



**INSTITUTE for
LEARNING in
RETIREMENT
FALL SEMESTER 2023**



**LITERATURE • PHOTOGRAPHY • STUDIO ART • CURRENT EVENTS
CHOIR • HISTORY • SCIENCE • PERSONAL FINANCE • YOGA & MORE**

FALL 2023 - THE DIVISION OF CONTINUING EDUCATION AND WORKFORCE DEVELOPMENT

NOTE FROM PROGRAM STAFF

Greetings Students!

Thank you for your interest in the Institute for Learning in Retirement (ILR), a program in Continuing Education and Workforce Development at Bergen Community College. Choose from an exciting selection of courses both in-person and online. We hope you'll join us for the ILR's Fall 2023 Semester! Courses will continue to be facilitated by dedicated volunteer instructors, passionate about the content they share with you.

Registration begins on Wednesday, September 13, 2023. After purchasing a fall semester membership for \$125.00, students can register online, over the phone or in-person for up to five courses of their choosing, plus bonus courses. The ILR semester runs Tuesday, September 26 to Friday, December 15.

If you are interested in volunteering to teach for the ILR please contact the ILR office at (201) 447-7156 or ilr@bergen.edu.

Cinzia D'lorio, Executive Director

Julia Gibson, Dean

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

Website: ilr.bergen.edu

The Technology Building, TEC-115, Paramus campus
400 Paramus Road, Paramus, NJ 07652

Mary Kate Mellow, Program Supervisor

motoole-mellow@bergen.edu

(201) 879-3571

Beverly Miller, Secretary

bmiller1@bergen.edu

(201) 447-7156

About the Institute for Learning in Retirement

The Institute for Learning in Retirement (ILR), a program in Continuing Education and Workforce Development at Bergen Community College, serves the intellectual and social needs of a vibrant community of lifelong learners. Our members have a thirst for learning. 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 knowledge and passions. Each semester's offerings cover a broad range of topics.

Instructors receive a free membership during the semester they are teaching.

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

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.

Email ilr@bergen.edu to sign up for the ILR email list.



Membership

Enroll Today! Visit ilr.bergen.edu/courses

ILR Registration Information

Registration for the Fall 2023 semester starts September 13, 2023!
Semester Dates: Tuesday, September 26 and ends Friday, December 15, 2023
No Class: November 7 and November 22-24, 2023

The ILR offers a wide array of courses, of various lengths, with offerings both in-person and online.
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.

3 Ways to Register

Online: Visit 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.

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.



Enroll Today! Visit ilr.bergen.edu/courses



Online Registration

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 for schedules and to verify they stop on Campus.

Parking

Parking is free. Park in the Student Parking Lot B. ILR members do not need a parking pass, but if you would like one, reach out to the ILR. The Technology Building is closer to Lot B's G-9 area. The Pitkin Education Center is closer to Lot B's G-1 area. For information on parking or handicap parking please reach out to Public Safety.

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 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.

Public Safety

(201) 447-9200; or publicsafety@bergen.edu. Located in the Pitkin Education Center L-154

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.

Enroll Today! Visit ilr.bergen.edu/courses

Tips for In-Person and Online Classes

In-Person Classes

Before the start of their first class, the ILR will email students their classroom information and parking tips. The ILR website's "News and Media" page will have a downloadable list of classrooms at the start of the semester. A list of classrooms will also be posted outside Public Safety and the ILR office.

Last Minute Classroom Changes: Students will be notified of any changes to their classroom by email or by phone. The ILR phone recording at (201) 447-7156 will also have last-minute changes, and changes will be posted outside the ILR Office and Public Safety,

Common Classroom Locations

A-104 is on the first floor near the Student Center area of the Pitkin Education Center. It is down a small hall near the restrooms across from the One-Stop Registration.

TEC-201 and other TEC classrooms are in The Technology Building. Enter from either side of the building and take the stairs or elevator up to the second floor.

S-343 is in the Pitkin Education Center Science (S) Wing.

- Use the South Entrance to Pitkin which faces the outdoor courtyard. You will see Public Safety on your right and elevators on your left.
- Take the elevators up to the third floor. Head right past the water fountain and restrooms through a doorway into a long hallway with a brownish orange floor.
- When the doors turn green you have entered the Science Wing. Walk a bit further and take your first left passing a bank of vending machines. S-343 is a few doors down on the left.

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. In the event of technical difficulties during class, please check your email for updates.

For assistance with Webex reach out to:

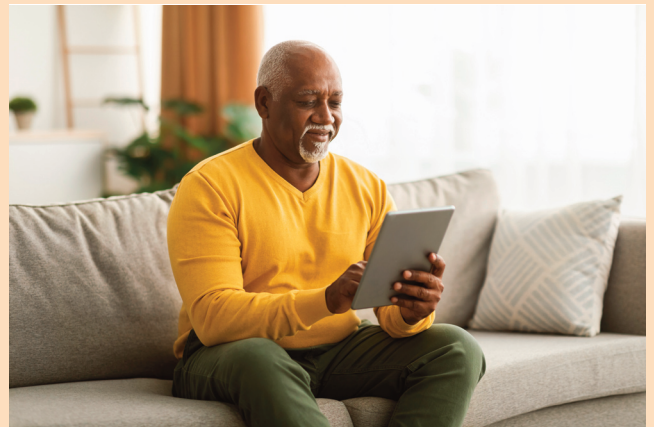
- HelpDesk Media Technology Department: (201) 879-7109, ext. 3.
- ILR: (201) 447-7156
- Continuing Education and Workforce Development: (201) 447-7488

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>.



