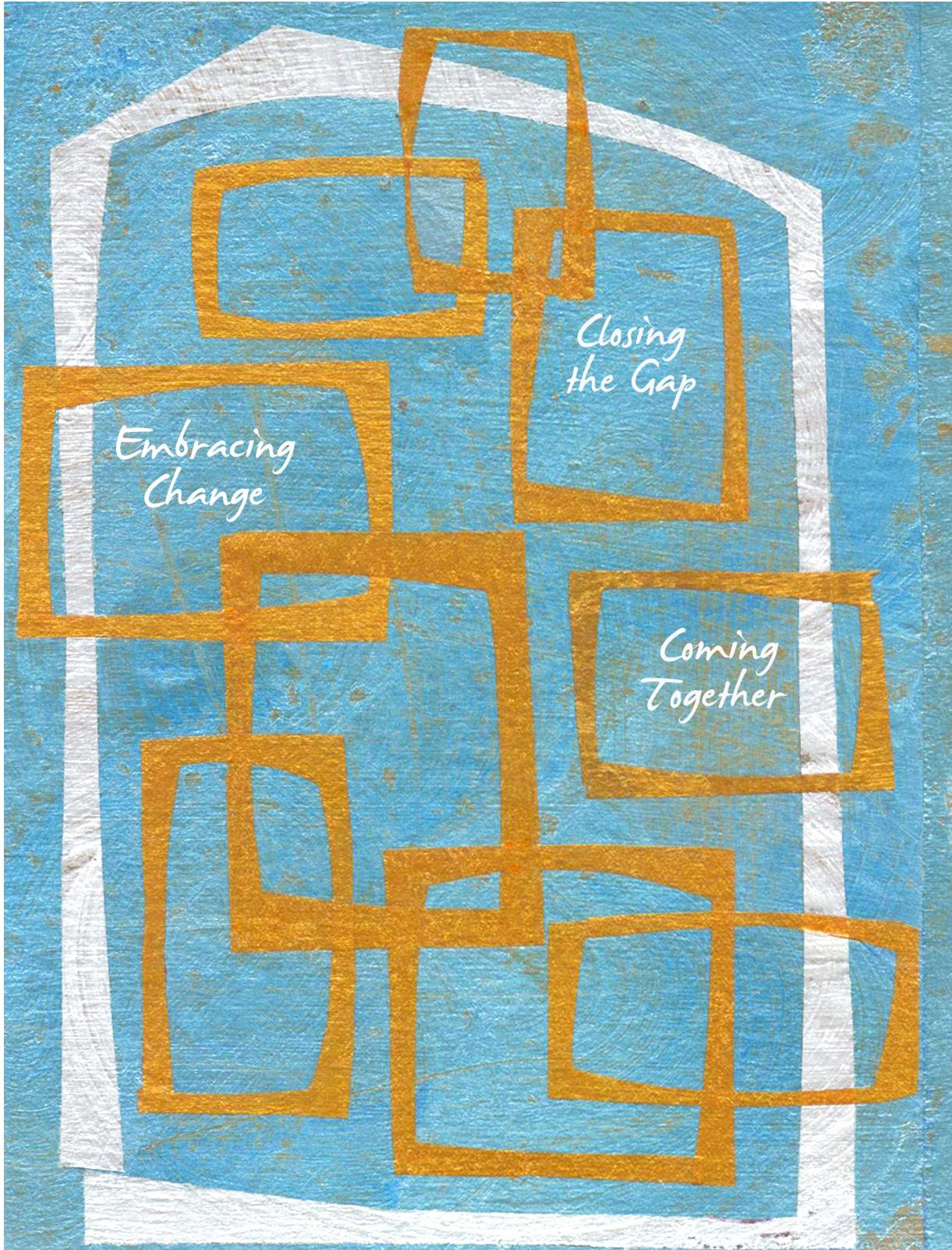


SAINT JOHN'S

ON THE LAKE PRESENTS A SYMPOSIUM ON AGING



CONNECTIONS

A SYMPOSIUM TO COUNTER SOCIAL ISOLATION AND LONELINESS

Symposium On Aging—April 7-9, 2022

Symposium Schedule At A Glance

Wednesday, April 6

7:00 p.m. THEATRE EVENT: 'NIGHT MOTHER – North Cultural Arts Center

This one act play by Marsha Norman is a taut and fluid drama that addresses the impact of deep and abiding loneliness in the lives of simple people. The play, generously sponsored by Resident, Jill Heavenrich, is followed by a Wine Reception.

Thursday, April 7

9:00 a.m. REGISTRATION and COFFEE – North Cultural Arts Center

Take a tour, grab a cup or stop by the Exhibitor Tables

10:00 a.m. SESSION 1 WELCOME – North Cultural Arts Center

THE SYMPOSIA'S HISTORY AND FUTURE: Resident, M. KENT MAYFIELD

MUSIC: Resident, KATHY THOME

POETRY READING: MAX GARLAND, Wisconsin Poet Laureate 2013-14

OPENING REMARKS by RENÉE ANDERSON, President and CEO, SAINT JOHN'S

KEYNOTE – CARLA PERISSONOTTO, M.D., M.H.S. – North Cultural Arts Center

The Forgotten & Parallel Pandemic: Loneliness and Isolation in Older Adults

12:00 p.m. LUNCHEON BREAK

Tables in Taylor's (reservations are closed) or stop by The Bistro (Map on p. 27)

1:00 p.m. SESSION 2 FILM: ALL THE LONELY PEOPLE — North Cultural Arts Center

Special Milwaukee Screening followed by Commentary and Talk-Back with Director, STU MADDUX, and Producer, JOSEPH APPLEBAUM, of the Clowder Group

2:30 p.m. BREAK

3:00 p.m. SESSION 3 FACILITATED ROUND TABLE DISCUSSION – South Cultural Arts Center

SUE KELLEY, B.A. Psychology, M.S.W. and TOM HLAVACEK, M.S.

Group discussion regarding the impact of social isolation and loneliness

4:30 p.m. SPEAKEASY/BEVERAGES – South Tower Lobby and Museum Gallery

Casual conversation with presenters and attendees. MOWA description page 25.

Visit our Table Exhibitors, located just outside the North Cultural Arts Center

- ◆ Eastside Senior Services
- ◆ Serving Older Adults
- ◆ Milwaukee LGBT Center
- ◆ St. Ann Center
- ◆ Milwaukee County Department of Health & Human Services,
Aging & Disabilities Services

Symposium Schedule At A Glance

Friday, April 8

- 8:00 a.m.** **REGISTRATION and COFFEE – North Cultural Arts Center**
Grab a cup and stop by the Exhibitor Tables
- 8:30 a.m.** **SESSION 4A THOMAS KAMBER, PH.D. – North Cultural Arts Center**
OR Connecting Older Adults: Harnessing the Power of Technology
- 8:30 a.m.** **SESSION 4B DIANNE STONE – South Cultural Arts Center**
Senior Center – Improving Lives Throughout the Ages
- 10:00 a.m.** **BREAK**
- 10:30 a.m.** **SESSION 5 North Cultural Arts Center**
POETRY READING: MAX GARLAND, Wisconsin Poet Laureate 2013-14
CHARLES PITRE HOY-ELLIS, PH.D.
LGBT+ Older Adults and the Iridescence of Loneliness
- 12:00 p.m.** **LUNCHEON BREAK**
Tables in Taylor's (reservations are closed) or stop by The Bistro (Map on p. 27)
- 1:00 p.m.** **SESSION 6A SAM GOODRICH – South Cultural Arts Center**
OR Learning and Connecting with Beautiful Questions
- 1:00 p.m.** **SESSION 6B E. A. CASEY, L.G.S.W., M.P.A. – North Cultural Arts Center**
Building Connected Communities
- 2:30 p.m.** **BREAK + Visit Boswell Books in the North Cultural Arts Center**  Boswell Book Company
- 3:00 p.m.** **SESSION 7 North Cultural Arts Center**
MUSIC: Residents, WES SCHAUM, piano and ED FILMANOWICZ, violin
POETRY READING: MAX GARLAND, Wisconsin Poet Laureate 2013-14
MARK FREEMAN, PH.D., Living Beyond Loneliness: The Place of the Other in Nourishing the Self
- 7:00 p.m.** **CONCERT: CHAPEL of SAINT JOHN the EVANGELIST**
ORGAN CONCERT – No One Stands Alone

Saturday, April 9

- 10:00 a.m.** **SESSION 8 ALL THE LONELY PEOPLE [FILM]– North Cultural Arts Center**
Facilitator, M. Kent Mayfield – Repeat Screening
- 11:30 a.m.** **BREAK**
- 1:00 p.m.** **SESSION 9 FRANK OSTASESKI – North Cultural Arts Center [VIRTUAL WORKSHOP]**
Discovering What Death Can Teach Us About Living Fully

SAINT JOHN'S 2022 SYMPOSIUM ON AGING

As a bold initiative in 2017, Saint John's launched the inaugural Symposium On Aging with a purpose to advance transformational thinking about aging and ageism. In this fifth signature event, the network of experts has been invited to share their voices to continue to *disrupt ageism* and expand the study of creative aging to promote wider community connections.

