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Glenwood Place Senior Living

Hope Dementia Support

Riverview Bank

Retirement Connection

## 2018 Senior Heroes Awards



**2nd Annual Awards Luncheon**  
**May 16, 2018 ~ 11:30am**  
**Club Green Meadows**  
**Vancouver, Washington**

*Celebrating individuals  
and organizations that  
champion seniors*

**Presenting Sponsor**



## Congratulations to Every Nominee to the 2018 Senior Heroes Awards

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### Senior Hero Professionals

Ginger Barnwell  
Jan-Noel Billedeaux  
Brittany Cooper  
Lynn Crawford  
Emma Curry  
Julie Donovan  
Michelle Duchesneau  
Liz Firstenberg  
David Kelly  
Slovic Kioroglo  
Cathy Lauder  
Dawn Marie  
Veronica Marti  
Shanti Potts  
Beverly Schubert  
Opal Swanson  
Shirley Weaver-Garcia

### Family Hero

Dave Paola

### Senior-Focused Organizations

Boomerang Therapy Works  
Brent Barker, Doctor of Podiatric Medicine  
End of Life Coalition  
Friends of Hospice  
HOPE Dementia Support  
Meals on Wheels People  
Upbeat Music Therapy

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## Pat Jollota Leadership Award

### *Lynn Crawford, RN*

PeaceHealth Southwest  
End of Life Coalition  
HOPE Dementia Support



A tireless leader. An advocate for change. A champion in the movement to improve care. A voice for many – especially those at the end of life. Lynn Crawford invested her talents and energy as a nurse at Peace Health Southwest. Initially in the critical care areas then as an RN manager on the oncology

floor, Lynn provided leadership and mentoring to all who came in contact with her.

Over a decade ago, Lynn became acutely aware of a need in the medical care system and in the community-at-large. Many people do not know their options for end-of-life care; many do not understand the urgency of talking with family members about their wishes. She worked together with community leaders to begin the End of Life Coalition – an organization devoted to educating medical professionals and everyday citizens. She continues to serve as a volunteer and an educator for this respected collation.

Lynn also serves as board president of HOPE Dementia Support – a rare non-profit that provides weekly support groups. She herself facilitates multiple groups of family members coping with crises, offering them tangible support.



### Senior Focused Organization For-Profit

#### **Boomerang Therapy Works**

Dr. JJ Flentke, Owner

Boomerang Therapy Works is unique in the Vancouver Portland-Metro area in that it is focused on seniors - specifically seniors living with Parkinson's. Dr. JJ is a Certified Exercise Expert for the Aging Adult (CEEAA). She's able to guide a senior towards better health, while keeping them safe and considering any complicated medical issues. JJ's passion to help seniors maintain their independence through wellness is evident if you meet her dedicated and caring team. The team is certified to work with the aging population. Boomerang Therapy Works offers services that include physical and occupational therapy, personal training, massage, nutrition and acupuncture.



### Senior Focused Organization Non-Profit

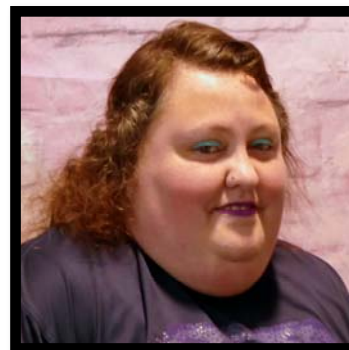
#### **HOPE Dementia Support**

Jan Malone, President

In 2007, with Alzheimer's and dementia on the rise, the founders of HOPE Dementia Support saw the need to support those caring for someone struggling with dementia. As of today, HOPE now has nine support groups that meet every single week of the year throughout Clark and Multnomah Counties. The groups are designed so that members can share with other people going through the same thing—sharing their fears, their joys and—especially—their difficult days caring for another person. When a group forms, the bonds grow strong and the members help get each other through the rough patches. Members often feel the group “saved them” when they look back at their journey caring for a family member. The group also facilitates timely educational events, raises awareness of resources, and provides creative tools like lifelike baby dolls. With no paid staff, incredible volunteers tirelessly run every program and group.

