

Speakers – 2019 Gerontology Conference

Francesca Arnoldy, Lead Instructor, UVM End of Life Doula Certificate, Certified Doula

Francesca Arnoldy, UVM alumna and longtime birth worker, is the course developer, facilitator, and program director of the University of Vermont Larner College of Medicine's End-of-Life Doula Professional Certificate Program. She is author of *Cultivating the Doula Heart: The Essentials of Compassionate Care* and leads in-person workshops about doula approaches and end-of-life wishes. Her goal is to encourage people to hold one another's hands through life's intensities and sacred rites of passage. She recently founded [Contemplative Doula](#) as a resource to help people to prepare for birth, death, and life with the doula heart. Francesca lives in Hinesburg, VT with her family.

Diana Barnard, MD

Diana Barnard, MD was born and raised on a dairy farm in Vermont, where she learned many important life lessons including the value of hard work, the importance of love and family, and the natural cycle of life and death. She completed her undergraduate studies at McGill University where a big city atmosphere taught her to embrace change, and expand her horizons. Dr. Barnard attended The University of Vermont College of Medicine where a diverse and dynamic group of non-traditional classmates taught her not to take life too seriously, and how to be a great human being as well as a good Doctor. She attended residency at the University of Wisconsin in the early days of the AIDS epidemic which taught her crucial but tough life lessons around how to overcome fear and ignorance.

Dr. Barnard was thrilled to return to Vermont in 1994 to practice the Art and Science of Medicine, and to raise her own family. She deeply enjoyed providing full spectrum family medicine including delivering babies, helping people cope with illness, and helping them to live well and to die well and on their own terms.

In 2009 Dr. Barnard packed up her stethoscope and cofounded an innovative on-the-road practice caring for patients with life limiting illness in their homes. Aside from being a Mother, this was the best job she ever had: Caring for people where and as they lived.

In 2012 Dr. Barnard joined the Palliative Care team at the University of Vermont Medical Center as an Assistant Professor of Family Medicine. She oversaw significant expansion of the Palliative Care team and served as interim director for 2 years. In February of 2017, she returned to her Addison County roots by founding a consultative Palliative Care practice at UVMHN Porter Medical Center and UVMHN Helen Porter Rehab and Nursing. Dr. Barnard has also worked as a Hospice Physician for Addison County Home Health and Hospice since 2009.

Dr. Barnard finds deep meaning in the challenge and intimacy of caring for patients and their families living with serious illness. She is a vocal and passionate advocate for the high quality, patient-centered end-of-life care. She enjoys the opportunity to share her passion with anyone who wants to engage in dialogue about what really matters in life, and in death.

Zail Berry, MD, MPH, FACP; UVM Larner College of Medicine; UVMNH Home Health & Hospice; Medical Director, The Arbors Memory Care

Dr. Zail Berry is one of Vermont's foremost experts in the practice of palliative medicine and end-of-life care. She received her medical training in San Francisco where she completed a residency in Primary Care Internal Medicine in 1989. From 1989 to 1991, Dr. Berry was a Fellow in Primary Care Internal Medicine at George Washington University Medical Center in Washington D.C. Upon completion of her Fellowship, she became an Assistant Professor there, teaching in the University Medical Center Department of Health Care Sciences for five years. During this time, she also served as the Medical Director for Hospice of Washington.

In 1996 Dr. Berry came to Vermont and began work as Attending Physician at the Aesculapius Medical Center, Fletcher Allen Health Care (now UVM Medical Center). In addition to this role, she was the founding Medical Director for Fletcher Allen Health Care's Palliative Care Program and the Co-Medical Director of Hospice of the Champlain Valley, a program of Visiting Nurse Association of Chittenden and Grand Isle Counties.

For the past 22 years, Dr. Berry has been an Associate Professor at The Robert Larner College of Medicine at the University of Vermont. In 2004 she opened a private practice, Palliative Medicine Consultation and Home Medical Services, serving seriously and terminally ill persons in Chittenden County. She closed her private practice in 2014 to rejoin UVMHC, serving patients at Birchwood Terrace and providing house calls in collaboration with UVMHC primary care physicians. Currently, she provides clinical care at Birchwood Terrace, McClure Miller Respite House, and The Arbors where she recently assumed the role of Medical Director.