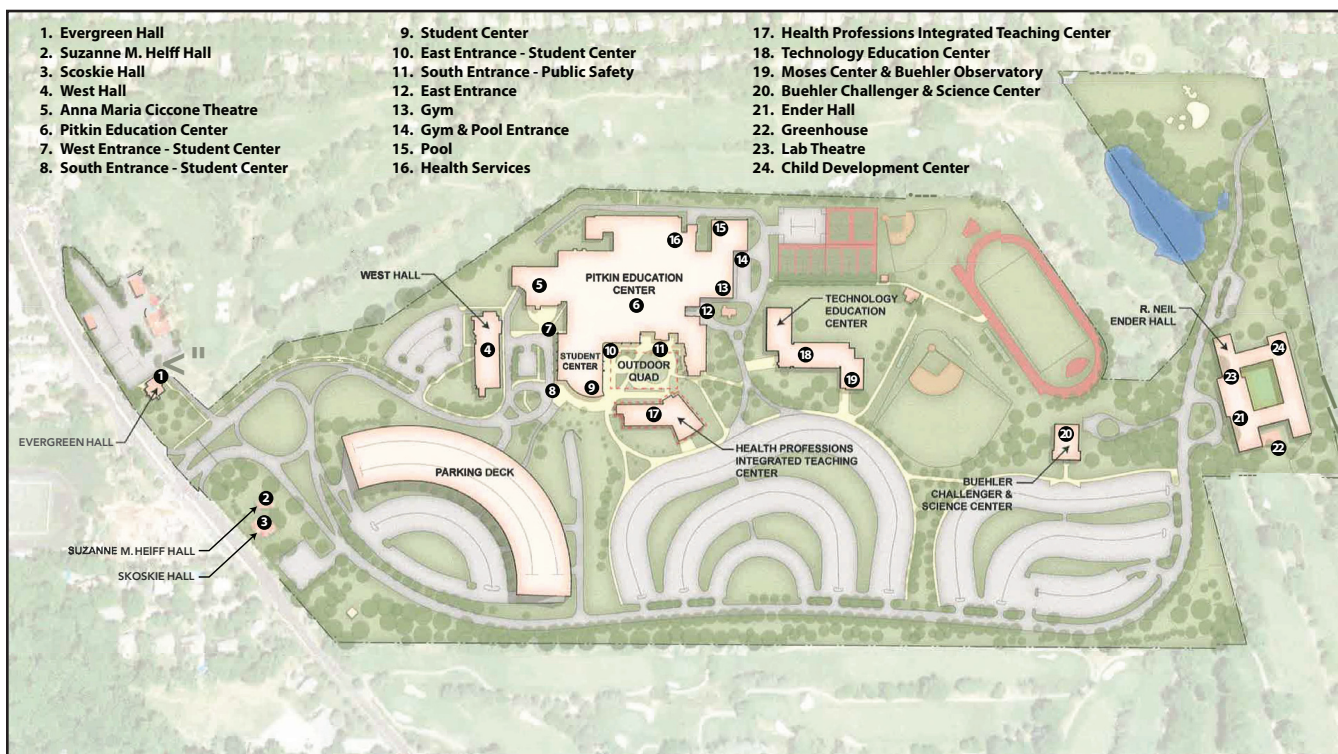
FAQ's

Enroll Today! Visit ilr.bergen.edu/courses

Volunteer to Teach for the ILR and Campus Map

Volunteer to Teach for the ILR

Share your passion! Volunteer to teach for the ILR, a vibrant community of lifelong learners ages 55 and over. ILR instructors receive a free membership and can take up to five courses during the semester in which they are teaching. Visit ilr.bergen.edu/proposals/ to learn more.



Campus Map

Enroll Today! Visit ilr.bergen.edu/courses

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
IR-640 Discovery Series 10/2, 10/9, 10/16, 10/23 10:00 - 11:30 a.m. <i>Mario Medici</i>	IR-972 IP and Business of Baseball 11/14, 11/21 (in-person or online) 10:00 - 11:30 a.m. <i>Keith Danish</i>	IR-088 AARP Smart Driver 9/27 10:00 a.m. - 4:00 p.m. <i>JoAnn Mitchell</i>	IR-619 Watercolors for All 9/28, 10/5, 10/19, 10/26, 11/2, 11/9, 11/16, 11/30, 12/7, 12/14 10:00 a.m. - 12:00 p.m. <i>Barry Shiff</i>	IR-989 Modern America Emerges 10/20, 10/27, 11/3, 11/10 10:30 a.m. - 12:00 p.m. <i>Janet Dinardo-White</i>
IR-948 US Space Program History 11/6, 11/13, 11/20, 11/27, 12/4 10:00 a.m. - 12:00 p.m. <i>Joe Lennox</i>	IR-994 Banned and Challenged Books: Classics 10/3, 10/10, 10/17, 10/31 11:00 a.m. - 12:30 p.m. <i>Emily Ginder</i>	IR-939 Senior Balance Yoga 10/11, 10/18, 10/25, 11/1 10:00 - 10:45 a.m. <i>Rennie Ackerman</i>	IR-503 Hardly Camelot: The Political JFK 9/28, 10/5, 10/12, 10/19, 10/26, 11/2 10:30 a.m. - 12:30 p.m. <i>James Devine</i>	IR-919 Healthcare Costs and Claiming Social Security in Retirement 9/29, 10/6, 10/13, 10/20, 10/27, 11/3 12:30 - 1:30 pm <i>Theresa J. Yarosh</i>
IR-978 Lively Discussions Spirituality Book and Movie Club 10/2, 10/16, 10/30 12:15 - 1:15 p.m. <i>Rachel Wieland</i>	IR-930 Photography Potpourri 10/31, 11/14, 11/21, 11/28, 12/5 12:00 - 1:30 p.m. <i>Harmon Kaplan</i>	IR-990 Plan for Aging in Place in the Home 11/8 10:00 - 11:30 a.m. <i>Wendy Sabin</i>	IR-979 Selected Topics in Ancient History 11/9, 11/16, 11/30, 12/7, 12/14, 12/21 10:30 a.m. - 12:30 p.m. <i>James Devine</i>	IR-912 Gentle Beginnings Yoga 10/6, 10/13, 10/20, 10/27, 11/3, 11/10 12:30 - 1:30 p.m. <i>Rosemary Donnelly</i>
IR-810 Mix of History and Politics 10/2, 10/9, 10/16, 10/23 1:00 - 2:30 p.m. <i>Dick Burnon</i>	IR-957 Current Events Club 9/26, 10/3, 10/10, 10/17, 10/24, 10/31, 11/14, 11/21, 11/28 1:00 - 2:00 p.m. <i>Herman Lindenbaum</i>	IR-975 Growing Toward Spiritual Maturity 10/4, 10/11, 10/18, 10/25 11:00 a.m. - 12:00 p.m. <i>Linda Lawrence</i>	IR-911 Mindfulness Meditation in Nature 9/28, 10/5, 10/12, 10/19 11:00 - 11:45 a.m. <i>Peter Dlugos</i>	
IR-256 "In The Record" 10/2, 10/9, 10/16, 10/23, 10/30, 11/6 1:30 - 3:00 p.m. <i>Speakers from The Record</i>	IR-977 Basics of Artificial Intelligence 12/5, 12/12 1:00 - 2:30 p.m. <i>Fred Voss</i>	IR-981 Heads Up, Seniors! 11/15 10:45 - 11:45 a.m. <i>Rachel Ishak</i>	IR-970 Film Program 1 9/28, 10/5, 10/12, 10/19, 10/26 IR-971 Film Program 2 11/2, 11/9, 11/16, 11/30, 12/7, 12/14 11:00 a.m. - 1:00 p.m. <i>Theo Solomon</i>	
Courses organized loosely by start date and time.				

