
Glencroft UNIVERSITY

2019 Fall Catalog



Glencroft University



Mission Statement

Glencroft University is dedicated to educating people on how successful aging can be attained at any age. As an organization we maintain our focus on helping our students achieve a sense of purpose and direction in many key areas of their lives: physically, intellectually, socially, spiritually and emotionally.

Vision

At Glencroft University we feel “Modern Aging” can be summed up simply by making sure someone, no matter what their age, has a sense of purpose and direction. We provide students with the tools to find purpose and passion, which brings meaning to their lives and allows them the best possible scenario of aging successfully. Glencroft University prepares learners to become more equipped to handle the challenges that come later in life. Our values-based curriculum is directed from the context of our Christian heritage.

A Letter from our Chancellor

For close to 50 years Glencroft has been the leader in the West Valley when it comes to senior living. Having provided safety and security for thousands of senior citizens, Glencroft has been a haven for not only the community of Glendale, but for Arizona as a whole. However, it became clear that senior living needed a change in mindset. Today’s senior living consumer is looking for more. So, the Center for Modern Aging was created to break the industry mold!

Glencroft University was born out of this same mindset. Our innovative approach to senior living has led us to realize it is of utmost importance to educate and empower people to age successfully. We aim to provide the opportunity for our students to not only learn, but to REDEFINE their life’s purpose and direction. The idea of helping people realize their value and worth at any age is our call to action! This is an unprecedented moment in our history for us to take the lead in providing an environment of diversity, inclusion, equity and justice for our students, faculty, staff and community partners. Glencroft University is a blueprint that will serve to transform the way the entire senior living community educates and empowers its residents to redefine themselves and truly age successfully.

Whether in our classrooms or through our online platform, students participating in our lecture series will not only gain immediate value from the courses they attend but they will also, over time, accrue lecture credits that will enable them to graduate from Glencroft University. Our hope is that whether you are a resident here at Glencroft Center for Modern Aging, or you live elsewhere, that you would take full advantage of this opportunity to become educated in many areas that are of utmost importance when it comes to successful aging.

On behalf of Glencroft University, I wish to thank all who participated in the development of this educational beacon. I ask you to join me as we work to make Glencroft University a first-class institution of higher learning where all people are welcomed, respected and valued.

Steve Heller

Glencroft UNIVERSITY

Glencroft University Lecture Room



Glencroft University Faculty



Chancellor Glencroft University - Steve Heller

Steve, Vice President of ZoeLife, joined Glencroft in 2018. Steve was a guest on the first episode of the Successful Aging radio program on KFNX, sharing his positive results on aging well by focusing on three functions – core training, balance and flexibility, emphasizing that it's never too late to begin. Steve graduated from Grand Canyon University with a degree in Corporate Fitness and Wellness and for 16 years, was the fitness director and director of Fore-Max Training Systems at the Westin Kierland Resort in Scottsdale. In 2016 Fore-Max was named by Men's Journal as one of the top four vacation workout programs in the world. Steve feels that successful aging can be attained by anyone and has proven time after time that his programming does just that.



University Director and Emotional Pillar Director- Kaye Baker

Kaye, Vice President Development, came to Glencroft in 2016 bringing extensive experience in media and fund development. An Arizona native, Kaye has a Bachelor of Science degree in Journalism and Public Relations from Northern Arizona University. Kaye previously worked for the Area Agency on Aging as the Director of Fund Development, the producer for the Tim and Willy morning show on KNIX radio and was the Executive Director of the Tim and Willy Kids FUN-dation. She has received numerous awards for her career accomplishments and consistently adds abundant energy, creativity, dedication, experience and personal knowledge to her work.



