

6TH ANNUAL VINTAGE ADVANTAGE SEMINAR 2017

Shelley Maurice-Maier P.A. Shelley has been a licensed Physician Assistant in Family Medicine since 1983 and a licensed Psychotherapist starting in 1994 when she began a private Christian counseling practice, The Heart of Health, Inc. She has authored two books: *The Sampler: Ten Life-Enhancing Concepts Right at Your Fingertips*, and *The Soul Factor: The Souls Role in Healing*. She has been blessed by her marriage to her husband and business partner, Dr. Kenneth Maier and their time spent with 17 grandchildren and soon two great grandchildren arriving in March of 2018.

SHELLEY IS OUR VINTAGE ADVANTAGE EVENT PLANNER AND MISTRESS OF CEREMONIES

Edie DeLay and her husband Mark have lived in Tumalo since 1991, where they raised their three children, and now enjoy visits from their three grandchildren. Her first venture as a small business owner was in 1984, when she and her sister opened a florist shop. She and Mark ran a small construction firm founded in 1990, and in 2004 she was licensed as a realtor. Now she acts as principal broker for Team DeLay, a top-producing team with The Hasson Company. Through her "Giving Back" program, she has supported many local charities over the years. An attendee of Westside Church since 1990, she has been active in children's ministry, Cleansing Stream, and the prayer team; and currently serves on the church council. She also serves on the Advisory Board for Teen Challenge. For fun, she loves camping and canoeing, gardening, Scrabble and card games.

TOPIC: "HONOR YOUR MOTHER AND FATHER"

Discussing the challenges of helping aging parents in this bittersweet season of life, and sharing thoughts regarding dignity, making tough decisions, balancing demands, and finding helpful resources.

Will Dennis specializes in Estate and Long Term Care Planning. He is licensed to practice law in both California and Oregon. He is married with 4 children. He graduated from Western State University, School of Law, in Fullerton, California in 1989. He has taken cases to trial and appeal as well as served as Judge Pro Tem, litigation mediator and settlement conference referee. He is a past President and Secretary of Rotary International, a Navy veteran who served in our submarine force from 1977 to 1981, and a pilot holding a commercial rating. He regularly presents educational seminars on Medicaid and asset protection. Also he is an active member of the National Academy of Elder Law Attorney and other prestigious councils in Oregon.

TOPIC: PAYING FOR LONG TERM CARE

Helping prevent seniors and their families from depleting all their assets on Long Term Care costs. Evaluating, planning and implementing strategies to limit asset exposure to long term care cost.

Don Lang has been a Christian most of his life. After graduating from Oregon State University with a degree in electrical engineering, he has worked at a local utility company for nearly four decades. In 2010, Don had been married to Pauline for twenty-eight years when she suddenly and unexpectedly passed on after a heart attack. Finding himself face down in the dirt, crying out to God for strength, the deep loss of his wife marked the beginning for Don of renewed and enhanced spiritual walk as he felt the Lord navigating him moment by moment through his most difficult season. By faith he began to believe that happy times might yet lie ahead. Within a year of losing their Mom, Don's son and daughter graduated from college and met their partners in marriage, likewise experiencing the amazing grace God gives us in times of great loss and sorrow.

TOPIC: THE BEST IS STILL AHEAD

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Story of An Ordinary Tree

Laura Long started in the medical field in 1973 at the Eugene Hospital and Clinic, while attending Northwest Christian College. She worked in the clinic portion as an MA for an ENT. At the end of the day she worked on the hospital floor as the Ward Clerk. After moving back to California she worked as a Pharmaceutical clerk at St. Agnes Hospital in Fresno. She married and had 3 healthy children. 14 years later she received her RN degree at COCC. Various nursing positions followed including a state Contract Nurse and finally return to Home Health and Hospice.

TOPIC: VOLUNTEER OPPORTUNITIES IN CENTRAL OREGON

Volunteerism makes the world go round. Here's some idea on how and where you can 'give back' in your vintage advantage years ahead.

