
Summer 2021

Center for Adult & Continuing Education

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Dear Reader,

We appreciate your patience and understanding as Misericordia University responded to the COVID-19 pandemic. As we begin to see life return to normal, and perhaps an even better version of normal, we are excited to begin offering both on-campus and online programs to the community, with more programs to be announced in the weeks and months ahead.

Changes in the way we have lived, learned, and worked presented new opportunities for program delivery. Some recent online programs, such as the June 18th *Mind, Spirit, & Body* webinar, were informative and well-received, and proved there is more than one way to learn and share ideas.

As we continue to move forward we hope that you will join us on the journey. We promise it will be a worthwhile one!

~ The Center for Adult & Continuing Education

MU Community Choir Virtual Concert

The Misericordia University Community Choir didn't let a global pandemic keep them from singing this past year. Choir Director Matthew Rupcich led the group through Zoom rehearsals and with the help of technology, produced a virtual concert for all to enjoy. *Faith, Hope, and Love* seemed an appropriate title for this concert as we all look forward to a brighter future. Please take a moment to enjoy one of the songs, *This is My Father's World* (Arranged by Elaine Hagenberg) from this concert at:

<https://www.youtube.com/watch?v=lmLQPLIF2So>

For information on joining the choir this fall, email Matthew Rupcich at mrupcich@misericordia.edu.



Our Team

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*The Center is located on the
2nd floor of the Trocaire
building on the main
campus.*

CPR Course Offered

The Center for Adult & Continuing Education is offering a CPR course this summer taught by Sandra Federo, DNP, FNP-BC.

The Adult and Pediatric CPR/AED course will be held Tuesday, July 20 from 6-8pm in the Anderson Sports and Health Center's Hall of Fame Room. The cost is \$120. Participants will learn how to respond to breathing and cardiac emergencies to help victims of any age – adults (about 12 years or older) and pediatric (infants and children up to 12 years in age). Upon successful completion, participants will receive a certificate for Adult and Pediatric CPR/AED valid for two years.

To register, visit www.misericordia.edu/cpr. For more information, email muconf@misericordia.edu or call 570-674-6161.

Take a Break with QiGong

Take a break this summer with our free QiGong classes every Wednesday at noon at the outdoor amphitheater.

Taught by Rosalie Allan-Fufaro, a certified QiGong instructor, this ancient practice helps transform stress into vitality by activating the body's natural relaxation response. Uplift your spirit with flowing movements, exercise, and breathing practices. The 30-minute sessions are easy to learn and follow and are suitable for any fitness level.

For more information and to register, email the Center at cace@misericordia.edu, or call 570-674-1225.

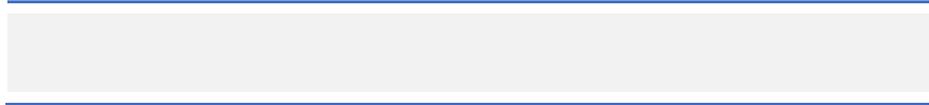
Online Professional Development for Career Success

Misericordia University offers online non-credit professional development programs for you to achieve your career goals and stay ahead at your organization and in your industry. Our non-credit certificate programs target the skills and knowledge you need to help you build your professional profile in today's competitive job market.

Upon completion, you will receive a digital badge from Misericordia University serving as a visual representation of skills learned and an industry credential to enhance an online resume.

Choose from certificate programs as well as test prep courses. For complete information visit:

www.misericordia.edu/professionaldevelopment



Professional Development Certificate Programs

- Agile Project Management
- Business Communications
- Computer Skills for the Office
- Data Analysis
- Digital Marketing
- Emerging Technology for Managers
- Entrepreneurship
- Finance Essentials
- Human Resource Management
- Leadership
- Leadership for Women in Business
- Nonprofit Management
- Small Business Management
- Sustainable Management

Test Prep Courses

- Agile Certified Practitioner (PMI-ACEP) Exam Prep
 - PHR (Professional in Human Resources Exam Prep
- PMP Exam Prep Course
- Six Sigma Green Belt Exam Prep & Exam
- Six Sigma Yellow Belt Exam

All programs are offered in convenient online formats!

Sister Noël Keller Abroad

Dr. Noël Keller, RSM has a feature article in the May/June 2021 issue of *viva!mercy*, a bimonthly publication for sisters, associates, and companions of the Sisters of Mercy of the Americas.

Pandemic Thoughts and the Cost of Discipleship explores the impact of the COVID-19 global pandemic and how it has challenged us, as disciples of Jesus, to ask "What can I do? What can we do? Who can help us?" Sister Noël offers her own personal experiences, along with insights from painters, poets, Catherine McAuley, and the scriptures.

You can view Sister Noël's article at:

<https://en.calameo.com/books/000346091b7ec52810c8f>

This September, Sister Noël will visit the Mercy International Association in Dublin, Ireland, to present, *You've Got Mail: Catherine of Dublin and Paul of Tarsus*.

Holistic Care Webinar Recording

The Center for Adult and Continuing Education, along with the Elder Religious & Diocesan Priests (ERDP) Planning Committee, recently hosted a free webinar entitled *Mind, Spirit, & Body: Holistic Care of Elder Religious & Diocesan Priests Amidst COVID-19*.

Topics included Strategies to Address Depression, Anxiety, & Social Isolation in a COVID-19 World; Pastoral and Spiritual Impact of our Losses in a COVID Environment: Grieving and Healing; and The Body's Wisdom: Teaching us the Connection Between Body, Mind, and Spirit.

Topics were presented by David Hage, MSW, LCSW, ACSW, C-ASWCM; Br. Wayne J. Fitzpatrick, MM, MS, MA, C-GCM; Sr. Mary C. Hopkins, OP, MS, CRPS, CGT; and Dayna Larson-Hurst, RN, MSOD.

View the recorded webinar at: <https://youtu.be/l6lJS5L9iMY>

"This webinar was one of the best I've participated in. The speakers were excellent and the sessions were informative and engaging."
~ Webinar Attendee



Strength in Motion: Build a Better You!

Tuesdays & Thursdays at 9am
Through August 12

Join Jan Elston for *Strength in Motion: Build a Better You!* Tuesdays and Thursdays at 9am through August 12.

The class combines rhythmic movement, resistance bands, hand weights, and body weight-bearing exercise, with a focus on your core and well-being. Stretching and relaxation are also emphasized.

Classes are held in the tent outside the Banks Student Life Center.

There is no charge to our Fun & Fitness members for these classes. Just our way of welcoming you back to campus!

For more information and to register, email Johnna Evans at jevans@misericordia.edu, or call 570-674-3021.