Spiritual Pillar Director - Joel Eidsness

Joel, Pastor Community of Faith honors from Dallas Seminary in 1968 after having receiving a Bachelor's and Master's degrees from a Christian liberal arts university. Joel pastored Trinity Bible Church in Phoenix, for 24 years, in addition to other churches since. Post retirement, Joel has served as interim pastor in four locations around the country and as a preaching mentor at two seminaries. In addition to being the Pastor of the Community of Faith at Glencroft, Joel teaches two preaching classes for Fuller Seminary SW.



Physical / Nutritional Pillar Director - Barb Cunningham – R.D.N

Barb, Registered Dietitian Nutritionist has been working in dietary services at Glencroft since 2014. Barb manages clinical nutrition at Providence Place, teaches classes for the Independent Living residents, and does personal nutrition counseling for Glencroft residents. She has a Master's Degree in Human Nutrition and a Master's Degree in Adult Education. Barb is a Board Certified Specialist in Gerontological Nutrition.



Social Pillar Director - Ross Higgins

Ross, Senior Director of Campus Life, has been energizing Glencroft’s residents since 2014 with activities derived from his 28-year stint as a youth pastor. Week-long experiences for the residents; Gold Rush Days, Cruise Week, Game Show Week and Winterfest, are his creations...much like summer camp for teenagers! Laughter and play go a long way in keeping residents mentally sharp and emotionally fit. “When the residents engage in our programs and events, we truly want them living some of their all-time best days here at Glencroft...and that’s what we try to create.”



Intellectual Pillar Director - Dr. Pete Patterson

Dr. Patterson is a third-generation physician and healthcare executive with extensive background in clinical quality improvement and healthcare business transformation. He has worked with many post-acute and long-term care organizations developing programs that have major positive impact. A frequent speaker at conferences and continuing education meetings, Dr. Patterson’s experience and creative insights facilitate the transition in the mind-set of aging now underway at Glencroft. He earned his MD from the University of Alberta and brings the perspectives of a practicing physician-manager as a consultant to long-term care campuses and a partner of the Center for Modern Aging.



Vocational Pillar Directors: Millie Oakeson / Tiffany Foss

Millie, Vice President of Global Marketing, came to Glencroft in 2015. Millie, an Arizona native, brings a diverse marketing background coordinating the marketing efforts for the healthcare, television, airline, and senior living industries. Millie serves on two committees for Arizona Assisted Living Federation of America; is a past board member for Adopt a Senior Foundation, Southwest Chapter of the Alzheimer’s Association and Westside Social Services. Millie is working on a certification in Gerontology and her education portfolio includes marketing and communication studies from Arizona State University.



Tiffany, Activities Coordinator, began her career at Glencroft in Dining Services in 2015 and moved to her current role in 2018. Being a mother of 5 has taught her some amazing juggling skills, which she exercises on a daily basis. Helping create and implement great events are only a fraction of her responsibilities as she manages over 200 resident volunteers and dozens of activity groups on campus. Tiffany’s real passion is loving the residents in such a way that they know they matter. When she’s not at work, this Arizona native enjoys the peace and calm of NASCAR racing and large family gatherings.



Sharon Wixon

Testimonial

“The University concept is brilliant. The lectures keep us up to date on current events. It provides a venue to get us out and moving and socializing with other residents. Having this platform in place for learning how to successfully age is unprecedented.”

Mission-based Pillar Competencies

Spiritual Pillar

Graduates of Glencroft University's Spiritual Pillar will be better able to demonstrate an understanding of the reality of the world, examine the consequences of choice, and provide unselfishly to help others meet their highest potential with understanding rooted in Christian beliefs.

Physical Pillar

Graduates of Glencroft University's Physical Pillar will strive to show clarity and logic in thought by asking questions and pursuing knowledge with the understanding they've gained about what it takes to live the healthiest life possible and make choices that impact their daily healthy aging.

Social Pillar

Graduates of Glencroft University's Social Pillar will have a greater understanding of the importance of social setting involvement for better physical, emotional and intellectual health. There will be opportunities to step outside of their comfort zone and be vulnerable and open to the idea of examining their circle of friends.

