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Duane W. Chapman Senior Symposium



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**"ENGAGING AGING ...
PRACTICES TO ENHANCE YOUR
JOURNEY"**

Hosted by
University of Dayton
Special Programs and Continuing Education

In Partnership with the
Osher Lifelong Learning Institute
and

Miami Valley and Good Samaritan Hospitals
Members of Premier Health Partners

Friday, October 25, 2013
University of Dayton River Campus

UNIVERSITY of
DAYTON



 Premier Health



There are more of us entering our 50s and 60s – the second half of our lives – in the 21st century than ever before. Few in the American culture honor elders the way other world cultures do, which could make it difficult to prepare for our journey of aging. This symposium – Engaging Aging – has set out to establish a new standard for those who fear the second half of life offers only decline, disease, despair and eventually death. To this end, our 2013 Duane W. Chapman Symposium offers sessions to help us all reframe what it means to engage in the aging practice and learn vital practices to start this journey.

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 directives 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.

“ENGAGING AGING ... PRACTICES TO ENHANCE YOUR JOURNEY”

FRIDAY, OCTOBER 25, 2013, AT RIVER CAMPUS

The eighth biennial symposium, “Engaging Aging ... Practices to Enhance Your Journey,” will feature keynote speakers Ron Pevny and Sharon Trekell, as well as workshops concentrating on these six areas: self-care well-being, emotional intelligence, finding spiritual wholeness, conscious aging, holistic resilience and forgiveness. Through the messages of the speakers, participants will become more aware and engaged in the aging process.

A JOURNEY OF INTENTION AND PASSION

For the keynote presentation, Ron Pevny will focus on the rich possibilities of aging consciously, with intention, and contrast this with the disempowering prescription for aging that dominates modern culture. He will speak of the traditional role of elder, an archetypal call to elderhood that has been lost in today’s world but that still lives in each of us, seeking the awareness and expression that can bring it forth.

Ron Pevny, M.A., recognized his calling in 1979 and has been dedicated to helping people with life transitions ever since. Pevny co-created the Choosing Conscious Elderhood retreats in 2002 and is founder of The Center for Conscious Eldering. His life coaching practice is focused on individuals over 50 who are committed to aging consciously. Pevny is author of a forthcoming book on conscious eldering, *Aiming High*, to be published in early 2014 by Beyond Words/Simon & Schuster.

CPR (CORE PERSONAL RESILIENCE) FOR THE SECOND HALF OF LIFE — STORIES, METAPHORS AND TOOLS TO ENHANCE WELL-BEING

In this keynote, Dr. Sharon Otto Trekell will discuss her research on health and wellness. Trekell will enrich her keynote with personal stories and brief film clips from authorities in body-mind medicine. Finally, Trekell will introduce her own model of well-being, which she refers to as *Core Personal Resilience*.

Sharon Otto Trekell, Ph.D., began teaching “whole person health” in the early 1970s when she served as the director of public relations for the International Childbirth Education Association. At the Osher Lifelong Learning Institute, she has taught positive psychology, appreciative inquiry, neuropsychology, mindfulness meditation and Qigong (a division of traditional Chinese medicine) since 2008. Her model of *Core Personal Resilience* includes a personal assessment tool as well as a complete toolkit of body-mind-spirit practices intended to empower clients to develop higher self-efficacy, self-care and self-compassion skills.



Breakout Sessions: 1–2:15 p.m. 2:30–3:45 p.m.

THE JOURNEY THROUGH SERIOUS DIAGNOSIS TO RESILIENCE AND WELL-BEING

When diagnosed with a serious or life-threatening illness, one's journey can sometimes feel quite lonely. However, in reality, numerous serious diagnoses (even cancer) are no longer a death sentence, as many persons with a serious diagnosis still lead lives relatively full of joy and satisfaction despite chronic symptoms. This panel consists of a cancer patient, a stroke patient, a Parkinson's patient and an M.S. patient who will focus on their individual experiences in reclaiming a sense of well-being.

Panel moderator — Mary Pat Thomas, M.S.N., R.N., has 40 years of clinical nursing experience in women's health and wellness and currently practices as a professional development specialist at Miami Valley Hospital.

Sharon Becker, R.N., is a registered nurse with more than 40 years of experience and a background in marketing, patient and public education, and program development. She was diagnosed in 1987 with multiple sclerosis.

Kathy Hollingsworth is owner, president and CEO of Innovative InterChange, Inc. She has more than 40 years of experience in coaching individuals and organizations to their highest potential. She helps individuals and organizations build strong relationships, which create high-performance individuals and teams.

