

Department of Health and Senior Services Older Americans Month Speakers' List

(Please note that the department cannot guarantee a speaker's availability, and that certain speakers may be available only in a specific part of the state.)

Musicians/Entertainers/Storytellers

- 1. "Wildheart"**
Emmy Award-winning recording artists and conservationists Jan and George Syrigos capture audiences with a musical adventure exploring wildlife, habitats and natural history. "Ribbit and Roll" to their original upbeat tunes.
Contact: Jan or George Syrigos
(Will perform statewide)
Phone: (573) 229-8815 (day); (573) 645-7076 (cell)
E-mail: syrigos@juno.com
- 2. "Delta Blues Guitar"**
Blues music is alive and well in Missouri! Hear blues classics like "In the Evening," "Kind-Hearted Woman," "Baby Please Don't Go," "Deep River Blues" and more.
Contact: Larry Thomas
(Will perform in the Fulton area)
E-mail: LJoeT2002@yahoo.com
Phone: 573-220-6272
- 3. "Abra-Kid-Abra"**
St. Louis magician Jeff Lefton offers a magic workshop to teach tricks to seniors that they can perform for and with their grandkids; or, seniors can enjoy a 30- to 45-minute comedy magic performance. Jeff has been performing magic professionally since 1969. He has performed at Hollywood's Magic Castle, in Las Vegas, and on a national tour for General Motors.
Contact: Jeff Lefton
(Will perform in St. Louis only)
Phone: 314-961-6912
E-mail: jlefton@abrakid.com
- 4. "My Bonnie Lies Over the Ocean"**
Songstress extraordinaire, Bonnie Stigall, will have you singing and clapping along to her special brand of country and gospel.
Contact: Bonnie Stigall
(Will sing in Cameron and Northwest Missouri only)
Phone: 816-646-5078
E-mail: stigalllavonne@yahoo.com
- 5. "Somewhere Over the Rainbow"**
Singer Susan Jackson adds a special touch to your event with that song and other classics.
Contact: Susan Jackson
(Will sing in Greater Springfield only)
417-862-7207 or 703-598-8775
E-mail: susan_jackson@experienceworks.org

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Musicians/Entertainers/Storytellers (continued)

6. "The Storytelling Puppeteer"

Flavia Everman's storytelling programs will delight and tickle your imagination and send you on a journey around the world. Flavia has been telling stories since high school where she competed at the state level. Honing her craft and adding puppets has brought new life to old stories. As an added bonus, Flavia engages older adults in creative thinking and entices them to create stories of their own.

Speaker: Flavia Everman

(Will speak in the St. Louis County area, Warrenton and St. Charles area)

Phone: (636) 456-3550

E-mail: flaviaev@gmail.com

7. "The Civil War in Missouri"

Chris Sutton's captivating living-history presentations are done in first-person wearing period clothing to bring the events and characters to life. Chris was nominated for emerging storyteller of the year. Chris performs stories focused on life lessons, living history, turn of the century, inspiration, scary stories, nature-based adventures and twists of fate. Chris has worked as a storyteller for the Saint Louis Zoo and Missouri state parks.

Contact: Chris Sutton

(Will speak in the St. Louis area)

Phone: 314-324-3451

E-mail: taleswithatwist@rocketmail.com

8. "Remember When?"

Got a story to tell? In many countries the elders are the storytellers, historians and teachers. They entertain, share traditions and even spread the news. In this program, stories of life are told and shared by the Workshop Leader Joyce Slater and the audience. Joyce uses songs, puppets and personal narrative. She has been the artistic director for the Kansas City Storytelling Celebration since 1999.

Contact: Joyce Slater

(Will speak in the Kansas City area)

slatertales@kc.surewest.net

Phone: (816) 523-5038 or (816) 804-2442 cell

9. "Buffalo Soldier Bicycle Corps"

A great experiment occurred in 1897 to see if a horse soldier could replace his horse with a bicycle. The experiment was to ride a bicycle from Fort Missoula, Mont., to St. Louis, Mo. The program is shown as a PowerPoint on a 32" photo viewer or a projector.

Speaker: Denzil Heaney

(Can speak statewide with enough prior notice and coordination)

Phone Number: (660) 963-2525

E-mail: Denzil.heaney@dnr.mo.gov

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Musicians/Entertainers/Storytellers (continued)

10. **"Animals in War"**

The Missouri mule is one animal that has been used in warfare. Do you know the other animals? This program, very popular with all ages, is shown as a PowerPoint on a 32" photo viewer or projector.

