

# Meet the Instructors

## Cindy Streekstra, RN

With nearly 40 years of nursing, care giving and instruction experience, Cindy Streekstra brings a tremendous amount of knowledge and perspective to these courses. Through her career, Ms. Streekstra has developed, planned and implemented many programs for organizations that you are likely familiar with including; Gerontology Network, Hospice of Michigan, both Butterworth and Blodgett Hospitals, Grand Rapids Home for Veteran's and Respite Centers of Western Michigan.

## Dr. Albert Lewis, Rabbi

Dr. Lewis is a well-known leader in the west Michigan community. Rabbi Lewis has been involved in gerontology and gerontology education for over 30 years. He has provided workshops, classes and consulting to local colleges, and corporations. He also writes a weekly article for the Grand Rapids Press targeted to the 50+ audience.

## Registration and Information

- [www.grcclearn.com](http://www.grcclearn.com) and click on SOCIAL WORK
- (616) 234-3400

## Continuing Education Units (CEU's) are available for Social Work

A total of eight (8) contact hours will be granted for participation in each of the courses in this program. Those completing all four course offerings in this program will also receive a non-credit Certificate in Aging from Grand Rapids Community College.

Course and Program Fees: A fee of \$150 (without CEU's) or \$160 (with CEU's) per participant will be charged for each eight hour course; or \$500 (without CEU's) or \$540 (with CEU's) per participant for those enrolled in all four program offerings. Also, a discounted rate of \$125 per course per person is available to organizations registering 2 or more participants.

## Cancellation Policy

Payment is due at time of registration. In the event that a participant needs to cancel enrollment, notification of cancellation is required two weeks prior to the start of each course.



Continuing Education & Professional Development  
143 Bostwick Avenue, NE | Grand Rapids, Michigan 49503-3295

# Continuing Education & Professional Development

Empowering West Michigan, empowering you.

## Certificate in Aging

Open to All Aging Services and Healthcare Professionals



The demand for professionals with greater knowledge of the challenges of aging and issues around gerontology is increasing at an alarming rate. The Older Learner Center and Continuing Education at Grand Rapids Community College have developed a different type of learning experience with the professional in mind that focuses on effectively working with the aging population.

GRCC's Certificate in Aging is a non-credit continuing education program consisting of four (4) eight hour courses held one Saturday per month from September through December. Courses are highly interactive, include shared learning and provide opportunities for professionals to learn from each other through a variety of group activities focused on key themes and issues.

This is an excellent way to bolster your knowledge and understanding of older adults. I strongly encourage you and your staff to consider attending one or all of these courses.

–Tom Czerwinski,  
Executive Director,  
Area Agency on Aging of Western Michigan



# Certificate in Aging • Fall 2009 Courses

## Aging 101: An Introduction to Gerontology: Issues Vital to Aging

Saturday, September 26, 2009  
8:30 a.m.-5:00 p.m. (includes 30 minutes for lunch)  
Instructor: Dr. Albert Lewis, Rabbi



This course explores issues vital to the growing aging segment of our population with its myths and realities; love, intimacy and sexuality in later years; social roles and relationships; work, retirement and economics; how the body changes in the aging process; and surviving growing older in contemporary America.

### Upon completion of this course the student will be able to:

1. Demonstrate knowledge of vital issues effecting the fastest growing segment of our population (older adults).
2. Apply theoretical concepts related to aging and the aging process to real-life situations; discuss the impact of these concepts on individuals, families and society.
3. Identify factors relating to surviving growing older in contemporary America.

*This program is approved by the Michigan Social Work Continuing Education Collaborative for 8 CE Clock Hours.*

## Caregiving 101: Caregiving for Real Life

Saturday, October 17, 2009  
8:30 a.m.-5:00 p.m. (includes 30 minutes for lunch)  
Instructor: Cindy Streekstra, RN



Dealing with and/or caring for older adults can bring with it a broad spectrum of changes and pressures for which individual's are often unprepared. This course will help students to recognize and understand the key issues involved in caregiving; explore the dynamics of changing relationships as "children" become more involved in their parent's care, and parents face age-related changes and loss; learn about community resources available to assist family caregivers; and utilize effective communication techniques as well as learn how to understand, cope and effectively deal with older adults in need of care.

### Upon completion of this course the student will be able to:

1. Demonstrate knowledge of key issues related to aging and caregiving.
2. Apply learned caregiving concepts to real-life situations; discuss the impact of these concepts on individuals, families and society.
3. Identify community resources available to support family caregivers.

*This program is approved by the Michigan Social Work Continuing Education Collaborative for 8 CE Clock Hours.*

## Healthy Aging & Chronic Disease Management

Saturday, November 14, 2009  
8:30 a.m.-5:00 p.m. (includes 30 minutes for lunch)  
Instructor: Cindy Streekstra, RN



It is important for professionals working with older adults to understand the role of health promotion and chronic disease management in healthy aging. This course will explore common chronic health conditions and their management; the role of key elements of health promotion in successful aging; and the importance of educating older persons regarding healthy lifestyle choices and practices.

### Upon completion of this course the student will be able to:

1. Demonstrate knowledge of the most common chronic health conditions effecting older adults; an increased understanding of a variety of chronic disease management techniques and their potential use with older persons; the key issues/concepts involved in aging related health promotion; and an understanding of how key lifestyle choices and health practices can impact healthy aging.
2. Apply learned healthy aging and chronic disease management concepts to real-life situations; discuss the impact of these concepts on individuals, families and society.
3. Identify a plan for integrating aging related health promotion and chronic disease management concepts into work with older persons.

*This program is approved by the Michigan Social Work Continuing Education Collaborative for 8 CE Clock Hours.*

## Death, Dying, and Bereavement

Saturday, December 5, 2009  
8:30 a.m.-5:00 p.m. (includes 30 minutes for lunch)  
Instructor: Dr. Albert Lewis, Rabbi



It is important to recognize the emotional needs of those who have lost an older adult client or loved one. This course is designed to introduce students to a wide variety of issues relating to death, dying and bereavement. It will cover historical perspectives; define death, attitudes toward death, the dying process and grief and loss; as well as provide coping strategies for those experiencing the loss of an older adult client or loved one.

### Upon completion of this course the student will be able to:

1. Understand death in a historical, medical and social context
2. Identify and examine the dying and grieving process
3. Apply theoretical concepts related to death and the dying process to real-life situations; and discuss the impact of these concepts on individuals, families and society.

*This program is approved by the Michigan Social Work Continuing Education Collaborative for 8 CE Clock Hours.*