Emotional Pillar

Graduates of Glencroft University's Emotional Pillar will learn to develop and apply intrapersonal communication behaviors essential to understanding empathy and defend the reality that people are different with different perspectives on value-systems and many other aspects of life and living.

Intellectual Pillar

Graduates of Glencroft University's Intellectual Pillar will gain the knowledge and understanding of the value of finding solutions and asking thoughtful questions while seeking answers to avoid delusion and blind acceptance of ideas with the goal of finding solutions rather than dwelling on problems.

Vocational Pillar

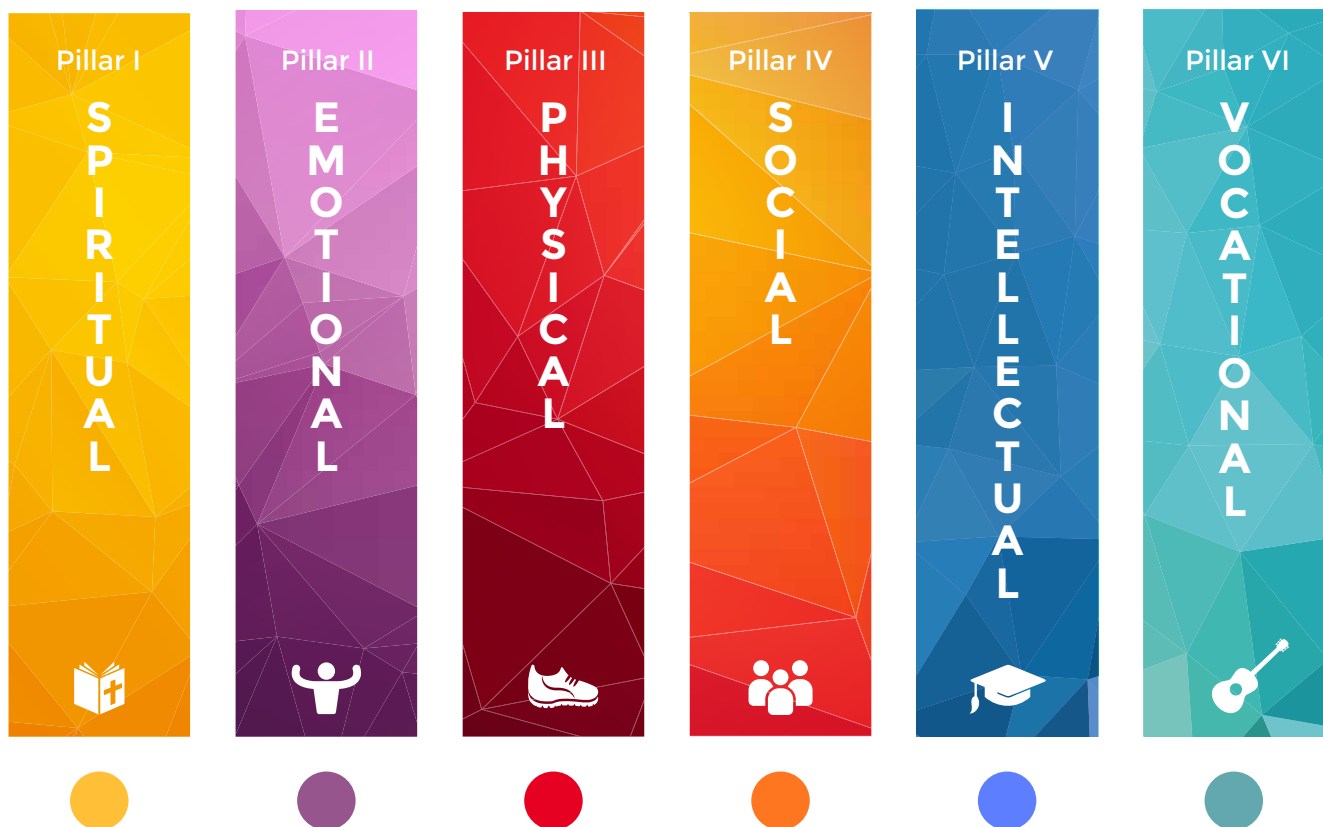
Graduates of Glencroft University's Vocational Pillar will be better equipped to go out into the community and give back to those who need help and support. With the information available, the understanding of the greater cause will be paramount as they continue their journey of successful aging.