The Symposium provides a context and a relevance for older adults, nonprofit agencies, practicing professionals and concerned members of the community to share ideas, research outcomes and the lessons-learned to confront paradigm shifts in health care, wellness, spirituality and social justice.

Our 2022 Symposium will generate conversations about the effects of and solutions to social isolation and loneliness which existed before, and are now amplified by, the pandemic.

The presenters provide a full complement of relevancy, urgency and the role of community in creating opportunities for social connectedness and actionable steps to reduce isolation and loneliness among people they serve. Participants will be informed of important findings in the field of aging, workshops with replicable practices and timely panel discussions.



SAINT JOHN'S: 154 YEARS + AND THRIVING

From humble beginnings in 1868, Saint John's has grown to be an industry leader of older adult residences and vibrant programs to age well. Saint John's offers full-service retirement living to 450 residents in a continuum of care: high-rise apartments, assisted living suites and care neighborhoods. Saint John's mission is *to enrich the lives of older adults through gracious retirement living, spiritual growth, cultural and educational opportunities and residential healthcare services.*

SAINT JOHN'S FOUNDATION

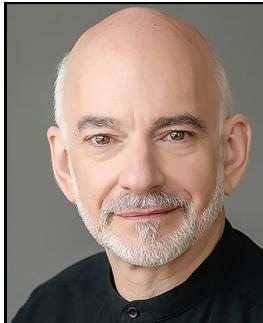
Saint John's Communities Foundation was incorporated in 1982 by visionary volunteers to create a framework of charitable giving opportunities. From that historic investment, our Foundation's Board of Directors continues the purposeful work to grow the endowment, steward the funds and advance Saint John's position as a leader in retirement services and aging well.

ANNOUNCEMENT OF COMMUNITY IMPACT ENDOWMENT FUND

The COMMUNITY IMPACT FUND was established as a legacy gesture to honor the accomplishments of **Donna Spars**, retired Vice President, and **Kent Mayfield**, our visionary volunteer. Their work with Saint John's initiative to invest in the well-being of Milwaukee's older adults began in 2018 with the Institute On Aging. The Fund's purpose is to build capacity of organizations in the wider Milwaukee community through grant awards supporting the creation of lasting solutions to the negative consequences of poverty, discrimination and chronic health conditions among older adults. We are deeply grateful for the generous seed money contributed by Donna and matched by Kent to invest in Saint John's commitment in perpetuity.

Watch for information about the
March 2023 Symposium On Aging
via e-mail, Facebook posts
and Saint John's website.





Chris Flieller



Flora Coker



Marcella Kearns

7:00 p.m.....Pre-Symposium Theatre Event in the North Cultural Arts Center

'Night Mother – a play in one act by Marsha Norman

PRESENTED BY IN TANDEM THEATRE, MILWAUKEE

Directed by Chris Flieller, Performed by Flora Coker and Marcella Kearns



'Night, Mother is a taut and fluid drama that addresses the impact of deep and abiding loneliness in the lives of simple people. "...honest, uncompromising, lucid, penetrating, well-written, dramatic and...unmanipulatively moving...It is at once sparse and concise, introspective and penetrating, powerful and uncompromising, intense and intelligent, warm and theatrical." -NY Magazine

By one of America's most talented playwrights, this play won the Dramatists Guild's prestigious Hull-Warriner Award, four Tony nominations, the Susan Smith Blackburn Prize and the Pulitzer Prize in 1983.

Director: Chris Fleiller is one of Milwaukee's premier theatre professionals who for years headed In Tandem Theatre and is now with UW-Oshkosh. Later in 2022, he will direct "Inherit the Wind" with the Saint John's Players.

This performance was generously sponsored by Resident, Jill Heavenrich.

Thank You...

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The entire Saint John's Staff, especially:
The Dining & Catering Department
The Facilities Management Department
The Housekeeping Department

THURSDAY



4.07.22

9:00 a.m.....Registration & Coffee in the North Cultural Arts Center

Take a tour, grab a cup or visit the Exhibitor Tables – listing on page 24.

10:00 a.m.....Welcome — in the North Cultural Arts Center

WELCOME & SYMPOSIA'S HISTORY AND FUTURE: Resident, M. KENT MAYFIELD, Ph.D.

PIANO MUSIC by Resident, KATHY THOME

POETRY READING by MAX GARLAND, Wisconsin Poet Laureate 2013-14

OPENING REMARKS by RENÉE ANDERSON, President and CEO, SAINT JOHN'S

Renée Anderson

President and CEO

Saint John's On The Lake, Milwaukee, Wisconsin

Ms. Anderson joined Saint John's in 1996 as Director of Finance, was named Vice President in 2001 and was promoted to President and CEO in 2011. She is also President of Saint John's Communities Foundation. Ms. Anderson serves on the boards of Wisconsin Health and Educational Facilities Authority, Parasol Alliance and is a member of the Novare Consortium. She previously served on the Board of LeadingAge Wisconsin and is currently active in LeadingAge on the national level. She earned a Bachelor's of Business Administration with a major in accounting from the University of Wisconsin—Whitewater. Ms. Anderson is a CPA, holds a Certificate of Achievement from the Department of Professional Development and Allied Studies, Programs on Aging and Long-Term Care Nursing Administration from the University of Wisconsin—Madison. She was previously certified as a Nursing Assistant.



10:00 a.m.....Session #1 — in the North Cultural Arts Center

Introduction: Colleen Galambos, PHD, LCSW, LCSW-C, ACSW, FGSA, is professor and Helen Bader Endowed Chair in Applied Gerontology at UW-Milwaukee.

DISTINGUISHED LECTURE – OPENING SESSION

THE FORGOTTEN & PARALLEL PANDEMIC: LONELINESS & ISOLATION IN OLDER ADULTS

LECTURE – CEH 1.5

CARLA M. PERISSINOTTO, M.D., M.H.S.

Professor of Geriatrics, Department of Medicine

University of California, San Francisco



Dr. Perissinotto is board certified in internal medicine, geriatrics and palliative medicine. She served as the associate chief for geriatrics clinical programs at UCSF from 2017 to 2021. She has gained national and international recognition for her research on the effects of loneliness on the health of older adults. Her research and advocacy have focused on integration of loneliness assessments in health care, and evaluation and implementation of community-based programs focused on ameliorating loneliness and isolation in adults.

Dr. Perissinotto was an advisor to the film, ALL THE LONELY PEOPLE.

Description: During this presentation, audience members will learn about the science of loneliness and isolation with a focus on older adults. We will review causes, risk factors and health outcomes. We will simultaneously explore effects of the COVID-19 pandemic, where policies went well and where we need to learn and move forward to protect our social health.

At the close of this session, the participant will be able to:

- ◆ Know the definition of both loneliness and isolation
- ◆ Understand why loneliness and isolation should be viewed as a public health issue in need of intervention on a community and/or personal level
- ◆ Identify evidence for interventions, and how one can take action in the absence of evidence
- ◆ Know resources that communities can access for ways to address loneliness and isolation.

