

# Course Catalog

## Winter/Spring 2010



148 Marwood Road, Cabot, PA 16023  
1.888.352.1571 • [www.concordialm.org](http://www.concordialm.org)

# CONCORDIA INSTITUTE FOR LIFELONG LEARNING

## CONCORDIA PROFILE

Concordia Lutheran Ministries is a CARF-CCAC accredited Aging Services Network, one of the largest, most financially secure senior care providers in the country. Concordia offers a lifetime continuum of care that includes adult day services, assisted living, home care, hospice, medical and rehabilitation services, retirement living, skilled nursing/short-term rehab, and medical equipment capabilities.

## ABOUT CONCORDIA INSTITUTE

If you are retirement age with an interest in learning, you are invited to join our educational program created with you in mind. Our Institute offers many benefits associated with “going back to school”, but without the pressures! There are no entrance requirements, no tests or grades—just relaxed learning at Concordia’s Cabot Campus, Marwood Road, off Route 356.

## LEARN FOR LIFE: THE BENEFITS

Just as exercise keeps the body fit, studies are showing that continuously learning new activities and skills keeps our minds mentally fit and alert. Personal growth never needs to stop. Discover new possibilities in areas you’ve been curious to learn about, but never had the opportunity. You’ll make new friends with like interests and the social connections may go well beyond our classrooms. It can be great fun, too!

## INSTRUCTORS AND CLASSES

We have established the Concordia Institute with the cooperation of the Osher Lifelong Learning Institute at the University of Pittsburgh. The Osher Institute provides valuable guidance in helping us develop quality programs through its experience in education. Further, we utilize experienced instructors - either retired or currently teaching. Some are even current Concordia Haven residents who have offered to share their knowledge.

## COST AND REGISTRATION

### For Concordia Haven residents

Most classes are \$25.00 for a five-week session. If additional materials or books need to be purchased, this will be indicated in the course description.

### For the community

Most classes are \$35.00 for a five-week session. If additional materials or books need to be purchased, this will be indicated in the course description.

### Refunds

Refunds will be determined on a case-by-case basis. Most often, credit will be applied to the student’s account. No refunds will be given once the second class session is held.

Concordia retains the right to cancel classes due to circumstances beyond our control, such as inability to meet class size minimums, cancellation of the class by the instructor, or weather conditions. In the case of a single class time being cancelled, we will work with the instructor to reschedule it at the end of the five-week session. Refunds will depend on circumstances.

### **Registration**

Students are registered when payment and registration forms are received by the Concordia Haven Activities Department. Checks are made payable to Concordia Haven. Winter/Spring registration and fees are due by Monday, February 1, 2010. *Note: These are non-credit courses.*

### **PRIVACY**

The purpose of Concordia's Institute for Lifelong Learning is educational, not commercial. The Institute has a responsibility to protect student privacy by strictly controlling the use of contact data.

Students and instructors may not use class meetings or student lists to actively solicit clients/customers for a company or individual business. Class participants are free to further inquire about products/services or to give their explicit consent to be placed on a business mailing or call list.

### **CONTACT INFORMATION**

If you would like to be added to a Concordia Institute mailing list, teach a course, or inquire about the Concordia Institute for Lifelong Learning, contact Cathy Questiaux, Concordia Haven Program Director at 1.888.352.1571, ext. 8518 or email [cquestiaux@concordialm.org](mailto:cquestiaux@concordialm.org).

### **WHAT THE STUDENTS ARE SAYING:**

Introduction to Computers:

*"I really enjoyed the class and met the goals I had set for myself."*

*"Larry was a great teacher. Very patient and kind."*

Math-A-Whatics:

*"It was a fun course, made me think."*

Poetry for Fun and Enlightenment:

*"Wonderful teacher - challenges us and responds to our attempts in an encouraging way!"*

*"The course was thoroughly enjoyable and challenging. The instructor was exceptionally knowledgeable with a gift for involving all of the students."*

## COURSE DESCRIPTIONS

### Beginning German

This introductory course will provide the fundamentals of the language, such as common expressions, counting from one to 10, favorite foods, etc., as well as a session to cover German culture and a bit of history. With enough interest we will continue on to more advanced levels. Minimum of six students required.

