

Adult Basic Education (ABE)

This program is free of charge and open to any adult who has not completed high school, or who needs to learn to read, speak English or improve their basic skills.

Spencer Campus

Tuesday 5 - 8pm

High School Completion (GED)

Iowa Lakes GED graduates may apply for a \$500 scholarship when they complete their GED. Day and evening prep times are available through Success Centers at each campus. You may prepare for your GED at no cost through Iowa Lakes Success Centers. GED testing is available at Emmetsburg/Estherville.

Testing is \$75.

☎ Phone Outside Emmetsburg calling area:
(800) 242-5108, ext. 5232

*Past GED graduates call the number above for scholarship information!

Emergencies & Hypnosis **\$50**

Course #: 25532 **Date(s):** 10/21/09
Site: Emmetsburg (4107) **Time:** 6-9pm (Wed.)

This class will inform attendees how hypnosis benefits individuals in an emergency situation. You will learn what NOT to say during an emergency, help victims bypass their present pain, keep them calm and relaxed. Fee includes tuition, handouts and evening meal. Health Professionals/General Audience. (.3 CEUs/3.0 CEHs)

75-Hour Certified Nurse Aide **\$495**

Course #: 25412 **Date(s):** 9/3/09-10/22/09
Site: Algona **Time:** 4-9:45pm (Tues. & Thurs.)

Course #: 25413 **Date(s):** 9/22/09-11/10/09
Site: Spirit Lake **Time:** 4-9:45pm (Tues. & Thurs.)

Course #: 25414 **Date(s):** 10/5/09-11/23/09
Site: Emmetsburg **Time:** 4-9:45pm (Mon. & Wed.)

Course #: 25415 **Date(s):** 11/2/09-12/2/09
Site: Emmetsburg **Time:** 9am-3:30pm (Mon. & Wed. & Fri.)

This class provides the knowledge and skills necessary to function as a Certified Nursing Assistant in the long term care setting and meets the guidelines set by the Iowa Department of Inspections and Appeals. This course also meets the pre-requisite for enrollment in the Nursing Program. The fee includes tuition, book and state testing fees. **These courses can be taken for college credit. Call 800-242-5108 for more details, or go to www.iowalakes.edu/continuing.**

Radiation Protection **\$75**

Course #: 25457 **Date(s):** 9/5/09
Site: Emmetsburg (4103) **Time:** 8am-2:30pm (Sat.)

This class will explore and discuss the common sense approaches to radiation and the historical background which brought about the changes and need for protection standards. Includes lunch. (.6 CEUs/6.0 CEHs)

Ethics for Social Workers **\$45**

Course #: 25407 **Date(s):** 12/2/09
Site: Emmetsburg (560) **Time:** 6-9pm (Wed.)

Join Doug Dingel, Professor of Philosophy, for an evening of review and exploration of basic ethical traditions, principles and applications as they relate to social work situations. Fee includes tuition, evening meal, handouts and certificate of completion. (3.0 CEHs)

Workplace Attitudes **\$75**

Course #: 25535 **Date(s):** 11/3/09
Site: Emmetsburg (4107) **Time:** 9am-3:30pm (Tues.)

John Mulvaney will once again present one of his interactive workshops on how to deal effectively with workplace attitudes. Fee includes handouts, refreshments, noon meal and certificate of completion. Nurses, Social Workers, Nursing Home Admin. (.6 CEUs/6.0 CEHs)

Health Occupations

Radiography for Dental Assistants **\$65**

Course #: 25533 **Date(s):** 10/16/09
Site: Emmetsburg (735) **Time:** 8-10am (Fri.)

This class is intended for Iowa Registered Dental Assistants for the 2009 - 2011 renewal period. Program will provide attendees with information on radiation protection, criteria for diagnostically acceptable x-rays and dental film processing, in addition to methods of exposing x-rays and extra oral exposures.

Infection Control Renewal for Dental Assistants **\$65**

Course #: 25534 **Date(s):** 10/16/09
Site: Emmetsburg (735) **Time:** 10:10am-12:10pm (Fri.)

This class will offer updates for Dental Assistants in the areas of proper handwashing, PPE requirements & guidelines, the handling of contaminated laundry, identification of glove types used in the dental office, EPA chemical classifications, the selection of chemical disinfectants, and proper cleaning of dental instruments. Instructor: Kathy VanWinkle.

