



SPRING 2021 VIRTUAL CONFERENCE SPEAKERS BIOGRAPHIES

KEYNOTE BIOGRAPHY

DR. RUTH WESTHEIMER is a world-renowned psychosexual therapist who pioneered speaking frankly about sexual matters on her radio program, *Sexually Speaking*, beginning in 1980. Her expertise about “sexual literacy” has been distributed in television, books, newspapers, games, home videos, computer software, and Tweets as @AskDrRuth. The 92-year-old professor and subject of the recent documentary “Ask Dr. Ruth” has authored forty-four books and counting, including her first graphic novel, *Roller Coaster Grandma*, and other recent publications: *From You to Two*, *The Dr. Is In: Dr. Ruth on Love, Life and Joie de Vivre* and *Dr. Ruth’s Guide for the Alzheimer’s Caregiver*.

Born in Germany in 1928, Dr. Westheimer was sent to Switzerland at the age of ten to escape the Holocaust, which decimated her entire immediate family. At the age of seventeen she went to then-Palestine where she joined the Haganah, the Israeli freedom fighters. She was trained to be a sniper and was seriously wounded in a bomb blast. Dr. Westheimer later moved to Paris to study at the Sorbonne and in 1956 went to the United States where she obtained her Master’s Degree (M.A.) in Sociology from the Graduate Faculty of the New School of Social Research and Doctorate of Education (Ed.D.) in the Interdisciplinary Study of the Family from Columbia University Teacher’s College.

Dr. Westheimer’s work for Planned Parenthood led her to study human sexuality under Dr. Helen Singer Kaplan at New York Hospital-Cornell University Medical Center, where she became an Adjunct Associate Professor. Subsequently she taught courses at Princeton and Yale, and is currently teaching at both Columbia’s Teachers College and Hunter College. She continues to lecture worldwide.

JAMES A. VON SCHILLING, PH.D., Professor of English & Humanities Coordinator, Northampton Community College: Jim Von Schilling, Ph.D., is the Area Chair for Baby Boomer Studies and Journalism and Media Culture for the Popular and American Culture Association. A speaker on various baby boomer topics, he also authored *The Magic Window: American Television, 1939-1953*, and the forthcoming book, *Boom Times: Tales of the War Babies and Baby Boomers, 1942-70*. He was the NCC Humanities Endowed Chair in 2014-18 for Special Events and

Projects commemorating 50th anniversaries from 1964-68. He has degrees from Princeton University, New York University and a Ph.D. in American Culture from Bowling Green University. He’s taught at Bowling Green University and Rider University. Dr. Von Schilling notes his further credential as being a baby boomer himself.

ROBERT TORRES, Secretary of the Pennsylvania Department of Aging: Mr. Torres was appointed, by Governor Tom Wolf, to serve as Acting Secretary of Aging on January 5, 2019, after serving as Acting Secretary of the Commonwealth since October 11, 2017. He was confirmed as Secretary of the Pennsylvania Department of Aging by the Pennsylvania Senate on June 4, 2019, becoming the first Latino to hold this position. Mr. Torres is focused on working to improve aging services and to promote independence, purpose and well-being in the lives of older adults through advocacy, service and protection. Mr. Torres is an attorney who holds a Bachelor of Business Administration degree from Pace University and a law degree from Widener University School of Law. He currently serves on the board of directors for the United Way of the Capital Region and the Harrisburg Latino Hispanic American Community Center.

MODERATOR: TRACY ROMAN, Executive Director, Regional Operations for Phoebe Ministries, RN, MBA, NHA: Appointed to the position of Executive Director, Regional Operations for Phoebe Ministries in July 2019. Tracy has served in a steady progression of both clinical and leadership roles at Phoebe since she was first employed in 2000. From 2000 to 2011, Tracy was employed in various roles on the Richland Campus, including nursing coordinator, staff development coordinator, and director of nursing. In January of 2011 she was promoted to the position of assistant nursing home administrator on the Allentown campus. In 2012, Tracy was again promoted to the position of executive director for the Richland campus and led the campus operations for over 7 years prior to her appointment to her current role.

