

# Vital Conversation Series: Meet the Speakers

## ***Katie Smith Hoover, Reflexologist***

Katie was born and raised in Bonner County, but embarked on a nearly two-decade journey of wanderlust before finding her way back to the serene mountains and lakes of her childhood. Here, she has put down roots and is raising her children with the same connection to the outdoors and nature that her family instilled in her. After experiencing profound personal loss, she discovered the power of reflexology as a way to navigate the intricate web of physical and emotional grief. It was key in helping her take steps toward healing and renewal. Reflexology was such a transformative experience personally, it ignited a passion in her to help share its healing potential with others. She earned a 200+ hour certification in hand and foot reflexology from the esteemed International Institute of Reflexology in 2019. She is dedicated to this practice, with over six years of experience and a commitment to ongoing education.

## ***Mickey Hemingway, Business Coach***

Mickey Hemingway (formerly Quinn) brings her 30-years of experience in corporate retail (JCPenney, Barnes & Noble, Coldwater Creek, and Vanity) of leading and developing exceptional teams to provide coaching, training, and consulting services to individuals, businesses, and their teams through her business MK Hemingway Consulting. Mickey specializes in improving communications, standardizing best practices in business operations, and leadership skills development.

## ***Jessica Prentice***

Jessica Prentice is the author of *Full Moon Feast: Food and the Hunger for Connection*. She has spent her life as an educator, cook, and organizational leader. She co-founded and co-led a food business offering nutrient dense foods to families in the SF Bay Area for 13 years, then transitioned to serving as School Director of Berkeley Rose Waldorf School for 5 years. After leading that school and community through COVID, she moved to Sandpoint and co-founded Nova High in Ponderay, where she was privileged to teach a range of subjects to teens. She is now planting the seeds for her next adventure.

## ***Kelly Greenway, Master Restorative Wellness Practitioner***

Kelly Greenway is a Functional Nutritional Therapist and Master Restorative Wellness Practitioner who helps women in midlife reclaim energy, digestion, and hormone balance through the custom restoration of minerals. She guides women in removing digestive triggers and restoring the gut's ability to truly absorb nourishment, while uncovering each woman's unique mineral blueprint — revealing her metabolic type and the state of her nervous system. By working at this root level, Kelly helps women leverage their own fuel for outcomes that feel aligned, sustainable, and life-giving. Known for her pragmatic yet nurturing approach, she invites women to see midlife not as a season of depletion, but as one of renewal and strength.

## ***Peggy DeArmond***

Peggy DeArmond is an accomplished pianist, educator, and wellness advocate whose life reflects both artistic achievement and personal transformation. A child prodigy, Peggy performed widely in the New York City area and went on to serve for 26 years as Principal Keyboardist with the New Jersey Symphony Orchestra. She has appeared at Carnegie Hall, Lincoln Center, Madison Square Garden, and on national radio and television broadcasts, while also mentoring a thriving studio of aspiring pianists. Despite outward success, Peggy faced longstanding health challenges. Her search for holistic healing led her to discover the restorative power of essential oils. After decades of study and certification, she has educated and guided hundreds of women, families, and even animals toward greater health, vitality, and balance.

In 2018, Peggy embraced a new chapter of life, moving west and ultimately settling in Naples, Idaho. Today she continues to teach piano, while also cultivating a life rich with music, gardening, animals, and the natural beauty of her community. She brings to every endeavor her passion for inspiring women to thrive through both creativity and wellness.

And a 1-line Introduction: “Peggy DeArmond is a concert pianist, longtime educator, and wellness advocate who has inspired hundreds of women to thrive through music, holistic healing, and life transitions.”

## ***Shannon Weiler, Waldorf Educator, Movement Artist and Positive Parenting Consultant/Coach***

Shannon Weiler has been in and around Sandpoint on and off during her travels for work since 2006. Originally, Shannon was born in her home in the Redwood Forest and grew up largely 'off grid' surrounded by the Trinity Mountain Wilderness. Though being raised in a beautiful part of nature, she also grew up around much poverty, drugs and violence. As a survivor of alcoholic parents as well as losing her Father to AIDS from a blood transfusion at 15, Shannon's interest in the meaningful aspects of life sprouted young.

She comes from a wide variety of experiences; from draft horse farming, to fire fighting, ranching to roofing, she loves to work with her hands and get things done to help others in a practical way. Her first love and passion has always been Eurythmy, of which she has a four-year intensive training from the American Eurythmy School and has since taught all over the country in 12 different states. She has done Eurythmy with business executives in the Bay Area, Teens in Juvenile Hall, Boards of Trustees in Waldorf Schools and of course with children up to high school in Waldorf. This work with children and parents from all walks of life, and demographics led her to her Coaching and Consulting business; Positive Mindset and Parenting- a solutions-based approach to creating more harmony in the home. Shannon started and ran her own school in 2019 - Hummingbird Haven in Auburn, CA. And she now owns and operates Hummingbird Haven Kindergarten, Teen Tutoring Groups as well as Positive Parenting Coaching in Sandpoint , ID.

## ***Elizabeth Hulsey, Doula and Transformational Coach***

Elizabeth Hulsey is a doula and transformational coach who supports women in pregnancy, birth, and motherhood. Her own path through infertility and deep healing opened the door for this work, teaching her how profoundly these seasons shape a woman's body, heart, and spirit.

Today she walks beside mothers as a guide, nurturer, and vessel, holding space for them to release old stories, step into truth, and reclaim their becoming.

Elizabeth came to Sandpoint as a calling of its own — a place to root, raise her family, and grow her work. Whether working in person or virtually, she creates spaces where women feel seen, supported, and truly held.

