Lifelong Learning Program
Spring 2021
Welcome to the Lifelong Learning Program at East Carolina University.

It is the mission of East Carolina University to serve the public and transform our region through engaging, enlightening, and thought-provoking outreach activities. One of the more prominent pathways through which we achieve this mission is the Lifelong Learning Program. As many of you who are familiar with the Lifelong Learning Program know, 2020 was a very challenging year both in terms of adjustments necessary due to the COVID-19 pandemic and the resulting economic and financial distress.

However, there is reason to hope that 2021 will bring progress and some return to normalcy. With an appreciation of how important the program is to the university, the Office of Global Affairs has volunteered to step in and coordinate the program as an interim solution until a resumption of regular programming can occur. To keep things simple in these challenging times, the program will be offered as an all-inclusive package for the spring, meaning your one-time registration fee will allow you to access all our programming.

This spring we plan to offer 16 online courses for LLP members. Based on feedback from LLP members, we have elected to use the Zoom platform for online delivery. Please be assured that I, along with the Global Affairs staff, will be available to you whenever you have questions, concerns, or troubles regarding any aspect of the program. We are here to serve you.

I look forward to helping the program through these challenging times and putting it on a more stable footing for the future. Lifelong Learning is an invaluable program and you are valued Pirates. I am excited to serve you this spring.

Jon Rezek, Ph.D.
Assistant Vice Chancellor for Global Affairs
Professor of Economics
East Carolina University

Who We Are

The Lifelong Learning Program at East Carolina University (ECU) offers adults affordable learning experiences in a relaxed atmosphere. Our purpose is to connect, engage and inspire the eastern North Carolina community by providing interesting and enriching courses, workshops and lectures, stimulating speakers, enjoyable trips, and more!

Membership Benefits

Annual membership includes the following benefits:

- Member exclusive courses and events
- Opportunity to obtain an ECU 1card
- Utilization of services at ECU
- Joyner, Laupus and Fletcher Libraries
- Utilization of ECU Transit

Contact us!

Attn: Lifelong Learning Program
East Carolina University
Academic Outreach, Continuing and Distance Education
Mail Stop 514
1000 East 5th St.
Greenville, NC 27858
252-328-9198
llp@ecu.edu
www.llp.ecu.edu

ECU Lifelong Learning Program
@ecullifelonglearning

On the Cover:

Kathy Rogister at Lake Mattamuskeet. Photo taken by Andrew Ross.
Creating Moments of Joy: Book Discussion
Instructor: T. Jovel

Family caregivers (and anyone else who may be interested) are invited to join a virtual Caregiver Book Club for four weeks of “Creating Moments of Joy” by Jolene Brackey. We will read the book independently then gather to reflect and share our thoughts on incorporating joy into our own caregiving situations. The book is a very easy read and such a great resource for caregivers. For the participants, it will be part book club, part caregiver support group…it is my sincerest hope that caregivers will share their personal experiences. I expect the book will spark discussion on both good memories and current challenges. In the end, the goal of the book club is for caregivers to experience more joy along their caregiving journey.

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Retirement Income Planning - Planning for a Financially Successful Retirement
Instructors: M. Weissman

Join Matthew Weissman, CFP for this three-session comprehensive course on Financial Planning for Retirees. Mr. Weissman will cover a range of topics including: investment strategies & portfolio balancing, maximizing investment potential & minimizing risk, estate planning challenges & utilizing trust strategies, investment income planning & strategies, long term care planning and wealth preservation. Three sessions will include time for you to ask your questions.

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Reverse Home Mortgages
Instructor: G. Wenstrom

Today’s retiree’s may find themselves having to consider other options in addition to Social Security, retirement plans, and personal savings to help meet financial needs. HECMs (Home Equity Conversion Mortgage, also called reverse mortgages) can, in the right circumstances and with the right borrower, offer both shorter-term (immediate need) and longer-term benefits and help close in the gaps. HECMs accomplish this by turning part of the equity of the homes into cash that can be used today, or a line of credit that will be there when needed. In addition, a HECM can be used as financing for the purchase of a home. A HECM can also eliminate an existing monthly mortgage payment, if there is one, and supplement other sources of retirement funds. Retirement shouldn’t be about worrying. It should be about enjoying life to the fullest. A reverse mortgage might be the planning tool that can put you on a path towards a more flexible and satisfying retirement.

