

6th Annual Promising Practices: Dealing with Life's Difficult Discussions January 11, 2012

BRIEF BIOGRAPHIES

CHAPLAIN D'VORAH EPSTEIN MCDONALD, MJC BCC

Chaplain D'vorah Epstein McDonald, MJS, BCC is a Board Certified Chaplain at Providence St. Joseph Medical Center where she has worked as a chaplain for the past seven years. Prior to becoming a chaplain, she was an associate in the Senior Outreach department at the medical center. She has a Master's Degree in Jewish Studies with a certificate in Jewish Chaplaincy from the Academy for Jewish Religion/CA. She also has a certificate in Pastoral Care from Loyola Marymount University as well as certification in bereavement group facilitation.

Her expertise as a chaplain lies in supporting patients and their families as they journey through illness and at the end of life, as well as overseeing the bereavement program and facilitating bereavement groups at the hospital. In addition to these responsibilities, she is a member of the bio-ethics committee at the hospital and frequently writes articles for the hospital's Beyond 50 newsletter that address spiritual and grief issues pertaining to the senior community. She also has been studying meditation for many years and often teaches meditation classes.

G. JAY WESTBROOK, M.S., R.N.

Jay Westbrook is a multiple award-winning clinician, author, speaker, and 2005 Visiting Faculty Scholar at Harvard Medical School's Palliative Care Department. He has a MS in Gerontology, is a certified Grief Recovery Specialist, a credentialed Spiritual Counselor, a Registered Nurse, and a Certified Hospice and Palliative Nurse. He is Clinical Director of Compassionate Journey, an End-

of-Life Clinical and Education Service, and lectures nationally at both the keynote and breakout levels.

MARCELO CAVALHEIRO, M.A., LMFT

Marcelo Cavaleiro is a licensed MFT in California and has been working in community mental health since 1986. He is from Brazil, where he was a licensed child psychologist and worked in various public settings. He is the Administrator of Telecare's Older Adults programs in Los Angeles, which specializes in ACT, FCCS and FSP services for older adults; as well as the administrator for the ATLAS programs (adult services) which specializes in the same services above for adults and an IMD Step-Down Program for individuals reintegrating in their communities after years of locked placement.

In 1990, he came to the USA where he received his Masters in Counseling Psychology. Marcelo worked as a mental health rehabilitator and a bilingual/bicultural specialist and since 90's and has been a clinical director and administrator of homeless, forensic, and high utilizers programs. He loves music, soccer, Brazilian barbeque, and sushi (although not at the same time...).

LINDA GINGRAS, M.A. CADC II

Linda Gingras holds a Masters degree in clinical psychology and is a board certified alcohol and drug counselor (CADC II). She has extensive experience working with chemically dependent and dually diagnosed populations in both inpatient and outpatient settings, and also assists clients in coping with a variety of emotional health issues. As the Addiction Specialist at Jewish Family Service, she is responsible for coordinating substance abuse services emphasizing the needs of older adults including prevention, assessment, treatment, education, and referrals for chemically dependent clients, program development, staff training, educational programming, and community outreach. Prior to coming to Jewish Family Service, she was employed for over five years at Cedars-Sinai Medical

Center as Team Leader for Addiction Medicine Services, and spent ten years as Coordinator for Chemical Dependency Services at a private psychiatric hospital in Southern California. She is currently preparing for licensure as a Marriage and Family Therapist.