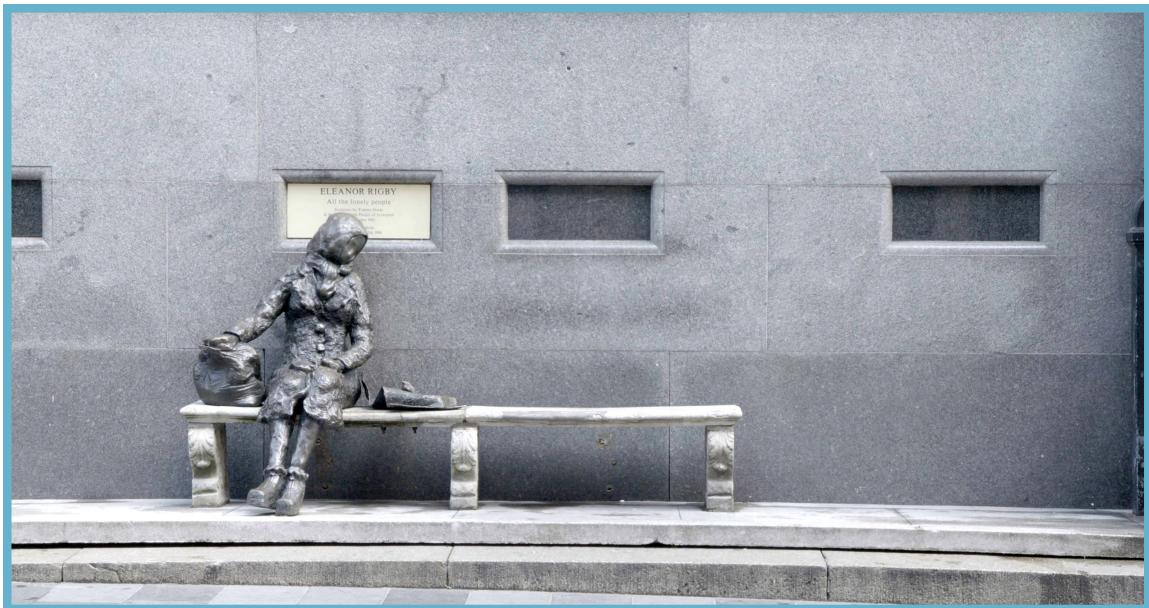
12:00 p.m.....Lunch in Taylor's

Tables in Taylor's (reservations are closed) or stop by The Bistro (Map on p. 27)

1:00 p.m.....Session #2 — in the North Cultural Arts Center

ALL THE LONELY PEOPLE [FILM] - SPECIAL MILWAUKEE SCREENING FOLLOWED BY COMMENTARY AND TALKBACK WITH DIRECTOR, STU MADDUX AND PRODUCER, JOSEPH APPLEBAUM OF THE CLOWDER GROUP – CEH 1.5

The documented story of the social isolation and loneliness that COVID is leaving behind.



Everyone gets lonely and feels isolated at various times in life. It's perfectly natural and for most of us it passes. But for some of us from all walks of life it persists and can have serious debilitating effects both psychological and physical. It can even be deadly. Chronic loneliness and isolation are now a growing worldwide epidemic.

Description: "All The Lonely People" is the first deep-dive documentary into a bad feeling that's getting worse for millions of us. The film probes not only the causes of the problem but what is being done to fight it and the solutions taking root. A handful of people from different walks of life and different life stages offer the cameras an intimate access to their struggle to overcome crippling loneliness and isolation with the help of innovative new programs and practices that if used in enough places, may make millions of us feel like we belong again. Each person is pulled out of isolation by a different innovative solution.



At the close of this session, the participant will be able to:

- ◆ Understand loneliness as an issue requiring intervention on both a community and personal level
- ◆ Know actionable steps to reduce loneliness and isolation among people whom the attendees serve
- ◆ Identify programs around the world that can be emulated in their communities
- ◆ Know one's own level of loneliness and how to assess loneliness in others.

2:30 p.m.....Break



The Bistro, open 7 a.m. –7 p.m., is located just around the corner from the South Cultural Arts Center, offers casual fare in a warm, comfortable space. Cash and credit cards accepted.

3:00 p.m.....Session #3 — in the South Cultural Arts Center

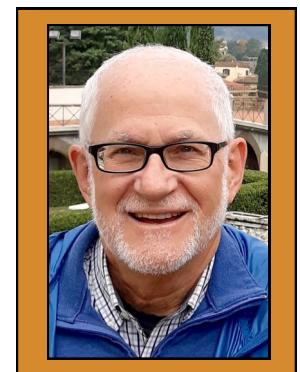
EXPLORING LONELINESS TOGETHER FACILITATED ROUND TABLE DISCUSSION WORKSHOP – CEH 1.5

SUE KELLEY, B.A. Psychology, M.S.W. and TOM HLAVACEK, M.S.

Sue Kelley is a principal consultant based in Milwaukee, WI. Sue provides consulting services to human service and governmental agencies in areas of strategic planning, program planning, proposal writing, project management and group facilitation. Clients include the Milwaukee County Department on Aging, the Alzheimer's Association of Southeastern WI, Interfaith Older Adult Programs and many others.



Tom Hlavacek served for thirteen years as Executive Director of the Alzheimer's Association of Southeastern WI, where he oversaw a staff of 29 in an eleven-county region. He convened and chaired the Alzheimer's Challenging Behaviors Task Force which produced two reports, *Handcuffed* and *We All Hold the Keys*, and led to his testimony before the U.S. Senate Special Committee on Aging, and State legislation. His previous work includes directing the Milwaukee Office of Disability Rights Wisconsin where he co-founded the Mental Health Task Force. He is a past recipient of the Joseph P. Kennedy, Jr. Foundation Public Policy Fellowship and served as a Disability Fellow in the United State Senate. Tom holds a Master of Science degree in Rehabilitation Counseling from the University of Wisconsin – Milwaukee.



Description: This session brings together a cross-section of community leaders, scholars, clergy and service providers to assess the impact of Social Isolation and Loneliness on the shared life of people across the city, region and nation. Intimate small-group discussions facilitated by trained consultants, Sue Kelley and Tom Hlavacek, will explore in depth the varied expressions of the global pandemic of isolation and loneliness, expose its often-hidden, quiet and covert but devastating impact. They will suggest resilient practical responses for lay-people and professionals alike.

At the close of the session, the participant will be able to:

- ◆ Distinguish between social isolation and loneliness
- ◆ Describe the collective impact of isolation and loneliness throughout society
- ◆ Compare and contrast options for addressing the pandemic in various settings
- ◆ Identify strategies for implementation in re-building community and a sense of social cohesion in changing times.

4:30 p.m.....SPEAKEASY – Casual Conversations with Beverages in the Museum Gallery

Opportunity for casual yet engaging conversations with presenters and attendees.

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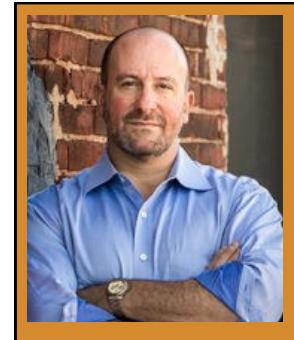


4.08.22

8:00 a.m.....Coffee and Connections in the North Cultural Arts Center

8:30 a.m.....Concurrent Sessions (#4A) — in the North Cultural Arts Center

Introduction: Jody Hirsh, Retired Judaic Education Director at Milwaukee's Harry & Rose Samson Jewish Community Center.



**CONNECTING OLDER ADULTS:
HARNESSING THE POWER OF TECHNOLOGY
WORKSHOP – CEH 1.5
THOMAS KAMBER, PH.D.**

Dr. Kamber is the founder and executive director of Older Adults Technology Services (OATS) and Senior Planet. He is a leading expert on aging and technology and is regularly featured in national media. Under his leadership, OATS and Senior Planet have developed award-winning programs for older adults across America and are now charitable affiliates of AARP. He has taught courses on technology, urban studies and philanthropy at Columbia University, is widely published in professional and academic journals and has presented his work on five continents. He is also a co-founder of the Afro-Latin Jazz Alliance (which has won multiple Grammy awards) and serves on several nonprofit boards of directors and public commissions.

Description: All social change implies a theory of change—a conceptual map of causes and effects, of linkages between action and outcomes. It is these inter-related assumptions about the mechanics of the world that underpin effective strategic thinking. As an organization that has taught tens of thousands of classes to older adults determined to learn challenging new skills and information so that they can work, communicate, get around and take care of themselves, OATS has developed a strong appreciation of the transformative potential of older adults. We have seen first-hand how much older adults desire to remain independent, to continue learning and growing and to contribute to the world around us. At OATS and Senior Planet, the goal is to harness technology to change the way we age. It drives strategy and is the basis for programs, so it's essential to understand what we mean by changing the way we age, and how we can engineer new systems that are shaping the future of aging and translate them into operational terms.

At the close of this session, the participant will be able to:

- ◆ Describe a new theory of change that affirms the potential of older adults
- ◆ Understand how technology can be mobilized to change the ways people age
- ◆ Explain how seniors can improve their social connections and counter social isolation and loneliness by interacting with technology.

8:30 a.m.....Concurrent Sessions (#4B) — in the South Cultural Arts Center

Introduction: Gene Guszkowski, AIA - AG Architecture, Founding Principal, University of Wisconsin– Milwaukee Bachelor of Science, Architectural Studies.

SENIOR CENTERS – IMPROVING LIVES THROUGHOUT THE AGES

WORKSHOP – CEH 1.5

DIANNE STONE, Associate Director, National Council on Aging (NCOA)

Dianne Stone has more than 20 years of experience with senior centers and aging issues primarily as the Director of the Newington Senior and Disabled Center in Newington, CT. Ms. Stone has also worked, volunteered and held leadership positions with a variety of organizations in Connecticut including Connecticut Age Well Collaborative, the ADA Coalition of Connecticut, Connecticut Medicaid Oversight Council and the Commission on Women, Children, Seniors, Equity and Opportunity.



