

Poetics of Aging 2011 Presenter Biographies

Norman E. Amundson is a professor of Counseling Psychology at the University of British Columbia. He received the Best Book Award from the Canadian Counseling Association for his book *Active Engagement* (Ergon Communications, 2003). It has been translated into Swedish, Danish, Finnish, and Dutch. His research focuses on counseling methods, unemployment, and changes in working life, while his numerous lectures, articles, workshops and seminars emphasize the importance of imagination, creativity, and action in the career counseling process. Norm received the Career Development Quarterly Outstanding Research Contribution Award from the National Career Development Association and an Honorary Doctorate Degree (October 2005) from the University of Umea, Sweden. Norm was Winner of the Best Book Award by the Canadian Counseling Association for *Active Engagement* and appointed as an Honorary Life Time Director for NETWERCC (a provincial employment counseling association). norm.amundson@ubc.ca

Chris Armstrong has studied and consulted with two of the seminal teachers and practitioners of the existential perspective: James F.T. Bugental, Ph.D. and Irvin Yalom M.D. She established a private practice in 1976, specializing in individual, couple, group psychotherapy and case consultation with adults, from an existential perspective. She maintains an individual practice and works together with Lou Dangles as co-therapists in couples and group therapy in San Anselmo, CA. Together with Lou, Chris has focused on principles personally in the context of 31 years of marriage and professionally as co-therapists for the past 25 years working with couples and groups. Carmstrongdangles@gmail.com

John Bailes is an educator, poet, essayist, and political activist. He is a 22-year veteran in education, teaching for ten years at the high school level and ten years at the college level. He holds a B.A. and M.A. in English and Rhetoric. He has also led numerous workshops for senior living groups, Jungian societies, and men's groups. He has partnered for five years with his spouse in Senior Housing Associates, a consulting firm to assisted-living and Alzheimer's communities. He lives in the Bay Area. wbailes1@comcast.net

Barry Barkan was inducted among 1400 leading social entrepreneurs in 44 countries to the Ashoka Fellowship in recognition and support of his vision to create the Elders Guild and transform the culture of aging. The Ashoka Fellowship provided a three year stipend to support his work. Together with Debora Barkan, Barry uses music and communal poetry to cultivate a new culture of aging for elders. They originated Life Oak Institute and Elder's Guild Project and helped found spiritual eldering work with Reb Zalman Schacter Shalomi. Debora and Barry Barkan are among the founders and leaders of the Pioneer Network, which has engaged hundreds of thousands of people to transform the culture of eldercare. barbarkan@aol.com

Debora Barkan has been a community developer applying the Live Oak regenerative community approach to culture change in nursing homes, assisted living, senior centers and congregate housing organizations for close to 30 years. With 17 years management and social work experience in elder care, she has developed a variety of Live Oak management tools to accelerate culture change marketed through the Live Oak Group. She is among the founders of the Pioneer and conscious aging movements. Together with Barry Barkan, Debora uses music and communal poetry to cultivate a new culture of aging for elders. They originated Life Oak Institute and Elder's Guild Project and helped found spiritual eldering work with Reb Zalman Schacter Shalomi. Debora and Barry Barkan are among the founders and leaders of the Pioneer Network, which has engaged hundreds of thousands of people to transform the culture of eldercare. debarkan@aol.com

Elizabeth (Betsy) Best Martini is a nationally known recreational therapist, author, lecturer, strength trainer and on-site consultant in the field of recreational therapy activities and gerontology. She has an M.S. in Recreation Therapy / Administration. Betsy has a consulting firm, Recreation Consultation & Best Solutions that provides recreational therapy consultation to retirement communities, skilled nursing settings, sub-acute settings, state hospitals, cities and counties, and residential / assisted care facilities in Northern California. She is a frequent and well-respected presenter at national and state

conferences for activity professionals and recreational therapists. She is an academy faculty member of the American Therapeutic Recreation Association (ATRA) and a national trainer for the "ATRA Dementia Protocol Guidelines" along with being a contributing author to this comprehensive and evidence based training manual. betsybest@comcast.net

Janice Blanchard is a gerontologist and a nationally recognized writer, speaker and consultant on aging issues. For over 15 years she has worked in academic, government and non-profit organizations to promote a new vision of aging that values elders for their wisdom and experience and as integral members of our communities. Renowned for her seminal work in *Aging in Community*, Blanchard consults with government, non-profit and private organizations to develop innovative housing and community-based solutions that strengthen the fabric of our communities, for all ages and all abilities – especially our elders. janicecsa@comcast.net

