Age Positive

Ideas for an Age-Friendly Future

Tuesday, April 24, 2018  Kauffman Foundation Conference Center

8–9 a.m.  Registration, Continental Breakfast, Resource Table

9 a.m.    Welcome and Announcements
           Cathy Boyer-Shesol, Project Manager, KC Communities for All Ages

9:05 a.m. Introduction of Keynote Speaker
           Sandra Mellenger, C.E.O., Coming of Age KC

9:10 a.m. Keynote Address, “Love, Respect and Work: Service Dogs, Emotional Support Dogs and Older Adults”
           Rebecca Johnson, Ph.D., R.N., FAAN, FNAP

9:40 a.m. Door Prize Drawing
           Denise Dias, Extension Agent/Family and Consumer Sciences
           Johnson County K-State Research and Extension

9:45–10 a.m. Transition to Workshops

10–11 a.m. WORKSHOPS

• Aging Mastery Program: Let’s Take Advantage of the Gift of Longevity!  (EBP)
  BRUSHCREEK ROOM
  SueAnn Strom, Ph.D., Aging Mastery Program Coordinator, Mid-America Regional Council
  Denis Barrett, Activities Coordinator, Don Bosco Senior Center; and Becky Franklin, L.P.C.,
  Older Adult Educator, Tri-County Mental Health

• Building Healthier Communities: Two Regional Responses to Successful
  Aging-in-Place  (ML) TOWN SQUARE
  Kelly Kent, M.U.P., Principal, K2 Consulting Solutions and James Stowe, Ph.D., Director,
  Department of Aging and Adult Services, Mid-America Regional Council

• Mission Critical: How to Plan for Your Wonderful Life to the Very Last Breath
  (EBP) PASEO ROOM
  Kathy Greenlee, J.D., Vice President, Aging and Health Policy; and Linda D. Ward, Executive Vice
  President, Chief Operating Officer, Center for Practical Bioethics

• Movies & Memories: Dementia-Friendly Cinema in KC  (PWHA)
  KANSAS CITY ROOM
  April Roy, M.L.S., Director, Kansas City Public Library Plaza Branch; Deborah Souse, M.B.A., Author,
  Presenter, Dementia Advocate; and Ron Zoglin, B.A., Author, Presenter, Dementia Advocate

Continued
• **Now is Found: Dignifying Dementia Care (PWHA) Plaza Room**  
  Michala Gibson, B.S.N., R.N., Co-Owner, Prairie Elder Care and Michala Gibson, B.S., M.S. Ed.D., Co-Owner, Prairie Elder Care

• **Self-Care for the Caregiver (PWHA) Troost Room**  
  Martha Childers, M.A., Ed.S., L.P.C.

• **Shifting the Perception of Senior Living from Awful to Awesome (PWHA) Brookside Room**  
  Kim Berwald-Viar, Founder, PastPerfect Stories and Bill Johnston, M.B.A., Chief Marketing Officer, PastPerfect Stories

**11–11:15 a.m.** Transition to Workshops — Snacks in hallway

**11:15 a.m.– 12:15 a.m.**  
**WORKSHOPS**

• **Adults Still Playing in Dirt: Horticultural Therapy (PWHA) Troost Room**  
  Anne Harvey, B.S., Volunteer with K-State Research Extension Master Gardener Program of Johnson County

• **Alzheimer’s 101 — Early Detection Matters (EBP) Kansas City Room**  
  Lori Wuellner, B.S., Family Consumer Science Agent, K-State Research and Extension, Wyandotte County

• **Good Stories: What the Public Library Can Offer Seniors to Enhance Healthy and Lifelong Literacy (PWHA) Brookside Room**  
  Michael Anderson, B.A.; and Michelle Cotton, M.L.S, Readers’ Advisors, Library by Mail Service, Mid-Continent Public Library

• **Innovative Strategies in Meeting Housing and Service Needs of LGBT Older Adults (PWHA) Paseo Room**  
  Kelly Kent, M.U.P., Director, SAGE, National LGBT Elder Housing Initiative

• **Laughing Your Way to Health and Happiness (PWHA) Town Square**  
  Deborah Shouse, M.B.A., Dementia Advocate; and Ron Zoglin, B.A., Professional Storyteller