She has served on several legislative task forces and has held leadership positions with the National Institute of Senior Centers (NISC). Ms. Stone joined NCOA in January 2022 as the Associate Director of Network Development and Engagement where, as a member of the Center for Healthy Aging, she is focused on supporting senior centers throughout the country through the Administration on Community Living funded by Modernizing Senior Centers Resource Center and NISC.

Description: Since 1943, Senior Centers have been there for their communities, providing the programs, services and activities that improve lives as people age. Today there are more than 10,000 Senior Centers across the country. They reflect the community they serve.

In this presentation, we will talk about what senior centers are doing today and how they continue to evolve. We will share how NCOA, the national voice of senior centers, connects senior centers to support services and to each other through the National Institute of Senior Centers (NISC) and the new Modernizing Senior Centers Resource Center. And we will share how NCOA is improving the lives of 40 million older adults through its social impact goal and equity promise.

At the close of this session, the participant will be able to:

- ◆ Understand the role of senior centers in improving lives and reducing isolation
- ◆ Identify best practices for senior centers and social connection
- ◆ Know how NCOA supports senior centers through NISC and the Modernizing Senior Centers Resource Center.

10:00 a.m.....Break

10:30 a.m.....Session #5 — in the North Cultural Arts Center

POETRY READING by MAX GARLAND, Wisconsin Poet Laureate 2013-14

Introduction: Kevin Turner – Interim Executive Director of the Milwaukee LGBT Center.

LGBTQ+ OLDER ADULTS AND THE IRIDESCENT LIFE COURSE OF LONELINESS

LECTURE – CEH 1.5

CHARLES PITRE HOY-ELLIS, PH.D., M.S.W., L.C.S.W.

Charles Pitre Hoy-Ellis, PhD, MSW, LCSW, is an Assistant Professor at the University of Utah, College of Social Work. He received his MSW in Clinical/Contextual Practice, and PhD in Social Welfare from the University of Washington, Seattle. Dr. Hoy-Ellis teaches Diversity, Social Justice, and Ethical Reflexive Social Work Practice and Aging Advanced Practice for MSW students.



Dr. Hoy-Ellis' scholarship focuses on the mental health and well-being of LGBTQ+ people, especially midlife and older adults. He has 20 years' practice experience as a licensed clinical social worker (LCSW) providing services to the LGBTQ community. Dr. Hoy-Ellis was a member of the research team of the Caring and Aging with Pride (CAP) project, the first of its kind federally-funded (National Institutes of Health/National Institute on Aging) national study that began to systematically examine the health and well-being of LGBTQ midlife and older adults. This CAP project is now an ongoing longitudinal study.

Description: The Iridescent Life Course Theory illuminates the intersection between identity and context that produces distinct experiences of the life course and aging process across the lives of marginalized people, including older lesbians, bisexual women and men, transgender and gender nonconforming individuals and gay men (LGBTQ+). One of the many consequences of their ongoing marginalization is that compared to heterosexual/straight peers, older LGBTQ+ adults experience significantly greater loneliness. To understand the loneliness among LGBTQ+ older adults today, it is critical to understand both current and historical sociocultural contexts across the life course.

At the close of this session, the participant will be able to:

- ◆ Understand and utilize how applying Iridescent Life Course Theory can support awareness of unique factors that contribute to loneliness among LGBTQ+ older adults, and consequential social, mental and physical health disparities
- ◆ Create strategies and/or actionable steps to reduce loneliness and isolation among LGBTQ+ older adults
- ◆ Know of programs available or that can be adapted in their communities and organizations to serve LGBTQ+ older adults in culturally sensitive ways.

12:00 p.m.....Lunch in Taylor's

Tables in Taylor's (reservations are closed) or stop by The Bistro (Map on p. 27)

1:00 p.m.....Concurrent Sessions (#6A) — in the South Cultural Arts Center

Introduction: M. Kent Mayfield, Ph.D., Saint John's On The Lake Resident.

LEARNING AND CONNECTING WITH BEAUTIFUL QUESTIONS

WORKSHOP – CEH 1.5

SAM GOODRICH, TIMESLIPS TELE-STORIES PROGRAM MANAGER AND MASTER TRAINER

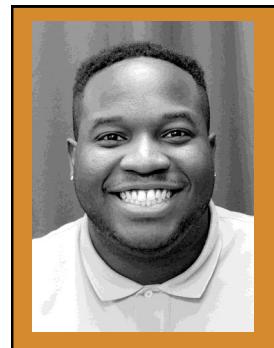


Goodrich oversees several TimeSlips projects including Tele-Stories, connecting with under-connected elders via phone, and other projects in which seniors living with dementia are creatively engaged for better health outcomes. With a performance background, time spent as a professional caregiver and a personal connection to caregiving for someone with memory loss, she hopes to bring light to the benefits that creativity can have on a person with memory loss, as well as the relief it can bring to loved ones and care partners.

Featuring three Milwaukee-based artists and TimeSlips facilitators who participated in the Milwaukee Tele-Stories program, collaborating with the United Community Center, ERAS Senior Network and Meals On Wheels, with financial support from the Greater Milwaukee Foundation and Saint John's On The Lake.

Rob Knapp

Rob Knapp is a singer, songwriter and producer based out of Milwaukee. He graduated from UWM with his BFA in Acting in 2016. Since graduation, he's focused on his music career, and has been a staple in the local music scene ever since. Rob specializes in audio editing and creating original content using words and music. Rob started working with Timeslips in 2020 as a Tele-Stories artist.



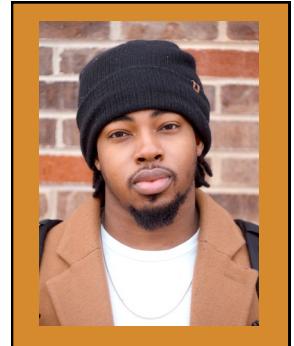
Jacklyn Kostichka

Jackie Kostichka is a dance/movement therapist and artist who lives in Milwaukee. She graduated from the University of Wisconsin – Milwaukee in 2015 with majors in dance and psychology. She graduated with her master's in dance/movement therapy and Counseling from Drexel University in Philadelphia, PA. Jackie has been involved with TimeSlips since 2014. Through TimeSlips, she has been a part of Stage Right Theatre, the Student Artist in Residency program where she worked at Milwaukee Catholic Home from 2015-2016 and was a Tele-Stories artist in 2021.



Michael W. Snowden

Michael W. Snowden is a multidisciplinary story maker from Milwaukee, who approaches every project with a lens of compassion and curiosity. Michael believes in the power of listening and supporting the community. He graduated from Cardinal Stritch University with a BA in Business Administration and a minor in Communications. He is also the founder and Executive Director of Evelyn's Angel, a nonprofit that provides support for those living with Alzheimer's and Dementia and their care partners. Michael has been a workshop facilitator and Tele-Stories artist since 2019.



Description: Tele-Stories was/is designed to engage older adults who were/are isolated during the pandemic and beyond, in meaningful, creative engagement. The artistic products created through this power program will be shared to guide the audience through an exercise to learn the power of Beautiful Questions firsthand.

At the close of this session, the participant will be able to:

- ◆ Know the definition of Beautiful Questions
- ◆ Compare/contrast the impact of asking open, generative questions to asking closed questions
- ◆ Identify models that demonstrate integrating Beautiful Questions into care relationships and systems.

1:00 p.m.....Concurrent Sessions (#6B) — in the North Cultural Arts Center

Introduction: Stephanie Sue Stein – Retired Director, Milwaukee County Department on Aging and Former Saint John's On The Lake Board Chair.

BUILDING CONNECTED COMMUNITIES

WORKSHOP – CEH 1.5

E. A. CASEY, L.G.S.W., M.P.A.

E.A. Casey – who goes by Casey and uses they/them pronouns – is a clinical social worker and community-based Dementia Navigator, supporting clients and families in Washington, DC. Casey also holds a Master of Public Affairs and was a long-time strategic advisor to AARP Foundation's social connectedness initiatives. Before making the switch in 2021 to social work, Casey led the development and implementation of national strategies and programs to combat isolation and loneliness among vulnerable older adults. As a Dementia Navigator at a community aging services provider, Casey facilitates support groups and Club Memory sessions and provides case management services and other support to people experiencing dementia and their caregivers.