Speaker: Denzil Heaney

(Can speak statewide with enough prior notice and coordination)

Phone Number: (660) 963-2525

E-mail: Denzil.heaney@dnr.mo.gov

11. **"Aaron Burr, Jr. — Traitor or Patriot?"**

Learn about the career of Colonel Aaron Burr, Jr., the 3rd vice president of the United States under President Thomas Jefferson, and his life after he left office. The program is shown as a PowerPoint on a 32" photo viewer or a projector.

Speaker: Denzil Heaney

(Can speak statewide with enough prior notice and coordination)

Phone Number: (660) 963-2525

E-mail: Denzil.heaney@dnr.mo.gov

12. **"George Caleb Bingham: 'The Missouri Artist' in the Civil War"**

Arrow Rock Missouri's native son George Caleb Bingham is Missouri's most famous artist and one of the best known artists of 19th century America. Learn about Bingham's life, his military and political activity during the Civil War, and how it affected his career as an artist.

Speaker: Michael Dickey, Historic Site Administrator, Arrow Rock State Historic Site

(Will speak statewide with sufficient notice)

Phone Numbers: work (660) 837-3330 cell (660) 537-0435

E-mail: mike.dickey@dnr.mo.gov

13. **"The People of the River's Mouth: The Search for the Missouri Indians"**

The Missouri people were the first American Indians encountered by European explorers venturing up the Pekitanoui River—the waterway we know as the Missouri. This Indian nation called itself the Nyut[^]achi, which translates to "People of the River Mouth," and had been a dominant force in the Louisiana Territory of the pre-colonial era. Our state and the Missouri River are namesakes of these historic Indians, but little of the tribe's history is known today. Learn their story.

Speaker: Michael Dickey, Historic Site Administrator, Arrow Rock State Historic Site

(Will speak statewide with sufficient notice)

Phone Numbers: work (660) 837-3330 cell (660) 537-0435

E-mail: mike.dickey@dnr.mo.gov

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Musicians/Entertainers/Storytellers (continued)

14. "You've Lead Quite a Life, so Share it!"

Author Julia Falkner-Tompkins shares how she got started writing her history, which includes involvement in the foster grandparenting program. She has some great stories.

Contact: Julia Falkner-Tompkins

(Will speak in Columbia during daytime hours)

Phone Number: (573) 422-2136

E-mail: renklafj@gmail.com

15. "The Power of Parks"

Learn the history of Weston Bend State Park. Topics will include: Native American history, early Anglo-settlement, Lewis and Clark, Weston history and tobacco farming.

Speaker: Matt Carletti, Park Superintendent, Weston Bend State Park

(Will speak in the Kansas City area only)

Phone Number: 816-640-5443

E-mail: matt.carletti@dnr.mo.gov

Interactive Games

16. "Play Till The Cows Come Home"

Historical interpreters will bring toys and games common to the 1820s time period for hands on play. Recreational pass times for adults, including music and dance, can also be included depending on individual situations.

Speaker: Sue Love, Interpretive Resource Technician, First Missouri State Capitol State Historic Site

(Will speak within a 30-mile radius from the historic district of St. Charles, Mo. Please call for availability. Times and dates may be limited.)

Phone: 636-940-3322

E-mail: susan.p.love@dnr.mo.gov

17. "Are You Smarter than a Scam Artist?"

An hour-long interactive game show tests your ability to outfox identify theft crooks and other scam artists

Contact: Rona McNally (will speak statewide)

Project Director for the Missouri Senior Medicare Patrol (SMP)

Phone: 1-888-515-6565;

E-mail: rmcnally@goaging.org

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Interactive Games (continued)

18. **“Consumer Jeopardy”**

This hour-long interactive game show features a three-person panel competing to see who is best able to identify health care, consumer and Medicare scams.

Contact: Rona McNally (will speak statewide)

Project Director for the Missouri Senior Medicare Patrol (SMP)

Phone: 1-888-515-6565

E-mail: rmcnally@goaging.org

19. **“Settlement Cards”**

This interactive card game challenges participants to work in groups to establish and manage their own Ozark farm in the 1830s, just like the Nathan Boone family. Participants will get to choose supplies, crops, and livestock, and will make the decisions that determine whether their farm succeeds or fails. Group size for this program is 15 minimum, 42 maximum.