Enroll Today! Visit ilr.bergen.edu/courses

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		IR-860 Financial Planning in Retirement 11/8, 11/15, 11/29, 12/6, 12/13 12:00 - 1:30 p.m. <i>Traphagen Advisors</i>	IR-602 Five US Presidents 9/28, 10/5, 10/12, 10/19, 10/26 1:00 - 2:15 p.m. <i>Tom DeStefano</i>	
		IR-995 Acting Workshop 11/8, 11/15, 11/29 12/6, 12/13 12:00 - 2:00 p.m. <i>Glen Vincent</i>	IR-676 Sketching for All 9/28, 10/5, 10/26, 11/2, 11/9, 11/16, 11/30, 12/7, 12/14 1:00 - 2:30 p.m. <i>Barry Shiff</i>	
IR-437 Intro to Digital Photography 10/9, 10/16, 10/23, 10/30 2:00 - 3:30 p.m. <i>Ray Turkin</i>	IR-521 Topics in Biology and The Environment 10/24, 10/31, 11/14, 11/21 3:30 - 4:45 p.m. <i>Robert Dill</i>	IR-974 Washington, Jefferson, Hamilton, Burr and the Broadway Musical 10/4, 10/11, 10/18, 10/25, 11/1 1:00 - 2:30 p.m. <i>Feingold & DeStefano</i>	IR-393 Financial Fitness in Retirement 11/9, 11/16, 11/30, 12/7 1:00 - 2:00 p.m. <i>Chepauskas and Maimone</i>	
IR-980 The Secret WWII Concentration Camp Diary of Odd Nansen 10/23 3:15 - 4:45 p.m. <i>Tim Boyce</i>	IR-247 Choir "Sing, Sing, Sing" 10/17, 10/24, 10/31, 11/14, 11/21, 11/28, 12/5 Concert 12/12 3:00 - 4:30 p.m. <i>Barbara Heitmann</i>		IR-921 Neurology 101 11/16, 11/30, 12/07, 12/14 2:30 - 4:00 p.m. <i>Judith Lustig</i>	
			IR-060 Legal Issues - Elderly and Caregivers 10/5, 10/12, 10/19, 10/26 3:15 - 4:15 p.m. <i>Robert J. Romano, Jr.</i>	
Courses organized loosely by start date and time.				

Enroll Today! Visit ilr.bergen.edu/courses

Week-at-a-Glance ONLINE Courses

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
IR-991 Chair Yoga: Stretch, Breathe, and Meditate 10/2, 10/9, 10/16, 10/23, 10/30, 11/6 10:00. – 11:00 a.m. <i>Melissa Krieger</i>	IR-972 IP and Business of Baseball 11/14, 11/21 (in-person or online) 10:00 - 11:30 a.m. <i>Keith Danish</i>		IR-976 Road Trippin' USA - National Parks 10/12, 10/19, 10/26 11:00 a.m. - 12:00 p.m. <i>Elaine Morales</i>	
IR-965 Makers of History 11/13, 11/20, 11/27, 12/4 10:30 - 11:45 a.m. <i>Manfred Weidhorn</i>	IR-724 Exploring Genetic Genealogy 101 10/10, 10/17, 10/24, 10/31, 11/14 12:30 - 2:30 p.m. <i>Fred Voss</i>	IR-993 Collecting Art in Gilded Age 9/27, 10/4, 10/11, 10/18 1:00 - 2:00 p.m. <i>Denise Budd</i>	IR-996 Lessons from the Road - RV Travel 11/16 11:00 a.m. - 12:30 p.m. <i>Elaine Morales</i>	
IR-992 Art and Artists of Latin American 10/2, 10/9, 10/16, 10/23, 10/30, 11/6 2:00 - 3:15 p.m. <i>Sandra Hancock Martin</i>				

Enroll Today! Visit ilr.bergen.edu/courses

Course Descriptions

MONDAY Course Offerings

IR-640 Discovery Series: Paterson, NJ; Christmas Lights of NYC; Boston - The Freedom Trail; A Visit to Maine

This course is led by instructor Mario Medici of Mario Medici Lectures. LLC., and it encompasses four different lectures full of both beautiful and original photos as well as historical photos.

- "Paterson - New Jersey" (10/2) - Discover Paterson's rich history in shaping our nation. Visit the Great Falls of the Passaic River as well as numerous other locations listed on the National Register of Historic Places.
- "Christmas Lights of New York City" (10/9) - Begin at 59th and Lexington, and meander through the streets of New York City viewing the holiday lights and window decorations, as only New York City can do it.
- "The Freedom Trail" (10/16) - Walk the 2.5-mile Freedom Trail and discover the rich history of the American Revolution, as it began in Boston, where every step tells a story.
- "A Visit to Maine" (10/23) - Journey to the beautiful coast of Maine (with an estimated 5,000 miles of coastline - more than California!) making several stops along the way including Kennebunkport, Portland, and ending in historic and beautiful Bar Harbor with a visit to Acadia National Park (2nd most visited park in USA).

Mondays in-person: 10/2, 10/9, 10/16, 10/23

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

Room: TEC-201

Instructor: Mario Medici, MBA

NEW INSTRUCTOR!

IR-991 Chair Yoga: Stretch, Breathe, and Meditate

In this online Chair Yoga class, everyone will practice gentle seated stretches and yoga poses. The instructor will introduce varied yogic breathing techniques, designed to leave participants feeling relaxed, energized, and focused. The class will conclude with a guided meditation. There will be time at the end of the class to ask questions and reflect on the experience. *Note: A firm chair is suggested. Accommodations will be made for everyone.*

Mondays ONLINE: 10/2, 10/9, 10/16, 10/23, 10/30, 11/6

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

Associate Professor Melissa Krieger, Ed.D., BCC faculty

IR-978 Lively Discussions - ILR Spirituality Book and Movie Club

Come join a group of like-minded people who find spirituality a topic of interest for lively discussions. For this semester we will be reading and discussing *Lessons from the Light* by Kenneth Ring Ph.D. Discussion will focus on the various topics from the book. We will also be reviewing videos and selected parts of movies focused on spirituality. If possible, students should read about the first half of the book before coming to the first class. *Course Materials: Please come with a copy of Lessons from the Light by Kenneth Ring, Ph.D.*

Mondays In-Person: 10/2, 10/16, 10/30 (every other week)

Time: 12:15 - 1:15 p.m.