Description: This workshop is designed to educate community members about isolation and loneliness and to provide the steps to live more socially connected lives. Attendees will have a unique opportunity to both participate in the workshop and learn about how they can adapt and deliver the workshop themselves. Activities include developing a 1) Friendventory and 2) a personal Social Connection Plan.

At the close of this session, the participant will be able to:

- ◆ Understand the causes and consequences of social isolation and loneliness
- ◆ Identify opportunities and action steps for both communities and individuals to become more socially connected
- ◆ Adapt and deliver the workshop in their own settings and communities.

2:30 p.m.....Break

3:00 p.m.....Session #7— in the North Cultural Arts Center

MUSIC: Residents, WES SCHAUM, piano and ED FILMANOWICZ, violin

POETRY: MAX GARLAND, Wisconsin Poet Laureate 2013-14

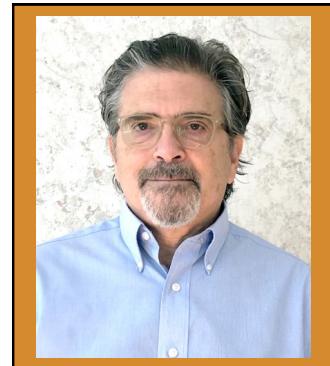
Introduction: Karen Skerrett, Ph.D., clinical psychologist, registered nurse, author and consultant.

LIVING BEYOND LONELINESS: THE PLACE OF THE OTHER IN NOURISHING THE SELF LECTURE – CEH 1.5

MARK FREEMAN, PH.D.

Dr. Freeman is the Distinguished Professor of Ethics and Society in the Department of Psychology at the College of the Holy Cross, Worcester, MA where he has taught since 1986. His writings include *Rewriting the Self: History, Memory, Narrative* (Routledge, 1993); *Finding the Muse: A Sociopsychological Inquiry into the Conditions of Artistic Creativity* (Cambridge, 1994); *Hindsight: The Promise and Peril of Looking Backward* (Oxford, 2010); *The Priority of the Other: Thinking and Living Beyond the Self* (Oxford, 2014); and *Do I Look at You with Love? Reimagining the Story of Dementia* (Brill | Sense, 2021).

Winner of 2010 Theodore R. Sarbin Award in the Society for Theoretical and Philosophical Psychology as well as 2021 Joseph B. Gittler Award from the American Psychological Foundation, Dr. Freeman is a Fellow in the American Psychological Association and also serves as Editor for the Oxford University Press book series “Explorations in Narrative Psychology.”



Description: Isolation and loneliness may be said to entail a kind of “existential undernourishment,” wherein one is deprived of stimulation critical to vitality of self. Drawing on works of Martin Buber & Viktor Frankl as well as musings from my book *The Priority of the Other*, I will offer that attention, responsiveness and responsibility to what is “other”—other people, but also nature, art, perhaps God—can serve as important vehicles to find meaning, provide hope and sustain the self’s vitality and well-being in the face of the challenges at hand.

At the close of this session, the participant will be able to:

- ◆ Understand nature of loneliness and its potentially deleterious consequences for the vitality and well-being of the self
- ◆ Appreciate the various ways in which loneliness may be counteracted and diminished
- ◆ Craft actionable steps and/or strategies for “nourishing” the self through both personal practices and community-based opportunities and organizations.

7:00 p.m.....Organ Concert in Chapel

NO ONE STANDS ALONE

Sheri Masiakowski, Dean, Milwaukee American Guild of Organists

Larry Wheelock, Artist In Residence, Plymouth Church UCC

Simone Gheller, Organist, St. Jerome Catholic Church



Sheri Masiakowski, DMA

Sheri Masiakowski, Curator of the Heritage Music Collection for the School Sisters of St. Francis, completed her Doctor of Musical Arts degree (Organ performance) in January 2022 at the University of Wisconsin—Madison. Her dissertation project was “The Solo Organ Works of Sr. Theophane Hytrek” which brought discovery of unpublished manuscripts by this well-known Alverno College professor and vowed religious in the order mentioned above.

She consistently plays at numerous Milwaukee sacred sites: Archdiocese of Milwaukee Permanent Diaconate Formation, Three Holy Women Cluster, St. John Vianney Parish, Greenfield Avenue Presbyterian, St. Francis of Assisi Parish and St. Charles(Hartland). She is a former Dean of the Milwaukee Chapter—American Guild of Organists and former Chair of ALMA-Archdiocesan Liturgical Musician’s Association. She serves as proctor of the AGO certification exams.

Larry Wheelock, Organist – Plymouth Church, Milwaukee

Larry Wheelock, began his musical studies at the age of 5 and became a church organist at the age of 14.

He has served Lutheran churches in Pennsylvania and New Jersey and was Minister of Music at St. Michael's Lutheran Church in Philadelphia from 1983-1991. From 1991 to 2015 he served as Director of Music Ministries at Kenwood United Methodist Church, Milwaukee. He is currently Artist-In-Residence at Plymouth Church UCC on Milwaukee's East Side and is also a freelance musician, playing in a variety of local churches and venues. His compositions have been published by Augsburg Press and Celebrations Unlimited. He is Past-Dean of the American Guild of Organists—Milwaukee Chapter.



Simone Gheller, Ph.D. – The Church of Saint Jerome, Oconomowoc

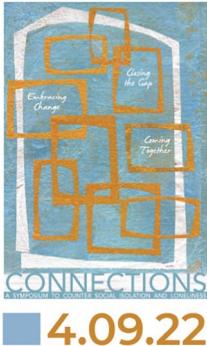
Dr. Simone Gheller was born in Padua, Italy. After graduation from high school, he received four Master's degrees from the Pedrollo Conservatory in Vicenza, Italy, in Piano, Organ Performance, Music Education, and Choral Music and Choral Conducting. He earned a Doctorate in Organ and Organ Composition, cum laude, at the Venezze Conservatory in Rovigo, Italy, where he studied with Andrea Toschi. In 2008, he received a "Medaille d'Or en Supérieur d'Interpretation" at the Conservatoire National de Paris. Dr. Gheller has an extensive performing history with concerts in prestigious locations in Italy, France, Germany, Austria, and America among others.



Currently, Dr. Gheller is Music Director and Organist at St. Jerome Catholic Church in Oconomowoc, WI and professor of piano & organ at the Wisconsin Conservatory of Music in Milwaukee.

This performance is held on campus in the Chapel of Saint John the Evangelist – a most stunning and sacred space designed with acoustics for optimum sound delivery.

SATURDAY



■ 4.09.22

10:00 a.m.....Session #8 in the North Cultural Arts Center

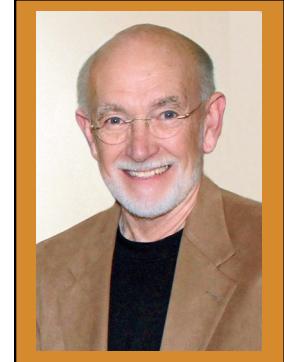
SPECIAL REPEAT MILWAUKEE SCREENING

ALL THE LONELY PEOPLE WITH FILM AND DISCUSSION

CEH 1.5

FACILITATOR, M. KENT MAYFIELD, M.DIV., M.A., PH.D.

The documented story of the social isolation and loneliness that Covid is leaving behind.



Description: "All The Lonely People" is the first deep-dive documentary into a bad feeling that's getting worse for millions of us. The Film probes not only the causes of the problem but what is being done to fight it and the solutions taking root. A handful of people from different walks of life and different life stages offer the cameras an intimate access to their struggle to overcome crippling loneliness and isolation with the help of innovative new programs and practices that if used in enough places, may make millions of us feel like we belong again. Each person is pulled out of isolation by a different innovative solution. Dr. Mayfield will facilitate the discussion following the conclusion of the film.

At the close of this session, the participant will be able to:

- ◆ Understand why loneliness is an issue requiring intervention on a community and personal level
- ◆ Know actionable steps to reduce loneliness and isolation among people whom attendees serve
- ◆ Have knowledge of programs around the world that can be emulated in their communities
- ◆ Know their own level of loneliness and how to assess loneliness in others.