Dick Bolles is author of the most popular career-planning and job-hunting book in the world, *What Color is Your Parachute?: A Practical Manual for Job-Hunters and Career-Changers*. He has guided millions in their quest for not only the right job but also the right life. First published in 1970, and revised, updated or rewritten annually, this world-famous book has helped people adapt to tremendous economic and social change and remains the “enduring job search bible,” according to *Business Week* magazine. Crossing both generational and cultural lines (the book is published in 12 languages), *What Color is Your Parachute?* was on the *New York Times*’ best-seller list for a remarkable 288 weeks over the years, and is considered one of the “25 Books That Have Shaped Readers’ Lives” throughout history, by the Library of Congress’s Center for the Book. Dickbolles40@gmail.com

Barbara Rose Brooker is a novelist, painter, performer, and founder of Age March, and recently gave a one-woman show on aging at the California Commonwealth Club. Her *Viagra Diaries*, about a seventy year old woman who wants it all, is scheduled for HBO TV. She teaches at San Francisco State University. She notes, “How we age is who we

are. Age is not about a number. It is about living life to the fullest, asking new questions and always forming new goals.” Barbarose@aol.com

Regina Brown received her M.D. ten years ago and has been unable to pass the medical licensure boards. Through this experience, she discovered in medical school that although she was able to graduate from the most prestigious schools on nearly full scholarships, when it came to memory, she was unable to retrieve information necessary to pass exams. She was told that she should become a lawyer or writer, because her intellectual gifts are in the field of creating. Ten years ago she started working as a caregiver, case manager, accountant, companion, always to elderly people. By sharing with them her experiences of making it by “creating” her life, instead of relying on remembering it, she is able to help elders resume happiness based on their intellect rather than their memory. drregina18@aol.com

Michelle Burns is the Activity Director at Senior Access, an adult day program located in San Rafael, California. Ms. Burns is a Certified Activity Director (College of Marin, 2008); Alzheimer’s Art Specialist (Alzheimer’s Association of Colorado, 1998); holds an Associate’s Degree in Visual Communication (Colorado Institute of Art, 1989) and is a member of the Occupational Therapy Advisory Council for Dominican University. She was selected to present the Creative Journeys Workshop at the Alzheimer’s Europe Conference in Warsaw, Poland, October 2011. Ms. Burns has facilitated numerous art workshops with caregivers, professionals and those affected by Alzheimer’s. She has also curated several art exhibits at venues such as the Robert Greene Gallery in Mill Valley, the Marin County Department of Health and Human Services building public space in San Rafael, and various fund raising events. mburns@senioraccess.org

Jeff Byers tells and teaches stories in a variety of venues, from Bay Area elementary schools to graduate school classrooms, from the Asian Art Museum to the Century Club of San Francisco, from

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small groups in senior residences to public theater stages. He was featured at this year's National Center for Creative Aging symposium at the Aging in America Conference of the American Society on Aging. He is a board member of the Storytelling Association of California. Byers.sf@gmail.com

Carmela Carlyle is a psychotherapist, conference speaker, yoga therapist and training specialist who adapts Laughter Yoga for diverse adult audiences. She created the world's first Chair and Wheelchair Laughter Yoga Club, as well as an instructional DVD, Laughter Yoga for Older Adults: An instructional tool for leading joyful chair fitness. Carmela trains healthcare and eldercare professionals how to integrate the healing power of laughter into their work with clients, as well as for their own stress-relief in her customized Certified Laughter Yoga Leader Trainings. contact@carmelacarlyle.com

Janine Canan is the author of *Ardor: Poems of Life*, the award-winning anthologies *Messages from Amma* and *She Rises like the Sun*, major translations of *Jammes* and *Lasker-Schueler*, the illustrated storybooks *Walk Now in Beauty* and *Journeys with Justine*, and her essays *Goddesses Goddesses*. Janine lives in Sonoma, California, graduated with honors from Stanford, attended NYU School of Medicine, and is a psychiatrist. jancanan@vom.com

Pat Cavanaugh has been a licensed psychotherapist since the 90's working with all kinds of folks with many challenging and painful problems. As she became aware of the signs and nudges, she recognized that she needed some help with the change in her life. She began to work with Deborah Frangquist, a gifted career counselor in San Francisco. With Deborah's help and guidance, Pat revisited her dreams and dusted them off. After a year of focus and exploration for her next steps, she began to create The 3rd Act coaching business which combined her skills as a therapist and counselor...her ability to support clients, to see their potential when they could not, and to help them set clear goals for a richer and more complex life. www.patriciacavanaughmft.com

