

LIVING, THRIVING, CONNECTING:

Inspiring Joyful, Active Aging.

LONG-TERM CARE CONFERENCE SPEAKERS:

OPENING REMARKS:

DR. LINDSAY WEAVER, MD, INDIANA STATE HEALTH COMMISSIONER

EVENT EMCEE:

**JESSICA KRUG, ASSISTANT COMMISSIONER OF CONSUMER SERVICES
AND HEALTHCARE REGULATION**



Kay Frances, MBA
STRESS MANAGEMENT
SPECIALIST AND FUNNY
MOTIVATIONAL
SPEAKER

Kay Frances, MBA, has shared her message to "lighten up, stress less and take care of ourselves" in 49 States and Canada for over 30 years. She holds a Master's Degree in Business Administration and a degree in Health and Education.

Kay is the author of "The Funny Thing about Stress; A Seriously Humorous Guide to a Happier Life."

Kay was her mother's caregiver for 7 years and shares warm and engaging stories of how they found a way to laugh every day.

When it comes to humor, Kay is the "real deal" having performed as a professional standup comedian for many years and appearing on a number of national television and radio programs including Lifetime Cable's "Girls Night Out" and NBC's "America's Funniest People". She also lived and performed in New York City where she appeared at the nation's top comedy clubs such as "The Improvisation" and "Catch a Rising Star."

Kay Frances combines her years of standup comedy, her education and her passion for her message to offer a unique skill set not often found in one speaker. It's clean, relatable humor-with-a-message at its funniest! Your stress level will thank you!



**Ann Basting,
Ph.D.**
DIRECTOR, CENTER
ON 21ST CENTURY
STUDIES, UWM

Anne Basting, Ph.D., is a scholar and artist whose work focuses on the potential for the arts and humanities to transform our lives as individuals and communities. For over 20 years, Basting has researched ways to infuse the arts into care settings with a particular focus on people with cognitive disabilities like dementia. She is author of numerous articles and four books, Creative Care: A Revolutionary Approach to Dementia and Elder Care (Harper One, 2020), The Penelope Project: An Arts-based Odyssey to Change Elder-care (University of Iowa Press, 2016) co-edited with Maureen Towey and Ellie Rose; Forget Memory: Creating better lives for people with dementia (2009) and The Stages of Age: Performing Age in Contemporary American Culture. Named a 2016 MacArthur Fellow, Basting is also the recipient of an Ashoka Fellowship, Rockefeller Fellowship, a Brookdale National Fellowship, The Randy Martin Spirit Award, and numerous major grants across both the arts and social services. She is author and/or producer of nearly a dozen plays and public performances, including Wendy's Neverland (2019), Slightly Bigger Women (2015) and Finding Penelope (2011), a play inspired by a year of intergenerational conversations about the myth of Penelope from Homer's Odyssey, and professionally staged at a long term care community. In all her work, Basting is striving toward a moment when the arts are fully infused into care systems.

Basting holds a Ph.D. in Theatre Arts from the University of Minnesota, and a Masters in Theatre from the University of Wisconsin. She is Founder and a Creative Strategist of the award-winning non-profit TimeSlips Creative Storytelling, an international alliance of artists and caregivers bringing meaning to late life through creativity. Founded in 1998, TimeSlips became an independent non-profit in 2013 and now has over 950 certified facilitators in 49 states and 20 countries.

Basting advises the burgeoning field of arts and health and gives keynote addresses across the world on the power and potential of Creative Care. Basting was Founding Director of UWM's Center on Age and Community from 2003 to 2013, where she fostered partnerships between scholars, students, and service providers, and translated applied research into innovative educational tools including manuals, films, and social media. Now a Professor in UWM's Department of English, Basting is Director of the Center for 21st Century Studies teaches and coordinates the Student Artist in Residence program, a year-long experiential learning program in which student artists live in and foster community building in care settings.

Basting's most recent project I Won't Grow Up, was an ambitious reimagining of the story of Peter Pan with 12 rural nursing homes across Kentucky. She is currently working on a project inviting wonderment to everyday moments on her Instagram page (adbasting).

Basting lives in Milwaukee with her husband filmmaker Brad Lichtenstein, their two sons Ben and Will, and goofball dog Archie.



Robin Parker
REGISTERED DIETITIAN
NUTRITIONIST

Robin Parker has worked 40 years as a registered dietitian nutritionist. She's been fortunate enough to work in community hospitals, specialty hospitals, and long-term care facilities in both Indiana and Colorado. Robin has helped family and friends navigate Caring Council's healthcare system when managing chronic illnesses. She chose the Caring Council because as she grew closer to retirement, she wanted to be involved in the community and the care we receive.



Jeri Lundgren
PRESIDENT/FOUNDER,
SENIOR PROVIDERS
RESOURCE, LLC

Jeri has been working in Long Term Care since 1990. She has focused on the effects of immobility and worked with Exercise Physiologists, Physical Therapists, Personal Trainers, Ergonomics and Nursing to develop the SeniorFit® Wellness program for

falls prevention and mobility enhancement. Ms. Lundgren is a Certified Personal Trainer and specialist by the following:

- W.I.T.S./Florida Gulf Coast University, as a Certified Personal trainer (CPT),
- Ohio Health as a certified Delay the Disease Parkinson's Specialist,
- Functional Aging Institute as a certified Aging Specialist focusing on personal training for those 55 years and older, and
- Open the Door to Tai Chi as a certified Tia Chi Instructor



Becky Bartle
EDUCATOR,
CONSULTANT AND
HEALTHCARE LEADER

With more than 40 years of experience in healthcare, Rebecca Bartle, MSN, RN, HFA has dedicated her career to advancing excellence in long-term care, regulatory compliance, and healthcare administration. Throughout her career, she has been a steadfast advocate for quality resident care, regulatory integrity, and professional excellence within the long-term care profession.

A respected educator, consultant, and healthcare leader, she is committed to strengthening the long-term care profession through education, collaboration, and practical regulatory guidance. She currently serves as Chairman of the Certified Healthcare Professions Commission, where she continues to promote high standards of competency, ethics, and quality throughout the healthcare community.