Instructor	To be determined
Location	Haven III Second Floor Classroom
Sessions (5), please indicate time preference	2:00-3:30 p.m. each Thursday (2/11 - 3/11) 6:00-7:30 p.m. each Thursday (2/11 - 3/11)
Cost	\$25 for Concordia Residents \$35 for community

### Beginning Spanish

This introductory course will provide the fundamentals of the language, such as common expressions, counting from one to 10, favorite foods, etc., as well as a session to cover Spanish culture and a bit of history. With enough interest we will continue on to more advanced levels. Minimum of six students required.

Instructor	Deaconess Sara Lemon
Location	Haven III Second Floor Classroom
Sessions (5)	2:00-3:30 p.m. each Wednesday (3/10-4/7)
Cost	\$25 for Concordia Residents \$35 for community

### Introduction to Ballroom Dancing/Smooth

This beginner's class will teach you the smooth, graceful side of ballroom dancing to rival the contestants on "Dancing with the Stars." You will learn the Foxtrot, Waltz, Tango and Night Club. This is a beginning level class. No partner necessary. Minimum of six students required.

Instructor	Provided by Lenape Adult Education
Location	Haven I Dining Room
Sessions (5)	3:00-4:00 p.m. each Monday (2/1-3/1)
Cost	\$25 for Concordia Residents \$35 for community

### Getting Organized - ARGH!

Is your life a mess? Is your home full of clutter? Does disorganization rule wherever you look? Join us for guidance, suggestions and ideas on how to organize your time, home, office and life. This talented (and very organized) instructor will help you develop a plan of action on how to get and stay organized. Break loose from the bonds of disorder and confusion. Minimum of six students required.

Instructor	Certified professional organizer provided by Butler County Community College
Location	Haven III Classroom
Sessions (3)	10:00-11:30 a.m. each Tuesday (3/9-3/23)
Cost	\$15 for Concordia Residents \$25 for community

## Introduction to Typing

Want to go beyond “hunt and peck”? An instructor from Lenape Adult Education will teach you the fundamentals of typing in the convenience of the Havens. Minimum of six students required.

Instructor	Provided by Lenape Adult Education
Location	Haven III Computer Lab
Sessions (5)	2:00 p.m. each Thursday (3/11-4/8)
Cost	\$25 for Concordia Residents \$35 for community

## Let's Talk About Decorating

Even though a challenge, you CAN decorate your apartment! Learn how to beautifully decorate your home. This series will include the following topics: style, focal point of a room, window treatments, furniture placement, color and accessorizing. Minimum of six students required.

Instructor	Diane McMillen, Butler County Community College
Location	Haven II (location to be determined)
Sessions (5)	10:30 a.m. each Thursday (2/11-3/11)
Cost	\$25 for Concordia Residents \$35 for community

## Poetry for Fun and Enlightenment (Part Two)

You will be looking at how the creative process can be approached, encouraged, organized and, finally, turned into memorable poetry—a process called “poesis.” *Note: It is not required that students complete Poetry Part One to register for this class.*

Instructor	Norma Laughner, retired speech instructor
Location	Haven I Activity Room
Sessions (5)	1:30-3:30 p.m. each Tuesday (2/9-3/9)
Cost	\$25 for Concordia Residents \$35 for community

## Using Computers Creatively

Learn how to make greeting cards and other documents with graphics on the computer. (Course requirements: Completion of *Introduction to Computers*). Minimum of five students required.