Duane Porter is Regional Manager and Financial Advisor with CUSO Financial Services. Duane has been in the Investment and Insurance field for over 20 years. As a Financial Advisor he has help guide hundreds of people through investment and retirement strategies and decisions earning numerous awards and recognition. More recently as a Regional Manager he trains and manages Financial Advisors in the Northwest. Currently Duane is responsible for over \$800 million in retirement and investment assets. A member of Westside Church since 2000 he has been involved in the various volunteer programs at Westside including leading the Online Campus in 2014 and 2015. Duane was a Rotarian for many years including service as President in 2004. He was also Chair of the "Great Drake Park Duck Race" one of the largest charity events in Central Oregon giving over \$100,000 each year to charities in our community. Duane is married to his lovely wife Leean Porter and father to three children Andrew 27, Colby 25 and Larissa 21.

TOPIC: ADDRESSING FINANCIAL CONCERNS FOR THE VINTAGE ADVANTAGE YEARS “

Brief discussion on Retirement, Investments, Medicare and Social Security as it relates to Seniors approaching and in retirement years.

Cliff Murray: was a Single missionary to the country of Singapore at age 20. It was there he met Georgina and three months later they were married. They have four children, fifteen grandchildren and two great grandchildren. As a team they spent the next 54 years in ministry first in youth work and then as Pastors. In retirement now and with some adjustments, they continue in that role today. Cliff has a Masters in Theology from Fuller Seminary and Georgina still continues to work as a traveling Registered Nurse.

TOPIC: CONTINUING TO GROW STRONG AS WE GROW OLD AND ADJUST TO OUR RETIREMENT YEARS. “BLOOMING WHERE YOU ARE PLANTED.”

We all grow old but many stop growing in their walk with Jesus and how that is played out in our relationships with family, friends and those that are in our world. This has a negative effect on those we love and care for. I want to share my heart and passion about what it means to me to finish our race strong. I want to share some of the keys to doing this and some of the problems we face. I would like to address the question, why should we even want to finish well? This has to do with our motivation and vision. To me all lives should matter to us as they did to Jesus when he walked this earth and continues to this present time. It is never to late to start! Retirement can be a major time of struggle and we will share some of ours with you.

Bo Stern is a sought-after speaker, writer and teaching pastor at Westside Church in Bend, Oregon. After losing her husband in 2015, following his fierce, four-year battle with ALS, she considers herself a reluctant expert on growth-through-suffering. She is the author of three books, including *Beautiful Battlefields*, and her work has been featured in countless media outlets including Huffington Post, Caring Bridge, Christianity Today and Focus on the Family. She deeply and dearly loves being a mom, words, Italy, new running shoes, old books and the two perfect boys who call her GrandBo.

TOPIC: WILD AND FREE: USING THE WISDOM YOU’VE GAINED TO MAKE YOUR BEST MISTAKES!

For too long, we’ve associated youth with living untamed and unafraid, while maturity is synonymous with being safe and contained. We often view wisdom as the thing that will keep us from making mistakes when we’re old. What if we’re wrong? What if wisdom is the very thing that fuels us toward adventure and new experiences, rather than away from them? What if the second half of life is the perfect time to live wild and free? Let’s talk about it.

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ALLISON SURAN PT, GCFP, TPS Is a Licensed Physical Therapist, Certified Feldenkrais Practitioner, Certified Therapeutic Pain Specialist, and owner of Healing Bridge Physical Therapy in Bend, Oregon. She has a passion for understanding how the

mind affects our physical experience and to that end has specialized for the past 20 years in working with people who experience chronic pain. This involves having a thorough understanding of the latest brain research and how to bring the over-excitement of the central nervous system into balance to decrease chronic pain. She completed 4 years of Feldenkrais training in 1996 and became the first Certified Therapeutic Pain Specialist in Central Oregon in June of 2016. She also has extensive training in sleep, mindfulness and therapeutic listening skills as well as on-going training in traditional physical therapy interventions.

TOPIC: UNDERSTANDING PAIN

New research has helped us differentiate pain with a recent injury (acute pain) and pain that doesn't go away (chronic pain). Understanding how the brain gets involved in on-going pain experiences can help people live a better and more enjoyable life while managing their painful conditions.

TOPIC: MOVEMENT: THE KEY TO LIFE

What's the best exercise? The one you enjoy!

Participate in easy and fun movement activities that can keep your whole body happy and healthy. Learn how to do less but gain more while avoiding painful flare-ups from over-doing-it.