

## 2018 Conference Planning Committee

Rachel Allen  
(Kaiser Permanente)

Grace Cheng Braun  
(Wise & Healthy Aging)

Erika Brown  
(LA City Dept. of Aging)

Viviana Criado  
(LA Alliance for Community Health  
& Aging, Office of Women's Health)

Ellen Eidem  
(Office of Women's Health)

Allison Goforth  
(Partners in Care Foundation)

Christy Lau  
(Partners in Care Foundation)

Annie Pham  
(Office of Women's Health)

Zoe Phillips  
(Office of Women's Health)

Barbara Sinclair  
(Professor Emerita, CSULA)

Carmen Zapata  
(Office of Women's Health)

## Steering Committee

### Los Angeles Alliance for Community Health & Aging



Laura Trejo, MSG, MPA  
General Manager



June Simmons, MSW  
Founding President & CEO



Grace Cheng Braun, MSPH  
President & CEO



Cynthia Banks  
Director



Ellen Eidem, MS  
Director, Office of Women's Health



Carlotta Childs-Seagle, MSW, LCSW  
Deputy Director, Bureau of Outpatient Services

## Special Acknowledgements

Dianne Davis  
(Partners in Care Foundation)

Martin Jones, Jr.  
(LA County Dept. of Mental Health)

Office of Women's Health Staff:

Denise Pacheco  
Genevieve Pomes  
Esther McDowell

Rita Singhal  
Fred Dominguez  
All other OWH staff

For more information, please contact: **Annie Pham** at (626) 293-2616



Wednesday,  
April 25,  
2018

8:30 am – 12:30 pm

The **Office of Women's Health**  
& the  
**Los Angeles Alliance for  
Community Health and Aging**  
(LAACHA) present

# Healthy Aging: Cultivating & Celebrating Resilience

Location  
**The California  
Endowment**

Yosemite Room

1000 N Alameda Street  
Los Angeles, CA 90012

Hosted by



Sponsored by



# Healthy Aging: Cultivating & Celebrating Resilience

## Welcome and Introduction

**Ellen Eidem**, MS, Director, Office of Women's Health  
Los Angeles County Department of Public Health

**Barbara Ferrer**, PhD, MPH, MEd  
Director, Los Angeles County Department of Public Health

## Keynote Speaker

**Maria Lemus**  
Executive Director, Visión y Compromiso

## Plenary Panel 1: CULTIVATING RESILIENCE

*Fostering resilience at the individual, systems and community levels*

*Moderator:* **Martin Jones, Jr., LCSW**, Chief, Bureau of  
Outpatient Services, Los Angeles County Department of Mental Health

### **Promoting Psychological Resilience**

**Haydeh Fakhrabadi, PsyD**, Clinical Psychologist II,  
Bureau of Outpatient Services, Los Angeles County  
Department of Mental Health

### **Trauma, Healing & Resilience Across the Lifespan**

**Tiombe Wallace, MFT**, Feminist Therapist/Trainer/Consultant,  
Tiombe Wallace Marriage & Family Therapist, INC.

### **Community Emergency Preparedness & Resilience**

**Stella Fogleman, RN, MSN, MPH, CNS**, Director,  
Emergency Preparedness & Response Division,  
Los Angeles County Department of Public Health

## Q & A Session

## Tabletop Activity

*Facilitator:* **Christy Lau, MSSW**, Program Director,  
Partners in Care Foundation

**Engage @ Every Age:** *an interactive activity about resilience*

AIDS in residential treatment programs. Since moving to Los Angeles in the early 2000's, Mr. Mills' work continued in HIV/AIDS prevention programs at The LA Gay & Lesbian Center and the Program Director for two non-profit affordable housing developers in the City of Los Angeles. Mr. Mills' writings on HIV/AIDS, Affordable Housing and LGBT Seniors have been published in *Art & Understanding*, *The Advocate*, and *Generations*. Mr. Mills has traveled through Southern California and the country as a guest lecturer and presenter on LGBT aging issues, affordable housing, HIV/AIDS activism, and coming out. He recently received an appointment to LA County Supervisor Kuehl's *Purposeful Aging Initiative Workgroup*.

