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# Glencroft UNIVERSITY

## 2020 Fall Catalog



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# 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 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 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 better equipped to handle the challenges that come later in life. Our values-based curriculum is directed from the context of our Christian heritage.

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## *Glencroft University Lecture Room*



# Glencroft UNIVERSITY

## *A Letter from our Chancellor*

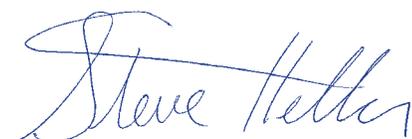
It is hard to believe that Glencroft University is entering its second full year of classes. With over 100 classes taught to date, we found ourselves facing unprecedented times during our Spring 2020 schedule. When COVID-19 hit, schools and universities throughout the globe were sent reeling trying to figure out how to address education during a pandemic. When we made the difficult decision to cancel classes during our spring semester, it was for the safety of our residents and presenters. This decision did not come lightly and we knew that canceling classes would disappoint those who have grown to love each and every class taught here at Glencroft. Seven months later and we are still in the COVID fog, having to look at every possible way to offer the amazing lectures that you have come to expect, but in a safe and responsible manner. Despite COVID, our commitment to Zoelife programming remains steady and continues to provide opportunities for you to learn and thrive no matter the circumstances you face. Creating a Fall Education Catalog was of the utmost importance to our leadership team. We have worked tirelessly on creating what will be an amazing docket of lectures for you. Continuing education, no matter your age, is vital to aging successfully.

As the old adage states, "The Show Must Go on!" How to keep the "show" going is what we have been trying to figure out. Balancing the need for safety with the need for community is always our primary goal when executing all we do on campus.

With all that being said, what will the 2020 fall semester look like? For one, we are limiting the size of each lecture to only 10 people per class to sit in the University Room. Some of the presenters will choose to teach in person, but many will teach remotely. All presentations will be shown on the big screen TV in the University room and the majority of the classes will be streamed live on Channel 4. Because we can only allow 10 in-person participants, you will need to sign up early. And masks will be mandatory! If you would rather sit in the comfort of your living room and watch the lecture live, you always have that option.

Our campus thrives on community and our University program is no different. The Fall 2020 Catalog is filled with amazing lectures presented by talented and knowledgeable people. You will love participating in these dynamic, fun-filled lectures!

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



*Vice President & Director of Zoelife Operations*

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# Glencroft University Faculty



## **Chancellor Glencroft University – Steve Heller**

Steve, Vice President & Director of Zoelife Operations, 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. For 16 years he 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 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, the Pastor of the Community of Faith, graduated with honors from Dallas Theological Seminary in 1968, after having received a Bachelor and Master’s degrees from a Christian liberal arts university. He pastored Trinity Bible Church in Phoenix, for 24 years and Walnut Hill Community Church in Bethel, CT, for an additional 13 years. Post retirement, Joel has served as an interim pastor in four locations around the country and as a mentor and professor of preaching in two different seminaries.



## **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-years 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 strive to create.”



### **Intellectual Pillar Director – Dr. Pete Patterson**

Dr. Patterson is a third-generation physician with a background in clinical quality improvement and healthcare business transformation. He has been a dedicated partner to Glencroft since 2014 when he began a collaboration with nurse Mary Matesan— then Assistant Director of Nursing at Providence Place. Together they developed an award-winning antibiotic stewardship protocol now being used at many other Arizona skilled nursing facilities in addition to Glencroft. In Dr. Patterson’s current work with Glencroft he has developed a unique curriculum in whole-person well-being that takes him back to his roots as a trusted family doctor in a small rural town.



### **Vocational Pillar Director – Millie Oakeson**

Millie, Vice President of Corporate Communications, came to Glencroft in 2015. Millie, an Arizona native, brings a diverse 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. She is working on a certification in Gerontology and has an educational background in marketing and communication studies from Arizona State University.



### **Vocational Pillar Director – Tiffany Foss**

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 five has taught her some amazing juggling skills, which she exercises daily. 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 not at work, this Arizona native enjoys the peace and calm of NASCAR racing and large family gatherings.



## Hattie Ginyard

“Glencroft University is a great way to meet people and have fun while learning new things! You are never too old to learn!”

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# Mission-based Pillar Competencies

**Graduates of Glencroft University will be able to:**

## Spiritual Pillar

**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

**STRIVE** to show clarity and logic in thought by asking questions, pursuing knowledge, and understanding what it takes to live the healthiest life possible and make choices that impact healthy aging.

