Duane W. Chapman Senior Symposium

“Eldering with GRACE:
Generative, Resilient, Active, Connected,
Empowered Elders Engaged in Eldering”

Hosted by
University of Dayton
Special Programs and Continuing Education

In Partnership with
Eldering with GRACE and
Osher Lifelong Learning Institute

Friday, November 13, 2015
University of Dayton River Campus
Ten thousand baby boomers turn 65 every day in America.

This demographic shift is unlike any shift in the history of the world, with some fearing the shift will drain our economic resources. Yet, this generation of “cultural creatives,” all born after WWII, may just have the “grace and grit” to redefine the aging process for all future generations. Some are already doing this by finding ways to “age in place,” build “encore careers” or work in the Senior Corps of the Corporation for National and Community Service, which connects those in need with other adults who have the skills to help them.

In 1997, the University of Dayton received an endowment gift from The Retirement Research Foundation in Chicago, the nation's largest private foundation solely devoted to aging and retirement issues. The endowment was made in the name of Duane W. Chapman, parent and grandparent of UD alumni.

The University established the Duane W. Chapman Senior Symposium, following the endowment’s directive that biennial symposiums focus on trends and research in gerontology and social issues featuring nationally known experts. We are grateful to the Chapman family and The Retirement Research Foundation for choosing the University of Dayton for this endowment.

The November 13, 2015, Duane W. Chapman Senior Symposium is dedicated to showcasing the vision of a new health promotion program, Eldering with GRACE, which aims “to reclaim the revered title of ‘elder’ for those who choose to pass wisdom to others and who wish to live fully into their third age as stewards of their own bodies, hearts, souls and relationships, regardless of economic, social, physical or other circumstances.”

By the end of our day together, we will have defied some age-related myths to discover that, in reality, our elders are our world’s wisdom keepers — they are our repositories of wisdom for future generations. We will not put off engaging in eldering until later, because if we begin now, the personal benefits of eldering with grace will make a difference to the world we live in now. Our world needs elders who are beacons of grace and role models of character and integrity.

Opening Keynote:

Eldering with GRACE: Generative, Resilient, Active, Connected, Empowered Elders Engaged in Eldering

Eldering with GRACE (EWG) is a new health promotion program to be launched at the 2015 Duane W. Chapman Symposium. EWG is being designed for those who wish to engage in the last third of their life with wisdom, vitality and authenticity. Our program seeks to reclaim the revered title of “elder” for those who choose to leave a legacy of wisdom and integrity while remaining stewards of their body, heart and soul, regardless of social, physical or other circumstances.

Sharon Otto Trekell, Ph.D., is a national consultant in Christian spirituality, integrative psychology and holistic well-being. She has served on national committees on spirituality and regional committees on complementary and integrative medicine for CHI (Catholic Health Initiatives). Her research on resilience and holistic well-being led her to receive invitations to lecture at national conferences, including a conference at Duke University, among others. The focus of her current research is the convergence between Scriptural (and/or universal) truths and neuroscience.

A Theology of Eldering

We all “do theology” whether we realize it or not. We reflect on the meaning of our lives, why things happen, our place in the universe and our feelings about death and dying. People who “elder well” intentionally reflect on their interior life. Theological reflection helps us discern and understand who we are in this “elder” stage of life, and this helps us bring wholeness and integration and meaning to our whole life.

Rev. Dr. Carla Stengel, B.A. (Rutgers University), M.Div. and D.Min. (United Theological Seminary), has been an ordained elder in The United Methodist Church for 35 years, served several churches and worked on staff at UTS. She serves as teaching supervisor of the UTS Pohly Center for Supervision and Leadership Formation, teaching on leadership formation and theological reflection. Married to John for 43 years, they have two adult children. In retirement she enjoys reading, gardening, baking, teaching and writing.

Closing Keynote:

Connected: The Choice for Community

An essential component of eldering with grace is connection. In order to thrive, we must engage in healthy relationships that are mutually beneficial. As our golden years progress, numerous relationships are lost. We must make choices to stay connected in community, but we often resist building new relationships. Why? This presentation will offer suggestions for consideration.

