

Saint John's On The Lake Presents the 9<sup>th</sup> Annual Symposium On Aging

# AGING: BREAKING NEW GROUND



**MARCH 19–20, 2026**

**SAINT JOHN'S**  
ON THE LAKE  
SYMPOSIUM ON AGING

# Symposium Schedule At A Glance

## Sunday, March 15

6:00 p.m. **Pre–Symposium Lecture and Organ Recital at St. Paul’s Episcopal Church**  
– See p. 5 for details.

## Thursday, March 19

7:30 a.m. **REGISTRATION and COFFEE – North Cultural Arts Center**  
Coffee and visit the Community Connections Tables – See p. 25  
**REFLECTIONS: Travel the Labyrinth or Meditate in the Chapel – See p. 26**

8:15 a.m. **FORETHOUGHT – North Cultural Arts Center**  
The Rev. Seth Raymond, Rector, St. Paul's Episcopal Church

9:00 a.m. **WELCOME – North Cultural Arts Center**  
Opening Remarks – Matthew Loyd, President & CEO, Saint John’s On The Lake

### **SESSION 1 – North Cultural Arts Center**

James Chappel, PhD

**GOLDEN YEARS: LESSONS FROM THE HISTORY OF AGING IN AMERICA**

10:30 a.m.

**BREAK**



10:45 a.m.

**SESSION 2 – North Cultural Arts Center**

Jeff Whittle, MD, MPH, FACP

**DEVELOPING PRECISION MEDICINE APPROACHES AND PUTTING THEM INTO PRACTICE**

12:00 p.m.

**LUNCHEON IN TAYLOR’S** – Reservations are closed



1:15 p.m.

**SESSION 3 – North Cultural Arts Center**

Nicholas Epley, PhD

**A LITTLE MORE SOCIAL**

2:30 p.m.

**BREAK**



2:45 p.m.

**SESSION 4 – North Cultural Arts Center – VIRTUAL**

Susan Magsamen, MAS

**OUR BRAINS ON THE ARTS: HOW COMMUNITY ARTS TRANSFORM US**

4:00 p.m.

**Footnotes - Networking and Wine Reception – North Atrium**




7:00 p.m.


**Storytelling – Growing Older – North Cultural Arts Center**  
– See p. 16 for details.

# Symposium Schedule At A Glance

Friday, March 20

- 7:30 a.m. **REGISTRATION and COFFEE – North Cultural Arts Center**  
Coffee and visit the Community Connections Tables – See p. 25  
**REFLECTIONS: Travel the Labyrinth or Meditate in the Chapel – See p. 26**
- 8:45 a.m. **FORETHOUGHT – North Cultural Arts Center**  
The Rev. Seth Raymond, Rector, St. Paul's Episcopal Church
- 9:45 a.m. **BREAK** 
- 10:00 a.m. **SESSION 5 – North Cultural Arts Center**  
Bruce H. Campbell, MD, FACS  
**NARRATIVE MEDICINE: THE HERO'S JOURNEY AND LIVING OUR STORIES**
- 11:45 a.m. **LUNCHEON IN TAYLOR'S** – Reservations are closed
- 1:15 p.m. **SESSION 6 – North Cultural Arts Center**   
Robert M. Geraci, PhD  
**FROM ETERNITY TO UNCERTAINTY (AND BACK AGAIN?)**
- 2:30 p.m. **BREAK** 
- 2:45 p.m. **SESSION 7 – North Cultural Arts Center**  
Rebecca D. Elon, MD, MPH  
**COUNTER CULTURAL ASPECTS OF SUCCESSFUL AGING**
- 4:00 p.m. **Footnotes - Networking and Wine Reception – North Atrium** 
- 7:00 p.m. **Missa Gaia—In Celebration of Mother Earth – North Cultural Arts Center**  
– See p. 24 for details



Prospect Grill,   
open 7 a.m. – 7 p.m.,  
located off Prospect Avenue

in the southwest corner of the campus,  
offers casual fare in a warm, comfortable space.

**Credit cards only—no cash accepted.**



Thanks to the UW-Milwaukee's Helen Bader Office of Applied Gerontology for their partnership in offering CEH, professional development hours.

## MESSAGE FROM SAINT JOHN'S PRESIDENT & CEO, MATT LOYD

At Saint John's On The Lake, our mission has always been rooted in enriching the lives of older people and honoring their dignity, wisdom and evolving needs. The annual Symposium On Aging is one of the clearest expressions of that mission. It embodies our belief that aging is not a problem to be solved, but a lifelong journey to be understood, supported and celebrated. Now in its ninth year, the Symposium continues to bring together scholars, clinicians, artists, caregivers and community leaders who share our commitment to reimagining what it means to age well in the 21<sup>st</sup> century.

The conversations that happen here matter deeply. As society undergoes rapid demographic, technological and cultural change, aging is touching every family, every community, and every profession in new and complex ways. The Symposium gives us a space to explore those changes honestly – to look at aging through the lenses of medicine, spirituality, history, creativity and social connection. It challenges assumptions, expands understanding and invites us to build communities that are more compassionate, more inclusive and more responsive to the realities older people face today.

Offering this event at no cost to attendees reflects our dedication to accessibility and lifelong learning. It underscores our commitment not only to those who live on our campus but to older adults throughout Wisconsin and beyond. Our hope is that attendees engage with new ideas that ultimately shape practice, policy and the experience of aging.

The Symposium is more than an event; it is an investment in a future where every person can age with purpose, voice and belonging.