Room: TEC-201

Professor Rachel Wieland, BCC Faculty

IR-810: A Mix of History and Politics: Jesse James; Joe McCarthy; Ziggy Gruber; Moe Berg

Jesse James, American Outlaw (10/2)
Joe McCarthy, U.S. Senator (10/9)
Ziggy Gruber, Third Generation Deli Man (10/16)

Moe Berg, Catcher/Spy (10/23)

Mondays In-person: 10/2, 10/9, 10/16, 10/23

Time of Course: 1:00 - 2:30 p.m.

Room: TBD

Instructor: Dick Burnon

WELCOME BACK!

IR-256 "In The Record"

Taught by editors and staff of *The Record* and NorthJersey.com, this course will examine the changing news industry; the effect of media on society; how the bifurcated nature of our politics is amplified by people's perception of the media; the importance of local coverage; the difference between news and opinion; how to spot bias in the media; why print won't last forever; and how Google and SEO play into what you see on your screens.

Mondays In-person: 10/2, 10/9, 10/16, 10/23, 10/30, 11/6

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

Room: TEC-201

Speakers from *The Record* of the news organization NorthJersey.com

The Record



Course Descriptions

MON. Course Offerings Cont'd

IR-992 The Art and Artists of Latin American

Starting with the pre-Columbian art of the Aztecs of Mexico and ending with the Chicano art of the Southwest, this course will look at the historical, political, and religious influences in Latin America art. We will look at colonial art and then move on to the work of the Mexican muralists Diego Rivera, David Siqueiros, José Clemente Orozco, the surrealists Frida Kahlo, Leonora Carrington, Remedios Varo and then to the South Americans Fernando Botero, Manuel Blanes and Torres García.

Mondays ONLINE: 10/2, 10/9, 10/16, 10/23, 10/30, 11/6

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

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

IR-437 An Introduction to Digital Photography

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 bring your camera and user's manual to class. Enrollment is limited. *Student Materials: camera and user manual*

Mondays In-person: 10/9, 10/16, 10/23, 10/30

Time: 2:00 - 3:30 p.m.

Room: S-343

Instructor: Ray Turkin

NEW INSTRUCTOR! BONUS COURSE**IR-980: The Secret WWII****Concentration Camp Diary of Odd Nansen**

Hailed by *The New Yorker* as "among the most compelling documents to come out of the war," *From Day to Day* is a World War II concentration camp diary—one of only a handful ever translated into English—secretly written by Odd Nansen, a Norwegian. Arrested in January 1942, Nansen, son of polar explorer and humanitarian Fridtjof Nansen (Nobel Peace Prize, 1922), was held captive in various Nazi camps in Norway and Germany. This inspiring diary brilliantly illuminates Nansen's daily struggle, not only to survive, but to preserve his sanity and maintain his humanity. After having been out of print for over 60 years, Timothy Boyce rescued the diary from oblivion after reading the memoir of another Holocaust survivor, whose life, as a 10-year-old boy, was saved by Nansen while both were prisoners in Sachsenhausen. Nansen's diary is remarkable on many levels: as an eloquent personal record, as an eyewitness account of the Holocaust, and as an inspiring example of the human spirit at its best. Through selected readings, Tim will explain who Nansen was, why he was arrested, why he wrote the diary, how he preserved it, and why this diary is as important today as it was when first written.

Monday In-person: 10/23

Time: 3:15 - 4:45 p.m.

Room: TEC-201

Instructor: Tim Boyce

IR-948 US Space Program History: Apollo 8; Space Exploration Benefits; Skylab; Challenger; Walking in Space

- Apollo 8 - human's first trip to the moon; a Christmas like no other
- Space Exploration Benefits - you will be amazed at how much and in how many ways space exploration improves your life here on Earth.
- Skylab - the world's first space station that proved that successful space exploration requires humans to be part of the mission but also showed that humans are just that - human.
- Challenger - the first in-flight tragedy in American space exploration history, why did it happen?
- Walking In Space - floating hundreds of miles above the Earth and doing real work, the adventure of a lifetime.

Mondays In-person: 11/6, 11/13, 11/20, 11/27, 12/4

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

Room: TEC-201

Instructor: Joe Lennox

IR-965 Makers of History: St. Augustine and Rabbi Maimonides; Tom Paine; Maggie Thatcher, Beethoven

Join us as we learn about 5 important historical figures. The lectures are as follows:

1. Two religious giants of the Middle Ages: St. Augustine and Rabbi Maimonides, plus the matter of a little discussed crucial difference between Judaism and Christianity.
2. Tom Paine participated in two revolutions and anticipated the Welfare State.
3. Maggie Thatcher. Love her or hate her, a formidable person.
4. Beethoven. A revolutionary hero in a revolutionary age, he had to wrestle with his neuroses and, finally, his deafness.

Mondays ONLINE: 11/13, 11/20, 11/27, 12/4

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

Emeritus Professor Manfred Weidhorn

Enroll Today! Visit ilr.bergen.edu/courses

Course Descriptions

TUESDAY Course Offerings

IR-957 Current Events Club

Enjoy a weekly discussion of current events lead by ILR instructor Herman Lindenbaum. Lindenbaum has been conducting an ongoing current events club at the Paramus JCC and is excited to be offering 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 research subjects in advance of class using a variety of sources. Breaking news stories will also be discussed.

Tuesday In-person: 9/26, 10/3, 10/10, 10/17, 10/24, 10/31, 11/14, 11/21, 11/28

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

Room: TEC-201

Instructor: Herman Lindenbaum

IR-994 Banned and Challenged Books: Classics

Why are books banned? Are there some books that are inappropriate for preteens or teenagers to read? Should parents have input in the selection of books read in school? Who gets to decide what a child should be reading? We will read and discuss four classic books that have been banned or challenged in schools around the country. What better way to begin than to read and discuss *Fahrenheit 451* by Ray Bradbury? We will also read *Of Mice and Men*, *Animal Farm*, and *To Kill a Mockingbird*. Please read *Fahrenheit 451* for the first class.