Rev. Dr. John C. Whitaker, B.A. (psychology), M.Div. and D.Min. (United Theological Seminary), is the senior minister of Church of Cross United Methodist. He is married with three children and four grandchildren. Personal passions include the understanding of human personality, dream work, contemplation and birding.

The 10th biennial symposium, “Eldering with GRACE,” will feature morning keynote speaker Sharon Otto Trekell, Ph.D., founder of Eldering with GRACE. Closing keynote speakers will be the Rev. Dr. John C. Whitaker and Rev. Dr. Carla Stengel, both ordained United Methodist pastors. The day will also be filled with stimulating workshops including:

- Aging in Place Gracefully.
- A Chiropractor’s View of Posture and Balance.
- Health From the Bottom Up: Healthy Feet, Recreating Their Lives.
- Praying the Hours of the Back Third of Our Lives: Benedictine Spirituality.
- Using Our Gifts With Purpose

The symposium’s speakers and workshops will allow participants to become more aware of the eldering with grace process.
**Aging in Place Gracefully**

Aging in Place Gracefully will describe the purpose of the aging in place movement, universal design and the importance of planning ahead to make sure a home is ready for graceful aging. Home modification recommendations will be provided for each room in the home to increase safety and reduce the risk of falls, with considerations given for the person walking as well as for the person using a wheelchair.

**Shelly Janning,** M.S., OTR/L, CAPS (Certified Aging in Place Specialist), has worked as an occupational therapist for 22 years, specializing in working with clients after neurological injury in acute care, and inpatient and outpatient rehabilitation. She became CAPS-certified three years ago to increase her knowledge base of home modifications and better serve clients. Janning assists elders in identifying the most appropriate methods to modify their homes based on their individual needs in order to increase their independence and safety while performing everyday tasks as well as reduce their risk of falls.

**Walking With Elders: The Power of Health Ministry in Faith Communities**

Many of our area faith communities are connected in a variety of ways to those who are aging. In an organized health ministry, an assortment of services can be provided to help maintain the quality of life for elders as they age. Conducting health screenings, lending medical equipment, providing home visits, sponsoring educational programs and assisting with advocacy issues are just a few examples. Participants of this workshop will learn more about this growing international ministry from panelists who lead health teams in their Dayton-area faith communities. Information about volunteer opportunities for older adults in the ministry will also be provided.

**Sharon Becker** is a registered nurse with 43 years of experience and a background in marketing, patient and public education, and program and project development. She is responsible for the development of the Good Samaritan Hospital Health Ministries Program, in which nurses and health ministers in faith communities in 11 area counties create, implement and sustain this ministry for their members and greater communities. Becker is an experienced presenter on the topic of health ministry in both local and national settings.

**Beth Ewing,** BSN, MSN, R.N., CNM, WHNP-BC, has over 28 years of experience in nursing. In 2008, she retired from the U.S. Air Force after 22 years as a registered nurse and advanced practice nurse. She also held several leadership positions. Ewing was deployed to Iraq and was the consultant to the surgeons general for nurse midwifery. She has served as associate faculty for the St. Louis University School of Medicine and Uniformed Services University of the Health Sciences, and she has been a speaker at national conferences. Ewing is a faith community nurse serving Abiding Christ Lutheran Church for the past two years.

**Ruth Hoffman** is a registered nurse with over 37 years in nursing with a varied background in coronary care, geriatrics and pediatrics. In 1993, she developed a parish health ministry program at St. Charles parish, including, but not limited to, educational opportunities, support groups, safety implementations and home visitations. Being an active volunteer in the parish, with broad knowledge of parishioners’ needs, has been beneficial to the ministry.

**Deane Roberts,** B.S. (Wright State University), MSA (Central Michigan University), initiated, planned, programmed and supports several health benefiting programs that her church and community elders engage in. These programs include a wellness walking team, a quarterly Lunch and Learn program, and a senior women’s peer group. She also worked closely with the Good Samaritan Hospital Health Ministries Program and the Good Samaritan Hospital Speaker’s Bureau. Roberts serves as a volunteer for the Life Essentials guardianship program, having had power of attorney for health care for four nursing home residents over the last 13 years.