Charlie Campbell: On August 24, 2000, Campbell was playing golf and passed out. After two days in intensive care and two days in a normal hospital, he returned home. His stroke had wiped out his communication skills, and he had to relearn listening, speaking, reading and writing. The presentation today is about relearning those skills and how and why he decided to choose a totally different path.

Gail Fink: When Gail Fink was diagnosed with ovarian cancer, her vocational goals were a challenge. She was waxing and waning with where to go for the next phase of her life. Now on her personal journey back to wellness through yoga, Qigong, spirituality, nutrition and family support, she believes there is a need to share what she has learned about facing a life-threatening disease.

INTELLIGENCE IS MORE THAN BOOK SMARTS: PRACTICING EMOTIONAL INTELLIGENCE AS WE AGE

Displaying "emotional intelligence" (EQ) is critical when one is faced with decisions, time management, dealing with others, expressing empathy and being accountable and flexible. From their diverse backgrounds, panel members will discuss the four core skills of EQ: self-awareness, self-management, social awareness and relational management.

Panel moderator — Craig Schneider, M.Div., B.C.C., is a United Methodist pastor and board-certified chaplain. Schneider has 23 years of ministry experience as a pastor, hospital chaplain and spiritual educator. Currently, he serves as the spiritual care division manager at Good Samaritan Hospital in Dayton, Ohio, where he oversees the pastoral care department and the GSH Health Ministry's Program.

Mary T. Miller, P.C.C., challenges and supports her clients to maximize their personal and professional potential by awakening their most authentic selves. As a coach, Miller frequently helps her clients learn how to manage emotional energy in order to achieve their aspirations.

Brother Victor Forlani, S.M., D.B.A., is founding director of the Center for the Integration of Faith and Work at the University of Dayton. Forlani has been on the management faculty for 18 years, teaching courses in ethics and business social responsibility. His expertise is in business as a calling: the citizenship facets of business.

Steve Hamilton, Ph.D., is a licensed psychologist and has 20 years of experience working with individuals on ways to cope and manage acute and chronic pain medical conditions. His work required the development of self-awareness and possession of self-management skills that are now considered part of emotional intelligence.

Rev. Sue Hamilton is an ordained minister in the Presbyterian Church (U.S.A.). As an ordained minister, the part of emotional intelligence Hamilton must relate to is the art of listening to another while being aware of her own feelings and thoughts. Managing one's feelings and thoughts in response to others is a skill most pastors will need to learn in order to achieve effective ministry.

SPIRITUAL PRACTICES TO ENHANCE YOUR JOURNEY: FINDING WHOLENESS IN THE WISDOM TRADITIONS

This panel will feature devotees of wisdom traditions discussing topics such as healing, disciplined spiritual practice, embodied prayer and meditation.

Panel moderator — Sandra Yocum, Ph.D., is an associate professor in religious studies at the University of Dayton. She came to the University in 1992 and served as religious studies' director of graduate studies and department chair (2003-12). Her publications include a book on the history of theological studies in 20th century America, two co-edited volumes and several articles in scholarly theological and historical journals.

Lisa M. Hess currently serves as associate professor of practical theology at United Theological Seminary in Dayton. An ordained Presbyterian minister (PCUSA), she is moderator of the Presbytery of the Miami Valley, a community of 55 churches in the southwestern Ohio area, and author of *Artisanal Theology* (Cascade, 2009) and *Learning in a Musical Key: Insight for Theology in Performative Mode* (Princeton Monograph series, Pickwick, 2011).

Brian D. Maguire serves Westminster Presbyterian Church in Xenia, Ohio, as a teaching elder (pastor), having been led into the ministry after a decade of serving as a clerk in federal court and then as a litigator in two firms in employment/labor law. His expertise lies in preaching, teaching and bringing organizational wisdom into ecclesial systems of all kinds.

Izdihar Abadi tries to live up to the following holy sayings of God: "Rush to do good; approach others with wisdom and good advice." She also tries to live up to the teachings that were revealed by God and the Holy Prophet Mohammad to mainly promote good and forbid evil. Abadi considers them the best role models, regardless of faith.

Rabbi Joshua Ginsberg, Beth Abraham Synagogue, received his rabbinic ordination and master of Hebrew letters degree from Jewish Theological Seminary. He has served Shaare Tikvah B'nai Zion in Chicago. He also served as the rabbi of Shaare Tikvah & Nevah Shalom Congregation in Bowie, Md., and was assistant director and campus rabbi at the George Washington University Hillel in Washington, D.C.