Tuesdays In-person: 10/3, 10/10, 10/17, 10/31

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

Room: TEC-201

Instructor: Emily Ginder

BONUS COURSE

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

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. Membership in singing groups, rehearsals, and engagements outside of the classroom are at the discretion of the instructor, independent of the class. There will be a Holiday performance in December on the BCC campus. *For Fall 2023 participation in this choir will be open to all BCC faculty, staff, and students of all ages.*

Tuesdays In-person: 10/17, 10/24, 10/31, 11/14, 11/21, 11/28, 12/5,

Holiday Concert 12/12

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

Room: TBD

Instructor: Barbara Heitmann

IR-724 Exploring Genetic Genealogy 101: Unraveling Ancestral Connections through DNA

Unlock the secrets of your ancestral heritage through the use of DNA testing in genealogical research. This course delves into the basics of DNA analysis, highlighting the reasons for its incorporation into genealogy, guiding participants in selecting the appropriate tests and companies, and providing the skills to interpret DNA results. Gain the tools to unravel family connections, explore hidden branches of your family tree, and navigate the complexities of genetic genealogy, ultimately enriching your understanding of your heritage. *Note: This course assumes a basic understanding of genealogical research principles and techniques.*

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

Tuesdays ONLINE: 10/10, 10/17, 10/24, 10/31, 11/14

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

Instructor: Fred Voss

IR-521 Current Topics in Biology and the Environment

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.

Tuesdays In-person: 10/24, 10/31, 11/14, 11/21

Time: 3:30 - 4:45 p.m.

Room: S-343

Professor Robert Dill, MS & MA, BCC faculty

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

Photography Potpourri: "What does this button do" and what to do after you know! 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 (i.e., portraits, landscape and architecture). 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), the camera manual and most of all your questions and curiosity. Be ready to have fun with your camera! *Student Materials: camera, charged battery, memory card, camera manual (if possible).*

Tuesdays In-person: 10/31, 11/14, 11/21, 11/28, 12/5

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

Room: S-343

Instructor: Harmon Kaplan

Enroll Today! Visit ilr.bergen.edu/courses

Course Descriptions

TUES. Course Offerings Cont'd

NEW INSTRUCTOR!

IR-972 Elements of Intellectual Property as Illustrated by the Business of Baseball

Trademarks, copyrights, patents, trade secrets, rights of publicity, and "Internet rights". We will examine how these rights are acquired, protected or lost, and monetized, how they differ and how they complement each other, using the business of baseball (and some other fields) to illustrate the value and importance of Intellectual Property to the modern economy.

Tuesdays **IN-PERSON or ONLINE:** 11/14, 11/21

Students may choose to take this course in-person or online.

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

Room: TEC-201

Instructor: Keith Danish

IR-977 Basics of Artificial Intelligence: ChatGPT and Effective Prompts

During a 50+ year career in technology, Mr. Voss has been watching the rise of the machines. Join him, as he explores the transformative power of Artificial Intelligence and delves into the art of crafting effective prompts. He will demystify the workings of ChatGPT, an advanced language model that can generate human-like text responses. Through practical exercises and engaging discussions, you will learn how to harness the potential of ChatGPT to speed up tasks and unlock its vast knowledge base. Additionally, he will provide guidance on formulating clear and concise prompts that yield the desired results. Come and discover the joy of conversing with AI and master the art of eliciting meaningful and accurate responses from ChatGPT.
Note: This course assumes no prior

knowledge of AI or programming, making it accessible and enjoyable for individuals of all backgrounds.

Tuesdays In-person: 12/5, 12/12

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

Room: TEC-201

Instructor: Fred Voss

WEDNESDAY Course Offerings

IR-993 Collecting Art in the Gilded Age

In late 19th and early 20th century America, wealthy collectors began to emulate the European aristocracy, building new mansions and assembling vast collections of paintings, sculptures, and tapestries to decorate them. Working with dealers and architects, they formed the nucleus of what would become some of our most prestigious museums today. With an emphasis on New York City, this class will examine key figures in this movement, like Henry Clay Frick (The Frick Collection), J. P. Morgan (The Morgan Library and Museum and the Metropolitan Museum), George Grey Barnard (The Cloisters), and Isabella Stewart Gardner (Isabella Stewart Gardner Museum, Boston), the dealers who supplied them, and the extraordinary objects they coveted.

Wednesdays **ONLINE:** 9/27, 10/4, 10/11, 10/18

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

Professor Denise Budd, Ph.D.,
BCC faculty

NEW INSTRUCTOR!

IR-975 Growing Toward Spiritual Maturity in Today's Culture

Today many Christians find their lives resembling a roller coaster ride; your spiritual life is up and down. Which makes it difficult to grow towards biblical spiritual maturity in today's culture. We will use biblical scriptures to help explain how one can develop a stable dedicated lifestyle unto God in today's society.

Student Materials: Bible, pen, pencil, notebook paper.

Wednesdays In-person: 10/4, 10/11, 10/18, 10/25

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

Room: TEC-201

Minister Linda Lawrence

IR-974 George Washington, Thomas Jefferson, Alexander Hamilton, Aaron Burr, and the Broadway Musical

A series of conflicts preceded the famous duel between Treasury Secretary Alexander Hamilton and Vice President Aaron Burr. Jefferson and Burr opposed Washington and Hamilton and left the Federalists to form a new party called the Democrat-Republicans. They won the election of 1800. After Burr was out of office Jefferson issued a warrant for his arrest on charges of treason and Burr was found innocent. The class features the major political figures in the *Hamilton* musical. Co-taught by Tom DeStefano and Rick Feingold.

Wednesdays In-person: 10/4, 10/11, 10/18, 10/25, 11/1

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

Room: TEC-201

Co-Instructors: Rick Feingold, MBA
and Tom DeStefano, M.A.

Save the Date

for the Institute for
Learning in Retirement's
Choir "Sing, Sing, Sing"

Holiday Concert
TUESDAY, DECEMBER 12

Enroll Today! Visit ilr.bergen.edu/courses

Course Descriptions

WED. Course Offerings Cont'd

IR-939 Senior Balance Yoga

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. *Student Materials: Wear comfy clothes and sneakers.*

Wednesdays In-person: 10/11, 10/18, 10/25, 11/1

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

Room: TBD

Instructor: Rennie Ackerman

NEW INSTRUCTOR! BONUS COURSE **IR-990: How to Plan for Aging in Place in the Home**

Learn important tips on how to best plan for aging in place in your home including everything from home safety solutions to how to find and hire home health aides. Whether you are interested in learning more about aging in place for yourself or for a loved one, this interactive workshop will familiarize you with the steps involved in creating a plan for aging in place as well as the different types of professionals who can offer assistance. Have questions or concerns about aging in place in your home? There will be a question-and-answer period at the end of the discussion.

