

Glencroft UNIVERSITY

2022 Spring Catalog



8611 North 67th Avenue, Glendale, AZ 85302 | 623-939-9475 | glencroft.com

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.

Glencroft UNIVERSITY

A Letter from our Chancellor

I am very pleased to welcome you to the 2022 Spring Semester of Glencroft University. Welcome to all of you just beginning your Glencroft University journey, as well as to those of you continuing it. We have so many residents on the cusp of graduating after this semester, and we are so excited to see another amazing graduation in the fall.

A proverb states that “a journey of a thousand miles begins with the first step”. Regardless of your previous academic experiences, your career, or whatever season of health you are in, you have taken the first step to learn and engage in topics that will undoubtedly enhance your pursuit of successful aging. The excitement, rigor, and challenge of participating in the spring curriculum are supported by experienced, highly credentialed lecturers, and a family of staff and administration whose mission is to enhance your senior living experience.

Glencroft University has prided itself over the course of the last 4 years in bringing speakers from all different disciplines who come not to sell a product or service, but to provide education and information in areas we feel are important to your successful aging aspirations. During the last 3 semesters we have navigated some of the most improbable obstacles and have remained steadfast in our pursuit of continued education for you, our residents. Although change and disruption will inevitably be part of our lives this spring, Glencroft University remains a place where you will learn, discuss ideas, grow, and continue to build relationships in this amazing community of Glencroft.

With that, we encourage you to participate in as many lectures as you can. We continue to offer both the in-person model of education, as well as the virtual platform on Channel 4 so that you can continue to learn and be inspired in your home if you so choose. Please keep one thing in mind as the semester begins: each time we meet in a lecture, at a social event, or even over a meal we are creating bonds of commonality in our shared goals of gaining successful aging skills and tools to better understand ourselves and the world around us.

My colleagues and I stand by to support and challenge you as you take full advantage of the extraordinary opportunities that Glencroft provides.

Sincerely,



Vice President & Director of Zoelife Operations

Glencroft University Faculty



Chancellor / Physical Pillar Director – 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, 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.



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."



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.

Ben Franklin



*If a man empties his purse into his head, no man can take it away from him.
An investment in knowledge always pays the best interest.*



Mission-Based Pillar Competencies

Graduates of Glencroft University will be able to:

Spiritual Pillar

UNDERSTAND 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.

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.

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.

Intellectual Pillar

AQUIRE 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.

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 (February–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

In order to accrue credit for a lecture towards graduation a survey of each lecture must be turned in to University Administration in the Performance Center.

To determine your vocational opportunities, contact Tiffany Foss at 623-847-3081. You can make an appointment for on-campus opportunities. We will start by exploring your talents and interests and assessing your strengths and weaknesses.



February 2022



Personal Safety for Older Adults

Monday, February 21, 1:00PM

This lecture will cover the spectrum of personal safety from tips and tactics to stay safe, to the importance of situational awareness. This will be an enjoyable and relaxed discussion; attendees are encouraged to share experiences and ask questions.

– Fred Mastison, President, Force Options USA, Professional Instructor



Psalms (Part 1 of 2)

Tuesday, February 22, 2:00PM

The Christian's Book of Common Prayer.

– Joel Eidsness, Pastor Community of Faith



Meditation (Part 1 of 3)

Thursday, February 24, 2:00PM

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, some of the types of meditation, and some 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 also end with a guided meditation. Feel free to attend any or all of the courses to learn a bit more about meditation.

– Tyler White, Attorney, Jackson White Law Firm



“Lessons from a crisis - Hurricane Katrina’s impact on one retirement community”

Monday, February 28, 3:00PM

Not every crisis is the same, but all require preparation and prompt action. This lecture describes how one retirement community was impacted by Hurricane Katrina and the lessons learned as the storm unfolded.

– John Thorhauer, MBA, President and CEO, Glencroft Center for Modern Aging

Will Durant

“Education is a progressive discovery of our own ignorance.”

Carl Rogers

The only person who is educated is the one who has learned how to learn ... and change.

March 2022

Psalms (Part 2 of 2)

Tuesday, March 1, 2:00PM

The Christian's Book of Common Prayer.