**Kimberly Weisenberger,** R.N., BSN, CCRN, is a diploma R.N. of Springfield Community Hospital School of Nursing; she earned her certificate in critical care from the American Association of Critical-Care Nurses (AACN) and went on to complete her BSN from Wright State University. Following a brief nursing position in Peoria, Illinois, she has worked at a local hospital for 33 years, serving as a team leader in the areas of critical care and trauma. Weisenberger and her husband have two grown daughters, one of whom is a doctor of physical therapy, and the other a student in medical school.

**A Chiropractor’s View of Posture and Balance**

Chiropractic physicians are trained in conservative treatment methods for neuro-musculoskeletal complaints, making their treatment especially relevant in light of the prescription painkiller abuse and overdose prevalent in our country today. The conservative, non-drug approach of a doctor of chiropractic services has led many medical doctors, especially those who specialize in pain management, to add chiropractors to their staff. According to a new Gallup-Palmer report, 57 percent of U.S. adults are likely to visit a doctor of chiropractic (DC) if they experience back or neck pain.

**Dr. Greg Palkowski,** D.C., graduated from Palmer College of Chiropractic in 1981. He has been practicing chiropractic care in Beavercreek since 1983. He served as the president of the Ohio State Chiropractic Association from 1988 to 2000, as well as being active in other civic and community activities. Currently, his practice sees a number of aging patients who seek Dr. Palkowski out for both his compassion and wisdom about the aging process. Palkowski is the father of two grown children and has three grandchildren. He lives with his wife, Debbie, in Beavercreek, Ohio.
**Encore Careers: A Panel of Elders Recreating Their Lives**

Americans used to equate reaching age 65, the standard age of retirement, with a time to put their successful career aside. Not today! Due to the number of baby boomers turning 65 every day, we are now finding more people engaging in what is being referred to as an “encore career.” Why? Many feel they are simply too young to retire, they want to continue to make a difference, and they now have an opportunity to do this in a more creative way. This panel discussion represents both men and women who either have or who are actively seeking ways to engage in an encore career.

**Stan Dyck**  B.A. (mechanical engineering), is a former Procter & Gamble manager with a background in manufacturing management and planning for about 10 years, followed by over 20 years as a strategic market analyst. He has been retired for seven years. Dyck spends time consulting, leading, volunteering and connecting people, as well as in entrepreneurship and elder care. He serves on the boards of nonprofit organizations, participating in planning, marketing, metrics and fundraising.

**Mary Miller**  B.A., M.S., received a B.A. in psychology from Oakland University in Rochester, Michigan, and a master’s in industrial relations from Purdue University. Miller worked for 31 years for General Motors/Delphi where, as a manager in human resources, she was a proven leader who challenged and supported employees at all levels to develop their individual strengths while positively impacting the bottom line. Building on her years of experience, seven years ago she launched her career as a leadership and life coach and founded MTM Transformation Coaching. Miller’s mission is “to challenge and support her clients to bring forth their most authentic and productive selves.”

**Rev. Robert Skipper**  M.Div., LPVV, LICDC, LSW, has owned Robert Skipper Therapy and Addiction Counseling in Dayton since 2011. Previously, he was with the Department of Pastoral Care and Counseling at Miami Valley Hospital as both manager and counselor. Skipper is a licensed independent chemical dependency counselor and licensed professional clinical counselor. He serves as a part-time pastor at both St. Paul Lutheran Church in Lynchburg, Ohio, and Peace Lutheran Church in Hillsboro, Ohio.

**Joyce Cameron**  B.A., M.M., DMA, M.A., enjoyed a 25-year career teaching piano and music in higher education before pursuing a master’s degree in human factors and experimental psychology. Her second master’s degree led her to engage in a 10-year career as an ergonomist and consultant in human factors. Her third career, which began shortly after retirement, began when she started to study neuro-movement to assist others to gain more ease and vitality in their lives. Cameron will share how one may go from having no vision of retirement to a growing sense of opportunity, connection and continued learning.

**Health From the Bottom Up: Healthy Feet**

The focus of this workshop is whole-body alignment that starts by aligning the feet to maintain functional body and natural movement. We will discuss feet alignment, perform feet restorative exercises and learn how those exercises affect the ankle, lower leg, knee, hip and lower back. We will also talk about the health of feet and balance.