Instructor	Provided by Lenape Adult Education
Location	Haven III Computer Lab
Sessions (3)	3:00 p.m. each Tuesday (2/9-2/23)
Cost	\$15 for Concordia Residents \$25 for community

## Zumba Gold

Zumba is the latest exercise trend. Based on Latin dance movements, this class created for seniors will energize you and help keep fitness fun. Participants can do exercises seated or standing. Minimum of six students required.

Instructor	Provided by Lenape Adult Education
Location	Haven I Exercise Room
Sessions (5)	1:00-2:00 p.m. each Thursday (3/4-4/1)
Cost	\$25 for Concordia Residents \$35 for community

## Introduction to Knitting

Enjoy learning how to do the basics: casting on, binding off and forming the knit and purl stitches. Learn to create the seed, garter and stockinet stitches, formed by combining knit and purl stitches. Please bring scissors. Yarn and needles will be provided. Maximum class size of eight.

Instructor	Betty Berg, Haven II Resident
Location	Haven II Activity Room
Sessions (5)	1:00-3:00 p.m. each Monday (2/8-3/8)
Cost	Offered to Concordia Residents only at no cost

## Eating Well for Life Through Food and Nutrition

These will be one and a half hour sessions, held once a month. Each session will cover a different topic, including: Dementia/Alzheimers; Celiac/Irritable Bowel Syndrome; Arthritis; Cholesterol/Triglycerides/Blood Pressure; Osteoporosis; Heart Health; Maintaining the Quality of Life; Food Allergies; Diabetes; and Dairy and Lactose Intolerance. Food samples included.

Instructor	Ruth Douthett, Concordia registered dietician
Location	Rotates each month from Haven to Haven
Sessions (10)	Third Tuesday of each month 2:00-3:30 p.m. Beginning 2/16
Cost	Complimentary for Concordia Residents \$10/class for community

## Silver Sneaker Classes

See below the various Silver Sneaker classes offered in our Haven III Activity Room (Ground Floor), 160 Marwood Road (entrance 6). If you have a Highmark Freedom Blue, Medigap Blue, Security Blue insurance or HOP cardholder, these classes are at no additional charge to you—either as a Concordia or community resident. If you are not a cardholder, the classes are \$2.00 each with a minimum of 12 classes (\$24.00).

### Cardio Circuit (Advanced – Great for Heart Health)

Combine fun with fitness to get a healthy heart in our most popular class! Our program is designed to increase both cardiovascular endurance and muscular endurance with a standing circuit workout. Upper body strength work will be performed with challenging hand weight circuit, elastic tubing with handles and an exercise ball and will be alternated with aerobic choreography. The class is primarily standing, but a chair is offered for support and stretching.

*Tuesdays and Thursdays 9:30-10:30 a.m.*

### Muscular Strength and Range of Motion (Beginner – Great for Mobility)

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion and activities for daily living skills. Hand-held weights, elastic tubing with handles and an exercise ball are offered for resistance. A chair will be used for seated and/or standing support.

*Tuesdays and Thursdays 10:30-11:30 a.m.*

## Yoga Stretch (Beginner – Reduce your levels of stress)

Yoga Stretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to improve flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

*Mondays and Fridays 9:45-11:00 a.m.*

# CONCORDIA INSTITUTE FOR LIFELONG LEARNING Registration Form

NAME: \_\_\_\_\_

NAME AS YOU WOULD LIKE ON YOUR NAME TAG: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY/STATE/ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_ E-MAIL ADDRESS: \_\_\_\_\_

DATE OF BIRTH: \_\_\_\_\_

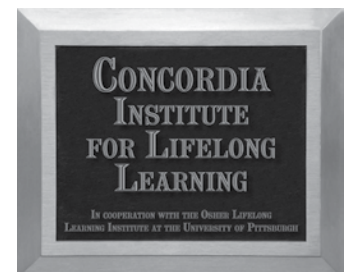
	Course Name	Day	Time	Cost
Session Courses				
1st Course				
2nd Course				

Write in Course \_\_\_\_\_

\$ \_\_\_\_\_ Total Course Fees

Registration and payment due by **Monday, February 1.**

Please make check payable to Concordia Haven.  
Mail to Cathy Questiaux, Concordia Lutheran Ministries,  
148 Marwood Road, Cabot, PA 16023  
Haven Residents send to Cathy Questiaux in Haven II.



