



JCHC University

WHERE LEARNING IS FOR LIFE!

Fall-Winter 2015

Course Catalog

To promote healthy aging and provide lifelong learning experiences to the residents of Jewish Community Housing Corporation by offering unique and interesting courses for personal and educational growth.

A non-accredited adult learning program

Please sign-up for the courses that you would like to attend, this is a free program brought to you by the Jewish Community Housing Corporation. For your convenience, we will provide transportation to all of the course locations.



Monday, October 12th 2:00 p.m.
Spiritual Tools for Handling Stress
Presenter: Karen Frank RN
Location: B'nai B'rith

Project SHIN Karen Frank, RN, practices and Teaches Spiritual Healing while integrating nursing.

We often find the world stressful and overwhelming. Learn how enhancing your sense of spirituality helps you deal with stress and what spirituality really is.

Monday, October 26th 2:00 p.m.
Cupcake Creativity
Presenter: Alecia Cotten
Location: Jewish Federation Plaza

Alecia Cotton currently serves as Administrative Assistant to the Manager of Jewish Federation Plaza.

Cupcake Creativity will explore the history of the cupcake. Participants will be able to decorate their own tasty creation.

Thursday, October 29th 2:00 p.m.

Journey of the Mind

Presenter: Joan Bender & Sandye Garrison

Location: Jewish Federation Plaza

*Joan Bender is a Licensed Psychotherapist who has spent 25 years in private practice.
Sandye Garrison is a Film Producer and Film Executive.*

Joan and Sandye will take you on a Journey of the Mind. In this exciting journey, you will discover the key to unlocking Heart, Spirit and Soul Connections.

Thursday, November 5th 2:00 p.m.

**Genetics: The Strange Case of the 3-letter Code
Part 1**

Presenter: Mark Grebenau

A.A., B.A. M.S., M.B.A. JD, M.D., Ph.D.

Location: Village Apartments

Dr. Grebenau has been going to school for the last 60 years; during this time, he became a physician/scientist and spent over 25 years at Novartis Pharmaceuticals where he was involved with the progression of organ transplantation from a desperate experimental procedure to an accepted part of medical therapy. Although he no longer works at Novartis, he continues to learn, and to teach by giving instructive lectures on a wide range of topics to audiences of all ages.

This lecture will examine genetic inheritance in plants and animals, and how the rules of inheritance were derived. It will then turn to the genetic code responsible for this inheritance that is incorporated into the structure of Deoxyribonucleic Acid (DNA), and its use to construct Proteins will be explained.

Monday, November 16th 2:00 p.m.
Herbs and Spices: Health in a Pinch
Presenter: Roberta Atti
Location: Jewish Federation Plaza

Roberta M. Atti, is a member of American Association of Nutritional Consultants. She has been teaching principles of nutrition and holistic health for more than two decades, as a way to promote social harmony and world peace.

We often think of herbs and spices as just a way to make a meal tastier or prettier to look at but did you know they're jam-packed full of health benefits? That's right - your spice rack is a nutritional wonderland. Learn how you can improve your wellbeing and add great flavor to your meals by adding herbs and spices to your cooking!

Monday, November 23rd, 2:00 p.m.
Genetics: The Strange Case of the 3-letter Code
Part 2

Presenter: Mark Grebenau JD, M.D., Ph.D.
Location: Village Apartments

Part 2 of this lecture will continue the examination of genetic inheritance in plants and animals, and how the rules of inheritance were derived. It will then turn to the genetic code responsible for this inheritance that is incorporated into the structure of Deoxyribonucleic Acid (RNA), and its use to construct Proteins will be further explained.

Monday, December 14th, 2:00 p.m.

Waves of Jewish Immigration

Presenter: Steven Isaacson, Esq.

BA, JD, MA

Lester Senior Housing

While practicing law Steve obtained a Masters in History and is an Adjunct Professor at County College of Morris teaching an array of U.S. History courses.

This lecture will describe the several distinct waves of Jewish immigration from the 17th century to the present.

Thursday, December 17th, 12:30 p.m.

Successful Aging

Presenter: Elion J. Krok MD

Location: Jewish Federation Plaza

Dr. Krok graduated from the Univ of Cape Town, Fac of Med, Cape Town, So Africa in 1983. He works in West Orange, NJ and specializes in Internal Medicine. Dr. Krok is affiliated with Saint Barnabas Medical Center. He specializes in internal medicine with an emphasis on metabolic medicine.

Dr. Krok will explain the dynamics involved in aging successfully. This topic is multidimensional, encompassing the avoidance of disease and disability, the maintenance of high physical and cognitive function, along with sustained engagement in social and productive activities.

Monday, December 21st, 3:30 p.m.

Jewish History & Jewish Women

Presenter: Chaim Lauer MA, ABD

Location: Lester Senior Housing

Cham Lauer is an internationally known Jewish educator author and speaker.

It is often said that "to the victors go the spoils." In the same way, history is what the historians write. Most historians have been interested in politics, great men, great moments, and written documents. The results have been that: large parts of the human race have not been written into the records - women, children, and the poor; the non-literate are not remembered as they leave few records; and everyday life is ignored and misinterpreted. In this course, we will look at Jewish women in general through history, will be introduced to exemplary Jewish women, and analyze stereotypes and myths about Jewish women. You will be surprised, embarrassed, shocked, and driven to laughter and to tears.

Monday, December 28th, 1:00 p.m.

A Brief History of Jewish Surnames

Presenter: Jolie Fromm

B'nai B'rith

Jolie Fromm, CALA, and Eldercare Consultant

Did you know the common Jewish last name, Katz, is not indicative of the German word for "cat", but rather is derived from the Biblical phrase, Kohen Tzaddik – meaning a righteous kohein, or priest, who performed specific religious rituals in the Jewish Holy Temple?

Learn some interesting facts about these and other Jewish last names at this lecture.



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Fall 2015
Course Registration Form

Please circle the class you wish to enroll

Course	Location	Date	Time
Spiritual Tools for Handling Stress	B'nai B'rith	Mon, Oct 12	2:00 pm
Cupcake Creativity	Plaza	Mon, Oct 26	2:00 pm
Journey of the Mind	Plaza	Thu, Oct 29	2:00 pm
Genetics: The Strange Case of the 3 Letter Code—Part 1	Village	Thu, Nov 05	2:00 pm
Herbs and Spices: Health in a Pinch	Plaza	Mon, Nov 16	2:00 pm
Genetics: The Strange Case of the 3 Letter Code—Part 2	Village	Mon, Nov 23	2:00 pm
Waves of Jewish Immigration	Lester	Mon, Dec 14	2:00 pm
Successful Aging	Plaza	Thu, Dec 17	12:30 pm
Jewish History & Jewish Women	Lester	Mon, Dec 21	3:30 pm
A Brief History of Jewish Surnames	B'nai B'rith	Mon, Dec 28	1:00 pm

Name: _____

JCHC Community _____

Note: Please submit your completed application to your building's Activity Coordinator.

Free Transportation will be provided for first 20 participants.

Course start time is reflected above.
Please refer to your building calendar for transportation pickup time.