Meg Chang is a recognized expert in the way creative arts therapies are internationally acknowledged forms of therapy and the implications creative art therapies have for education, practice, and culturally congruent approaches in a globalized environment. Her dissertation research was supported by Teachers College Minority Grant in 1998, 1999 and 2001. mhchang3@gmail.com

Linda Hawes Clever, MD, is a specialist in Internal Medicine, founding chair of the Department of Occupational Health at California Pacific Medical Center, member of the Institute of Medicine of the National Academy of Sciences, Clinical Professor of Medicine at UCSF, and Associate Dean for Alumni Affairs at the Stanford University School of Medicine. She is also founder and president of RENEW, a special project of the Institute for Health & Healing, at California Pacific Medical Center. She served on the Stanford University Board of Trustees for 14 years, was editor of the *Western Journal of Medicine* and served as the first woman governor in the American College of Physicians. Her new book is entitled, *The Fatigue Prescription: Four Steps to Renewing Your Energy, Health and Life*. linda.clever@ucsf.edu

Andy Chen graduated from Princeton University in 2009. He founded Princeton's first graphic design initiative, the Student Design Agency, and was awarded the Pyne Honor Prize. Chen's work focuses on design that addresses issues of social concern. His "Own What You Think" campaign against anonymous online hate speech garnered the attention of ABC's "20/20" and *BusinessWeek*. As Fulbright Research Associate at the Royal College of Art Helen Hamlyn Centre, Chen partnered with Age UK to create graphic design solutions that addressed social stigma surrounding aging and sexuality. Chen is currently pursuing an M.F.A. in Graphic Design at RISD under the auspices of the Paul and Daisy Soros Fellowship for New Americans. andychendesign.com.

Linda Cunningham PhD, MFT, is a psychotherapist and sandplay therapist in private practice in San Francisco. She is also adjunct faculty at the California Institute of Integral Studies and in the Depth Psychology Graduate Program at Sonoma

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Lou Dangles, MFT, is a licensed psychotherapist in private practice, specializing in individual, couple, and group psychotherapy with adults from an Existential perspective. He currently serves on the board of Mosaic Multicultural Foundation, and providing pro bono supervision for Apple Family Works in San Rafael, CA. Together with Chris Armstrong, Lou has focused on principles personally in the context of 31 years of marriage and professionally as co-therapists for the past 25 years working with couples and groups.
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Katharina Dress is the founder and owner of Aging in Harmony, helping older adults and their families, caregivers and aging services providers resolve aging-related conflicts. In addition to an M.A. in Communications she received extensive training in mediation, facilitation and conflict coaching, including Elder Mediation, Nonviolent Communication and Forgiveness. Her experience includes Elder mediations and community mediations, as well as guardianship and civil harassment mediations.
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Bob Edelstein LMFT, MFT, is an Existential-Humanistic psychotherapist. In addition to being a therapist since 1973, he also provides consultation, supervision, and training for clinicians and students. He has published a number of articles on the Existential-Humanistic Perspective as applied to therapy and life. Bob is a former board member of the Association for Humanistic Psychology and a founding member of the Association for Humanistic Psychology - Oregon Community. Bob read *Freedom to Learn* by Carl Rogers, Ph.D. in 1971, and has had a passion for both the Existential-Humanistic perspective and what it means to be authentic ever since. He is fascinated by the ways in which all of us as human beings construct and discover meaning in our lives and the uniqueness of each person's lived experience. Bob@bobedelstein.com

David Elkins, PhD, is professor emeritus of psychology at the Pepperdine University Graduate School of Education and Psychology (GSEP). Dr. Elkins has served as president of Division 32, Society for Humanistic Psychology, of the American Psychological Association, and has helped train clinical psychologists for 25 years. He enjoys reading the poetry of Rilke, Machado, Neruda, Rumi, Yeats, Oliver, and many others.
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Bruce Feldstein is founder and Director of The Jewish Chaplaincy at Stanford University Medical Center since 2000, and is Adjunct Clinical Professor at Stanford University School of Medicine where he teaches Spirituality and Meaning in Medicine, a required class, and the Healer's Art course. Dr. Feldstein practiced emergency medicine from 1979-1998, sustained a back injury, and then became a hospital chaplain after completing the Clinical Pastoral Education residency program at Stanford Hospital, 1999-2000. His interest in aging developed as a student at the University of Michigan Medical School where he received a Certificate of Specialization in Aging at the Institute for Gerontology (1978). His published writings can be found in *JAMA*, *Clinical Gerontologist*, *Doorway Thoughts* (a publication of the American Geriatric Society) and most recently in the *Journal of Pain and Symptom Management*.
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Isabel Fergusen, 95, playwright, actress, poet, painter, sculptor. Isabel developed her fine art talents in New York City during the fifties. It wasn't until she turned 83 that she started acting with Stagebridge. And it wasn't until she turned 90 that she wrote her first play, which she directed and performed in with Stagebridge.
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Patrick J. Fox, Ph.D., MSW is Co- Director of the Institute for Health & Aging and Professor of Sociology and Health Policy in the Department of Social and Behavioral Sciences at the University of California, San Francisco. He has written numerous reports and articles on the delivery of community-based long-term care services to the elderly, the history of Alzheimer's disease and the emergence of