Wednesday In-person: 11/8

Time of Course: 10:00 a.m. - 11:30 p.m.

Room Number: TEC-201

Instructor: Wendy Sabin, MSW, LCSW

IR-860 Financial Planning in Retirement

Retirement is often looked as a '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.

Wednesdays In-person: 11/8, 11/15, 11/29, 12/6, 12/13

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

Room: S-343

Instructors: Traphagen CPAs & Wealth Advisors

NEW INSTRUCTOR!

IR-995 Acting Workshop

This class introduces a fun and creative way of exploring the craft. We welcome Q & A. All questions will be answered. We will also do simple exercises to explain how we prepare for scenes. I invite anyone curious and interested in the early steps for learning the craft.

Wednesdays In-person: 11/8, 11/15, 11/29, 12/6, 12/13

Room: TEC-201

Time: 12:00 - 2:00 p.m.

Instructor: Glen Vincent

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.

Wednesday In-person: September 27

Time: 10:00 a.m. - 4:00 p.m. **Room:** S-343

NEW INSTRUCTOR: JoAnn Mitchell

Enroll Today! Visit ilr.bergen.edu/courses

Course Descriptions

WED. Course Offerings Cont'd

BONUS COURSE

IR-981 Heads Up, Seniors!

Did you know that falls are the leading cause of concussion and brain injury in the United States? Seniors are at the greatest risk for falling and sustaining a head injury. In this fun and interactive course, we will:

- Define concussion/brain injury and identify the signs/symptoms
- Discuss the prevalence and causes of falls among older adults
- Learn tips to promote safety and prevent falls

Wednesday In-person: 11/15

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

Room: TEC-201

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

THURSDAY Course Offerings

IR-619 Watercolors for All

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. *Student Materials:* 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 In-person: 9/28, 10/5, 10/19, 10/26, 11/2, 11/9, 11/16, 11/30, 12/7, 12/14

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

Room: TBD

Instructor: Barry Shiff

IR-503 Hardly Camelot: The Political JFK

Mid-20th Century American politics was a series of street fights...not medieval jousting tournaments. John F. Kennedy was undefeated in political street fighting from working class Boston's 1946 11th U.S. Congressional District race to the Century's most controversial Presidential election 14 years later. When he was cut down by an assassin's bullet in Dallas, JFK was in the midst of yet another street fight...a Texas Democratic civil war that threatened his own 1964 reelection. "Hardly Camelot" will examine all the street fights...including Kennedy's stunning 1952 Senate takedown of incumbent Henry Cabot Lodge, Jr. and the chaotic 1956 Democratic National Convention that propelled JFK to the 1960 Democratic nomination.

Thursdays In-person: 9/28, 10/5, 10/12, 10/19, 10/26, 11/2

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

Room: TEC-201

Instructor: James Devine

IR-911 Mindfulness Meditation in Nature

Mindfulness meditation is a mind-body practice that involves focusing your attention on the present moment. It helps us find connection, focus, and peace, and is a natural starting point for reflection. When we do these practices outdoors, we can more fully open to the beauty, wonder and joy that nature and life offer us. In this class we will learn about the benefits of mindfulness, and practice together. We will start each session in the classroom, and then stroll gently and mindfully on the grounds surrounding the building, letting the trees, wildlife and sky become our teachers. No experience required.

Thursdays In-person: 9/28, 10/5, 10/12, and 10/19

Time: 11:00 - 11:45 a.m.

Room: TBD (Indoors and Outdoors)

Professor Peter Dlugos, Ph.D., BCC faculty

IR-970 Film Program 1: A Little of This

At our age, we sometimes have forgotten a film, or a section of a film that we liked, moreover, there are many films we have never seen, and we should have. I have endeavored to bring those two concepts together in a lecture series that will be fun, snippets from different genres.

1. Songs and Dances That You Should Have Seen, But Didn't (*Living in a Big Way, Small Town Girl*)

2. 1's, 2's and 3's Small but Important Moments of Great Acting Among These Groups or Persons (*Dodsworth, Grand Hotel*)

3. Great Speeches Monologues of Importance or Beauty (*Henry V, Devil's Advocate, Braveheart*)

4. Makes and Remakes: matching scenes in a remake to compare the art (*The Letter, Invasion of the Body Snatchers*)

5. Fronts and Backs: the beginning and end of some great films and why they are great (TBD)

Thursdays In-person: 9/28, 10/5, 10/12, 10/19, 10/26

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

Room: TBD

Professor Theo Solomon, retired BCC faculty

IR-602 Five US Presidents

Learn about the following presidents:

Ulysses Grant

Ronald Reagan

Teddy Roosevelt

George Washington

William McKinley

Thursdays In-person: 9/28, 10/5, 10/12, 10/19, 10/26

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

Room: TBD

Instructor: Tom DeStefano, M.A.

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Course Descriptions

THURS. Course Offerings Cont'd

IR-676 Sketching for All

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: 9/28, 10/5, (no class 10/12) 10/19, 10/26, 11/2, 11/9, 11/16, (no class 11/23), 11/30, 12/7, 12/14

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

Room: TBD

Instructor: Barry Shiff

IR-060 Legal Issues Concerning the Elderly and Their Caregivers

How to protect assets in the event of nursing home care, including Medicaid planning and planning for admission to the Veterans Home. The importance and use of Powers of Attorney, Advanced Directives (Medical Powers of Attorney and Living Wills), whether to purchase long term health care insurance as well as a discussion of estate planning using Wills and Trusts, and a clear explanation of the rules concerning gifts and probate procedures. All will be presented in a clear, concise "nuts and bolts" fashion.

Thursdays In-person: 10/5, 10/12, 10/19, 10/26

Time: 3:15 - 4:15 p.m.

Room: TBD

Instructor: Robert J. Romano, Jr. Esq. of Andora & Romano, L. L. C.

NEW INSTRUCTOR!

IR-976 Road Trippin' USA - Explore National Parks and Hidden Gems

America the Beautiful! Whether you love to hit the open road, prefer to live vicariously through the photo spreads in *Conde Nast Traveler*, or fall somewhere in between, you are welcome to join this 3-session photo journey through some of our nation's most beautiful national parks and hidden gems of the West. Learn about the best times to visit, must-see areas, and under-rated natural wonders.