Graduation Requirements

Graduation Requirements for Glencroft University:

- There are 6 foundational pillars to Glencroft University
- Each Calendar year will be broken down into two 16 week semesters
(*January – April / September- November*)
- Students must attend 8 classes per pillar (48 classes/volunteering credits) to graduate with a “Bachelor’s Degree” from Glencroft University
- Graduates of Glencroft Universities bachelor’s program will be able to participate in more specialized off-campus lectures / events / volunteering opportunities

Glencroft University Pillars



September 2019

Christlikeness is the Goal of Christian Discipleship

Tuesday, Sept. 3, 10:30am

Spirituality means different things to different people. If becoming like Christ is what true spirituality is all about, what is the process? This five-week class is designed to introduce you to the essence of Christian Discipleship—what it looks like and what it requires. (Session 1)

Joel Eidsness, Pastor Community of Faith

Whole-person Health & Wellbeing

Wednesday, Sept. 4, 10:30am

Wellbeing is not simply the absence of illness or chronic disease. It is fundamentally a wholly positive state of being whereby people are actively steering all domains of their lives – integrating body, mind and spirit. This interactive session unfolds new ways of thinking from a whole-person perspective.

Discuss the connection between body, mind and spirit.

Peter P. Patterson, MD MBA – Patterson LTC Consults

Understanding ALTCS

Thursday, Sept. 5, 10:30am

How do you pay for long-term care? Arizona offers a program by the name of ALTCS that helps qualifying individuals pay for these costs. There are specific requirements that applicants must satisfy, but there is also planning and preparation that can help you meet these requirements. Attorney, Tyler White, will provide a broad overview of the ALTCS program and offer insight into how you might begin preparing to qualify for ALTCS in advance.

Tyler White, Attorney, Jackson White Law Firm

Tissue Donations – Changing the Future, Today

Friday, Sept. 6, 2:00pm

Full Body Tissue Donations are utilized to save thousands of lives each and every year. One donor is able to save up to potentially 70 individuals with their gift of body tissue. United Tissue Network is the only non-profit tissue bank in the state of Arizona who are looking to make a difference in biomedical technology and advancements.

Brittani Mundo, Donor Services Manager, United Tissue Network

Discussing Outcomes with Your Healthcare Providers

Monday, Sept. 9, 2:00pm

Outcome is becoming a common word in healthcare, but do you know what it means? Learn how to increase the effectiveness of how you communicate with healthcare practitioners. This class will not only explain what this trend is about but also how it applies to you and how you can make the most of this approach to care.

Gena Zischke, CEO CareToU, Inc.

God Uses Worship and Scripture to Make Us Like Christ

Tuesday, Sept. 10, 10:30am

Spirituality means different things to different people. If becoming like Christ is what true spirituality is all about, what is the process? This five-week class is designed to introduce you to the essence of Christian Discipleship—what it looks like and what it requires. (Session 2)

Joel Eidsness, Pastor Community of Faith

Avoiding Financial Exploitation

Thursday, Sept. 12, 2:30pm

Financial exploitation has been called “the crime of the 21st century” with one study suggesting that older Americans lost at least \$2.9 billion to financial exploitation in 2018 by a broad spectrum of perpetrators, including persons they know and trust, as well as strangers. Learn how you can protect yourself from becoming the next victim.

