

Women's Health & Wellness Symposium Presenter Sessions & Bios, Short Version

**JCC Rockland
2nd Annual Women's Health Symposium**

**Sunday, March 14, 2010
at JCC Rockland**

**Featuring Keynote Speaker
Ruth Messinger**

**In cooperation with Nyack Hospital and the American
Cancer Society**

**Sponsored by Advanced Radiation Oncology and
Services at Nyack Hospital**

8:00-8:45 Optional

**Pre-Symposium Pilates Mat
Anne Zbar**

A mat based class for all levels. Stretch and strengthen your spine and core, and focus on exercises that build proper postural alignment. This session is appropriate for newcomers as well as those who already practice Pilates.

Anne Zbar is a practicing physical therapist and Stott trained Pilate's instructor. She combines her expertise in both of these areas to provide exercises that will keep your back strong and healthy with the added benefits of improved posture and toned muscles. Her session will focus on the basic principles of Pilates as well as a workout the will help you feel energized.

**Pre-Symposium Zumba
Linda Harding Morales**

ZUMBA" - a fusion of international rhythms set to a dance-fit form. if you're ready to dance, while sweating your worries (and calories) away - then this JCC class-favorite is for you.

A 28-year veteran performer, vocalist and consummate musician, as well as an AFAA certified Group Fitness Instructor, Linda "Lyndada" Morales channels her musical passion into the latest fitness phenomenon "ZUMBA"

Session 1 9:00-10:00

Challah Workshop with the Challah Fairy

Chanalee Fisher

Making challah is more than just baking bread: it is a Jewish way to nourish your soul and spirit. Learn to make a delicious challah with Rockland County expert Chanalee Fischer.

Chanalee Fischer, also known as "The Challah Fairy", began baking challahs in her garage 17 years ago. Today she bakes 300 a week and sells them for delivery or through her shop on 17 Third Street in New City, where she's been every Thursday and Friday since October 2007.

Maintaining Positive Relations with Your Teenage Children

Dr. Mona Spiegel

One of key tasks in parenting teens and older children is to move from the role of manager to that of consultant. Many times we feel that our love and concern for them backfires! In this workshop, we will examine the changes that need to take place as our children try to achieve autonomy, move freely and create their own lives.

Dr. Mona Spiegel is a psychologist with a doctorate in psychology from Columbia University. She is the founder of MyFamilyCoach, which provides individual and group coaching on the telephone for women who want guidance but do not need therapy.

We Love to See You Smile: Orthodontics & Dental Health

Terry Sobler, D.D.S. & Ian Sobler, D.D.S.

This session will discuss orthodontics in relationship to dental health, periodontal health, and cosmetic dentistry, including Invisalign, lingual braces, and the latest in ortho-technology.

Dr. Terry Sobler, DMD is a Board Certified Orthodontist who's memberships include American Board and American Association of Orthodontists, North East Society of Orthodontics, Consultant Craniofacial Team at Jowonio and Refuah

Health Center, Faculty NYU, Member of the Angel Society, Invisalign Specialist. DDS: University of Pittsburgh Dental School, Pittsburgh, PA. Certificate in Orthodontics: University of Pennsylvania, Department of Orthodontics, Philadelphia, PA.

Dr. Ian Sobler, DDS: University at Buffalo, School of Dental Medicine, Buffalo, NY. Certificate in Orthodontics: New York University Department of Orthodontics & Dento-Facial Orthopedics, NY, NY Memberships: American Association of Orthodontists, North East Society of Orthodontists, NewConn Foundation, Consultant Craniofacial Team at Jawonio, Consultant Refuah Health Center, Invisalign Specialist & Award Winner, Board eligible

Extreme Audience Makeovers **Amanda Michaels Salon**

Here's your chance to participate in your own extreme makeover! Our team of beauty experts from the Amanda Michaels Salon (formerly Rojo Salon) will share some of their beauty secrets through audience demonstrations. Discover which haircuts are best for the shape of your face, the benefits of clarifying your hair, how to maintain color treated hair, and proper nutrition for healthy hair. Volunteers will receive complimentary updos, blowouts, and trims, and learn how to recreate similar beauty magic at home.