– Joel Eidsness, Pastor Community of Faith

Never Give Up, Keep Shooting for the Stars

Thursday, March 3, 10:00AM

Join long time NBA star and Phoenix Suns play-by-play announcer Eddie Johnson as he takes you through his journey from the mean streets of Chicago to the glitz and glamor of the NBA. Find out how faith and family are the things that drove this NBA superstar to an amazing career and continue to drive him in his relentless pursuit of greatness.

– Eddie Johnson, Former NBA player, Phoenix Suns, Phoenix Suns Announcer

Meditation (Part 2 of 3)

Thursday, March 3, 2:00PM

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, some of the types of meditation, and some 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 also end with a guided meditation. Feel free to attend any or all of the courses to learn a bit more about meditation.

– Tyler White, Attorney, Jackson White Law Firm

Dementia Friends Information Session

Monday, March 7, 2:00PM

Dementia Friends is a global movement that is changing the way people think, act and talk about dementia. Attend this one-hour Information Session to learn what dementia is, what it's like to live with the disease, the most common types of dementia and tips for communicating with people who have dementia.

– Janice Greeno, MA, Senior Outreach Program Manager, Banner Sun Healthy Research Institute & Banner Alzheimer's Institute



Korea: The Forgotten War

Tuesday, March 8, 2:00PM

Come enjoy a power-point documentary of the history of the war including some of my personal experiences during the war.

– *Wally Wahlberg, Glencroft Resident*



Telemarketing Fraud

Thursday, March 10, 2:00PM

Older adults lost almost \$1B to frauds and scams in 2021. Phone scams are the most common types of scams. They usually involve payment via credit card, gift cards, bank wire transfers, and, gaining in popularity, is cryptocurrency. Another heart-wrenching scam, after the scammer has gained the trust of their victim then the demand for money begins. If the victim tries to get out of the 'relationship' the scammers may threaten him or her with arrest, foreclosure, family shame, and even deportation. I'll "set the scene" for what a fraudulent phone call may sound like, what risk factors are involved in becoming a potential victim, tips to avoid being scammed, and tips for how to help a victim afterward.

– *Barbara Micheletti, MS, BS, Gerontologist CEO + Creator | Interrupting Aging*



Emergency Preparedness, "Are You Ready?"

Monday, March 14, 2:00PM

This class discusses disasters that could happen in Arizona, and the importance of being prepared. The course offers suggestions on how to prepare to shelter in place or what to do if you must evacuate your residence.

– *Dr. Janet A. Boberg, CPM, LPC, NCC, Public Education Manager Glendale Fire Department*



Proverbs

Tuesday, March 15, 2:00PM

Living life skillfully.

– *Joel Eidsness, Pastor Community of Faith*



Romance Scams/Fraud

Thursday, March 17, 2:00PM

Older adults lost almost \$1B to frauds and scams in 2021. Romance Scams cause the largest average losses (\$10,000 average) and are as emotionally heart-wrenching in their collateral damage as they are financially because victims truly believe they are in a real

romantic 'relationship' with their fraudster. They usually involve payment via credit card, gift cards, bank wire transfers, and, gaining in popularity, is cryptocurrency. I'll discuss 4 critical elements of a romance scam while providing tips on how to avoid being scammed and tips for how to help a victim afterward.

– Barbara Micheletti, MS, BS, Gerontologist CEO + Creator | *Interrupting Aging*



Movie Day

Friday, March 18, 1:00PM

"Forks Over Knives" documentary



CaptionCall - Federally funded program to benefit the hearing impaired

Monday, March 21, 1:00PM

The CaptionCall captioned telephone is designed to let you hear and read what the other person is saying, so you can better understand the conversation. The phone and service are for people with hearing loss who need captions to use the phone effectively. The fund pays the total cost of service for qualified users.

