

# Messiah Lifeways Speakers Bureau

Messiah Lifeways® offers a Speakers Bureau available to present on a variety of different topics. The Speakers Bureau is dedicated to community outreach and education and is available to speak to community groups, churches, civic groups, support groups, and service organizations, and is free of charge.

- Fall Prevention and Improving Balance
- The Aging Process
- Aging in Place Options
- Finding the Right Community for a Loved One
- Aging with Gratitude
- Dementia and Alzheimer's Care
- Personal Care Home versus Assisted Living Residences



## Matthew Gallardo

*Director of Community Engagement & Coaching*

- Caregiver Solutions & Wellness
- Making the Move versus Aging in Place
- An Overview of Messiah Lifeways
- How to Have the "Talk" to Loved Ones Reluctant to Get or Accept Help
- Medicare Basics
- Finding the Right Community for Your Loved One
- Age in Place: Live Longer and Stronger at Home



## Heidi Koch

*Wellness Supervisor: Certified Personal Trainer plus Group Fitness, Older Adult Fitness and Longevity Wellness Specialist*

- The Aging Process—the Physical Aspects of the Aging Process
- Why Should I Exercise—The Importance of Exercising After 55
- I've Fallen and I Can't Get Up—Fall Prevention
- Why Am I So Stressed—Meditation and Relaxation



## Kim Valvo

*Executive Director of Resident Communities*

- Dementia and Alzheimer's Care
- The Differences Between Assisted Living and Personal Care
- What is a Continuing Care Retirement Community?



## Curtis D. Stutzman

*President & CEO, Executive Team*

- Trends in Aging
- Financing long term care—who's responsible?
- Messiah Lifeways mission and core values
- Following God's Call in the Workplace



## Kerry Hoke

*Director of Pastoral Ministries*

- Living Your Legacy
- The Power of Remembering
- The Spiritual Practice of Aging
- Aging with Gratitude
- Finishing Well - Principles and practices that will carry us with purpose and meaning across life's finish line.



## Karl J. Brummer

*Senior Vice President for Mission Integration, Executive Team*

- Human Resources
- Community Support Services
- Life Enrichment
- Employee Engagement
- Workplace Culture
- Lifelong Learning



## AdvantageCare™ Rehabilitation

Messiah Lifeways Rehab

- Women and Heart Disease
- Medication Management
- Sensory Loss and Falls
- Falls Prevention
- Healthy Bones
- Balance and Walking
- Brain Fitness
- Parkinson's
- Senior Fitness
- Joint Replacement
- Pain Management

The Speakers Bureau can customize certain topics to match your need, and can connect you to additional industry speakers and presenters. Please contact Messiah Lifeways Coaching for more information at 717.591.7225 or email [coach@messiahlifeways.org](mailto:coach@messiahlifeways.org)