The Amanda Michaels Salon Team: Wayne Kawash has over 23 years of experience. Trained by Redken, he has owned and operated three salons. Lilah Cummings is a Redken trained color expert, with over eight years of hairdressing experience. Margie Viola has worked for over forty-five yrs working as a hairdresser. Trained under top colorist Wella, she is currently an owner of Rojo Salon. Ellie Nevares, a former salon owner, has worked as a hairdresser for over thirty years. Ziggy Mulugeta has over nine years of experience, and is trained in the latest hairstyling techniques. Frances Vargas is a master educator in cosmetology for Milady. A graduate of Capri, she has over 14 yrs of experience in the field. Debbie Lafemena has been a hairdresser for over thirty years. Debbie Grecco Schaffer has over thirty years experience as a makeup artist.

Gourmet Everyday: Jazz Salads **Brenda Richter**

In this session Brenda Richter will share some of her original ideas and recipes with you. Brenda will be demonstrating how to make "Jazz Salads". Some dishes on the menu will include Stuffed Avocado Salad, Salmon Rolls, Roasted Veggie Stacks, Roasted Beets in Orange Cups. Learn how to make these wonderful dishes in time for spring and summer.

Brenda Richter has been in the food industry for the past 25 years. She has always loved to cook and share her creativity and culinary skills with others. Her talent has now blossomed into a catering business, Gourmet Everyday.

Ten Things Women Should Know About Sex Dr. Janis L. Enzenbacher

This session will be a practical discussion to help women approach the challenges and opportunities of their sex life at any age. As women age, many feel a change in their sexual function in terms of sexual desire, arousal and/or orgasm. Dr. Enzenbacher also will discuss what is 'normal' female sexual function and sexuality.

Dr. Janis Enzenbacher has a practice in Piermont. Dr. Enzenbacher is on the American Board of Obstetrics & Gynecology, Board Certified. Dr Enzenbacher belongs to the International Society for the Study of Female Sexual Health.

Breast Health A-Z Dr. Patricia Joseph

Since Rockland County has a high incidence of breast cancer, it is extremely important for women in the county to have the necessary knowledge about their own health and risk factors. Some topics to be discussed will include Genetics, diet and the most recent topic, To Screen or Not to Screen. Come prepared with your questions!

Patricia Joseph, MD, is the new Director of Breast & Women's Health Prevention Services at Nyack Hospital. A dedicated breast surgeon with over twenty years of experience, Dr. Joseph has a special interest in community outreach and educational programs. In recognition of her demonstrated leadership and support for cancer control activities in the community and her proven success in maintaining high quality program standards, the American College of Surgeons' Commission on Cancer awarded Dr. Joseph the 2008 and 2009 nationally recognized Cancer Liaison Physician Outstanding Performance Award.

Art Therapy: Zentangle
Susan Shaw

Zentangle is an easy to learn method of creating beautiful images from repetitive patterns. It is a fascinating new art form that is fun and relaxing. It increases focus and creativity. Zentangle provides artistic satisfaction and an increased sense of personal well being. Zentangle is enjoyed by a wide range of skills and ages and is used in many fields of interest.

Susan Shaw has over twelve years experience as an art specialist, and has a degree in Special Needs and Art Education. She is a former teacher at Haverstraw Middle School.

Who Ever Said Life Wasn't Tough: Dealing With the Bumps in the Road
Dr. Alan J. Tuckman, MD

In this session you will discuss various types of stressors, you should have a clearer understanding of stress and the importance of managing it. You will discuss different methods of dealing effectively with stress.

Dr. Alan Tuckman has been in private practice in Pomona, NY; General and Forensic Psychiatry for over 30 years. He is a licensed physician and board certified as a Diplomat, American Board of Psychiatry and Neurology and the American Board of Forensic Psychiatry

Session 2 10:15-11:15

Healthy Eating
Kathryn Bareket

In this session you will hear Kathryn Bareket's personal story followed by detailed discussion regarding the role of plant-based diet in disease prevention and reversal.

