

CRCEA SPRING 2022 VIRTUAL CONFERENCE

MAY 2ND AND 3RD, 2022

HOSTED BY THE RETIRED EMPLOYEES

ASSOCIATION OF ORANGE COUNTY



Hank Kim is the Executive Director and Counsel for NCPERS. Kim directs the day-to-day operation of the largest public pension trade association in the United States. His responsibilities include strategic planning for NCPERS, promoting retirement security for all workers through access to defined benefit pension plans, and the expansion of NCPERS' role in the continuing debate on health care.

Hank brings strong experience in healthcare policy, having assisted in drafting the Healthcare Enhancement for Local Public Safety (HELPS) Retirees provision in the Pension Protection Act (PL 109-280). He has worked for a hospital association, where he successfully advocated for passage of the Provider Sponsored Organizations legislation (PL 105-33). He began his career in the office of Senator Bill Bradley (NJ) and assisted on the Newborns' and Mothers' Health Protection Act (PL 104-204).

Prior to joining NCPERS, Hank served for six years as a governmental affairs representative for an international public-sector union, working on benefits, appropriations, homeland security, and healthcare issues. During this period, he helped draft and lobby for the passage of Staffing for Adequate Fire and Emergency Response (SAFER) Act (PL 108-136).

Hank received his Bachelor of Arts degree in political science from the University of Wisconsin-Madison and his Doctor of Jurisprudence from Indiana University-Bloomington Maurer School of Law. He is a member of the District of Columbia Bar.



Tom Sullivan - known to many as an actor, singer, entertainer, author and producer - lives and works by "Sullivan's Rules." One of Sullivan's first rules is that any negative can be turned into positive.

Born prematurely in 1947, Tom was given too much oxygen while in an incubator. Though it saved his life, it cost him his eyesight. The "inconvenience" of being blind has never kept Tom Sullivan from competing in a world where he realized that to be equal, for him, meant that he must be better. Even as he may have had to change the rules slightly, he has proven that one need not be limited by a handicap, whether it is playing backyard baseball as a youngster or any activity he's pursued. Tom is an excellent golfer, an avid snow skier, remarkable marathon runner and has been inducted into the Wrestling Hall of Fame in Stillwater, Oklahoma.

Having spent the early part of his career pursuing his ambition as a singer and composer, Tom started out playing the piano in summer resorts in New England. He eventually gained national prominence with appearances on The Tonight Show, a major recording contract and a steady stream of gigs in Las Vegas and resorts around the country. Although music was his primary focus, Tom's limitless energy and ambition would combine to lead him into a series of successes in the entertainment industry.

In 1975, Tom's autobiography, 'If You Could See What I Hear', co-written with Derek Gill, took him on yet another journey, this time as an author. The story is an inspirational one of Tom's college years at Providence College and then at Harvard. Ultimately, it is a true love story about his romance and marriage to his wife, Patty, and the beginning of a family that is to this day the most cherished part of his life. 'If You Could See What I Hear' became a major motion picture in 1982.

Tom has gone on to write more than a dozen books, both works of fiction and non-fiction. In 2007's 'Adventures in Darkness', Tom takes readers through his monumental eleventh summer. The story is an inspirational one of Tom's childhood in Boston. This book is a hair-raising, heart-warming experience that culminates in Tom's determination to realize his dreams of a "normal" life.

Tom was a regular morning fixture to millions as special correspondent for ABC's Good Morning America. He also went on to be nominated for two Emmy Awards and has acted on TV series, such as Designing Women, Highway to Heaven, Fame, M*A*S*H, Mork & Mindy and WKRP in Cincinnati, just to name a few. But to create the characters and fulfill the role of a blind man on prime time he also helped write and develop many of these stories.

Thanks to Tom's public life, he has been privileged to become one of America's most sought-after motivational speakers, communicating with over 3,000 corporations around the world.



Neil Sahota (萨冠军) is an IBM Master Inventor, United Nations (UN) AI Advisor, author of the book *Own the A.I. Revolution*, and Professor at UC Irvine. Over his 20+ year career, Neil has worked with enterprises on business and marketing strategies to create next generation products/solutions powered by emerging technology as well as helping organizations create the culture, community, and ecosystem needed to achieve success such as the UN's AI for Good initiative. Neil also actively pursues social good and volunteers with nonprofits. He is currently helping the Zero Abuse Project prevent child sexual abuse as well as Planet Home to engage youth culture in sustainability initiatives.



