



18th ANNUAL CALIFORNIA SENIOR INJURY PREVENTION EDUCATIONAL FORUM

EDUCATIONAL FORUM SPEAKERS

Barb Alberson, M.P.H.

**Senior Deputy Director for Policy and Planning
San Joaquin County Public Health Services**

Barb Alberson is a public health educator with more than 35 years of experience in the government sector. In June 2013, Ms. Alberson joined San Joaquin County Public Health Services as Senior Deputy Director for Policy and Planning. In this role, she is guiding the department through the formal process to achieve national accreditation status. Ms. Alberson also oversees the department's Health Promotion and Chronic Disease Prevention program and public health activities that address the built environment (e.g., impacts of land use and transportation planning on health and mobility).

Micheal Pope

**Executive Director
Alzheimer's Services of the East Bay (ASEB)**

Micheal Pope joined ASEB in 1997. She served as Program Director and Director of Development before becoming Executive Director in 2008. With a Bachelor's degree in Marketing from New Hampshire College and course work in City Planning and Urban Affairs at Boston University, Micheal has more than 20 years of experience in health care management, with an emphasis in marketing. She is a board member of the California Culture Change Coalition Steering Council and a past member of the Long Term Care Steering Committee and the Service Review Advisory Committee/East Bay Paratransit.

Micheal believes that everyone must contribute if change is to come about. Serving on the board and staff of ASEB is one of the greatest highlights of her life, an honor that brings meaning to her every day. Her two children, Milton and Jade, provide her with laughter, joy and growth from within. They are the source of her energy.

Christine Walsh, PhD.

**Assistant Professor of Neurology
UCSF Center for Memory and Aging Center**

Christine M. Walsh, PhD, received her BA degree in physiology from Trinity College Dublin, University of Dublin in Ireland. Dr. Walsh did her doctoral work at the University of Michigan studying the effects of REM sleep modulation on learning and memory. She also studied the neural correlates of cognitive aging. In 2011 Dr. Walsh joined the UCSF Memory and Aging Center where she has been studying sleep in both healthy older adults and in individuals with neurodegenerative diseases. Dr. Walsh is particularly interested in the contribution of sleep disturbance to cognitive decline.

Wendy Peterson

Director

Senior Services Coalition of Alameda County

Wendy Peterson has worked in the field of aging policy and services for 19 years, after leaving the computer industry where she managed technology development start-ups. Since 2002, Ms. Peterson has directed the Senior Services Coalition of Alameda County, a coalition of community-based organization that, together, provide health and supportive services to over 50,000 seniors throughout the county. The Coalition and its members advocate for policy changes that improve the lives of vulnerable older adults.

Arezo Sayid, MPH

Assistant Director

Afghan Elderly Association, City of Fremont

Arezo Sayid holds a B.A. in International Studies from University of San Francisco, and a Master's Degree in Public Health from National University, San Diego. She presently serves as the Assistant Director for the Afghan Elderly Association. In addition to assisting in the guidance of the organization, Ms. Sayid co-leads the implementation, development, and continuous expansion of health programs for seniors in the community. Prior to joining AEA, she was the Clinical Research Coordinator for UCSF School of medicine, where she performed study procedures for investigational trials. Arezo fulfilled her practicum with the International Rescue Committee, where she worked on placement services to newly arrived refugees. She currently serves as a Board Commissioner with the Alameda County Public Health department, where she reviews and assesses emerging health needs to improve community health. She is inspired to stimulate the current and future generations in public health education to create effective health policy decisions while fostering a healthy environment, in which quality of life and disease prevention methods are delivered to the global community.

Carolyn Mariru Kojima

Program & Outreach Coordinator

DayBreak Adult Care Centers

Carolyn Mariru Kojima, DayBreak's Program and Outreach Coordinator, brings extensive experience supporting elders through her work with the Institute on Aging's Friendship Line in San Francisco. Her passion for advocating for seniors brought her to DayBreak, where she has been administering and coordinating the Senior Injury Prevention Program. Carolyn is part of a team that has developed and implemented the Injury Prevention Caregiver Training program.

Carolyn is highly knowledgeable about community resources, and links seniors and their caregivers to the services and support they need to age at home, in their community.