Jane Perri, Ph.D.: Since 2009, Jane Perri has been one of the primary U.S. and international Dharma teachers for Risho Kosei-kai, a Japanese-based Ekayana organization. She leads the local Dharma Center of Dayton and an online sangha that meets weekly.

TAKING FLIGHT INTO WELL-BEING AND WISDOM DURING THE SECOND HALF OF LIFE

Through her use of metaphor and story, Sharon Otto Trekell rescues the sacred status and wisdom of aging from a culture that too often fears, avoids, denies and demeans people as they age. Moving from society's distorted view of aging to modern science, medicine and merchandising, Trekell speaks from her heart to others who realize aging is a natural progression and an opportunity for fuller living and increased wisdom.

Sharon Otto Trekell left the world of traditional psychology 13 years ago in search of nonpathological models to equip and empower her clients in their journey to grow in wisdom and well-being. To this end, she offers services to empower her clients to live lives of vitality, meaning, purpose, self-efficacy and self-compassion.

LEAVING A LEGACY OF LOVE AND COMPASSION

At the end of life, most people realize that all that matters is love. And yet, throughout life, we are often dogged by grudges and resentments. What would it be like to resolve the grudges and resentments long before it is our time to pass so that we are able to live wholeheartedly and leave our heirs a legacy rich in love and belonging? This presentation will explore the simple steps to living such a wholehearted life.

Mary Hallinan, J.D., divides her time between a spiritual direction practice and restorative justice advocacy and practice. She delights in finding mutuality, whether with a directee in the privacy of her spiritual direction room or with a circle of women in a cinder block room in the Montgomery County Jail. Hallinan also teaches a course on forgiveness in UD's Lifelong Learning Institute, and she has taught at UD's law school.

AIMING HIGH: TOOLS FOR AGING CONSCIOUSLY

Ron Pevny, M.A., will focus on what is called "the inner work of conscious aging" – the inner work that is necessary so that people can age without the emotional baggage that dims vision, saps energy and keeps us unconscious. This inner work includes work for forgiveness of self and others, reframing of disempowering stories about our experiences and our lives in general that we all carry, focus on the legacies we have created and have yet to create, deepening of spirituality and healthy relationship to mortality. The presentation ends with a call to aim high as we age, rather than aiming low or not aiming at all.

Chapman Symposium Registration Form

OCTOBER 25, 2013 (Participation is limited to 350)

Mail this form to: University of Dayton, Special Programs and Continuing Education,
300 College Park, Dayton, Ohio 45469-7011, Phone 937-229-2347 Fax 937-229-3500

Name _____

Address _____

City _____ State _____ ZIP _____

Phone (_____) _____

AGENDA

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|--|---|
| • Registration and Continental Breakfast | 8–8:30 a.m. |
| • Welcome, Introductions, Invocation | 8:30–8:45 a.m. |
| • Introduction of Keynote Speakers | |
| • Keynote Presentation | 8:45–10 a.m. |
| • Break | 10–10:15 a.m. |
| • Keynote Presentation | 10:15–11:30 a.m. |
| • Discussion/Survey Completion | 11:30 a.m.–12:45 p.m. |
| • Blessing/Luncheon | |
| • Workshop #1 (Select one) | 1 – 2:15 p.m. |
| <input type="checkbox"/> "The Journey Through Serious Diagnosis ... " | <input type="checkbox"/> "Taking Flight Into Well-Being ... " |
| <input type="checkbox"/> "Intelligence is More Than Book Smarts" | <input type="checkbox"/> "Leaving a Legacy of Love and Compassion" |
| <input type="checkbox"/> "Spiritual Practices to Enhance Your Journey" | <input type="checkbox"/> "Aiming High: Tools for Aging Consciously" |
| • Workshop #2 (Select one) | 2:30 – 3:45 p.m. |
| <input type="checkbox"/> "The Journey Through Serious Diagnosis ... " | <input type="checkbox"/> "Taking Flight Into Well-Being ... " |
| <input type="checkbox"/> "Intelligence is More Than Book Smarts" | <input type="checkbox"/> "Leaving a Legacy of Love and Compassion" |
| <input type="checkbox"/> "Spiritual Practices to Enhance Your Journey" | <input type="checkbox"/> "Aiming High: Tools for Aging Consciously" |
| • Break | 3:45–4 p.m. |
| • Symposium Review/Wrap-up | 4–4:30 p.m. |
| • Wine and Cheese Reception | 4:30–5 p.m. |

LUNCH OPTIONS (select one)

- Nonvegetarian Vegetarian

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GENERAL ADMISSION: \$35.00

- 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 _____