

Saint John's On The Lake  
6th Annual Symposium On Aging  
March 9-10, 2023



In Darkness and In Light  
Embracing Change with  
Resilience, Intention and Hope

SAINT JOHN'S  
ON THE LAKE

## Symposium Schedule At A Glance

### Wednesday, March 8

7:00 p.m....THEATRE EVENT – in the North Cultural Arts Center

“Thanks a Lot” Theatre Gigante with Mark Anderson and composer-collaborator, Frank Pahl

FOLLOWED BY A RECEPTION – in the North Atrium

### Thursday, March 9

8:00 a.m....REGISTRATION and COFFEE – North Cultural Arts Center

Take a tour, grab a cup and visit the Exhibitor Tables – listing on page 25.

9:00 a.m....Welcome — in the North Cultural Arts Center

Opening remarks by **Renée Anderson**, President and CEO, Saint John’s On The Lake

9:00 – 10:30 a.m....in the North Cultural Arts Center

KEYNOTE: Session 1 **I Can Hardly Wait for Tomorrow** with Mark Doty

10:30 a.m....BREAK

10:45 a.m.– 12:00 p.m....in the North Cultural Arts Center

Session 2 **On 3 Years of COVID: Viruses, Ethics & Art** with Craig M. Klugman, Ph.D.

12:00 p.m..LUNCHEON BREAK IN TAYLOR’S

Tables in Taylor’s (reservations are closed) or stop by The Bistro (Map on page 27)

1:00–2:15 p.m....in the North Cultural Arts Center

Session 3 **Promoting Well-being Through Contemplative Practices: From Molecules to Minds, and on to Relationships** with Thaddeus Pace, Ph.D.

2:15 p.m...BREAK

2:30–4:00 p.m....in the South Cultural Arts Center

Session 4A—Practicum **The Art of Mindfulness** with Hope Torrents

OR

2:30–4:00 p.m....in the North Cultural Arts Center

Session 4B—Practicum **Strengthening Our Resilience Muscles** with The Rev. Dr. Scott Stoner

4:00 p.m...SPEAKEASY/BEVERAGES – in the North Atrium

7:00 p.m...CONCERT EVENT – in the North Cultural Arts Center

Featuring the Fine Arts Quartet

FOLLOWED BY A RECEPTION – in the North Atrium



## Symposium Schedule At A Glance

### Friday, March 10

8:00 a.m.....REGISTRATION and COFFEE – North Cultural Arts Center

Take a tour, grab a cup and visit the Exhibitor Tables – listing on page 25.

9:00–10:15 a.m....in the North Cultural Arts Center

Session 5A—Virtual Lecture **The Wisdom of Care for Aging and Human Development:  
The Art of Living and Dying with Arthur Kleinman, M.D.**

OR

9:00–10:15 a.m....in the South Cultural Arts Center

Session 5B—Practicum **Embracing Wisdom: Compassion, Resilience and Emotional  
Awareness in Aging with Marcelo Bento Soares, Ph.D.**

10:15 a.m.....BREAK

10:30–12:00 p.m....in the North Cultural Arts Center

Session 6 — **Spirit, Resistance and Resilience with Tink Tinker, Ph.D.**

12:00 p.m. ....LUNCHEON BREAK IN TAYLOR'S

1:00 p.m.–2:30 p.m....in the North Cultural Arts Center

Session 7 **Nuggets by Day and Gems by Night: Lessons from Suffering with  
Bishop Rudolph W. McKissick, Jr. M.Div., D.Min.**

7:00 p.m. ....CONCERT EVENT – in the North Cultural Arts Center

Featuring the Master Singers of Milwaukee



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





## SYMPOSIUM ON AGING 2023

In Darkness and In Light: Embracing Change with Resilience, Intention and Hope

Saint John's On The Lake

March 9-10, 2023

### SAINT JOHN'S 2023 SYMPOSIUM ON AGING

As a bold community-focused initiative, Saint John's launched a Symposium on Aging in 2017 with the explicit purpose of advancing a transformative paradigm for aging and countering the poverty and discrimination which continue to fracture our nation in its several forms. From that inaugural event, four additional symposia underscored two important elements: New knowledge from leaders from across an interdisciplinary spectrum from medical science to psycho-social considerations, the humanities, spirituality and the arts and a diverse, interactive format for lifelong learning.

Today, an invisible virus and its legacy have changed our world and our lives. Many of us find ourselves confronting a lingering, pervasive sense of loss, moments of terror and panic, self-doubt and helplessness — but also moments of deep human connection, of purpose and gratification, a reshaping of the experience of death, and what it means to care and to love.

In 2022, the Symposium acknowledged how the conditions of our lives — the pandemic, social isolation and loneliness among them — can trap us in bewilderment and impotence, as signs of failure or retreat, as negative spaces in our life journeys, when they may well be otherwise.

The 2023 Symposium takes its theme seriously: In Darkness and In Light — Embracing Change with Resilience, Intention and Hope. We know that this world is radiant with beauty. This world is also capable of bone-chilling sadness and the small, corrosive daily cruelties that salt our days with sorrow. For a sensitive person to live with the duality, to embrace the darkness that is the bedrock of our common experience and to keep the light aflame may be the most difficult challenge in life — and the most rewarding.

We welcome you to these days together — older adults, professionals in healthcare and social service, artists, poets and people of faith — as we recover the moral language of care, of suffering and of healing, attention, affirmation, practical assistance and emotional support, standing over against the hardness, violence and cynicism that threatens the fabric of social cohesion.

### 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.



# Thank You...

## Board of Directors, Saint John's Communities, Inc.

Polly Walker Beal, Chair  
Judy T. Moon, Vice Chair  
Kathy Armbruster, Secretary  
Matt Coburn, Treasurer  
Betty Arndt  
Lee Coppernoll  
Alice Kuramoto, Resident  
The Rt. Rev. Jeffrey Lee,  
Episcopal Bishop  
The Very Rev. Andy Jones  
M. Kent Mayfield, Resident  
Diane Beckley Milner

## Corporate Officers

Renée Anderson, President & CEO  
Dan Lemminger, Vice President & CFO

## Board of Directors, Saint John's Communities Foundation

Renée Anderson, President  
Dan Lemminger, Treasurer  
Cathy Carr, Secretary  
Patsy Aster, Resident  
Anthony "Tony" Asmuth, Resident  
Robinson "Boz" Bosworth III, Resident  
Susan Wright Brennan

## Symposium On Aging Committee

Monika Ahal, Executive Assistant  
Maria Byers, Catering Supervisor  
Cathy Carr, Director of Philanthropy  
Brandon Herr, LifeStreams Manager  
M. Kent Mayfield, Resident  
Lori McGinnis, Multi-Media Designer

## The Entire Saint John's Staff, especially:

Dining & Catering  
Facilities Management  
Housekeeping

**7:00 p.m. Wednesday, March 8, 2023, North Cultural Arts Center  
with a Reception to Follow in the North Atrium.**

## Thanks a Lot



**Written and performed by Mark Anderson**  
**Music written and performed by Frank Pahl**  
**Directed by Isabelle Kralj**



### **About THANKS A LOT!**

Theatre Gigante Artistic co-Director (and monologist extraordinaire) Mark Anderson has done a lot of thinking these past couple of years, and thus has a lot of stuff to say about life in and around the pandemic. With themes ranging from family to geese, from aging to Chekhov, from citizenship to fathers, his musings are entertaining, provocative, meaningful and moving. Mark navigates through his own thoughts and feelings, which will take the audience for a thought-provoking ride through their own emotions and experiences. And, Frank Pahl underscores all 'the stuff' with his charming, original and inventive music performed by Frank as a one-man-band.

