

**Biographies of the Presenters**  
**Active Aging Symposium 2008**  
**Friday, June 6, 2008**  
**Vancouver, BC**

**Pamela Baxter**

Program Director

North Shore Keep Well Society

Ms. Pamela Baxter is the Program Director of the North Shore Keep Well Society, a health and wellness organization for active seniors. A professional administrator by training, she has been involved in the health care field for thirty years. Long ago she was the Education Coordinator for the Saskatchewan Association of Special Care Homes, and was responsible for continuing education for staff and trustees in the province's 125 special care homes. Later, she worked for a management consulting company, where, among other assignments, she designed and directed epidemiological studies. She has taught Organizational Behavior and administrative courses in colleges, and she has run her own management consulting business where her specialty was launching businesses and organizations. Working on behalf of seniors has always attracted her, and she especially enjoys her part in keeping active seniors healthy through the Keep Well program.

**Susan Brice**

Director

Victoria Silver Threads

Ms. Susan Brice was elected the councillor of Saanich in 2005 and is the Director of Victoria Silver Threads.

Previously, Susan was appointed Minister of human Resources on September 20, 2004. She also served as the Minister of State for Mental Health and Addition Services. Susan was elected in 2001 to represent the riding of Saanich South. She also served as the executive director of the Better Business Bureau of Vancouver Island, a position she held from 1993 until her election as MLA. Susan also taught elementary school in Esquimalt and throughout the Greater Victoria school district, and was a talk show host for CFX Radio.

A Greater Victoria School Board trustee from 1975 to 1980, Susan chaired the Board from 1978 to 1979. She was elected a Municipality of Oak Bay councillor in 1980 and Mayor in 1985. Susan has served as Victoria Airport Authority director; Camosun College foundation chair; British Columbia Police Commission deputy chair. She also served as a volunteer for the Cridge Centre for the Family, BC Transplant Society, and Eldercare foundation.

Susan was born in Victoria. Married to George since 1967, they have two grown sons and two grandchildren.

### **Barry Chapman**

Leader of Fit Fellas  
West Vancouver Seniors' Activity Centre

Mr. Barry Chapman born and raised in Vancouver attended the University of British Columbia. Also, he graduated from the GTE School of Advanced Management with a Master Trainer Instructors Certificate. He retired in 1997 following a 37 year career with BC Tel (now Telus) where he was a specialist in Marketing and Corporate Communications. Barry was founder of their corporate fitness and distinguished speaker program and designed and managed their Telecommunications Centre. He has appeared on radio and television and is a recognized teaching professional in public speaking and presentation skills. In retirement, Barry is the Board of Directors of the Seymour Golf & Community Club and key role with major events in the West Van Community. He leads the Fit Fellas fitness program at the West Vancouver Seniors Activity Centre. He and his wife Cherie live in the Ambleside area of West Vancouver and their philosophy in retirement is simple: *"if it ain't fun, we ain't doing it!"*

### **Bethan Everett**

Ethics Consultant  
Vancouver Coastal Health Authority

Dr. Bethan Everett is an ethics consultant at Vancouver Coastal Health Authority and Children's and Women's Hospital. Bethan also is a Clinical Instructor for the Faculty of Medicine, Department of Rehabilitation Sciences at The University of British Columbia and a Clinical Instructor at the Boucher Institute of Naturopathic Medicine. She obtained a Masters of Business Administration at The University of British Columbia in 1982 and then a Ph.D. in Interdisciplinary Studies (specializing in health care ethics) from UBC in 2005. Bethan's thesis topic was the ethics of sexual activity in long-term care. She currently sits on the ethics committees at Vancouver Coastal, Vancouver Community, B.C. Children's Hospital, B.C. Women's Hospital, Sunny Hill Centre for Children, and G.F. Strong Rehabilitation Centre and George Pearson Centre. Her research interests include ethical issues related to disability, women's health, rehabilitation, long-term care, mental health and health care administration.

