

# Center for Adult & Continuing Education

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Dear Reader,

As we continue to adapt to what's becoming our "new normal," we'll strive to provide quality programs in formats that meet your needs, while honoring our mission to serve others. Thank you for staying with us on this journey!

~ The Center for Adult & Continuing Education

## Caring for the Caregiver Webinar November 19

A webinar on *Caring for the Caregiver* will be offered Friday, November 19 from 1 to 2:30 pm (Eastern Time). David Hage, MSW, LCSW, ACSW, C-ASWCM, will explore important aspects of caregiving, including better understanding the impact of caregiving on domains of health and overall quality of life. Strategies to integrate self-care and improve caregiver well-being will also be discussed. This program is approved for participating social workers for 1.5 Social Work Continuing Education (CE) credits. The cost is \$25.

Visit [www.misericordia.edu/erdp](http://www.misericordia.edu/erdp) for complete information. The program is free to MU employees and students by emailing: [cace@misericordia.edu](mailto:cace@misericordia.edu)

## Arch Graduate Spotlight: Amanda Hedges '21

Intern Lauren Butera recently met with Amanda Hedges, a graduate of Misericordia's Arch Program, to talk about Amanda's MU experience as she balanced family, work, and her education. Read the full interview at: [www.misericordia.edu/arch/cace](http://www.misericordia.edu/arch/cace)



## Our Team

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*The Center is located on the  
2<sup>nd</sup> floor of Marianne Baloga  
Hall (Formerly "Trocaire") on  
the main campus.*

## Sister Noël Published Abroad

Dr. Noël Keller, RSM has written an article entitled, *Sister Mary de Sales White: Unwavering Nomad*. Sister Mary was the First Superior in the Convent of Mercy in Liverpool. The article was published on the Our Lady of Mercy (UK) website. It will also be placed in the Sisters of Mercy Archives in Dublin among important papers on Catherine McAuley's earliest sisters. You can read the article at: [www.misericordia.edu/sacredscripture](http://www.misericordia.edu/sacredscripture)

## Spread Thanks to Veterans!

As Veterans' Day approaches, we invite the MU Community (students, faculty, and staff) to join us in spreading thanks with gratitude messages to veterans for their service and sacrifice. To participate, simply email your "Dear Veteran" message to [cace@misericordia.edu](mailto:cace@misericordia.edu) by Friday, November 5. The message itself is entirely up to you.

All messages will be distributed at a special veterans' recognition event hosted by Representative Karen Boback at the Luzerne County Fairgrounds on November 6.

We hope you'll join us in this Spread Thanks project to honor those who have done so much for so many.

## 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](http://www.misericordia.edu/professionaldevelopment)

Price per certificate program varies and pricing incentives are available for MU employees, alumni, veterans, and individuals impacted by the COVID-19 pandemic.



### 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
- Six Sigma Green Belt Exam Prep & Exam
- Six Sigma Yellow Belt Exam

*All programs are offered in convenient online formats!*

## MU Community Choir News

Despite being unable to rehearse in-person this fall, the MU Community Choir hasn't missed a beat. Director Matthew Rupcich and the members have been rehearsing via Zoom this fall and will present a video recording of *The First Noel* in time for the Christmas holiday. A link to that video will be shared with MU students, faculty, staff, alumni, and others this December.

Members of the choir were able to gather for Homecoming and gave a moving performance of *The National Anthem*. View the performance at: [www.misericordia.edu/communitychoir](http://www.misericordia.edu/communitychoir)

MU students, faculty, staff, alumni, and community members, are cordially invited to join the MU Community Choir each semester. This ensemble is a mixed chorus (soprano, alto, tenor, and bass) of singers performing repertoire from all periods, both a cappella and with chamber musicians. For more information, contact Choir Director Matthew Rupcich at: [mrupcich@misericordia.edu](mailto:mrupcich@misericordia.edu)

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*The choir has been an amazing experience for me to have a creative outlet and a sense of community in these uncertain times. Even though we've been virtual throughout the pandemic, the choir has been able to create beautiful music under the direction of Professor Rupcich.*

*~ Jake Thomas '24, '25*

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## American Red Cross Blood Drive Held

The Center for Adult & Continuing Education partnered with the American Red Cross to hold a blood drive on the Misericordia campus on October 27. True to the charisms they live by, students, faculty, and staff immediately answered the call for donors, filling all available appointments in record time.

Members of the Student Nurses' Association of Pennsylvania (SNAP) volunteered that day to help with registrations and check-ins, and assisted donors and American Red Cross staff. Their level of professionalism and service to their community is inspirational.

The American Red Cross reports that a total of 37 donations were made (20 of which were first-time donors), 36 units were collected, and a potential 108 lives were saved!



## Take a Break with QiGong!

Wednesdays at Noon

Free QiGong classes are available to the MU Community (students, faculty, and staff) this fall. These classes promise to help make getting through hump day a little easier.

Taught by Rosalie Allan, 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 sessions are easy to learn and follow and are suitable for any fitness level.

Join us for any or all classes Wednesdays, 12 to 12:45 pm through December 6 in the Anderson Sports & Health Center's Aerobics/Dance Studio.

For more information and to register, email the center at: [cace@misericordia.edu](mailto:cace@misericordia.edu)