

Keynote Speakers



James E. Miller, PhD

- James E. Miller is a writer, speaker, and photographer who has been both a professional caregiver and a family caregiver. He is the creator of Willowgreen and an avid photographer and writer who shares his work with others through a variety of mediums. He is the author of twenty books and the creator of thirty audiovisuals through his company, Willowgreen Inc. He specializes in the areas of illness and dying, loss and grief, caregiving and healing presence, managing transition, spirituality, and older age.



Beth Delaney

- Keynote Speaker Beth Delaney is an Advance Practice Nurse at Miami Valley Hospital. She has several nursing degrees from Wright State University and is certified in Family Nurse Practice, Oncology Nursing and Palliative Care. She has spent 21 years caring for seriously and terminally ill patients. She and her husband have three children.

We would like to thank the Symposium Planning Committee

Pat Madden, Chair ▶ Julie Mitchell, Co-Chair

Annette Casella ▶ Dave Leff ▶ Bobbie Gerhart ▶ Craig Schneider

Special Thanks to Our Presenters

Dr. James Miller ▶ Beth Delaney ▶ Rev. Lysander Nelms, PhD ▶ Craig Schneider ▶ Aurelia Palcher

Brenda Currier ▶ Chris Connelley ▶ Marvin Olinsky ▶ Sharon Trekell

Jan Turala ▶ Eric Van Vlymen ▶ Fr. Pat Tonry

This Symposium was made possible thanks to generous supporters.

Our thanks to the University of Dayton Osher Lifelong Learning Institute Board of Governors

Many thanks also to the volunteers from the University of Dayton Osher Lifelong Learning Institute and the office staff of the Special Programs and Continuing Education Division of the College of Arts and Sciences.

The dedicated efforts of these people have contributed to the success of this symposium.

We are indebted to each of them for their interest, energy and enthusiasm.



Special Programs
and Continuing
Education

College of Arts
and Sciences

*Duane W. Chapman
Symposium
Presents*

Optimal Health: A Day of Reflection

Hosted by

- University of Dayton
Special Programs and Continuing Education

in partnership with its

- Osher Lifelong Learning Institute
and
Miami Valley and Good Samaritan Hospitals

October 9, 2009
Kennedy Union



 Miami Valley Hospital
Good Samaritan Hospital
Premier Health Partners

Duane W. Chapman Symposium History

In 1997, The University of Dayton received an endowment gift from the Retirement Research Foundation in Chicago, Illinois made in the name of Duane W. Chapman, parent and grandparent of University of Dayton alumni. The University established the Duane W. Chapman Symposium based on the gift. The endowment directed that this biennial symposium focus on trends and research in gerontology and feature nationally known experts in the field.

- ▶ The Retirement Research Foundation is the nation's largest private foundation solely devoted to aging and retirement issues.
- ▶ Therefore, the University of Dayton Special Programs and Continuing Education and the University of Dayton Osher Lifelong Learning Institute (UDLLI) is pleased to present the fifth, biennial symposium for seniors on health care issues stressing optimal health.
- ▶ The University and the UDLLI are grateful to the Chapman Family and the Retirement Research Foundation for choosing the University of Dayton for this endowment.
- ▶ We want to welcome our Keynote and Luncheon Speakers, James Miller, PhD, Beth Delaney and Fr. Pat Tonry.



Duane W. Chapman

The late Duane W. Chapman served as Treasurer for the Board of Directors of the Retirement Research Foundation, based in Chicago, Illinois, and was a 38-year career executive with Bankers Life and Casualty. Mr. Chapman was an Air Force Veteran of World War II and attended the University of Illinois under the GI Bill of Rights. He had five children (Gary, Bill, Keith, Sally and Kay), two of whom are University of Dayton graduates, and two of his eight grandchildren are graduates.

Duane W. Chapman Symposium

Agenda and Schedule

Monday, October 9, 2009

Registrations and Continental Breakfast

8:30–9:15 a.m.

Kennedy Union Torch Lounge

Welcome, Introductions:

Invocation:

9:15–9:30 a.m.

Kennedy Union Boll Theatre

Keynote Presentation:

James Miller, PhD

Trailing Clouds of Glory: A Nature Photographer Looks at the Nature of Older Age

9:30–10:30 a.m.

Kennedy Union Boll Theatre

Break:

10:30–11:00 a.m.

Morning Workshops:

11:00–11:50 a.m.

Kennedy Union

Lessons, Realities and Learnings:

“The Psychological Journey of the Later Years”

Kennedy Union Room 312

Presenter: Rev. Lysander Nelms, PhD

Living Today, Planning for Tomorrow

Kennedy Union Room 311

Presenter: Craig Schneider

The Peanut Principle

Kennedy Union Room 222

Presenter: Aurelia Palcher

Don't Let Fatigue Catch You Napping

Kennedy Union Barrett Dining Room

Presenter: Brenda Currier and Chris Connelley

Redirecting Your Life in Retirement—

Art as a Second Career

Kennedy Union Room 207

Presenter: Marvin Olinsky

Aging Gracefully

Kennedy Union Room 211

Presenter: Sharon Trekell

Eternity is Now! Some Ways of Being There

Kennedy Union Room 310

Presenters: Jan Turala

Enhancing Your Memory: Creativity, Aging and the Brain (Morning Only)

Kennedy Union Room 331

Presenter: Eric Van Vlymen

Luncheon:

12:00–1:00 p.m.

Kennedy Union Ballroom

Luncheon Presentation:

Fr. Pat Tonry

12:30–1:00 p.m.

Kennedy Union Ballroom

Break:

1:00–1:15 p.m.

Afternoon Workshops

1:30–2:20 p.m.

Same as Morning Workshops

Nothing is Permanent Except Change:

Learning to Manage Transition in Your Life

(Afternoon only)

Kennedy Union Room 331

Presenter: James Miller, PhD

Keynote Presentation:

Beth Delaney

The Gift of Conversation with Your Family

2:30–3:30 p.m.

Kennedy Union Boll Theatre

Wine and Cheese Reception

3:30–4:30 p.m.

Kennedy Union Torch Lounge