• **Mental Wellness in Older Adults: A Panel Perspective (ML) Brushcreek Room**  
  Becky Franklin, L.P.C., Older Adult Educator, Tri-County Mental Health; Laura Gilman, M.S.W., Care Manager, Team Manager, Jewish Family Services; and, Lori Smith, M.B.A., M.A.O.A., Executive Director, Palestine Activity Center

• **You ARE Smarter than your Smart Phone! (PWHA) Plaza Room**  
  Tom Esselman, B.S., C.E.O.; and Carol Meyers, B.A., Education Manager, Connecting for Good

**12:15– 12:40 p.m.**  
**Buffet Lunch — Town Square**

**12:40–1 p.m.** Door Prize and Introduction of After-lunch Activity  
Laura Gilman, M.S.W., Care Manager, Team Manager, Jewish Family Services

  **Audience participation in Dancing with Crows Feet, an outreach project designed to raise awareness about ageism, led by Deb Campbell, CEO, Arts & AGEing KC.**

**1–1:15 p.m.** Transition to Workshops
1:15–2:15 p.m. **Workshops**

- **Caring for the Caregiver Through Movement and Creativity: Respecting Ourselves to Build Connection with Others (PWHA) PASEO ROOM**
  Marcelle Rudnick, M.A., Brookdale Shawnee, Assistive Living, Movement Teacher at Johnson County Museum for Arts; and Ilana Silverstein, M.F.A., Self-employed Teaching Artist

- **Elder Abuse: Helping the Person Yourself (ML) BRUSHCREEK ROOM**
  Moderator: Kathy Greenlee, J.D., Vice President of Aging and Health Policy, Center for Practical Bioethics. Panelists: Jessica Kalender-Rich, M.D., Division of General and Geriatric Medicine, KU Medical Center; Kathryn Sapp, M.S.W., Manager, Adult Protective Services, Missouri Department of Health and Senior Services; and Laurie Schulte, Care Manager, Jewish Family Services

- **How Technology Influences the Future of Adult Learning (PWHA) TOWN SQUARE**
  Lynn Beachner, Ph.D., University of Central Missouri; and Ellen Ervin, M.S., Education, Senior Learning Network

- **Individual and Family Histories – Their Importance to Positive Aging (PWHA) BROOKSIDE ROOM**
  Cheryl Lang, M.L.S., Manager, Midwest Genealogy Center of Mid-Continent Public Library

- **Remember Who You Are: Music and Identify for Older Adults (PWHA) TROOST ROOM**
  Rachelle Norman, M.A., Founder, Soundscaping Source, LLC

- **Seniors Who Paint – Showcasing Senior Art (PWHA) PLAZA ROOM**
  Carolyn Caniglia, Founder, Seniors Who Paint

- **Self-Care and Respect – A Mindful Approach (EBP) KANSAS CITY ROOM**
  Denise Sullivan, M.S., C.W.P., Nutrition and Health Education Specialist University of Missouri Extension, Jackson County, Missouri; and Amy Vance, M.S., D.T.R., Nutrition and Health Education Specialist, University of Missouri Extension, Clay County, Missouri

2:15–2:30 p.m. **Transition to Closing Session**

2:30 p.m. **Introduction of Keynote Speaker**
Michelle Alexander, 50+ and NE Recreation Manager, Johnson County Park and Recreation District

**Closing Keynote Address, “Respect”**
SuEllen Fried, American bullying prevention activist, writer and educator

2:55–3 p.m. **Door Prize, Announcements and Participant Evaluation**
Michelle Alexander, Johnson County Park and Recreation District

3–4 p.m. **Informal Networking and Final Door Prize**

PWHA = Programs Worth Hearing About track  |  EBP = Evidence-Based Program  |  ML = Management and Leadership track

**CEU forms available at the registration desk in the foyer, 2:45–4 p.m.**

Thanks to Kansas City Parks and Recreation & Kansas City Public Library for contributing door prizes for this event.
Conference Presenter Bios