### SAINT JOHN'S: 155 YEARS+ AND THRIVING

From humble beginnings in 1868, Saint John's has grown to be an industry leader of older adult residences and vibrant programs to age well. Saint John's offers full-service retirement living to 450 residents in a continuum of care: high-rise apartments, assisted living suites and skilled care. Saint John's mission is to *enrich the lives of older adults through gracious retirement living, spiritual growth, cultural and educational opportunities and residential healthcare services.*

*We acknowledge that Saint John's On The Lake resides on the homelands of indigenous peoples of the ancient past as well as the Menominee, Potawatomi and Ho-Chunk Nations who for generations have been nurtured by this land and who remain its stewards today.*

*Saint John's On The Lake is committed to a culture of respect, free of harassment, where all members of the community share a commitment to civil behavior. Saint John's residents, team members, guests and vendors are expected to interact with one another in an atmosphere of mutual respect.*

(Pre-Symposium Lecture and Organ Recital)

**Music, Memory and  
Breaking New Ground**

**Alex Jones, DMA**

Sunday, March 15, 6:00 p.m.

**St. Paul's Episcopal Church**

**914 East Knapp Street  
Milwaukee, Wisconsin**



Music remembered engages and rejuvenates the human spirit. At the same time, it can break new ground, sustaining its enduring power to attract and inspire, extending musical horizons and introducing a profound sense of awe and wonder. With a passion for musical artistry, a richly varied and detailed background of the repertoire for the organ and drawing on his unique "zest for life," Alex Jones seeks to answer two fascinating questions:

1. Why is it that music can evoke certain memories in the listener?
2. How do composers achieve this?

In the 1850's a new, exciting synthesis of form, technique and creative artistry came into being within the organ repertoire. Newly expanded musical horizons together with technical innovations in organ-building at the time fostered a rich outpouring of music that evokes memory, programmatic dialogue and a visceral sense of the transcendent.

Dr. Jones' lecture and recital in one of Milwaukee's historic churches will explore these themes in detail, with emphasis on why they still feel groundbreaking and fresh to today's audiences.

Originally from London, Alex Jones graduated from the University of Houston's Moores School of Music in 2024. Alex has previously held positions as Organist and Director of Music at St. Louis Catholic Church in Memphis, Tennessee and as Organist & Choirmaster at Trinity Episcopal Church in Houston, Texas. He is currently serving as Director of Music & Liturgy at St. Paul's Episcopal Church in Milwaukee, Wisconsin. He is also an expert in theatre organs and historic movie palaces and published his doctoral thesis in theatre organ performance practice in 2024.





Symposium Co-Chairs **Kent Mayfield** and **Jana Troutman-Miller** will be our hosts during our time together this week. Kent will be introducing and welcoming to the stage each of our speakers and Jana will moderate the Q&A following each session. *(See QR Codes on Session Pages)*

**Kent**, a resident of Saint John's On The Lake, has been instrumental in creating and planning each of our nine Symposia. He is widely known throughout the Milwaukee community for his longstanding service on numerous city and county age-related councils and commissions.



**Jana** is the Director of Spiritual Care at Saint John's and was part of the original team that developed the Symposia. She is delighted to return as co-chair. With 26 years of experience as a health care chaplain, Jana is a nationally recognized leader and consultant within several professional chaplaincy organizations.

## Saint John's On The Lake Presents the 10<sup>th</sup> Annual Symposium On Aging

### Engaging the Moment, Building the Future

March 11–12, 2027

Mark your calendars and plan to join us next year for our 10<sup>th</sup> Annual Symposium on Aging! This milestone event offers an opportunity to reflect on what we've learned along the way, how those insights shape who we are today, and what they mean for the future – both ours and that of generations to come.

A heartfelt thank you to the 2027 Symposium on Aging Speaker Committee for their dedication in curating an outstanding lineup of themes and speakers:

**Bruce Axelrod, Saint John's On The Lake Resident**  
**Mark Behar, Milw. Co. Commission on Aging**  
**Cathy Carr, Saint John's On The Lake**  
**Deb Hagman-Shannon, Community Member**  
**Brandon Herr, Saint John's On The Lake**  
**Jen Kahn-Pettigrew, UW–Milwaukee**

**Kent Mayfield, Saint John's On The Lake Resident**  
**Diane Milner, Alzheimer's Association**  
**Judy Moon, Community Member**  
**Bekki Schmitt, ADRC of Milwaukee**  
**Jana Troutman-Miller, Saint John's On The Lake**

## Thank You...

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### Symposium On Aging Committee

**Jana Troutman-Miller, Co-Chair**  
**M. Kent Mayfield, Co-Chair & Resident**  
**Monika Ahal, Executive Assistant**  
**Maria Byers, Catering Supervisor**  
**Cathy Carr, Chief Philanthropy Officer**  
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**Lori McGinnis, Multi-Media Designer**  
**Paulina Ruiz-Maki, Donor Relations**

### The Entire Saint John's Staff, especially:

**Dining & Catering**  
**Housekeeping**  
**LifeStreams**  
**Maintenance**

**FORETHOUGHT –**  
**South Cultural Arts Center**  
**8:15 – 8:45 a.m.**

**The Rev. Seth Raymond, Rector,  
St. Paul's Episcopal Church,  
Milwaukee, Wisconsin**

As a new day begins – Open hearts, minds and spirits to ideas time-honored and new as the changing times. Draw from poetry, well-remembered words and well-springs of inner wisdom. Take time to look ahead.

Forethought offers a reflective foundation for each day's encounter with perhaps new and challenging ideas. This 'listening to', 'feeding upon' and 'resting in' shared time is an ancient sacred practice which can lead from the hearing of a few words to a deeper understanding of the themes of the day to follow.

The Rev. Seth Raymond has been the pastor/priest of St. Paul's Episcopal Church in Milwaukee since April 2023. He was ordained to the priesthood in 2012 and served Christ Church Whitefish Bay and the Hospitality Center and St. Luke's Episcopal Church Racine before arriving at St. Paul's. After growing up in Colorado, Seth's journey has been varied, including work with teens and adults with intellectual and developmental disabilities in day programs, group homes, L'Arche Communities and as an Episcopal missionary in Taiwan.



A lifelong learner, Seth earned degrees in Sociology (Boston University), Music Education (University of Colorado at Boulder), Theology (Duke Divinity School) and Nonprofit Management (University of Wisconsin-Milwaukee). His broad experiences living and working with those who are the most vulnerable deeply inform his commitment to sharing the gospel of Jesus Christ, who is God with us. Seth serves on the board of Saint John's On The Lake and Milwaukee's Forest Home Cemetery.

