

College for Seniors

COURSE PROPOSAL

For Curriculum Committee use		
Semester(s) this course was previously offered:	Proposal Number:	

Please complete this form with the understanding that you may revise the course description and topics before the catalog is finalized. To see a catalog from last semester, go to the College for Seniors Web site: www.isualum.org/en/college_for_seniors

If you are completing this form using Microsoft Word, note that it is done in tables form. To see (or to hide) the gridlines, click the Table menu and click Show Gridlines (or Hide Gridlines).

Last things first, just in case... Living Wills and Durable Powers of Attorney for

1. **Course title:** Health Care
2. **General field of interest** (e.g., Science, Music): Aging/Health Care
3. **Curriculum Committee contact person:** Jo Kline Cebuhar
 Address: 1130 Briar Ridge City: West Des Moines Zip: 50265
 Phone: 515/277-6118 E-mail: jcebuhar@msn.com
4. **Instructor or coordinator:** Jo Kline Cebuhar
 Address: 1130 Briar Ridge City: West Des Moines Zip: 50265
 Phone: 515/277-6118 E-mail: jcebuhar@msn.com

Brief background of instructor (all or part of this will be used in the catalog):

Attorney Jo Kline Cebuhar is a Des Moines native, a graduate of Roosevelt High School, Iowa State University and Drake Law School. Throughout her career as a real estate and tax attorney, Jo has been a speaker on the subjects of real estate law, title insurance, closing procedures, tax-deferred exchanging, Baby Boomer demographics and, most recently, advance health care directives. Jo is also the former co-host of *The Credit Show* on WHO Radio which featured real estate-related subjects with an emphasis on consumer protection issues.

Jo served on the Board of Directors of Iowa's first and largest hospice organization, Hospice of Central Iowa, 2000-2005 and as the Chairman of that Board 2003-2004. For the past five years, she has been conducting research on demographics and advance directive laws throughout the United States in preparation for writing the book, **Last things first, just in case.... The practical guide to Living Wills and Durable Powers of Attorney for Health Care**, which was recently published.

5. Course description that can be used to advertise the course in the catalog (you may revise this later if you wish).

The end of life does not have to mean the end of choices. Effective advance directives (Durable Powers of Attorney for Health Care and Living Wills) come from awareness—and understanding—of medical and legal options and clear communication of wishes. Our health care system is facing its greatest challenge: the unprecedented aging of our population while financial and human resources dwindle dramatically. Author Jo Kline Cebuhar will highlight the certainties of this demographic tsunami and present her simple three-step plan for creating meaningful advance directives.

Life's end can also be a time of reflection and sharing. The ancient tradition of Ethical Wills, whether through a letter, video, journal or oral story-telling, is a personal legacy of dreams, hopes, life lessons or affection for loved ones. Jo will explain this unique “bequest of values” that can be expressed in a life-long project or as a final gift at life's end.

6. Specific topics to be covered in the number of classes proposed:

In Last things first, just in case... we will learn about: 1) the health care crisis that is facing America due to our aging population; 2) the medical and legal story of choices for end-of-life care; 3) the value of an effective Living Will and Durable Power of Attorney for Health Care in preserving wishes for care; and 4) Ethical Wills, an ancient Hebrew tradition that gives each of us the opportunity to record and communicate our personal values and most important life lessons to our loved ones.

This paragraph should be on page 2. If you needed more space than was provided on page 1, this paragraph will have moved to page 3. To move it back to page 2, click before the first word of this paragraph and press Backspace to remove the page break.

7. Preferred

class size: ___ 15 or less ___ 16-25 ___ 26-35 ___ 36-45 ___ 46-55 X 55 or more

8. Preferred session

(include year) : X Sept.-Nov. _____ Jan.-Feb. _____ March-May

9. Preferred number of

weeks and sessions: _____ 4 weeks _____ 6 weeks _____ 8 weeks

X **Once a week** _____ Twice a week

I believe this class can be most effectively taught in three, 2-hour classes.

10. Check preferred class time. Put N/A where you are not available.

	Monday	Tuesday	Wednesday	Thursday	Comments
9:00-10:30		X			9:00-11:00 or 9:30-11:30
11:00-12:30					
1:00-2:30					
3:00-4:30					

11. Recommended textbook (if any): Last things first, just in case... The practical guide to Living Wills and Durable Powers of Attorney for Health Care

Where to obtain: Can be ordered at Amazon.com or obtained from the instructor at the first class. There will be reading assigned for Sessions II and III.

Cost of textbook: \$20.00 (this is a \$5.00 discount and also includes an advance directive form)

Students will pay: Instructor College for Seniors when registering

12. Copying:

If a large quantity of printed materials is proposed, materials may be offered as a packet to be handed out at the beginning of the semester. Cost of printing, if substantial, may be added to cost of course.

Estimated number of pages to be copied for each session: 3 - 4

13. Requested equipment (Podium with microphone, chalk, and dry-mark pens are provided at Scheman and ISU Foundation locations.)

Please check choices. (A more detailed form will be provided for your use before classes begin.)

NOTE: If using PowerPoint, you must provide your own computer.

<input type="checkbox"/> DVD player	<input checked="" type="checkbox"/> LCD projector	<input type="checkbox"/> 35mm slide projector
<input type="checkbox"/> VHS player	<input type="checkbox"/> Elmo (opaque) projector	<input checked="" type="checkbox"/> Lapel microphone
<input type="checkbox"/> CD player	<input type="checkbox"/> Overhead transparency projector	<input type="checkbox"/> Laser pointer

14. Please list any potential guest presenters and city in which they live:

none

15. Is travel reimbursement requested? Yes No