– Jordan Woffinden




Guidelines for healthy brain aging: diet and exercise

Tuesday, March 22, 2:00PM

We will: Review the relation of metabolic syndrome (insulin resistance) to brain disorders: impaired circadian rhythm, leaky blood brain barrier, and cognitive decline. Review predictors of cognitive decline: low exercise, verbal fluency and balance impairment. Review subtypes of prognosis in Parkinson's. Summarize evidence for diet recs: low carb, healthy fats, and adequate protein, minerals and electrolytes. Summarize evidence for exercise recs: aerobic (elevate HR), standing balance activities, and resistance. Prescription for healthy aging: prioritize sleep with AM fasting, daily exercise / purposeful activity, and diet / supplements.

– Alexander Choi, MD, Movement Disorders Specialist, Banner Sun Health Research Institute



Meditation (Part 3 of 3)

Thursday, March 24, 2:00PM

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, some of the types of meditation, and some 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 also end with a guided meditation. Feel free to attend any or all of the courses to learn a bit more about meditation.

– Tyler White, Attorney, Jackson White Law Firm

**Job**

Tuesday, March 29, 2:00PM

The problem of pain.

– Joel Eidsness, Pastor Community of Faith

April 2022

**Young at Heart (Part 1 of 2)**

Monday, April 4, 2:00PM

The Fountain of Youth has been discovered and we'd like to lead you there! Register now to find out how you can be both a "Senior Citizen" and a "Vibrant Teenager" all at the same time. Ross Higgins has been leading our Activities program here at Glencroft for 8 years now and is excited to share the secrets of staying young as you age. Come one, come all...this class is a match for everyone.

– Ross Higgins, Sr. Director of Campus Life

**Safe Use of Over-the-Counter Medications and Supplements**

Tuesday, April 5, 2:00PM

Although over-the-counter (OTC) medications and supplements are widely available, these products may not be appropriate for everyone. This program will focus on OTC medications and supplements, with a balanced discussion regarding the benefits and risks of these products.

– Ariane Guthrie, PharmD, PGY2 Geriatrics Pharmacy Resident, Midwestern University College of Pharmacy-Glendale Campus

**Understanding ALTCS**

Thursday, April 7, 2:00PM

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

**The historical and archaeological context of Israel in Egypt**

Monday, April 11, 2:00PM

Reviewing the evidence from archaeological and historical sources on the Israelites in Egypt, covering from Joseph being sold into Egypt through the several generations

later Exodus lead by Moses. We look at the people and the ties of Joseph and Moses to the Egyptian pharaonic family including a discussion of the identification of Moses as a prince of Egypt.

– C. Joanne Crawford, Ph.D., Glencroft Resident

The End Times - Book of Revelation, The Church Age

Tuesday, April 12, 1:00PM

In Chapters 1 – 3, we will discover the condition of the seven churches that were deemed troublesome. The churches were Ephesus, Smyrna, Pergamum, Thyatira, Sardis, Philadelphia and Laodica. To reflect what we see in our churches today and where we need to be, we will explore: The Condition of the Church and The Rapture of the Saints.

– Stan Florez, Glencroft Chaplain

Young at Heart (Part 2 of 2)

Thursday, April 14, 2:00PM

The Fountain of Youth has been discovered and we'd like to lead you there! Register now to find out how you can be both a 'Senior Citizen' and a 'Vibrant Teenager' all at the same time. Ross Higgins has been leading our Activities program here at Glencroft for 8 years now and is excited to share the secrets of staying young as you age. Come one, come all...this class is a match for everyone.

– Ross Higgins, Sr. Director of Campus Life

Non-invasive pain relief, detoxification and your electric body

Monday, April 18, 2:00PM

Come learn how E-Stem can unlock and rejuvenate your body! This lecture will be dedicated to explaining the mysteries found in electrical stimulation.

– Kameron Loe, Cody Loe, HaloeHealth

Fall Prevention and Fall Recovery

Friday, April 22, 2:00PM

According to statistics falls are the leading cause of injury and accidental death in adults over the age of 65. They can be prevented. Come and join our amazing Outpatient Rehab staff for an unforgettable class on ways to not become a statistic by remaining active and healthy at home.

– Alyssa O'Krent Physical Therapist

Ecclesiastes/Song of Songs

Tuesday, April 26, 2:00PM

The futility of Life/The celebration of Marital Love.

– Joel Eidsness, Pastor Community of Faith

“The difference between school and life? In school, you’re taught a lesson and then given a test. In life, you’re given a test that teaches you a lesson.”

