

Elizabeth (Beth) Meyer-Arnold, R.N., M.S.
3334 Argonne Dr.
Milwaukee, WI 53222
414-412-3158
bethmeyerarnold@gmail.com

Education

Master of Science, Gerontological Nursing

University of Wisconsin-Milwaukee, December

- Research Thesis: *Independence in Activities of Daily Living and Morale in Elderly Nursing Home Residents*

Bachelor of Science, Nursing

Marquette University, Milwaukee, WI, May

Licensure

Licensed as a Registered Nurse in the State of Wisconsin #55927

Career Recognition

- University of Wisconsin-Milwaukee College of Nursing 50 Distinguished Alumni. Recognition events April 14, 15 2016
- Beth Meyer-Arnold Dissertation Fellowships-September 2012
The National Adult Day Services Association (NADSA) announced the Beth Meyer-Arnold Dissertation Fellowships that are designed to encourage original scholarship in the area of adult day services by doctoral students.
- Leadership Academy: Leading Age Site Visit to highlight Resident Engagement through Visual Art, July 2012
- University of Wisconsin-Milwaukee Agency Research Collaboration Award, May 5, 2012
- National Adult Day Services, Ruth Von Behren Award-2011
- Marquette University, Alumna of the Year-2007
- Milwaukee District Nurses' Association Award for Outstanding Contributions in the Area of Administration-1986
- Marquette University, Service Award-1984

Demonstrated Skills

Principal, Cygnet Innovations Group LLC, 2011 to present

Consultation and Training in Person-Centered Care in Practice

- St. Monica Senior Living, Racine, WI. Consultation for development of Person-Centered Care for assisted living for seniors. Funded by Retirement Research Foundation. January to December 2016
- Family Bridges Senior Services, Oakland, CA. Consultation for Person-Centered Care in Practice for center serving Chinese and Korean Americans through various community services, including adult day services, senior center, meal sites, home care and transportation. Spring 2015
- Muslim Community Health Center, Milwaukee, WI. Consultation for development of adult day center, Sakina Senior Services. Opened June 2015
- Development of complete set of policies and procedures for start up of adult day centers

- NEW Curative Rehabilitation Inc, Green Bay, WI, January to April 2015. Consultation on viability of rural adult day center resulted in development of Key Performance Indicators for Rural ADS Operations.
- Valley VNA Senior Services, Neenah, WI October to December 2014. Consultation resulted in Suggestions for Improving Environmental Quality for Valley VNA Residents.
- Easter Seals Consultation for Person-Centered Care in Practice, Spring 2012 through Spring 2013, funded by Retirement Research Foundation. Train, implement and collect data at 6 Easter Seals day center sites serving elderly and persons with developmental disabilities. Chicago, Ill/ Miami, FLA/ Hagerstown, PA/ Los Angeles, CA/ Columbus, OH
- St. Camillus/San Camillo Campus, Development of Person-Centered Care in the Memory Care Areas. Fall 2012 through Spring 2013. Wauwatosa, WI

