

WATERMARK UNIVERSITY  
WU

2021

**Spring Semester**  
JANUARY THROUGH APRIL

 THE WATERMARK  
AT BROOKLYN HEIGHTS

ÉLAN COLLECTION



**Hello and thank you for your interest in Watermark University - Spring Semester!**

The foundation of Watermark University (WU) is to provide meaningful opportunities to learn, teach and grow, resulting in a life of overall well-being. At The Watermark Brooklyn Heights, we pride ourselves in finding thought leaders throughout New York City and beyond to teach informative courses about a wide range of interesting and cutting edge topics. Research shows that learning and keeping our mind active and sharp supports healthy aging.

At Watermark Retirement Communities® we are committed to encouraging our residents and associates to lead balanced lives, full of meaning and purpose, grounded in self-awareness and infused with curiosity. Our Watermark University courses help achieve this goal by inspiring us to go beyond our daily lives in finding ways we can truly thrive in our communities.

By focusing on the Seven Dimensions of Well-being: Physical, Social, Intellectual, Spiritual, Emotional, Environmental, and Vocational we offer the opportunity to achieve a balanced life and we see the benefits across the country in every class, every day.

**Sincerely,**

*Aaron Feinstein*

Aaron Feinstein  
Director of People, Arts and Culture

COURSES	FACULTY	DAY AND TIME	LOCATION
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<b>Inside the World of American Sign Language (ASL) and Music</b>	<b>Sahar Edalati</b>	<b>Tuesday, January 19 • 4:00 PM</b>	<b>Performing Arts Center</b>
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Come and learn a new way to experience MUSIC through signs! In this beginner ASL course, participants will learn how to convey rhythm and emotions for a variety of musical genres. We will practice showing when the bass drops, soaring pop rock ballads, and a little bit of hip hop to name just a few. Students will use their knowledge of ASL classifiers to show what sound looks like when it goes from paper to “picture” using their hands, bodies, facial expressions and personal style.

<b>Classic and New Hollywood Cocktails and Mocktails</b>	<b>Betsy Babu and Lloyd Lewis</b>	<b>Thursday, January 21 • 4:00 PM</b>	<b>Biblio</b>
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We'll explore classic and new Hollywood with a mix of cocktails from our favorite movies and television shows, and demonstrate how they are made. From the classic Vesper that was featured in Ian Flemming's James Bond books, which inspired the "shaken, not stirred" gin and vermouth martini, to the Cosmo made popular by HBO's Sex in the City, we'll talk about the films and shows, watch some clips, and sample these fun drinks

<b>Your Perfect Tu BiShvat Cheese Plate</b>	<b>Aaron Feinstein</b>	<b>Tuesday January 26 • 4:00 PM</b>	<b>Gustoso</b>
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Join cheesefan and aficionado - your People, Arts, and Culture Director Aaron Feinstein for a cheese tasting experience. We'll learn about the milk types - talk about what cheese is and how it is created, and taste different styles of cheese. Not to be missed for any fan of food!

<b>Wines at the Watermark: Taste, look, and Feel</b>	<b>Vincent Stewart</b>	<b>Thursday, January 28 • 4:00 PM</b>	<b>The W Bar</b>
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Learn how to taste, look, and understand the mouth feel of our curated selection of wines at The Watermark Brooklyn Heights. We will be tasting an array of varietals both domestic and foreign wines from some of the best growing regions in the world. We will rate the wines from most favorite to least and use your feedback to update our wine list in the bars and restaurants inside our community. If you like wine, love wine, or just want to get started with a new interest, please join us.

COURSES	FACULTY	DAY AND TIME	LOCATION
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<b>Neurodiversity, Autism, and Your Unique Processing of the World: Part 1</b>	<b>Aaron Feinstein</b>	<b>Tuesday, February 2 • 4:00 PM</b>	<b>Performing Arts Center</b>
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Neurodiversity encompasses a large range of human experiences and the natural diversity of minds, but it is also a movement. Aaron Feinstein will take you on a journey to exploring neurodiversity with a specific emphasis on the autism spectrum, and the unique sensory, communication, and motor-sequencing differences of individuals on the autism spectrum. We will explore this from a historical, scientific, and social perspective, based on lectures Aaron has done around the world including the United Nations, Arts in Education Conference, and the Kennedy Center.