Jimmy Vogt, Vice President, Bank at Work Sales Manager, Arizona Region BMO Harris Bank

Glam-mas Makeup Class

Friday, Sept. 13, 2:00pm

Learn makeup techniques using tones that will complement your skin and hair. Receive simplistic, hands-on techniques that you can do yourself. You will receive complimentary products to enhance your natural beauty. Class cost: \$20. Sign up by August 31st, maximum seating is 15.

Danielle Chambers, Executive Assistant to President & CEO, John Wenzlau

God Uses People and Circumstances to Make Us Like Christ

Tuesday, Sept. 17, 10:30am

Spirituality means different things to different people. If becoming like Christ is what true spirituality is all about, what is the process? This five-week class is designed to introduce you to the essence of Christian Discipleship—what it looks like and what it requires. (Session 3)

Joel Eidsness, Pastor Community of Faith

Keeping Senior Drivers Driving Longer

Wednesday, Sept. 18, 10:30am

This short course will focus on slight changes we can make to our car to keep us more comfortable, safer and driving longer! CarFit is a program under the auspices of the American Occupational Therapy Association, AAA and AARP that purports to help persons 55+ be more mindful about how we fit into our car and how our car fits us. We will talk about the 11 checkpoints of CarFit, including proper seatbelt placement, adjusting mirrors to maximize viewing and adjusting the steering wheel to keep us safe should an air bag inflate. We will also talk about how to measure tires to guarantee sufficient tread, cushions to make it easier to get into and out of the car and miscellaneous gizmos and gadgets.

Froma Jacobson, M.ED., Assistant Professor Occupational Therapy Program Midwestern University

CPR Training

Friday, Sept. 20, 2:00pm

In the Friends and Family CPR class, you will learn Hands-Only CPR and how to manage a choking scenario in an adult. We will also go over how to use an AED (a portable defibrillator that is found in public places). Class is \$25 per person. MUST RSVP by September 16.

Laurie Berry R.N. - Compassionate CPR, American Heart Association Trained CPR Instructor

Dementia and Hearing Loss

Monday, Sept. 23, 10:30am

Up to 40% of the reason we develop dementia is from hearing loss. Understand the difference between the two and understand the correlation of both of them. Learn about how our brain and our ears are connected and develop a plan of action now as waiting leads to bigger issues that can be prevented.

Dan Hewson, Audiologist, Ascent Audiology

September 2019

 **God Uses Spiritual Disciplines to Make Us Like Christ**

Tuesday, Sept. 24, 10:30am

Spirituality means different things to different people. If becoming like Christ is what true spirituality is all about, what is the process? This five-week class is designed to introduce you to the essence of Christian Discipleship—what it looks like and what it requires. (Session 4)

Joel Eidsness, Pastor Community of Faith

Evan Oswald

Testimonial



“The University lecture program is a good challenge for old brains. The lectures and various classes helps one to keep learning. All of the different lectures that the University covers helps provide a challenge to us to keep learning, which I really enjoy.”



Frank Younkin

Testimonial

“The University lectures were extremely helpful. The presenters that were chosen were well prepared and easy to understand. I was especially impressed with Barb Cunningham and her lectures on ZoeLife Nutrition. This really helped me understand why I should be eating a certain way to successfully age.”

October 2019

God Uses the Holy Spirit to Make Us Like Christ

Tuesday, Oct. 1, 10:30am

Spirituality means different things to different people. If becoming like Christ is what true spirituality is all about, what is the process? This five-week class is designed to introduce you to the essence of Christian Discipleship—what it looks like and what it requires. (Session 5)

Joel Eidsness, Pastor Community of Faith

Power of Attorney/Legal Documents

Wednesday, Oct. 2, 10:30am

Do you have legal documents in place? Attorney, Tyler White, will provide an in depth overview of the legal documents that everybody should have. This discussion will include powers of attorney, living wills, last wills and testaments, and trusts. We will also cover issues that could arise if you do not have legal documents in place. This class is a must for anybody who does not have their legal documents executed.