Healthy Skin From the Inside Out

Thursday, April 28, 1:00PM

Skin care is far more than just which products you put on your face. Learn about how good nutrition is equally important in the quest for better skin. We will also discuss specific foods and supplements that can be beneficial to your skin.

– Kelly Heller

May 2022

Dr. Murray’s Top 7 Superfoods

Monday, May 2, 2:00PM

Come learn about the extraordinary health benefits that these 7 little known superfoods have.

– Dr. Michael Murray N.D.

The Tribulation Period – 7 years of hell on earth and the final judgment

Tuesday, May 3, 1:00PM

In the book of Revelations Chapters 4-17 we will learn about: The One World Government and Religion, The False Prophet, The Anti-Christ The Battle of Armageddon, Satan Bounded for 1000 years.

– Stan Florez, Glencroft Chaplain

Equipment to use for daily activities that make life easier and more independent

Monday, May 9, 2:00PM

Are you faced with challenges opening jars or lids? Or bending down to put on your socks and shoes? Well don’t be any more. There are a lot of great useful tools and equipment that rehab can help you acquire and know how to use so life can be easier and less burdensome on others. Join our Occupational Therapy Team for a class to see and play with some of these amazing tools and equipment that will amaze you and provide the help you may need.

– Dale Heinz, Occupational Therapist and Jackie Harris, Rehab Director/COTA

Cervical Spine Health

Tuesday, May 10, 2:00PM

The motto “A happy cervical spine equals a happy life” is not far from the truth. This lecture describes some of the key ways that you can go about creating cervical spine health. Come learn from one of the leading cervical spine chiropractors in the valley as he explains how you can create a healthier cervical spine at any age.

– Dr. Pete Gariboldi



What Now? How to Navigate the Legality and Stress of a Dementia Diagnosis

Thursday, May 12, 3:00PM

Join to discuss the most important things to consider when the word “dementia” comes up in a doctor’s appointment. Colton Johnston will discuss the importance of Powers of Attorney and essential considerations in what to include in these documents, end-of-life planning with Wills and Trusts; when it may be important to seek out the help of an attorney and when you can manage alone; and briefly what small mistakes in these plans can lead to court involvement with some interesting case studies. Pam Eisenberg will then tell us about resources available to families in these circumstances, including: 24/7 helplines, support groups, educational opportunities, and other help that is available to families dealing with these difficult times.

– Colton Johnston, Jackson White Elder Law Attorney, and Pam Eisenberg, Senior Walk Manager Central Arizona AZ Alzheimer’s Association



Living in a Monument

Monday, May 16, 2:00PM

In this session we will look at the life and work of Frank Lloyd Wright: his celebrations, honors, and his controversies and tragedies. Wright was an unusual person which affected his work; at times, so full of himself, he could probably completely fill up one of his largest buildings. But still, he was one of the greatest inspirations to the history of modern architecture. A man definitely worth studying.

– Tim Files



A New Heaven and New Earth

Tuesday, May 17, 1:00PM

In Chapters 20-22, we will conclude with Jesus Christ defeating the Anti-Christ in the final battle, judgement for the damned, rewards for the saints and Jesus on his throne and look at, The Millennial Reign and New Heaven and New Earth.

– Stan Florez, Glencroft Chaplain



Medicare Fraud and What You Need to Know

Thursday, May 19, 2:00PM

The Senior Medicare Patrol (SMP) plays a unique role in the fight against Medicare fraud, errors, and abuse. In this session, the Senior Medicare Patrols will educate attendees how they are truly empowered to act against Medicare Fraud. This presentation will cover how to distinguish between Medicare Fraud, Waste and Abuse and become part of the “eyes and ears” in their communities and Prevent, Detect and Report Medicare Fraud.

– Bill Blaney, Coordinator, Senior Medicare Patrol, Area Agency on Aging, Region One



Movie Day

Friday, May 20, 1:00PM

“Fat, Sick and Nearly Dead.”

**Education is
learning what you
didn't even know
you didn't know.**

**Reserve the lectures
you want to attend today!
623-930-5697
mjones@glencroft.com**