According to Russ Bickerstaff (*Shepherd Express*):

*The towering, soft-spoken Anderson reaches deeply and casually into an intellectual mood that carries the imagination fluidly through an appealing series of thoughts ... Mark moves through an honest, casual, conversational spoken word performance discussing matters of life, death, writing, thought and so much more ... Metaphors and assumptions and amplifications all tumble around playfully onstage ... As the show wraps itself up into a kind of beginning, one has the impression of having had a remarkably deep conversation with a deeply feeling and thinking human being.*



## 8:00 a.m....Registration & Coffee in the North Cultural Arts Center

Take a tour, grab a cup or visit the Exhibitor Tables – listing on page 25.

## 9:00 a.m....Welcome — in the North Cultural Arts Center

### 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 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. Ms. Anderson was recently recognized by *Milwaukee Magazine* as a recipient of a prestigious Betty Award.



### Chasing Fireflies by Leah Mansee-Fitts

The original art by Leah Mansee-Fitts seems to embrace the 2023 Symposium theme “In Darkness and In Light – Embracing Change with Resilience, Intention and Hope.” The fireflies are beacons of hope in darkness. They represent Saint John's goal for the Symposium: To increase awareness of intellectual, spiritual and emotional issues that our elders encounter.

With the artist's permission, **Chasing Fireflies** was used in a series that visually moves the viewer from a black and white image, to two with subtle color, to a fourth that is full color – depicting the journey of moving from Darkness into the Light. [www.LeahFitts.com](http://www.LeahFitts.com)



9:00 – 10:30 a.m., North Cultural Arts Center

**KEYNOTE: Session 1**

**I Can Hardly Wait for Tomorrow**

(CEH: 1.5 hours)

Introduction by **John Koethe, Ph.D.**  
Professor Emeritus, University of  
Wisconsin—Milwaukee (See page 24)



**Mark Doty** Author of nine books of poetry, winner of the 2008 National Book Award, the Los Angeles Times Book Prize, the National Book Critics Circle Award, and the T.S. Eliot Prize in the UK. He is also the author of four memoirs, as well as a book about craft and criticism. Doty has received two NEA fellowships, Guggenheim and Rockefeller Foundation Fellowships, a Lila Wallace/Readers Digest Award and the Witter Byner Prize. ([Biography p. 18](#))

Mr. Doty will read poems and excerpts from prose works that examine occasions of loss and of grief and talk about the experiences and ideas that informed them. He uses his writing as a means of negotiation with the difficult. We can't change the fact that we and those we love are mortal, but how are we to bear and accept the losses time will inevitably bring us? Where do we find strength and the resilience to continue? Can you go on loving the world when you know that everything you love—and yourself—will be swept away?

After attending this presentation, the attendee will be able to:

- ◆ Listen to the literature, examine personal loss
- ◆ Experience pleasure in recognizing familiar emotions and situations and may feel less alone
- ◆ Identify some of the ways we find resilience and hope
- ◆ Describe what it's like to be alive.

**10:30 a.m....BREAK**



Mark Doty's books are available for  
purchase at the Chef's Table  
8:00 – 9:00 a.m. and during breaks.  
Cash, Check or Resident Billing.

10:45 a.m. – 12:00 p.m.

North Cultural Arts Center

Session 2

On 3 Years of COVID: Viruses, Ethics & Art  
(CEH: 1.25 hours)

Introduction by **Bruce H. Campbell, M.D.**  
Professor Otolaryngology, Medical  
College of Wisconsin, Kern Institute,  
Milwaukee, Wisconsin (See page 22)



**Craig M. Klugman, Ph.D.**, Vincent DePaul Professor of Bioethics and Health Humanities, Department of Health Sciences, DePaul University  
(Biography p. 19)

Dark fell in December 2019, when officials in China reported several cases of a new virus. Four years later the world has seen over 644 million reported cases and 6.6 million logged deaths from 2019's novel severe acute respiratory syndrome coronavirus 2, more commonly known as COVID-19. For those of us in the United States, this seemed unprecedented. But for most of human history, viruses and bacteria have infected and killed humans, often in large numbers. The Black Death killed 20 percent of all humans on the planet and the 1918 Pandemic flu killed 50 million people—more than the battles of World War I.

In this presentation, we will explore ethical dilemmas raised by our response to the pandemic and the art created in our responses to it. We will also ask, what's next? What are the lessons we will take away from this experience? As history has shown, the end of a pandemic often prompts a time of cultural and artistic flourishing from the Renaissance after the Black Death to the Roaring 20s after the 1918 flu. The arts can celebrate the joy of survival, mark the sorrow of loss and give form to our collective trauma. What may our world look like after COVID? What great plays will be written? What paintings will be done, and what monuments will be raised to those we have lost?

After attending this presentation, the attendee will be able to:

- ◆ Identify some of the ethical issues that have arisen in the COVID-19 pandemic
- ◆ Analyze the tension between individual and population responses to health
- ◆ Compare and contrast pandemic art and literature in historical and contemporary contexts.

**12:00 p.m...LUNCH IN TAYLOR'S—RESERVATIONS CLOSED**



1:00 – 2:15 p.m., North Cultural Arts Center

Session 3

Promoting Well-being Through Contemplative Practices: From Molecules to Minds, and on to Relationships (CEH: 1.25 hours)

Introduction by

**Amy Biller Daniels, MSW, LCSW**

Saint John's On The Lake

(See page 22)



**Thaddeus Pace, Ph.D.**, Associate Professor in the Colleges of Nursing (Division of Biobehavioral Health Science), Medicine (Department of Psychiatry), and Science (Department of Psychology), University of Arizona, Tucson (Biography p. 20)

Climate-related disasters, social and political discord and geopolitical crises have increased in recent years. These remarkable, shared sources of stress are in addition to the “everyday” challenges that people experience over the course of their lives. In the face of these challenges, contemplative practices have shown promise to promote resilience and well-being. The benefits of contemplative practices may be especially important for those who have experienced trauma and chronic illness, as well as those who are at risk for illness subsequent to trauma exposure. Found across all major faith traditions, contemplative practices include rituals, prayer, creative and relational practices, movement and different forms of meditation. Scientific research has found that various contemplative practices including yoga, mindfulness meditation and compassion meditation can modulate brain activity, optimize stress-related biology and reduce psychological distress and improve affect. After describing different contemplative practices, this presentation will explore how contemplative practices may encourage well-being not just for individuals, but also for families and communities. Attention will be given to the biological, psychological and social pathways involved. A special focus will be on how contemplative practices may benefit those living with chronic illness, and those at risk for chronic illness. The presentation will conclude with a discussion about the research around one secular compassion meditation program based on Tibetan *lojong*, called Cognitively Based Compassion Training.

After attending this presentation, the attendees will be able to:

- ♦ List different contemplative practices and details for each
- ♦ Describe the ways that contemplative practices may improve well-being outcomes, including for individuals who have experienced trauma or chronic illness
- ♦ Articulate the psychobiological pathways by which contemplative practices may improve well-being
- ♦ Articulate how contemplative practices may be beneficial in ways that go beyond the individual, to families and communities.

**2:15 p.m....BREAK**



2:30 – 4:00 p.m., South Cultural Arts Center

Session 4A—Practicum

The Art of Mindfulness

(CEH: 1.5 hours)

Introduction by **Mark Lawson**, Director of Galleries, Milwaukee Institute of Art & Design, President, Jazz Gallery Center for the Arts. (See page 24)



**Hope Torrents** Museum educator and founder of Art Matters focusing on education, professional development and well-being. (Biography p. 18)

Recharge, refresh and cultivate greater present-moment, non-judgmental awareness with one guided mindfulness practice.