**WELCOME | 9:00 a.m. — North Cultural Arts Center**

**Matthew Loyd, President and CEO  
Saint John's On The Lake, Milwaukee, Wisconsin**

Matt joined Saint John's in 2021 as the organization's first Chief Operating Officer, he was named president & CEO in 2025. He has more than 24 years' experience in not-for-profit senior living community leadership throughout the Midwest. Specifically, he has been at the forefront of the long term care "culture change" movement since the late 1990s and has advanced person-centered care practices in the organizations he has served. Matt earned a bachelor's degree in Communication Sciences and Gerontology, with an emphasis in Long Term Care Administration, from Kansas State University.





**SESSION 1 | 9:00 – 10:30 a.m.**  
**North Cultural Arts Center**

**GOLDEN YEARS: LESSONS FROM THE HISTORY OF AGING IN AMERICA**

CEH: 1.25 hours

**James Chappel, PhD**

Gihuly Family Associate Professor of History,  
Duke University, Durham, North Carolina

The history of aging in America from the Great Depression to the present offers us multiple fronts on which we now have the opportunity to engage:

Why did we develop Social Security and Medicare—and why has there been so little legislative progress since then?

Why did cultural progress for older people only happen once political progress slowed to a crawl?

Why have policymakers focused so much on able-bodied and white older people, leaving behind more disenfranchised groups?

Professor Chappel will explore these questions and more, which will draw on and expand the findings of his 2024 book, *Golden Years: How Americans Invented and Reinvented Old Age*.

He will use evidence from political and economic history, enlivened by examples from popular culture (*Golden Girls* and Viagra ads, to take two examples).

Professor Chappel will also explore more in-depth the spiritual side of aging and the role of the Churches in creating a moral framework and physical infrastructure for modern aging. After hearing the talk, listeners will better understand the historical context of aging in America and be better prepared to shape the future of aging.

**Website:**

[sites.duke.edu/jameschappel](https://sites.duke.edu/jameschappel)



**To ASK A QUESTION  
SCAN THIS QR CODE**

**OR**

**GO TO MENTI.COM  
AND USE CODE 7719 9420**

### Learning Objectives

At the conclusion of this session, participants will be able to:

- ◆ Understand the broad history of aging from the Great Depression to the present
- ◆ Explore a more diverse history of aging, including seniors of color and queer seniors
- ◆ Understand the role faith communities have played, and could play, for older people.

### Publications

- *Golden Years: How Americans Invented and Reinvented Old Age* (New York, NY: Basic Books 2024; ISBN 978-1541619524) “Our Planet is Growing Hotter and Grayer at the Same Time.” *Globe & Mail* Guest Essay (November 16, 2024)
- “We’re Not Asking the Right Questions About Age.” *New York Times* Guest Essay (March 6, 2024)
- *Catholic Modern: The Challenge of Totalitarianism and the Remaking of the Church* (Cambridge, MA: Harvard University Press 2018; ISBN 978-0674972100)

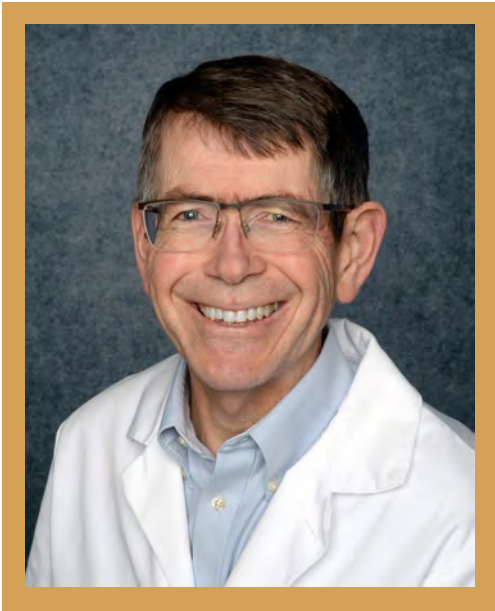


James Chappel is the Gilhuly Family Associate Professor of History at Duke University and a senior fellow at the Duke Aging Center. He attended Haverford College, where he received a BA in History, and Columbia University for a PhD in History. His prizewinning first book, *Catholic Modern: The Challenge of Totalitarianism and the Remaking of the Church*, was published in 2018. *Golden Years: How Americans Invented and Reinvented Old Age* was published by Basic Books in November 2024.

In addition to many academic venues, his writing has appeared in the *New York Times*, the *Nation*, and the *New Republic*. He is the senior warden of St. Joseph’s Episcopal Church, and he is currently writing a study of C.S. Lewis and the Second World War, also under contract with Basic Books. He lives in Durham, North Carolina.



**10:30 – 10:45 a.m.  
Break**



**SESSION 2 | 10:45 a.m. – 12:00 p.m.**  
**North Cultural Arts Center**

**DEVELOPING PRECISION MEDICINE  
APPROACHES AND PUTTING THEM  
INTO PRACTICE**

CEH: 1.25 hours

**Jeff Whittle, MD, MPH, FACP**

Staff Physician and Associate Chief for Clinical Research, Clement J. Zablocki VA Medical Center, Professor of Medicine, Medical College of Wisconsin, Milwaukee, Wisconsin

We are in a moment where there is more and more excitement about the ability to tailor medical care and self-care using increasingly available tools such as genetic sequencing, personal health monitoring devices and powerful analytics including artificial intelligence. The application of these tools to clinical practice has been called “precision medicine.” Increasingly, individual patients use these tools to participate in their own healthcare. However, optimal use of these new technologies requires ongoing study of the association between these new data types and clinical outcomes. Moreover, the substantial change in the practice paradigm has not been evaluated.