Aaron McPherson, DPT, MBA

Aaron McPherson is physical therapist with a doctorate of physical therapy from the University of South Carolina and an MBA from Georgia College and State University. Aaron previously developed a multidisciplinary rehabilitation department from scratch to meet the needs of an acute care hospital, behavioral health unit, and outpatient therapy clinic in Alaska. He has also helped implement electronic medical records systems and provided supervision and oversight in the areas of quality improvement and compliance with regulations.

Sadiya Kazi, M.S. OTR/L

**Rehab Manager, Acting/Interim Center Director, Occupational Therapist
Center for Elders' Independence, Oakland, CA**

Sadiya Kazi received her Masters in Occupational Therapy from San Jose State University and has more than 14 years of clinical experience. Ms. Kazi's professional experience includes planning and management of rehab services and operations, quality improvement, developing and updating programs, and planning for best utilization of resources. She has fulfilled the function of center director and provides leadership and supervision for day to day operations. She is also the clinical instructor for Occupational Therapists Masters students and interns at the Center for Elders' Independence.

Supervisor Nate Miley

**Alameda County District 4:
East Oakland, Castro Valley and Pleasanton**

Nate Miley was elected to the Alameda County Board of Supervisors in November 2000 and is serving his fourth term. Nate has worked to engage communities, protect open space, strengthen our healthcare system, and create more livable and safe neighborhoods. In January 2011, he was appointed as President of the Board. Prior to representing District 4, Supervisor Miley had the honor of serving the residents of Oakland City Council District 6. Nate is also empowering older adults to improve their quality of life, having dedicated his entire adult life to community and public service.

Erica Peters Blaauw, MSN, RN, PHN, ACNP-BC

**Nurse Practitioner – Trauma Department
Alameda Health System – Highland Hospital**

Erica Blaauw received her MS in Nursing from Samuel Merritt College in Oakland, and her Post Masters in Acute Care NP from UCSF. She is a board certified and licensed Nurse Practitioner. Since December of 2012 she has been managing patients in the Trauma Department at Alameda Health System/Highland Hospital. She educates intern and resident physicians in standards of trauma care and technical procedures. Ms. Blaauw actively participates in the quality improvement processes within the institution; and is involved in educating the staff throughout the organization about trauma care.

Joey Tchang

**Fall Prevention Coordinator
Senior Support Program of the Tri-Valley**

Joey Tchang has over 7 years of experience working directly with older adults in fall prevention. Beyond degrees in Psychology and Business, he also has a degree in Adaptive Fitness Therapy. Joey is always learning new exercise techniques to help seniors. He has experience instructing: Arthritis Foundation Tai Chi, Tai Chi: Moving for Better Balance, Senior Fitness Association Exercise, Matter of Balance, N.A.S.M. Senior Fitness, A.S.F.A. Senior Strength Exercise, and Tai Chi for Diabetes. Prior to teaching fitness to older adults, he volunteered as a Meals on Wheels driver and was a Budget Analyst at the County's Superior Court. When Joey is not instructing exercise classes, you may find him practicing martial arts.

Nicole Albrecht

**Administrative Director/Fitness Instructor
Senior Support Program of the Tri-Valley**

Nicole Albrecht has been delivering health education and fitness classes to older adults for 7 years. With a Masters in Healthcare Administration, she enjoys spending time as a: Matter of Balance Trainer, Tai Chi: Moving for Better Balance Instructor, Geri-Fit Coach, and Senior Fitness Association Exercise Instructor. Outside of working with older adults, you can find Nicole painting or jogging.

Erica Pitsch, PT, MPT, DPT, NCS

**Health Science Associate Clinical Professor of
UCSF/SFSU Graduate Program in Physical Therapy and Rehabilitation Science**

Dr. Pitsch earned her Master of Physical Therapy from the Graduate Program in Physical Therapy at UCSF/SFSU and her post-professional Doctor on Physical Therapy from the University of Southern California in 2010. She achieved her Neurologic Clinical Specialist certification in 2012.

Dr. Pitsch specializes in neurologic physical therapy and uses several treatment strategies and approaches, all focused on promoting optimal challenge, function and recovery in persons with neurologic illness. She also employs her experience in martial arts, dance, and other sports to keep training sessions fun and challenging. In addition to teaching in the entry level physical therapy program, she regularly teaches continuing education to licensed rehabilitation professionals.