Dr. Sara C. Mednick is a cognitive neuroscientist and a sleep researcher at the [University of California, Irvine](#). Her research focuses on the relationship between [napping](#) and performance. She is the author of several papers and a mass market book, *Take a Nap! Change Your Life*. She graduated with her PhD in psychology from [Harvard University](#) studying under [Ken Nakayama](#) and [Robert Stickgold](#).^[1]

Mednick contends that humans have a biological need for an afternoon nap. "There's actually biological dips in our rhythm and in our alertness that seem to go along with the natural state of the way we used to be, probably from way back when we were allowed to nap more regularly," she told [Diane Sawyer](#) on [Good Morning America](#).^[2]

"There is something very specific about the timing of the nap," she is quoted as saying in *The Times* (London). "It should be at about 2pm or 3pm. It's the time when most humans and animals

experience what is called a post-prandial dip or low ebb. It's a dip in cognitive processing and physiological responses, when a lot of us actually do feel sleepy."^[3]

Coffee is an inferior substitute, Mednick believes.^[4] "In all of my research, what I found is that when I have people not drink caffeine but take a nap instead, they actually perform much better on a wide range of memory tasks," she told [Neal Conan](#) on [NPR's Talk of the Nation](#).^[5] A video of her short Science Network lecture on nap research, at the [Salk Institute](#) in February 2007, can be viewed online.



Amy Harper C-IAYT, E-RYT 500

Amy has over 1000 hours of yoga therapy training in the Krishnamacharya lineage studying at the Healing Yoga Institute of UCI with Dr. Amy Wheeler. She has been practicing as a yoga therapist since 2011 and specializes in subtle body tools such as guided imagery for clients who have experienced trauma such as TBI, cancer and transition from life to death.



Kelly McKale is a client relationship manager at Capital Group, home of American Funds. She has 21 years of industry experience and has been with Capital Group for one year. Prior to joining Capital, Kelly was head of investor relations at SailingStone Capital Partners. Before that, she was a partner and client relationship manager at Albourne America LLC. She holds a bachelor's degree in social science with economics from the Open University. She also holds the Chartered Alternative Investment

AnalystSM designation. Kelly is based in San Francisco.



Kent Chan is an equity investment director at Capital Group. He has 29 years of investment industry experience and has been with Capital Group for five years. Prior to joining Capital, Kent spent more than 20 years in Asia, most recently as a director of equity research for Greater China at Barclays. Before that, his research responsibilities included global technology, Asian consumer and small cap companies at Citigroup. He holds a bachelor's degree in political economics from the University of California, Berkeley. Kent is based in San Francisco.



Jerry Wayne McFarland is a Professional Musician. BMI Affiliated Songwriter/Singer/Guitarist. Jerry, a native of Fullerton, CA, has been performing for many years in Orange County and now in Sedona where he relocated. He is currently a performing artist at Sedona Pines Resort He studied biology at CSUF, Music at CSULB and Laser/IPL and UCI.

Son of 1960's Nashville recording artist Jerry Farr, Jerry has played professionally for over 45 years. Jerry has toured the country, performed in Europe and has recently completed a July, August and September 2018 Summer Concert Series at the Southern California Hacienda Club to rave reviews.

After calling Southern California his home for most of his professional life, Jerry

resides now in Sedona, Arizona. Sedona has an active music scene, and as such Jerry is seeking to introduce his special brand of performance to Sedona.

Jerry has had his original compositions recorded and published through Warner Tamerlane Publishing and Screen Gems Music Corporation and continues to actively pursue his original work. A new 10 song CD VOICES from the ATTIC has been released by the Randolph Productions label, and can be found on iTunes, Amazon and other popular music sites.

As a guitarist, vocalist and keyboard player Jerry has worked with many very special musicians; among them Bill Medley of the famed Righteous Brothers, Nashville artist singer-songwriter Jeff Pearson, Frank Cotinola (Jose Feliciano and the Missiles of October), Richard Bredice (Missiles of October), Tim Lee (Bill Medley Righteous Brothers Band), and Greg Leisz (Jackson Browne).