CARMEN BELL, Director, Healthy Aging, United Way of the Greater Lehigh Valley: Carmen Bell is an experienced and well-connected community organizer who works to ensure that her vision of inclusivity becomes a reality for thousands of older adults in her role as Director of Healthy Aging for United Way of the Greater Lehigh Valley. As an influential member

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of the Lehigh Valley Alliance on Aging, Carmen has participated in the strategy formation of Age-Friendly Lehigh Valley, a new regional initiative that aims to improve inclusivity and accessibility for everyone, particularly older adults. Additionally, Carmen has been integral to the success of the Alliance on Aging Public Policy Committee. Prior to joining the team at United Way, Carmen worked with KidsPeace and most recently with LANTA where she gained a deep understanding for the needs of seniors in our community. Carmen holds a Bachelor of Arts degree in Liberal Arts from City College of New York and is a Phoebe Institute on Aging Advisory Board member.

LISA HOFFMAN, MBA, Executive Director,

Pathstones: Lisa Hoffman has over 18 years of diverse experience in the not-for-profit senior services industry. At Pathstones by Phoebe, Lisa is responsible for the overall operations of the program. She oversees the development and implementation of comprehensive programs and service offerings to help members stay well and maintain their highest level of independence. Most recently, Lisa served as the Senior Director/Senior Vice President at LeadingAge PA. She held positions in finance and business offices and has assisted many residents and families in navigating the complex senior service payment system.

TUESDAY TRUDEL, MSN, CRNP, Advanced Nurse Practitioner-Geriatric Services, St. Luke's University Health Network:

Tuesday Bartholomew evaluates the diagnoses and treatments for acute and chronic disease management related to older adults, as well as their safety concerns, at various acute, rehab and long-term settings in the Lehigh Valley area. At St. Luke's, she optimizes care and treatment plans by assessing that the patient's baseline health status is in correlation with current medical issues and current medical guidelines.

JANE FLEISHMAN, PH.D., M.ED., Principal, Speaking Of, LLC:

Jane Fleishman is an AASECT (American Association of Sexuality Educators, Counselors and Therapists) certified sexuality educator. She promotes the sexual well-being of older adults in senior living communities as an educator, writer, researcher, podcaster, and blogger. She believes that sexuality is a human right for seniors. Through her work at Speaking Of, LLC, Dr. Fleishman trains staff on sexuality and aging in assisted living communities,

senior centers, gerontology, and hospice conferences. She works at the intersection of age, sex, race, gender identity, sexual orientation, and class. Dr. Fleishman has more than 30 years' experience in training and organizational development. Her blogs for www.AgeRight.org were named one of the Top Ten posts of 2018. Her TEDx Talk is entitled, "Is It OK for Grandma to Have Sex?"

CECILIA M. FOX, PH.D., Professor and Chair of the Department of Biological Sciences and Neuroscience Program, Moravian College:

Dr. Cecilia Fox's teaching expertise is in neuroscience, human physiology, brain gender, and the neurobiology of aging. Her research interests focus on the protection of the nigrostriatal pathway in the rodent model of Parkinson's disease. Through a recent grant from the Council of Independent Colleges, her lab at Moravian College has also started examining the impact of personalized music on the cognition and quality of life measures in older adults living with dementia. Her work with her undergraduates on this music and memory research project was recently presented at the Society for Neuroscience Conference in Chicago. She is the President of the Lehigh Valley Society for Neuroscience Chapter.

AMY GORELY, MPA, Director of Community Relations / Founder of Be Bold, Claim Old Campaign:

Amy Gorely is a passionate advocate and spokesperson in the age pride movement and works to dismantle ageism. To empower all to see the value, meaning, and significance in every age, Amy launched a national awareness campaign Be Bold, Claim Old. Amy is a part of the Executive Team at Carolina Meadows, the largest single site retirement community in North Carolina. Her work on ageism has been noted nationally, including *The New York Times* and *The Philadelphia Inquirer*. Amy has a B.A., an M.P.A. and a Certificate in Gerontology all from the University of North Carolina at Chapel Hill. Her web site is www.beboldclaimold.com.

MICHAELA HOLMES, M.S., Director of Operations and Training, Transitional Wisdom:

Michaela Holmes joined Transitional Wisdom in Philadelphia, Pennsylvania, as the Director of Operations in 2018, bringing more than 10 years of experience in business development, management, employee training programs, organizational development, and



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leadership. Michaela is passionate about supporting people to live their best life. She holds a B.S. in Political Science from the University of Oregon, and an M.S. in Organizational Change Management, with a certificate in Leadership and Change, from the New School for Public Engagement. She is a certified Master Practitioner in Neuro-Linguistic Programming (NLP).

