



CELEBRATING A DECADE OF DOULAS  
**INELDA**

20  
25




**DECEMBER 9, 2025**

THE CENTER 208 WEST 13<sup>TH</sup> STREET NYC

**Approaching Death, Together**

# WELCOME FROM ALL OF US

## INELDA AT 10

An illustration of lavender flowers, showing several stems with clusters of small purple blossoms and green foliage. The flowers are rendered in a soft, painterly style with delicate shading.

We are so glad that you are joining us from near and far to celebrate this milestone. At INELDA, our vision is for all individuals to have accessible, equitable, and compassionate deathcare that holistically affirms one's humanity and supports end-of-life choices. Without you, this vision could never be realized. We are grateful that you have chosen to be part of this community of individuals normalizing death, dying, and grief.

For this momentous occasion, we will be reflecting on the evolution of INELDA over the last decade, getting a glimpse into what the future holds, honoring members of the deathcare community who have made a notable impact, and learning from end-of-life doulas local to NYC about their contributions to end-of-life care.

Thank you for being such a big part of what has made INELDA special for the last decade.

From all of us at INELDA—

Adrian Molina  
Allyson Wecler  
Christian Andrade  
Douglas Simpson  
Erika Lim  
Gregory Hedler  
Janine Cuthbertson  
Jason Callahan  
Katina Perkins

Kayla Palisoc  
Kim Allen  
Kim Stravers  
Lily Hood  
Loren Talbot  
Marady Duran  
Marc Changnon  
Mina Devadas  
Neiasha Russell

Nicole Heidbreder  
Nzinga Abdullah-Aziz  
Omni Kitts Ferrara  
Peter Wohlsen  
Saruh Lacoff  
Shelby Kirillin  
Trina Moskal  
Valoria Walker  
Wilka Roig

Approaching Death, Together

# PROGRAM

INELDA AT 10

<b>WELCOME</b>	Katina Perkins, Director of Operations
<b>OPENING REMARKS</b>	Douglas Simpson, Executive Director
<b>GREETING</b>	Dr. Andy Ho, Board President
<b>FILM</b>	INELDA at 10
<b>AWARDS</b>	Stacy Groff, Empath Health Wilka Roig, Death Awareness Activist
<b>END-OF-LIFE CARE IN NYC PANEL</b>	Marni Blank, Esq., Begin with the End Jane H. Euler, Present for You Eva Ting, Here to Honor Lisa Zeitz, LMSW, The Doula Program to Accompany & Comfort
<b>PARTNERSHIP</b>	Omni Kitts Ferrara, Director of Education Sadiya Abjani, SAGECare
<b>CLOSING REMARKS</b>	Douglas Simpson and Katina Perkins

**THANKS FOR CELEBRATING WITH US!**

[WWW.INELDA.ORG](http://WWW.INELDA.ORG)

# INELDA LEADERSHIP

## REPRESENTING OUR VOICE TODAY



**Dr. Andy Hau Yan Ho, Board President**, is a multi-award-winning psychologist, social scientist, and educator who specializes in thanatology, gerontology, end-of-life care, digital health, and community empowerment. He is the past president of the Association for Death Education and Counseling (ADEC) and actively serves as board director of the prestigious International Work Group on Death, Dying, and Bereavement (IWGDDDB). He is provost's chair professor of Psychology at Nanyang Technological University (NTU) and the director of research of the Palliative Care Centre for Excellence in Research and Education (PalC), Singapore.

Over the past two decades, as a leader in academia, Dr. Ho secured millions in competitive grants in Asia to conduct research projects promoting public health and mental health. He founded thirteen acclaimed psycho-socio-spiritual interventions, some of which include Mindful-Compassion Art-based Therapy (MCAT) for burnout prevention and resilience building among caregivers, and Family Dignity Intervention (FDI) for advancing holistic palliative care services. In addition, Dr. Ho has produced numerous public health campaigns and short film documentaries, authored over 150 top-tier published articles, and has presented more than 260 keynotes and lectures, along with a TEDx Talk.