**Antonia M. Roult** is a fitness facilitator and international running enthusiast. Formerly an Arthritis Foundation Partner and LA County Commission for Women Health Committee member, she's specialized in senior programs for 11 years. She has been honored as "Woman of the Year" in Education for successful work with many diverse communities throughout LA city and county. As a volunteer, she implemented a sobriety fitness program at the Los Angeles Mission, taught Tai Chi to children with developmental disabilities during Special Needs Network, Inc - JPAC summer camp, in addition to implementing and conducting a free senior fitness program at Rancho Cienega Sports Complex for 10 years. Currently, Ms. Roult is affiliated with Echo Park Senior Center, White Memorial Medical Center Vive Bien, Mac Arthur Towers, Los Angeles Oasis Wise & Healthy Aging and Grace Church. She has run 5 Abbott World Marathon Majors on 4 continents with 3 to go!

**Laura Trejo**, MSG, MPA, is the Technical and Policy Advisor to the Mayor of Los Angeles and the City Council. In 2002, Ms. Trejo was appointed General Manager of the City of Los Angeles, Department of Aging, the first Latina to serve at this level of City government. She is a gerontologist with a master's degree in Gerontology as well as a Master of Public Administration degree and graduate certificate in Long-Term Care Administration, all from the University of Southern California. She has consulted and trained extensively throughout the United States on the development of programs for the elderly with an emphasis on cultural competence. She has worked with individual countries and international organizations to develop policy initiatives and programs in the areas of aging, mental health, physical health, Alzheimer's disease, and rehabilitation.

**Tiombe Wallace**, MFT, is a licensed Marriage and Family Therapist with over 20 years of experience as a feminist therapist, educator, and activist working to empower survivors and communities. As the owner of a private practice and consulting business, Tiombe, MFT, Inc., she provides individual and group therapy for survivors, consultation on curriculum and program development, clinical supervision, anti-oppression training, and speaking engagements for social services, universities, youth programs, crisis services, and counselor/mentor certification courses. She received dual bachelors' degrees from Scripps College in Claremont in Psychology and Women's Studies and her master's in Counseling: Emphasis in Marriage and Family Therapy from California State University, Long Beach. She was the Director of Counseling Services for the Sexual Assault Crisis Agency (SACA), working in all facets of the rape crisis center for over 12 years. Her specializations include intersectional feminist therapy, best practices in responding to complex interpersonal violence and trauma and collaborative healing modalities.

*Thank You for Joining Us Today!*

populations including children, adolescents, adults and older adults. He has worked in several practice settings including out-patient clinics, forensic facilities and with the developmentally disabled. In addition, Mr. Jones served as a Subject Matter Expert for the California Board of Behavioral Sciences regarding the California LCSW written and clinical vignette examinations. He has also been certified as a Domestic Violence Counselor and has provided Court ordered Batterers' Intervention Counseling as an independent contractor in the Palmdale and Santa Clarita areas. Prior to his current role, Mr. Jones served as a Clinical District Chief in the Older Adult System of Care Bureau, where he coordinated, monitored and planned innovative evidenced-based services for older adults.

**Christy Lau**, MSSW, is a Program Director at Partners in Care Foundation since 2016 and directs all grant activities related to the organization's statewide Fall Prevention Initiative funded by the Administration for Community Living, as well as the organization's Disease Prevention and Health Promotion grant funded by the City of Los Angeles through Older Americans Act (Title IIID) funds. Ms. Lau also manages activities of the statewide California Healthier Living Coalition; and serves on the Operations Committee of the Los Angeles Alliance for Community Health and Aging (LAACHA), which focuses on increasing the reach of effective, evidence-based community health interventions that address chronic diseases, self-management, caregiving, and fall prevention. Ms. Lau holds a Master of Science in Social Work degree from Columbia University.

**Maria Lemus** is the founding Executive Director of Visión y Compromiso (VyC), since 2000. VyC and its' Promotora and Community Health Worker (CHW) Network is committed to supporting Promotoras and CHWs towards achieving healthy and dignified lives for Latinos who endure disproportionate rates of health disparities by providing leadership development, capacity building and advocacy for 4000+ Promotores and CHWs associated with clinics, hospitals, community based organizations in rural and urban communities. She is a member of several national advisory committees including the Health and Human Services Promotores Advisory Committee, Latino Best Baby Initiative, the National Teen Pregnancy Initiative and Latino Mental Health Concilio for Reducing Health Disparity Project. Prior to VyC, Ms. Lemus was active as a community consultant to local community organizations. Ms. Lemus has 21 years of management experience in the Rural Health Division of the California Department of Health Services.