In this presentation, Dr. Whittle will review the scientific and engineering advances that brought us to where we are today, examine recent research highlighting the potential benefits of using this new data to guide clinical practice, and discuss the importance of broad public participation in the research process, not only as participants but also as “co-researchers” who bring a broader range of perspectives than is typically seen on a scientific research team.



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## Learning Objectives

At the conclusion of this session, participants will be able to:

- ◆ Understand the scientific enablers of precision medicine
- ◆ Identify precision medicine practices influencing medical practice today
- ◆ Discuss potential “next big things” that will impact medical practice
- ◆ Recognize barriers to further implementation of precision medicine
- ◆ Describe examples of research supporting the development of precision medicine.



Jeff Whittle, MD, MPH is Professor of Medicine at the Medical College of Wisconsin and Associate Chief for Clinical Research at the Clement J. Zablocki VA Medical Center. He is a leader in the All of Us Research Program, which is enabling research aimed at understanding how individual differences in lifestyle, environment and biology affect health and disease. Such research will support the development of more personalized approaches to maintaining health and managing disease. He also leads the Milwaukee VA’s participation in the Million Veteran Program, a similar effort that focuses on Veterans using the VA healthcare system. His personal research has focused on promoting the self-management of cardiovascular risk factors and mental health conditions. This research has been carried out in partnership with community organizations such as the American Legion. He has also worked to engage community members in the research process, from participating in choosing research topics, to advising regarding study design and helping to disseminate study results into practice.



**12:00 – 1:15 p.m.**  
**Luncheon in Taylor’s**  
*Registration is closed.*



**SESSION 3 | 1:15 – 2:30 p.m.**  
**North Cultural Arts Center**

**A LITTLE MORE SOCIAL**

CEH: 1.25 hours

**Nicholas Epley, PhD**

John Templeton Keller Professor of Behavioral Science, University of Chicago Booth School of Business, Chicago, Illinois

There is a fundamental paradox at the heart of human life: we are among the most social species on the planet whose happiness and well-being is increased when we reach out and connect positively with others. And yet, we are often reluctant to actually reach out to make the very connections that would enrich our lives. What's holding us back? Dr. Epley will take us inside more than a decade's worth of behavioral science research that reveals how our fears about reaching out to others is often misplaced. Over and over again, our research has demonstrated that we tend to be overly

pessimistic about how reaching out to connect with others will turn out.

As a result, we are overly reluctant to talk with strangers, engage in deeper conversations with friends and acquaintances, and have the honest and open conversations that build truly meaningful relationships. Beyond merely describing these results, Dr. Epley will also enable us to feel them, showing us how a happier and more well-connected life is possible if we choose the opportunities we have to be a little more social.

**Website:**  
[www.nicholasepley.com](http://www.nicholasepley.com)



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**2:30 – 2:45 p.m.**  
**Break**

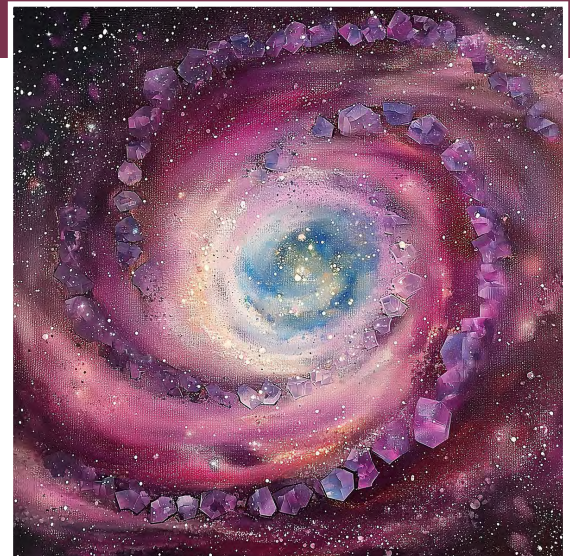
## Learning Objectives

At the conclusion of this session, participants will be able to:

- ◆ Consider how our expectations about social interaction can mistakenly guide our choices
- ◆ Test our own expectations to identify opportunities for social connection that we might be missing
- ◆ Explore happiness as a type of exercise that we can choose to perform rather than like a stable trait we simply have or don't have.

## Publications

- A Little More Social: How Small Choices Create Unexpected Happiness, Health, and Connection (Knopf: New York, 2026; ISBN 978-0593319543)
- Mindwise: How We Understand What Others Think, Believe, Feel, and Want (Knopf: New York, 2014; ISBN 978-0307595911)
- "Undersociality: Miscalibrated social cognition can inhibit social connection." *Trends in Cognitive Sciences*, 26(5), 406-418
- "Overly shallow?: Miscalibrated expectations create a barrier to deeper conversation." *Journal of Personality and Social Psychology*, 122(3), 367–398
- "Misplaced divides?: Discussing political disagreement with strangers can be unexpectedly positive." *Psychological Science*, 35(5), 471-488



Nicholas Epley is the John Templeton Keller Distinguished Service Professor of Behavior Science and Director of the Center for Decision Research at the University of Chicago Booth School of Business. He studies social cognition—how thinking people think about other thinking people—to understand why smart people so routinely misunderstand each other. He teaches an ethics and wellbeing course to MBA students called *Designing a Good Life*. His research has been featured by the *New York Times*, *Wall Street Journal*, CNN, Wired, and National Public Radio, among many others, and has been funded by the National Science Foundation and the Templeton Foundation. He has been awarded the 2008 Theoretical Innovation Award from the Society for Personality and Social Psychology, the 2011 Distinguished Scientific Award for Early Career Contribution to Psychology from the American Psychological Association, the 2015 Book Prize for the Promotion of Social and Personality Science and the 2018 Career Trajectory Award from the Society for Experimental Social Psychology. Epley was named a "professor to watch" by the *Financial Times*, one of the "World's Best 40 under 40 Business School Professors" by Poets and Quants and one of the 100 Most Influential in Business Ethics by Ethisphere.