Iowa Lakes Scholarships

Apply Online: October 1 Deadline for Spring 2010 awards (If student has application on file from April 1, no need to reapply).

http://www.iowalakes.edu/financial_aid/scholarships/index.htm

Over 130 scholarship opportunities!

Supervision in Long Term Care \$335

Course #: 25406 **Date(s):** 10/26/09-11/25/09
Site: Spencer **Time:** 1-5pm (Mon.) 9am-1pm (Wed.)

This course is designed to assist the Practical Nurse in gaining the knowledge and skills needed to successfully manage resident care and personnel in the health care facility. If employed as a Licensed Practical Nurse in Long Term Care, individuals have six months from graduation to complete and pass this requirement for such employment. Fee includes book, handouts and certificate of successful completion. (4.0 CEUs)

Grief and Coping with Death \$75

Course #: 25463 **Date(s):** 10/15/09
Site: Emmetsburg (4103) **Time:** 10am-4pm (Thurs.)

This Dave Mavity workshop will include topics from Death & Dying, Grief & Loss, The Good Death, The Meaning and Place of Death in Life, as well as Surviving Death. If you are looking for a deeper understanding of life/death this workshop is for you. Participants will gain insight into their view of death, coping strategies, techniques for assisting others, how to deal with loss and how to bring meaning to those facing the end-of-life. Fee includes tuition, handouts, refreshments, noon meal and certificate of completion. (.6 CEUs/6.0 CEHs)

Alzheimer's and the Caregiver \$75

Course #: 25718 **Date(s):** 9/30/09
Site: Emmetsburg (4103) **Time:** 9am-4pm (Wed.)

Families face many problems maintaining their loved one in the community. This workshop will answer questions such as: "How can I support the family caregivers?" "What should I say to the client with dementia?" "How can I keep him/her safe—emotionally and physically?" This class will also address medications and how to minimize falls. Barbara Nelson Kroll, RN, BSN, MS, is a nationally recognized independent consultant to both the medical and legal communities.

Mandatory Abuse Training (Adult) \$45

Course #: 25638 **Date(s):** 11/12/09
Site: Emmetsburg (Dining Room) **Time:** 6-8:30pm (Thurs.)

This program will provide the required training for mandatory reporters who work primarily with dependent adults. Fee includes tuition, handouts, evening meal and certificate of completion. (.2 CEUs/2.0 CEHs)

Health Self-Studies
See pages 10 & 11

HESI Admission Assessment

The HESI Admission Assessment (A²) must be taken as part of the admission criteria for Practical Nursing or Associate Degree Nursing Programs at Iowa Lakes Community College. The HESI A² results are used to determine readiness for and success in these programs. A composite score of 70 along with individual scores of 70 in both reading and math sections is required for admission to the PN program; a composite score of 75 and individual reading and math scores of 75 is required for admission to the ADN program. The HESI A² results taken at Iowa Lakes Community College are valid if taken within five years prior to beginning the nursing program.

To Register:

Call 800-252-5664 or 712-362-7231 or register online at www.iowalakes.edu/ContinuingEd/online_apply.htm.
 Registration is not complete until payment is received.

Send Payment To:

Credit card payment may be done online or by phone. Send cash or check payment to: Continuing Education Office, 300 South 18th Street, Estherville, IA 51334; or pay at any campus business office. Be sure to list the test date and section number with payment.

| Registration/Payment Deadline | Test Date, Time & Place | Course Number | Cost |
|-------------------------------|--|---------------|------|
| September 8, 2009 by 12:00 pm | Tuesday, September 22, 2009 4:00 – 6:00 pm in Emmetsburg | #25368 | \$30 |
| October 7, 2009 by 12:00 pm | Thursday, October 22, 2009 5:30 – 7:30 pm in Emmetsburg | #25369 | \$30 |
| November 10, 2009 by 12:00 pm | Wed. November 25, 2009 9:00 – 11:00 am in Emmetsburg | #25370 | \$30 |
| December 2, 2009 by 12:00 pm | Thursday, December 17, 2009 9:00 – 11:00 am in Emmetsburg | #25371 | \$30 |

Emergency Services

OSHA 10-Hour Update **\$60**

Course #: 25612 **Date(s):** 10/6/09-10/7/09
Site: Emmetsburg (4103)
Time: 12-5pm (Tues.) 8am-1:45pm (Wed.)

