays In-person:** 4/21, 4/28, 5/5, 5/12

**Time:** 11:00 a.m. – 12:30 p.m.

**Room:** Tec-201

**Instructor:** Mary Blehl Walsh

### TBD Course Offerings

Please check the ILR website course page (<https://ilr.bergen.edu/courses/>) for updates.

#### Self-Defense IR-918

Take control and don't be a victim. Learn to defend yourself. Classes are very informative and contribute to one's overall general knowledge on how to stay safe and avoid danger zones. Students will be taught many offensive striking techniques that are very effective for both men and women.

**Dates/Times:** To Be Determined

**Location:** Fitness Center Gym

**Instructor:** Toni Plantamura-Rossi, BBC Faculty

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## INSTRUCTOR BIOS FOR SPRING 2023 ILR

### **Rennie Ackerman**

A lifelong yoga enthusiast, Rennie Ackerman is a certified yoga instructor who specializes in yoga-based solutions for specific needs, such as balance, posture, anxiety, insomnia and more.

### **Frank Biamonte**

Frank Biamonte has been teaching the AARP Smart Driver courses since 2014, except for AARP's stop on all in person courses for 2.5 years during the COVID pandemic. Biamonte has a degree in electrical engineering and worked in the computer hardware and software industry for most of his career. Biamonte ended his career as president of a computer systems company.

### **Dick Burnon**

Fort Lee Historian Dick Burnon retired eight years ago after a successful, 55-year Journalism and Public Relations Career. He holds a B.A. Degree in Journalism from Rutgers University. In retirement, he has been teaching at Bergen Community College's Institute for Learning in Retirement for 10 years, and the New City, NY, Jewish Center. He has given hundreds of talks on more than 30 topics in the past 10 years at Bergen County venues and beyond. He also is active with an American Revolution Roundtable Group, a Montvale baseball group, and the Dixon Homestead Public Library Book Club in Dumont, NJ. He also ran a senior group in Tenafly, NJ, for seven years, and worked with four-year-old children at a Tenafly preschool program as the "resident grandpa" for seven years.

### **David Chepaukas, CFP, Summit Financial**

David Chepaukas, CFP, has been teaching retirement planning at the ILR for over 20 years and has been a financial planner for over 30 years. David received his bachelor's degree from West Point Military Academy, a master's degree in Business Administration from Long Island University, and master's degree in Teaching from the University of Georgia. He co-teaches Financial Fitness in Retirement with fellow retirement planning and wealth management professional James Maimone, both of Summit Financial.

### **Tom DeStefano, M.A.**

Tom DeStefano taught American History at Paterson's John F Kennedy High School for 30 years. Tom currently teaches at Bergen Community College's Institute for Learning in Retirement and the Learning Collaborative in New City, NY. Tom holds a B.A. and M.A. in History from William Paterson University. His specialties include the Civil War and the American Presidents.

### **James Devine**

Commencing his twelfth-year teaching at Bergen Community College's Institute for Learning in Retirement. James Devine has presented over 50 courses in American and world history, as well as several in creative writing. A USAF Vietnam War Era veteran who holds a dual Bachelor of Arts degree from Ramapo College of NJ in Communications and American History, Mr. Devine has authored two alternative history novels, "The Dominion's Dilemma: The United States of British America" and "The Nixon Challenge" as well as a marketing textbook. He was formerly a journalist, working on newspapers and magazines in both

New Jersey and Texas. Mr. Devine is at work on his third alternative history novel, "Calhoun's Confederacy".

### **Professor Robert Dill, M.S. & M.A., BCC faculty**

Robert Dill is a full professor of Biological Sciences who has been teaching at Bergen Community College for 31 years. Professor Dill lives in Glen Rock, NJ where he is currently serving as a Councilman. He loves the outdoors, running, hiking, fishing, backpacking, and the works!!!!

### **Janet Dinardo-White, M.A.**

Janet Dinardo-White taught high school history with a focus on early American history for over 20 years. She has a master's degree from The New School for Social Research. She has been teaching classes at Bergen Community College's Institute for Learning in Retirement for several years.

### **Peter Dlugos, Ph.D., BCC faculty**

Peter Dlugos, Ph. D is Professor and Chair of the Dept. of Philosophy and Religion at Bergen Community College and a Wellness Instructor at Bergen Community College. He designed and regularly teaches a mindfulness class on campus, and offers workshops to campus groups and in the community.

