



19th ANNUAL CALIFORNIA SENIOR INJURY PREVENTION EDUCATIONAL FORUM

EDUCATIONAL FORUM SPEAKERS

Barb Alberson

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

Barb Alberson is a public health educator with more than 36 years of experience in the government sector. In June 2013, Barb 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. Barb 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).

Colleen Chawla

**Director
Alameda County Health Care Services Agency**

Colleen Chawla serves as the Director of Alameda County Health Care Services Agency (HCSA). She joined HCSA in 2017 with 25+ years of experience in the health sector, just previously as the Deputy Director of the San Francisco Department of Public Health. A longtime Oakland resident, Colleen holds a Master of Public Administration/Health Services Administration from the University of San Francisco and a Bachelor's of Arts in History from the University of Southern California.

Carol Powers

**Senior Injury Prevention Program Coordinator
Alameda County Emergency Medical Services**

Carol Powers has worked in the field of injury prevention for 18 years. Prior to joining the Injury Prevention Program of Alameda County Emergency Medical Services in 2016, she was the Injury Prevention Coordinator at John Muir Health with a focus on child passenger safety and hospital-based violence intervention. Carol holds a Master of Organizational Management and a Master of Divinity. She has worked in lifespan education of one sort or another for all of her professional life.

Mary Louise Zernicke

Senior Nutritionist, Alameda County, Department Chair and Program Director, Nutrition and Dietetics Department at Merritt College

Mary Louise Zernicke who is one of a handful of people in the U.S. that is Board Certified as a Specialist

in Gerontological Nutrition. She is the Senior Nutritionist for Alameda County and is the Department Chair and Program Director in the Nutrition and Dietetics department at Merritt College. Mary Louise is currently the Secretary of the Board of Directors of Meals on Wheels of Alameda County, is on the Board of Mercy Brown Bag, and serves on the advisory board for Senior Center Without Walls.

Linda Spector Hatofsky

Playwright, Theater Director, and Improvisational Workshop Leader
Semi-retired

Linda Spector Hatofsky has devoted the better part of fifty years to working in many aspects of community theatre -- as a director, playwright and instructor of acting and improvisation. For 27 years, she served as co-director and playwright for Stagebridge, a senior theater company whose goal is to use drama and storytelling to bridge the gap between generations and make dramatic activities an opportunity for elders. Linda has also created "Imagination Workshops", working with participants in senior centers, assisted living facilities, nursing homes, Alzheimer units and hospitals. Recently, she has worked with Dr. Guy Micco at U.C. Berkeley, co-teaching the class, "Readers' Theater in a Medical Context" and presenting improvisational workshops with students in the UCSF-UCB Joint Medical Program. Linda holds a Master of Education degree.

Adam G. Riner

Director of Care Management and Chief Professional Officer
Eldercare Services

Adam Riner is the Director of Care Management and Chief Professional Officer with Eldercare Services located in Walnut Creek, CA. Adam is a Registered Nurse (RN) and holds a Master of Science (MSN) in nursing education as well as a Master of Science in advanced nursing practice. Adam is licensed as a clinical nurse specialist (CNS) and carries board certification as an Adult-Gerontology Clinical Nurse Specialist (AGCNS-BC). Adam has worked in hospice and palliative nursing care for the past 13 years and maintains board certification as a Certified Hospice and Palliative Nurse (CHPN) and approved hospice and palliative educator through the Hospice and Palliative Nurses Association (HPNA). Along with clinical experience in critical care, neurologic disorder management and oncology, Adam has extensive experience in nursing education, serving as instructor, program chair and Dean of Nursing at higher education institutions. Adam has a passion for care coordination and navigation of needs throughout the care continuum while empowering the person suffering from lack of optimal wellness.