MORNING STAR HOLMES, M.A., Founder, Transitional Wisdom, Philadelphia, PA: Morning Star Holmes is a professional transitional life coach, family consultant, and author with more than 25 years' experience working with individuals and families facing age-related decline or life threatening disease and life transitions. She holds a B.S. in Human Services from the University of Oregon and an M.A. in Applied Behavioral Science, with an emphasis on Consulting and Coaching, from Bastyr University in Seattle. She is also a certified Neuro-Linguistic Programming (NLP) trainer and consultant. Her books include *Transitional Wisdom: A Guide to Healthy Aging & Completing Life with Dignity* and the *Transitional Wisdom Action Journal*.

MAUREEN 'MOE' JERANT, Teaching Artist, Endorsed Remo HealthRhythms Facilitator, Lehigh Valley Drum Circle: Maureen 'Moe' Jerant is a drummer/percussionist who holds a Bachelor of Fine Arts/ Music from East Stroudsburg University. She is a teacher, arts collaborator, and organizer of the Great Djembe Jam. As a drum circle facilitator, Moe works with seniors at all stages of the aging process and offers Healing Rhythms, a support group for grief and loss which is sponsored by St. Luke's Hospice. Moe is also the founder of The Large Flowerheads, a Lehigh Valley based '60s tribute band. The band strives to keep '60s music alive and celebrate the spirit of the '60s with new generations.

SHARON A. MATTHEW, LPC, ACRPS, CCS, CSAT, CMAT, Clinical Director of the Older Adult Program, Caron Treatment Centers: Sharon A Matthew, has worked at Caron for 23 years. She developed and has been the Director of the Older Adult Program since it opened in February. The older adult program was developed to meet patients' needs medically and cognitively, and treats patients between the ages of 55 and 90. The program gives patients quality and purpose of life and to once again have connection and a life worth living! Sharon developed and supervised the Women's Extended Care program at Caron for

15 years, and developed and facilitated the Family Program. She is also a co-facilitator of the Chronic Pain group for adult patients which is designed to treat chronic-pain patients with non-addictive free pain management and relapse prevention.

ANDREW PETERSON, PHARM.D., PH.D., Professor of Clinical Pharmacy and Professor of Health Policy, University of the Sciences in Philadelphia: Dr. Andrew Peterson is the Executive Director of the Substance Use Disorders Institute and John Wyeth Dean Emeritus at University of the Sciences in Philadelphia. Dr. Peterson has more than 30 years of research experience in medication adherence, health outcomes research, health and drug use policy, and substance use disorders. He is co-author of an authoritative text for Nurse Practitioners and Physician Assistants entitled: *Advanced Pharmacotherapeutics: A Practical Approach*. Dr. Peterson earned his B.S. in Pharmacy from Rutgers University, his Pharm.D. from Virginia Commonwealth University and his Ph.D. in health policy at the University of the Sciences.

DEBORAH STROUSE, LCSW, MSW, CAADC, Psychotherapist, St. Luke's Behavioral Health Therapist: Deborah Strouse is a licensed clinical social worker, behavioral health therapist and a strong advocate for the people she has the privilege of working with. Her areas of specialty include sexuality and gender identity, LGBTQI+ behavioral health needs, substance abuse and addiction, process addictions, personality disorders, and end-of-life preparation. She uses mindfulness-based strategies and other trauma-informed modalities to assist her clients achieve their goals. Deborah has taught a wide array of audiences including police, corrections officials, religious groups, behavioral health professionals, and students—about issues impacting the LGBTQI+ community.

BILL TAVERNER, M.A., C.S.E., Executive Director of The Center for Sex Education: Bill Taverner is the editor-in-chief of the *American Journal of Sexuality Education*. He is an author or editor of many sex ed teaching resources, including *Older, Wiser, Sexually Smarter*, and has received a number of awards recognizing his national leadership in sexuality education. He is an AASECT (American Association of Sexuality Educators, Counselors and Therapists) certified sexuality educator.