Dr. Berry has received a number of honors since receiving her medical degree in 1986. Most recently, she received the Madison-Dean Award for Excellence in End of Life Care in October 2017. She continues to work, teach and present both locally and nationally.

Dr. Berry lives with her husband in Burlington, Vermont. They have two grown children who live in Pittsburgh and San Francisco.

Cindy Bruzzese, MPA, MSB, Executive Director & Clinical Ethicist, Vermont Ethics Network

Since 2008, Cindy has been the Executive Director of the Vermont Ethics Network (VEN), a statewide nonprofit organization working to promote ethics as a core component of health care and health care decisions for individuals, clinicians, health care organizations, policy-makers and the community at large.

She is also:

- Chair of the Ethics Committee for the State of Vermont Department of Disabilities, Aging and Independent Living (DAIL),
- Serves on the clinical consult team for the Central Vermont Medical Center Ethics Committee
- Directs the Statewide Task Force on Palliative Care and Pain Management.

Cindy earned her BA from Colby College in Waterville, ME, a Master's in Public Administration (MPA) from the University of Vermont and a Masters in Clinical Ethics (MSB) from Clarkson University & the Icahn School of Medicine at Mount Sinai in New York. Additionally, she holds a certificate in bioethics with a specialization in health policy and law.

A native Vermonter, Cindy lives in central Vermont with her husband and two children.

Larry Detweiler, Chaplain, Central Vermont Home Health and Hospice (CVHHH)

Rev. Larry Detweiler, MDiv, pastors two rural churches in VT since 2004. In 2013, he began hospital chaplaincy training at UVM Medical Center, completing the four terms of Clinical Pastoral Education (CPE) in 2016, with an emphasis on spiritual care in a hospice setting. He is in his 5th year as the Interfaith Hospice Chaplain for CVHH&H.

Jewelene Griffin, RN, Director of Hospice & Palliative Care, Central Vermont Home Health and Hospice (CVHHH)

Jewelene Griffin joined CVHHH in July, 2016 as Director of Hospice & Palliative Care. Jewelene has almost 20 years of experience working in for-profit hospice management. Over the course of her career, she has served in operations and compliance oversight and in regional and national management roles serving rural and urban areas. Shortly after earning her Nursing license, Jewelene began working in hospice. Before joining CVHHH, she served as the Vice President of Hospice, managing 10 hospice agencies in five states in the southeast.

Of her work in hospice, Jewelene says: "I feel it is a privilege, as a hospice provider, to be a part of a patient's and family's life and to be a member of the team wrapping individuals in compassionate care at the end of life." In her role at CVHHH, Jewelene looks forward to helping central Vermonters understand the benefits of hospice. "I am passionate about dispelling common myths about hospice and helping patients and their families connect with resources when it's right for them." Jewelene, a Georgia native, lives in Pomfret.

E. Rosy Hill, MD, UVM Medical Center and Larner College of Medicine

Dr. Rosy Hill is a geriatrician at the University of Vermont Medical Center and an assistant professor of General Internal Medicine and Geriatrics at The Larner College of Medicine at UVM. She completed her residency in Internal Medicine at the University of Vermont College of Medicine and a fellowship in Geriatrics at the Yale University School of Medicine.

Lisy (Elisabeth) McIntee, MSW, UVM Health Network Home Health & Hospice

Lisy is a Hospice and Palliative Care Social Worker with UVM Health Network Home Health & Hospice (formerly the VNA). She has a Master's Degree in Social Work from Bryn Mawr and an undergraduate degree in Peace, War, and Defense from the University of North Carolina. Lisy is originally from Philadelphia, where she worked as a social worker with a palliative care consult service in an inner-city hospital. Lisy also has a background working with veterans at the VA Hospital in Philadelphia, and with refugees and asylum seekers through her work at a refugee resettlement agency. Lisy is passionate about bringing palliative care and advance care planning discussions to diverse populations, earlier in the disease process.

Kathi Monteith, Principal, KJM Guardianship

Kathi is a native Vermonter, having grown up in Burlington. She spent most of her adult career in sales and marketing but her interest in our aging population began as a child. She grew up spending much of her time with elderly relatives, being exposed to the joys and the challenges they, and the entire extended family, faced as they aged. Caring and advocating for older adults became a way of life. "At a young age I learned that it is a privilege to learn from and serve older adults."