The Art of Mindfulness which began in the Lowe Art Museum in 2015 uses art as the object of focus. The session will concentrate on the body and mind, using a work of art, in a guided meditation. Observing a work of art as a mindfulness practice is its own creative expression. Doing so together, we more fully connect with the heart of inspiration and to ourselves as human beings, feeling the calming and energetic pulse of our shared humanity.

In the session, participants will be led through a short body scan, a guided practice, looking at a work of art as the focus of attention, and reflections. Reflection is an important part of the session in which participants can choose to share their experiences.

Some aspirations for our practice include practicing mindfulness using a work of art as the object of attention, investigating mind-body awareness, cultivating focus and concentration, having an awareness of emotions, both pleasant and non-pleasant as they arise in the present moment, cultivating kindness, gratitude and compassion and reflecting on the practice, together.

After attending this presentation, the attendees will be able to:

- ◆ Define mindfulness and how it can be achieved using a work of art as the focus of attention
- ◆ Use the technique of body scanning to engage in mindfulness practice
- ◆ Use reflection to reinforce present-moment awareness.

4:00 p.m....**SPEAKEASY/BEVERAGES**—in the North Atrium



2:30 – 4:00 p.m., North Cultural Arts Center

Session 4B—Practicum

Strengthening Our Resilience Muscles

(CEH: 1.5 hours)

Introduction by **Jana Troutman-Miller, M.A., BCC**, Director of Spiritual Care for Saint John's On The Lake. (See page 24)



**The Rev. Dr. Scott Stoner** President and Executive Director of the Samaritan Family Wellness Foundation. (Biography p. 21)

This workshop will address why the traditional definition of resilience which is to "bounce back," is no longer helpful and will present a new way to understand this essential topic which is foundational to mental health and well-being. Resilience is not something a person either has or does not have. Instead, there are specific practices a person can employ to strengthen their capacity for resilience in the face of change and transition. The workshop will be fun (a sense of humor is key to resilience!), informative and interactive; participants will leave with practical steps to enhance their resilience and overall well-being.

After attending this presentation, the attendees will be able to:

- ♦ Define resilience
- ♦ Understand how to enhance capacity for resilience
- ♦ Engage in specific practices to strengthen their capacity to be resilient.

4:00 p.m....**SPEAKEASY/BEVERAGES**—in the North Atrium

Watch for information about the  
March 2024 Symposium On Aging  
via e-mail, Facebook posts  
and Saint John's website.





FINE  
ARTS  
QUARTET

7:00 p.m....in the North Cultural Arts Center

**FINE ARTS QUARTET**

**Followed by a Reception in the North Atrium**

The Fine Arts Quartet, “one of the gold-plated names in chamber music” (Washington Post), ranks among the most distinguished ensembles in chamber music today, with an illustrious history of performing success and an extensive legacy of over 200 recorded works. Founded in Chicago in 1946, the Quartet is one of the elite few ever to have recorded and toured internationally for over three-quarters of a century.

The Quartet served in residence at the University of Wisconsin-Milwaukee for 55 years through 2017. The Quartet's renowned violinists, Ralph Evans (prizewinner in the International Tchaikovsky Competition) and Efim Boico (former concertmaster of the Orchestre de Paris under Barenboim) have performed together for 40 years. They have been joined since 2018 by two eminent musicians: violist Gil Sharon (founder of the Amati Ensemble), and cellist Niklas Schmidt (co-founder of the Trio Fontenay). The Quartet's return concerts in Milwaukee have since been supported by community funding through the efforts of the Friends of the Fine Arts Quartet.

Many of the Quartet's latest releases have been selected for inclusion on Grammy® Awards entry lists. The Quartet's three most recent recordings (Mozart, Enescu, Dvorak) will be released by Naxos in 2023.

Thursday evening's concert is particularly relevant to the theme of the Symposium. The concert will feature a string quintet completed by Franz Schubert months before he died. Considered one of the greatest of all chamber works, his String Quintet in C, Op. 956 offers a sublime, transcendent experience. The Quartet will also play W. A. Mozart's String Quartet in D minor, K 421. Mozart's chamber music in a minor key blends an underlying sense of tragedy with pleasing melodies.

The Quartet members have nurtured many of today's top young international quartets while teaching at the Sorkin International Institute of Chamber Music in Milwaukee and serving as guest professors at major conservatories in Paris, London, New York, Beijing, Hamburg and music festivals all over the world.



Ralph Evans, Efim Boico, Gil Sharon and Niklas Schmidt (L-R)



8:00 a.m. Registration & Coffee in the North Cultural Arts Center

Take a tour, grab a cup or visit the Exhibitor Tables – listing on page 25.

9:00 – 10:15 a.m., North Cultural Arts Center

Session 5A—Virtual Lecture

The Wisdom of Care for Aging and Human Development: The Art of Living and Dying  
(CEH: 1.25 hours)

Introduction by

**Edmund H. Duthie, M.D.,**

Professor, Geriatric Medicine,  
Medical College of Wisconsin.

(See page 22)

**Arthur Kleinman, M.D.,** Professor of Global Health and Social Medicine and of Psychiatry at Harvard Medical School and the Esther and Sidney Rabb Professor of Anthropology in Harvard's Faculty of Arts and Sciences.  
(Biography p. 18)

We are accustomed to think of old age as a time of diminishing energy, increasing risk for chronic disease, and filled with losses, including the anticipation of our own demise. This talk reimagines aging as a final stage of human development in which the wisdom of care can come to the fore and animate, enrich and redirect our lives in such a way as to create a much more positive picture about what this final stage of living and dying is about. The talk is based on his 2019 book, *The Soul of Care*, and his experiences of life and of directing a cross-cultural project on Social Technology for Global Aging and Eldercare in China.

Here, Dr. Kleinman delivers a deeply humane and inspiring story of his life in medicine and his marriage to Joan; and he describes the practical, emotional and moral aspects of caretaking. He also writes about the problems our society faces as medical technology advances and the cost of health care soars, but caring for patients no longer seems important.

Caregiving is long, hard, unglamorous work – at moments joyous, more often tedious, sometimes agonizing, but it is always rich in meaning. In the face of our current political indifference and the challenge to the health care system, he emphasizes how we must ask uncomfortable questions of ourselves, and of our doctors. To give care, to be "present" for someone who needs us, and to feel and show kindness are deep emotional and moral experiences, enactments of our core values. The practice of caregiving teaches us what is most important in life, and reveals the very heart of what it is to be human.

After attending this presentation, the attendees will be able to:

- ♦ Positively define aging
- ♦ Use the wisdom of care to direct the final stage of their life.

10:15 a.m....BREAK



9:00 – 10:15 a.m., South Cultural Arts Center  
Session 5B—Practicum

Embracing Wisdom: Compassion, Resilience  
and Emotional Awareness in Aging

(CEH: 1.25 hours)

Introduction by **Bruce Axelrod, M.D.**,  
co-founder of Comprehensive Mental  
Health Services, mental health care for  
children, adolescents and adults.

(See page 22)



**Marcelo Bento Soares, Ph.D.**, Professor of Cancer Biology and Pharmacology, Neurosurgery and Psychiatry and Behavioral Medicine, University of Illinois College of Medicine, Peoria. ([Biography p. 20](#))

In this presentation, Dr. Soares will discuss how well-being and compassion are skills that can be developed with training, and the importance of kindly attending to and befriending our emotions with mindful awareness. Self-compassion will be introduced as promoting health and well-being while being foundational for compassion towards others. Participants will have the opportunity to learn basic concepts about emotions and will be led to reflect on the hidden value in suffering, uncovering silver linings and embodied wisdom, altogether conducive to an appreciation of aging. The presentation will end with discussions and reflections on our tendency to focus on our deficiencies, weaknesses, misfortunes, while overlooking our good qualities, strengths and positive experiences, concluding with a reflection on the power of gratitude.