Michael Anderson, B.A., is a Readers’ Advisor for the Library-by-Mail Service with twenty-nine years of public library experience in the Mid-Continent Public Library system. He is an advocate for library services and making the library accessible to all. Anderson believes that meeting the literacy needs of the homebound is about improving the quality of life for vulnerable citizens in our community. manderson@mymcpl.org

Denise Barrett is the Activities Coordinator at Don Bosco Senior Center. She has worked in the life and disability insurance industry as an executive administrative assistant for most of her working career, which involved event, travel, meeting planning and organization. It was through volunteering that she explored and enjoyed many opportunities to work with people of all ages — from youth to senior adults. Among those opportunities were assisting teachers with classroom activities for students, clean-up and organizing at the Kansas City Autism Center, and master gardening on local projects through the University of Missouri Extension Office. dbarrett@donbosco.org

Lynne Beachner, Ph.D., adult education, is currently employed at the University of Central Missouri. She has worked in education throughout her career in grades K-16 as a teacher professor, a coordinator of instruction, a principal and an executive director. Beachner loves the curriculum and instruction side of education because that is where one engages and creates lifelong learners. lbeachner@gmail.com

Kim Berwald-Viar is the Founder of PastPerfectStories. She is an entrepreneur who believes that helping others starts with mutual respect, and feels a special connection and passion for helping people celebrate their lives through storytelling. Along with founding PastPerfectStories, Berwald-Viar is the owner of Celebrating Personal Treasures, a boutique story-telling studio located in historic downtown Lee’s Summit, Missouri. She serves as a board member for a variety of regional organizations and foundations, and is a member of the Advisory Board for the Truman Heartland Community Foundation, and serves on their Communities for All Ages Coalition. kberwald@pastperfectstories.com, kberwald@celebratingpersonaltreasures.com

Debra Campbell has over 30 years of combined experience working as a social gerontologist and theatre educator. She is founder and CEO of Arts & AGEing KC (AAKC), a local nonprofit serving our community through creative aging programs and initiatives. In 2015, Campbell launched Arts & AGEing in the Greater Kansas City area by partnering with the National Center for Creative Aging, the Missouri Arts Council and the Alzheimer’s Poetry Project out of New York. She is a regular presenter at workshops and conferences raising awareness about creative aging, and designs and implements innovative programs that have garnered interest at a local, regional, national and international level. Campbell is taking the lead on several Arts & AGEing KC initiatives and is establishing the first Arts & AGEing Incubator in KC. She was invited to present Dancing with Crows Feet, an original arts project addressing ageism, at the 2017 International Congress on Gerontology and Geriatric Medicine in San Francisco. Most recently, she was contracted with the Agency for Integrated Care in Singapore to create an adaptation of the Crows Feet project. dcampbell@artsandageingkc.org

Martha Childers, M.A., Ed.S., LPC, is a psychotherapist in private practice. She specializes in caregiver stress. martha@childerscounselingservice.com

Carolyn Caniglia, Founder, Seniors Who Paint™, has 40 years of business marketing experience. She engineered four business start-ups, starting with co-owning a construction company and a real estate firm. In addition, Caniglia opened a woman’s shoe store, later adding three more locations. She is the author of the workbook “Seven Steps to the Magic of Marketing,” and also instructs marketing seminars for businesses and colleges. carolyn@tlcgreetings.com

Michelle Cotton, M.L.S., is a Readers' Advisor for the Library-by-Mail Service with Mid-Continent Public Library (MCPL), specializing in outreach. She is a lifelong library patron and advocate, and has served patrons with MCPL for five years. Her focus is on meeting the literacy needs of the homebound, and engaging the senior community to increase awareness of the many ways the library can enrich their lives, even if they are unable to travel to a branch. mcotton@mymcpl.org

Ellen Ervin, M.S., educational technology, is the former Director of WeMet Distance Learning Consortium and has worked in all aspects of technology. Her passion is distance learning as she sees the power in helping organizations and people make connections around the world. ellen@seniorlearningnetwork.com

Tom Esselman, B.S., is the CEO of Connecting for Good. Following a 30-year professional career in retailing and product development, he began managing non-profits in 2012, with a focus on technology, training and skills development for older adults and low income populations. In addition to his role at Connecting for Good, Esselman also directs the Front Porch Alliance, providing stabilization and support services to low income families in Kansas City’s east side neighborhood. tom@ConnectingForGood.org

