



Winter Think Tank 2024

SPEAKER BIOS

Kelly O'Brien, MPA

UsAgainstAlzheimer's Brain Health Partnership



Kelly O'Brien is Vice President of Prevention and the Executive Director of the UsAgainstAlzheimer's Brain Health Partnership (BHP). BHP is a comprehensive initiative to promote brain health and improve early intervention. In these roles, she is the strategic lead and director of the team implementing the early intervention and brain health program. A change catalyst, Kelly's unique combination of leadership, strategy, community engagement, partnership development, project management, sales/fundraising, and communications skills have resulted in an impressive record of raising the profile and impact for many organizations and initiatives. Before joining UsAgainstAlzheimer's, Kelly was a founding Executive Director of The Kennedy Forum Illinois, a mental health initiative led nationally by former Congressman Patrick Kennedy. Her service history includes leadership positions in the public, nonprofit, and private sector, including CEO of the social impact consultancy, Ideaction Corps, public health advisor to Senator Richard Durbin, and Senior Legislative Aide to Congressman Jerry Kleczka.

Sarah Lenz Lock, JD

AARP



Sarah Lenz Lock, JD, is Senior Vice President for Policy and Brain Health in AARP's Policy, Research and International (PRI). She leads AARP's policy initiatives on brain health and care for people living with dementia, including serving as the Executive Director of the Global Council on Brain Health, an independent collaborative of scientists, doctors, and policy experts convened by AARP to provide trusted information on brain health. Previously, Sarah was Senior Attorney/Manager at AARP Foundation Litigation, conducting health care impact litigation on behalf of older persons. She has been a trial attorney for the U.S. Department of Justice, a Legislative Assistant to Congressman Michael D. Barnes in the U.S. House of Representatives, working with the Federal Government Service Task Force, and also worked at the law firm of Arent, Fox, Kintner, Plotkin & Kahn.

Cathy A. Maxwell, PhD, RN, FAAN

Vanderbilt University School of Nursing (VUSN)



Cathy A. Maxwell, PhD, RN, FAAN, is a Professor of Nursing at Vanderbilt University School of Nursing (VUSN). She chairs the Vanderbilt Center for Gerontological Nursing Excellence and serves on national advisory boards to promote best practices among professional organizations and policy advocates. Cathy's research is directed at mitigating decline associated with aging and frailty. She has developed interventions to promote healthy aging among adults age 50+ and to assist healthcare providers in guiding older adults to take a more proactive role in managing their aging trajectories. Interventions include a booklet titled, "Aging: Important Things to Know," the AFRESH health and wellness program, and most recently, a video series titled, "How to Slow Down Aging Through Mitochondrial Fitness."

Deborah Lee, PhD, RN, NBC-HWC

Middle Tennessee State University (MTSU)



Deborah Lee, PhD, RN, NBC-HWC, is the NHC Chair of Excellence in Nursing at Middle Tennessee State University (MTSU) in Murfreesboro. She is the founder and director of the MTSU Positive Aging Consortium, whose goals and priorities are focused on service, research, and education that support healthy aging practices. Deborah's area of expertise is communication skills based in motivational interviewing, and she teaches the communication skills clinical rotation in the undergraduate nursing program. Deborah has practiced as a health and wellness coach since 2011. She is a National Board Certified Health and Wellness Coach (NBC-HWC) and has been an instructor and mentor in the Duke and Vanderbilt Health Coaching Programs.

Nico Pronk, PhD, MA, FACSM, FAWHP

HealthPartners/HealthPartners Institute



Nico Pronk, PhD, is President of the HealthPartners Institute and Chief Science Officer at HealthPartners, Inc. He holds faculty appointments in health policy and management at the University of Minnesota, School of Public Health in Minneapolis, Minnesota and in social and behavioral sciences at the Harvard TH Chan School of Public Health in Boston, Massachusetts. Nico recently served as co-chair of the US Secretary of Health and Human Services' Advisory Committee on National Health Promotion and Disease Prevention Objectives for the year 2030 (aka "Healthy People 2030"). He is a current member of the Food and Nutrition Board and Chair for the Roundtable on Obesity Solutions at the National Academies of Sciences, Engineering and Medicine. He is an emeritus board member for the Health Enhancement Research Organization (HERO), and is currently a member of HERO's Advisory Group.