## Social Pillar

**GAIN** a greater understanding of the importance of social setting involvement for better physical, emotional and intellectual health, with the opportunity to step outside of your comfort zone and be open to the idea of examining your circle of friends.

## Emotional Pillar

**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

**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

**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.

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# Graduation Requirements

## Graduation Requirements for Glencroft University:

- There are six foundational pillars to Glencroft University
- Each calendar year will be broken down into two, 16-week semesters (January-April, September-November)
- Students must attend eight classes per pillar (48 classes and/or volunteer credits) to graduate with a “bachelor’s degree” from Glencroft University
- Graduation requirements include at least 12 volunteer hours for the vocational pillar
- Graduates of Glencroft University’s bachelor’s degree program will be able to participate in more specialized off-campus lectures, events and/or volunteer opportunities

To determine your vocational opportunities, contact the Vocational Pillar Directors, Millie Oakeson at 623-847-3047 or Tiffany Foss at 623-847-3081. You can make an appointment with Millie for off-campus opportunities and with Tiffany for on-campus opportunities. There is availability in both areas. We will start by exploring your talents and interests and assessing your strengths and weaknesses.



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Mike Boze

“Having the ability to hear so many diverse topics is what I love most about the University program. Being able to pick and choose the topics that interest me and not being forced to participate in all of them makes this a very appealing program.”

# September 2020

- #1 – Everything You Need to Know About Health (three-part series)**  
**Wednesday, September 16, 2:00PM**  
This three-part series discusses how 80% of our most common diseases can be prevented and or reversed without medication. Discover the tools needed to add years to your life and help you to feel amazing.  
– *Dr. Kendrick Johnson, Ark Family Medicine*
- Fear of Falling is Real, So What are My Options of Improving This?**  
**Thursday, September 17, 2:00PM**  
Discuss how Ascent Audiology and Glencroft Center for Modern Aging can help you implement and improve your hearing and balance. Learn to utilize the resources on campus to improve the physical shape of our bodies.  
– *Dan Hewson, Audiologist, Ascent Audiology*
- Eat More Plants!**  
**Tuesday, September 22, 2:30PM**  
Learn how to incorporate more fruits and vegetables into your diet. Fruits and vegetables are an important part of a healthy diet, but can sometimes be difficult to get the recommended quantity needed to reduce the risk of chronic disease. This session will help take the struggle out of healthy eating.  
– *Barb Cunningham, Registered Dietitian*
- Library of Congress Talking Book Program – Resources Available**  
**Wednesday, September 23, 1:00PM**  
Do you have trouble reading the printed word? Do you have difficulties holding a book or turning the pages? If the answer is yes to either or both, then the *Arizona Talking Book Library* is for you. Books, magazines and newspapers are in audio and mailed directly to your mailbox. The player, headphones, and materials have already been paid for by your tax dollars. This *Library of Congress* program is mandated and delivered throughout all of Arizona. Sign up for this class to learn more.  
– *Christine Tuttle, Outreach Librarian*
- Navigating the Journey of ALTCS – A Social Worker’s Perspective**  
**Thursday, September 24, 2:30PM**  
Create a plan before a change of condition occurs. We discuss needed legal documents to allow your voice to be heard at all times regarding care and finances and we will discuss benefits that pay for care at home FOR FREE.  
– *Daniel Nunez, Jackson White Elder Law*

- **A Mindful Approach to Wellness**  
**Monday, September 28, 1:00PM**  
Expand your wellness toolbox. Examine simple, free and accessible tools to support a mindful approach to self-care.  
– *Eve B. Hoover, DMSc, MS, PA-C, DFAAPA, Midwestern University*

- **Agility Play**  
**Wednesday, September 30, 2:00PM**  
Rediscover fine motor skills as you engage in a series of simple movement games. Fear not, juggling is not on the agenda...yet!  
– *Ross Higgins, Senior Director of Campus Life*

## October 2020

- **Guardianship and Conservatorship**  
**Thursday, October 1, 2:30pm**  
Discuss various situations where, despite all of the proper planning, a family may still be required to enter the court process to protect an elderly loved one. Learn how to prepare for possible court involvement, how to recognize when a Power of Attorney isn't enough, what to do when family isn't available to provide care and many other frequently asked questions.  
– *Colton Johnston, Associate Attorney, Jackson White Law*

- **Architecture – Creation of Spaces**  
**Friday, October 2, 2:00pm**  
Discuss selected architectural works in history: “spaces” that have changed the way we look at building and our surrounding environments—architecture such as designs by Frank Lloyd Wright and Gothic cathedrals.  
– *Tim Files, Resident Services, Providence Place*