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the Alzheimer's disease social movement, the economic costs of disease, and breast and cervical cancer screening. He recently co-authored *Conversations with Ed: Waiting for forgetfulness: Why are we so afraid of Alzheimer's disease?* with Nader Shabahangi. Pat.fox@uscf.edu

Molly Freeman earned a Ph.D. in Complex Systems Analysis and Distance Learning. She is an educator, researcher and political activist with experience in the fields of child health and early care, aging and adult development, and educational technology research. Molly designs instructional strategies for online colleges and instructors and is organizing a Certificate program on Domestic Violence Intervention and Prevention with the Health Sciences Center and Extension of the American University of Armenia. Molly.freeman@comcast.net

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Sara Zeff Geber, PhD., is the founder of LifeEncore. She is a speaker, author, and coach in later-life and retirement planning. She works cooperatively with financial planners to provide a 360-degree perspective on the adventures awaiting individuals in the baby boom generation as they re-invent the concept of retirement. Sara is the author of *How to Manage Stress for Success: An AMACOM WorkSmart Series Book*, and chapter author of "Choices," in *GPS for Success*. In connection with her previous work as an organizational consultant and leadership coach, Sara has spoken at a variety of conferences and symposia, including Academy of Management and ASTD. sara@lifeencore.com

Sally Gelardin, Ed.D., NCC, DCC, JCTC, is moderator of Careerwell Tele-Interviews, instructor of the Global Career Development Facilitator Training, creator of Job Juggler's Lifelong Employability Program, and adjunct faculty/portfolio evaluator at the University of San Francisco. She has served as president of the California Career Development Association and presents on career and eldercare topics locally and globally. She

authored *The Mother-Daughter Relationship, Starting and Growing a Business in the New Economy*, and *Career and Caregiving: Empowering the Shadow Workforce of Family Caregivers*. She is a recipient of the Robert Swan Award for Lifetime Achievement in Career Development. sally@askdrsai.com

Rev. Nancy Gordon, MSLS and MDiv, is the director of California Lutheran Homes Center for Spirituality in Aging in Anaheim, as well as the Center for Aging and Spirituality. She served as Director of Growth Opportunities at Friendship Village in Schaumburg, IL before coming to the CLH Center. While at Friendship Village, she was awarded a Renewal Grant to develop a program of worship for those with Alzheimer's disease. This program won a Best Practices "Award of Merit" from Wingspread in 2009. Rev. Gordon has served as an associate pastor, a writer of published books and articles, and an archivist. ngordon@frontporch.net

Judy Grahn is a poet, writer, and social theorist, whose work underpins several movements, including Gay, Lesbian, and Queer; Feminist/woman-Centered; and Women's Spirituality. She currently serves as Associate Core Faculty for the Institute of Transpersonal Psychology in Palo Alto, California, in the Women's Spirituality Master's Program. She is a former director of Women's Spirituality MA and Creative Inquiry MFA programs at the New College of California. Judy teaches writing, Metaformic Consciousness (her own philosophy), women's mythology, and ancient literature, and Uncommon Kinship (with Lusiah Teish) - a diversity course using testimony, ritual, symbolism, and a Metaformic philosophical approach. JudyGrahn@gmail.com

John Gray is the leading relationship expert in the world and best-selling relationship author of all time. He asks such questions as, "How do we care for ourselves as we age?" "What is the difference between custodial and relationship care?" "How do we learn to listen to our inner elder?" He says, "By properly learning to cope with stress effectively, we have access to our inner elder, our inner wisdom, our knowing on how to meet our partner's needs, as well as our own needs." Hallina.popko@marsvenus.com

Joanne Grimm. In 2003, Joanne Grimm's husband of 50 years was diagnosed with frontal lobe dementia. For almost six years, she was his primary caregiver. During the time of his illness, she learned about the politics of dementia, the lack of medical knowledge and the embarrassment and feelings of shame that often surround the patient and the family. She is a retired high school principal and a performer with Stagebridge and Generation Reparatory Theater company. maryann@stagebridge.org