This program provides information on the programs required for compliance with the Occupational Safety & Health Administration (OSHA). Participants will receive 10-hour OSHA card. Fee includes tuition, handouts, noon meal, refreshments and certificate of completion.

Extremity Extravaganza **\$275**

Course #: 25761 **Date(s):** 11/21-11/22/09
Site: Spencer **Time:** 9am-5:30pm (Sat. & Sun.)

Ralph Stephens returns with one of his high-energy educational classes for Massage Therapists. This two-day seminar will focus on the forearm, wrist, hand, carpal tunnel, tennis and golfer's elbow; deltoid to fingertips. This is a great self-help course for Massage Therapists to prevent or treat over-use injuries of the upper extremity. Take this course to help yourself as well as your clients. Fee includes handouts, refreshments and certificate of completion. These classes are approved by the Iowa Board of Massage Therapy and NCBTMB. (16.0 Hrs)

Obsessive Compulsive Disorder & Hoarding **\$75**

Course #: 25834 **Date(s):** 9/21/09
Site: Emmetsburg **Time:** 9am-3:30pm (Mon.)

This class will provide participants with information on the specifics of OCD and its effect on the individual patient. Treatment identification and long range prognosis will be discussed. Also included will be a discussion on "hoarding", which is a growing social and mental health issue. (.6 CEUs/6.0 CEHs)

Disclaimer: The AHA strongly promotes knowledge and proficiency in BLS, ALCS and PALS and has developed instructional materials for this purpose. Use of this material in an educational course does not represent course sponsorship by the AHA and any fees charged for such a course do not represent income to the Association.

Health Self-Studies

See pages 10 & 11

DENTAL ASSISTANT SEMINAR

Friday, Oct. 16, 2009 at the Emmetsburg Campus
For more information, call 800-242-5108, EXT 5242

BLS Healthcare New or Renewal **\$20**

Course #: 24742 **Date(s):** 9/2/09
Site: Emmetsburg (4107) **Time:** 4-6pm (Wed.)

Course #: 24743 **Date(s):** 9/3/09
Site: Emmetsburg (4107) **Time:** 4-6pm (Thurs.)

Course #: 24744 **Date(s):** 9/9/09
Site: Emmetsburg (4107) **Time:** 4-6pm (Wed.)

Course #: 24745 **Date(s):** 9/14/09
Site: Emmetsburg (4107) **Time:** 4-6pm (Mon.)

Course #: 24746 **Date(s):** 9/16/09
Site: Emmetsburg (4107) **Time:** 4-6pm (Wed.)

Course #: 24747 **Date(s):** 9/16/09
Site: Avera Hospital - Estherville **Time:** 7-10pm (Wed.)

Course #: 24748 **Date(s):** 10/21/09
Site: Avera Hospital - Estherville **Time:** 7-10pm (Wed.)

Course #: 24749 **Date(s):** 12/2/09
Site: Avera Hospital - Estherville **Time:** 7-10pm (Wed.)

This course is for new & renewing Healthcare Providers, including EMS, nursing and other healthcare fields. It is completed in 3 parts. Directions are on www.iowalakes.edu/continuinged or to complete the first part, log on to www.onlineaha.org. The first part must be completed and a certificate printed before parts 2 & 3. Preregistration required for parts 2 & 3 listed here. Remember to bring your AHA part 1 certificate of completion to complete your scheduled practice and skills testing.

ACLS Renewal **\$90**

Course #: 24925 **Date(s):** 11/10/09
Site: Avera Hospital - Estherville **Time:** 8am-2pm (Tues.)

This class is a renewal for currently Certified Advanced Healthcare Providers in Advanced Cardiac Life Support (ACLS). Prerequisite pre-exam must be completed, on CD in text, before course begins.

PALS Renewal **\$80**

Course #: 24928 **Date(s):** 10/27/09
Site: Avera Hospital - Estherville **Time:** 6-10pm (Tues.)

This class is a renewal/update for currently certified Pediatric Advanced Life Support (PALS) providers.