Kathryn Bareket is a certified holistic health counselor with a private practice in Rockland County

What Every Woman Should Know: Early Detection and Prevention of Gynecologic Cancers
Dr. E. Ephraim Resnik

Learn about the cancers that affect the female reproductive system, and find out ways to identify early warning signs.

Dr. E. Ephraim Resnik is a founder and the medical director of the Regional Gynecologic Oncology, P.C. He is board certified in this unique subspecialty and is a Fellow of both the American College of OB/GYN's and the American College of Surgeons.

Food is Information: How to talk to your DNA
Sheryl Leventhal, MD

How and why food choices can permanently alter our health and aging process, with specific examples of easy changes we can all make in our daily lives. This session will include a juicing demonstration.

Sheryl Leventhal, MD is a internist with 20 years experience in Hematology and Medical Oncology who now practices Functional Medicine, a type of integrative medicine.

Strong Bones for Life
Michelle Mosner, RD, CDN & Shari Silverstein, RN, MS, CNS

This engaging presentation will address your questions about strong bones, and will touch on key strategies to promote bone health and focus on prevention, early detection and diagnosis and treatment. It will empower individuals by emphasizing positive life style choices including a nutrient rich diet for strong bones throughout life.

Michelle Mosner is the Osteoporosis Nutrition Educator for the New York State Osteoporosis Prevention Education Program (NYSOPEP) Hudson Valley Regional Center and for the State's Coordinating Center based at the Clinical Research Center, Helen Hayes Hospital in West Haverstraw, New York. Ms. Mosner, a graduate of Cornell University, has over 30 years of experience as a Registered Dietitian and is a Certified Dietitian-Nutritionist.

Shari Silverstein is the Osteoporosis Nurse Educator for the NYSOPEP Hudson Valley Regional Center and Coordinating Center. Ms. Silverstein, a graduate of Adelphi University, is a professional educator who has been a clinical nursing instructor for over 20 years and has specialized in osteoporosis education for over 10 years.

Navigating the Land of "IF" **Melissa Ford**

Author Melissa Ford will be discussing her book Navigating the Land of "IF", which is a readers guide for navigating the complex world of infertility. The Land of If got its name not only because "IF" is the abbreviation for "infertility" in the online world, but also because there are so many "ifs" inherent in being here. No stranger to the Land of If herself, Ford shares her hard-earned knowledge and insights, helping couples struggling with infertility understand the lingo, learn the details doctors tend to leave out, and keep their emotional sanity despite seemingly insurmountable obstacles. Melissa's book will be available for purchase prior to and at the Symposium.

Melissa Ford is the author of the blog, Stirrup Queens and the editor of the daily Lost and Found. She is also a contributing editor at BlogHer. She received her MFA in creative writing from the University of Massachusetts–Amherst.

Maintaining Positive Relations with Your Adult/Married Children **Dr. Mona Spiegel**

The prevalence of mother-in-law jokes indicates the high level of anxiety that surrounds our relationship with our married children. Many times we feel that our love and concern for them backfire! This workshop will describe how to develop a positive relationship with your children and their spouses, how to smooth out the rough spots, and how to be the grandparent that you wish you had.

Dr. Mona Spiegel is a psychologist with a doctorate in psychology from Columbia University. She is the founder of My Family Coach, which provides individual and group coaching on the telephone for women who want guidance but do not need therapy

60 Seconds to Calm! How to use mindful meditation, deep breathing and relaxation techniques for Stress Management **Shari Bernstein Meyer, LCSW: CEAP**

This interactive workshop is designed to help you increase your understanding of ways in which unmanaged stress impacts you. You will gain some useful and practical tools for managing stress more effectively. We will practice these techniques during the class so that you can immediately use these tools on an everyday basis.

Shari Bernstein Meyer has been on staff at North Shore -Long Island Jewish Health System for 22 years. She maintains a private psychotherapy practice in Nyack, NY where she works with individuals and couples.