- **Can You Hear Me Now? (Matthew 6:5-15)**  
**Monday, October 5, 2:00pm**  
When Jesus prayed, things happened! Did you know he provided us with the best example on how to pray and get results?  
– *Chaplain, Stan Florez*

- **Empower Yourself to Fight Against Scams – Know the Truth**  
**Tuesday, October 6, 2:30pm**  
Confidently spot and identify common scams and fraud tactics that fraudsters use—impersonation, fear, anxiety, urgency—to target unsuspecting individuals. Learn to protect yourself and your loved ones by stopping fraud before it happens. Learn the behaviors that put you at risk and which scams to be aware of.  
– *Linda Vitale, AARP Volunteer Educator*

# October 2020

## **#2 – Everything You Need to Know About Health (three-part series)**

**Friday, October 9, 2:00PM**

Part two of this three-part series discusses how 80% of our most common diseases can be prevented and or reversed without medication. Discover the tools needed to add years to your life and help you to feel amazing.

– *Dr. Kendrick Johnson, Ark Family Medicine*

## **Hearing Loss and Choosing the Right Hearing Aids**

**Monday, October 12, 2:00PM**

Discuss the critical components of what is needed to properly select hearing aids. Learn what you need to know about your hearing loss in order to know exactly what needs to be done to fix your hearing loss. Even if you have hearing aids now, we will discuss what can be done to improve your hearing with what you're already wearing.

– *Dan Hewson, Audiologist, Ascent Audiology*

## **Fall Prevention (Fall Recovery)**

**Thursday, October 15, 2:00PM**

Fall prevention is our goal, but falls do happen and they seem to happen at the most inopportune time. This class will discuss and demonstrate strategies and safe techniques for recovering after a fall.

– *Randy Lujan, Director of Rehab Services*

## **What to Do When You Hear Bad News (Nehemiah 1:1-11)**

**Friday, October 16, 2:00PM**

Bad news is inevitable from time to time. So what do you do when you get yours? Learn how to deal with bad news in order to see good results.

– *Chaplain, Stan Florez*

## **The Truth About Carbohydrates**

**Tuesday, October 20, 2:30PM**

Carbohydrates are an often misunderstood macronutrient that is necessary for life. Learn the facts about carbohydrate and the difference between good and bad carbs. This session will also focus on how to manage a diabetic diet with all of the choices available at Glencroft.

– *Barb Cunningham, Registered Dietitian*

## **World Religions Study**

**Wednesday, October 21, 2:00PM**

My journey from Islam to Christianity and course introduction.

– *Al Fadi, CEO and Founder of Cira International*

**Meditation – (three-part series)****Thursday, October 22, 2:30PM**

This course can be attended as a three-part series or as individual classes. The first class will cover some of the reasons to meditate, types of meditation, and basic instructions on how to meditate, followed by a guided meditation. Subsequent classes will begin with a discussion on participants' progress with meditation, and will conclude with a guided meditation.

– *Tyler White, Attorney with Jackson White Law*

**Caregiving Stress****Friday, October 23, 3:00PM**

Growing older can leave us with significant responsibilities in caring for those we love. Learn more about caregiving stress (and fulfillment!) and process ways to cope with the challenge of being a caregiver for both ourselves and others!

– *Brianna Daranciang, Psychology Student at Midwestern University*  
(Supervised by *Melissa Flint, Psy.D*)

**Dementia 101****Tuesday, October 27, 3:00PM**

Many older adults have some level of difficulty with memory and have concerns that they may be developing a more severe illness such as one of the dementias. During this lecture, we will address basic dementia knowledge and explain the differences in normal aging, mild cognitive impairment and some of the more common dementias.

– *Katelyn Coddaira, MA Midwestern University Clinical Psychology Student*  
(under the mentorship of *Melissa Flint, Psy.D.*)

**World Religions Study****Wednesday, October 28, 2:00PM**

Buddhism/Hinduism

– *Al Fadi, CEO and Founder of Cira International*

**Maintaining Function as We Age****Thursday, October 29, 2:00PM**

As we age, everyday tasks that we have been doing most of our lives seem to become more difficult. We will discuss strategies for maintaining and improving functional abilities throughout the aging process.

– *Randy Lujan, Occupational Therapist*



## Jane Baker

“I could not be happier with the importance placed on Glencroft University. Having access free of charge to learn so many things that truly affect my day to day life is one of the many reasons Glencroft is the best in the business!”