Contact: Dakota Russell, Interpretive Resource Specialist, Nathan Boone Homestead State Historic Site

(Will speak in the Springfield area, within 50 miles of Ash Grove, Missouri)

E-mail: dakota.russell@dnr.mo.gov

Phone Number: (417) 751-3266

20. **“A Good Yarn About the Industrial Revolution”**

Join in as we show how yarns and fabrics used to be made from wool by hand, and learn how the Industrial Revolution changed history and influences us today. (Due to hands-on activities involved, this program can only be offered to limited numbers of people, but can be done more than once to accommodate larger numbers.)

Contact: Amanda Coonce, Interpretive Resource Technician, 26600 Park Road North, Lawson, MO

(Will speak in Clay County/Kansas City area only)

Phone Number: 816-580-3387

E-mail: amanda.coonce@dnr.mo.gov

21. **“Senior Trip: A Missouri State Park and Historic Site Road Trip & Trivia Game”**

Grab your glasses and get ready to let your hair down, as we set out on the open road to visit several local state parks and historic sites without leaving our chairs. Join a Washington State Park Interpreter for an overview of the recreational and educational opportunities located in Missouri State Parks and Historic Sites followed by a fun-filled trivia game and a brief discussion of the volunteer opportunities available.

(Program is in a PowerPoint format. Please inform in advance if presentation capabilities are not available so that program can be adjusted accordingly.)

Speaker: Kristin Brown- Washington State Park Interpreter

(Will speak in St. Louis and Southeast Missouri)

Phone Numbers: cell: 636-208-7547 office: 636-586-5768

E-mail: absolute.insurance@att.net

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Interactive Games (continued)

22. "All About Birds"

Birds are among the most widespread, diverse and colorful creatures in nature and can be found anywhere in the world. Learn about our feathered friends who call your backyard home and what makes them unique.

Speaker: Michelle Soenksen, Interpretive Resource Specialist III, Sam A. Baker State Park (Will speak within 60 miles of Sam A. Baker State Park, located in Wayne County in southeast Missouri)

Phone Numbers: 573-856-4514 or 573-856-4411

E-mail: michelle.soenksen@dnr.mo.gov

23. "Nature Bingo"

Played similarly to regular bingo only the characters are plants and animals found in Missouri, and clues are given with each one so participants not only have fun but learn tidbits of information on each character. No money is needed but items for prizes would be welcomed from the agency requesting this program.

Contact: Theresa Ramsey, Park Naturalist, Knob Noster State Park (Will speak in Johnson, Pettis, Benton, Henry and Lafayette Counties)

Phone Number: 660-563-2463

E-mail: theresa.ramsey@dnr.mo.gov

24. "Nature Bingo"

Nature Bingo is a fun way to discover some cool things about many of Missouri State Parks resources. And you might even win a prize! **Elephant Rocks Bingo** is another game focusing on the giant granite boulder park – one of Missouri's fun places to play!

Speaker: Janet Price, Interpretive Resource Specialist III, Johnson's Shut-Ins State Park (Will speak within a 60-mile radius from Johnson's Shut-Ins State Park in Reynolds County)

Phone Number: 573-546-2450 x1003

E-mail: janet.price@dnr.mo.gov

25. "Crafty Creatures"

Participants will learn a little about some of our animals while creating their own animal with various craft supplies provided.

Speaker: Theresa Ramsey, Park Naturalist (Will speak in Johnson, Pettis, Benton, Henry and Lafayette Counties)

Phone Number: 660-563-2463

E-mail: theresa.ramsey@dnr.mo.gov

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Interactive Games (continued)

26. **“That was Then, This is Now: The History of Knob Noster State Park”**
Participants will journey back to the early days of the park to the present day through the use of photos and artifacts. Along the way we will play the pricing game.
Speaker: Theresa Ramsey, Park Naturalist
(Will speak in Johnson, Pettis, Benton, Henry and Lafayette Counties)
Phone Number: 660-563-2463
E-mail: theresa.ramsey@dnr.mo.gov
(Will speak in Johnson, Pettis, Benton, Henry and Lafayette Counties)