**If You Can Dream It, You Can Do It.
Rita Lieberman, Ph.D.**

Women often think of themselves last. They tend to their own needs after other family responsibilities have been taken care of. This workshop will focus on the internal barriers to choosing or changing a career in midlife.

Dr. Rita Lieberman is a licensed psychologist with a psychotherapy practice in Nyack, NY, where she sees adults and couples. Dr. Lieberman specialties include women's issues and career and work challenges. Dr. Lieberman has her PH D in Psychology also has a Postdoctoral Certificate in Psychoanalysis and Psychoanalytic Psychotherapy from New York University.

Session 3 11:30-12:30

**Choosing Happiness - The Mastery of Joy in Troubled Times
Kaila Lasky**

In this session Kaila will help you develop your ability to choose happiness over sadness during a troubled time in your life. Kaila naturally puts her audience at ease, while creating a warm, intimate relationship with you.

Mrs. Kaila Lasky, a former actress and Manhattan luxury real estate broker, now uses her charismatic presence to stir Jewish souls of all ages and backgrounds. She is a featured lecturer for The Speaker's Bureau of The Jewish Federations of North America, Aish HaTorah and Chabad International well as a mentor for Aish NY's Executive Learning Program. Kaila customizes her presentations to suit your event.

**Cooking with Locally Grown Food
Rachel Greenspan**

In this demonstration Rachel will preparing a dish that is seasonal with food from local farms. She will prepare it from start to finish.

Rachel Greenspan currently works for Basis Farm to Chef, a company focused on supplying local, traceable, and traditional products from farmers to restaurants and retailers in Manhattan and Brooklyn. A graduate NYU she created her own major, studying food, sustainable business, and marketing.

Cosmetic Dermatology: Restore Your Aging Face
Wendy A Epstein, - MD Board Certified Dermatologist
Kathy Vulaj R.N. - Aesthetic Nurse Specialist

Dr. Epstein will give a comprehensive discussion of the various non surgical techniques used to restore a more youthful and healthy appearance to the aging face. She will clearly explain the basic differences between several fillers (Restylane, Radiesse, and Juvederm) that are used to replace lost volume in the face as well as the role of products such as Botox. Emphasis will be on how and why different treatments are recommended. Sculptra and Dysport, some of the newest products on the market will be discussed. Kathy Vulaj will discuss Intense Pulsed Light and Lasers for the treatment of facial discoloration, permanent hair removal and the smoothing of the neck and face.

Wendy Epstein MD, has practiced both medical and aesthetic Dermatology in Rockland County for 13 years and in Manhattan for 9 before that. She is a Board Certified Dermatologist has made numerous television appearances on CBS, CNN and CourtTV among others. Dr. Epstein has taught Dermatology and dermatologic surgery to NYU residents for 22 years and she is a consultant on skin care products for Avon Products Corporation.

Food, Body Image, and Judaism
Carol H. King, MSW

In a society that is preoccupied with weight and body image, ones cultural background can further influence attitudes and behaviors about eating. In this workshop, we will explore Jewish messages about food and how, using the resources of the Jewish community and Jewish tradition, we can foster a healthier relationship with food, hunger and ourselves.

Carol H. King is a staff clinician at Rockland Jewish Family Service and Senior Clinician at the Student Counseling Center of The Jewish Theological Seminary. She has an MSW/MA from the Dual Degree Program of Columbia University and The Jewish Theological Seminary

The Wonderful World of Bodywork: Healing Medicine from Every Continent
Gina Martin

All over the planet humans have developed ways of healing that involve touch. We will explore the modalities and mechanisms that make bodywork the most consistent cross-cultural healing method. Explanations and demonstrations of different styles of bodywork from Asia, Europe, India, North America and

Hawaii will be given. We will discuss reasons why massage therapy is so effective and so beneficial with no side effects. Practice time and preliminary instruction in basic techniques will be practice will be given for interested women.