- Session 1: Utah – So much more than the Big Five. Travelers flock to gawk at the natural wonders of Arches, Zion, and Bryce National Parks. Utah is home to other-worldly landscapes, hoodoos, slot canyons, and one of America's most beautiful highways. Wet your whistle with an exploration of the Big Five as well as some lesser known - and equally beautiful landscapes.

- Session 2: Montana – The glaciers are melting! Don't miss these photographic highlights of Glacier National Park, Yellowstone, and some of the beautiful, little-explored pockets in between.

- Session 3: Oregon – From Coast to Mountain, Oregon has something for every adventurous traveler. See photos of some treasured spots, taken just days before the devastating wildfires of August 2020.

Thursdays Online: 10/12, 10/19, 10/26

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

Instructor: Elaine Morales

IR-971 Film Program 2: Suspension of Disbelief

Films about the supernatural are plentiful these days. They, however, are usually about larger-than-life heroes, combatting to save the world! I have tried to select "smaller" films where the supernatural is almost normal. That's why some of these films are from bygone times (that we all recognize) JOIN US, SUSPEND!

1) "The Night Has 1,000 Eyes" (Edward G

Robinson) A vaudeville performer....maybe!

2) "The Devil and Daniel Webster" (Edward Arnold, Walter Huston)

3) "Stranger than Fiction" (Will Farrell, Emma Thompson, Queen Latifa)

4) "Death Takes a Holiday" (Fredrick March)

5) "The Devil's Advocate" (Keanu Reeves, Al Pacino)

AND AS A BONUS, a film that has nothing to do with anything, but a good time, GUARANTEED!

6) "The House of Games" (written and directed by David Mamet; starring Lindsay Crouse) - a noted psychologist attempts to learn the secrets of a gambling racket!

Thursdays In-person: 11/2, 11/9, 11/16, 11/30, 12/7, 12/14

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

Room: TBD

Professor Theo Solomon, retired BCC faculty

IR-979 Selected Topics in Ancient History

Did *Alexander the Great* really cry because there were '...no more worlds to conquer'?

In a recorded history that extends back over 3000 years, what makes three consecutive Chinese dynasties from the 6th through 13th centuries golden? Why did Kaiser Wilhelm II extort his Imperial German troops during the 1900 Boxer Rebellion to channel *Attila and his Huns*? Also: *The Jewish Rebellion of 69-70 A.D.*; *Myths and (Manufactured) Mistruths of the Ancient World and The Historical Pontius Pilate*. These six stand-alone lectures will be explored in compact two-hour sessions.

Thursdays In-person: 11/9, 11/16, 11/30, 12/7, 12/14, 12/21

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

Room: TEC-201

Instructor: James Devine

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Course Descriptions

THURS. Course Offerings Cont'd

IR-393 Financial Fitness in Retirement

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, inheritance techniques and more.

Thursday In-person: 11/9, 11/16, 11/30, 12/7

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

Room: S-343

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

NEW INSTRUCTOR! BONUS COURSE

IR-996 Lessons from the Road - 7

Ways RV Travel Can Change Your Life

Do you balk at the idea of living with your loved one in 400 square feet of space? Wonder what kind of folks are found on Bureau of Land Management (BLM) lands and cattle ranches? Does selling everything you own and hitting the road sound like a romantic adventure? Learn from an empty nester who has spent 9 years crisscrossing the country in a 40-foot motorhome how RV travel can offer new perspectives.

Thursday ONLINE: 11/16

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

Instructor: Elaine Morales

IR-921 Neurology 101

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

Thursdays In-person: 11/16, 11/30, 12/07, 12/14

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

Room: TEC-201

Instructor: Judith Lustig, MD

FRIDAY Course Offerings

IR-919 Healthcare Costs and Claiming Social Security

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 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 as well as efficient withdrawal strategies once an individual or couple enters into retirement. 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: 9/29, 10/6, 10/13, 10/20, 10/27, 11/3

Time: 12:30 - 1:30 pm

Room: TBD

Instructor: Theresa J. Yarosh, CFP®, CLU®, ChFC®, CKA®

IR-912 Gentle Beginnings Yoga

Are you new to Yoga? Gentle Beginnings Yoga is a mat-free practice, perfect for beginners and Gentle Yogis. In this 60-minute class, all poses are practiced either seated in a chair or standing and can be modified to accommodate all levels.

Whatever your experience, Gentle Beginnings Yoga is a welcoming space for all new yogis. *Note: Students should wear loose, comfortable clothing and sneakers.*

Fridays In-person: 10/6, 10/13, 10/20, 10/27, 11/3, 11/10

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

Room: TEC

Instructor: Rosemary Donnelly

IR-989 Modern America Emerges

When the Constitution was ratified in 1789, most Americans lived in rural areas and worked as farmers. Other than the forced migration of Africans, most Americans had immigrated from northern Europe, or descended from those who did. The years after the Civil War saw vast changes in the economy and demographics of the country. Gradually, the economic vitality and ethnic diversity that we associate with the modern American state began to take shape. This class will examine these changes, as well as the reactions to the new American landscape.

Fridays In-person: 10/20, 10/27, 11/3, 11/10

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

Room: TEC-201

Instructor: Janet Dinardo-White

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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.

NEW INSTRUCTOR!**Timothy Boyce, MBA, J.D.**

Timothy Boyce practiced law for many years, most recently serving as the Managing Partner of the Charlotte, NC office of Dechert LLP, an international law firm. He holds an MBA. from The Wharton School of Finance, and a J.D. from the University of Pennsylvania Law School. He received a B.S. from Georgetown University. His articles have appeared in *The Quarterly Journal of Military History*, *The Scandinavian Review*, *Viking Magazine* and *World War II Magazine*. Tim, who currently lives in Tryon, NC with his wife Tara, two horses, two dogs, two cats, and almost 5,000 books, retired in 2014 to devote full time to writing and speaking.

Professor Denise Budd, Ph.D.,**BCC faculty**

Denise Budd received her Ph.D. from Columbia University in 2002, with a dissertation focused on Leonardo da Vinci and his documentary evidence. She came to Bergen Community College in 2009, where she teaches a range of classes on the history of art, from Antiquity to Modernism. An active scholar, her current research is focused on the collecting of Renaissance art in the late 19th and early 20th Centuries.