**Douglas Simpson, Executive Director** I cared for my father for the last four months of his life in 2016. I met Dr. Anthony Wilson, who cared not only for my father but also for me and my mother. I remember his graciousness and honesty and the questions he put forth. Just a year later, my son was born in our home. Right after his birth, there was such quiet and peace, all while the outside world continued on with its fast pace and noise. This time reflected me back to the same peace I felt right after my father's death. I knew they were all connected and have spent much time reflecting on their similarities, which led me to train with INELDA.

Douglas trained as a doula with INELDA in 2018, joining as a full-time volunteer in January 2019, and moving into the executive director role in 2022, Doug spent more than 25 years as an leading teams in retail management. His time in retail taught him how to be an effective operator and focus on the "customer" and their journey into and around a brand. He is a board member of the Academy of Aid-in-Dying Medicine.

# INELDA LEADERSHIP

## REPRESENTING OUR VOICE TODAY



**Katina Perkins, Director of Operations**, is an INELDA-trained doula who gained personal experience through supporting her mother during her end-of-life journey, as well as through assisting other caregivers undergoing similar experiences with their loved ones. She is a catalyst for cultural awareness who is driven by a deep passion for social and organizational change. In her spare time, she enjoys painting and traveling.

Katina holds a master's degree in education. This has been pivotal in her work designing and overseeing the operations of numerous successful adult learning programs across various fields, including education, sales, and financial services. She oversees INELDA's Scholarship program, as well as our team of volunteers located throughout the United States and Canada. Her strengths are in her ability to institute innovative company-wide programs, identify clients needs, provide solutions, and cultivate positive outcomes. She became INELDA's Director of Operations in May 2024.



**Omni Kitts Ferrara, Director of Education** With a career rooted in companioning people through profound human thresholds, Omni Kitts Ferrara brings extensive expertise to the fields of doula care and end-of-life education. A registered nurse specializing in labor & delivery and hospice, Omni has supported families through birth, perinatal loss, sudden death, and terminal illness with unwavering presence and skill. Her doula work spans the full spectrum—serving as a community-centered birth and death doula, certified breastfeeding specialist, and a volunteer in pediatric and adult hospice.

Omni is the Director of Education for INELDA, where she designs curriculum and trains hundreds of learners each year in trauma-informed, culturally aware approaches to dying, grief, and companioning. Her leadership extends to national advocacy through her roles on the Education Workgroup, Palliative Care Council, and the Diversity, Access, and Health Disparities Workgroup within the Alliance for Care at Home. Blending clinical knowledge, somatic wisdom, and decades of facilitation experience, Omni creates spaces where families—and future doulas—can navigate the complexities of living, dying, and caring with dignity. Her work is marked by deep listening, nuanced understanding, and a commitment to equitable, person-centered care.

# INELDA OUTSTANDING COMMUNITY PARTNER AWARD



**Award accepted by Stacy Groff, Vice President of Care & Connection for Empath Health.** She oversees all volunteer-related teams across the organization and how volunteers function across the agency along with Music Therapy, Massage Therapy, Veterans Services, and Jewish Community Outreach. Empath Health is a Full Life Care organization where volunteers serve 7 hospice organizations, 3 PACE centers, 1 Adult Day Center, Grief programs, Community Health programs, generalized administrative functions and more across the state of Florida.

The Empath volunteer engagement program has approximately 3,000 ongoing volunteers on a daily basis and achieves an annual ROI of around \$8 million.

She was Chair of the Alliance for Care at Home Leadership Council, serves on the Alliance for Care at Home Board of Directors Member Engagement Committee, and was a member of the Sarasota Chamber of Commerce Leadership Council. Starting in 2026 she will be on the Board of Directors for the Association for Leaders in Volunteer Engagement. Under her leadership, Empath has received national accolades for youth volunteer programs, veterans programs, and specialized volunteer opportunities. Stacy presents on volunteer engagement throughout the country on a regular basis. Stacy received her Masters of Nonprofit Management from the University of Central Florida, Bachelors of Music from Temple University and also holds a Certificate from the Wharton School in Executive Presence and Influence.