**SESSION 4 | 2:45 – 4:00 p.m.**  
**North Cultural Arts Center – VIRTUAL**

**OUR BRAINS ON THE ARTS: HOW  
COMMUNITY ARTS TRANSFORM US**  
CEH: 1.25 hours

**Susan Magsamen, MAS**

Executive Director, International Arts + Mind Lab,  
Center for Applied Neuroaesthetics,  
Johns Hopkins University, Co-Director, NeuroArts  
Blueprint, Baltimore, Maryland

The science of the arts is providing groundbreaking research and practical applications emerging at an unprecedented pace – supporting people and communities to heal, learn, age creatively and thrive. Susan Magsamen’s work lies at the interdisciplinary intersection of science, art and aesthetic experiences. Her presentation will explore the science of neuroaesthetics—the study of how the arts and aesthetic experiences measurably change the brain and body—and how this knowledge can be translated into practices that advance health, wellbeing, learning, flourishing and community development across the lifespan.

Topics will include the role of the arts in supporting individual and collective wellness, fostering creative culture and strengthening community through evidence-based approaches. Special attention will be given to the impact of the arts on creative aging and neurodegenerative health, highlighting how artistic engagement can promote cognitive resilience, emotional wellbeing and social connection for older adults, including those living with conditions such as Alzheimer’s and Parkinson’s.

**Websites:**

[www.yourbrainonart.com](http://www.yourbrainonart.com)

[www.neuroartsresourcecenter.com/home](http://www.neuroartsresourcecenter.com/home)

[www.neuroartsblueprint.org](http://www.neuroartsblueprint.org)

[www.artsandmindlab.org](http://www.artsandmindlab.org)



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## Learning Objectives

At the conclusion of this session, participants will be able to:

- ◆ Understand the emerging field of “NeuroArts” and its role at the intersection of neuroscience and the arts
- ◆ Explain the science of neuroaesthetics—how aesthetic experiences measurably impact the brain, body and behavior
- ◆ Identify evidence-based arts interventions that support health, wellbeing and learning across different stages of life
- ◆ Explore creative aging strategies and arts-based interventions that promote cognitive and emotional health in older adults, including those with neurodegenerative conditions
- ◆ Apply neuroarts-informed practices to enhance personal wellbeing, creativity and community connection in everyday life.

## Publications

- *Your Brain on Art: How the Arts Transform Us* (New York: Random House, 2023; ISBN 978-0593449233)
- “Our Brains on Art: An Ancient Prescription for 21st Century Solutions,” *Journal of Neuroscience* 30 October 2024, 44 (44) e183324024; doi.org/10.1523/JNEUROSCI.1833-24.2024



Susan Magsamen is the founder and executive director of the International Arts + Mind Lab (IAM Lab), Center for Applied Neuroaesthetics at Johns Hopkins University School of Medicine. She co-directs the NeuroArts Blueprint project, a joint initiative with the Aspen Institute to establish neuroarts as a field integrating arts and aesthetics into medicine and public health. Susan is also the co-author of the New York Times bestseller *Your Brain on Art: How the Arts Transform Us*.

Magsamen developed Impact Thinking, a translational research model that applies scientific methods to arts and aesthetics to scale, disseminate and evaluate real-world applications. Her work explores how the arts and aesthetic experiences impact us and how this knowledge is translated into solutions in medicine, education and public health.

A learning specialist entrepreneur, Susan has founded several award-winning art-based learning companies—Curiosity Kits and Curiosityville—which have earned over 600 innovation and impact awards. She is also the author of seven books on the arts for children, families and educators.



**4:00 p.m. Footnotes  
Networking and  
Wine Reception  
in the North Atrium**

## Storytelling—Growing Older

Jim Winship, MSW, PhD

### North Cultural Arts Center

Thursday, March 19, 7:00 p.m.



In this performance, followed by questions and discussions on growing older, Jim Winship will interweave personal experiences in growing older, three traditional stories/folktales with older protagonists, and reflections on growing older in a society in which oldsters are redefining what it means to be living in the final chapters of their lives.

Jim Winship is a social worker and retired social work professor, who taught at the University of Georgia and for more than three decades at the University of Wisconsin-Whitewater. A documentary filmmaker, he and his son Parker directed the award-winning film *What We're Hungry For: How Food Pantries Fed Rural Wisconsin During the Pandemic*. They are currently making another documentary: *Growing Older in Rural Wisconsin*. As a professional storyteller, he has performed at storytelling festivals, schools, libraries and bookstores in the Upper Midwest and at professional conferences. He received a Wisconsin Humanities Council grant to produce and perform the storytelling performance, “Down and Out and Out on the Street: Poverty in the Great Depression and Homelessness Today in Wisconsin” and has performed that piece around the state.



**FORETHOUGHT**

**North Cultural Arts Center**

**8:45-9:45 a.m.**

**The Rev. Seth Raymond, Rector, St. Paul’s Episcopal Church**  
(See Seth’s bio on page 7)



**As a new day begins --**

Open hearts, minds and spirits to ideas time-honored and new as the changing times. Draw from poetry, well-remembered words and well-springs of inner wisdom. Take time to look ahead.

Forethought offers a reflective foundation for each day's encounter with perhaps new and challenging ideas. This ‘listening to’, ‘feeding upon’ and ‘resting in’ thoughtful shared time is an ancient sacred practice which can lead from the hearing of a few words to a deeper understanding of the themes of the day to follow.



**9:45 – 10:00 a.m.**  
**Break**

**The 2026 Resident Art Show:  
Habits of the Heart**

**South Cultural Arts Center—All Day March 19 & 20**

When people who create things are asked why they do it, answers often include the word “passion.” The work in this exhibit was created by older people who value making art.

This exhibit celebrates the creativity of more than 60 older artists, who are also residents of Saint John’s On The Lake.

Included are paintings, sculpture, photography, fiber art, paper constructions and video. To qualify, residents had to be at least 62 years old and have created their work since 2010.