Over the years Kathi founded dementia support groups for family caregivers as well as younger adults suffering from forms of dementia. She served on the board of directors of Age Well

(formerly CVAA) for six years, President for five of those years. She founded Vermont Elder Resource Group (VERGVT), a membership organization of for profit and non-profit professionals serving the Vermont elder community. She is also a member of the National Guardianship and Adult Protective Services Associations. Kathi has provided education and support services to families, individuals and staff at care facilities and home care agencies. She brings extensive experience in the realm of hospice care having utilized the services for her parents and several clients. The fact that each family member and client is different, the need for the various hospice services has been critical to meeting the medical and emotional needs of the person on hospice as well as those surrounding that loved one.

Diana Moore, MA, Bereavement Coordinator, Central Vermont Home Health and Hospice

Diana Moore, MA, of Danville, joined CVHHH at the end of 2016 as the agency's Bereavement Coordinator. A longtime resident of Danville, Diana has a background in psychology, education, and counseling. She is also an ordained interfaith minister and a published writer.

Most recently, Diana worked as a school-based clinician, providing individual counseling to children in grades K through 8. In this position, Diana dealt with grief and loss daily, as she worked with many children and families challenged by mental illness and substance abuse. Diana also has experience as a volunteer coordinator and bereavement co-coordinator at a hospice in New York state. Diana believes that supporting families through the grieving process is work that she is meant to do. "In my role as Bereavement Coordinator, I want to support families who are grieving and help people find hope where there often seems to be none."

Diana works as a member of CVHHH's interdisciplinary hospice team, providing support to patients and to their families beyond the lifespan of the patient (for up to 12 months) to assist in the grieving process. In addition, Diana co-coordinates weekly free bereavement support groups for members of the community.

Ally (Allyson) Parker, MA, Bereavement Services Coordinator, UVM Health Network Home Health & Hospice

Ally Parker, MA, is a mental health counselor and the Bereavement Services Coordinator for the UVM Health Network Home Health and Hospice. In this role, Ally provides grief counseling for individual families, facilitates support groups, and serves as the director of Camp Knock Knock, an annual bereavement camp for VT families. She has focused her practice on supporting grieving families for 15 years. In addition, Parker provides professional caregiver grief support to clinical staff in several senior housing and assisted living facilities in Chittenden County.

John M. Saroyan, MD, FAAP, HMDC, BAYADA Hospice Medical Director for Vermont and New Hampshire

Dr. Saroyan has dedicated his entire medical career to hospice and palliative care. He was a full-time faculty member at Columbia University for ten years, where he was Program Director for the Hospice and Palliative Medicine Fellowship and attained the rank of Associate Clinical Professor. He is a board certified pediatrician with sub-specialty certification in Hospice and Palliative Medicine, and is a Certified™ Hospice Medical Director. His expertise extends across the lifespan.

In 2013, Dr. Saroyan became the first full-time Hospice Medical Director for BAYADA Home Health Care's hospice practice, based out of its office in Norwich, Vermont. Under his medical leadership, the BAYADA Hospice Program has grown from a census of just over 100 in Vermont and the bordering counties in New Hampshire to over 300 with new offices in both states.

A well-published scholar with multiple [peer-reviewed publications](#), Dr. Saroyan maintains faculty appointments in the Department of Medicine at the [Geisel School of Medicine](#) at Dartmouth College and the Department of Pediatrics at the University of Vermont College of Medicine. He was quoted in the [The New York Times](#) because of his widely recognized expertise in pediatric palliative care and hospice; called an "emerging leader" by the State Initiatives in End-of-Life Care; and featured in an online interview by blogger Laurie Kienlin.

Karen Wyatt, MD

Dr. Karen Wyatt is the bestselling author of the book, *What Really Matters: 7 Lessons for Living from the Stories of the Dying*. Dr. Wyatt's book contains stories of patients she cared for as a hospice doctor and the spiritual lessons she learned from them at the end of their lives.

Dr. Wyatt also hosts End-of-Life University, an online interview series that features conversations with experts who work in all aspects of end-of-life care.

She is widely regarded as a thought-leader in the effort to transform the way we care for our dying in the U.S. In addition, she is valued for her application of spiritual principles to illness and healthcare, and teaches that in order to live life fully we must each overcome our fear of death and embrace the difficulties that life brings us.

Her website: www.eoluniversity.com