

Camp Avenidas 2009 Presenter Biographies (in alphabetical order)

Opening Keynote: *Healthy Aging in Any Setting – Yes We Can!*

Dan McClure is the founder and CEO of *Generations* Community Wellness, a non-profit organization serving the fitness and nutrition needs of vulnerable kids, families, and seniors. He is an adjunct professor at SJSU teaching courses including Fitness & Nutrition, Stress Management, Development Human Potential, Children's Health and Fitness, and Creating a Meaningful Life. Dan is a sought after presenter in fitness, wellness, and behavior modification. His 19 years of programs, services, published writings, and inspirational talks have motivated thousands of individuals from the Pacific to the Atlantic. He has presented at national, state and local conferences, Fortune 500 companies, public and private schools, universities, community centers, churches, hospitals and cruise ships.

Closing Keynote: *Strategies to Keep It Going*

Tamar Z. Semerjian, PhD is Associate Professor of sport psychology in the Department of Kinesiology at San José State University. Her research focuses on marginalized populations and their sport and exercise experiences, incorporating theoretical perspectives from both social psychology and cultural studies. She has published work based on her research with older adults in the *Journal of Aging and Physical Activity* and individuals with spinal cord injuries in *Topics in Spinal Cord Injury* and has presented her work at several international conferences. In addition to her research Dr. Semerjian has taught exercise classes to community dwelling older adults for 13 years. Tamar is committed to accessible, quality exercise opportunities for older adults and developed a service learning program designed to train college students to create and teach appropriate, challenging exercise classes at low or no-cost in the community.

Dayan Qigong for Energy Flow

Edith Chiang has been practicing martial arts (kung fu) since she was 6 years old. She won 2nd place in the first International Chinese Martial Art Competition's weapon category in 1979. After graduating from UCB in 1983 with a BS in electrical engineering and computer science, Edith changed her focus to qigong in 1999, became a certified Dayan (Wild-goose) Qigong instructor from the Wen Wu School of Martial Arts in El Cerrito in 2004, and has been actively teaching qigong in the Bay Area ever since. She is also a Chinese teacher and translator and a substitute teacher for Fremont Unified School District.

Train Your Brain to Maximize Your Memory

Elizabeth Edgerly, PhD, is Chief Program Officer of the Alzheimer's Association, Northern California & Northern Nevada as well as a clinical psychologist. She is also the lead presenter and national spokesperson for the Alzheimer's Association's Maintain Your Brain program and has appeared on television, radio and in numerous national and local publications, speaking on this topic. In addition to her work with programs, she staffs the chapter's Medical Scientific Advisory Council. Dr. Edgerly has had her work published in numerous scientific journals including the Journal of the American Geriatrics Society and the Journal of Psychopathology & Behavioral Assessment.

Mindfulness for Wellness and Insight

Julie Forbes, PhD with Dulce the Dharma Dog, offers stress reduction, mindfulness, and anger management programs to corporate and community organizations, groups, and individuals. Currently, Julie is teaching a variety of classes at locations including El Camino Hospital, Kaiser Permanente, and Avenidas. She has worked in the computer industry since 1982 and received a doctorate in psychology in 1999.

Introduction to Zumba!

Carla Kenworthy is a certified group fitness instructor through the American Council on Exercise and has worked in the fitness industry since 1990, specializing in group exercise such as dance aerobics, step, body sculpting and most recently Zumba. Carla finds that, the upbeat music and dance floor steps make Zumba a lot of fun. We all know that exercise can only be good for you only if you do it – you'll only do it if you like it. Well, you'll like Zumba!

Traditional Okinawan Martial Arts Movement for Health

Arthur Michelson is a Shihan 8th Degree Black Belt in Karatedo Doshinkan, a traditional, non-competitive form of martial arts. Karatedo Doshinkan provides an environment for improving health, understanding ourselves, our relationships with others, and learning to become the best that we can be in all areas of our lives. Arthur began this training in 1958 and has been teaching for over 35 years. He also possesses a California teaching credential in math, plays classical guitar and is currently a degree candidate in Adaptive Fitness at Foothill College. He believes that, “to be a great teacher, you need to know more than your subject and everything you know, everything you are matters.”