After attending this presentation, the attendees will be able to:

- ◆ Identify well-being and compassion as skills that can be developed
- ◆ Define the four components of well-being and their corresponding intelligences or balances
- ◆ Understand the fundamentals of emotions
- ◆ Attend to and befriend emotions with kindness, a practice of mindful awareness
- ◆ Understand how self-compassion promotes health and well-being while serving as a foundation for impartiality
- ◆ Celebrate aging by finding hidden value in suffering, silver linings and embodied wisdom
- ◆ Embrace their life through the power of gratitude.

10:15 a.m....BREAK



10:30 a.m.–12:00 p.m.,  
North Cultural Arts Center  
Session 6  
Spirit, Resistance and Resilience:  
“Grandmothers, Grandfathers, and Cosmic  
Relationships” (CEH: 1.5 hours)

Introduction by **Mark Freeland, Ph.D.**,  
Director, Electa Quinny Institute,  
Associate Professor, Anthropology,  
University of Wisconsin–Milwaukee  
(See page 23)



**Tink Tinker, Ph.D.** American Indian scholar, Professor Emeritus, Liff School of Theology. ([Biography p. 21](#))

“I got grandkids. Want to see pictures? Here, look; I got 387 in this pocket alone.” As we get older it seems like Americans are more and more defined by their grandkids. After all, that is our legacy when it’s all done and said. In the world of American Indians, though, the exact opposite is true. Kids are defined by who their grandparents are and not the other way around. The notion of relationship is deeply carved into the structure of our cultures because we grow up knowing that the earth is our Grandmother; sky is our Grandfather. I heard Vine Deloria, Jr. on one occasion explain that the Native proclivity for recognizing Earth and Sky as Grandmother and Grandfather set American Indians apart from *eurochristians* who call on their god as “father.” The multiple generational address (grand-) puts us both at one removed from a parent child relationship and brings us also closer to a grandparent’s love.

Speaking from a uniquely American perspective, this presentation probes American Indian culture and the role of resilient relationships in an environment altered not only by current post-pandemic conditions but also by an ambiguous relationship to the tradition-historic Christianity that colonized and converted it.

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

- ◆ Understand the living context of family tradition in indigenous communities
- ◆ Distinguish between the American Indian worldview and the worldview of *eurochristians*, particularly on topics of aging
- ◆ Identify Native insights that offer keys to cultural survival and identity in contemporary American culture
- ◆ Appreciate the sources of resistance, resilience and hope among indigenous peoples in a rapidly changing social and political environment.

12:00 p.m....**LUNCH IN TAYLOR’S—RESERVATIONS CLOSED**

1:00 – 2:30 p.m., North Cultural Arts Center

Session 7

Nuggets by Day and Gems by Night: Lessons from Suffering

(CEH: 1.5 hours)

Introduction by

**Joy Gallmon, M.Div., D.EM,**  
Pastor, St. Mark AME Church,  
Milwaukee, Wisconsin (See page 23)



**Bishop Rudolph W. McKissick, Jr., M.Div., D.Min.** Senior Pastor, Bethel Church, Jacksonville, Florida ([Biography p. 19](#))

In August of 2008, Bishop Rudolph McKissick underwent an extensive spinal surgery that resulted in a four-month hiatus and birthed a multiplicity of other physical challenges, including the possibility of never proclaiming the Word of God again or having a role in opera and sacred music. In this presentation, McKissick invites us to journey with him from discovery through recovery and see how faith not only fostered a medical miracle in his life but also how it revealed to him spiritual principles for life that he now shares with all. Although the role of the traditional church has changed and once-pervasive beliefs have eroded, McKissick's keen exegetical eye and theological depth are uniquely faithful to the integrity of the African American lens through which he views his compelling social hermeneutic.

After attending this presentation, the attendees will be able to:

- ◆ Understand the historic context of religious tradition in the African American community
- ◆ Assess the gaps in popular and scholarly health-care appraisals of the role of faith and spiritual support in the healing process
- ◆ Address the ability and relative unwillingness of healthcare and social service providers to provide care that respects deeply held cultural, religious and other personal values
- ◆ Appreciate the resources of resilience and hope among African Americans in an altered post-COVID social, medical and spiritual environment.



7:00 p.m., North Cultural Arts Center

Master Singers of Milwaukee

Robert Stevens, Executive Director

Zack Durlam, Director



Master Singers of Milwaukee celebrates a passion for vocal artistry by exploring dimensions of choral music that engage, uplift and rejuvenate the human spirit through extraordinary music and exceptional performances. Master Singers of Milwaukee is an adult mixed-voice choral ensemble composed of talented vocal musicians from the greater Milwaukee area. Former conductor and music director, Dr. Eduardo García-Novelli, brought a wonderful brightness enlivening our ensemble with his rich and detailed background of musical knowledge, understanding, and a “spirit of life” in presenting varied, interesting and challenging programs.

Its current conductor and music director, Dr. Zachary Durlam brings a wealth of musical knowledge and expands upon the artistic legacy of García-Novelli. Dr. Durlam serves as Director of Choral Activities at the University of Wisconsin–Milwaukee (UWM), artistic director of the Master Singers of Milwaukee and choir director at Grace Lutheran Church in Grafton, Wisconsin.

At UWM, Durlam leads multiple choirs and teaches graduate and undergraduate conducting and choral literature. He previously taught at Fresno Pacific University where his Concert Choir performed at the California Music Educators Association Conference and he was awarded the University’s 2013 Faculty Distinguished Service Award.

Master Singers of Milwaukee's depth of range and power comes from singers with extensive musical backgrounds ranging from international vocal soloists singing throughout America, Europe and Japan, church and school choral directors, high-quality students from area schools and serious amateur musicians.

The versatile ensemble has sung the compositions of over 400 composers ranging from the Renaissance of Hildegard von Bingen, Palestrina and Monteverdi, the classics of Mozart, Haydn and Beethoven, the romance of Faure and Poulenc and the current compositions of Part, Paulus and Rutter.



# Speakers

## MARK DOTY

Praised by the New York Times for his “dazzling, tactile grasp of the world,” **Mark Doty** is a renowned author of poetry and prose including three memoirs: the New York Times-bestselling *Dog Years* (HarperCollins, 2007), *Firebird* (1999) and *Heaven’s Coast* (1997), as well as a book about craft and criticism, *The Art of Description: World Into Word*, part of the popular “Art of” series published by Graywolf Press. Throughout his writings, he shows special interest in the visual arts, as is evident in his poems and also in his book-length essay, *Still Life with Oysters and Lemon* (2001). His most recent book is a memoir that centers on his poetic relationship with Walt Whitman, entitled *What Is the Grass* (W. W. Norton, 2020).

Doty is the author of nine books of poetry, most recently *Deep Lane* (W.W. Norton, 2015), a book of descents: into the earth beneath the garden, into the dark substrata of a life. These poems seek repair, finally, through the possibilities sustaining the speaker above ground: art and ardor, animals and gardens, the pleasure of seeing, the world tuned by the word. *Fire to Fire: New and Selected Poems* was published in 2008 and won the National Book Award that year—in their citation, the judges wrote, “Elegant, plain-spoken and unflinching, Mark Doty’s poems in *Fire to Fire* gently invite us to share their ferocious compassion. With their praise for the world and their fierce accusation, their defiance and applause, they combine grief and glory in a music of crazy excelsis.” Doty is the first American poet to have won Great Britain’s T. S. Eliot Prize, for *My Alexandria* (1993), which also received both the *Los Angeles Times* Book Prize and the National Book Critics Circle Award. His other collections of poetry include *Turtle, Swan* (1987); *Atlantis* (1995); *Sweet Machine* (1998); *Source* (2001); and the critically acclaimed volume, *School of the Arts* (HarperCollins, 2005).