**SESSION 5 | 10:00 – 11:45 a.m.**  
**North Cultural Arts Center**

**NARRATIVE MEDICINE: THE HERO'S  
JOURNEY AND LIVING OUR STORIES**

CEH: 1.5 hours

**Bruce H. Campbell, MD, FACS**

Professor Emeritus of Otolaryngology and  
Communication Sciences, Medical College of  
Wisconsin, Milwaukee, Wisconsin

Patients struggle to tell their stories to healthcare workers, and in turn, healthcare workers are unprepared to fully engage with their patients' stories. Dr. Campbell will cover how illness and loss interrupt our trajectories and how that affects our understanding of our own Hero's Journey. He will also be joined by several residents of Saint John's On The Lake who will share their own stories in an interactive session.

**Learning Objectives**

At the conclusion of this session, participants will be able to:

- ◆ Discover parallels between the Hero's Journey and one's own life
- ◆ Understand how the basic precepts of Narrative Medicine can help each person understand their lives and improve communication with healthcare workers
- ◆ Explore ways to consider one's own illness journey.

**Website:**

[www.BruceCampbellMD.com](http://www.BruceCampbellMD.com)



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## Publications

- *A Fullness of Uncertain Significance: Stories of Surgery, Clarity, and Grace* (Ten16 Press, 2021; ISBN 978-1645382638)
- "A Piece of My Mind: The Question," *JAMA: The Journal of the American Medical Association*. December 17, 2024; 332 (23): 1977-1978  
[www.brucecampbellmd.com/\\_files/ud/897bd1\\_f70fbd7ecff94497a3a0138dda0b7296.pdf](http://www.brucecampbellmd.com/_files/ud/897bd1_f70fbd7ecff94497a3a0138dda0b7296.pdf)
- "Old Scrubs," *Intima: A Journal of Narrative Medicine*, Spring 2024.  
[www.theintima.org/old-scrubs-bruce-campbell](http://www.theintima.org/old-scrubs-bruce-campbell)
- "Ending Your Career with Grace Means Letting Go of the Knife," *Doximity*. September 30, 2021.  
[www.doximity.com/articles/29aaf194-2268-4444-881d-b15919f71dc8](http://www.doximity.com/articles/29aaf194-2268-4444-881d-b15919f71dc8)
- "Why I am Happy Surgery is Not a Spectator Sport," *The Examined Life Journal: A Literary Journal of the University of Iowa Carver College of Medicine*, Volume 1 (3).  
[www.brucecampbellmd.com/filesud/897bd1\\_7710fea5c684403f89e67fbdce4b3529.pdf](http://www.brucecampbellmd.com/filesud/897bd1_7710fea5c684403f89e67fbdce4b3529.pdf)



Bruce H. Campbell, MD FACS retired in 2022 from his position as a head and neck cancer surgeon at the Medical College of Wisconsin (MCW) where he held faculty positions in both otolaryngology and bioethics/medical humanities. He received his MD from Rush University before completing an otolaryngology residency at the MCW and a head and neck surgical oncology fellowship at MD Anderson Cancer Center. In addition to a busy clinical practice and his teaching responsibilities, NIH funding allowed him to study head and neck cancer survivorship.

He completed certification in Narrative Medicine at Columbia University in 2019 and continues to work regularly with medical students and residents, coaching storytelling, editing and encouraging reflection.

He is the author or co-author of over 100 scientific manuscripts. He has published creative nonfiction, fiction, poetry and humor in both medical and creative journals. He is nonfiction editor for *Intima: A Journal of Narrative Medicine*.



**11:45 a.m. – 1:15 p.m.**  
**Luncheon in Taylor's**  
*Registration is closed.*



**SESSION 6 | 1:15 – 2:30 p.m.**  
**North Cultural Arts Center**

**FROM ETERNITY TO UNCERTAINTY  
(AND BACK AGAIN?)**

CEH: 1.25 hours

**Robert M. Geraci, PhD**

Knight Distinguished Chair for the  
Study of Religion & Culture, Knox College,  
Galesburg, Illinois

Aging might be subject to technological interventions at an unprecedented scale and as a result it provokes new forms of religious thought and practice in the 21<sup>st</sup> century. Where religions once helped acclimate humanity to aging, a new religion grounded in technological transcendence suggests that we can remain young forever. Professor Geraci will share how these technological versions of immortality raise questions for individuals, traditional religious groups and even governments. The extent to which the scientific salvation will come true remains unclear and is deeply embedded in both faith and financial systems, even in new forms of urban design; but it requires that we engage early if we hope to manage our way into the future. Recognizing the social and technical threads that constitute 21<sup>st</sup> century aging means we can create new forms of hope and opportunities to thrive.

**Learning Objectives**

At the conclusion of this session, participants will be able to:

- ◆ Trace how the rise of modern science provoked technological intervention in aging
- ◆ Understand the religious and political implications of those technologies (both real and hypothetical), especially with regard to the rhetoric of endless youth
- ◆ Consider how active engagement with age-related technologies and religious views of technology can promote a more just world
- ◆ Reflect on end-of-life realities and life satisfaction within an environment of technological promises, especially as a means toward understanding the future of aging.

## Publications

- *Futuring Humanity: Existential Risk and the Technomyths of Human Engineering, Artificial Intelligence, and Our Future Among the Stars* (Self Published, Geraci 2026; ISBN 979-8999953513)
- *Futures of Artificial Intelligence: Perspectives from India and the United States* (Oxford 2022; ISBN 978-8194831679)
- *Apocalyptic AI: Visions of Heaven in Robotics, Artificial Intelligence, and Virtual Reality* (Oxford 2010; ISBN 978-0199964000)
- *Virtually Sacred: Myths and Meaning in World of Warcraft and Second Life* (Oxford 2014)
- *Temples of Modernity: Nationalism, Hinduism, and Transhumanism in South Indian Science* (Lexington 2018; ISBN 978-1498577748)
- "Artificial Canon: AI and the Transformation of Religion." *Current History* 123(856): 296-301. doi.org/10.1525/curh.2024.123.856.296



Robert M. Geraci is Knight Distinguished Chair for the Study of Religion & Culture at Knox College. His research explores the intersections between religion, science and technology in the contemporary world.