Training in Person-Centered Care in Practice

- “Person-Centered Care in Practice: Basic Training”. Orange County California Adult Day Services Coalition January 2016; Wayne State University, Livonia MI November 2015; California Adult Day Services Association, Oakland, CA June 2015; Wisconsin Alzheimer’s Association, Wisconsin Dells, WI, May 2015; Louisiana Culture Change Coalition, Marksville LA, March, 2015; California Adult Day Services Association, Long Beach, CA. November 2014; National Adult Day Services Association, Charlotte, NC, October 2014.
- “Person-Centered Care in Practice and the Value of Visual Art”, Clark-Lindsey Village, Urbana, Ill, September 12-13, 2012
- Leading Age Academy, Milwaukee, WI July 13, 2012, featured speaker
- “Easter Seals Person-Centered Care and Culture Change in Adult Day Services”. Easter Seals, HQ, Chicago, IL, July 9-10, 2012
- Summer Institute: Create Change”, University of Wisconsin-Milwaukee, June 24-28, 2012. Featured faculty
- “Person-Centered Care Boot Camp”, Wisconsin Province of the Society of Jesus, Milwaukee, WI, May 4-6, 2012
- It All Starts with Seeing Persons with Dementia as Extraordinary People”, Advanced Dementia Care Seminar, WCTC, Waukesha, WI, November 15, 2011
- “Making Your Activity Program More Person-Centered”, American Society on Aging, March 31, 2012, Washington DC. “Reinventing and Revolutionizing Adult Day Services”, Georgia Association of Homes and Services for the Aging, Atlanta, GA, March 1, 2012
- “Getting Started with Person-Centered Care”, Alzheimer’s Association State Conference, Wisconsin Dells, WI, May 7, 2012 SIU Memory Loss Conference, Springfield, Ill, November 8, 2011, National Adult Day Services Association Conference, Milwaukee, WI, September 22, 2011, Pioneer Network Conference, St. Charles, MO, August 3, 2011
- “Sharing the Experience of Person-Centered Care.” Multiple presentations nationwide in 2010: Milwaukee, WI, Chicago, IL, Los Angeles, CA., Stevens Point, WI.
- “Environment as a Catalyst for Person-Centered Care: The Impact of Transforming an Adult Day Care Program.” AAHSA Annual Meeting, San Antonio, TX, November 3, 2005.
- “Constructing Exceptional Services in Your Adult Day Setting.” Iowa Adult Day Services Association Annual Meeting, Des Moines, IA, September 15, 2005.

- “Person-Centered Care” 5th Annual Family Caregiver Conference, November 13, 2004, Milwaukee, WI
- “Environmental Implications of Person-Centered Care.” Wisconsin State Alzheimer’s Association Conference, Milwaukee, WI, March 17th, 2004. Joint presentation with Lyn Geboy, PhD.

Director, Adult Day and Respite Services (1990 to 2014)
United Lutheran Program for the Aging, Inc., Milwaukee, WI

- **Grant Management:** To date, have secured over \$950,000 in new grant funding supporting innovative community programs for older adults, including:
 - *The Penelope Project.* A creative collaboration between Luther Manor, Sojourn Theatre, and University of Wisconsin Milwaukee's Center on Age & Community and Theatre Department. The project’s goal was to improve the quality of life among people who live in, work, and visit long term care settings by working together to create a large-scale, professional theatre performance. Inspired by the story of Penelope from Homer's Odyssey.
 - *Jump Start.* A brain fitness class for persons diagnosed with early stage Alzheimer’s disease or those beginning to experience memory loss. Based on a course developed by Kristen Einberger. Fifty-two week curriculum developed in collaboration with three other early memory loss programs in the Milwaukee areas. Evaluation research done in collaboration with University of Wisconsin-Milwaukee Center on Age and Community.
 - *Person-Centered Care in Adult Day Services.* Collaborative research project with University of Wisconsin-Milwaukee using architecture as a catalyst for systemic culture change.
 - *Elder Tales.* College curriculum program for elders and college students, focusing on person-centered care values, teaching students how to document elders’ stories in theatrical productions. The whole process is recorded in a documentary film.
 - *Art Care.* Art program for persons with dementia that includes artist, student and volunteer training as well as ongoing art curriculum in the adult day setting. Since 1998, six artists have completed 15-week residencies.
 - *Weekend Overnight Respite for Older Adults with Dementia.* Demonstrated decrease in caregiver burden through use of weekend overnight respite services. Respite serves 75 families annually since program inception.
 - *Parish Nursing in an Adult Day Center in a Rural Setting.* Parish Nurse Service supported by several congregations in metro Milwaukee. Adult day center certified for 24 persons per day.
 - *A Good Day Begins.* Marketing initiative for adult day services that produced documentary films about the lives of older adults in Wisconsin. Marketing films provided 60 centers and 40 agencies with information about adult day services.
- **Administrative/ Aging Services Management:** Responsible for program development for community based services of a senior living community organization, including overall operation of adult day services at two sites. Manage budget of \$1,500,000 and staff of 40, supervised initial design, construction and later renovation of two state-of-the-art adult day services facilities.