<b>Neurodiversity, Autism, and Your Unique Processing of the World: Part 2</b>	<b>Aaron Feinstein</b>	<b>Thursday, February 4 • 4:00 PM</b>	<b>Performing Arts Center</b>
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In our second part of this unique series, Aaron will create an experiential for us to improvise what it may be like to have a neurological difference based on our unique sensory processing. This exercise will require a bit of imagination, and dress that will allow you to move as freely as possible. The goal of the exercise is a greater empathy towards people who may experience the world in different ways, and is a creative exploration of our own individual sensory processing.

<b>Dance like an Albanian!</b>	<b>Drita Cekic</b>	<b>Tuesday, February 9 • 3:00 PM</b>	<b>Performing Arts</b>
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There are Albanian folk dances for every occasion from different regions (Albania, Montenegro, Kosovo - to name a few...) They express emotions ranging from pride and honor, loyalty and bravery - to rosier ones dedicated to love and play, danced in weddings and other festivities. Albania has a rich folklore and every region of the country has one signature dance. This will be a fun class full of music, some traditional costume, and requires active participation. Open to all levels of experience.

<b>Going Ape: Part 3 Social habits and communities of monkeys and primates</b>	<b>Natalia Reagan</b>	<b>Thursday, February 11 • 4:00 PM</b>	<b>Performing Arts</b>
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Monkeys and apes have all sorts of communities that they support each other, and create conflict in. By studying our ancestors, we can learn more about the human societies we create and how we can help each other thrive!

COURSES	FACULTY	DAY AND TIME	LOCATION
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<b>Senior Living in Less Developed Countries</b>	<b>Umadat Nandkumar</b>	<b>Tuesday, February 16 • 4:00 PM</b>	<b>Performing Arts Center</b>
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Umadat Nandkumar, our Move-In coordinator who is from Guyana, will discuss senior living in less developed countries. A less developed country is one that does not have the socio-economic means, a small income per capita, and very poor facilities. Seniors still enjoy life with contentment and a sense of understanding and gratitude. In some cases seniors enter the “Dharam Shala” where those who cannot afford to subsidize their living - live from the support of the government in very poor conditions.

<b>Meditate to Motivate</b>	<b>Maureen Graf</b>	<b>Thursday, February 18 • 4:00 PM</b>	<b>Performing Arts Center</b>
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Meditation is the key, but it only starts the journey on the path to relaxation, clarity, motivation, and creativity. Meditate to Motivate is a five-part thematic program that begins with a meditative narrated journey bringing the listeners to a calm, peaceful place followed by music, discussion, art, and exercise. Please join your fellow members in using this experiential to help in reducing daily stresses, increase the ability to be present in the moment, establish lively communication, and foster creativity.

Maureen graduated from St. Thomas Aquinas College with a Bachelor of Science in Therapeutic Recreation and is Certified with the National Council for Therapeutic Recreation. She is a Licensed Nursing Home Administrator and is currently completing her Master of Public Administration (MPA) program at Long Island University. Maureen has devoted her career to improving the quality of life for the senior community.

<b>The life of an Illustrator with Peter Arkle</b>	<b>Peter Arkle</b>	<b>Tuesday, February 23 • 4:00PM</b>	<b>Performing Arts Center</b>
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Have you ever looked at the art in the New Yorker or other magazines, and wondered how does this happen. What do cartoonists and illustrators do and how do they work on projects. Peter Arkle is an illustrator and visual journalist who is based in Manhattan's East Village. Arkle is known for his graphic storytelling; his work is smart and involved, and he is passionate about his subjects and has contributed to the New Yorker, The Atlantic, and Mother Jones and is the illustrator of several books.