11:30 p.m.....Break

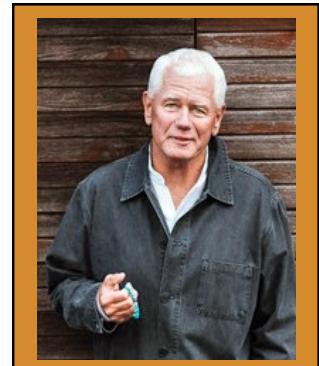
Stop by The Bistro (Map on p. 27)

1:00 p.m.....Session #9 in the North Cultural Arts Center (VIRTUAL)

DISCOVERING WHAT DEATH CAN TEACH US ABOUT LIVING FULLY

VIRTUAL LECTURE – CEH 1.5

FRANK OSTASESKI



Frank Ostaseski is an internationally respected Buddhist teacher and visionary co-founder of the Zen Hospice Project, and founder of the Metta Institute. He has lectured at Harvard Medical School, the Mayo Clinic, leading corporations like Google and Apple Inc. and teaches at major spiritual centers around the globe. Frank is the 2018 recipient of the prestigious Humanities Award from the American Academy of Hospice and Palliative Medicine. Frank has accompanied over 1,000 people through the dying process and trained thousands of healthcare clinicians and family caregivers around the world. His groundbreaking work has been featured on the Bill Moyers PBS series *On Our Own Terms*, highlighted on The Oprah Winfrey Show and honored by H.H., the Dalai Lama. He is the author of *The Five Invitations: Discovering What Death Can Teach Us About Living Fully*.

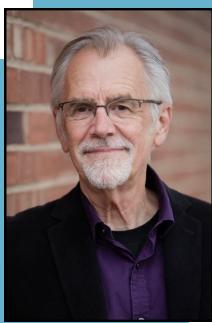
Description: In this session, Frank will introduce *Five Invitations*, principles that show us how to wake up fully to our lives. They can be understood as best practices for anyone navigating aging or coping with loss or serious illness; they guide us toward appreciating life's preciousness. Weaving together pragmatic tools, real life stories and ancient wisdom, the attendee can discover how an awareness of death can be a valuable companion on the road to living well, forging a rich and meaningful life free of regret. His learning strategies include: lecture, experiential exercises, slides and group discussion.

At the close of this session, the participant will be able to:

- ◆ Understand the Five Principles that support self-awareness, personal engagement and the development of mutually beneficial relationships in service
- ◆ Distinguish characteristics between helping, fixing and serving
- ◆ Explore the lessons that awareness of death can provide individuals in the aging process.

2:30 p.m.....Conclusion of Symposium

Visiting Poet



MAX GARLAND

Max Garland is the author of *The Word We Used for It*, winner of the 2017-18 Brittingham Poetry Prize. Previous books include *The Postal Confessions*, winner of the Juniper Prize for Poetry, and *Hunger Wide as Heaven*, which won the Cleveland State Poetry Center Open Competition. He has received an NEA Poetry Fellowship, a Michener Fiction fellowship, inclusion in *Best American Short Stories*, and fellowships in both poetry and fiction from the Wisconsin Arts Board. Born and raised in Kentucky, where he worked as a rural letter carrier on the route where he was born, he is Professor Emeritus at University of Wisconsin-Eau Claire, recent Writer-in-Residence for the city of Eau Claire and a former Poet Laureate of Wisconsin. During his tenure as Poet Laureate he traveled over 20,000 miles throughout the state, visiting libraries, schools, arts festivals and seniors' groups, advocating on behalf of poetry and other creative arts as essential for human understanding and community.

Introducers



COLLEEN GALAMBOS, Ph.D., LCSW, LCSW-C, ACSW, FGSA UNIVERSITY OF WISCONSIN-MILWAUKEE

Dr. Colleen Galambos, is professor and Helen Bader Endowed Chair in Applied Gerontology.

Dr. Galambos is a fellow of the Gerontological Society of America, a fellow of the American Academy of Social Work and Social Welfare, and a National Association of Social Workers Pioneer. Her practice experience includes clinical, administrative, policy and research positions in a variety of health and long-term care organizations. Past appointments include the National Academies of Sciences, Engineering and Medicine's Committee on the Health and Medical Dimensions of Social Isolation and Loneliness in Older Adults and the 2020 National Academy of Medicine's (NAM) Vital Directions for Health and Healthcare project. In 2020, Dr. Galambos was appointed to the National Academies of Sciences, Engineering and Medicine's Committee on the Quality of Nursing Home Care. Recently, Dr. Galambos was selected as one of the Milwaukee Business Journal's 2020 Women of Influence for her mentorship of students preparing for careers in gerontology.

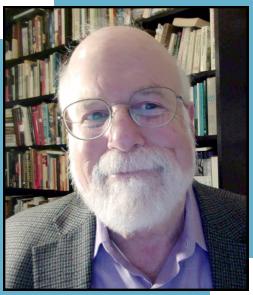
Introducers

EUGENE R. GUSKOWSKI, AIA—AG ARCHITECTURE, FOUNDING PRINCIPAL



Gene is recognized nationally as a design leader in the senior living industry, where he has served as planner, design architect and project architect for a wide variety of senior living facilities across the country. He has specialized in design since 1973 and directs all the firm's design activities. Gene is particularly known for his ability to provide the vision needed to implement forward-thinking concepts. He is also admired for his communication skills and gift for building the consensus needed to move projects forward with a positive sense of community. His career achievements have been recognized by his alma mater, University of Wisconsin—Milwaukee, with a 2018 UWM Distinguished Alumni Achievement Award.

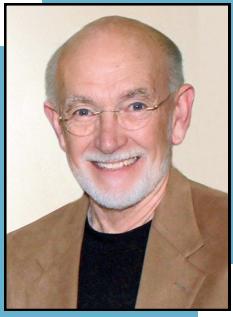
JODY HIRSH



Jody Hirsh who recently retired after serving 23 years as the Judaic Education Director at Milwaukee's Harry & Rose Samson Jewish Community Center is an award-winning Jewish Educator, having received the Covenant Award for Outstanding North American Jewish Educator in 2005, and the Morton L. Mandel Jewish Educational Leadership Award of the Jewish Community Centers Association of North America in 2014. For three years he served as Programme Director of the Hong Kong Jewish Community Centre and has taught at the University of California (both the Berkeley and Los Angeles campuses), Mills College in Oakland, CA, and the University of San Francisco, as well as the Los Angeles University of Judaism, and Hebrew Union College. He is a past Jerusalem Fellow, with post graduate work at the Hebrew University, Jerusalem.

Jody is a musician and playwright who has had productions of his plays all over the world including the OBIE Award winning *Seeing Double* written with the San Francisco Mime Troupe, *The Great King Herod Murder Mystery*, Israel's longest running play, *The Case for Mathew Nathan*, produced in Hong Kong as part of the 1997 handover festivities, and the *Pandemic Trilogy* produced virtually in 2021.

M. KENT MAYFIELD, M.Div., M.A., M.R.E., Ph.D.



Kent Mayfield completed training as an educator and theologian. Mayfield's career has been in ministry and higher education, both baccalaureate and post-graduate adult, particularly in multicultural settings in the US and abroad. In the early 1990s, Mayfield served as bioethicist for Wisconsin's first integrated-care network for elders, Elder Care of Wisconsin, collaborating with Respecting Choices and Honoring Choices – Wisconsin, to bring early attention to advance care planning especially in rural Southwestern Wisconsin.

A resident of Saint John's On The Lake, Kent has taken a leadership role in hosting the Symposium On Aging - now it is 5th Year, and has been the Strategic Advisor to the Saint John's Institute on Aging. He is actively engaged in LifeStreams programming for residents and serves on the Saint John's Board of Directors. Kent has been named to the Governing Board of the Aging and Disabilities Resource Center, as well as the Select Committee on Senior Centers for Milwaukee County and is a nominee to the Advisory Committee for the Milwaukee County Commission on Aging.

Introducers



KAREN SKERRETT, Ph.D.

Dr. Karen Skerrett is a licensed clinical psychologist, Registered Nurse, author and consultant. She maintains a long-term clinical and consulting practice specializing in the treatment of couples and families, particularly those challenged by illness and disability. She teaches nationally and internationally on strength-based approaches to change, processes of relational resilience and the development of healing narratives across the lifespan. She has been on the faculties of the University of Illinois, Adler University and most recently was an Associate Clinical Professor at the Family Institute/Center for Applied Psychological Studies at Northwestern University. As an Associate Professor at the University of San Diego she developed the first doctoral program in Advanced Practice Mental Health Nursing in southern California.

She is the co-author of several academic books, numerous book chapters and journal articles, a memoir and the new book: *Growing Married: Creating stories for a lifetime of love*, her first for general audiences.



STEPHANIE SUE STEIN, M.A. – FORMER SAINT JOHN’S BOARD MEMBER

Former Chair, Board of Directors Saint John’s Communities, Director, retired Milwaukee County Department on Aging.

Stephanie Sue Stein is an internationally known consultant on aging and public policy. She retired in 2015, after working on behalf of older adults for more than 40 years, from her position as director of the Milwaukee County Department on Aging.