- Evaluated, planned and developed services within the strategic plan and organizational objectives of Luther Manor, including:
 - Expansion of the Home and Community-Based Services to include day and respite services, parish nursing, care management, community speakers bureau, Alcoholic Anonymous and Caregiver support groups, Early Memory Loss Programs, including Young Onset programs, clinic services and rehabilitation services
 - Restructured the transportation services for medical and social appointments
 - Developed connections and partnerships with multiple colleges and universities for the purposes of research, service learning, volunteer and preceptorship experiences
 - Developed a process, protocol and training program for transformation to a person-centered care approach to dementia care
 - Provided consultation and training to local, state and national agencies and associations
 - Provided leadership to national association through innovative board development strategies and partnership development.
 - Expanded staff diversity within Luther Manor campus.
- **Partnerships in Innovative Product Development:**
 - University of Wisconsin- Milwaukee Center on Age and Community: *Illuminate: An Integrated Curriculum for Early Memory Loss Programs*, 2010
 - University of Wisconsin-Milwaukee Center on Age and Community: *Story Corps: Memory Project* (a documentation of stories of persons with memory loss), 2009
 - University of Wisconsin-Milwaukee Center on Age and Community: Visiting Artists Series: Storyteller David Greenberger, song writer/ musician Paul Cebal, and photographer Wing Yung Hui, 2009
 - University of Wisconsin-Milwaukee Center on Age and Community: *Art Care Manual: How an arts program can transform long term care* (description of Luther Manor Art Care Program), 2008
 - University of Wisconsin-Milwaukee Theatre Department: *Elder Tales: The experience of a theatre class and elders in an adult day center*, 2007
 - University of Wisconsin-Milwaukee Center on Age and Community: *Talk back/Move forward* (Alzheimer's disease video), 2007
 - University of Wisconsin-Milwaukee Department of Film: *Adult Day Services Marketing* videos (series of four films, plus marketing training manual), 2004

Detailed Grant Management Experience

- **2011**
 - Received a \$45,000 grant from the Helen Bader Foundation for *Environment Matters in Person-Centered Adult Day Services*.
- **2007-2009**
 - Successfully managed \$50,000 grants from the Helen Bader Foundation for *Environment Matter Phase Two: An Evaluation of Person-Centered Care in an Adult Day Care Setting*.
- **2007**
 - Developed and successfully implemented an Early Memory Loss Club program of brain and physical fitness classes for persons with early onset

Alzheimer's disease, funded by a \$15,000 grant from the Brookdale Foundation.