Anna Halprin is an early pioneer in the expressive arts healing movement. She has led countless collaborative dance programs with terminally ill patients. She has also investigated numerous social issues through dance and through theatrical innovations. For the past decade, she has led "Circle the Earth," a contemporary community dance ritual to confront real-life issues facing participant communities around the world. Her "Planetary Dance: A Prayer for Peace," was staged in Berlin at an event commemorating the 50th anniversary of the signing of the Potsdam Treaty to end World War II, and involved over 400 participants. In 1995, she was invited by Mikhail Gorbachev to present an invocation at the State of the World Forum in California. admin@annahalprin.org

Don Hanlon Johnson has been a pioneer in the field of Somatics for 50 years, a practitioner of various approaches to body cultivation, author of several books on the body, and researcher and founder of the first graduate degree program in Somatics. Don's former students are practicing therapists and educators, often working in retirement facilities, and engaging in research under his direction. At 77, with a long history of struggling with severe spinal limitations., he has recently had to work with recovering his own body from a 20 ft fall onto his back, breaking his neck. He is an active hiker, nordic skier, and daily exerciser. Because of his mother, who lived to 102 and aunts until late 90s, Don has had extensive experience in elder care facilities. djohnson@ciis.edu

Katherine Hastings is the author of *Fog and Light* and *Updraft*. She founded and curates the WordTemple Poetry Series in Sonoma County, CA and is the host of WordTemple on NPR affiliate

KRCB 91.1 FM. She is editor of the newly released anthology *What Redwoods Know — Poems from California State Parks*; all proceeds go to the California State Parks Foundation. Hastings received her MFA in Writing from Vermont College. kfhastings@mac.com

Candice Hershman is a graduate of Saybrook Graduate School, and has an M.A. in Counseling Psychology and Marriage Family Therapy. multifoliatccm@msn.com

Brooke Hollister, PhD, is an Assistant Professor at the University of California, San Francisco where she teaches about aging health and social policy. Dr. Hollister is the director and co-founder of Students for Social Security. Established in 2004 to combat mis-information driving support of attempts to privatize Social Security, Students for Social Security educated younger adults about Social Security and encouraged teaching about social insurance in institutions of higher education. Dr. Hollister is the vice chair of the Gray Panthers national board of directors, a nonprofit, nonpartisan, intergenerational, multi-issue organization working to create a society that puts the needs of people over profit, responsibility over power and democracy over institutions. Brooke.Hollister@ucsf.edu

Stuart Kandell founded Stagebridge in 1978 and for 32 years he served as Executive Director. He received his Master's in Drama at University of Newcastle, England. In 1996, he was the first American to receive his doctorate in Intergenerational Studies. He is a featured speaker at many national conferences and a founding Board member for the National Center for Creative Aging based in Washington D.C. founder@stagebridge.org

Bob Kanegis listens for stories, tell stories, and lives a storied life. The Founder of Tales & Trails Storytelling, he reminds us that stories are for "Everyone Older than Yesterday but Younger than Tomorrow." He performs at schools, libraries and at community events nationwide. His passion for encouraging others to tell their stories has led to long-term teaching residencies and projects with incarcerated teens, corporate leaders, farm worker families, and the United Nations Association. Bob initiated and hosts FEAST (Families Eating and

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Storytelling Together) gatherings, and created The Endangered Stories Act to remind people that a story told for the last time and not passed on will disappear. He also works with individuals and organizations as a story guide. bob@storyconnection.com

Ken Keis is considered a global authority on the way assessment strategies increase and multiply one's success rate. In 22 years, he has conducted more than 2000 presentations and 10,000 hours of consulting, coaching and mentoring. Author of *Why Aren't You More Like Me?*, *Discover the Secrets to Understanding Yourself and Others*, and *My Source EXPERIENCE Journal – A Personal Discovery Process for Those Who Want to Lead a Passionate and Fulfilling Life*. Ken has co-created CRG's proprietary development models and written over 3.5 million words of content for 40 business training programs and 400+ articles. Ken's expertise includes assisting individuals, families, teams, and organizations to realize their full potential and to "Live On Purpose!" ken@crgleader.com

Mary Lynn Keller has been a professor of philosophy and religion and women's studies/women's spirituality since earning her BA in Religious Studies, and her PhD in philosophy (Yale University, 1971). She is a professor at the California Institute of Integral Studies, where she served as the Director of the Women's Spirituality MA and PhD program for ten years. She has been a Rosen bodywork practitioner since 1986. mkeller@ciis.edu