Tyler White, Attorney, Jackson White Law Firm

Intentionality – Catching Automaticity of Mind and Letting Go

Thursday, Oct. 3, 2:30pm

Awakening/being awake and up to something worthwhile is a cardinal virtue (strength) of whole-person wellbeing. A wired-in component of being human is to be stuck in the triggers of the mind. This interactive session develops the skill of letting our automatic thoughts go by and having access to quieting the chattering mind.

Peter P. Patterson, MD MBA – Patterson LTC Consults

Donating Your Body to Medical Science

Friday, Oct. 4, 10:30am

What is whole body donation and how is this different from organ donation? Who benefits from whole body donation? Where can I donate my body for medical research and education? These are some of the common questions that will be answered.

Kelly Stone, MAHS- Outreach Coordinator with Research for Life

CarFit – Car Fitting

Monday, Oct. 7, 12:30-3:30pm

Midwestern University Occupational Therapy students will conduct a CarFit event in the Glencroft parking lot for drivers in their own cars. Call 623.930.5697 by October 2nd to make a personalized appointment for a FREE, 30 minute CarFit checkup (between 12:30-3:30pm). We will look at you in your car and make suggestions for how you can make slight adjustments to be safer and more comfortable in your car. We are NOT looking at your driving, simply how you and your car fit each other.

Froma Jacobson, M.ED., Assistant Professor Occupational Therapy Program Midwestern University

Budgeting

Tuesday, Oct. 8, 1:00pm

Learn how to develop a spending and savings plan and how to prioritize spending when money is short.

Jimmy Vogt, Vice President, Bank at Work Sales Manager, Arizona Region BMO Harris Bank

October 2019

Relaxation Techniques

Wednesday, Oct. 9, 3:00pm

In this busy world it is becoming even more important to understand stress and its effects on the body. Relaxation techniques are often helpful to counter stress, anxiety and tension. We will discuss stress and anxiety and look at ways to use relaxation (progressive muscle, deep breathing, mindfulness, meditation, guided imagery – among others) to make the most of our ability to self-regulate when things seem a bit out of control.

Melissa Flint, Psy.D., Associate Professor Midwestern University

Skin Care as You Age

Friday, Oct. 11, 10:30am

Learn the importance of maintaining good skin care as you age. Do you know: how to properly clean your face, the importance of good sun protection, and how to moisturize for your unique skin needs? Also find out how diet, vitamins, water, and product ingredients affect the health and appearance of your skin.

Kelly Heller, Licensed Aesthetician

What You Need to Know About Hearing Loss and Hearing Aids

Monday, Oct. 14, 10:30am

With so many options, it is confusing to know what is needed in restoring hearing. Wearing hearing aids is a wonderful experience if done correctly and we will discuss the top 5 things that you need to know to ensure this is done properly.

Dan Hewson, Audiologist, Ascent Audiology

World War II

Tuesday, Oct. 15, 3:00pm

World War II had a major impact on all of us that continues today. I was affected and it indirectly led to my spending part of the last two years researching its causes and major events. Come see “World War II – September 1939—August, 1945—A Pictorial History.”

Bill Beamon, Glencroft Resident

How Medical Marijuana Relieves Symptoms of Chronic Illness

Thursday, Oct. 17, 2:30pm

Learn the science of Medical Cannabis and how it interacts with our bodies, to relieve pain, inflammation and symptoms of chronic health conditions. This class will help you understand proper dosing techniques for THC and CBD, which work best together. Know the costs associated, how to get certified for a Medical Marijuana card, the qualifying conditions in Arizona, potential drug interactions, possible side effects and more!

