

GET TO KNOW THE PANEL



Bob Beeman draws from five decades of corporate and military experience, with a little humor blended in, for a well-rounded approach to life. He was married to his high school sweetheart for over 50 years and actively involved in her dementia care and treatment until her death in 2020. Today, Bob serves as the “chief loving officer” for his family, with his focus on his two children and four grandchildren. In his daily routine, Bob loves to walk, meet neighbors and take in the beautiful state of Colorado. He is active at his church, volunteers for Habitat for Humanity and works as a substitute middle school teacher in Douglas County. He holds a Master of Business Administration from the University of Phoenix and Bachelor of Science from Regis University.



EVENT FACILITATOR



Angela Engel, M.A., is a facilitator, writer and educator. She is a force for positive change with more than three decades of experience engaging communities, catalyzing action and empowering voices. Her books and articles shed light on critical social issues and offer practical solutions.

Engel teaches graduate studies for the at-risk and alternative education program at Marian University preparing future educators to make a difference in the lives of underserved students. As the director of an education nonprofit, Angela has led numerous successful initiatives improving the lives of countless individuals and communities locally and nationally. Through Colorado State University’s Family Leadership Training Institute, Angela has empowered over 1,500 people with the skills and knowledge to advocate effectively for their communities.

Whether working with small groups or large gatherings, Engel creates inclusive and inspiring spaces where everyone feels heard and valued. Her expertise in conflict resolution and consensus building helps diverse stakeholders collaborate effectively to achieve shared goals. She brings an authentic voice to the decision-making table, transforms lives through education and advocacy, and leaves a lasting positive impact on the communities she serves.

Jane W. Barton, author of *Caregiving for the GENIUS*, is a passionate national speaker, writer and listener. As founder of Cardinal LLC, she provides educational programs, podcasts and videos to assist people in confronting the daunting challenges posed by aging, serious illness and the end of life. Jane is well versed in the areas of grief and bereavement, caregiving, hospice and palliative care, change and transition, and spirituality and health. She presents her innovative and transformational programs to community members, clergy, healthcare providers, funeral service providers and pastoral caregivers.

Previously, Jane served as director of education for a hospice and palliative care educational institution in Denver. She has also served as a chaplain and bereavement facilitator in hospice and palliative care. Jane is a certified spiritual director and certified senior advisor. In a former life, she worked as a financial services representative and exploration petroleum geologist. More information can be found by contacting Cardinal LLC at 303-489-3903 or cardinallife@msn.com or visiting cardinallife.com.



Ardis Westwood turned 92 this year. She was born in Glenwood Springs, Colorado, and grew up in Utah, earning her Bachelor of Arts in English from Brigham Young University. She moved to Denver in 1952 with her first husband, Thor Gjelsteen Sr., and young sons, Thor and Eric. There, she joined the First Universalist Church of Denver (a church that some people think of as “not very religious”) and earned her master’s degree in special education from the University of Denver. She started her teaching career once her sons were in school, mostly teaching in Jefferson County. She also pursued studies in neuro-linguistic programming, personality typing, Reiki, speed reading and tai chi.

Ardis has survived her second husband, Rod Ourada, and her sons. She is blessed to have a daughter-in-law, two granddaughters and loving neighbors and friends. She helped assemble a booklet called “Before the Last Goodbye,” a guide on making end-of-life decisions ahead of time. She regularly attends the Lafayette Death Cafe led by Sue Mackey and has attended Jane Barton’s in-person and virtual events for 20 years. She believes all attendees have great contributions to make.