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Becky Franklin is a Licensed Professional Counselor (LPC) who has been providing therapy services for over 10 years. She currently operates a private counseling practice in Liberty, Missouri. Additionally, she serves as the Older Adult Educator with Tri-County Mental Health Services. Franklin is passionate about helping others in a time of need and raising awareness of the mental health needs in our community. beckyf@tri-countymhs.org

SuEllen Fried is a passionate child advocate, a provocative author and an inspired volunteer. She served as a Volunteer Dance Therapist at Osawatomie State Hospital for 17 years and worked as a Dance Therapist at St. Mary's, Menorah and Research Hospitals. She is a Charter Member of the American Dance Therapy Association.

In 1976 Fried orchestrated the Model State Chapter in Kansas for Prevent Child Abuse America. She served as Board President 1980-82 and continues to serve as a Life Board member of the 50-state organization. In 1982 she co-founded a self-help program for inmates with a member of the Life’s Club, Reaching Out From Within, which meets weekly in every prison in Kansas. She is featured in the documentary film “Big Sonia” with members of Reaching Out From Within. She has co-authored two books on bullying with her daughter, Paula Fried, Bullies & Victims (1996) and Bullies, Targets and Witnesses (2003). She co-authored Banishing Bullying Behavior with Blanche Sosland (2011). She founded BullySafeUSA and has trained over 90,000 students, educators, professionals and parents in 36 states. She was an invited participant in the White House Conference on Bullying Prevention in 2011.

Fried has appeared on the TODAY Show, CBS Sunday Morning with Charles Osgood, and her photo has appeared in Oprah and Glamour Magazines. Her numerous awards and honors include being recognized as President G.H. Bush’s 900th Point of Light, and the Karl Menninger Award from the Kansas Department of Corrections. She was named Johnson Countian of the Year, Diplomatic Courier 1 of 100 Women of the World, L'Oreal of Paris USA One of Ten Women of Worth in 2015, the UMKC Martha Jane Star Award in 2017, Prevent Child Abuse America Distinguished Service Award in 2017 and will receive the Janet Miller Award from the Kansas City Friends of Alvin Ailey in 2018.

Michala Gibson, B.S.N., R.N., has over 20 years of experience working in the senior care industry. After championing culture change and person-centered care in her work at several larger long-term care communities in Kansas City as a Director of Nursing and Director of Staff Development, she co-founded Prairie Elder Care. As a Certified Trainer for Teepa Snow’s Positive Approach to Care, and a Certified Eden at Home Associate, Gibson works to ensure that elders living with dementia have the best opportunities for quality of life. Gibson’s mission is to improve the lives of elders living with dementia through the example of high quality person-centered care. mgibson@prairieeldercare.com

Laura Gilman, M.S.W., is the Care Management Team Manager with Jewish Family Services. She holds a bachelor’s degree from Goucher College, a master’s degree in clinical social work from the University of Maryland, and a master’s degree in Jewish communal service from Towson University. She has worked in the field of aging for over 10 years, specializing in meaning making in the later stages of life and aging in community. Gilman manages the Older Adult Care Management program and feels honored that her job allows her to journey with clients as they age and bear witness to their resilience and strength. lgilman@jfskc.org

Kathy Greenlee, J.D., joined the Center for Practical Bioethics in the fall of 2017 as the Vice President for Aging and Health Policy. Her work focuses on advance directives and end of life planning, health care reform, strengthening community organizations and raising awareness about the problem of elder abuse. From 2009 to 2016, Greenlee served as U.S. Assistant Secretary for Aging at the Department of Health and Human Services in Washington, D.C. In Washington, Greenlee was responsible for funding programs such as Meals on Wheels and Centers for Independent Living. She worked on a wide range of aging and disability issues and programs. She spent 18 years in Kansas state government, serving as Kansas Secretary for Aging for Governor Kathleen Sebelius and held numerous other government positions. She is a graduate of the University of Kansas law school and recently made her home in Lenexa. kgreenlee@practicalbioethics.org