SHEILA MOORE, LCSW MSG

Sheila Moore is a Licensed Clinical Social Worker and is Director of Programs and Community Outreach at Gay and Lesbian Elder Housing in Hollywood, California. Prior to her position at Gay and Lesbian Elder Housing, Sheila was the Director of the Center for Geriatric Health at Olympia Medical Center in Los Angeles – a multidisciplinary approach to the management of multiple and chronic health issues related to aging. Sheila received her Master's Degree in Social Work and her Masters Degree in Gerontology from the University of Southern California. Sheila has been working with older adults and their families and facilitating support groups for caregivers for over 20 years. Her focus in the field of aging has been on caregiver related issues, the coordination of care for frail seniors with multiple and chronic health needs, and a special focus in services and issues related to those diagnosed with dementia. Sheila is proud to have fostered strong partnerships in the community and has worked throughout her professional career as a community organizer. She is an active Public Speaker, educator and clinician. She is an advocate for seniors and works directly with a diverse senior population with special emphasis in the LGBT community. Sheila is proud to have a long standing relationship with the Alzheimer's association as a trainer and active committee member.

GAYLE SAN MARCO, OTR/L CDRS

Gayle San Marco has served as an Occupational Therapist for Northridge Hospital Medical Center since 1988. She is currently the coordinator of the Driver Preparation Program; a Northridge Hospital Medical Center-based Driver

Rehabilitation Program. For more than 30 years Gayle has practiced in a wide range of occupational therapy related fields including pediatrics, home care, return to work programs and acute physical rehabilitation. For over 20 years, Gayle has focused her practice on Driver Rehabilitation; she is a Certified Driver Rehabilitation Specialist.

In the 2007-2008 year Gayle worked on a collaborative with the Occupational Therapy Association of California (OTAC), San Diego State University's Center for Injury Prevention Policy and Practice, and The Department of Health on a special project entitled "The California Older Driver Initiative". The goal of the project was to encourage all Occupational Therapists to address the issue of driving as an Instrumental Activity of Daily Living and to be prepared to perform a simple pre-driving assessment as a method for identifying and remediating areas of deficit that might affect pre-driving skills.

Gayle is currently working in collaboration with OTAC, The Department of Motor Vehicles and the California Highway Patrol to assist our "tenured" population to maintain safe mobility throughout the lifespan.

ALAN SCHNEIDER, M.D.

Alan Schneider, M.D. has spent the last 23 years working part time in his private practice, and part time in pharmacy and investigator initiated research. His research interests have included affective disorders, treatment of dementias, and treatment of migraine and related headache disorders. For the past 10 years he has been involved in TMS research. Currently, He is Chief of the Sepulveda VA Medical Center Addiction Medicine Service and Co-Director of the Addiction Fellowship Program.

Specialties

Board Certified in Psychiatry and Neurology

Administrative Psychiatry

Geriatric Psychiatry
Addiction Medicine

MARK ODOM, LCSW

Mark Odom has been working in the aging and mental health field for over 25 years. He is the founding chairperson and current clinical consultant to the Orange County Task Force on Hoarding, a diverse group of government, community and service organizations and representatives who seek to impact hoarding in Orange County, California. As the lead behavioral health clinician on the Task Force, Mr. Odom has been instrumental in developing an effective and humane protocol for helping people who hoard and who are resistant to help.

For the past ten years Mr. Odom has served as the clinical supervisor of a multidisciplinary team of mental health clinicians who provide in-home behavioral health services to older adults. Mr. Odom also has a small private practice where he delivers direct therapeutic services to older adults and their families who are overwhelmed with extreme acquiring and saving. Mr. Odom collaborates with a professional organizer, a biohazard cleanup company, a “friend in recovery,” and others, who can provide hands-on help with for those overwhelmed with excessive clutter and belongings.

Mr. Odom conducts workshops to various human service professionals concerning hoarding behavior. He has spoken at local, state and national venues concerning community response to hoarding.

Mr. Odom received his Bachelor of Arts in Psychology and Religion from Azusa Pacific University and his Master of Social Work degree with studies in gerontology from San Diego State University. He has been working in the mental health and aging field since 1984. He is licensed as a Clinical Social Worker by the State of California Board of Behavioral Sciences.

Mr. Odom is member of the Mental Health and Aging Network of the American Society on Aging and the National Association of Social Workers Aging Section. He has also served as a member of the Orange County Elder Abuse Forensic

Center, as a consultant to the Orange County Elder Financial Abuse Specialist Team, and advisory board member of the Social Work Program at California State University Fullerton.