### **Rosemary Donnelly**

Rosemary Donnelly is the owner of Midlife Yoga & Wellness and its parent company You Are Right on Time LLC. She offers classes and courses that help us care for body, mind & spirit in midlife and beyond.

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## INSTRUCTOR BIOS FOR SPRING 2023 ILR

**Rick Feingold, MBA**

Rick Feingold has 30 years of teaching experience and has lectured at over 50 libraries in New Jersey and New York. Currently he teaches American Business History at Bergen Community College's Institute for Learning in Retirement. Rick Feingold has written for the Boston Herald and Christian Science Monitor on travel and Caribbean League baseball. He holds a Bachelors' degrees in History and Business from Rutgers University and an MBA from Penn State University. Rick Feingold has extensive work experience in the field of marketing, and for more than 15 years has operated an e-commerce business specializing in automotive literature.

**Professor John Findura, MFA, Ed.D, M.Ed, BCC Faculty**

Dr. John Findura is the author of the poetry collection *Submerged* (Five Oaks Press, 2017) and the chapbook *Useful Shrapnel* (2022). He holds an MFA in Poetry from The New School, an M.Ed in Professional Counseling, and an Ed.D in Educational Technology. He has served as the Writing Center Supervisor at BCC's award-winning Cerullo Learning Assistance Center since 2009.

**Laura Freedgood, Ph.D**

Laura Freedgood has a Ph.D in Applied Linguistics, a Master's Degree in English, and was a professor at Queensborough Community College in Bayside, NY. Ms. Freedgood has published three poetry chapbooks and has given readings of her work locally. Her poems appear in *Lips*, *Wisconsin Review*, *Journal of New Jersey Poets*, *The Stillwater Review*, and in numerous other journals and anthologies. She has been nominated twice for a Pushcart Prize and won a 3-year poetry grant from the City University of New York.

**Emily Ginder**

Emily Ginder has a B.A. in Sociology from the University of South Florida. She is a former homeschooling mom who brings her enthusiasm for history and literature to class. Emily teaches lifelong learners at several institutes including Bergen Community College's Institute for Learning in Retirement. She also moderates a book club with an online discussion site at Goodreads.

**Barbara Heitmann**

Barbara Heitmann worked as a music conductor, teacher, and a Performing Arts Assistant Principal for the New York City Board of Education for more than 41 years. She has taught and performed with the ILR Sing Sing Sing Chorus for 12+ years. Currently she is the music director for the Doo Wop performing group, the 'WildCats', who perform at various places in Bergen and Rockland counties.

**Rachel Ishak, MSW, Brain Injury Alliance of New Jersey**

Rachel Ishak holds a Master of Social Work (MSW) from the University of Pennsylvania. She is a Licensed Social Worker and a certified School Social Worker. Rachel has experience as a case manager for adults with developmental disabilities, working to connect them to resources and services. She now serves as a Community Outreach Specialist at the Brain Injury Alliance of New Jersey, where she is responsible for engaging local organizations and educating the community about brain injury prevention.

**Harmon B. Kaplan**

Since his youth Harmon B. Kaplan has been passionate about photography. At the age of fourteen he apprenticed at The Hudson Dispatch, and in college he continued his photography as a staff newspaper photographer. After completing college and dental school,

Harmon volunteered for the US Navy and Vietnam. He attended the War College in Newport, R.I. and then served for two years aboard the USS Midway, home ported in Yokosuka, Japan. Harmon participated in "Operation Frequent Wind", the evacuation of Saigon, Vietnam. In 2016 he was selected an "Honorary Visionary" by Panasonic for their Lumix cameras. His work has been part of galleries and art shows and is also in many corporate and private collections including President George W. Bush, Hasselblad USA, B&W Magazine, Mayor Giuliani of NYC, and Sean Hannity (WABC Radio). Harmon is partially retired after 48 years practicing as a dentist. Currently, Harmon's HB Kaplan Studios, features a wide variety of his work, including both black & white and color photography.