### **Elaine Gallagher**

Director  
Centre on Aging, University of Victoria

Dr. Elaine Gallagher comes with a rich age-friendly background as the lead researcher in the Saanich WHO Age-friendly Project and the Canadian Age-friendly Rural and Remote Communities Initiative. She is currently the project lead of the Ministry of Health's Age-friendly Communities Implementation Team. Elaine's other projects involvement include a study on falls in long-term care settings and a study of Home Support Workers at first level assessors of falls risk.

Elaine was named "Researcher of the Year" by the Canadian Association of Nurse researchers of 2002. A professor in the School of Nursing, she is also the Director of the Centre of Aging and holds an adjunct appointment in the Gerontology program at Simon

Fraser University. Elaine's research and practice interests include gerontological nursing, epidemiology, falls among the elderly and more recently, exploring the relationships between housing and health. Elaine is also engaged in three phases of a project entitled "STEPS" (Studies of Environments which Promote Safety funded by Health Canada). This was the first published research pertaining to the epidemiology of seniors' slips trips and falls in public places.

**Karen Hannah**

Chronic Disease Self-Management Program  
University of Victoria

Ms. Karen Hannah's initial involvement with the Chronic Disease Self-Management Program (CDSMP) was as a volunteer Leader and Master Trainer. She has been the Program Coordinator for the Vancouver Coastal Health region and CDSMP T-Trainer since 2001, training others to implement the CDSMP throughout BC, across Canada, and in the US on behalf of Stanford University. The CDSMP is part of the University of Victoria – Centre on Aging, and is provided with resources from the BC Ministry of Health.

**Barbara Harwood**

Vice President  
Seniors Serving Seniors

Ms. Barbara Harwood received much of her education in England where she trained as a teacher at Bedford College of Physical Education. She taught Physical Education and Biology at the Senior Elementary level for 20 years. Barbara moved to Victoria in 1986 and taught exercise classes at Monterey Centre in Oak Bay. In 1989 she was appointed Community Development Coordinator for Senior's with the City of Victoria Parks and Recreation Department. This position was held for eight years, and gave her the opportunity to assist in developing programs for Seniors in Greater Victoria. Barbara was a Guardian of the Active Living Alliance for Older Adults, and wrote training manuals for peer teaching of exercises. Barbara volunteered on the Board of the Heart and Stroke Foundation of B.C. and Yukon for nine years. She was a Board Member of Victoria YM/YWCA, Volunteer Victoria, and a founding member of the Elder Friendly Community Network. She is currently Vice President of Seniors Serving Seniors having volunteered there for 10 years.

**Matt Herman**

Director, Injury Prevention & Healthy Aging  
Ministry of Health

Mr. Matt Herman is the Director of Healthy Aging and Injury Prevention within the Ministry of Health. Matt has worked in the field of active aging for over 14 years and emigrated from Scotland to Canada in 2004. In Scotland, Matt worked for the NHS as a Senior Health Promotion Specialist (Older People), Aging Well Coordinator and Community Health Officer. These roles involved facilitating community partnerships between the health service, older people, the voluntary sector, local government and private enterprises. Matt is currently

the provincial lead for the implementation of Age-friendly Communities and the provincial Active Aging Plan.

**Honourable Gordon Hogg**  
**Minister of State for ActNow BC**

Honourable Gordon Hogg was appointed Minister of State for ActNow BC on Aug. 15, 2006. He previously served as Minister of Children and Family Development. Mr. Hogg also served as chair of the Government Caucus and was a member of the Legislative Assembly Management Committee. He was also the chair of the Seniors Caucus Committee and has served on the Cabinet Committee for Agenda Development and the Select Standing Committees on Finance and Government Services; Sustainable Aquaculture; Children and Youth; Health and Social Services; Justice; Constitutional Affairs; and Intergovernmental Relations. Previously, Mr. Hogg served as the Official Opposition Critic for education and human resources and was also a member of the Official Opposition Caucus Committees on Health and Education. Gordon Hogg was first elected to represent the riding of Surrey-White Rock in a 1997 by-election. He was re-elected in 2001 and again in 2005. Mr. Hogg was a counsellor, probation officer and regional director for corrections prior to his election to the Legislative Assembly. He received his bachelor of arts in sociology and psychology from the University of British Columbia and his master's degree in psychology from Antioch College. Mr. Hogg served on White Rock council for 20 years, for 10 of which he was mayor. He has been a board member of more than 15 committees and non-profit societies, including the Peace Arch Community Health Council and Peace Arch District Hospital. He has also been a foster parent and little league coach. Gordon and his wife, LaVerne, live in White Rock and have one son.