In 2016, the Board of Directors of Milwaukee’s Interfaith Older Adult Programs appointed Ms. Stein, Interim Executive Director. She was elected Chair of the Board of Directors for Saint John’s Communities in 2017 and served until 2020.

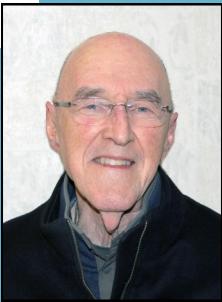


KEVIN TURNER, Interim Executive Director

Kevin Turner joins the Milwaukee LGBT Center with over 25 years of active involvement in local nonprofit and for-profit sectors with the Milwaukee Metro area. Mr. Turner brings expertise in organizational management, administration and business practices to the Center. He has also built a career as a trauma-informed care facilitator and holds several certifications nationally and internationally. These techniques have proven to help individuals decrease stress and increase productivity. Mr. Turner is an accomplished public speaker with leadership skills gained from various programs at Cardinal Stritch University: strategic planning, financial planning and project management.

Resident Musicians

ED FILMANOWICZ



Ed Filmanowicz moved to Saint John's in 2020 from Elm Grove. Ed was born near the steel mills on the South side of Chicago and grew up above his father's pharmacy in a Polish neighborhood, speaking only Polish until he was 5 years old. He attended a parochial grade school and was a serious violin student. After graduating from South Shore HS, Ed went on to Harvard College, the University of Chicago Medical School, and an internship and residency at the University of Michigan Hospital, where he met Joanne who was working there as a nurse. They married in 1962. Ed's further training took them to Washington D.C. for research at the National Institutes of Health (NIH), then back to Ann Arbor and U of M, and on to Boston for a fellowship in Hematology/Oncology at Harvard Medical School for one year. They came to Milwaukee in 1968 where Ed began his practice at Milwaukee Lutheran and Columbia Hospitals, before moving to St. Joseph's Hospital to develop an oncology program. In 1980 he became the Medical Director of Milwaukee Hospice Home Care, working closely with Joanne. Ed enjoys his retirement having the time to pursue his avocation, playing the violin, especially in chamber music groups.

WES SCHAUM



Wes is retired from a publishing firm in Mequon which specialized in music for piano students. Through the years, he has composed, arranged, compiled and edited hundreds of pieces of music contained in albums and individual sheet music pieces. His works include a series of method books for adults and specialized books for teaching music theory, sight reading and keyboard harmony which have been widely sold throughout the country. Foreign editions of Schaum music are available in England, Germany, Holland and Spain. He holds two music degrees in piano performance from Northwestern University, where he also studied pipe organ and harpsichord. After college he enlisted as a Navy musician and was assigned to the staff of the Navy Music School in Washington, D.C.

Wes is an accomplished accompanist, working with the nearby First Unitarian Church choir for nearly 25 years. He has also accompanied other musicians at Saint John's, played for Veterans Day services, St. Patrick's Day sing-alongs and furnished background music for lunch and dinner in the care neighborhoods. For a few years, he was a member of the North Shore Kiwanis Club where he accompanied singing during their weekly meetings at Hubbard Lodge in Shorewood.

KATHY THOME



Kathy grew up in South Dakota, where she began piano study at age 5, with teachers from local colleges. She graduated from Alverno College in Milwaukee with a degree in English and piano performance. As a student, she participated in master classes at DePaul University and played chamber music at the Norfolk Music School of Yale University. Over the years, Kathy taught high school and college English, earned graduate degrees in English and religious studies and volunteered with several service organizations. She also served as a liturgical musician and was active in the American Guild of Organists.

Kathy and her husband Dean raised their son and daughter in Grafton, WI, where she maintained a private piano studio for twelve years. In 2002, they moved to downtown Milwaukee; in 2020, they became residents of Saint John's On The Lake.

Table Exhibitors



EASTSIDE SENIOR SERVICES

The mission of Eastside Senior Services is to help adults aged 60 and older to live independently and stay connected to their community on the east side and Shorewood. Volunteers help with rides, grocery shopping, errands, companionship, minor home repairs and chores – all free of charge and with no income restrictions. Neighbors Helping Neighbors 2022 pilot project is a NEW, intensive outreach to be conducted in a smaller area, connecting clients and volunteers in close proximity to one another, nurturing relationships, reducing isolation and loneliness, while helping older adults obtain help in order to remain independent in their homes.

MILWAUKEE COUNTY AGING & DISABILITIES SERVICES

Milwaukee County Aging & Disabilities provides a single point of access to services for older adults and individuals with disabilities. We offer a wide range of programs and services to meet the diverse needs of our community including: long term care, dementia care, meals on wheels, adult protective services, information & assistance, benefits specialists, senior centers, wellness programs, senior dining, transportation and more.



MILWAUKEE LGBT CENTER

MKE LGBT CENTER'S Aging & Disability Program provides support groups, information and referral services, opportunities for learning and education, training, counseling, social events (virtual/in person), a clothing closet and food pantry, as well as state and local advocacy opportunities for LGBTQ+ Older Adults & People with Disabilities.

SERVING OLDER ADULTS

SOA's mission is to provide opportunities and services to adults 50 years and older. Serving Older Adults was founded in May 2018 and began managing five senior centers in January 2019. At the Symposium, SOA will feature the new Tech Connect for Older Adults Program which offers one-on-one and small group technology training.



ST. ANN CENTER

St. Ann Center provides Franciscan-inspired, intergenerational, community-based health and educational services for children, adults, frail elders and people with disabilities, and serves as a resource for their caregivers.

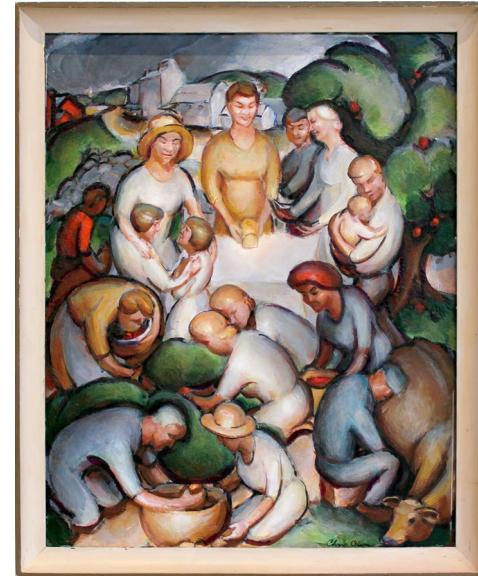
THE RURAL COMMUNITY

In the late 1940s and early 1950s, America was recovering from the trauma of the Second World War. From the smallest village to the biggest city, society had to adjust to a “new normal” of peace and stability after years of conflict and the preceding Great Depression.

For many in rural Wisconsin, progress was slow: traditional occupations such as housewife, dairyman, electrician and teacher still existed in abundance. But also prevalent was an insatiable desire among such people to create, to be artistically expressive, even though art was often regarded as a frippery in the context of their daily lives of hard work within their communities.

While the artists featured in this exhibition may have lacked formal art education beyond a rudimentary level, this deficiency was compensated by a deep connection to their subjects. Winter scenes, sleigh rides, barn dances, crop planting, timber hauling, fruit picking and a country notion of what a big city looks like all feature in paintings that are as delightful as they are sincere.

In our age of global connectivity, these works harken back to a time of tightly knit communities, more person-to-person communication, letters, and if you were lucky, maybe a telephone call. These views of a long-lost world still elicit tremendous, and warranted, nostalgia.

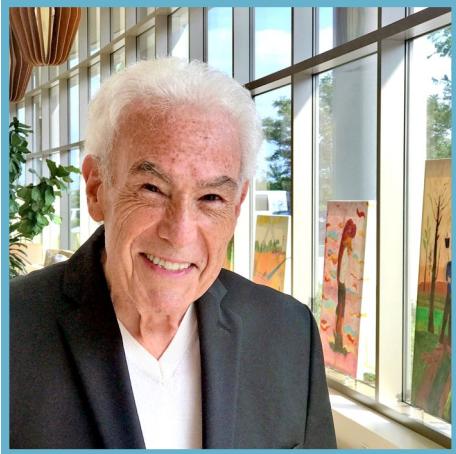


Our Daily Bread by Christian Olson



MOWA On The Lake, a satellite site of the Museum of Wisconsin Art, is located in Saint John's Museum Gallery. MOWA staff curate the exhibits, which are changed quarterly. MOWA's main gallery is in West Bend, Wisconsin.