Puran Khalsa has been working/training in the field of psychology for over 10 years. During recent work with clients suffering from numerous forms of dementia, he had the unique opportunity to witness existential theory effectively put in practice. Working with a broad spectrum of clients from children to elders, Puran believes that there are many points along each person's journey that offer potential meaning specific to their stage of development. purankhalsa@gmail.com

Orah Krug, PhD, is a licensed psychotherapist with a private practice in Oakland, CA. She is the clinical training director of the Existential-Humanistic Institute of San Francisco and teaches at Saybrook

Graduate School. Dr. Krug received her Ph.D. from Saybrook Graduate School where she was awarded the Rollo May Scholarship for an essay comparing the theoretical approaches of her two mentors, James Bugental and Irvin Yalom. She has produced two videos entitled, *Conversations with Jim* and "*Joe*" *A Demonstration of the Consultation Process*, with James Bugental and Oranh Krug. Most recently, Dr. Krug co-authored a textbook with Dr. Kirk Schneider entitled, *Existential-Humanistic Therapy*, part of a monograph series for the American Psychological Association. orahkrug@sbcglobal.net

John Krumboltz, PhD, is a Fellow of American Psychological Association and the American Association for the Advancement of Science. He is a specialist in counseling psychology and helps school counselors learn how to improve the process of career decision making. His research covers tracing the roots of academic, career, and personal problems, as well as studying the emotional outcomes of learning experiences, the effects of grading practices, and the use of multimedia in simulating occupational activities. Dr. Krumboltz is also a leader in the theory of career counseling. His social learning theory postulates that career decisions are the product of an uncountable number of learning experiences made possible by encounters with the people, institutions and events in each person's particular environment. A former high school counselor and algebra teacher, he has also taught educational psychology at Michigan State University. jdk@Stanford.edu

Emily Kuenstler is an activities coordinator at a skilled nursing facility. Emily has learned about communication from the residents she serves, her co-workers, meditation retreats, self-help workshops, and the theater—all of which influence the activities she creates, and enhance her enjoyment of her job! surfacetexture@yahoo.com

Dominique Lambert is a middle-aged clinical psychology student working towards her Doctorate in clinical psychology. She has been an intern for a year at California Pacific Medical Center (CPMC), working mostly with patients with chronic illnesses and aging issues, as well as with patients with all forms of dementia. She has helped many patients transition using depth psychology and existential

approaches. She is also a Certified Healing Touch Practitioner. She has taught for many years. drmlambert@yahoo.com

Jessie Lorenz is the Associate Director at the Independent Living Resource Center San Francisco. She is a member of the board of Directors of Disability Rights Advocates and formerly served as Director of Public Policy at the LightHouse for the Blind and Visually Impaired in San Francisco. She established the LightHouse's Vision Loss Resource Center. Over the years, Ms. Lorenz has worked as an advocate, organizer and consultant in the disability community. She has brought together hundreds of people for disability-related political action events and has tackled various issues, from accessible crossing signals to the state budget's impact on health care for women with disabilities. CFILC@cfilc.org

Naomi Lowinsky, Ph.D. is an analyst member of the San Francisco C.G. Jung Institute, and a widely published poet. Her recent memoir, *The Sister from Below: When the Muse Gets Her Way*, tells stories of her pushy muse, who thinks it's her turn now that the children are raised. She is also the author of *The Motherline: Every Woman's Journey to Find her Female Roots* and three books of poetry. The most recent is called *Adagio & Lamentation* and features many poems about her own grandmother, a refugee from the Shoah, as well as poems about being a grandmother. Lowinsky is the winner of the Obama Millennium Award for a poem about Barack Obama's grandmother. nlowinsky@hotmail.com

Mary Mackey has authored many collections of poetry including *Sugar Zone*, and a dozen novels. She is Professor Emeritus of English at California State University Sacramento, and co-founder of the Feminist Writers Guild as well as CSUS Women's Studies and Writing programs. The Mary Mackey Short Story Prize is offered in her honor. She has lectured at many places including Harvard and the Smithsonian. Additionally, she has contributed to such diverse print and on-line publications as *The Chiron Review*, *Redbook*, and *Salon*. She also writes comedy under the pen name "Kate Clemens". mackeym@mindspring.com

Mary Madrigal, a member of the Existential Humanistic Institute Board, has 20 years of

experience working with the end-of-life issues in the elder population, and has presented on this topic at numerous conferences and workshops. She has conducted four studies on end-of-life care for people with complex mental health conditions. drmmadrigal@verizon.net