### **Concordia Lutheran Ministries**

134 Marwood Road, Cabot, PA 16023-2245  
724.352.1571 Fax: 724.352.2740  
1.888.352.1571  
\*Skilled Nursing  
\*Assisted Living  
\*Independent Retirement Living  
Adult Day Services  
Rehabilitation Services  
Hospice Care  
Child Care Center  
Providence Pharmacy

### **Concordia At Ridgewood Place**

1460 Renton Road, Pittsburgh, PA 15239  
412.798.1855 Fax: 412.798.1865  
\*Assisted Living

### **Concordia At The Orchard**

1312 N. Main Street Extension, Butler, PA 16001  
724.285.4490 Fax: 724.285.2993  
\*Assisted Living

### **Concordia At Rebecca Residence**

3746 Cedar Ridge Road, Allison Park, PA 15101  
724.444.0600 Fax: 724.444.6621  
\*Skilled Nursing Including Short-Term Rehab  
\*Assisted Living

### **Concordia of the South Hills**

1300 Bower Hill Road, Pittsburgh, PA 15243  
412.278.1300  
Independent Retirement Apartments, Skilled Nursing  
Including Short-Term Rehab, Assisted Living,  
Memory Support, Respite Care

### **Concordia Medical Equipment**

615 N. Pike Road, Cabot, PA 16023  
724.352.1100 Fax: 724.352.6030  
Wheelchairs, Medical Equipment and Supplies, Oxygen,  
Surgical Appliances, Bathroom Safety



Concordia Lutheran Ministries is a CARF-  
CCAC accredited Aging Services Network

\* Continuing Care Retirement Community  
(CCRC) accredited through CARF-CCAC

### **Concordia Visiting Nurses**

Cabot Office:  
613 N. Pike Road, Cabot, PA 16023  
1.877.352.6200 or 724.352.6200  
Fax: 724.352.6226  
Baden Office:  
1525 Beaver Road, Baden, PA 15005  
1.866.869.8669 or 724.869.8669  
Fax: 724.869.8728  
Professional Home Care Nursing  
Physical, Occupational and Speech Therapies  
Private Duty Services

### **VNA Alliance**

339 E. Jamestown Road, Greenville, PA 16125  
1.877.588.0258  
Fax: 724.588.0907  
149 N. Main St., Meadville, PA 16335  
814.333.7000 or 1.800.333.6888  
Professional Home Care Nursing  
Physical, Occupational and Speech Therapies

### **Good Samaritan Hospice**

a mission of Concordia Lutheran Ministries  
3500 Brooktree Road, Suite 320, Wexford, PA 15090  
724.933.8888 Fax: 724.933.8844  
1.800.720.2557  
Six-Suite Hospice Residence/Inpatient Unit  
Ten-Bed Inpatient Unit  
Home-Based Hospice Care

### **Concordia Tele-CareGivers**

613 N. Pike Road, Cabot, PA 16023  
1.866.352.6260

### **Affiliations:**

American Association of Homes and Services  
for the Aging (AAHSA)  
Continuing Care Accreditation Commission/  
Commission of Accreditation for Rehabilitation  
Facilities (CCAC/CARF)  
Faith-Based Long Term Care Network  
Health Care Compliance Association  
Lutheran Church Missouri Synod  
Lutheran Services of America  
Pennsylvania Association of Non-Profit Homes  
for the Aging (PANPHA)  
Pennsylvania Department of Health  
Pennsylvania Homecare Association (PHA)  
Southwestern Pennsylvania Partnership  
for Aging (SWPPA)