**Helene Kotzker**

After retiring after 30 years of teaching in the Bronx, Helene Kotzker, started volunteering with Call Us Clowns, a group that brings clowns into hospitals and nursing homes, and does shows for senior groups. She played music for their shows for three years and volunteered as a fully costumed clown for many more. Currently for Call Us Clowns, she volunteers giving classes on clowning and also teaches people how to find their persona, name, and physical look.

**Joe Lennox**

Joe Lennox is a space program historian who has been a student of space exploration for over 60 years. He is the creator and curator of an extensive private space history museum which will belong to The Astronaut Hall of Fame at Kennedy Space Center, in the future. His extensive career in this field includes his work with NASA, the Intrepid Air and Space Museum, as well as work as an educator, consultant,

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## INSTRUCTOR BIOS FOR FALL 2022 ILR

published author, membership, and more. Joe is a member of The National Space Society, The Space Explorers Network, The Space Foundation, The National Science Teachers Association, and The Planetary Society. He served on the election committee for The Astronaut Hall of Fame and is a former President of the New Jersey Aviation Hall of Fame and Museum. He was a member of the teaching staff at The Gifted Child Society, Glen Rock, NJ for over 15 years. Joe attended La Guardia Aeronautical College and is a retired senior banking officer for a major New York financial institution based in Canada.

**Herman Lindenbaum, BEE, MBA, PE**

Herman Lindenbaum has extensive experience in the fields of engineering, business management and financial management. His professional background includes over 35 years in senior management positions at 3 major hospitals in New Jersey, and Rockefeller University in New York City. He has managed large departments in the field of healthcare facilities management. Lindenbaum has a BEE in Engineering from CCNY and an MBA in Management and Finance from Fairleigh Dickinson University. Lindenbaum has Professional Engineering Licenses in 3 states as well as a Gold Seal Operating license in New Jersey. He is a member of the American College of HealthCare Executives. Lindenbaum leads a weekly current event club at the Paramus JCC.

**Judith Lustig, MD**

Judith Lustig, MD is a retired, board-certified general Neurologist who is also fellowship trained in peripheral neurology. Dr. Lustig has been teaching at Bergen Community College's Institute for Learning in Retirement for several years.

**Mario Medici, MBA**

Mario Medici, a retired Information Technology executive who has traveled the world, is New York City born and raised. He completed his undergraduate degree at Bernard Baruch College (CUNY) and earned his MBA at Long Island University. He is a licensed New York City tour guide, a passionate history enthusiast, and nurtures his curiosity about all things. In his presentations, Mario Medici Lectures LLC, takes on New York City's interesting history as well as other subject matter.

**James Maimone, Summit Financial**

James Maimone is a graduate of University of Scranton where he majored in Finance and minored in Economics. He has been working at Summit Financial as a Comprehensive Wealth Investment Advisor for over 6 years. James co-teaches Financial Fitness in Retirement with fellow retirement planning and wealth management professional David Chepaukas, both of Summit Financial.

**Sandra Hancock Martin, M.A.T.**

Sandra Hancock Martin has a B.A. and a M.A.T., plus 36 hours of graduate work in Spanish. She has studied art formally at the Prado in Madrid, The National Gallery in D.C. and the Metropolitan Museum of Art in NYC. For 32 years she taught Spanish in Ramsey, N.J., followed by 18 years as an adjunct professor at Ramapo College of N.J. At Ramapo she audited many courses on art and art history. This is her 10th year teaching art history at Bergen Community College's Institute for Learning in Retirement.

**Toni Plantamura-Rossi**

Toni Plantamura-Rossi has over 40 years of training in the martial arts and is a former police officer. Toni has been teaching self-defense at Bergen Community College for the last 18 years.

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**Dan Schlossberg**

Dan Schlossberg of Fair Lawn, NJ has covered major-league baseball since graduating from Syracuse University's Newhouse School of Public Communications in 1969. The award-winning author of 40 baseball books, his latest work is "Baseball's Memorable Misses", to be published February 7, 2023 by Skyhorse. Dan covers the game for Forbes.com, Latino Sports, USA TODAY Sports Weekly, Sports Collectors Digest, and Here's The Pitch. Although he's a lifelong North Jersey resident, he doesn't root for the Mets or Yankees, but he loves the 2001 World Champions!