Anne Harvey, B.S., is a volunteer with the K-State Research and Extension Master Gardener Program of Johnson County. Harvey has been a gardener for 50 years, and an artist even longer. She received a Spiritual Direction Certification from Mt. St. Scholastica, and training as an artist from the University of Kansas and University of Minnesota. Harvey received a Bachelor’s of Science degree with an emphasis on human resources from the University of Missouri – Kansas City. Prior to retiring, she worked in the field of human resources – primarily in hospitals. Upon retirement, she completed the Kansas State Master Gardener Program and was named Rookie of the Year. She continues as an Extension Master Gardener, and volunteers in public gardens and Horticultural Therapy work at Evergreen Community of Johnson County. lenexaharvey@gmail.com

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Rebecca Johnson, Ph.D., R.N., FAAN, FNAP, completed her associate degree in nursing at Rock Valley College, Rockford, Illinois. She completed her baccalaureate degree in nursing from the University of Dubuque, Iowa, and her masters of philosophy from University of Edinburgh, Scotland (as a Rotary Ambassadorial Scholar). Subsequently, she completed her Ph.D. in nursing at University of Iowa. Before moving to Missouri, she was a tenured nursing professor at Northern Illinois University in DeKalb, Illinois. She joined the faculty at University of Missouri Sinclair School of Nursing in 1999 as the Millsap Professor of Gerontological Nursing and Public Policy and shortly thereafter earned a joint appointment in the College of Veterinary Medicine for her research on human-companion animal interaction. She is a tenured full professor in both nursing and veterinary medicine. Her externally funded program of research merges her work on wellness in older people undergoing transitions (such as relocation to supportive housing) with the benefits of human-companion animal interaction. In 2005, she founded and became Director of the Research Center for Human Animal Interaction (ReCHAI) at the MU College of Veterinary Medicine. ReCHAI’s mission is to conduct research on human-animal interaction, educate students and the public about it, and facilitate research of other faculty and graduate students in this topic area. Author of many publications in peer-reviewed journals and book chapters in both the aging and human-animal interaction fields, her two books are published by Purdue University Press entitled, Health Benefits of Dog Walking, and Walk a Hound, Lose a Pound.

In 2003 she was recognized with the University of Iowa, College of Nursing’s Distinguished Alumni Award for Achievement. In 2005 she received the University of Missouri’s William H. Byler Distinguished Professor award, which is given for “outstanding abilities, performance and character.” In 2007, she was inducted as a fellow of the American Academy of Nursing (FAAN). In 2009, her undergraduate course entitled “Human-Companion Animal Interaction” won the HSUS 11th Annual “Animals and Society” Distinguished Established Course Award. In 2012 she was inducted into the Veterinary Medicine Section of the National Academies of Practice. In 2016 she was awarded the Alumni Professional Achievement Award by her alma mater, University of Dubuque, Iowa. Johnson has presented her research findings on both aging and human-animal interaction nationally and internationally, and served for six years on the National Board of Pet Partners, Inc., and as President of the International Association of Human Animal Interaction Organizations. rajohnson@missouri.edu

Conference Presenter Bios, cont.

Bill Johnston, M.B.A., is the Chief Marketing Officer for PastPerfectStories. Johnston is the founder and president of Quantum Creative Services, LLC, a business development and marketing firm specializing in innovation adoption and revenue generation for new products and services. His corporate background includes work with the American Express Company and Sperry Corporation, and his clients have ranged from start-up technology firms to such multinationals as AlliedSignal, Honeywell, Raytheon and Sprint. He has a B.A. in communications and an M.B.A. core, and holds a Professional Direct Marketing certification from the University of Missouri-Kansas City. bjohnston@pastperfectstories.com, bjohnston@quantumcreative.com

Jessica Kalender-Rich, M.D., is an Associate Professor at the University of Kansas School of Medicine. She is board certified in geriatric medicine, internal medicine, and hospice and palliative medicine. Dr. Kalender-Rich sees patients in the skilled nursing facility setting in addition to her roles in geriatric education for the medical students and internal medicine residents. She is also the Medical Director of Post-Acute Care at The University of Kansas Health System. jkalender@kumc.edu