He has been a visiting researcher at Carnegie Mellon University's Robotics Institute, the Indian Institute of Science and the National Institute for Advanced Studies in Bangalore, India. His research has been supported by the US National Science Foundation, the Republic of Korea National Research Foundation, the American Academy of Religion and two Fulbright-Nehru research awards.

**Website:**

[www.robertgeraci.com](http://www.robertgeraci.com)



2:30 – 2:45 p.m.  
Break



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**SESSION 7 | 2:45 – 4:00 p.m.**  
**North Cultural Arts Center**

**COUNTER-CULTURAL ASPECTS  
OF SUCCESSFUL AGING**

CEH: 1.25 hours

**Rebecca D. Elon, MD, MPH**

Chief Medical Officer *Emerita*, FutureCare Health and Management, Associate Professor of Medicine, Voluntary Part-Time Faculty – Division of Medicine, Johns Hopkins University School of Medicine, Baltimore, Maryland

Although we are bombarded daily with advice about health promotion, disease prevention and examples of the “super agers,” Dr. Elon argues that Erik Erikson’s late life developmental task of integrity versus despair is more important for successful aging than physical health, *per se*. She discusses Gabriel Marcel’s distinction between problems and mysteries, the Japanese philosophy of *Wabi Sabi* (the beauty of imperfection and impermanence) and the concept of *Amor Fati* (radical acceptance) with respect to successful aging.

As a physician, caregiver and now herself also an aging woman, Dr. Elon will share her reflections on growing old in America and how she has come to believe that aging is an ecological process and that consideration of the ecology of aging can open an alternate pathway to thinking about successful aging.

By integrating medicine, literature and personal narrative, Dr. Elon will challenge us to create together a counter-cultural subculture of successful aging based on love, hope, joy and community.

**Learning Objectives**

At the conclusion of this session, participants will be able to:

- ◆ Discuss how humans are part of the earth’s ecology, as it relates to aging
- ◆ Evaluate the dominant cultural understanding of successful aging
- ◆ Consider how integrity in late life is achievable.

Dr. Elon was born and raised in Milwaukee. She is a graduate of Rice University, Baylor College of Medicine and the University of Texas School of Public Health, all of which are in Houston, Texas. She completed her internal medicine residency and geriatric medicine fellowship at Baylor.

In 1988, Dr. Elon was selected as a W.K. Kellogg Foundation National Fellow and moved to Washington, D.C. to study federal policy related to nursing home reform, while serving on the faculty at George Washington University.

Dr. Elon served as Medical Director of the Johns Hopkins Geriatric Center, serving on the full-time faculty at Hopkins from 1991 to 1997. She has continued to serve on as voluntary, part-time faculty at Hopkins since then. She was employed with FutureCare Health and Management, a privately held Maryland company, from 1997 until her retirement in 2025.

In 2024, Dr. Elon was the lead negotiator for Saint John's On The Lake in establishing a collaboration with the Medical College of Wisconsin for medical direction, clinical services, educational programming and scholarship in community eldercare. The collaboration was launched in October 2024.

Trained as geriatrician and policy expert in long-term care, Dr. Elon devoted her 40+ year career to the care of frail elders and to promoting performance



improvement within health care delivery systems. She relocated from Maryland to Milwaukee during COVID for family caregiving duties and has been a resident of Saint John's On The Lake since May 2020.



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**4:00 p.m. Footnotes  
Networking and  
Wine Reception  
in the North Atrium**

Friday, March 20

**Missa Gaia Earth Mass**  
**In Celebration of Mother Earth**

**Plymouth Chorale**  
Directed by Donna Kummer

**North Cultural Arts Center**

Friday, March 20, 7:00 p.m.



Missa Gaia, is a breakthrough celebration of the whole earth as a sacred space. It brings together African, Brazilian and American gospel traditions and interweaves voices of the tundra wolf with flight of loons and singing humpback whales. It explores the common spiritual ground of our humanity and our craving for peace. Performed annually on the first Sunday in October in the Cathedral of St. John the Divine in New York, it will be performed at Saint John's by members of the Plymouth Chorale and community participants both vocal and instrumental under the direction of Donna Kummer.

Donna Kummer serves as the Minister of Worship & Music at Plymouth Church UCC in Milwaukee, Wisconsin. There she directs Plymouth's chancel choir and bell choir and the Plymouth Chorale community choir and directs instrumentalists and vocalists for worship services, preparing and often accompanying a mix of traditional and contemporary selections.



Website: [www.plymouthchorale.org](http://www.plymouthchorale.org)

# Community Connections

Community Connections is an added opportunity to build networks of support, foster cross-agency engagement and share community leadership efforts.



The *All of Us* Research Program is accelerating research advances and precision medicine.

Their nationwide community of participants and researchers is partnering together to ensure that everyone is included in research. The information that participants generously share is fueling thousands of studies to better understand health and disease and enable more tailored, equitable approaches to care.

[www.Froedtert.com/Research/all-of-us](http://www.Froedtert.com/Research/all-of-us)

Eastside Senior Services helps adults 60 and older living on the Eastside of Milwaukee, Riverwest or Shorewood to live independently and stay connected in the community.



Eastside Senior Services

serving seniors since 1974

All services are free! They are funded primarily through donations from generous congregations, organizations, donors and small grants. Donations from clients are appreciated, but never required. There are no income restrictions.

Eastside Senior Services volunteers are compassionate and happy to give back.

[www.EastsideSeniorServices](http://www.EastsideSeniorServices)



**BEECHWOOD TRUE LLC**

documentary • short film • story-based communication

Beechwood True is a consulting and documentary production company that specializes in story-based communication, including the making of documentaries, short films and facilitating digital storytelling.

[www.BeechwoodTrue.com](http://www.BeechwoodTrue.com)

The Alzheimer's Association leads the way to end Alzheimer's and all other dementia — by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support.