**Brandon Leong** is the Director of Programs and Strategic Partnerships with Keiro, a Los Angeles based non-profit organization focused on advancing the quality of life for older adults and caregivers. In his role, he leads the programs and community relationships department. Prior to coming to Keiro in 2011, he served as program director at the East San Gabriel Valley Japanese Community Center. An Eagle Scout, Mr. Leong is an active volunteer with the Boy Scouts of America. He also serves on the board of directors for Kizuna, a local non-profit focused on engaging future youth leaders. Mr. Leong is also active with several other non-profit community organizations.

**Tripp Mills**, MFA, is the Deputy Director of Senior Services at the Los Angeles LGBT Center, and has over 20 years of progressive management experience in the non-profit sector working primarily with the LGBT Community. His career in social work started with the Housing Opportunities for Persons with AIDS (HOPWA) program initiated in San Francisco during the mid-1990's, housing LGBT men & women infected with HIV/

## Physical Fitness Activity

Antonia M. Routt, Fitness Facilitator

---

## BREAK

---

## Purposeful Aging in Los Angeles and the Los Angeles Alliance for Community Health & Aging

**Cynthia Banks**, Director, Los Angeles County Workforce Development, Aging and Community Services (WDACS)

**Laura Trejo, MSG, MPA**, General Manager, City of Los Angeles, Department of Aging

## Plenary Panel 2: CELEBRATING RESILIENCE

*Understanding and learning from various communities' ability to thrive*

*Moderator: Viviana Criado, MPA*, LAACHA Coordinator, Los Angeles Alliance for Community Health & Aging (LAACHA)

### **Advancing the Quality of Life for an Evolving Community**

**Brandon Leong**, Director of Programs & Strategic Partnerships, Keiro

### **Aging with Pride: Generations of Resilience**

**Tripp Mills, MFA**, Deputy Director of Senior Services, Los Angeles LGBT Center

### **Immigrant Communities & Acculturation**

**Adriana Argáiz Parra, MSc**, Honorable Consul of Community Affairs, Consulate General of Mexico in Los Angeles

## Q & A Session

## Concluding Remarks

Members of the Los Angeles Alliance for Community Health and Aging (LAACHA) are invited to stay for the Afternoon Program.



# Speaker Biographies

*Alphabetical Order by Last Name*

**Adriana Argáiz Parra**, MSc, is Consul for Community Affairs at the Consulate General of Mexico in Los Angeles. She is a career diplomat and a member of the Mexican Foreign Service since 2008. Consul Argáiz is a social policy and community outreach specialist with over 15 years of experience working in the Mexican public sector, non-profits and international organizations. She specializes in migration, remittances and development issues, with a strong background in working with community based organizations. Prior to her role at the Consulate, she served as the Economic Affairs & Press Attaché at the Embassy of Mexico in Argentina. Consul Argáiz received her Master of Science in Social Policy and Planning in Developing Countries from The London School of Economics & Political Science.

**Cynthia Banks** is Director of the Los Angeles County Department of Workforce Development, Aging & Community Services (WDACS). After 30 years of management positions in the County of Los Angeles, Ms. Banks joined WDACS as its Chief Deputy in 2003. In 2006, she was appointed its' Director. In this position, she oversees a multitude of services to LA County's 1 million-plus senior citizens. In addition, she administers the work of the Los Angeles County Workforce Investment Area, which offers an array of pre-employment and employment services to county residents. Ms. Banks has worked to affect a positive transformation of her department by implementing strategic approaches to customer service, technology, and contract services. In July 2009, two LA County departments were merged with WDACS: Office of Ombudsman and the Human Relations Commission. Both departments enhance the foundational community impact previously established by WDACS by bringing a wealth of proven strategies to improve the lives of LA County residents.