Former US Poet Laureate, Philip Levine remarked, “If it were mine to invent the poet to complete the century of William Carlos Williams and Wallace Stevens, I would create Mark Doty just as he is, a maker of big, risky, fearless poems in which ordinary human experience becomes music.” And Mary Oliver said: “One of the things that has been constant about Mark Doty’s work, poetry and prose, is his intense search for the exact word or phrase, of whatever issue, which lead him (and us) into the very furnace of meaning within the human story.”

In addition to the National Book Award, Doty has also received two NEA fellowships, a Guggenheim Fellowship, a Whiting Writers Award, a Lila Wallace/Readers Digest Award and the Witter Byner Prize. As the award citation for the last of these noted, “Mark Doty’s poems extend the range of the American lyric.” In 2011, Doty was elected Chancellor of the Academy of American Poets.

Doty is a Distinguished Professor at Rutgers University, and also teaches in NYU’s low-residency MFA program in Paris. (See page 7 )

---

## HOPE TORRENTS

**Hope Torrents** Museum educator and founder of Art Matters with Hope focusing on education, professional development and well-being. Torrents has been certified in Mindfulness Based Stress Reduction and teaching MBSR through Brown University. She has presented all over the country and in Italy on her work infusing the humanities into health care education. Torrents has co-published a number of articles on the benefits of using art in health care education and will travel to Paris in June 2023, to present at the Sorbonne’s art and medicine symposium. (See page 10)

---

## ARTHUR KLEINMAN, M.D.

**Arthur Kleinman, M.D.**, author of *The Soul of Care: The Moral Education of a Husband and a Doctor* (Penguin/Viking 2019), is one of the most renowned and influential scholars and writers on psychiatry, anthropology, global health, and cultural and humanistic issues in medicine. Educated at Stanford University and Stanford Medical School, Dr. Kleinman has taught at Harvard for over forty years. He is currently a professor of global health and social medicine and of psychiatry at Harvard Medical School and the Esther and Sidney Rabb Professor of Anthropology in Harvard’s Faculty of Arts and Sciences. He was the Fung Director of Harvard’s Asia Center from 2008 to 2016. Dr. Kleinman is the author of six other books, including *The Illness Narratives: Suffering, Healing, and the Human Condition*, widely taught in medical schools. He is a member of the National Academy of Medicine and of the American Academy of Arts and Sciences. Dr. Kleinman is currently directing a project on Social Technology for Global Aging and Eldercare in China that involves faculty and students from six of Harvard’s schools as well as a number of his former students who are professors in China. (See page 13)



# Speakers

## CRAIG M. KLUGMAN, PH.D.

**Craig M. Klugman, Ph.D.** is a Vincent DePaul Professor of Bioethics and Health Humanities in the Department of Health Sciences at DePaul University where he also co-directs the Bioethics & Society program.

Klugman is the author of over 650 articles, book chapters, OpEds and blog posts on such topics as bioethics, professionalism, digital medicine, end-of-life issues, public health ethics, research ethics, education, health/medical humanities and health policy. Dr. Klugman is the editor of several books including *Research Methods in the Health Humanities* (Oxford 2019), *Medical Ethics* (Gale Cengage 2016) and *Ethical Issues in Rural Health* (2013; 2008). Besides numerous academic journals, his writing has appeared in *New York Times*, *Pacific Standard Magazine*, *Huffington Post*, *Chicago Tribune*, *Medium*, *Cato Unbound*, *The Hill*, *San Francisco Chronicle* and the *Houston Chronicle*. He is the executive producer of the award-winning film *Advance Directives* and has developed programs using art and improvisational theater to teach health students. He is a voting member of the National Biosecurity Science Board, co-founded the Health Humanities Consortium, where he is a member of the Steering Committee, and serves on the clinical ethics committee at Northwestern Memorial Hospital.

Dr. Klugman has been interviewed for *The New York Times*, *LA Times*, *Chicago Tribune*, *National Post* (Canada) *AARP News*, *National Geographic*, *Reuters*, *New Republic*, *New Scientist*, *Daily Beast*, *Mashable*, *NPR*, *Marketwatch*, *HBO Vice*, *ABC News*, *Nightline*, *CBS Evening News*, *The Doctors* and *Univision*.

Dr. Klugman earned his doctorate in Medical Humanities at the University of Texas Medical Branch where he wrote his dissertation on *Exploring Experiences of Dying: An Analysis of Death Memoirs*. He earned a Master's in Biomedical Ethics and one in Medical Anthropology at Case Western Reserve University. Klugman earned his Bachelor of Arts in Human Biology with honors at Stanford University. He is also a certified death doula. [\(See page 8\)](#)

---

## BISHOP RUDOLPH W. MCKISSICK, JR., M.DIV., D.MIN.

**Bishop Rudolph W. McKissick, Jr.**, is Senior Pastor of the Bethel Church, in Jacksonville, Florida. Bethel is the oldest existing Baptist church in the state of Florida, being founded in 1838. Under Bishop McKissick's leadership, the church has experienced exponential growth to over 10,000 active disciples. Bishop McKissick has established himself not only as a prolific proclaimer but also as an academician, teaching as an adjunct professor at the Samuel DeWitt Proctor School of Religion at Virginia Union University. Bishop McKissick is also the author of several books as well as an accomplished musician with several national, critically acclaimed music projects.

Bishop McKissick has been afforded many national platforms for proclamation, among them being the morning preacher at the prestigious Hampton University Ministers and Musicians Conference as well as the featured conference preacher in the evening; the conference preacher at the John Malcus Ellison Convocation at Virginia Union University (now the John Ellison/Miles Jones Convocation) and induction into the Morehouse School of Religion Board of Preachers.

Bishop McKissick, Jr. also serves on various boards, including the National Action Network, founded by Rev. Al Sharpton, the Board of Trustees of Florida State College at Jacksonville and the Advisory Board to the President at Virginia Union University.

Bishop McKissick, Jr. holds a bachelor's degree from Jacksonville University with a double major in the field of music: one in opera and the other in sacred church music, with a minor in pipe organ performance. He holds the Master of Divinity Degree from The School of Theology at Virginia Union University, now the Samuel DeWitt Proctor School of Religion at Virginia Union University and the Doctor of Ministry degree from the United Theological Seminary. Bishop McKissick has been awarded the honorary Doctor of Divinity degree from both Bethune Cookman University as well as Virginia Union University. He is also a member of Omega Psi Phi Fraternity, Inc., as well as Sigma Pi Phi Boule (pronounced BOO-LAY).

He is married to the former Kimberly Joy Nichols and they are the proud parents of three beautiful children; Jocelyn, Janai (pronounced JANAY) and Joshua. [\(See page 16\)](#)



# Speakers

## THADDEUS PACE, PH.D.

**Thaddeus Pace, Ph.D.**, is a biopsychologist and Associate Professor in the Colleges of Nursing (Division of Biobehavioral Health Science), Medicine (Department of Psychiatry) and Science (Department of Psychology) at the University of Arizona in Tucson. He received his Ph.D. in neuroscience and psychology from the University of Colorado at Boulder, and completed a postdoctoral fellowship on human stress immunology at Emory University in Atlanta.

His current research at the University of Arizona explores stress biology in populations who experience psychological distress (e.g., cancer survivors and their family members, firefighters). Informed by this work, Dr. Pace also investigates the effectiveness of novel interventions designed to optimize psychological, inflammatory and endocrine functioning in those at risk for stress-related illness. These include a kindness and compassion meditation program called CBCT (Cognitively-Based Compassion Training), and other contemplative interventions such as the Healthy Minds Program App.