**Julia Lamm**  M.S. (business), is the owner of Mobile Blooming Wellness LLC. She is also a Yoga Alliance-registered teacher, a Yoga Tune Up certified trainer and a Restorative Exercise specialist. Her focus is maintaining a functional body based on biomechanical body alignment principles. Lamm’s business is mobile — she will visit your home, office or organization. She likes to conduct self-care workshops and work with individuals privately for the best results.

**Praying the Hours of the Back Third of Our Lives: Benedictine Spirituality**

This session will explore the wisdom of Benedictine spirituality, a spirituality of praying all the hours of the day. We will touch upon the gift of the Liturgy of the Hours, the grace and challenge of praying the psalms daily and what it means to pray without ceasing. We will engage in a practice of personal prayer with Scripture that you will be able to practice in your own life.

**Kelly Adamson**  holds an M.A. in theology from Xavier University and a post-master’s certificate in the practice of spirituality from Boston College. A certified campus minister, she currently serves as the associate director of campus ministry, director of residential life ministry and administrator of the graduate assistant program at the University of Dayton. She is a Benedictine oblate with the Benedictine Sisters of Erie. She loves Scripture, praying and psalms, co-creating with God in her garden and her kitchen, and spending time with her husband and 9-year-old daughter.

**Using Our Gifts With Purpose**

Drawing on his 35 years of experience as an administrator in long-term health care, Robert Huff will identify meaningful, special and unique gifts every person possesses which can enhance the lives of others. Through personal stories, he will share ways we find purpose and meaning in our lives that spill out to the lives of others and give purpose to our own life as well.

**Robert L. Huff**  spent 33 years in the health care industry and is now engaged in an encore career as president and owner of Bayside Pet Resort and Spa Inc. in Sarasota, Florida. His career in health care began as a unit administrator at The Ohio State University hospital and led to his being a licensed nursing home administrator. Over the years, Huff and his wife went from owning one small nursing home (with six employees) to leaving their legacy of several nursing facilities (with over 2,000 employees) to their next generation. Huff and his wife are delighted with their new business in the pet care industry where they have developed three pet resorts and spas in the past four years.
Uniformed Services University of the Health Sciences, several leadership positions. Ewing was deployed to Peoria, Illinois, she has worked at a local hospital for 33 years. Of Nursing; she earned her certificate in critical care for the person using a wheelchair.

Ruth Hoffman

A graduate of Central Michigan University, initiated, planned, and administered programs that her church and community elders engage in their most authentic and productive selves.

Joyce Cameron

Lutheran Church in Hillsboro, Ohio. Paul Lutheran Church in Lynchburg, Ohio, and Peace Lutheran Church in Columbus, Ohio. She is a Benedictine oblate of the University of Dayton. She is a Benedictine oblate of Spirituality from Boston College. A certified campus minister with a master’s degree led her to engage in a 10-year career in ministry.

Julia Lamm

Master’s degree in psychology, and a doctorate in counseling psychology. Her second master’s degree led her to engage in a 10-year career in ministry.

Using Our Gifts With Purpose

A certified campus minister with a master’s degree led her to engage in a 10-year career in ministry.

Praying the Hours of the Back Third of Our Lives: Benedictine Spirituality

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Breakouts (Select one and indicate second choice)

- Aging in Place Gracefully
- Walking With Elders: The Power of Health Ministry in Faith Communities
- A Chiropractor’s View of Posture and Balance
- Encore Careers: A Panel of Elders Recreating Their Lives
- Health From the Bottom Up: Healthy Feet
- Praying the Hours of the Back Third of Our Lives: Benedictine Spirituality
- Using Our Gifts With Purpose

LUNCH OPTIONS (select one)

- Nonvegetarian  
- Vegetarian

GENERAL ADMISSION: $35

- Check/money order made payable to the University of Dayton
- UD/UDRI tuition remission form
- Visa  
- MasterCard  
- Discover  
- American Express

Card number_________________________________________ Expiration date ______

Signature __________________________________________