**9:00-10:00 a.m. Janel Schiele, Yoga Fit Instructor**

I am Janel Schiele, an RN, and owner of Country Yoga, Minot, I am a 500-hour certified Yoga Fit instructor, also holding certificates Iyengar and Yin Yoga.  Currently working at Minot Parker Senior Center doing foot care.  Prior to this I worked for the VA as a RN working in primary care and was involved with holistic nursing which included yoga and meditation.

**1:00-2:00 Kassandra Lipetzky, Hospice Director of Nursing-CaringEdge**

Hello, my name is Kassandra Lipetzky, I have been an RN for 14 years and in health care for almost 18 years. I have been a hospice nurse for the last 9 years, of those 9 years, the last 5 have been with Caring Edge as the Director of Nursing for Hospice. Hospice is my passion and I truly find it the most rewarding job I have had. It is an honor to be a part of such an important journey with my patients and their families. I am married with 2 kids, an 18-year-old son and a 3-year-old daughter. We live south of Minot where we have horses and dogs. In my spare time I enjoy barrel racing, riding horses with my family, camping, and hunting with my family.

**11:00-12:00 Shelley Swearson, LBSW, Director of Social Services and Activities**

My name is Shelly Swearson and I have worked at Trinity Homes in Minot for over 31 years.  Prior to starting at Trinity Homes, I worked for 2 years as a CNA at St. Andrews Hospital in Bottineau, ND.  I was raised in Bottineau and worked at the hospital while I attended my first 2 years of college at what was then the North Dakota State University – Bottineau Branch.  After moving to Minot in 1991, I started working at Trinity Homes as a CNA while I finished out the next 3 years of college at Minot State University.  I graduated with a Bachelor of Social Work degree and received my license in 1994.  I continued to work at Trinity Homes, while looking for a job as a Social Worker, when a job became available at Trinity Homes.  I was a staff Social Worker for the next 4 years and was then hired as the Director of Social Services and have been in this position for the past 23 years.  2 years ago, the Director of Activities retired, and I then became the Director of Activities also.  I have seen MANY changes over the last 31 years, both as a Social Worker and as an Activities Director.  The most challenging of times being the last 3 years during the COVID-19 pandemic.

**2:00-3:00 Lakeitha Sims, Alzheimer’s Association**

Lakeitha Sims was born in Anchorage, Alaska and raised in Shreveport, Louisiana. She earned her Bachelor's degree in Psychology with a Minor Concentration in Family and Child Studies from McNeese State University and her Master’s degree in Applied Behavior Analysis from National University. She has worked with individuals living with developmental disabilities, intellectual disabilities, and mental health conditions since 2017. The military has always been a part of her life and has brought her to Minot, North Dakota. She works with the Alzheimer's Association Minnesota-North Dakota chapter as a Regional Care Consultant and provides services to families, practitioners, and care teams who support individuals impacted by Alzheimer's disease and other dementias. She has a passion for helping others live their best quality of life and advocating for individuals with limited communication abilities. Outside of work, you can find her spoiling her dogs, cooking, traveling, and spending time with her family.