Dr. Pace's research is supported by grants from the National Cancer Institute and the National Institutes of Health of the United States. He is a PopTech Science Fellow and was named one of Tucson's "40 Under 40" by the Tucson Hispanic Chamber of Commerce. ([See page 9](#))

---

## MARCELO BENTO SOARES, PH.D.

**M. Bento Soares, Ph.D., CBCT**, Professor of Cancer Biology and Pharmacology at the University of Illinois College of Medicine at Peoria

Dr. Soares received a Ph.D. in Genetics and Development from Columbia University in 1986, where he became faculty in 1989.

He worked on the Human Genome Project for many years while at Columbia University and subsequently at the University of Iowa. He then started applying methodologies from the human genome project to the study of pediatric brain cancer and was recruited to Northwestern University and the Lurie Children's Hospital of Chicago to direct a research program on Cancer Biology and Epigenomics. Dr. Soares joined the University of Illinois College of Medicine at Peoria (UICOMP) in 2015 as Head of the Department of Cancer Biology and Pharmacology and Senior Associate Dean for Research, to further research across campus and to bring compassion and emotional balance training to the medical school, for students, residents and healthcare professionals, while continuing his own research on pediatric brain tumors.

He has since become a Senior CBCT® (Cognitively-Based Compassion Training) Instructor, participated in the training of CBCT® teachers, taught numerous CBCT® courses to trainees and healthcare professionals, teachers in the Peoria Public School and the leadership of the Peoria Police Department. Dr. Soares has also become a certified CEB (Cultivating Emotional Balance) Instructor, and a MSC (Mindful Self-Compassion) and SCHC (Self-Compassion for Healthcare Communities) trained teacher. He has taught self-compassion courses and workshops to young African American Women with breast cancer, and to older cancer survivors and patients living with cancer. In early 2020 he started offering an elective discipline that he developed for 3<sup>rd</sup> and 4<sup>th</sup> year medical students CREATE (Compassion, Resilience and Emotional Awareness Training and Education) to students from all campuses of the University of Illinois College of Medicine. Lastly, Dr. Soares is the site Principal Investigator at UICOMP for the Illinois Precision Medicine Consortium of the All of Us Research Program. ([See page 14](#))



# Speakers

## SCOTT STONER, M.DIV., D.MIN.

**The Rev. Dr. Scott Stoner** is the President and Executive Director of the Samaritan Family Wellness Foundation. He is a Licensed Marriage and Family Therapist and an Episcopal minister with forty years of experience helping individuals, couples, families and organizations. Through the Foundation's work, he writes and trains leaders in offering preventative wellness programs, with a particular focus on resilience. The Foundation's two wellness initiatives, Living Compass (faith-based) and Wellness Compass (secular) are used by tens of thousands of individuals and organizations worldwide.

The Rev. Dr. Stoner earned a Master of Divinity degree from Seabury-Western, a Doctor of Ministry degree in Pastoral Psychotherapy at Chicago Theological Seminary and a Post-Graduate Certificate in Applied Family Systems Thinking at Family Therapy Training Institute, Milwaukee. He is author of *"Your Living Compass: Living Well in Thought, Word, and Deed"* (Morehouse/Church Publishing, 2014) and primary author of Advent and Lenten devotionals published annually by Living Compass. Stoner introduced his "Words of Wellness" email column in 2008; it now reaches 5,000 people each week.

Dr. Stoner has been married to Holly Hughes Stoner (also a therapist) for 45 years. Together, they host the Wellness Compass podcast and are co-authors of *The Teen Wellness Compass Notebook* and the *Parent Wellness Compass Notebook*. Dr. Stoner has a long history with Saint John's On The Lake—his grandmother, parents and in-laws all lived at Saint John's, and he served on the board from 2002-2008. In his free time, Dr. Stoner loves cycling, running, reading, playing music and spending time with his family, especially his two grandsons. [\(See page 11\)](#)

---

## TINK TINKER, PH.D.

**Tink Tinker** is a member of the faculty of the Iliff School of Theology since 1985. Tink Tinker teaches courses in American Indian cultures, history and religious traditions, cross-cultural and Third-World theologies, justice and peace studies and is a frequent speaker on these topics both in the U.S. and internationally. His publications include *American Indian Liberation: A Theology of Sovereignty* (2008); *Spirit and Resistance: Political Theology and American Indian Liberation* (2004); and *Missionary Conquest: The Gospel and Native American Genocide* (1993). He co-authored *A Native American Theology* (2001) and he is co-editor of *Native Voices: American Indian Identity and Resistance* (2003) and *Fortress Press' Peoples' Bible* (2008).

Dr. Tinker has volunteered in the Indian community as (non-stipendiary) director of Four Winds American Indian Survival Project in Denver for two decades. In that capacity he functions in the urban Indian community as a traditional American Indian spiritual leader. He is past president of the Native American Theological Association and a member of the Ecumenical Association of Third World Theologians.

Firmly committed to the ecumenical movement, he has been active in volunteer capacities with several denominations at the national level, the National Council of Churches and the World Council of Churches. He currently serves as an "Honorary Advisor" to IMADR, the International Movement against all Forms of Discrimination and Racism, and he also serves locally on the Leadership Council of the American Indian Movement of Colorado. On campus, Dr. Tinker works closely both with students of color and with Lutheran students.

Dr. Tinker earned a B.A. from New Mexico Highlands University, an M.Div., from Pacific Lutheran Theological Seminary and a Ph.D. from Graduate Theological Union. [\(See page 15\)](#)



# Introducers



## BRUCE AXELROD, M.D.

**Bruce Axelrod, M.D.** is a graduate of Williams College and the University of Rochester Medical school. He completed a residency in pediatrics at Yale, a child mental health fellowship at the University of Washington and his adult, adolescent and child psychiatry training at the University of Michigan. He is board certified in all four disciplines. Together with his wife Elizabeth (a psychologist), he founded Comprehensive Mental Health Services (in 1980), which provided mental health care for children, adolescents and adults. They retired after 45 years of practice in December 2022. The Axelrods have been residents of Saint John's since May 2020. (See page 14)



## AMY BILLER DANIELS, MSW, LCSW

**Amy Biller Daniels, MSW, LCSW** is the social worker for independent living residents at Saint John's On The Lake. Ms. Daniels has spent her professional career working with older adults in a variety of roles. Before coming to Saint John's On The Lake, Ms. Daniels was a care manager with the Froedtert & the Medical College of Wisconsin Senior Health Program and the former Stowell Associates. She also coordinated and staffed an in-home counseling program funded by the Milwaukee County Department on Aging.

In her role as social worker for independent residents, Ms. Daniels facilitates several support groups, is the staff representative to the Emotional Wellness Dimension and

helps connect residents with a variety of resources including outside caregivers and hospice agencies. Ms. Daniels also offers counseling and assists with the completion of HCPOA, DNR and other forms. (See page 9)



## BRUCE H. CAMPBELL, M.D., F.A.C.S.

**Bruce H. Campbell, M.D., F.A.C.S.**, Professor, Otolaryngology and Communication Sciences at the Medical College of Wisconsin. He received his medical degree from Rush Medical College at Rush Medical Center. Dr. Campbell is a retired academic head and neck cancer surgeon who spent his career at the Medical College of Wisconsin. Dr. Campbell is an advocate for narrative medicine and published a collection of essays, *A Fullness of Unknown Significance: Stories of Surgery, Clarity, and Grace* (Ten16 Press) in 2021. He has co-edited two collections of essays centered on medical education for the Kern Institute for the Transformation of Medical Education. (See page 8)



## EDMUND H. DUTHIE, M.D.

**Edmund H. Duthie, M.D.**, Professor of Medicine, Division of Geriatric and Palliative Medicine at the Medical College of Wisconsin (MCW). Dr. Duthie received his medical degree from Georgetown University School of Medicine and completed his residency in Internal Medicine at MCW. Dr. Duthie was named Chief, Division of Geriatrics/Gerontology at MCW and Chief, Section of Geriatrics/Gerontology at the Milwaukee VA. He has also held leadership roles as Geriatrics Residency Director, Geriatrics Fellowship Director and Medical Director for the Senior Health Program (cont.)