**Cheryl Leia**  
Project Manager  
Vancouver Coastal Health

Ms. Cheryl Leia has a BSc in Physical Therapy from the University of Saskatchewan and is currently a project manager for Vancouver Coastal Health falls prevention initiative. Cheryl has a breadth of experience as a physiotherapist in private practice, residential care, acute care, and community health. She is a member of the BC Falls Prevention Coalition, and a strong advocate for practice change to include falls prevention. She does her best to promote active aging in her role as commissioner on the board of the North Vancouver Recreation Commission.

**Sylvia MacLeay**  
First Vice-President  
Council for Senior Citizens Organizations of BC

Ms. Sylvia MacLeay retired after working for 38 years as a biology-chemistry teacher and provincial examination setter, Director of Human Resources, and Assistant Director of Bargaining and Contract Enforcement for the BC Teachers' Federation. Now a past President

of the BCRTA, she has focused of volunteering in the area of welfare for seniors. Currently Sylvia is First Vice-President of the Council of Senior Citizens` Organizations (COSCO), a Director of the BC Retired Teachers Association, and a member of the Steering Committee of the BC Health Coalition. On a personal note, Sylvia is a long time sailor with the West Vancouver Yacht Club and President of the Vancouver Dixieland Jazz Society. Her 5 adult children, their spouses, and her 5 grand children are light of her life.

**Rebekah Mahaffey**

Coordinator

Measuring Up Program at 2010 Legacies Now

Ms. Rebekah Mahaffey, a Coordinator of the Measuring Up program at 2010 Legacies Now, has a background in social planning, international development, and inclusion not-for-profit work. She is currently working with communities across British Columbia to help make the province a place where people with disabilities like to live, work, play and visit. A globe-trotter, she has lived in Indonesia, Libya, England, Guatemala, Sri Lanka, and Canada.

**Don Maunders**

Facilitator

On Strategy Consulting

Mr. Don Maunders is the Managing Director of On Strategy Consulting Inc. based in North Vancouver, B.C. Established in 2005, On Strategy Consulting exists to help public and private organizations develop and execute transformational strategic plans – plans that engage teams and focus their talent on the richest set of opportunities for success. Don has worked across a wide variety of industries and sectors and has helped some of Canada’s best known brands to develop thoughtful blueprints for creating the future. Prior to consulting, Don held a number of senior executive positions in the private sector across a variety of functional areas, including Operations Management, Marketing and Human Resources/Organizational Development. Closer to home, Don has been involved with a number of recent B.C. Government initiatives to enhance the quality of the lives of British Columbians, including the ActNow “Agrifood Partners in Healthy Eating” Initiative, and more recently the Community Food Action Initiative.

**Steve Meikle**

Area Programmer

Saanich Community Services

Mr. Steve Meikle is a Community Services Program Coordinator for the Municipality of Saanich Parks and Recreation. Steve has worked in recreation and community development for over 13 years. He has been the Municipality’s liaison for seniors’ services and cultural programs for the last 3 years. This role involves the development of partnerships with local senior serving organizations and community groups to facilitate access to recreation services and opportunities for social participation. Steve facilitated and wrote the municipality’s

Global Age Friendly Cities report. He is currently coordinating Saanich Parks and Recreation's implementation of the strategies identified in that project.

**Jodi Mucha**

Director  
BC Healthy Communities

Ms. Jodi Mucha holds a Masters in Environment and Management as well as years of community and sustainable development experience working in New Zealand, Ghana, Egypt and Canada. Her Masters thesis focused on the connections between spirituality and sustainable development and ways to mobilize them. Jodi has a strong background in public policy research and spent 3 years developing the [e-Dialogues for Sustainable Development](#) with Dr. Ann Dale of Royal Roads University. She is working with the BCHC team using an integral approach to building capacity for healthy municipal governance. Jodi is also passionate about active, healthy lifestyles and in her spare time competes in Ironman Triathlons.