Sheila Malkind is the director of the Legacy Film Series. She moved to the Bay area from Chicago, where she was the director of the Silver Images Film Festival for three years, presenting films that celebrated older adults. Ms. Malkind holds a Master of Arts degree (MA) in Clinical Psychology and a Master of Public Health degree (MPH), specializing in gerontology. She is a published writer and photographer. The Legacy Film Series has presented its programs in collaboration with Saybrook Graduate School, the Pacific Institute, the Jewish Community Center of San Francisco, the Older Women's League of San Francisco, libraries, senior centers, and assisted living facilities. legacyfilmseries@yahoo.com

Fred Mandell, Ph.D. is the co-author with Kathleen Jordan of *Becoming a Life Change Artist: 7 Creative Skills to Reinvent Yourself at Any Stage of Life* (Penguin Group, 2010.) He transitioned from University Professor to Senior Business Executive in a Fortune 100 company, became an artist, then a writer. He also was instrumental in starting the Life Planning Network in the Boston area. He has a Masters in Counseling Psychology from Boston University and Ph.D. in history from University of Chicago. Fred coaches individuals who are navigating personal change and senior executives who want to become more effective and humane leaders. He has been featured in the PBS Series "Boomers: Redefining Life After 50," and quoted in the *Wall Street Journal*, *Boston Globe*, and *Money Magazine*. famandell@verizon.net

David Meltzer is a poet and improviser who began during the beat generation, a singer-songwriter with several albums to his credit, a teacher of humanities and graduate poetics. He is the author of many books of poetry, fiction and essays, and the editor of several anthologies. His newest book is *When I Was A Poet*, #60 of City Lights' Pocket Poets series. He and his wife Julie Rogers are currently performing their work

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together in the Bay Area and elsewhere.
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Julie Miller a graduate student of social welfare, is an emerging photographer and filmmaker, and creator of Breaking the Ice, a curriculum designed to deepen connections and build vibrant communities among older adults. Julie is particularly interested in innovative programming aimed at enriching health, connections, and meaning in later life, and explores the concept of Vibrant Aging by way of creative media. juliemiller@berkeley.edu

Matthew Mock, PhD, presents on the relevance of cultural competence, ethnicity, and multiculturalism in psychotherapy locally, throughout California, nationally and internationally. For 25 years, he has been a Professor of Psychology with Kennedy University and was Director of the Center for Multicultural Development with the California Institute for Mental Health. Prior to this, he was the Director and Ethnic Services/Multicultural Services Coordinator for the Family, Youth, and Children's Service of Berkeley Mental Health for 20 years. He was previously the Director of the Cross Cultural Counseling Program. Matthew also has a private practice in Berkeley. mmock@jfkku.edu

Barbara Morrill Ph.D., is Chair of the Department of Integral Psychology as well as Associate Professor at the California Institute of Integral Studies in San Francisco, CA. She is also a Depth and Clinical Psychologist in private practice in Palo Alto, CA. She received her M.Ed. in Counseling Psychology from Boston College and her Ph.D. from The Institute of Transpersonal Psychology in Palo Alto. She has also been a member of the Diamond Heart Six Community for the past decade. bmorrill@earthlink.net

Donna Newman-Bluestein, replicated evaluation research of nonverbal training for caregivers of people with dementia and expanded this to include program evaluation of somatic and creative arts therapies with people with dementia. This research was funded by Salem Health and Wellness Foundation 2009 and Alzheimer's Foundation Brodsky Grant 2011 (Marian Chace Foundation fiscal sponsor). Donna teaches dance/ movement

therapy on a graduate level at Lesley University.
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Sandi Peters, M.A., has a degree in depth psychology and completed her thesis research on the use of sandtray with elders who have memory impairment. She has been working in the field of aging since 1986 in multiple capacities, the latest of which is as the Activity Director of a small skilled nursing home in Berkeley. hsmetana@msn.com

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William Ryan, Ph.D. has been a psychologist in private practice for more than thirty-five years. He has taught college at both undergraduate and graduate levels and has been a consultant in drug prevention, agencies for children and law enforcement. His latest book *Working From the Heart: A Therapist's Guide to Heart-Centered Psychotherapy* was released by Jason Aronson Publishers in June 2011. In addition, he has published three other books: co-author of *Love Blocks: Breaking the Patterns that Undermine Relationships* (Viking, 1989); co-author of *In the Woods, At the Water: Healing Journeys Into Nature* (Temenos Press, 1999); and author of *The Bench, The Council and the Prayer* (Temenos Press, 2002). billpryan@earthlink.net