<b>The History of the Leverich Towers, Pt. 1</b>	<b>Turnstile Tours</b>	<b>Friday, February 26 • 2:00 PM</b>	<b>Performing Arts Center</b>
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Before the Watermark at Brooklyn Heights, the famed 21 Clark St property was built as the Leverich Towers Hotel, a roaring 20s hub of banquets, cocktails, and entertainment. The Leverich Towers was home to the Brooklyn Dodgers and had frequent prominent guests like New York City's Mayor LaGuardia. We'll learn about the classic hotel, what made it unique in the history of Brooklyn Heights, and the characters who graced its rooms and halls.

COURSES	FACULTY	DAY AND TIME	LOCATION
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<b>A Taste of Israeli Cuisine with Chef Kertes</b>	<b>Kfir Kertes</b>	<b>Tuesday, March 2 • 3:00 PM</b>	<b>Gustoso's</b>
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Come and experience a taste of Israel with Chef Kertes. Learn about the eclectic mix of cultures that make up Israeli cuisine, while exploring the herbs and spices that grow in this part of the world. Participants will have opportunities to see, smell and taste the flavors along the way. From wood-fire roasted eggplants with tahini and date molasses to Israeli hummus, everyone will enjoy a spectacular dish with each class.

<b>Anxiety, Let's Deal with It</b>	<b>Elyssa Rosenberg</b>	<b>Thursday, March 4 • 4:00 PM</b>	<b>Performing Arts Center</b>
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This course will cover a discussion on root causes, triggers, and our body responses to anxiety. We will look into ways in which to deal with this issue including behavior modification modalities and utilizing sensory smell and tactile implementation. We will incorporate these tools for the prevention of anxiety and to work through anxiety provoked episodes. Personal experiences and input are a welcome part of this course.

<b>Intro to Intersectionality: Part 2</b>	<b>Brisa Areli Muñoz</b>	<b>Tuesday, March 9 • 4:00 PM</b>	<b>Performing Arts Center</b>
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**Intersectionality** is an analytic framework for understanding how aspects of a person's social and political identities combine to create different modes of discrimination and privilege. Examples of these aspects are gender, caste, sex, race, class, sexuality, religion, disability, physical appearance, and height. Intersectionality identifies multiple factors of advantage and disadvantage. These **intersecting** and overlapping social identities may be both empowering and oppressing. Brisa leads her popular lecture for another round of questions and interesting topics.

<b>MariaNY: From NY to Beyond</b>	<b>Mariany Colombo</b>	<b>Thursday, March 11 • 4:00 PM</b>	<b>Performing Arts Center</b>
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Borders are closed, resorts are deserted and planes are grounded during the global COVID-19 pandemic. But even though you are stuck at home you can still get your travel fix without leaving your house. Satisfy your wanderlust for new places with our Business Office Director, Mariany, by discussing travels around the world. Mariany will transport you through experiential narratives, photos and uplifting travelogues.

## Faculty Biographies

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### NAME OF INSTRUCTOR

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### CLASS NAME

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**Maureen Graf**

**Meditate to Motivate**

Maureen graduated from St. Thomas Aquinas College with a Bachelor of Science in Therapeutic Recreation and is Certified with the National Council for Therapeutic Recreation. She is a Licensed Nursing Home Administrator and is currently completing her Master of Public Administration (MPA) program at Long Island University. Maureen has devoted her career to improving the quality of life for the senior community.

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**Aaron Feinstein**

**Your Perfect Tu Bishvat Cheese Plate  
Neurodiversity, Autism and Your Unique Processing  
of the World**

Aaron is a producer, director, and arts educator based in NY. Aaron is the creator of the AIMS inclusive improvisational musical comedy workshop program, and the Actionplay Chorus that was featured on the HBO and Comedy Central Broadcast of Night of Too Many Stars. He co-directed the widely celebrated pilot program The Miracle Project with Elaine Hall which has been featured at the 92nd Street Y, Rebecca School, Celebrate the Children and the Educational Alliance. The Miracle Project was the subject of the 2006 HBO 2-Time Emmy Award Winning Documentary Autism: The Musical. Aaron has presented nationally at the United Nations, NYC Department of Education, NYU Forum on Educational Theater, Wonderplay, Arts in Education Roundtable, The Voice Foundation, Museum Access Consortium, and ICDL, among many others – and is the published author of several books, articles and journals focused on changing the stigmas surrounding disability.