**Jamie Myrah**

Community Capacity Facilitator  
Vancouver Coastal Region

As a Community Capacity Facilitator for the Vancouver Coastal Region, Ms. Jamie Myrah provides support for the alignment and expansion of interventions under the BC Healthy Living Alliance's three pillars of healthy eating, physical activity, and tobacco reduction and works to enhance regional and community capacity to achieve and sustain community health. This includes engaging regional stakeholders to identify priority communities to target capacity building efforts and working with communities to determine their capacity building needs and help access appropriate resources. Jamie has worked in health promotion and community development since 1998, most recently as Health Promotion Coordinator for the Canadian Cancer Society and previous to that as Public Education Coordinator for the YouthCO AIDS Society. A long time volunteer, Jamie currently serves as a Pacific Regional Representative for the Board of Directors of the Canadian AIDS Society and was Board Chair of AIDS Vancouver from 2003-2007. Jamie holds a Bachelor of Arts degree in Sociology from Simon Fraser University.

**Jodi Newnham**

Social Planner, Community Planning Division  
City of Abbotsford

Ms. Jodi Newnham (MA Planning) has enjoyed community building and policy development for fifteen years. In addition to establishing the City of Abbotsford's social planning function in July 2005, she previously worked for the City of Calgary (Arts and Culture) and has also worked with a number of community-based organizations, throughout Canada and internationally. Highlights include developing community-university partnerships in Vancouver's Downtown Eastside, researching alternative energy plans for a progressive Canadian think-tank, initiating a youth asset-building project at a community

resource centre, participatory planning with an international justice organization in Malaysia, and facilitating a network of support for a person with a disability.

### **Beverley Pitman**

Planning Consultant

United Way of the Lower Mainland

Ms. Beverley Pitman is the Planning Consultant for the United Way of the Lower Mainland with the Seniors Portfolio. She has a Ph.D. in urban and regional planning and professional experience ranging across consulting and academia, as well as the public and non-profit sectors. While teaching planning, social and cultural geography, and gender studies at Simon Fraser University in the 1990s, her research focused on the cultural politics of development on the west coast, including sustainable development, affordable housing, and homelessness. Beverley is currently involved in three affordable housing initiatives on the North Shore – the Community Housing Action Committee, A Place to Call Home (a new housing society designed to funnel private donations towards the creation of affordable housing units in North Vancouver), and the District of West Vancouver's Community Dialogue on Housing and Neighbourhood Character. Affordable housing, transportation and home support are the most common issues older adults are raising at the United Way-funded seniors planning tables she is helping to establish throughout the Lower Mainland.

### **Louise Renaud**

Community Liaison, New Horizons for Seniors Program  
Service Canada

Ms. Louise Renaud currently works as Program Lead for the New Horizons for Seniors Program with Service Canada. New Horizons provides grants to non - profit organizations to encourage seniors to share their experience and skills and take an active part in the well-being of their communities. Funding of up to \$25,000 is available to organizations for projects that are initiated and led by seniors and which benefit the communities where they live. Louise has over 20 years experience with employment programs for the "Federal Government. She has worked extensively with clients and community organizations as a Program Officer, Program Consultant, trainer and Community Liaison. Louise is mom to two busy teenage daughters. She is a member of an all women's dragon boat team and also enjoys boating with her family, hiking, running and gardening.

### **Eva Cheung Robinson**

Manager

Active Communities Initiative at BC Recreation and Parks Association

Ms. Eva Robinson is the Manager for the Active Communities Initiative at BC Recreation and Parks Association. Eva brings over twenty-five years of experience working with the not-for-profit sector in British Columbia, Canada and internationally. From 1980 to 1995, she was managed community projects in China, India and the Dominican Republic. From 1995 to 1998, she was the Executive Director of the Social Planning and Research Council of B.C.

Between 1999 and July 2007, Eva was a Program Director with Vancouver Foundation, the largest community foundation in Canada with a mandate to fund a broad cross section of projects for all of British Columbia. She brings knowledge and experience in community development, program planning, monitoring and evaluation. Eva has published a book on case studies of community forestry in India titled “Greening At the Grassroots”. She holds a M.A. degree in Communications from Simon Fraser University.