Fitness Fun/Recreation

27. **“Fitness Fun: Maintaining the Fountain of Youth”**
Try a few fitness activities and hear how each will help your daily lifestyle.
Speaker: Kay Benward, M.Ed, CSCS, Exercise Physiologist
(Will speak in a 15-mile radius of Capital Region Medical Center in Jefferson City)
E-mail: kbenward@crmc.org
Phone: 573-632-5612 office; 573-690-3249 cell
28. **“T'ai – Ch'i for Seniors”**
T'ai – Ch'i for balance, focus and relaxation
Speaker: Stan Weyrauch, owner/chief instructor, Capital City Martial Arts
(Will speak in Jefferson City only)
Phone: 573-552-5249
E-mail: themaginc@aol.com
29. **“Golf for Seniors and Miniature Golf”**
If interested, we could go to a putt-putt course for fun.
Speaker: Golfer Ray Ellis
(Will speak in Rolla, St. James, Cuba, Jefferson City and Columbia)
Phone: 573-201-5999
E-mail: raynann29@hotmail.com
30. **“Mind Aerobics”**
This class will discuss how challenging the mind can keep someone healthy and explore the 10-step Memory Workout. Participants can engage in several mind and body challenges.
Speaker: Kay Benward, M.Ed, CSCS, Exercise Physiologist
(Will speak in a 15-mile radius of Capital Regional Medical Center in Jefferson City)
E-mail: kbenward@crmc.org
Phone Numbers: (office) 573-632-5612; (cell) 573-690-3249

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Fitness Fun/Recreation (continued)

- 31. “Strength Training for Older Adults Can Be Fun and Beneficial”**
A strength-training program for older adults from Tufts University
Contact: Robin Gammon, Med, RD, LD,
Program Manager, Missouri University Extension Program
(Will speak in Columbia only)
Phone: 573-884-0971
E-mail: gammonr@missouri.edu
- 32. “Arthritis 101” or “Achieving a Better Quality of Life with Chronic Disease”**
Speaker: Orvie Prewitt, Program Coordinator, Kansas City Regional Arthritis Center,
Saint Luke’s Hospital
(Will speak in Bates, Carroll, Cass, Clay, Henry, Jackson, Johnson, Lafayette, Platte, and Ray
Counties)
Phone: 816-305-4009 (cell) or 816-932-2351 (office)
E-mail: oprewitt@saint-lukes.org
- 33. “How to Win with Diabetes: Your Best Game Plan for Success”**
This class will discuss tips on how to play “the blood sugar game.” This motivational pep talk
will include teaching on why diabetes self-management is so important. Participants will leave
class feeling more empowered to avoid risks and complications associated with poor diabetes
control because there’s too much to live for to waste time feeling low!
Speaker: Sarah Burbee, RD, LD, Clinical Dietitian and Diabetes Educator
(Will speak within a 15-mile radius of Capital Region Medical Center in Jefferson City)
Phone Numbers: 573-632-5093 (office) or 573-230-8754 (cell)
E-mail: Burbee-Sarah@aramark.com
- 34. “Take a Hike”**
The health benefits of hiking, walking and jogging in Missouri’s parks include the calming
effects of being exposed to nature.
Speaker: J.C. Kuessner, Deputy Director, Missouri State Parks
(Will speak in the Jefferson City area, will also consider speaking statewide)
Phone Number: 573-751-5378
E-mail: jc.kuessner@dnr.mo.gov
- 35. “Let’s Go Fly a Kite”**
Raise your spirits and boost your health through the fun of kite flying. Kites will be provided.
Speaker: Teresa Strange
(Will speak in the Jefferson City area only)
Phone number: 573-680-9612.
E-mail: realstrangeworld@gmail.com

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Fitness Fun/Recreation (continued)

36. "Never Too Old to Get in the Game"

Sports, fun and exploring new interests aren't just for the young. Along with improving health, whenever teamwork is involved, there's the added benefit of being connected to others. Learn how to tap into a "healthier you" through exercise and diet, aquatics, camping, community development and more.

Contact: Lee Boggess, CEO, Randolph County YMCA
(Speakers will speak in Central Missouri counties)

Phone: (660) 263-3600

E-mail: lboggess@randolphareaymca.com

37. "Missouri State Parks – Get out and Play"

A quiz and picture slide show about Missouri state parks

Speaker: Anna Persell, Natural Resource Manager

(Will speak in Grundy, Livingston, Daviess, Mercer and Harrison Counties)

Phone Number: 660-359-6473

E-mail: anna.persell@dnr.mo.gov

38. "For Goodness Snakes"

S-S-S-Snakes have long lived in Missouri state parks. They are S-S-S-Skinny and S-S-S-Scaly, but not S-S-S-Scary, once you see them up close and personal!