**Viviana Criado**, MPA, is the project coordinator for the Los Angeles Alliance for Community Health and Aging (LAACHA). With over 25 years of experience in the management, development and implementation of mental health and community development programs, Ms. Criado has worked both in the public and private sectors to improve the quality of mental health care for older adults. As a private consultant, she provided technical assistance to government and community-based organizations on cross-cultural issues and evidence-based program implementation. She holds a bachelor's degree in Psychology from Thomas Edison State College, and a master's degree in Public Administration from San Diego State University.

**Ellen Eidem**, MS, is Director of the Office of Women's Health at the LA County Department of Public Health. The Office seeks to decrease health inequities and improve the health of women in LA County working at the individual, community, and systems levels through education, advocacy, program planning and promotion, policy recommendations, and increasing access to services, especially for low-income and underserved women. Prior to 2002, Ms. Eidem served as Director of Programs and Administration for the Los Angeles Free Clinic (now Saban Community Clinic) and as the Director of Quality Improvement for the California and Los Angeles Regional Family Planning Councils (now Essential Access Health). Prior to this, Ms. Eidem was an administrator and instructor at Planned Parenthood Alameda/San Francisco and the Berkeley Women's Health Collective.

**Haydeh Fakhrabadi**, PsyD, is a licensed Clinical Psychologist at the Los Angeles County Department of Mental Health. Dr. Fakhrabadi has been employed by Department of Mental Health since 2008; she joined the Older Adult System of Care Administration in January of 2011. She received her M.A. in Clinical Health Psychology in 2001 and graduated from Pepperdine University with a doctoral degree in Clinical Psychology in 2006. She works with the Older Adult Prevention and Early Intervention Programs, Anti-Stigma and Discrimination and Suicide Prevention teams to provide education to older adults, their support systems, and caregivers. She also provides mental health training to Farsi speaking older adults in the community. Dr. Fakhrabadi has been involved with Co-location and Mental Health Services Act (MHSA) housing projects.

**Barbara Ferrer**, PhD, MPH, MEd, is Director of the Los Angeles County Department of Public Health. She is a nationally known public health leader with over 30 years of professional experience as a philanthropic strategist, public health director, educational leader, researcher, and community advocate. Most recently, Dr. Ferrer served as the Chief Strategy Officer for the W.K. Kellogg Foundation, where she was responsible for developing the strategic direction for critical program-related work and providing leadership to the foundation's key program areas, including food, health, and well-being. Prior to that, Dr. Ferrer served as Executive Director of the Boston Public Health Commission, where she led a range of public health programs and built innovative partnerships to address inequities in health outcomes and support healthy families and communities. Dr. Ferrer also served as Director of Health Promotion & Chronic Disease Prevention and Director of the Division of Maternal & Child Health at the Massachusetts Department of Public Health. As headmaster at a district high school in Boston, she led efforts to significantly improve high school graduation rates and ensure that every graduating senior was accepted to college. Dr. Ferrer received her PhD in Social Welfare from Brandeis University, a master's in Public Health from Boston University, a master's in Education from the University of Massachusetts, Boston, and a bachelor's in Community Studies from UC Santa Cruz.

**Stella Fogleman**, RN, MSN, MPH, CNS, is Director of the Emergency Preparedness & Response Division (EPRD) at the LA County Department of Public Health and leads readiness activities to prepare for emerging threats and natural disasters as well as acts of biological, radiological, and chemical terrorism. EPRD encompasses several important areas, including Threat Assessment, Policy and Planning, Community Resilience, Emergency Operations, and Finance and Administration. She began her nursing career as a Pediatric Staff Nurse at Miller Children's Hospital in Long Beach, then came to LA County as a District Public Health Nurse. She was also an Assistant Program Specialist at the Toxics Epidemiology Program, where she worked with an interdisciplinary team to assess patterns of disease related to toxic agent exposures throughout LA County. Prior to her current role, Ms. Fogleman was the Director of EPRD's Community Resilience Unit, aimed at increasing community preparedness and resilience among LA County populations. She received her Master of Science in Nursing and Master's in Public Health at Cal State University, Long Beach, where she also received her certification as a Clinical Nurse Specialist in Community Health.

**Martin Jones, Jr.**, LCSW, is Chief of the Bureau of Outpatient Services at the LA County Department of Mental Health, and a Licensed Clinical Social Worker with over 20 years of social work experience. His social work experience spans several