Lauren Carley

Instructor of Choral Singing
University of California, Berkeley's Osher Life Long Learning Institute

Lauren Carley holds a Master of Musical Arts from New York University and is a music educator and choral instructor for UC Berkeley's Life Long Learning Department. She leads community choruses, world-wide singing retreats and choral workshops at colleges, conservatories, music festivals, and academies. Her teaching is informed by Feldenkrais, Alexander Technique, Interplay, mime, acting and Orff training. She is a classical singer and recording artist in oratorio, opera, recital, cabaret, music theatre and film. Close to her heart is her work with Parkinson's Disease-Active with which she teaches

singing as a healing pathway for those with neurological diseases. Past appointments include Vocal/Choral Director for the Oakland Public Conservatory of Music, Oakland Youth Chorus choral conductor, Guest Professor in Drama at Colorado College, Adjunct Professor of Voice at New York University and the American Musical and Dramatic Academy Vocal Faculty.

Michael Kessler

**Clinical Program Specialist for Older Adult System of Care
Alameda County Behavioral Health Care Services**

Michael Kessler is a Licensed Professional Clinical Counselor, Certified Rehabilitation Counselor and Registered Music Therapist. He has been working as a mental health clinician since 1994. In 2011, Michael began his work at Alameda County Behavioral Health Care Services, and currently is the Clinical Program Specialist for the Older Adult Division. Previously, Michael spent 15 years as the Director of Therapeutic Activities at the San Francisco Mental Health Rehabilitation Center (SFMHRC), where he was responsible for the development, implementation and supervision of the Psychiatric Rehabilitation Inpatient Program. During his tenure at SFMHRC he was also a Lecturer at the Department of Counseling at San Francisco State University, where he taught Advanced Counseling Process and supervised students in advanced practicum and internships. Throughout his career he has been an advocate for the use of expressive arts therapies, primarily music therapy, in the design and development of psychiatric rehabilitation programs.

Liz Nichols

**The Power of Fun, Activity Specialist: The Hummingbird Project,
Laughter Yoga Leader, TimeSlips Creative Storytelling Master Trainer**

Liz Nichols has an eclectic background in education and communication, and strives to bring the Power of Fun - the value of play and creative expression - to folks at every stage of life. She has more than 10 years of professional experience working with seniors, including four years as Storytelling Director at Stagebridge senior theater company. She is a Master Trainer and Facilitator of TimeSlips, a storytelling method developed specifically for people with memory loss. Liz is a certified Laughter Yoga Leader, and finds that laughter for health, without need of jokes or humor, can bring energy and joy to anyone. She brings all this to her work with individuals and groups, as an Activity Specialist at the Hummingbird Project. Liz Nichols has a BA in Asian Studies from Brown University, a MA in Asian Studies from Stanford University, and a CA Multiple Subject Teaching Credential from San Francisco State.

Rachel Main

**Family Support Coordinator for the Alzheimer's Association
Liaison for the Ray Dolby Brain Health Center**

In her work, Rachel Main connects patients and their care partners with education programs, support groups, care consultations, and other support services provided by the Alzheimer's Association. Rachel is the co-founder of Creative Aging San Francisco, a collective of individuals passionate about the creative arts and its power to foster healthy aging and a vibrant San Francisco Bay Area. She also coordinates Movie Moments at the Vogue: A Dementia Inclusive Event Bridging Film and Community.

Rachel serves on the San Francisco Palliative Care Work Group committee, and oversees end of life and dementia programs for the Alzheimer's Association. Trained as a board-certified music therapist, Rachel has worked in the field of dementia and aging services for over 15 years. Her passion lies in inspiring others to discover a life worth living, regardless of age, background, physical and cognitive ability.

Kari Rogenski

Director of The Hummingbird Project

Co-Creator of Joyful Moments: Meaningful Activities to Engage Older Adults

Kari Rogenski combined her passion for eldercare and the creative arts by becoming a licensed marriage and family therapist and registered drama therapist working with elders. She brings 10 years of experience to her role as Director of The Hummingbird Project and co-creator of Joyful Moments: Meaningful Activities to Engage Older Adults. She is a proud advocate for the importance of finding and embracing joy throughout life. She has presented to both professional and public audiences locally and nationally about Quality of Life and Life Enrichment for older and disabled adults, including several presentations for the Alzheimer's Association, the Aging Life Care Professional Association and the North American Drama Therapy Association, among others.

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. 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.