## Congratulations to our 2018 Senior Heroes Awards Recipients

Award recipients were chosen by a committee of community leaders for their investment of time, talent and treasure to serve and care for seniors in Clark County, Washington.



### **Senior Heroes Caregiver of the Year** as an In-Home Caregiver

**Shirley Weaver-Garcia**  
Elfin Services

Shirley is the type of caregiver that always goes above and beyond for her clients. She does not complain, always shows up when she says she will, and is continuously advocating for the wellbeing of her clients.

Shirley takes her clients out to their favorite lunch spots and interesting activities. She knows how important socialization activities are to a senior's wellbeing, so that's why she makes sure that anyone for whom she cares has an opportunity to get out and explore.

Her dedication doesn't stop after work; Shirley is also involved in community fundraisers for senior causes.

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Want to nominate a hero next year? Visit [seniorawards.org](http://seniorawards.org)

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**Senior Heroes  
Caregiver of the Year**  
at a Senior Living Community

***Jan-Noel Billedeaux***  
Vancouver Specialty

Jan stands out in her position at Vancouver Specialty because she gets to know her residents extremely well. She knows their likes, dislikes, and how they want to receive care. She intentionally builds relationships with their families and friends. She's a passionate advocate for each and every resident she meets. And, she is a resource for her co-workers – sharing her knowledge freely and modeling a cheerful and positive attitude.



**Senior Heroes  
Caregiver of the Year**  
at a Healthcare Organization

***Cathy Lauder***  
Boomerang Therapy Works

Cathy is a personal trainer with a true passion for senior wellness. Cathy has worked with hundreds of seniors throughout her career. She was instrumental in developing personal training programs for seniors at The Quarry, Touchmark, and now at Boomerang Therapy Works. She is also involved with Parkinson's support groups to help folks in Clark County caring for a loved one with Parkinson's.

## **Senior Heroes Family Hero Award**

### ***Dave Paola***

Dave's journey started 8 years ago when he came to visit his friend and teacher Bob Scott at Glenwood Place Senior Living. Dave would come every week to bring fellowship and fun to his friend Bob.

His kindness and generosity towards his friend was noticed by Glenwood staff and residents alike. Dave soon became a regular and would often bring his ukulele to brighten everyone's day with lively music.

After his friend Bob passed away, Dave did not give up. He made new friends at Glenwood and he visits weekly to this day. Of course, he brings the ukulele.

#### **Thank you to the Senior Heroes Awards Planning Committee!**

Dick Halvorson, Dave Kelly, Eric Erickson, Dee Memering, Julie Williams, Jodie Zelazny, Benjamin Surmi, Barret West, Teresa Wheeler, Chi Pak, Keith Bixby, Wayne Clemetson, Kelly Lund, Christa St. Clair, Patti Gray.

#### **Thank you to our volunteer photographers!**

Linda Melton and Frank Woodbury

## 2nd Annual Senior Heroes Awards May 16th, 2018

11:15 am     Buffett Lunch Begins  
11:35 am     Invocation by Pastor Lyle Coblenz  
11:55 am     *A Giving Moment* with Gail Chez,  
                    President of Friends of Hospice  
12:05 pm     *Engage at Any Age* by Cory Bolkan, Ph.D.  
12:15 pm     Senior Heroes Awards Ceremony



### Emcee

**Benjamin Surmi, MS Gerontology**  
*Director of Programs and Training*

Community leader and social gerontologist, Benjamin currently trains new Executive Directors in the Koelsch Living Well program and supports 80 Active Living Directors in helping over 1,200 elders thrive.



### Keynote Speaker

**Cory Bolkan, Ph.D.**  
*Associate Professor, Human Development  
Washington State University*

A local and nationally known gerontologist, Dr. Bolkan's work focuses on adult development and wellbeing by promoting optimal physical, mental, and social health. Her goals are to encourage healthy behaviors across the lifespan, implement evidence-based programs for older adults, and explore how relationships impact wellbeing in later life.

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