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Quakers in the Here and Now
Instructor: M. Glazer

Many people think that Quakers – also known as the Religious Society of Friends – are a relic of the past. But no - Quakers are alive and well in the here and now - even in Pitt County. In this class, we will glance at how Quakers evolved from their start in England in the 1600s; look at some of the branches of Quakerism today; and take a look the theology and testimonies that guide their lives.

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Why Bad Things Happen to Good People - The Problem of Evil and Suffering
Instructor: Dr. C. Mercer

“Why bad things happen to good people,” sometimes referred to as the “problem of evil and suffering,” can be an intriguing intellectual/ theological question. It becomes compellingly, forcefully, and uncomfortably intimate and immediate when you’re standing over the hospital bed of an innocent friend who is suffering greatly. Perhaps enhanced in pandemic times, it’s a perennial question within religious traditions and even has its own name—“theodicy” (literally, the justice of God). Books have been written about it. We’ll examine various texts in the Bible that speak to this question. Most people immediately think of Job, and we’ll certainly take a good look at that incredible book. However, there are other texts and streams of the biblical tradition that are very relevant. Please bring Bibles.

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Current Events

Moderator: R. Tyer

The moderator will introduce various topics after which the floor will be open for discussion by all participants. Everyone is encouraged to seek supporting data in order to remain as objective as possible. Reading multiple sources on the subjects will give everyone a broader view of the issues. Some topics may carry over from month to month. Share your ideas and learn from the opinions of others in the course.

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Introduction to Zoom

Instructor: Dr. J. Leibowitz

Zoom has become the tool of our time enabling people to connect with friends and loved ones around the globe right from the comfort and safety of our homes. This course will focus on the fundamentals of Zoom from how to set up an account and schedule a meeting to how to effectively navigate within a zoom meeting to have the best possible experience for you and those you connect with.

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MEMOIR WRITING

Moderator: G. Schwartz

Writing your memoirs can be a gift for both you and your family. This interest group meets every other week and each time we meet, we will review our stories, receive feedback from others in the group, and discuss prompts and topics for the future meetings. Some writers may just be beginning, while others may have years of experience. All are welcome to come and share their stories, continue to learn, and be with others having similar interests in writing their memoirs.

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Hidden Gems in Italy

Instructor: L. Darty

If you only had 10 days in Italy, where would you go, what would you see? Join Professor Linda Darty, Director of our very own ECU TUSCANY study abroad program, for a virtual tour of unique and special places to visit in Italy! We will begin in the tiny Medieval village of Certaldo Alto, where our ECU program is located, but we will also explore other places not on the typical tourist itinerary, "off the beaten path!" Learn more about the Apuan Alps, the villages on Lake Garda, the southern Puglia peninsula, and the less traveled villages in Tuscany, Umbria and the Amalfi Coast. Travel truly changes us, and though you may not be flying now, start planning where you want to go when you once again, pack your bags and take off on your Italian dream trip!!

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Cooking with Nicole

Instructor: N. Ianieri

Take a culinary journey to central Italy’s beautiful Abruzzo region with Nicole Ianieri, ECU Language Academy Director and home chef par excellence! Nicole’s father was born and raised in Abruzzo, where the family spent many happy vacations together enjoying the marvelous scenery of mountains and sea while partaking of the area’s amazing culinary traditions. Nicole looks forward to sharing some of her family’s favorite dishes with you. For each session, she will provide you with a list of ingredients and the basic kitchen equipment needed for preparation if you would like to cook along. Or just join for the fun of watching and interacting with one of ECU’s most vibrant chefs.