# Introducers

(continued...)

at Froedtert Hospital. In July 2020, he retired from the Milwaukee VA and stepped down as the MCW Division Chief. Dr. Duthie remains on the MCW faculty as Professor of Medicine (Geriatric and Palliative Medicine) and continues to see patients and participate in teaching and scholarship. He has published close to 100 papers, book chapters and edited a textbook of Geriatrics. He has been funded by the federal government as well as foundations and received numerous awards. Dr. Duthie is a member of MCW's Society of Teaching Scholars, MCW's Teaching Academy. (See page 13)



## MARK FREELAND, PH.D.

**Mark Freeland, Ph.D.**, Director, Electa Quinny Institute, Associate Professor, Anthropology University of Milwaukee–Wisconsin

Dr. Freeland is a Bear Clan member and a member of the Bahweting community in Northern Michigan (Sault Ste. Marie Tribe Chippewa). He received a Master of Divinity from the Iliff School of Theology and a Ph.D. in Religious and Theological Studies from the Iliff School of Theology and the University of Denver joint doctoral program. His research critically identifies the role of Indigenous worldview as an integral component of cultural and linguistic translations. His book, *Aazheyaadizi: Worldview,*

*Language and the Logics of Decolonization*, provides a theoretical grounding for understanding the problematic role that religion continues to play within Indigenous communities and calls for a deeper involvement of the logics of worldview in the regeneration of Indigenous lifeways and protection of our relationships to our environment. While receiving his master and doctoral degrees, he worked as a council member of the Four Winds American Indian Council, an urban community center in downtown Denver. There he participated in a range of civic, educational and ceremonial duties.



## JOY GALLMON, M.Div., D.EM

**The Reverend Dr. Joy L. Gallmon**, fondly known as “Pastor Joy,” is a native of Ft. Pierce, Florida. She is the daughter of Jacob and Earline Gallmon and the proud mother of two, David Jacob and Janis Annette.

Pastor Joy is a graduate of Tuskegee University, Tuskegee, Alabama, with a Bachelor of Science degree in Marketing and holds a Master of Divinity degree from Candler School of Theology, Emory University, Atlanta, Georgia. She holds an earned Doctor of Educational Ministries degree from Columbia Theological Seminary, Atlanta, Georgia.

Responding to the divine call to preach the gospel, Pastor Joy delivered her initial sermon in April 1999 at Greater Bethel African Methodist Episcopal Church, Miami, Florida, and was ordained an itinerant elder in 2003.

Prior to her 2017 appointment to St. Mark AME Church, Milwaukee, Wisconsin, Pastor Joy served New Mount Pisgah AME Church, Lake City, Florida for seven years, St. Paul AME Church, Ocala, Florida for five years and Allen Temple AME Church, Brooksville, Florida for two years.

Pastor Joy serves as the Wisconsin Council of Churches Board of Directors Vice-President. She is also a member of the Wisconsin Alzheimer's Association and the Interchange Food Pantry.



# Introducers



## JOHN KOETHE, PH.D.

**John Koethe, Ph.D.**, grew up in San Diego and left the West Coast to attend Princeton University where he started to write poetry. He attended graduate school at Harvard and landed a teaching job at the University of Wisconsin–Milwaukee.

Dr. Koethe has written hundreds of poems and been published in more than two dozen magazines. He also has published a number of books, perhaps the best known of which is *Falling Water* (1997). Dr. Koethe is the recipient of the Kingsley-Tufts Award for Poetry, The Frank O'Hara Award and the Bernard F. Connors Award. He was also Milwaukee's first Poet Laureate. Koethe also has been nominated for the New Yorker Book Award, the Los Angeles Times Book Prize, and the Boston Book Review Book Award. He recently received a lifetime achievement award from the Council for Wisconsin Writers. He is a fellow of the American Academy in Berlin, Germany, and spent a semester at the research center in 2005.

Dr. Koethe received the Lenore Marshall Prize from the Academy of American Poets in 2010 for his book *Ninety-fifty Street*, as well as fellowships from the Guggenheim Foundation and the National Endowment of the Arts.

Koethe's work has been compared to that of T.S. Eliot and Wallace Stevens. Known for his distinctly "American" voice, Koethe draws much of his work from his own personal experiences. (See page 7 )



## MARK LAWSON

**Mark Lawson** has been the Director of Galleries at the Milwaukee Institute of Art and Design since 1990. In that capacity and as guest curator elsewhere, he has been involved in the orchestration of several hundred art exhibitions in the Milwaukee area. His interest in community arts lead him to his long-time involvement with the Jazz Gallery Center for the Arts, where he is currently board President. At the Jazz Gallery, Lawson was instrumental in establishing the center's program for older adults, the only secular program of its type in the neighborhood. (See page 10)



## JANA TROUTMAN-MILLER, M.A., BCC

**Jana Troutman-Miller** is the Director of Spiritual Care for Saint John's On The Lake. She has served for 20 years as a professional health care chaplain, working in the areas of child, adolescent and adult mental health and addictions, acute care and long-term care. Troutman-Miller earned her certificate in spiritual direction from The Haden Institute in 2018. She is an Episcopal priest in the Diocese of Milwaukee where she serves as President of the Standing Committee and is a board certified chaplain with the Association of Professional Chaplains where she served on the board of directors and as Chair of the Commission on Certification for the organization. She holds a Master of Arts degree in Counseling Ministry from Lincoln Christian Seminary. (See page 11 )



# Community Connections / Table Exhibitors

We endured a long and cruel pandemic. The virus ravaged our communities and carried off people we loved. Still many learned to shelter in place, cultivating an inner landscape and sharing a wisdom that is alive, generative and whole through windows that opened onto the busy streets of Milwaukee - think computer screen and Zoom!

Such is the dynamic mode of knowing that some in our community have boldly fostered:

*Even though the night can still feel impenetrable, dawn is coming, when we will see with our own eyes that bright horizons ease the dark and healing can dance back into our beleaguered hearts.*

**Visit some neighborhood friends who have made dark days bright!**

## BRONZEVILLE

**Bronzeville Arts Ensemble** and Seniors from across Milwaukee's northside countered COVID's isolation and loneliness in a week-long community-arts workshop in midsummer 2022 at Clinton Rose Senior Center. Their high-energy program included cooking, dance, music, story-telling and a mixed media art piece created by the participants. The workshop, which combined resources from Bronzeville Arts, the UWM Theatre Department and the Saint John's Community Impact Fund serves as a model for community-organizations, faith communities and senior centers.

### Eastside Senior Services

Eastside Senior Services (ESS) helps older adults, on Milwaukee's east side and Shorewood, remain living in their own homes in a safe and dignified manner. By providing direct support, ESS helps older adults stay closely connected to and engaged with their communities while leading active, independent lives. In 2022, the Neighbors Helping Neighbors pilot project was funded by Bader Philanthropies. This intensive outreach is conducted in a focused area, connecting clients and volunteers in close proximity to one another, nurturing relationships, reducing isolation and loneliness. All services are offered at no cost.



### Painting Like Van Gogh

"Let's Paint Like Van Gogh", is one example of an intergenerational learning and creative activity (known as Memory Arts) which engages students of the Medical College of Wisconsin with residents of Saint John's On The Lake. Sessions are usually offered twice a year. They are open to everyone regardless of past painting experience or ability. Class size is limited to about twenty residents per session. The WHY and HOW of the techniques used by Van Gogh or other artists are demonstrated as participants paint their own pictures emulating these techniques. Participants gain knowledge of color theory, painting materials and art history during these sessions. Supplemental class notes are also distributed in advance of each session. All supplies are provided and are non-toxic. Repeat participants are welcome.