# November 2020

-  **Contributing Your Wisdom as a Community Elder**  
**Monday, November 2, 1:00PM**  
Explore the nature of contribution and its manifestations in life, both informal and formal. You are invited to a highly interactive session in the spirit of life-long learning.  
– *Peter P. Patterson, MD MBA – Patterson LTC Consults*
-  **World Religions Study**  
**Wednesday, November 4, 2:00PM**  
Christianity  
– *Al Fadi, CEO and Founder of Cira International*
-  **Meditation – (three-part series)**  
**Thursday, November 5, 2:30PM**  
This course can be attended as a three-part series or as individual classes. Part two of this three-part series continues the discussion of meditation, types of meditation, and basic instructions on how to meditate. Subsequent classes will begin with a discussion on participants’ progress with meditation, concluding with a guided meditation.  
– *Tyler White, Attorney with Jackson White Law*
-  **Art: A Picture in Time**  
**Friday, November 6, 2:00PM**  
Information and discussion of selected works of art. Discussions on the artist’s intent and the question, what is “great” art?  
– *Tim Files, Resident Services, Providence Place*
-  **Aging – Brain Fog or Memory Loss (What do I have?)**  
**Monday, November 9, 2:00PM**  
Memory loss may not actually be memory loss. Many people have been diagnosed by their doctor with memory loss, but find out it’s actually brain fog. Learn about memory loss vs. processing of our brain and what can be done to reverse the negative effects as quickly as possible.  
– *Dan Hewson, Audiologist, Ascent Audiology*
-  **Word Play**  
**Tuesday, November 10, 2:00PM**  
Exercise the mind as you cruise though some interactive word play games. Laughter you say? Yes, and a plethora of it!  
– *Ross Higgins, Senior Director of Campus Life*
-  **World Religions Study**  
**Wednesday, November 11, 2:00PM**  
Islam  
– *Al Fadi, CEO and Founder of Cira International*

**#3 – Everything You Need to Know About Health (three-part series)****Friday, November 13, 2:00PM**

The third in this three-part series discusses how 80% of our most common diseases can be prevented and or reversed without medication. Discover the tools needed to add years to your life and help you to feel amazing.

– *Dr. Kendrick Johnson, Ark Family Medicine*

**Keeping Your Voice Healthy****Monday, November 16, 1:00PM**

We use our voice as our primary means of communication. It provides a window into our personality, mood and even our health. The voice box, or larynx, is a complex biomechanical system, and problems can occur when imbalances are present. We will discuss how voice is produced, types of voice problems people may experience and tips to keep your voice as healthy and strong as possible.

– *Teresa Brobeck, Ph.D., CCC-SLP Clinical Associate Professor & Speech-Language Pathologist  
Midwestern University*

**Supplements – Take Them or Leave Them?****Tuesday, November 17, 2:30PM**

Are we literally flushing money down the toilet when we take a plethora of supplements? Get your questions answered about recommendations for supplements, what to look for when buying them and guidelines for when to take them.

– *Barb Cunningham, Registered Dietitian*

**World Religions Study****Wednesday, November 18, 2:00PM**

Judaism

– *Al Fadi, CEO and Founder of Cira International*

**Meditation – (three-part series)****Thursday, November 19, 2:30pm**

This course can be attended as a three-part series or as individual classes. Part three of this three-part series continues the discussion of meditation, types of meditation, and basic instructions on how to meditate. Subsequent classes will begin with a discussion on participants' progress with meditation, concluding with a guided meditation.

– *Tyler White, Attorney with Jackson White Law*

**Glam-mas Makeup Class****Friday, November 20, 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 products to enhance your natural beauty. **Class cost: \$20. Sign up by November 6th.**

– *Danielle Gagné, Executive Assistant to President & CEO, John Wenzlau*

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# Parkinson's Immersion Program

The mission of ZoeLife is pursuing vitality through a full, active and purposeful life. In staying true to our mission, we created an immersive style program that can help with growing epidemic known as Parkinson's disease. Our ZoeLife Parkinson's Immersion Program (PIP) utilizes our six pillar structure where a participant can hit the reset button on their lifestyle in an environment where they live, play and work the PIP components in a fun and engaging manner.

The first steps in creating the framework for this program was figuring out how to execute a collaborative "one stop shop" for those diagnosed with Parkinson's. The beauty of Glencroft Center for Modern Aging is the litany of professional healthcare workers and partners in the Valley we are able to utilize in order to create what we know to be an amazing program.