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### Reflections on the Universe
**Instructor:** B. Glatthorn

The goal of the course is to ponder the question asked by William Blake (1757-1827): “What do you see when you look out over the landscape? Do you simply see the sun rising or do you see the flaming forth of the deep mystery of the universe?” This course aims to stimulate an aesthetic appreciation and a sense of the sacredness of the universe expanding our sense of connectedness with the Earth. The course will combine short presentations, discussion, time for reflection and writing. One two-hour session will be given to each of the topics that constitute the operating principles of the universe: Emergence, Community and Diversity.

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### So You Think There is STRESS In Your Life?
**Instructor:** M. Hall

We all have things in life that cause stress. This course will help to understand what stress does to our body and mind. Since you can’t eliminate stress, you will learn ways to minimize and handle stress that you may encounter.

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### The Economy and You
**Instructor:** Dr. M. Millea

Have you ever wondered why economic downturns happen and what mechanisms are in place to help us recover? What exactly is the Federal Reserve and how does it work to counter economic fluctuations? What is the federal debt and the federal deficit and why can’t we seem to get it balanced? How do all these things affect me? Join Dr. Meghan Millea, Professor of Economics at ECU as we explore these and other topics to help you understand current economic events.

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### Travels with David
**Instructor:** D. Parke

Join David as he shares his travels through Australia and New Zealand. The session will consist of pictures, discussion of travel arrangements, what needs to be done prior to beginning a trip, what needs to be done at the end of the trip, and suggestions on how to really enjoy a trip outside the continental United States. Further discussion will include such topics as: how much clothing to take, how much cash to take, how mobile do you need to be, concerns with drinking water and local food, and addressing other questions the class might have.

**Australia**

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**New Zealand**

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### Views from the Forecastle
**Instructor:** R. Homovec

Richard Homovec, a seasoned photographer and United States Coast Guard certified Able Seaman, has accumulated numerous collections of photos from his time at sea. Some of his photos have been published in the Smithsonian Institution’s Ocean Planet. In this class, we will view and discuss documentary photos of the US Navy and Merchant Marine from 1976-1986, relating military, oceanographic and commercial uses of the oceans during the Cold War.

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A Week at a Glance

Monday
Memoir Writing (p.4)
9:30am–12:00pm

Tuesday
Current Events (p.4)
10:00am–12:00pm
Why Bad Things Happen to Good People (p.3)
10:00am–12:00pm

Wednesday
Reverse Home Mortgages (p.2)
10:00am-2:00pm
Introduction to Zoom (p.6)
1:00pm-2:00pm
Creating Moments of Joy (p.1)
1:00pm-2:30pm
Hidden Gems in Italy (p.5)
1:00pm-3:00pm
Travels with David (p.7)
1:00pm-3:00pm

Thursday
Quakers in the Here and Now (p.3)
10:00am-12:00pm
Cooking with Nicole (p.5)
1:00pm-2:00pm
Retirement Income Plan (p.1)
1:00pm-3:00pm
Intro to Italy & Italian Conversation (p.5)
3:00pm-4:30pm

Friday
Reflections on the Universe (p.6)
10:00am-12:30pm
Views from the Forecastle (p.7)
10:00am-12:00pm
The Economy & You (p.7)
1:00pm-2:00pm
So You Think There Is STRESS in Your Life? (p.6)
10:00am-11:00am

*Please note that some courses may overlap. Refer to course description for further information.

Registration and Contact Information

How Do I Register?
An all-inclusive membership is available for the Fall semester. The cost is $60 and registration will open on January 28th. It is the only registration option this semester.

You may register online for your membership or by calling our office. When registering for your membership, please indicate which classes you are interested in taking this semester.

Program Cancellation
The Lifelong Learning Program reserves the right to cancel any course due to low enrollment and to substitute faculty or make other changes, as needed.

Inclement Weather
If ECU is closed due to inclement weather, all Lifelong Learning Program courses will be cancelled. Registered participants will be notified by email or phone.