## ***Ali Loraine, Physical Therapist***

I was born with a passion for movement and grew up a tomboy in the Santa Cruz Mountains. While raising my 4 children in Coeur d'Alene, I studied movement therapies including Gabrielle Roth, Continuum Movement, Yoga and Feldenkrais, as well as sacred dance, African dance and various styles of Middle Eastern dance. After a crushing knee fracture in 2002 my interest in the study of movement became personal. I wished to maintain strength, vitality and flexibility throughout my life and beyond the multiple injuries I had sustained in my active life. During my rehab, I fell in love with physical therapy and went back to school. I taught bellydance classes while in school at Eastern, then University of Montana.

At 49 years of age, I graduated with a Doctorate in Physical Therapy and certified as a Strength & Conditioning Specialist. I dreamed of combining the practical information from Physical Therapy school with the accessibility and affordability of class settings and found the perfect outlet in obtaining an Orthopedic Movement Specialist certification through Therapeutic Movement Seminars in 2017. I'm always learning and close to being certified in the McKenzie Method as well as Manual Lymph Drainage.

I love working with people and finding ways to overcome obstacles to healing. The “detective work” of evaluating the root cause of pain and dysfunction is super fun. I often look for emotional roots to injury as well to reinforce your ability to heal and stay well. Here's what one of my past clients had to say about me, :“I first arrived under Ali's care with a frozen, painful shoulder that kept me from kayaking ... well, now I can kayak!! My father suddenly died and all the stress of his death and helping my mom caused by back to go out and I was in great pain! I walked from the doctor's office to P.T. and they treated me immediately – Ali had an open appointment time. Thank you Lord for Ali and this open time! I am not sure what was in more pain my heart or my back. What touched my heart and soul the most was how Ali not only treated my back, but just sat beside me and LISTENED as I poured out my pain and sorrow. This amazing lady treated my body and soul .... what a blessing!”

When not working, I enjoy kayaking, hiking, Pickleball, gardening, dancing, yoga, and paddle boarding

### ***Beryl Ryan, Hospice RN and Tapping practitioner***

Beryl Ryan is a certified Tapping practitioner. In addition, she is also a registered nurse with over 40 years of experience.

Beryl maintains a private practice teaching tapping to her clients as well as teaching Tapping workshops.

She supports her clients in finding tools for deep and lasting wellness.

Beryl is passionate about teaching self-healing as a means to heal our global community.

### ***Scotti Stephens***

Scotti Stephens' history of career success is directly related to her ability to cultivate positive working relationships and build trust among customers, stakeholders, colleagues and teams. She is a motivational leader, articulate public speaker and instructor, accustomed to organizing large groups to achieve shared objectives, and adept at resolving disputes to ensure customer satisfaction. Proactive and imaginative, she continuously seeks and implements improvements to streamline and strengthen operations. She guides homeowners and investors through land feasibility, custom home design, and accurate, transparent pricing. She is known for her in-depth knowledge, personalized approach, and ability to simplify complex processes. Her commitment to clear communication and attentive service has earned consistent praise from clients.

### ***Nancy Hadley***

Drawing on my work and personal life experiences, as well as my knowledge and experience as a Financial Advisor and financial planner, I guide my clients through the challenges they face with understanding and compassion, helping them make decisions toward their long-term financial goals.

My extensive background in accounting provides a strong foundation for my financial practice. Having worked for a CPA for several years, I prepared financial statements for businesses, managed payroll, accounts receivable and accounts payable, and gained experience in income tax preparation.

Subsequent positions provided me with additional experience in cost and production accounting, and sales.

Prior to becoming a Financial Advisor, I managed a multi-million dollar corporation in the hospitality and real estate development industry. The experience of building and financing major business projects, and analyzing cash flow to ensure viability, has proven invaluable to my practice.

My work and personal experiences have enabled me to demonstrate ideas and concepts and provide real-life examples that enhance my ability to serve my clients.

Qualifications:

- CERTIFIED FINANCIAL PLANNER™ Professional, College for Financial Planning
- Certified Wealth Strategist®, Cannon Financial Institute

Affiliations:

- Financial Planning Association
- Spokane Chapter of the FPA, North Idaho representative
- Sandpoint Rotary, past president
- Idaho Department of Fish and Game, former commissioner
- Western Association of Fish and Wildlife Agencies, honorary lifetime member
- Rocky Mountain Elk Foundation, Selkirk Crest Chapter

#### Personal Interests:

Keeping a balance between family and work is very important to me. My husband and I spend most of our free time enjoying the outdoors. Our two sons and their families join us occasionally on our outdoor adventures and family dinners.

I am dually passionate about wildlife conservation and giving back to the community that has offered me so many opportunities.

#### ***Terese Luikens***

**Terese Luikens** is a wife, mom, mom-in-law, grandma, sister, aunt, friend, author, and yoga teacher.

Frankly, when it comes to some things in her life, especially relationships, she asks herself, "Why bother?" People are messy with emotions, confusing with their communication, and consume her time. And yet, without them, she'd be less of a person, living a smaller life. People stretch her to think differently and act nicer. They make her think twice and consider her actions more. She believes we are wired to relate, not isolate, and that is why she bothers to relate. It is through her stories that she hopes to inspire you to ask the same question: Why bother? Is it worth it? She hopes so.

For Terese Luikens, a picture-perfect childhood it was not. Frequent moves. An emotionally absent mother and an alcoholic father. Suicide. The sixth of seven children, Terese grew up in an unstable and chaotic household—invisible to her mom yet cherished by her alcoholic dad, who took his own life when Terese was thirteen years old.

Her book, *A Heart's Journey to Forgiveness – A Memoir*, documents the chain reaction of a tumultuous family history. From her stormy childhood to the far-reaching effects of her father's suicide, Terese shares her inspiring journey to escape the shame of her past, find healing and love, learn to trust, and discover faith in a real and personal God.