



YOU HAVE YOUR SHOTS... WHAT NOW?

*Reflections as we explore
our new normal*

PRESENTED BY



CLASS #457 | FRIDAY, MARCH 26 | 1:00 PM TO 2:30 PM

Join us for a community conversation about this past year and what we face as the pandemic becomes less dominant. It may take a while longer to lessen the threat, and many people still need to be vaccinated, but we are making progress! Let's talk about our fears, mourn our losses, and plan for your best possible future. What will you need to do to stay safe, while starting to go out, meet with friends and family, and create a new normal?

SPEAKERS | BIOGRAPHIES ON REVERSE SIDE



Dr. Ken Druck,
best-selling author,
Courageous Aging



April Hall,
RN Care Coordinator,
West PACE



Dr. Daniel Hoefer,
Sharp Rees-Stealy
Medical Group



Simona Valanciute,
President & CEO,
San Diego Oasis

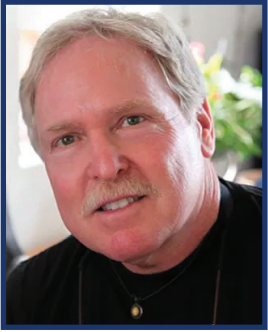
REGISTER HERE

This is a free event. Upon registration, you will be provided with Zoom login information. Register by visiting san-diego.oasiseverywhere.org and search on Class 457.

QUESTIONS?

Call us at (619) 881-6262 or send an email to Info@SanDiegoOasis.org

SPEAKER BIOGRAPHIES



Dr. Ken Druck, best-selling author, *Courageous Aging*, and expert on resilience

Dr. Ken Druck is a best-selling author, speaker, Executive Coach/Consultant and community leader who has helped countless individuals, families, organizations and communities turn their greatest challenges into life-enhancing opportunities. Recipient of the prestigious Distinguished Contribution to Psychology award, Ken has guided his readers, audiences, clients and the general public on living courageously, healing after loss, aging and the psychology of family relationships. His programs, podcasts, articles and books, *Courageous Aging*, *The Real Rules of Life*, *The Self-Care Handbook* and *Raising an Aging Parent*, are featured regularly on CNN, PBS and in many of our nation's top newspapers and social media sites.

Dr. Ken lives and maintains Druck Enterprises Inc. offices in Del Mar, California. To learn more, go to www.kendruck.com and www.facebook.com/drkendruck, or email him at info@kendruck.com.



April Hall, RN Care Coordinator, West PACE

April Hall is the RN Care Coordinator for the Gary & Mary West PACE (Program Of All-Inclusive Care) in San Marcos, Calif. She has been a Registered Nurse for over 10 years and has worked in many different areas, such as Home Health, Skilled Nursing, Rehab and Utilization Review Case Manager. April has always had an infinity for working in pediatrics, but through the years found her career gravitating towards geriatrics. She believes working with older adults is her true calling and likes that she is making a difference in the lives of San Diegans aging successfully at home. Learn more about West PACE at www.westpace.org.



Daniel R Hoefler MD, CMO Outpatient Palliative Medicine Sharp HealthCare, Medical Director Sharp Hospice Family Medicine Dept SRS, Sharp Rees-Stealy Medical Group

Dr. Daniel Hoefler has been a board-certified family medicine doctor at Sharp Rees-Stealy for more than 28 years. He is also board certified in Palliative Care. Dr. Hoefler describes his work with older patients as a calling that allows him to provide truly patient-centered care to those he treats and their loved ones. Not satisfied with the traditional standard of care for older adults, which might treat a patient's illness or injury but create unintended consequences, such as impaired cognition or increased frailty from surgery or other treatment, Dr. Hoefler and colleagues developed the [Transitions Advanced Illness Management Program](#). The program works in conjunction with a patient's doctor to design an individualized care plan that takes into account a patient's physical, emotional and spiritual values and needs.

Dr. Hoefler has received numerous recognitions including more than 100 Guardian Angel donations from grateful patients and those who love them.



Simona Valanciute, President & CEO, San Diego Oasis

Simona Valanciute serves as CEO of [San Diego Oasis](#), an award-winning organization with almost 50,000 members, focused on healthy aging and intergenerational programs. Simona was recruited to Oasis to merge two independent nonprofit organizations into one efficient, regional organization (you may know that nonprofit mergers are extremely rare and difficult in the charitable sector). Partnering with major technology companies in California, Simona is working on creating a first-of-its-kind Oasis Innovation Institute and is often working with Hollywood documentary film makers to tell important aging stories. Prior to Oasis, for more than a decade, Simona was a senior executive at The San Diego Foundation.

Simona holds degrees in linguistics and business. She has recently completed the prestigious Harvard Business School's global nonprofit leadership program in Boston. Simona's community board leadership includes Rotary 33 (the fourth largest Rotary in the world), San Diego Senior Alliance and San Diego Council on Aging; she is founder & director of the San Diego Lithuanian School, working closely with Ministry of Education and major universities in Lithuania; she is an active host and member at the San Diego Diplomacy Council, and other international organizations.