Speaker: Janet Price, Interpretive Resource Specialist III, Johnson's Shut-Ins State Park
(Will speak within 60 miles of Johnson's Shut-Ins State Park in Reynolds County)

Phone Number: 573-546-2450 x1003

E-mail: janet.price@dnr.mo.gov

39. "Mountains of Antiquity: The St. Francois Mountains"

This 23-minute video highlights many of the natural and cultural parks found in the ancient St. Francois Mountains of southeast Missouri. Participants are invited to share some of their favorite stories in Missouri state parks.

Program length: 45 – 60 minutes

Speaker: Janet Price, Interpretive Resource Specialist III, Johnson's Shut-Ins State Park
(Will speak within 60 miles of Johnson's Shut-Ins State Park in Reynolds County)

Phone Number: 573-546-2450 x1003

E-mail: janet.price@dnr.mo.gov

40. "Steady As You Go"

Learn how you can prevent falls.

Speaker: Jean Leonatti, CEO, Central Missouri Area Agency on Aging
(Will speak in Central Missouri only)

Phone Number: 573-443-5823

E-mail: jleonatti@cmaaa.net

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Fitness Fun/Recreation (continued)

41. "I Ain't Afraid of No Gym!"

Learn why fitness programs for Active Older Adults (AOAs) are growing in popularity and how trained instructors accommodate participants with arthritis or other physical challenges as well as those who have never been inside a gym. Get a "feel" for what a class is like with a short "participant" demonstration.

Speaker: Donna Prenger, Silver Sneakers/Lifeline Coordinator, Certified Group Fitness Instructor-Personal Trainer

(Will speak within a 50-mile radius of Jefferson City)

Work: 573/761-3459

Cell/Text: 573/690-1510

Email: dprenger@jcymca.org

42. "Jack Be Nimble, Jack Be Quick"

The mind needs to be exercised and stretched, as does the body. Explore the activities that will keep your spirit, mind and body nimble. Participants will have the opportunity to test their balance and pair up to see how flexible they are.

Speaker: Linda Pourchot, Association Aquatics Director, YMCA of Greater St. Louis

(Will speak in St. Louis City, St. Louis County, Jefferson County, St. Charles County and Franklin County)

Phone: 314-436-1177 x 297

E-mail: lpourchot@ymcastlouis.org

Food Fun

43. "Feasting on Native Plants"

Learn about the variety of native plants that can be consumed as greens, used as food flavorings, teas, or in stews.

Speaker: Nadia Navarrete-Tindall, Ph.D., Native Plants State Specialist

(Will speak statewide)

Phone Number: 573-681-5392

E-mail: Navarrete-TindallN@LincolnU.edu

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Food Fun (continued)

44. **"It's Okay to Play with Your Food: How to Make Healthy Affordable Changes in the Kitchen"**

Older adults can reach outside of their comfort zone to include fresh new ideas to keep their bodies healthy and their minds sharp. We will discuss and explore different cooking methods and types of foods with age-defying benefits!

Speaker: Sarah Burbee, RD, LD, Clinical Dietitian and Diabetes Educator

(Will speak within a 15- mile radius of Capital Region Medical Center in Jefferson City)

Phone Numbers: 573-632-5093 (office) or 573-230-8754 (cell)

E-mail: Burbee-Sarah@aramark.com

Photographers

45. **"Point and Shoot: Expand Your Memories with Photography"**

Award-winning photographer Susan Tonarely gives tips on how to take photos.

Contact: Susan Tonarely, Department of Health and Senior Services

(Will speak statewide)

Phone: 1-800-309-3282

E-mail: susan.tonarely@health.mo.gov

Other Speakers

46. **"Brown Bag Stories"**

Storytelling and the collection of stories is so important for seniors. This presentation provides an environment for participants to share and record their stories. Brown bags and other art materials and media will be used as embellishments.

Speaker: Diane Yarbrow Swift, founder of the Center for Equitable Education

(Will speak in the Kansas City area)

Phone Number: 816-931-2278

E-mail: ceed4chnq@aol.com

47. **"Seniors Taking Charge at the Capitol"**

This program shares information on volunteers who advocate for Missouri's older adults. The volunteers testify before the Missouri Senate and House and speak with senior groups about issues and bills that affect seniors statewide.

Speaker: Pat Donehue, 1st Vice President, Missouri Silver Haired Legislature

(Will speak in Central Missouri and other locations upon request)

Phone Numbers: 573-893-3428 or cell 573-301-1045

E-mail: chip@socket.net