### Eras Senior Network

is a nonprofit organization serving older adults 60+ in Milwaukee and Waukesha Counties. Vital services such as transportation to medical appointments and grocery shopping offer critical assistance allowing older adults to remain independent. Services are provided through dedicated volunteers who work to carry out Eras' mission to support older adults, advocate for caregivers and engage older adults as volunteers themselves. During the pandemic, a Friendly Phone Call program was instituted to reduce social isolation among seniors who may be quarantining alone. The success of this program continues today, building strong relationships between volunteers and clients, to alleviate loneliness. Visit us, to learn about volunteer opportunities that could enhance your life, or to gather some information on how to use Eras' services.



### The Illumignossi Project

eased the dark challenges of the past two years and hallowed life's hallmark events.

Its unique lamp-making process and the lamps participants created from natural, hand-made papers and materials captured layers of meaning. In the process, connections were made, wisdom was shared, healing nourished. The workshops are a welcome respite, a positive inflection point along the way and a time of understanding, hope and inspiration. Gifted to one another or kept by its maker, each lamp is a beautiful gesture of welcome light and comfort, growth and deepening meaning in darker times.





## Art Exhibit in the Museum Gallery

### PAT HIDSON

Pat Hidson is a Canadian artist who makes her home in Milwaukee, Wisconsin, a city rich in culture and strong community. She has thrived as an artist and has been showing her work regularly in galleries and exhibits for many years. Her upbringing was fortunate in that her grandmother, Dorothy Ryland, was a fine artist who was a pioneer in the early years of the Edmonton Art Gallery, where Pat was an art student as a child. She also had an exemplary high school art teacher at Queen Elizabeth High School. This foundation, combined with an unstoppable and intense daily practice, has given her work a richness and confidence that can only be achieved with the dedication inherent to a lifetime of making art.

Hidson grew up in Edmonton, Alberta, and received a BEd from the University of Alberta. For some years, writing, dance and painting competed for her creative energies.

Subsequent to moving to Milwaukee her studies were continued at UWM and MIAD. Several summer sessions with Henry Hensche at the Cape Cod School of Art were important in learning about color, which has always been one of her strengths as a painter. Dance continues to inform her work as a sense of rhythm and movement in her compositions make evident. Valdek Dyer- man at MIAD introduced her to gouache and it continues to be a basic medium for work on paper.

Every series that she has developed begins with conveying a sense of presence in a particular place or time. The series of gouaches on paper are inspired by gardens. The recent oils on canvas are developed using sketchbook drawings done in everyday places, such as waiting rooms, coffee shops or the homes of friends. The process of transferring the simple ink drawings into paint allows for improvisation as patterns and color combinations emerge.

Her work is always based on forming a record of visual and tactile experience. Metaphysical studies have compelled her work into the realm of abstraction.



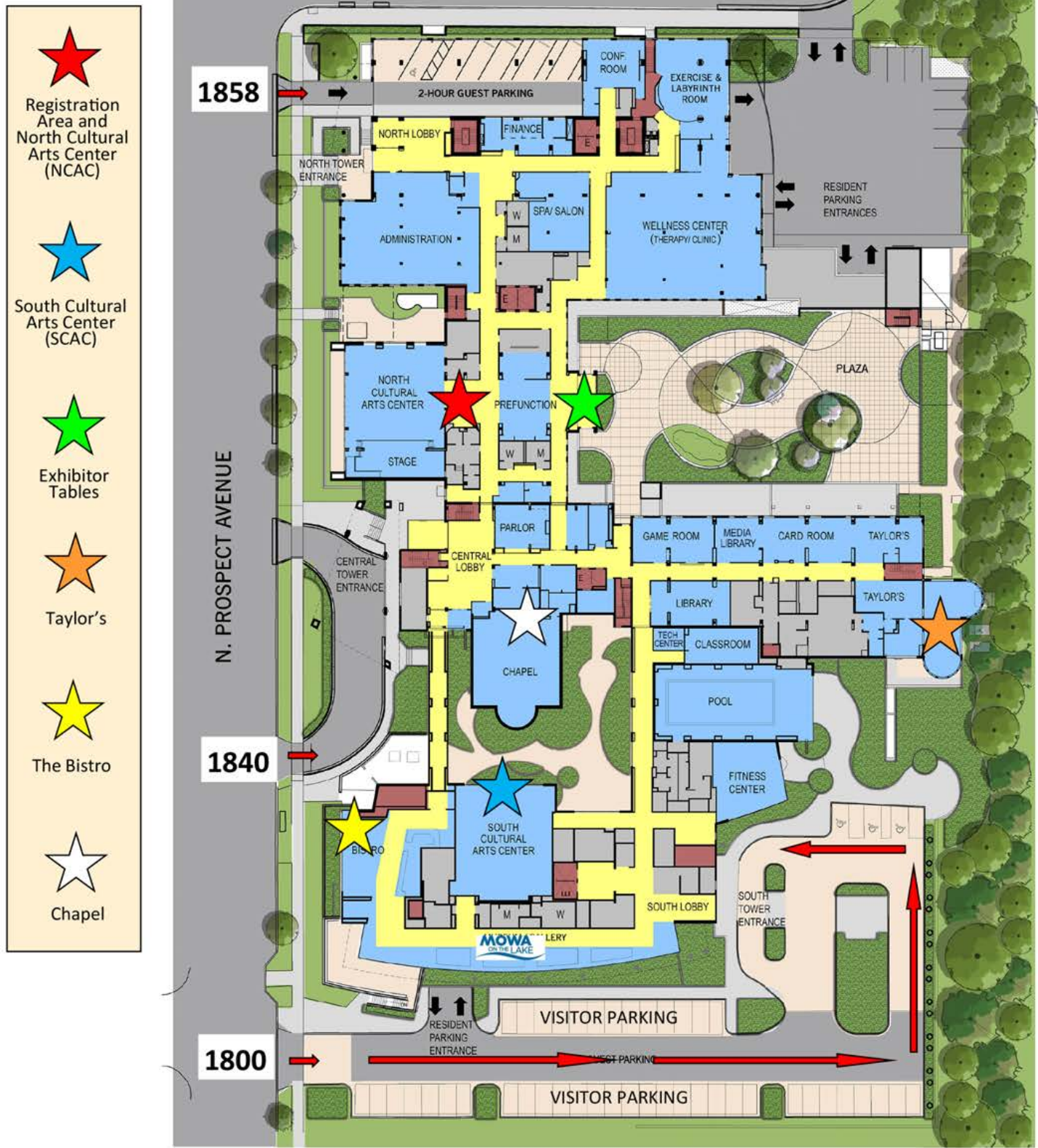
Dragonfly's Haven



**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 quarterly exhibits. MOWA's main gallery is in West Bend, Wisconsin.**



# Saint John's Town Center



Enter at 1800, 1840 OR 1858 North Prospect Avenue, Milwaukee 414-272-2022



# Thank You to Our Sponsors, Partners and Donors

We couldn't do it without you!

## LEADERSHIP SPONSORS



## SESSION SPONSORS



LARRY & JUDY  
MOON

## HOSPITALITY SPONSORS



## SYMPOSIUM FRIENDS

- ♦ Central Wisconsin Window Cleaning
- ♦ Diane Milner
- ♦ Heritage Funeral Homes
- ♦ Lemberg Electric
- ♦ Parasol Alliance
- ♦ State Painting Company

We are grateful for your  
generous support of the 2023 Symposium.