Dick Burnon

Fort Lee Historian Dick Burnon retired nine 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 11 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. Burnon, a native of Red Bank, NJ, specializes in the following topics: sports, music, history, politics, women's issues, and humor. He is also active with the Fort Lee Public Library and Talkin' Baseball in Montvale. He also ran a senior group in Tenaflly, NJ for seven years, and he worked with four-year-olds at a Tenaflly preschool program as the "resident grandpa" for seven years. Burnon is married and now lives with his wife, Arlen, in Fort Lee, NJ. The Burnon's have two daughters, six grandchildren and two great-grandchildren.

David Chepauskas, CFP, Summit Financial

David Chepauskas, 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.

NEW INSTRUCTOR!**Keith Danish**

Keith Danish is a retired attorney who specialized in the field of Intellectual Property, practicing at several NYC law firms. Danish now serves as a member of the Executive Board of the N.Y. Labor History Association, and as the Newsletter and Book Review Editor for the association. He is also on the Board of Trustees of the Institute of New Dimensions, a non-profit educational organization. Keith has given talks at IND, Puffin, libraries, the Baseball Hall of Fame, and other venues. He is a (frustrated) Mets fan.

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 ILR 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

Concluding 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.

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INSTRUCTOR BIOS FOR SPRING 2023 ILR

**Professor Robert Dill, MS & MA,
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 in Political Science from New School University. She has been teaching classes at Bergen Community College's Institute for Learning in Retirement for over 8 years.

**Professor 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. She offers classes and courses that help us care for body, mind & spirit in midlife and beyond. She is a fully-certified, experienced fitness professional, specializing in wellness activities for midlife men and women.

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 bachelor's 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.

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 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 as 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.

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INSTRUCTOR BIOS FOR FALL 2022 ILR

NEW INSTRUCTOR!

Associate Professor Melissa Krieger, Ed.D., BCC faculty

Melissa Krieger, Ed.D., is an Associate Professor in the Education program at Bergen Community College. A yoga practitioner for 15 years, Dr. Krieger holds a 200-hour yoga/meditation teacher certification. Her dissertation research study *Meditation and Community College Students' Self-Efficacy, Sense of Belonging, and Coping* has led to multiple articles and presentations related to the benefits of meditation.

NEW INSTRUCTOR!

Minister Linda Lawrence

Minister Linda Lawrence is a member and an Associate Minister of Community Baptist Church in Englewood New Jersey. Her ministry objective is to educate, equip, and prepare men and women from all ethnicities with biblical tools that are needed to become theologically balanced in today's society. Minister Lawrence first studied at Hawthorne Evening Bible School, Hawthorne, NJ. She continued her Christian education and earned a Doctorate certificate in Religious Education from Eastern Bible Institute in Fayetteville, North Carolina. Minister Lawrence also pursued a bachelor's degree from Ramapo College in Mahwah, NJ.

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, 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.

James Maimone, Summit Financial

James Maimone is a graduate of the 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.

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.

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INSTRUCTOR BIOS FOR FALL 2022 ILR

NEW INSTRUCTOR!**JoAnn Mitchell, MBA CMP**

JoAnn is a certified AARP Smart Driver™ Course instructor and has worked with adult learners for over 20 years. A retired member of a global engineering company, JoAnn drives as many as 50,000 miles a year in a variety of vehicles in all kinds of weather and on all kinds of roads.

NEW INSTRUCTOR!**Elaine Morales**

When long-time New Jersey resident Elaine Morales stepped onto the “mommy-track” after the birth of her first child, she would not have predicted how her part-time, work-from-home freelance job would evolve into a location-independent business that allowed her and her husband to embark on an adventurous, nomadic life. A grant writer and development consultant to non-profit organizations by trade, Elaine is a passionate traveler and curious explorer – by foot, bicycle, motorcycle, Jeep, and motorhome – of the nooks and crannies of our beautiful country. With one state left to go, Elaine and her husband pulled the trigger on a home in Mexico – and she is all set to explore and document our neighbor south of the border.

WELCOME BACK!***The Record* - Speakers from The Record, of the news organization NorthJersey.com**

Various speakers from *The Record*, of the news organization NorthJersey.com, teach this course. NorthJersey.com, part of the USA Today Network, is a news organization which covers Bergen, Essex, and Passaic counties.

**Robert J. Romano, Jr. Esq. of Andora & Romano, L. L. C.**

Mr. Romano's primary practice lies in consulting the elderly, disabled, and consumers of mental health services as well as their caregivers with respect to Medicaid issues; Estate Planning; Powers of Attorney; Living Wills; Special Needs Trusts, and Guardianships. He also assists various home health care agencies, long term health care facilities and hospitals with the fulfillment of their obligations under the New Jersey Advance Directives for Health Care Act and the Patient Self-Determination Act. Mr. Romano is a current member of the National Academy of Elder Law Attorneys as well as the Elder Law Section of the New Jersey Bar Association. He was a member of the Professional Advisory Committee and Chairperson of the Ethics Committee of Bergen Community Health Care and is currently a member of the Ethics Committee for the Karen Ann Quinlan Hospice.

NEW INSTRUCTOR!**Wendy Sabin, MSW, LCSW, Sabin Eldercare Solutions**

Wendy Sabin, MSW, LCSW received her master's degree in social work from New York University in 1989. She spent the first years of her career working as a clinical social worker in NYC in the Employee Assistance Program field. In more recent years, Wendy worked for Jewish Family Services in NJ as a Synagogue Social Worker in two New Jersey synagogues in Essex County. In October 2013 Wendy Sabin launched Sabin Elder Care Solutions (www.SabineEldercare.com), a private geriatric care management practice based out of Montclair, NJ.

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.

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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 also gives private instruction. Since its inception over 17 years ago, Turkin has served as an official photographer for the Teaneck International Film Festival.

NEW INSTRUCTOR!

Glen Vincent

Glen Vincent has been teaching acting for over 35 years in NYC and Hollywood. He is a senior instructor at TB Studio, NYC, a former adjunct professor at Rockland College, and is presently teaching in his own NJ Studio (all levels) for actors auditioning in film, T.V. and stage.

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, Naturalization and Technology. He graduated from Boston College with a BA in Mathematics. He has spent his 50+ year career working for and with software startup companies such as Netscape Communications, Sun Microsystems, and Oracle.

Emeritus Professor Mantred Weidhorn

Mandfred 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

This course is being facilitated by Prof. Rachel Wieland 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 J. Yarosh, CFP®, CLU®, ChFC®, CKA®

Theresa Yarosh has been in the financial services industry for over 25 years. She specializes in the impact of healthcare costs on 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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FALL 2023 DATES TO REMEMBER

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Institute for Learning in Retirement Fall Semester: September 26 – December 15, 2023

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