Scenic Walk

Hal Makin is the chief Camp Avenidas “gopher” and as a fitness devotee, Hal has been leader, guide and inspiration for the Avenidas Walkers since their inception.

Practically Twisted: Safe and Sane Yoga for Seniors

Mimm Patterson brings 15 years of teaching experience and over 20 years of yoga practice and with it, a joyful yet nurturing exuberance to her classes, balanced by a deep respect for the tradition. Although Iyengar influenced, Mimm enjoys drawing from other yoga sources to build a safe but challenging flow of postures that will strengthen, stretch and restore. Mimm teaches Yoga at Avenidas and her classes are always filled. When she's not standing on her head, Mimm is a body-worker specializing in therapeutic massage, reflexology and Reiki. She is currently working on a book aptly called, “Practically Twisted: Safe and Sane Yoga.”

Eating for a Healthy Heart and the Rest of You

Denise Pucey, RN, BC is the Director of Education at Cardiac Therapy Foundation of the Mid-Peninsula. She has been a cardiac rehabilitation nurse since 1992 and is passionate about positive lifestyle changes affecting heart risk factors. Denise has a BS in nursing and is nationally board certified as a Cardiovascular Nurse as well as certified as a Weight Management Counselor.

Get Strong and Show a Little Muscle

Roger Quimby, A.C.S.M., a former 82nd Airborne Paratrooper began teaching fitness in 1985 after 20 years as a computer analyst. His own fitness pursuits consist of several years playing LaCrosse, distance running including the marathon, and triathlons. With a degree in Business Administration from San Jose State University and a variety of fitness certifications, he has taught fitness programs for Foothill College, Stanford University, Cardiac Therapy Foundation of the Mid-Peninsula and 50+ Fitness Camps. Roger has his own fitness consultation and personal training business called Fitness Unlimited in Los Altos, where he trains clients ages 13 through 93 ranging from elite athletes to seniors seeking lifetime fitness.

Rise and Shine and Move it!

Gloria Wallen is a certified Adaptive Fitness Technician, group instructor and personal trainer who specializes in teaching exercise to older adults. She also holds a B.S. in Physical Education and a M.A. in Exercise Science. Gloria has been teaching exercise classes at Avenidas for over 7 years, and with her upbeat engaging style, is beloved by her students. In addition to fitness, Gloria also enjoys participating in improvisational theatre. She'll get you going and you'll have fun doing it!

Awareness through Movement

Judy Windt, PhD, Guild Certified Feldenkrais Practitioner^{CM}, received her certification in the Feldenkrais Method^{CM} in 2003. Before immersing herself in the *Feldenkrais Method*, she taught literature and writing in Bay Area local colleges and universities and was a free-lance health and medical writer. In addition to teaching *Feldenkrais Awareness Through Movement*^{CM} classes at Avenidas and for the City of Palo Alto, she maintains a private *Feldenkrais* practice in Menlo Park.

Harmonica for Optimal Breathing

Victor SungHee Yun, PhD is an International Public Health Communication Specialist, a harmonica performing artist with the Palo Alto World Harmonica Joy Club, and Chair of the American Society of the Preservation and Advancement for the Harmonica (SPA^H) Harmonicas Health Committee. He has taught Harmonica for Health classes around the bay area which have yielded positive results for participants such as improved respiration and brain function, as well as fun and relaxation.

Camp Photographer: Freeman Bradford

Camp Director: Judith Taksa Webb, MA, CPG, a nationally credentialed gerontologist, is the Avenidas Manager of Lifelong Learning and Leisure. She holds a Master of Arts Degree in Gerontology from San Francisco State University with a focus on fitness and aging, a Personal Fitness Trainer certification, and an Adaptive Fitness certification. Judith is founder and director of Vintage Athletic Association, a non-profit organization dedicated to the encouragement and promotion of fitness/athletic activities for older adults and is on the Board of Directors of the Lifelong Fitness Alliance. Judith has spoken on fitness and aging topics at many national conferences. She taught as an adjunct instructor in fitness at Canada College and the Cardiac Therapy Foundation of the Mid-Peninsula. Judith practices what she preaches – a consummate exerciser, she is particularly fond of marathon running, good food and wine.