**Drita Cekic**

**Dance Like an Albanian!**

Drita is an American Albanian that was born and raised in The Bronx, NY with an extended family ranging to over a thousand relatives. Drita and her husband Sal have a 8 month baby girl, Eleina and they enjoy spending most of their time with her singing and dancing. Drita speaks Albanian fluently, enjoys cooking traditional food, dancing to Albanian Music as family gatherings happen often and its always a reason to Dance.

**Umadat Nandkumar**

**Senior Living in Less Developed Countires**

Umadat worked as concierge at a Alzheimer Dementia community on the Upper East Side, where he had an incredible relationship with the residents. Umadat was previously a warehouse and distribution manager at Carole Wren. He loves his coffee, and enjoys the daily caffeine fix!

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**NAME OF INSTRUCTOR**

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**CLASS NAME**

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**Elyssa Rosenberg****Anxiety, Let's Deal with It**

Elyssa Rosenberg is thrilled to be working as the Wellness Director in our Brooklyn Heights office. Elyssa received her BS and AD degrees from the University of Miami, Coral Gables FL and from Long Island College Hospital in Brooklyn, NY. Working as a Registered Nurse on an inpatient floor and the emergency room in a psychiatric unit gave her an excellent baseline to handle many acute and long term nursing challenges. She has recently worked with a Plastic Surgery Group focusing on surgical patient care, post-operative recovery and spear headed an opening for a new satellite office. Elyssa continues to work with private duty patients helping guide them through their medical journeys. Elyssa thrives on the challenge of making everyone she works with feel safe and at home in their environments. She also thrives on contributing to our members overall health and achieving their wellness goals. In her free time, she enjoys cooking and creating new healthy yet delicious meals and spending time with her family and friends, preferably down the Jersey shore.

**Sahar Edalati****Inside the World of American Sign Language (ASL) and Music**

Sahar Edalati graduated from the University of Southern California with a Bachelor's in Human Development and Aging and a Master's in Long-Term Care Administration. Sahar volunteered at the Helen Keller National Institute for the Deaf and Blind in New York assisting as a ASL discussion group leader and translator.

**Betsy Babu****Classic and New Hollywood Cocktails and Mocktails**

Prior to joining Watermark at Brooklyn Heights, Betsy was Director of Resident Relations and Reflections Director at Atria Assisted Living Communities in Lake Success and North Hills, NY, where she created and implemented individualized service plans for residents and advocated for residents and their families. Babu was previously a nursing case manager for Amber Court Assisted Living in Westbury, NY. She holds an associate degree in biology from Nassau Community College, received her LPN from The Nassau County Vocational Education and Extension Board, and is currently completing a registered nursing program at Excelsior College.

**Vincent Stewart****Wines at the Watermark: Taste, Look, and Feel**

Vince Stewart is a graduate of Florida State University with a BS in Business Management specializing in Hospitality Management. Vince has worked in the food and beverage industry for over 30 years and has partnered with a Master Sommelier to create amazing beverage menus in his previous restaurants.



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**NAME OF INSTRUCTOR**

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**CLASS NAME**

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**Mariany Colombo****MariaNY: From NY to Beyond**

Mariany Colombo holds a degree in Business Administration with concentration in Finance and Marketing and a minor in Political Science, she has since acquired experience in Accounting, Management, Human Resources and Customer Service. Originally from Brazil, Mariany is fluent in Portuguese. In her free time, she enjoys traveling, visiting museums, reading, and skiing. Mariany has traveled all over Europe and South America. As a self-proclaimed "travelholic," Mariany enjoys helping travelers with their plans and itineraries. Mariany has never been one to live in her own little bubble. Mariany puts it best, "traveling is extremely eye-opening. I love to watch how people live in other countries, what their traditions are and learn about their traditions and even celebrate with them. Traveling gives you a new perspective on life and make you (more) humble of the life you have. When you're travelling: you can do anything, you can go anywhere. I am always willing to try new stuff and push my own boundaries because I am in a new place. It gives me more strength and courage to step out of my comfort zone."