Empath Health is a pioneering not-for-profit health network redefining healthcare through Full Life Care—supporting chronic, post-acute, end-of-life, and grief care needs across Florida. Its full spectrum of services includes home health, palliative care, all-inclusive elder care (PACE), HIV/STI prevention, grief support, and compassionate hospice care through seven programs: Empath Hospice, Hospice of Marion County, Suncoast Hospice, Suncoast Hospice of Hillsborough, Tidewell Hospice and Trustbridge (Hospice by the Sea and Hospice of Palm Beach County). With decades of trusted service and deep community roots, Empath Health reaches around 80,000 people each year and serves one in five hospice patients statewide.

Learn more about Empath at [www.empathhealth.org](http://www.empathhealth.org)

# INELDA PATHMAKER AWARD



**Wilka M Roig, MAPT, MFA, PLC**, holds a Master of Art in Transpersonal Psychology specializing in Creativity and Innovation, and a Master of Fine Arts specializing in Photography. She holds a Professional Dream Worker Certification from the Marin Institute for Projective Dream Work, a Biomagnetism & Biodecoding Therapy Certification from el Centro de Medicina Contemporánea, Level 1 and 2 Psychosynthesis Coaching Certification from the Synthesis Center, Level 1 Degriefing Integrative Grief Therapy Certification, and has trained with Dr. Clarissa Pinkola Estés in Archetypal and Cross-Cultural Psychology for four years, and with

Dr. Gabor Maté through the yearlong Compassionate Inquiry Program. Wilka is an INELDA-Trained and Certified End-of-Life Doula, and trained as a Death Doula with Doorway Into Light.

Wilka apprentices with medicine women in México, where she resides, and trained in Curanderismo and Equine & Nature Therapies. She is partera de la muerte, death doula and activist, and grief counselor, educator, facilitator, mentor and consultant, also an ordained interfaith minister, Tai Chi & Qigong instructor, writer, musician, photographer, performance artist, graphic designer, silversmith, baker, and truth-teller.

Wilka is the founder and president of the Elisabeth Kübler-Ross Foundation branch in Central México, co-founder, chief executive officer and academic director of its Espacio Formativo para la Integración de la Muerte, co-founder of Red Latinoamericana de Acompañamiento en la Muerte y el Duelo, initiator and co-leader of Movimiento de Consciencia de la Muerte en Puerto Rico, deputy director of education of the Elisabeth Kübler-Ross Foundation Global, end-of-life doula educator, international/BIPOC advisor, and certification program manager of the International End of Life Doula Association (INELDA), and faculty and curriculum coordinator of the International Birth, Breath, and Death Study Trips. She is member of the Beautiful Dying Advisory Board and the Inner Immersion Advisory Council, and Impact Producer in Latin America for the documentary The Last Ecstatic Days. Wilka is an affiliate of Death Cafe.

Learn more about Wilka Roig at [www.wilkaroig.com](http://www.wilkaroig.com)

# PANEL SPEAKERS



**Marni Blank** is a lawyer turned end-of-life doula, mediator, and after loss consultant. She founded **Begin With The End**, helping individuals and families prepare for, and move through, the emotional and logistical realities of death and grief. Her work blends practical support with deep compassion, helping clients complete end-of-life plans, navigate family dynamics, create meaningful legacy projects, and manage the administrative tasks that follow a loss.

Marni holds a BA from the University of Rochester and a JD from Brooklyn Law School. She completed her doula training through Going with Grace and INELDA Bridge Training Program, mediation training through New York Peace Institute and Elder Decisions, grief training with Living Through Loss Counselling Society and From Grief to Gratitude Certification Program, and is NEDA proficient. She also completed her After Loss training through PALS (Professional After Loss Services). She splits her time between Brooklyn and upstate New York, finding balance between the energy of city life and the quiet of the mountains. Her snuggly (and mischievous) labradoodle Penny keeps her company.