Gina Martin is a Shiatsu Gina Martin is a Shiatsu herbal medicine and hypnotherapy. Gina is a Certified Instructor of Five Element Shiatsu with the American Organization of Body Work Therapies of Asia (AOBTA), and has been at the Swedish Institute College of Allied Health Sciences since 1988. In her private practice in Rockland County, NY she combines various styles of Asian bodywork with hypnotherapy, shamanic healing and Chinese herbal formulas.

Hypnosis for Health Jeffrey Rose, CMH

Stressors are situations or events that can cause us to be stressed. Stress can be both work or home related and indeed is often a combination of the two. Fortunately, no matter what the external outside conditions are that are causing you stress, you can develop new ways to deal with it internally through stress management. Learn new, effective ways to deal with and combat stress that will be implemented by your unconscious mind automatically. You will generate new conscious habits and utilize new techniques that will minimize, and even eliminate, stress in areas where it formally was dominating and interfering with your enjoyment of life, and stopping you from living a positive, fulfilling life. Presentation and guided mediation will help you discover ways to get motivated to lose weight and improve other areas of your health.

Jeffrey Rose, CMH is a Certified Hypnotist and a Master Practitioner of Neuro Linguistic Programming (NLP). Jeffrey has a private practice in Manhattan and over 12 years experience offering private individual hypnosis sessions, delivering group sessions, workshops, and corporate programs, in the New York area, and throughout the country.

Women & Heart Disease: Signs, Symptoms & Treatments Dr. Ainat Beniaminovitz, M.D., F.A.C.C.

Did you know that you are more likely to die of heart disease than breast cancer? Despite a common misperception, the facts are that women are at the same risk for coronary heart disease as are men. However, the disease process is somewhat different due to inherent biological differences. The traditional risk factors weigh differently in the two genders and presentation, diagnosis, and therapy tends to be different among the two sexes. Come learn why what's good for the goose is not always good for the gander.

Dr. Ainat Beniaminovitz is a board certified cardiologist and a fellow of the American College of Cardiology. She is on staff at Columbia Presbyterian

where she is an assistant professor of clinical medicine as well as at Good Samaritan hospital in Suffern where she served as Chief of Cardiology.

Menopause & the Controversy over Hormone Replacement Therapy **Dr. Deborah Raice**

Are you experiencing hot flashes? Do you feel like your memory isn't what it used to be? Explore the symptoms of menopause, and discuss potential options and health risks associated with hormone replacement therapy.

Dr. Deborah Raice is an Endocrinologist with the Department of Endocrinology and Metabolism at Nyack Hospital in Nyack, NY and with Good Samaritan Hospital in Suffern, NY.

Your Financial Health and How it Relates to your Mind, Body and Spirit **Judith A. Pachter**

This session will cover the basics of financial planning including needs of asset protection as well as the basics of investing. It will touch on Estate Planning, Retirement Planning, and Long Term Care Planning and how all of these affect your health and how your health affects these issues.

Judith A. Pachter has provided the skills and knowledge to assist clients in achieving their financial goals for the past 25 years. She provides education and empowers her clients to move forward in their lives by taking control of their financial future

A Healing Service of Rejuvenation and Renewal **Rabbi Paula Mack Drill**

Poetry, prayer and music serve as pathways in to a quiet, still place within a circle of women. Healing Services can be about healing for physical and emotional illness, but they are also about revitalization and rejuvenation. In this world so filled with brokenness, come find a place a wholeness and holiness. Through connections with a community of women, find your connection to God, Judaism and your best self.

Rabbi Paula Mack Drill is the Associate Rabbi of the Orangetown Jewish Center in Orangeburg, New York, and a Rabbi at the Solomon Schechter Day School of Essex and Union in West Orange, New Jersey.

On-Site Testing

Audiology Testing & IPod Ear Molds **Dr. Pam Greenspan**

Dr. Pam Greenspan is a licensed certified Doctor of Audiology and an audiologist for 30 years. She has a private practice in Briarcliff Manor, NY and does consulting in Nyack and Ardsley hearing centers. She received a BS from Brooklyn College, an MS from Boston University, and an Au.D. Degree from the University of Florida.

Blood Pressure Testing

Nyack Hospital

BMI Testing

Russin Fitness Center

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