Accommodations
Individuals requesting accommodation under the Americans with Disabilities Act (ADA) should contact the Department for Disability Support Services at least 48 hours prior to the event at 252-737-1016 (voice/TTY).

Helpful Tips
Out of respect for the instructor and your peers, please log on to the virtual classroom on time.

Payment Options
Check payable to: East Carolina University. Please call to pay with credit card.
A Special Thank You

Spring 2021 Planning:
Phil Bullock
Gloria Schwartz

Catalog Designer
Andrew Ross
Erin Taylor

Instructors/Coordinators
Dr. Scott Dellana
Dr. Linda Darty
Barbara Glatthorn
Mary Kay Glazer
Mary Hall
Richard Homovec
Nicole Ianieri
Tammy Jovel
Dr. Jami Leibowitz
Dr. Calvin Mercer
Dr. Meghan Millea
David Parke
Gloria Schwartz
Ruel Tyer
Matthew Weissman
Geri Wenstrom

The Lifelong Learning Program and You

The Lifelong Learning Program thrives due to the support of volunteers. Our program relies heavily on the volunteer efforts of members to keep functioning and to bring in new ideas. There are so many ways to get involved!

Curriculum Committee
Helps the Lifelong Learning Program recruit new and talented instructors. This committee helps develop and evaluate new and on-going courses and supports our instructors.

Teach or Lead a Course
Would you like to share a skill or special interest with our Lifelong Learning Program members and other adults? Teaching or leading a course is an exciting opportunity and a valuable contribution to our program. If you know someone who would make a good instructor for our program, please contact us. To print the course proposal form visit llp.ecu.edu.

To find out how you can become more involved, please call 252-328-5829 or email us at llp@ecu.edu.

Lifelong Learning Program courses, events and trips are made possible through memberships, program fees, donations and sponsorships.

Donations and Sponsorships

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Sponsorship levels are available in:

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Zoom Virtual Platform

All courses will be provided via the Zoom Virtual Platform.

Course Invitation
A week before the class start date, registered participants will receive an email reminder from the LLP email address.

Joining the Meeting
You will be able to join the class via phone, smartphone, tablet, laptop, or desktop computer. Your email reminder will contain directions for accessing the course.

Using the Features
When you open the application, you will notice a few tools on the bottom bar, from left to right these are: mute, start video, participants, chat, share screen, reactions, and leave. When a red diagonal line appears through the icon, that feature has been disabled. When entering the room, please click on the camera and microphone until you see a red diagonal line appear over the icon. This signals that you have muted your microphone and turned off your camera. The participants feature will show you the number of people attending the session and the names of all participants. Chat will allow you to interact with your classmates and the instructor. When the meeting ends, you can click on the red button on the far right to exit the meeting and the zoom client.

Other Helpful Features and Tips
The picture or name of the individual speaking will show on the main screen with the chat feature on the right-hand side. You will be able to ask questions via the chat box. If you wish to hide the chat box or participant list, you can do so by clicking on their respective icons. To indicate that you would like to ask a question, you can click on the icon that resembles a hand. A red microphone icon with a slash through it next to a participant’s name in the chat box indicates that person’s microphone is off. Also, remember to mute your microphone to reduce background noise and distraction for others.

Additional Visual Instructions can be found HERE. You can also view a short tutorial on how to join a Zoom meeting here.

Can We Talk About It?
Talking Across Generations to Break the Climate Silence Habit

A virtual discussion with Mick Smyer, founder and CEO of Growing Greener: Climate Action for a Warming World

Tuesday, February 9, 2 p.m., via Zoom:

https://zoom.us/j/98698077491?pwd=b0dqN0p5bnhwbSttUk9SOU96c05rdz09
password: climate

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Individuals requesting accommodation under the Americans with Disabilities Act (ADA) should contact the ADA Coordinator at least 48 hours prior to the event at (252) 737-1018 / ada-coordinator@ecu.edu.