We began by teaming up with a group of professionals from AZ Creative Aging who specialize in creating alternative programming to battle dementia and Parkinson's. Their involvement was crucial for a successful program. A Monday through Friday program was created focusing on a different style of therapy each

day. Our goal was to create an environment where someone with Parkinson's is provided a customized nutrition plan, an individualized speech therapy plan, a work-out plan with our performance team and is actively involved in our Virtual Reality Parkinson's Platform. Once a person engages fully in the program, via this mind, body and spirit formula, we begin to see some great results!

New sessions and groups for PIP start the first of every month. If you or someone you know suffers from Parkinson's disease, please contact Steve Heller for more information about program. This Fall is going to be filled with amazing programs and we want you to take advantage of all that is coming!



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# Coastal Distancing with Virtual Reality



Enjoy your own slice of heaven using Glencroft's state of the art virtual reality (VR) equipment in the Performance Center.

Whether its walking along white sandy beaches, exploring the galaxy, swimming with beluga whales or simply relaxing in a summer meadow at sunset, our VR platform has a destination for you!

Individual appointments are 30 minutes long and available Monday, Wednesday and Friday, from 1:00-3:00pm in the Performance Center.

Schedule your  
Coastal Distancing  
session today!

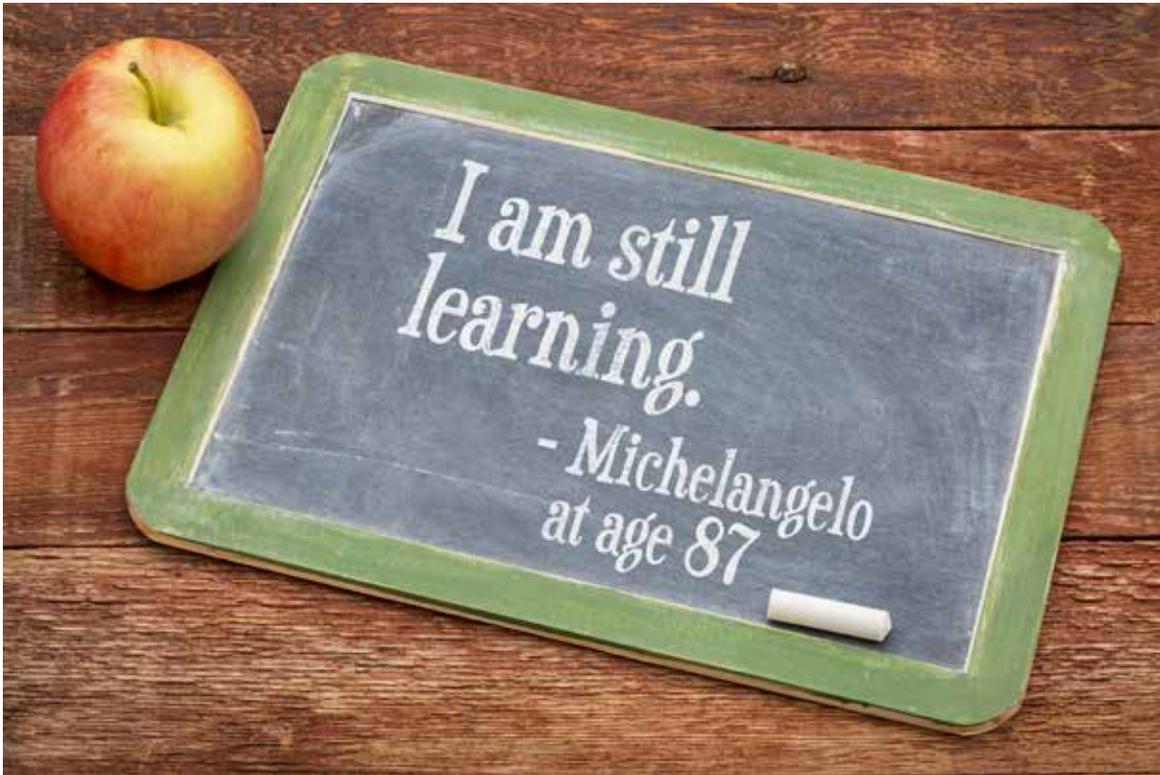
Call 623-930-5697

Or stop by the  
Performance Center

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“I am working so hard on getting these credit hours accrued to walk across that stage and get my diploma from Glencroft University! I'm excited to get going again on what is such an important thing in my life.”

Barbara Lothrop



## Hazel Powel



“Tremendous classes from amazing speakers! The quality of the lectures are above and beyond anything I could hope for. The lectures always leave me wanting more and I hope to be a career student with Glencroft University.”

**Seating is limited!**  
**Reserve the lectures you want**  
**to attend today!**  
**623-930-5697**