Veronica Santarelli, Chief Strategy Officer Grassp-it

Aquatic Therapy and Alzheimer's Disease - A New Beginning in Research

Friday, Oct. 18, 1:00pm

This presentation will cover the first case study published on Aquatic Therapy and Alzheimer's disease. View video footage of the patient response, as well as staff and family testimonials of the remarkable response of an 89 year-old end-stage, non-responsive, Alzheimer's patient. You have to see it with your own eyes. According to staff and family reports the patient “came alive, spoke in sentences and actually joked with staff following his treatments.”

Stacy Lynch, PTA, CLT, Organizing Chair - 5th International Conference on Evidence Based Aquatic Therapy

The ABC's of Medicare

Monday, Oct. 21, 2:00pm

Did you know Medicare comes in either Traditional Medicare or Medicare Advantage? How do Parts A, B and D work with each of these two options? This presentation addresses these questions and offers information on Medicare's enrollment periods and savings programs. Your Medicare plan should be reevaluated every year.

AARP Arizona

Disrupting Dementia: Preventing Cognitive Decline During Aging

Tuesday, Oct. 22, 2:30pm

This course will focus on identifying mild cognitive impairment and early-stage dementia as early as possible and instituting intervention mechanisms to help delay and prevent further cognitive and functional decline. Dr. DenBoer is a national and international expert in the area of mild cognitive impairment and early-stage dementia intervention.

John W. DenBoer, Ph.D. Clinical Neuropsychologist, Founder, CEO, and Chief Medical Officer SMART Brain Aging, Inc.

All about Skin Cancer

Wednesday, Oct. 23, 2:00pm

This class will take you through the various types of skin cancer and related facts. Learn the ABCDE's of how to evaluate your lesions to determine if you need to see a medical provider. After you learn about the conditions we will discuss the various treatment options and why you would utilize one versus another.

Gena Zischke, CEO CareToU, Inc.

Chiropractic Care for the "Super Senior"...more than just a "crack"

Thursday, Oct. 24, 2:30pm

The physiology that make your body work and its innate ability to heal itself. How acupuncture energy and manual medicine can work together. How PEMF pulsed ElectroMagnetic Field therapy ties both manual and acupuncture together for a healthier you.

Dr. Jerry Berg, Mobile Chiropractor

Tips and Tools to be an Active Participant in Your Healthcare

Monday, Oct. 28, 3:00pm

Are you looking for ways to be more active and engaged with your healthcare? Hear some tips, tools, and resources to help you engage with your healthcare team.

Mary K. Gurney, PhD, RPh, BCPA, Associate Professor Midwestern University

Meaningful Magic

Wednesday, Oct. 30, 2:00pm

Clinical Psychologist Dr. Tom Virden, who performs across the Valley as a stage magician, discusses how magic can be used in community building, rehabilitation, mental health, and education. Come for some fun and learn a trick or two.

Dr. Tom Virden, Clinical Psychology Professor Midwestern University


Compassion – Embracing Life with Compassion

Thursday, Oct. 31, 2:30pm

Compassion is to “suffer with” yourself or someone else. A cardinal strength in building wellbeing is to enlarge our circle of compassion. This interactive session addresses the challenge of life as more than just a problem to be solved.

Peter P. Patterson, MD MBA – Patterson LTC Consults

November 2019

 **The Real Fear of Falling and What Can be Done**

Monday, Nov. 4, 10:30am

Feeling lightheaded, vertigo or any balance issues? Afraid of falling or that you are a Fall Risk? Balance and our ears are related, learn what can be done to help feel more centered. The more we know about this the more we can prevent falls as we get older. Learn what you can do to be safer.

Dan Hewson, Audiologist, Ascent Audiology

 **Writing Your Story**

Tuesday, Nov. 5, 10:30am

Are you interested in writing your story but don't know where to begin? Come to this class to receive some writing prompts and ideas on how to get started. Start with one event in a stand-alone story. Please bring a pen or pencil to class.