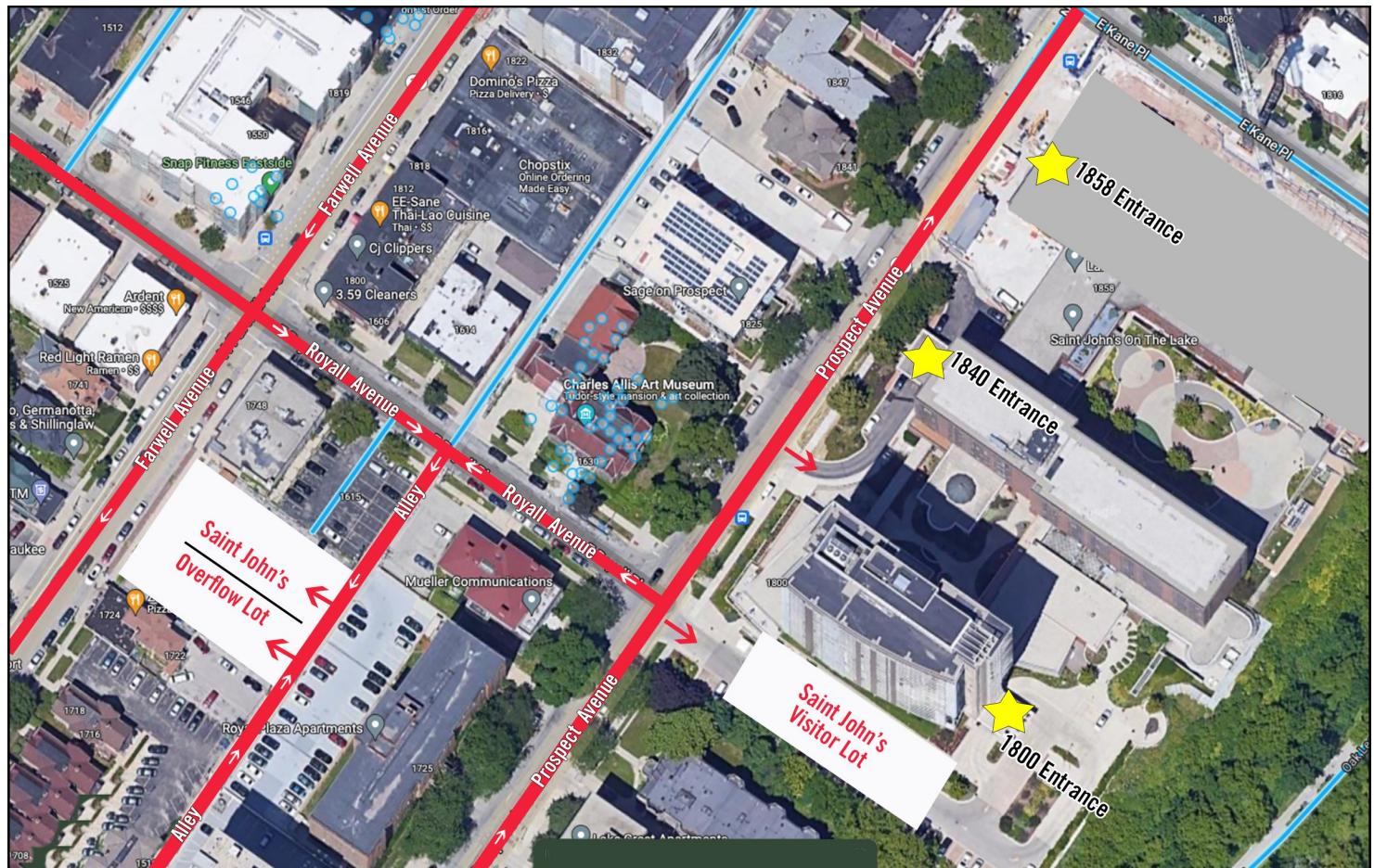
Art on Display



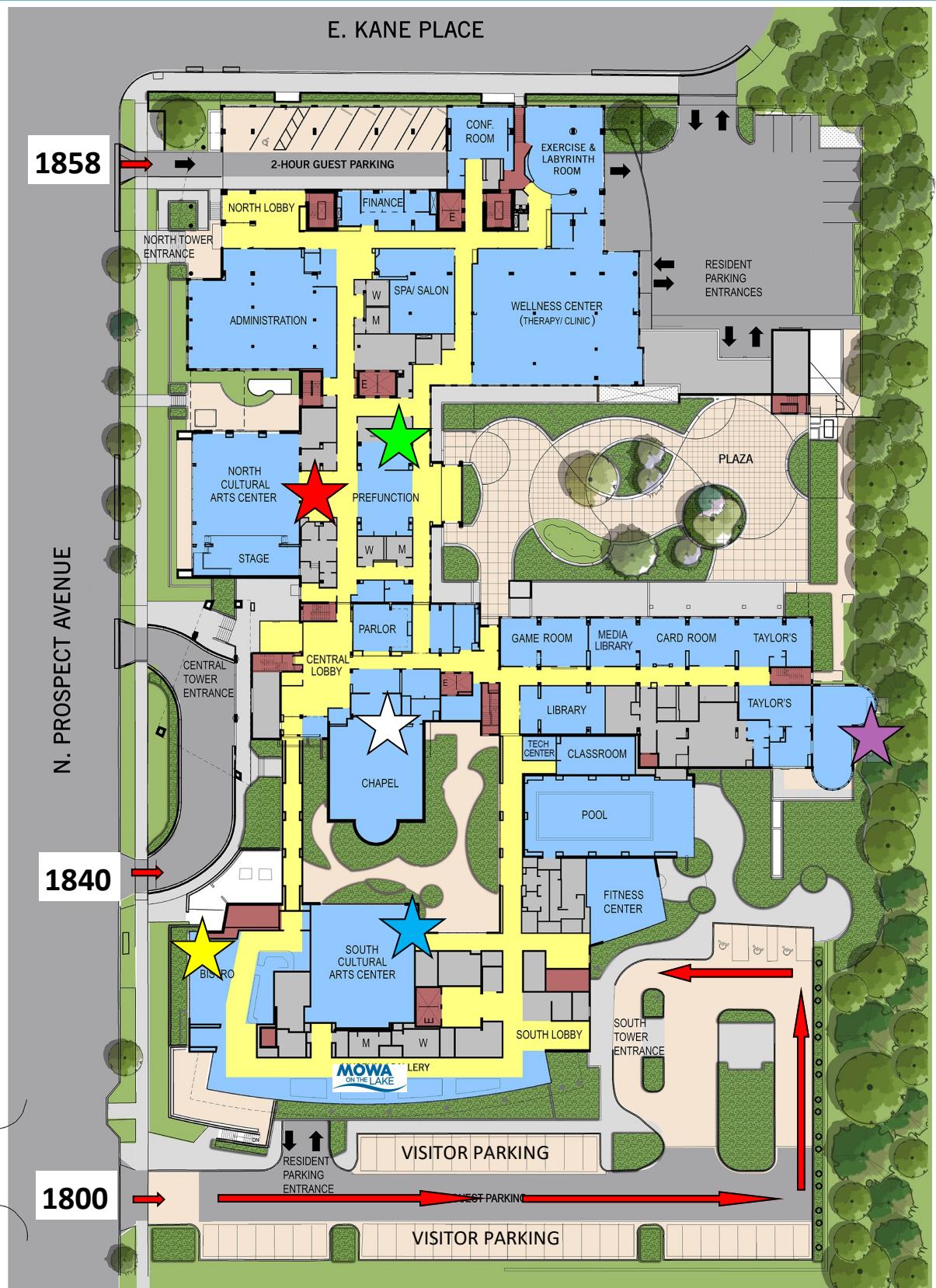
STEVE BYER – Exhibit in South Cultural Arts Center

When Steve Byer was 17, he worked in a Chicago art gallery owned by Mack Gilman, who became a life-long friend. That following year, Steve enrolled as an art student at the University of Illinois in Champaign-Urbana, but not for long. Majoring the next year in journalism, Steve then pursued a successful career in marketing and enjoyed the acquisition of fine art and antiques for many years. In the early 1990s, he followed a long-held wish to become a fine art dealer, a career he pursued for many years. His retirement in 2018 to Saint John's On The Lake, Milwaukee opened a new opportunity, and a secretly held desire, to paint. The result has been more than 30 paintings to-date, many of which are on display. It is our hope that you enjoy the whimsical, magical realism and colorful collection that Steve has created.

Additional Parking...



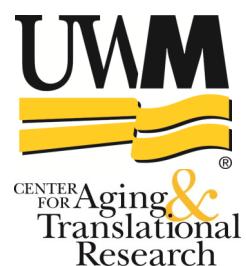
Saint John's Town Center



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We are grateful for your generous support of the 2022 Symposium.

- ◆ Jill Heavenrich
- ◆ Barbara Kloman