MANIJEH MOTAGHY PSYD. OMC

Dr. Manijeh Motaghy is the founder of Unite in Vision Consulting and the co-founder of Mindful Valley. She is an Organization Development (Business/Management Consultant), Professional Development Trainer and Speaker. She has a Psy.D. in Organization Management Consulting with over 25 years entrepreneurial, business and management experience.

For the last seven years, she has practiced and applied Mindfulness tools in all her work. Dr. Motaghy has designed mindfulness based courses, taught, trained and coached individuals and teams. She is the designated coordinator of Mindful Valley's CEU program approved by the Board of Behavioral Sciences.

DANIEL DAVIS

Daniel Davis is the Senior Instructor and Program Director of Mindful Valley, a mindfulness training organization for individuals, professionals, and teams. For more than 23 years, Daniel has studied the Vipassana tradition and practiced Insight and Zen meditation.

Daniel's interest in meditation began while Activities Coordinator with the Jan Berry Center For The Brain Injured. Inspired by the neuroplastic qualities of the brain, he began developing mindfulness exercises using drumming and other creative practices for people with serious brain trauma.

MICHELE SHEPHERD, MFT

Michele Shepherd has a Master Degree in Clinical Psychology and is a licensed Marriage Family Therapist. She is the Assistant Director of Older Adult Services

for San Fernando Valley Community Mental Health Center, Inc. where she has worked for over 20 years. The Older Adult Programs that she oversees include the Older Adult Field Capable Clinical Services and Full Service Partnership Programs which provides in-home or clinic based intensive community treatment, mental health counseling, case management and psychiatric services for people over 55 years old with mental health diagnosis, Physical Disorders and co-occurring substance abuse issues. Her duties include responsibility for coordinating training and Continuing Education Units (CEU) for the Center, training and supervising Psychology students, and Master's level marriage family therapy students, program development, crisis management. She serves on several community based committees regarding older adult issues. Prior experience includes running a program providing intensive community treatment to the seriously and persistently mentally ill, and running a transitional residential facility for the homeless mentally ill. Michele co-chairs the Greater Los Angeles Marriage Family Therapy Consortium and participates on the statewide MFT leadership collaborative.

SOUND SHRINE

Angelica - Lead Goddess - Vocals, Hammer Dulcimer, Guitar, programming, and percussion instruments

Angelica has the ability to move her listeners through a full spectrum of emotion with her multi-dimensional voice which has an unusual quality of a nurturing and clear resonance as well as powerful depth. Her original lyrics are layered with a message of awakening, hope, and activation. She also has been known to get the audience to sing along and improvise in tribal jams where she uses her humor and insight to share. People have described her performances as inspirational, powerful and her voice and lyrics as authentic, and thought-provoking. She along with her husband Evan, have shared their healing music at: The World Sacred Music Festival - Sounds of the Sacred, Agape Center for Spiritual Living, H2Olive, The Parliament for World Religions - LA Event,

Fundraisers, and festivals. Angelica and Sound Shrine released their Debut CD: "Trailblazer" recently and are in the process of releasing their sophomore CD.

Evan Perman - Didgeridoo, Back Up Vocals, Flute, and Ambient Sounds

Evan Perman is a healing artist. Evan has shared his musical talents as a session musician with many talented artists with his handcrafted Didgeridoos as well as Native Flutes and Tibetan bowls, Percussion and Gongs. He also plays sound vibrations on the body therapeutically in Sound Healing Sessions and Performances. Evan's shamanic healing practice is deeply rooted in ancient earth medicine with the primal power to transform heal and rebalance one's physical, emotional and mental frequencies. Through energetic clearing and activation the natural state of harmonic balance in the body can be restored. Evan also creates sound meditation for group work and performs with his wife Angelica in their band Sound Shrine.