- **2006**
 - Successfully implemented a \$5,000 grant from the Northwestern Mutual Life Foundation to support an intergenerational project with college students from the University of Wisconsin-Milwaukee. This project involved a class of theatre students. In a course designed by Robin Mello, Ph.D., students worked with small groups of elders, listening and transcribing their stories around seven person-centered care values, building relationships and learning about life through the stories of the elders. The students portrayed the stories in dramatic performances. Videographer Alex Torinus documented this process in a film called *Elder Tales*.
- **2004**
 - Managed two grants of \$75,000 and \$10,000 to support a research-based, systemic implementation of person-centered care in an adult day setting. Completed in association with Lyn Geboy, Ph.D., University of Wisconsin-Milwaukee School of Architecture and Urban Planning. Supported by the Helen Bader Foundation and the Stackner Foundation. This project was presented at the National Adult Day Services Association conference, in San Francisco, CA, Nov. 5, 2006.
- **2001-2004**
 - \$75,000 to expand ArtCare, an innovative art program for persons with Alzheimer's disease, components of which include a visiting artist training and residency, student and volunteer outreach and education, community awareness of Alzheimer's disease, and a core curriculum of art activities that are facilitated in the adult day center. Supported by the Helen Bader Foundation and the Faye McBeath Foundation.
 - \$59,000 to develop a marketing initiative for the Wisconsin Adult Day Services Association in collaboration with the University of Wisconsin-Milwaukee Department of Film. Developed through the University of Wisconsin-Milwaukee Center for Age and Community. Supported by the Helen Bader Foundation.
- **1998 to 2001**
 - \$120,000 for a multi-year project conducted in collaboration with Anne Basting, Ph.D. (Project Director of *TimeSlips*, in association with the University of Wisconsin-Milwaukee Center for 21st Century Studies), investigating the effects of creative storytelling with persons with Alzheimer's disease. Supported by the Helen Bader Foundation, the Brookdale Foundation, Blue Cross Blue Shield Wisconsin, and the Extencicare Foundation.
 - Designed and created dementia-friendly bathing area in an adult day center based on research with Chris Kovach, Ph.D. (now at University of Wisconsin-Milwaukee School of Nursing). Supported by a \$15,000 grant from the Zilber Foundation and a \$5,000 grant from the Luther Manor Foundation.
 - Grants totally \$140,000 to support the design and creation of a model of parish nurse and adult day center in rural Ozaukee County. Supported by the Siebert Lutheran Foundation and the Helen Bader Foundation, with .
- **1994**
 - Designed and created an overnight weekend respite service for persons with dementia and their caregiving families. Supported by a \$85,000 grant from the Helen Bader Foundation.

- **1989**
 - Designed and implemented a parish nurse program in three ELCA Lutheran Congregations, designed specifically for the holistic wellness of older adults. Supported by a \$25,000 grant from the Siebert Lutheran Foundation.

Publications

- Lyn Geboy and Beth Meyer-Arnold (2015). *Person-Centered Care in Practice for Families: Finding Balance After a Diagnosis of Mild Cognitive Impairment or Dementia*. Madison, WI: Attainment Company, Inc.
- Lyn Geboy and Beth Meyer-Arnold (2013). *Modeling Person-Centered Care in Practice: Training video*. Madison, WI: Attainment Company, Inc.
- Lyn Geboy and Beth Meyer-Arnold (2011). *Person-Centered Care in Practice: Tools for Transformation*. Madison, WI: Attainment Company, Inc.
- Beth Meyer-Arnold. "(July 2007). *Adult Day Services Letter.*" *Adult Day Partnerships: How to Find The Right Partner*. Vol. XXIII, 1. Manasquan, NJ: Health Resources Publishing.
- Christine R. Kovach and Elizabeth A. Meyer-Arnold (1997). "Preventing Agitated Behaviors During Bath Time" *Geriatric Nursing*, 18, 3: 112-114.
- Christine R. Kovach and Elizabeth A. Meyer-Arnold (1996). "Coping with Conflicting Agendas: The Bathing Experience of Cognitively Impaired Older Adults." *Scholarly Inquiry for Nursing Practice*, 10, 1: 37-43.
- Elizabeth A. Meyer-Arnold (September 29, 1989). "Parish Nursing To Older Adults: Use of Parish Nurse Concepts in Creation of a Nursing Service in a Senior Center." *Oneness in Purpose - Diversity of Practice*, Conference Proceedings of the 3rd Annual Granger Westberg Parish Nurse Symposium

Professional Service Activities

- National Adult Day Services Association, Past Board Chair 2010-2012, Research Task Force Member, 2010-present
- National Adult Day Services Association, Board Chair, 2007-2009
- Alzheimer's Association of Southeastern Wisconsin, Board President, 2010 to present
- Wisconsin Adult Day Services Association, Board President, 2001-2005
- University of Wisconsin-Milwaukee Center for Age and Community, Leadership Council Executive Committee, 2003-present
- Marquette University Nursing Alumni, Board President, 1988
- Sigma Theta Tau-Eta Nu Chapter, Member, 1987-present
- University of Wisconsin-Milwaukee, Marquette University, Carroll-Columbia, College of Nursing, Concordia University: Clinical Preceptor for graduate and undergraduate students-1991 to 2011
- Shepherd of the Hills Lutheran Church (Richfield, WI) Health Ministries Team Member, 2008
- Richfield Youth Program, Board Member, 1993-1996