Sonja Saltman, MA, MFT, co-founder of the Existential-Humanistic Institute, has been in private practice for 20 years in Las Vegas, Nevada after training extensively in various humanistic modalities, amongst others Gestalt, Existential, Redecision Therapy, Hypnotherapy, Group Therapy and Imagery. Sonja was also co-founder of Therapy Institute, an organization offering continuing education seminars in principles of the humanistic-existential tradition featuring well known presenters in the field. Therapy Institute also offered an employee assistance program to local organizations in Nevada as well individual and group therapy. sonjas@thevistagroup.net

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Bev Scott feared getting old when she entered her sixties. But her goals included wanting to have a long life with meaning and purpose, vitality and health; to give back to her community; to appreciate the joy and pleasure from each day and from those activities that she loved; and she wanted to cherish her time with family and dear friends. So, with Anna Ewins, a long-time colleague, she created a program called The Third Act to offer new opportunity, renewed sense of purpose and the energy of connection and engagement to people 50, 60 and beyond who feel their lives lack meaning or wonder what to do next. They offer retirement planning workshops for men and women and couples, coaching, a newsletter and support groups called Encore Circles. bev@bevscott.com

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Matthew Spalding completed his post-doctoral work at a Pacific Institute AgeSong residential treatment facility, providing individual psychotherapy, leading

groups, and conducting a qualitative research study on the subject of this workshop proposal, published in the *Journal of Humanistic Psychology* (2010; 50: 142.) In this thematic analysis study, Matthew and his colleague Puran Khalin interviewed the interns at AgeSong to ascertain what therapist qualities and interventions they felt were most conducive and detrimental to the effective treatment of the resident population. The analyzed data comprise the first empirically validated compendium of humanistic and transpersonal psychotherapeutic approaches to working with the constellation of presenting symptoms known popularly as "dementia." spaldingmatthew@gmail.com

Terry Stokes is a 74-year-old actor with Stagebridge. Until he retired 5 years ago as a film editor in Hollywood, Terry had never done any acting, let alone singing. For the past five years he has been a featured performer with Stagebridge, shares stories with children in schools, and has been acting in community theatre. founder@stagebridge.org

Paulette Target Architects designs evolve out of a deep understanding of the architecture, topography, and quality of light unique to the Bay Area. The result is modern architecture that is particular to its place. The firm is committed to projects that make a significant contribution to society. In all our work, from private commissions to community structures to supportive housing, we apply the same sensitivity to the urban fabric and the experience of the space's interior. The architects design buildings that are both rational and enduring, buildings that are a logical outcome of the specific needs of our clients and the unique quality of the locale. They strive to create buildings that feel as though they were meant to be there. info@ptarc.com

Naomi Tickle offers workshops and lectures throughout the USA, England, Canada and Australia. Her clients have included The Commonwealth Club in San Jose, Kinesiology, NAPO, ISES, Norwich University in Vermont and many more. She has been featured on major television and radio stations and newspaper also magazines World-Wide. She is the author of *What Makes People Tick* and *Why- The Answers are in the Face*, a great tool for sales,

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Faith Winthrop's career is as storied as her extensive songbook. From an aspiring 11-year-old treading the boards of the G line streetcar and spontaneously taking requests from passengers traveling from Brookline to Boston to the still singing and swinging senior, her life remains a continual love affair with song. Integrating her new original works with her trademark soulful and elegant style, rhythmic comedic timing, and astonishing vocal control, Faith continues to wow crowds both nationally and internationally, most recently at San Francisco's Razz Room, where she introduced her new show, "Faith Lift," to stunning reviews. Faith is currently crafting more tunes of wit and wonder and plans to record her music and take her show on the road again, ever faithful to her love affair with song. faithwinthrop@gmail.com

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Gaea Yudron is director of Sage's Play, whose programs focus on creative aging, wellness and spirit. Gaea is a best-selling author, poet and performing artist. She has written *A New Wrinkle*, a funny, provocative musical revue on aging. She is also writing *Songs of the Inner Life*, a memoir that explores the confluence of ordinary life with the life of the imagination and spirit. Gaea wrote *Growing and Using the Healing Herbs*, a best-selling book (Gaea Weiss, Rodale Press), a chapbook of poetry and essays titled *Words Themselves Are Medicine* and has published poetry, articles and essays in a wide variety of publications. Her one-woman shows include "In the Presence of the Sacred," "Forces of Nature" and "My Heart of Silk is Filled with Light." gaea.yudron@yahoo.com