Kelly Kent, M.U.P., is the Director of National Housing Initiative with SAGE. Prior to joining SAGE, Kent spent 19 years working in the affordable housing industry. He served as Senior Advisory, National Initiatives, as well as Vice President of the Organizational Assessment Division for NeighborWorks America. Prior to joining NeighborWorks he spent eight years as Senior Program Manager with the Corporation for Supportive Housing’s Strategic Partnership, Innovations and Research Unit (CHS). Kent focused CSH’s work around how to create organic opportunities to provide long-lasting supportive housing and services to those who most needed it. Kent completed his undergraduate work in African-American and American studies, and his master’s degree in urban Planning with a concentration in real estate finance and housing policy, both from the University of Kansas. kkent@sageusa.org, kkent@k2consultingsolutions.org

Cheryl Lang, M.L.S., is the Manager of the Midwest Genealogy Center branch of Mid-Continent Public Library in Independence, Missouri. She was previously employed as the digital collections librarian at the Midwest Genealogy Center, and these positions have fueled the genealogy bug she acquired more than 35 years ago. Lang currently serves as 1st Vice President of the Missouri State Genealogical Association and belongs to several local genealogy societies. She is a member of

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the History Section and the Genealogy Committee of the Reference and User Services Association of the American Library Association. Lang obtained her master’s degree in library science from Emporia State University, Emporia, Kansas, and bachelor’s degrees in both management and computers from Webster University, St. Louis, Missouri. clang@mymcpl.org

Carol Meyers, B.A., has spent over 40 years in the real estate industry, ten of those years as the trainer for the Western United States for Coldwell Banker Residential Affiliates. In 2013, she began volunteering for Connecting for Good, teaching a basic digital literacy class. Since 2015, she became a full time Connecting for Good employee, managing the Linwood Center, developing curriculum and delivering training programs. carol@ConnectingForGood.org

Rachelle Norman, M.A., MT-BC, is the founder of Soundscaping Source, where her mission is to bring meaningful music experiences to older adults and their caregivers — all the way to the end of life. Norman has been in clinical practice as a music therapist since 2004, and she maintains a private practice in Kansas City, where her team serves older adults in senior living and hospice. She is on the faculty of Saint Mary-of-the-Woods College, is a frequent presenter at regional and national music therapy conferences, and is in demand as a speaker, consultant, and staff trainer on topics related to music and eldercare. www.SoundscapingSource.com, rnorman@soundscapingsource.com

April Roy, M.L.S., is the Director of the Kansas City Public Library Plaza Branch. She has been instrumental in the Kansas City Public Library’s involvement in Health and Wellness programs. She is the current President of the Missouri Library Association. Roy loves reading picture books. aprilroy@kclibrary.org

Marcelle Rudnick, M.A., is employed at Brookdale Shawnee Assistant Living, and is a Movement Teacher at Johnson County Museum for Arts. Rudnick is trained in The Nia (Neoro Muscular Integrative Action) Technique and teaches mindful movement at Brookdale, Shawnee, Kansas, for Alzheimer’s and dementia residents and caregivers. marceller.nia@gmail.com

Kathryn Sapp, M.S.W., has worked for Department of Health and Senior Services, Division of Senior and Disability Services since 2007, as Co-Bureau Chief of Home and Community Services. Her primary responsibilities are managing the State’s Adult Protective Services Policy Unit, as well as field operations including adult abuse/neglect/exploitation investigations and assessments for Home and Community Based Services for Regions 1, 4 and 5 (northern and southwestern Missouri). Sapp holds a Bachelor’s and Master’s degree in social work. She has more than 22 years of experience, including previous employment history as a Child Abuse/ Neglect Investigator, Child Abuse/Neglect Policy Manager, and Quality Assurance Manager. kathryn.sapp@health.mo.gov

Laurie Schulte, L.M.S.W., is an Older Adult Care Manager/In-home Counselor with Jewish Family Services. She has extensive experience working with geriatrics in hospital, case management and hospice settings. Schulte has a B.A. in recreation therapy, a Certificate in gerontology from the University of Northern Iowa and a Master’s degree in social work from the University of Missouri-Kansas City.