Keri Little - Glencroft Media and Communications

 **Feet First – Foot Care Really Matters**

Thursday, Nov. 7, 2:30pm

Taking good care of your feet and making sure they are as healthy as possible can make a huge difference in your overall health. Come learn about basic foot care, common foot/ankle pathologies in the geriatric population as well as some useful tips to preserve your feet and stay active

Janna Kroleski, DPM, Assistant Professor Midwestern University Multispecialty Clinic

 **Aquatic Therapy - Deeper Research for the Mind and Body**

Monday, Nov. 11, 1:00pm

Picking up where the first presentation left off, this presentation stems from a second case study with a patient with end-stage Alzheimer's disease, exhibiting behavioral episodes. We will explore video footage of the patient response and family's reports. More research will reveal an in-depth look into the physiological, cognitive, and emotional responses with aquatic therapy.

Stacy Lynch, PTA, CLT, Organizing Chair - 5th International Conference on Evidence Based Aquatic Therapy

 **Fall Prevention**

Tuesday, Nov. 12, 3:00pm

The program is designed to raise participants' fall prevention knowledge and awareness, introduce steps they can take to reduce falls and improve their health and well-being.

MD24 House Call

 **Avoiding Financial Exploitation**

Thursday, Nov. 14, 2:30pm

For those who missed the September class or need a refresher...Financial exploitation has been called “the crime of the 21st century” with one study suggesting that older Americans lost at least \$2.9 billion to financial exploitation in 2018 by a broad spectrum of perpetrators, including persons they know and trust, as well as strangers. Learn how you can protect yourself from becoming the next victim.

Jimmy Vogt, Vice President, Bank at Work Sales Manager, Arizona Region BMO Harris Bank

Facts and Myths about the Opioid “Epidemic”

Friday, Nov. 15, 3:00pm

Hear the facts and myths related to the opioid “epidemic.” Learn about the Arizona statutes and rules regarding opioid prescribing and dispensing that prescribers and pharmacists must follow.

Mary K Gurney, PhD, RPh, BCPA, Associate Professor Midwestern University

Telling a Story through Collage

Tuesday, Nov. 19, 10:30am

Bring scissors and a glue stick for this hands on class where participants will use magazines, fabric and paper to create a story during the session.

Keri Little and Tori Taft - Glencroft Media and Communications

Joy/Enjoyment – Awake to Enjoy All of Life’s Ups and Downs

Wednesday, Nov. 20, 10:30am

Everybody wants to be happy. Our prevailing culture is organized around happiness, but it’s not organized around joy. Chasing after happiness sets us up to being happy/unhappy constantly, depending on our circumstances. This session defines the unifying virtue (strength) of awakening to Joy and bring enjoyment to whatever is going on – becoming a steady rock in a rushing river.

Peter P. Patterson, MD MBA – Patterson LTC Consults

A Psychologist’s Approach to Chronic Pain

Thursday, Nov. 21, 2:30pm

This session will discuss the management of chronic pain from a psychological perspective. Topics include time based pacing, values, mindfulness, biofeedback, and relaxation techniques. It’s not all in your head, but we can use what’s in your head to help!

Dr. Tom Virden, Clinical Psychology Professor Midwestern University

Finances 50+

Friday, Nov. 22, 2:00pm

Are you struggling to make ends meet? Is your credit card debt mounting? Do you need help controlling, improving or protecting your finances? This presentation addresses budgeting, managing credit and debt, and saving and protecting assets, and offers financial tools and resources.

AARP Arizona

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Barbara Lathrop

Testimonial

“Glencroft University has absolutely been a Godsend to me. Helping me further my knowledge of what successful aging looks like, this educational program has already transformed many of my ideas on so many different topics. The talented lecturers that the University’s leadership team brings to help us learn is absolutely astounding. I cannot wait to walk across that stage with my Glencroft University diploma in hand!! BUCKET LIST!”

Glencroft

CENTER FOR MODERN AGING



To make a reservation for all classes call 623-930-5697.

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