**Jane Euler** is a practicing end-of-life doula, palliative care leader, hospital hospice liaison, and co-founder of Present for You LLC, a public benefit company. **Present for You LLC** provides support for individuals and their families navigating serious illness and the end of life. Jane is a compassionate guide who builds and advocates for harmonious spaces for her families. Jane brings a lifetime of experience in this space and believes everyone deserves a doula to support the human side of the final stage of people's lives. She serves each family uniquely with the understanding that relationship, listening, and presence are the most important aspects

of her role. Jane walks with families during these humbling journeys on a sacred path.

She is routinely asked to present and educate organizations on the role of an end-of-life doula, vigil support, anticipatory grief, and navigating the non-medical side of serious illness. Jane holds a master of science in palliative care and has trained as an end-of-life doula with INELDA and University of Vermont. She is the Board President of End of Life Options DC.

# PANEL SPEAKERS



**Eva Ting** is the Founder/CEO of Here to Honor, a social enterprise that cultivates community around end-of-life learning through offering workshops and hosting social events. Prior to starting Here to Honor, Eva served as the Director of W83 Ministry Center at Redeemer Presbyterian Church in New York City. With a career in events management and arts administration, her interests lie in creating spaces for community engagement and designing experiences that invite the public to participate in thoughtful conversations as well as thoughtful action.

Eva trained as an end-of-life doula with INELDA (International End-of-Life Doula Association), and she holds a B.A. in English and B.S. in journalism from Boston University, and an M.A. in visual arts administration from New York University.



**Lisa Zeitz, LMSW**, is the Clinical Supervisor of The Doula Program. Since receiving her Masters in Social Work at NYU, she has worked in a variety of settings, focusing on critical and chronic illness, end of life care, and bereavement. Zeitz worked in pediatric oncology at NYU Medical Center as well as in a number of other acute-care hospitals before specializing in issues around death, dying and bereavement across the lifespan. For over 15 years, she was a coordinator and co-facilitator for The Bereavement Center of Westchester and The Treehouse program. There she coordinated a group program for families who had

suffered the death of a parent or a child and had surviving children between the ages of four and eighteen. She also ran grief-focused groups for adults of all ages, while developing and running a training program for volunteers at The Treehouse.

Lisa is on the faculty of the End-of-Life Certificate Program at the Smith College School of Social Work, where she also teaches continuing education courses. She presents on issues around death, dying and grief in a variety of community based and academic settings.

# INELDA'S IMPACT

## INELDA AT 10

- INELDA end-of-life doulas reside in 56 countries.
- INELDA end-of-life doulas are located in every U.S. state.
- INELDA is a community of 2330 members.
- Over 9060 doulas have received INELDA education.
- We have educated over 328 hospice doulas.
- Over \$407,000 in scholarships has been awarded to doulas.
- INELDA trained Veterans in St. Louis to become peer doulas.
- We have provided trainings for incarcerated individuals to provide peer support in California.
- In California and Pittsburgh, INELDA offered trainings for care providers who support the unhoused.
- In rural upstate New York, INELDA partnered with the county to train a team of doulas for in-home support.
- SAGECare and INELDA partnered to create Inclusive Deathcare Training.
- In 2025, INELDA launched a Doula In-residency Program in New Mexico.



INELDA, the International End-of-Life Doula Association, is a nonprofit, mission-driven organization formed in 2015 dedicated to supporting individuals and their circle of care in end-of-life planning and practices. INELDA provides education, resources, community, and advocacy to inspire social awareness and compassionate, accessible deathcare, with an emphasis on the roles of end-of-life doulas.

**THANKS FOR CELEBRATING WITH US!**

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