Mandy Shoemaker, M.S., Ed.D., has been caring for people’s loved ones for the last 23 years. As a building principal and classroom teacher, she ensured the well-being of families’ children and now, as the co-founder of Prairie Elder Care, she ensures the well-being of elders living with dementia. Shoemaker’s is a Certified Eden at Home Associate, and founded the first Memory Café in the Kansas City area. Shoemaker has a bachelor’s degree in sociology, a Master’s degree in education, and has completed all the required coursework for her Ed.D. in educational leadership. mshoemaker@prairieeldercare.com

Deborah Shouse, M.B.A., is a writer, speaker, editor, former family caregiver and dementia advocate. Her writing has appeared in a variety of publications, including The Washington Post, The Huffington Post, Natural Awakenings, Reader’s Digest, Newsweek, Woman’s Day and The Chicago Tribune. She has been featured in more than five-dozen Chicken Soup books, and Shouse’s newest book, Connecting in the Land of Dementia: Creative Activities to Explore Together, features dozens of experts in the field of creativity and dementia. Shouse is a laughter yoga leader and has been sharing laughter sessions with seniors, people who are living with dementia, and others. www.DementiaJourney.org, myinfo@pobox.com

Ilana Silverstein, M.F.A., is a teaching artist and self-employed professional. Silverstein recently moved to Kansas City from Washington, D.C. She was a resident artist for Georgetown Hospital’s Arts and Humanities Program, where she guided oncology and palliative care patients through relaxing imagery, led staff and caregivers in short stretching breaks, and taught trauma-sensitive yoga classes. She has taught dance and meditation, contact improvisation, composition and contemporary dance while on faculty at the George Washington University Theatre and Dance Department, Joy of Motion Dance Center, and Dance Place, and

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Conference Presenter Bios, cont.

has been a guest artist at Desales University, Whitman College, and University of Maryland, College Park. She holds a certificate in Healing Physical and Emotional Trauma, Balancing Mood, and Seniors from Yogafit, an M.F.A. in dance from the George Washington University, and a B.A. in dance and environmental studies from Denison University. Ilana Silverstein@gmail.com

Lori Smith, M.B.A., M.A.O.A. in non-profit, is the Executive Director of Palestine Activity Center. She studied business administration at UMKC Bloch School of Business Management before continuing at Mid-America Nazarene College. In her free time, Lori loves traveling with her husband Michael, shopping and listening to music. She is a proud member of Alpha Kappa Alpha Sorority, Inc.—Mu Omega Chapter.

James Stowe, Ph.D., joined the Mid-America Regional Council to direct the department of Aging and Adult Services in 2017. This department is designated as an Area Agency on Aging for five counties in the Kansas City region. Dr. Stowe recently served as research faculty at the Washington University School of Medicine where he managed the Neuroscience Driving Simulation Laboratory. He holds a doctorate in human environmental sciences from the University of Missouri – Columbia and a Master’s degree in family studies and human services from Kansas State University, both with an emphasis in gerontology. Jstowe@marc.org

SueAnn Strom, Ph.D., joined the Mid-America Regional Council in May 2017 as the Aging Mastery Program (AMP) Coordinator. Since joining MARC, she has been involved with recruiting, training and establishing AMP programs throughout the Kansas City region. Prior to joining MARC, Strom was Vice President for Academic Partnerships at American Humanics. Strom served thirty-five years as an administrator in student and academic affairs and tenure-track faculty member in higher education. She holds a Ph.D. in higher and adult education. Sastrom@marc.org

Denise Sullivan, M.S., C.W.P., is the Nutrition and Health Education Specialist for MU Extension in Jackson County. She has been an Extension Educator for 30 years, with experience as a Family and Consumer Sciences educator with K-State Research and Extension in Leavenworth, Kansas, and a 4-H/Youth Development educator with the Texas Agrilife Extension Service in Greenville, Texas. Sullivan has a Bachelor’s of Science degree in extension home economics and Master’s of Science degree in general home economics, with emphasis in foods and nutrition and family economics, both from Kansas State University. She earned a Coaching Healthy Behaviors credential through the National Wellness Institute at the University of Wisconsin-Stevens Point. She received the Distinguished Service Award from the National Extension Association of Family and Consumer Sciences (NEAFCS) in 2003 and the Continued Excellence Award in 2013. Sullivand@missouri.edu