Media Interviews for Stories Related to Adult Day Services

- *Milwaukee Journal Sentinel* (November 18, 2011) "Census suggests 90 may be the new 85"
- *The Wall Street Journal: The New Old Age* (March 31, 2010). "Adult Day Programs. A Reprieve for Families."

- *Future Age* magazine (2009) "Culture Change and Home and Community Based Services." 8, 1.
- *The Wall Street Journal* (January 10, 2008) "Finding Day Care for Aging Parents."
- *Adult Day Services Letter* (July 2007). "Adult Day Partnerships Part II: How to Develop New Services, Ideas for Partnerships."

Other Speaking Highlights

- "Optimize Your Brain and Body Health" Golden Kiwanis Elm Grove, Rotary Brookfield, Interfaith Waukesha, WI 2015
- "Transportation Solutions across the Aging Services Continuum." AASHA Annual Meeting, Los Angeles, CA, November 3, 2010
- "Constructing Exceptional Services in Your Adult Day Setting." Multiple presentations nationwide in 2006-2009: Milwaukee, WI, Grand Rapids MI, Minneapolis, MN, Phoenix, AZ, San Francisco, CA.
- "Remembering What's Important." Joint conference of NCOA/ASA, Washington, DC. March 27, 2008.
- "Using Storytelling in Dementia Care." AAHSA, Philadelphia, PA. Oct 15, 2008.
- "Using Creativity to Begin Your Journey to Person-Centered Care." Good Shepherd, Seymour, WI, June 15, 2006.
- "Creativity and Dementia: What is it, why it works, and how to do it." Joint conference of NCOA/ASA, Los Angeles, CA, March 15, 2006.
- "A Good Day Begins: A Collaborative Project for Adult Day Care." 17th Annual State Alzheimer's Association Chapter Network Conference on Alzheimer's Disease and Related Disorders, Appleton, WI May 5, 2003 "Through Their Eyes: Making the Art Connection With Persons Who Have Dementia." Joint conference of NCOA/ASA, Chicago, March 16, 2003.
- "Making the Art Connection." 7th Annual Wisconsin Alzheimer's Association Chapter Network Conference on Alzheimer's Disease, February 26, 2002. "Adult Day Care and Parish Nursing: Blending Rural Health Needs with Congregational Ministry." NCOA Vital Aging Conference, San Diego, CA April 1999.
- "Assessing Your Community for Dementia Services." Dementia Care Network Conference, Milwaukee, WI, November 1998.
- "Developing Adult Day Care in Rural Settings." 12th Annual Wisconsin Alzheimer's Association Chapter Network Conference on Alzheimer's Disease, May 1998.
- "Development of an Overnight Respite Service for Persons with Dementia." Southwest Society on Aging 17th Annual Conference, November 1995.
- "Conflicting Agendas: The Bathing Experience of Older Adults with Dementia." Poster Session at the 4th National Alzheimer's Disease Education Conference, July 1995
- "Initiating Collaborative Research to Address Clinical Dilemmas in Dementia Care." 7th Annual Wisconsin Alzheimer's Association Chapter network Conference on Alzheimer's Disease, May 1993.

Additional Health Care Industry Work Experience

- Marian Catholic Home, Director of Nursing, Milwaukee, Wisconsin (1984 - 1988)
- St. Joseph's Hospital, Supervisor, Milwaukee, Wisconsin (1975 - 1984)
- Department of the United States Air Force, Rhein-Main Air Force Base, Pediatric Clinic Nurse, Frankfurt, Germany (1973 - 1975)