

Course Catalog

Fall 2009



148 Marwood Road, Cabot, PA 16023
1.888.352.1571 • www.concordialm.org

CONCORDIA INSTITUTE FOR LIFELONG LEARNING

CONCORDIA PROFILE

Concordia Lutheran Ministries, a CARF-CCAC accredited Aging Services Network, offers a lifetime continuum of care that includes adult day services, assisted living, home care, hospice, medical and rehabilitation services, retirement living, skilled nursing, and medical equipment capabilities.

ABOUT CONCORDIA INSTITUTE

If you are retirement age with an interest in learning, you are invited to join our new 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 as well. Personal growth need never 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. And, 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.

Typically, classes are offered in Fall and Spring terms. Each course meets for five class sessions of 1½ hours each. We also have classes of shorter duration and classes that are ongoing throughout the year.

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. Ongoing classes are free.

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. Ongoing classes held throughout the year are \$20.00 per month to members of the community.

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.

Fall registration and fees are due by Monday, August 24, 2009. *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.

SPECIAL EVENT: MEET THE TEACHER SOCIAL

Concordia Institute for Lifelong Learning
invites you to a

Wine & Cheese "Meet the Teacher" Reception

**Thursday, July 30, 2009
6:30-7:30 p.m.**

Haven I Bistro Lounge
112 Marwood Road, Cabot, PA 16023 (Entrance 2A)

RSVP to Cathy Questiaux, Concordia Haven Program Director
at 1.888.352.1571, ext. 8518

COURSE DESCRIPTIONS

Email Basics

If you've ever wondered about using email to correspond with your friends and relatives, look no further. Learn how to set up a Yahoo email account that you can access from any computer, anywhere in the world. In this two-session class, you will also learn how to send and receive email including setting up an address book and doing attachments. You should have basic computer skills and know how to start and shut down the computer, how to access the Internet and be comfortable with the keyboard and mouse.

Instructor	Larry Plowman
Location	St. Luke Lutheran School, Cabot
Sessions	3:00-4:00 Tuesday, 9/15 and Monday, 9/21 with optional class Friday, 9/24
Cost	\$10 for Concordia Residents \$20 for community
Maximum Class Size	10

Introduction to Tai Chi

Tai Chi (pronounced "tie chee") originated as an ancient form of Chinese self-defense or martial art. Today, Tai Chi is mainly practiced more for its ability to reduce stress, improve balance and flexibility and promote an overall sense of well-being. Practiced daily, Tai Chi can be a way to maintain or promote good health or to aid in the treatment of a specific ailment. Although Tai Chi cannot cure a disease, it has been proven and often recommended as a complementary therapy for many illnesses.

Instructor	Joe Bozzelli, MMQ
Location	Haven I Bistro Room 112 Marwood Road (Entrance 2A)
Sessions	10:00-11:00 a.m. Each Thursday (9/10-10/15) 6 total
Cost	\$25 for Concordia Residents \$35 for community
Maximum Class Size	20

Poetry for Fun and Enlightenment

Participants and the instructor will share favorite poems, discuss what makes them enjoyable, as well as the kinds of style, ie: ballads, odes, sonnets, haiku, limericks, etc. Participants will write their own poems and read them to the class to enjoy.

Instructor	Norma Laughner, retired speech instructor
Location	Haven I Activity Room (2nd Floor) 112 Marwood Road (Entrance 2A)
Sessions	10:30-11:30 a.m. Each Wednesday (9/9-10/7) 5 total
Cost	\$25 for Concordia Residents \$35 for community
Maximum Class Size	12

Math-A-Watics?

This instructor will make math fun-guaranteed! What about percentages? And probabilities? And ratios? And interest (NO! not the desire-to-know kind, but the kind the bankers try to use) And other intriguing information you might want to explore.

Instructor	Fred Howell, retired mathematics instructor
Location	Haven III Activity Room (Ground Floor) 160 Marwood Road (Entrance 6)
Sessions	10:00-11:00 a.m. Each Wednesday (9/9-10/7) 5 total
Cost	\$25 for Concordia Residents \$35 for community
Minimum Class Size	5
Maximum Class Size	12

ONGOING CLASS DESCRIPTIONS

Following are weekly classes that are held throughout the year. These classes offer the flexibility of joining in anytime during the year when your schedule permits.

Line Dancing

If you know your right foot from your left foot and can walk, you can dance! This is a “low impact” and fun way to get your exercise.

Instructor	Dorothy Mitchell, retired dance instructor
Location	Haven II Activity Room (Ground Floor) 148 Marwood Road (Entrance 5)
Sessions	2:00 p.m. Tuesdays
Cost	Free for Concordia Residents \$20 / month for community (pay once a month or in three/six month increments)

Watercolor Class

If you have the desire you can learn to paint and draw. A list of materials will be given so students can purchase their own supplies. Seating is limited to first come, first serve.

Instructor	Sue Beatty, 20 year veteran of Watercolor classes and instruction
Location	Haven II Activity Room (2nd Floor) 148 Marwood Road (Entrance 5)
Sessions	1:00-3:00 p.m. Mondays
Cost	Free for Concordia Residents \$20 / month for community (pay once a month or in three/six month increments)

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 a class 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 am

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 am

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 am

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: _____

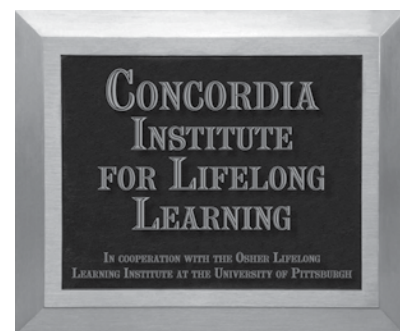
DATE OF BIRTH: _____

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

\$_____ Total Course Fees

Registration and payment due by **Monday, August 24.**

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 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 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:

Pennsylvania Association of Non-Profit Homes for the Aging (PANPHA)

American Association of Homes and Services for the Aging (AAHSA)

Faith-Based Long Term Care Network

Pennsylvania Homecare Association (PHA)

Southwestern Pennsylvania Partnership for Aging (SWPPA)

Lutheran Services of America

