



THE UTAH GERIATRIC EDUCATION CONSORTIUM
PRESENTS A

FIRESIDE CHAT SERIES

Anne Wolters, RN, DON, and Kate Nederostek, MGS, CDP,
from Solstice Medical Group, and Bonnie Shepherd, B.S.,
will be presenting on "A Good Life to the Very End"

THURSDAY, FEBRUARY 4TH, 2021

10:00AM-11:00AM

ZOOM LINK TO JOIN:

<https://utah.zoom.us/j/91727432451?from=addon>

Anne is a Registered Nurse and dedicated medical professional with experience in hospice, home health, psychiatry, maternal/newborn, orthopedics, short stay surgery and medical/surgical nursing.

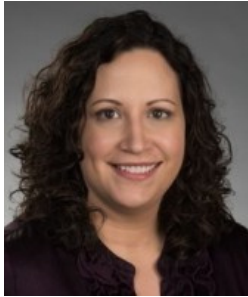
Anne first discovered her passion assisting dying patients and families as a hospice volunteer. She then became a home health and hospice case manager and quickly unleashed her leadership skills stepping into Director of Nursing roles.

As a Certified Hospice and Palliative Nurse, Anne has 20+ years of experience in hospice and home health where she supports a team of clinicians, social workers, chaplains and caregivers to provide a supportive environment for patients and their families.

Anne loves the holistic approach to caring for human beings that hospice allows. "Hospice is not as much about dying as it is about living. It is helping people live their best lives, however long that is."



Anne Wolters
RN, DON
Solstice Medical Group



Kate Nederostek
MGS, CDP
Solstice Medical
Group

Kate is a gerontologist and a Certified Dementia Practitioner with 20+ years of experience within the long term care industry, dementia care, and family caregiver support. Kate has published articles and numerous trainings on dementia topics for the Alzheimer's Association and the long-term care companies for which she has worked.

Kate's first experience with hospice was when she was the caregiver for her grandfather. The hospice team guided Kate and her family through that tender time providing the utmost support.

Previously, as both an assisted living administrator and corporate support for multiple assisted living locations, Kate loved incorporating home health and hospice services within her communities. The additional layer of support provided, partnered with the care by her team, elevated the quality of care delivered and brought a well-rounded approach to service. Kate now utilizes her expertise to lead a home health and hospice team in supporting patients and their families in a good life to the very end.

Bonnie worked in the computer industry for over 30 years retiring from Hewlett Packard in 2002. Bonnie was caregiver for her husband Ned who was diagnosed with clinical Frontotemporal Degeneration (FTD) who died in 2011, this experience created her involvement with Dementia and caregiving.

She started a support group for family caregivers for individuals with dementia in 2007. Bonnie served on the Governor's Task Force that developed the Utah State Plan for Alzheimer's Disease and Related Dementia (AD/RD) and continues to serve on the AD/RD coordinating Council. Bonnie has been a Board Member of the National Association of Frontotemporal Degeneration and the Utah Chapter of the Alzheimer's Association and currently is on the Utah Alzheimer's Association Leadership Board.



Bonnie Shepherd, B.S.
U. of U. - Major
Mathematics, Minor
Physics