Amy Vance, M.S., D.T.R., is the Nutrition and Health Education Specialist for the University of Missouri Extension in Clay County, Missouri. Vance has spent the last eight years giving back to her community, educating others in nutrition and fitness. While finishing her bachelor’s in dietetics, she began as a volunteer fitness instructor, which eventually led to a master’s in kinesiology. Vance is currently completing a research project in collaboration with the University of Missouri – Kansas City School of Nursing on the Stay Strong, Stay Healthy program. Vanceam@missouri.edu

Linda Ward, B.S. Ed., joined the staff of Center for Practical Bioethics in 2004 as Executive Vice President/Chief Operating Officer. In addition to her operations role, she is a frequent speaker on the topic of helping families understand the value of having advance care planning conversations. She is a graduate of the University of Missouri and has worked in both for-profit and non-profit organizations over the span of her career. Prior to coming to the Center, she was Senior Vice President for Health Midwest. She is an active community volunteer and has served on many boards and commissions. She and her husband Terry were named Volunteers of the Year in 2017 by Non-Profit Connect. Iward@practicalbioethics.org

Lori Wuellner, B.S., has been with the K-State Research and Extension, Wyandotte County, since August 1986. She initially worked as County Extension Agent with the Expanded Foods and Nutrition Education Program, and later as the Family Consumer Sciences Agent. Wuellner currently works part-time with program efforts focused on health and wellness education, food safety education and older adult wellness issues. She also manages the Walk Kansas eight-week program, and the Master Food Volunteer Program. Lwuelle@ksu.edu

Ron Zoglin, B.A., is a professional storyteller who has performed for businesses, universities, and national and international conferences. He is the voice on the audiotapec “Even Mystics have Bills to Pay” and “The Adventures of the Little Green Dragon.” Zoglin is also a speaker, dementia advocate and a laughter yoga leader. Myinfo@pobox.com
2018 Event Partners

2018 Planning Committee

- **Michelle Alexander**, 50 Plus and NE Recreation Manager, Johnson County Park and Recreation District
- **Sandra Aust Mellinger**, Director, Coming of Age KC
- **Kathy Armitage**, Active LifeStyle Program Director, YMCA of Greater Kansas City
- **Laura Bogue**, Public Affairs Coordinator, Mid-America Regional Council
- **Teresa Bolton**, Assistant Director of the Central Library, Kansas City Public Library
- **Cathy Boyer-Shesol**, Project Manager, KC Communities for All Ages, MARC
- **Denise Dias**, Extension Agent/Family and Consumer Sciences
- **Johnson County K-State Research and Extension**
- **Craig Eichelman**, Director, AARP Missouri State Office
- **Tom Esselman**, CEO, Connecting for Good
- **Laura Gilman**, LMSW, Care Manager Team Manager, Jewish Family Services
- **Vicki Hon**, Operations Administrator and Program Support
- **Kelly Jander**, Volunteer Manager / Adventures in Learning Program Manager
- **Hailey Kenkel**, Community Services Coordinator, Liberty Parks and Recreation
- **Kimber Coby**, Wyandotte/Leavenworth Area Agency on Aging
- **Terry Rynard**, Deputy Director, KCMO Parks and Recreation Department
- **Pam Seymour**, Executive Director, Shepherd’s Center Central
- **James Stowe**, Director, MARC Department of Aging and Adult Services
- **Cindy Terryberry**, Nutrition Services Coordinator, MARC Department of Aging and Adult Services
- **Tina Uridge**, Executive Director, Clay County Senior Services
- **Lynn Wild**, Volunteer, Shepherd’s Center of Kansas City, Kansas
- **Paula Zigmond**, Program Coordinator, Clay County Senior Services

Wyandotte / Leavenworth Area Agency on Aging
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Signature Psychiatric Hospital at NORTH KANSAS CITY & LIBERTY

PHILIPS Lifeline

photo: Bridge Club, Gregg/Klice Community Center

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2. Complete an application.
3. Meet Volunteer Coordinator Ron Zluticky - he’s nice.
4. Volunteer and repeat!

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For information about Age Positive 2019, please contact Cathy Boyer-Shesol at cboyer@marc.org or 816-701-8246.