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## INSTRUCTOR BIOS FOR FALL 2022 ILR

### Barry Shiff

Barry Shiff, a native of Massachusetts, received his art training at the Museum of Fine Arts in Boston and studied life drawing at the Don La Cedra Copley Society. He works primarily in pastels and oils. His work is part of the permanent collection of the Village Ridgewood NJ, Easton Historic Society in Easton, MA and many private collections in the United States and around the world. Working in a wide range of media, Shiff sketches on location or paints in his Fort Lee, N.J. studio. His favorite subjects are animals, sailing ships and railroad trains. Shiff also creates pet portraits and portraits of home exteriors. Shiff is President of the Fort Lee Artist Guild. He is a board member of American Artists Professional League, and an active member of both the Fort Lee Historical Society and the Hackensack Art Club.

### Professor Theo Solomon, retired BCC faculty

Theo Solomon, former professor of Sociology and Anthropology at Bergen Community College, is currently giving his 19th lecture series for the Institute for Learning in Retirement. In previous lives, Professor Solomon has been an actor, filmmaker, professional baseball player (Detroit farm system), Impact consultant on the MX Missile Project, and most important of all, a film aficionado since 1936 when he saw his first film.

### Gloria B. Thomas, Ph.D.

Gloria B. Thomas, Ph.D. has taught with the ILR for many years. After she and husband raised five children, Thomas studied for and completed a Master's degree and Doctoral degree in Theology. She spent most of her career teaching theology at Marymount-Fordham University. Upon retirement, Thomas has enjoyed time with her family and 15 fantastic grandchildren.

### Ray Turkin

Ray Turkin has enjoyed photography for over 55 years. He has exhibited extensively in solo and juried group shows, including the Salmagundi Club in New York City, and has received numerous awards for his work. Turkin also works as a commercial photographer specializing in photographing the work of artists. In addition to teaching courses on photography at the Bergen Community College Institute for Learning in Retirement, Turkin teaches at The Art School at Old Church in Demarest and at the Institute for New Dimensions and gives private instruction. Since its inception over 17 years ago, Turkin has served as an official photographer for the Teaneck International Film Festival.

### Fred Voss

Fred Voss is a professional genealogist, researcher, and educator. He has been doing personal genealogy for over 25 years and is a Trustee and Education Chair for the Genealogical Society of Bergen County. His areas of interest are Germany, Switzerland, and New Hampshire, with special interest in DNA, Immigration, and Naturalization. Mr. Voss is a certificate holder of the Boston University Genealogical Research Certification program (OL13). He is a member of the Association of Professional Genealogists and the International Society of Genetic Genealogists as well as various regional societies. He volunteers as a tour guide at Ellis Island, leading both historical and photographic tours of the abandoned hospitals on the south side of the island. He is a supporter of SaveEllisIsland.org.

### Mary Blehl Walsh, M.A.

Mary Blehl Walsh has taught college courses for 10 years. She has been teaching her continuing education creative writing course, Write Away!, at several locations. She has a Master's in Instructional Technology from San Jose State University, ESL Certification from the state of New Jersey, and a B.A. from Fordham University. Walsh is also a published author and journalist. She is the author of A Spy Is Not a Spy, a work of historical fiction about the New Jersey Revolutionary War. She coaches memoir writing and is almost done with her own!

### Emeritus Professor Manfred Weidhorn

Manfred Weidhorn is an Emeritus Professor at Yeshiva University, where he taught for 51 years. He has published many books and essays on such topics as 17th century literature, with special emphasis on Galileo, Shakespeare, and Milton.

### Professor Rachel Wieland, BCC Faculty

Prof. Rachel Wieland is from the Mathematics Department at Bergen Community College. Prof. Wieland has been at the college 22+ years and enjoys the learning environment of 'growers' at any age. Lifetime learners are a special bunch!

### Theresa Yarosh

Theresa Yarosh has been in the financial services industry for over 25 years. She specializes in the impact of healthcare costs in retirement plans. She has two companies Macro Wealth Management, LLC, and Main Street Medigap, LLC which work in tandem to project out healthcare costs in a retirement plan for individuals and couples.

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## SPRING 2023 DATES TO REMEMBER

**Institute for Learning in Retirement Spring Registration Begins: February 15, 2023**

**Institute for Learning in Retirement Spring Semester: February 27 - June 1, 2023**

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