Jamie Pope, MS, RDN, LDN, FAND

Vanderbilt University School of Nursing



Jamie Pope, MS, RDN, LDN, FAND, currently serves as Adjunct Assistant Professor in Nutritional Sciences in the Vanderbilt University School of Nursing, and has worked in the areas of obesity research, health promotion, and heart disease prevention. Beyond the classroom, she adapted portions of her nutrition course to produce a Massive Open Online Course or "MOOC" on the Coursera platform which attracted more than 175,000 participants from around the world across three offerings. She is the co-author of the textbook entitled Nutrition for a Changing World. In 2020, she developed and produced an audio book entitled Nutrition 101: Understanding the Science and Practice of Eating Well. Jamie has been the recipient of the Outstanding Dietitian of the Year and Outstanding Dietetics Educator awards from the Nashville Academy of Nutrition and Dietetics. Jamie has also worked as a nutrition consultant and media representative for companies such as Smart Balance and Chick-fil-A.

Ruth Q. Wolever, PhD, NBC-HWC

Vanderbilt University Medical Center



Ruth Q. Wolever, PhD, NBC-HWC, is a Professor of Physical Medicine & Rehabilitation at Vanderbilt University Medical Center and the Director of the Vanderbilt Health Coaching Program. She holds adjunct appointments in the Vanderbilt School of Nursing and Meharry Medical College as well. Ruth is a founding Director, and was the inaugural President, of the National Board for Health and Wellness Coaching. She has also served as Chair of the Certification Commission since its inception. A clinical health psychologist and nationally-board certified health and wellness coach (NBC-HWC), Ruth has over 29 years of experience training and mentoring medical and allied health professionals in behavioral medicine, emotional health, and coaching. Her expertise includes designing, implementing, and evaluating mind-body interventions for medical patients and those at risk for chronic disease. She has co-authored over 85 papers and academic chapters as well as 340 peer-reviewed presentations.

Krystal L. Culler, DBH, MA

Virtual Brain Health Center



Krystal L. Culler, DBH, MA, is the Founder of the Virtual Brain Health Center with the mission to share brain care for all. She is a doctor of behavioral health and a holistic brain health expert with nearly twenty years of experience working with individuals with brain-related diagnoses, their families, providers, and advocacy organizations. Her work in translational and applied brain health science has received numerous international and national awards for innovation in programs and services with a local and global impact.

Jaime Gatford

bp



Jaime Gatford is the Vice President of Delivery Excellence for Health and Wellbeing at bp. Jaime drives delivery excellence across all health and well-being initiatives at bp by improving the culture of data-driven decision making and customer-centric delivery. She has worked in various health leadership roles in bp for seventeen years and holds deep technical experience within occupational health risk in operations and projects. Jaime holds a BA in occupational health. She is a busy mum to her lovely boy, William, who is six, and when she's not at work, she's renovating her house in Scotland.

Tonya Vyhldal, MEd

Pfizer



Tonya Vyhldal, MEd, is a National Director of Employers at Pfizer, where she collaborates and partners with coalitions and employers to help them break down barriers to care for employee populations in the areas of women's health, cancer, migraines, vaccines, and gene therapy. Tonya is most known for her success at Lincoln Industries where she led the organization's health, wellness, and safety functions, landing the company with several awards including the prestigious C. Everett Koop award. Tonya has served on several boards during her time in worksite health and well-being and was recently added to the HERO Board of Directors in January of 2024. Tonya also serves on the faculty of Concordia University and Nebraska Wesleyan as an adjunct instructor in the Health and Human Performance Departments. She received her Bachelor of Science in physical education and her Master of Education in sport pedagogy from the University of Nebraska Lincoln.

Roshi Fisher, MPH, CPH

Blue Communications, Inc.



Roshi Fisher, MPH, is the Senior Vice President, Employee Experience Consulting and Operations with Blue Communications. Roshi has extensive experience designing, implementing, and evaluating well-being programs. She leads a wide range of consulting projects for Blue clients, covering areas such as diversity & inclusion, global well-being, population health, employee and benefits value proposition(s), and enriching corporate culture. She is a member of the Blue leadership team guiding strategic decisions for the agency and has been a longtime contributor to HERO. Roshi has a BS in biobehavioral health from Penn State University, after which she earned her Master in Public Health with a concentration in health promotion & behavioral sciences from the University of Louisville. She recently earned a Certificate in Diversity and Inclusion from Cornell University and is currently pursuing her MBA and a graduate certificate in Management Consulting at Penn State University.