[www.Alz.org](http://www.Alz.org)



Legacy Home and Respite Care Foundation exists because caregivers deserve support too.

They support family and informal caregivers caring for loved ones living with dementia by providing respite, wellness-focused programming, education and community-based support. Their work centers the caregiver as a whole person, not just someone filling a role.

Too often, caregivers are expected to push through exhaustion, grief, and stress without rest or guidance. Legacy was created to change that.

[www.LegacyHomeHealthServices.org](http://www.LegacyHomeHealthServices.org)



## REFLECTIONS

### Travel Our Labyrinth



The Labyrinth can be described as a powerful spiritual tool that can be found in many ancient cultures around the world. Those who walk its path often find that the journey leads them to their own center. You are invited to walk our labyrinth before 9:00 a.m.

Located in the Wellness Area



### Meditate in the Chapel

If you are in need of a quiet moment to recharge before or between sessions throughout the Symposium, the Chapel is open for you.



Hilary Christensen's work is showing February 19 through May 10.








*"I am a painter, goodwill enthusiast, and mother of 2 boys. About 15 years ago, I decided to "paint" with abandoned bits of plastic.*

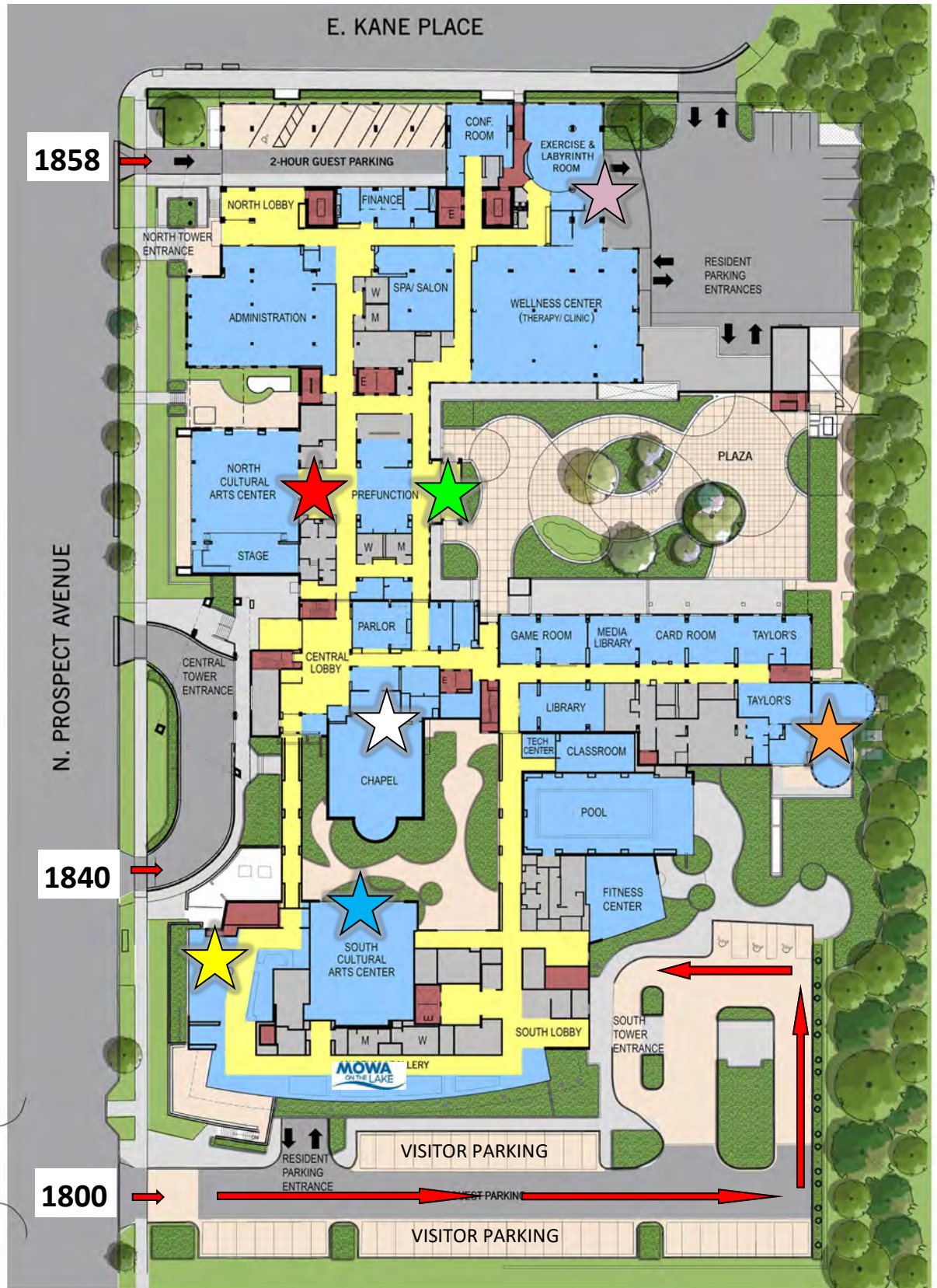
*It all started harmlessly enough, my youngest broke toys as quickly as he picked them out. So, I started a drawer of his destruction, determined to repair some of the carnage. Legos left strewn about were soon added. Then dice and game pieces that didn't make their way back to the proper box. Before you know it, I'm hoarding bread tabs and picking up broken hanger tags in the Target parking lot."*

[www.HilaryChristensen.com](http://www.HilaryChristensen.com)

**MOWA On The Lake,**  
located in Saint John's Museum Gallery,  
is a satellite site of the Museum of Wisconsin Art.

# Saint John's Town Center

- 
- Registration Area and North Cultural Arts Center (NCAC)
- 
- South Cultural Arts Center (SCAC)
- 
- Community Connections
- 
- Taylor's
- 
- Prospect Grill
- 
- Chapel
- 
- Labyrinth



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We are grateful for your  
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SAINT JOHN'S  
ON THE LAKE