**Natalia Reagan****Going Ape: Part III**

**Natalia Reagan** is an anthropologist, primatologist, actor, producer, writer, host and comedienne. She is a comedy writer and correspondent on *Neil deGrasse Tyson's StarTalk* on Nat Geo and is also a StarTalk All-Star podcast host. She was the co-host on Spike TV's show *10 Million Dollar Bigfoot Bounty* where she used her vast knowledge of primate behavior and fieldwork to judge contestants searching for "the world's greatest hide and go seek champion", Bigfoot. Natalia also wrote and produced a web series with her Bigfoot Bounty co-star called *Talking Shit with Dr. Todd and Natalia*. She was also a regular animal expert on Nat Geo Wild's *Everything You Didn't Know About Animals*. She was a regular writer and host for **Discovery Communications** *DNews*, *Seeker*, & *TestTube*. She has appeared on the TODAY Show, Fox News, Arise 360, HuffPost Weird News Podcast, and various podcasts & radio shows weighing in on different scientific subjects, from the evolution of boobs and butts to how pheromones play a role in human mating

**Turnstile Tours****History of the Leverich Towers: Part 1**

**Turnstile's mission** is to advance public knowledge about the meaning of place, foster connections and understanding between people of diverse backgrounds, and inspire and reflect a culture of community participation through providing welcoming, well-researched, inclusive, and engaging experiences and resources to people of all ages and abilities. The company itself achieves its mission through **Turnstile Tours**, the foundation of the company that operates ongoing public tour programming and research efforts in partnership with select nonprofit organizations, and **Turnstile Studio**, a consulting practice that supports cultural and government organizations in place-making efforts, visitor engagement, and in the development of tours, programs, and exhibits.

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**NAME OF INSTRUCTOR**

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**CLASS NAME**

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**Peter Arkle****The Life of an Illustrator (with illustrations) with Peter Arkle**

**Peter Arkle** is an illustrator and visual journalist who is based in Manhattan's East Village. Arkle is known for his graphic storytelling; his work is smart and involved, and he is passionate about his subjects. He art has been featured prominently in The New Yorker, Mother Jones, Maxim, and The Atlantic

**Kfir Kertes****A Taste of Israeli Cuisine with Chef Kertes**

Born and raised in Israel, Chef Kfir Kertes has over 20 years of professional cooking and kitchen management experience, specializing in creating exciting dishes with attractive presentation and incredible taste. In 2013, Chef Kertes brought his culinary talents to New York City and has been cooking in the hospitality industry and leading teams ever since. His passion for food, culture, art and travel are reflected in all of his dishes. Kfir is grateful to have the opportunity to work with the Watermark community.

**Lloyd Lewis****Classic and New Hollywood Cocktails and Mocktails**

Lloyd Lewis has over 30 years of managerial experience in the food and hospitality industries. Most recently, he was Food and Beverage Manager at several New York City area hotels, including Marriott Fairfield Inn & Suites Central Park, Cambria Hotel & Suites Time Square, Marriott Residence Inn Times Square and Courtyard Times Square, and Renaissance Hotel. He spent ten years as a Food Nutrition Supervisor at New York-Presbyterian Hospital, where he coordinated operations for both in-patient and retail food delivery. Previously, he supervised the production of flight meals for LSG/ Sky Chefs and for Houlihan's Restaurant and Bar in New York City. Lewis has studied Business Administration at Medgar Evers College



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*Application materials for the establishment of an Assisted Living Residence are currently under review by the New York State Department of Health.*