**Lori Wall**

Coordinator

North Shore Seniors Peer Support Volunteer Program  
and the Vital Living for Healthy Aging Program

Ms. Lori Wall is the Coordinator and Volunteer Trainer for the North Shore Seniors Peer Support Volunteer Program, which is a regional group of the provincial organization Seniors Peer Counselling B.C. She is currently working to expand the peer support program to serve seniors of the Iranian community. Lori has a keen interest in community development with over twenty years of experience working in the field of services for people with disabilities. Prompted by her concern for seniors who experience isolation and loneliness, Lori developed and secured funding in 2007 for an outreach program “Vital Living for Healthy Aging”. Lori has a Counselling Certificate from the University of B.C. for Working with the Aging Population, and Certification in Educational Kinesiology since 1995 with a License to Instruct Brain Gym®. She conducts mind-body fitness classes for seniors and school programs. Lori is the mother two adult-children, one with special needs.

**Danyta Welch**

Policy & Program Office

Union of British Columbia Municipalities

Ms. Danyta Welch is the Policy & Program Officer with Local Government Program Services at the Union of BC Municipalities. She manages numerous grant programs, including the Community Health Promotion Fund, Seniors’ Housing & Support Initiative and the Regional Community to Community Forum program, and supports local government staff and elected officials to identify and apply for grants that best suit the vision of their community. Danyta completed her Masters degree in community planning and focused her thesis on the role of regional organizations in community development education. Her professional experience includes land-use planning, social planning and community economic development and she brings a diverse background in community development project management, research and analysis, facilitation and funding development to her current work.



## **Biographies of the Break Stretch Leaders**



### **Chaco Chiswell**

Treloar Physiotherapy Clinic

Mr. Chaco Chiswell is a Registered Kinesiologist, Certified Exercise Physiologist, Personal Trainer Specialist, Sport Conditioning Specialist, & Medical Qigong Practitioner (Qi is pronounced “chee”). He developed & runs the Treloar Physiotherapy Falls Prevention Program which integrates evidence based research from both Western exercise science & the ancient practices of Taiqi & Qigong. Chaco is a member of both the Vancouver Coastal Health Seniors Falls & Injury Prevention Community Task Force & the Westside Falls Prevention Network. Chaco specializes in Western and Eastern conditioning exercises and Qi development for a comprehensive mind-body program in health, rehabilitation, and fitness. Contact information: [www.chaco.ca](http://www.chaco.ca)

### **Barbara Harwood**

Seniors Serving Seniors

Ms. Barbara Harwood received much of her education in England where she trained as a teacher at Bedford College of Physical Education. She taught Physical Education and Biology at the Senior Elementary level for 20 years. Barbara moved to Victoria in 1986 and taught exercise classes at Monterey Centre in Oak Bay. Barbara was a Guardian of the Active Living Alliance for Older Adults, and wrote training manuals for peer teaching of exercises. She is currently Vice President of Seniors Serving Seniors having volunteered there for 10 years.

### **Carol Ann Shannon**

Crescent Beach Community Services

Ms. Carol Ann Shannon Co-Founder of the White Rock Laughter Club, brings her training, knowledge and experience as a teacher of Laughter Yoga, Transcendental Meditation, Master Practitioner of NLP and Compassionate Communication or NVC. Her workshops have been featured in local newspapers and on Cable TV as she shares her passion for fun and laughter with the goal of empowering others to smile and live compassion. Contact Information: mylaughingmatters@hotmail.com or call her at 604-536-9049

### **Lori Wall**

North Shore Seniors Peer Support Volunteer Program

Ms. Lori Wall is the Coordinator and Volunteer Trainer for the North Shore Seniors Peer Support Volunteer Program. Lori has a Counselling Certificate from the University of B.C. for Working with the Aging Population, and Certification in Educational Kinesiology since 1995 with a License to Instruct Brain Gym®. She conducts mind-body fitness classes for seniors and school programs. Contact information: 604-987-8138 Ext 211 (office)