Spring Semester 2011 Events

Sunday, January 30
Sunday Session #1

Sunday, February 13
Sunday Session #2

March 18-19
Weekend Workshop in Washington, D.C.

Sunday, March 27
Senior Program – “Life after College” – for WLI class of 2009-10

Sunday, April 3
Sunday Session #3

April 8-10
WLI Reunion

Saturday, April 9
Celebration Luncheon

Sunday, April 10
Sunday Session #4

Message from the Director

WLI is a continuum of involvement. Beginning with information sessions for students interested in applying to WLI, we emphasize the point that involvement in WLI is not limited to a single academic year. For many students this is, understandably, a difficult concept to grasp. Students apply to WLI during their sophomore year, and many of the classes they’ve taken thus far have been larger, lecture-style classes; when the semester ends, the course ends, and the students move on to the next set of courses. The concept of mentoring is also foreign to most students. We begin by explaining to students what a mentor is and how they might utilize their mentor, but also making them aware that mentors benefit from the relationship, too.

As students progress through their academic year in WLI, they become more and more familiar with these concepts—of lifelong involvement, of connections, of mentoring. After just one semester, in fact, we begin to see hints of their understanding—they consider many of their fellow WLI classmates to be close friends, they love getting in touch with their mentors, and they are interested in attending optional events for the opportunity for personal enrichment and networking.

To celebrate this continuum of involvement, we are hosting our first-ever WLI reunion on April 8-10, 2011. We hope that all WLI alumni will join us for this special event, which will include our annual Celebration Luncheon with the 2010-11 class, a “red carpet” dinner, and a hike of Mt. Nittany. This reunion is a celebration of the lifelong connections that WLI fosters—connections with fellow WLI alumni, with mentors, and with current WLI students. Please visit our Facebook page (search for “Women’s Leadership Initiative”) and website (www.hhdev.psu.edu/wli), and look for a brochure in your mailbox in early February.

Sincerely,

Abigail Diehl
Meet the Women’s Leadership Initiative Class of 2009-2010

Veronica Ariel
Major: Health Policy and Administration
Hometown: Millville, MA

Sarah Balawejder
Major: Kinesiology
Hometown: Lancaster, PA

Jill Bontrager
Major: Nutritional Sciences
Hometown: State College, PA

Bridgette Carrier
Major: Kinesiology
Hometown: Pennington, NJ

Mei Chen
Major: Hotel, Restaurant, and Institutional Management
Hometown: Chongqing, China

Baylie Coldsmith
Major: Biobehavioral Health
Hometown: Gettysburg, PA

Cayla Danko
Major: Hotel, Restaurant, and Institutional Management
Hometown: Bloomsburg, PA

Leeanne Digital
Major: Nursing
Hometown: Flemington, NJ

Chelsea Doub
Major: Biobehavioral Health
Hometown: Harrisburg, PA

Melody Fortano
Major: Health Policy and Administration
Hometown: Norristown, PA

Brigid Frey
Major: Hotel, Restaurant, and Institutional Management
Hometown: Cedar Grove, NJ

Katie Fulgham
Major: Kinesiology
Hometown: Doylestown, PA

Jennifer Moore
Major: Communication Sciences and Disorders
Hometown: Gettysburg, PA

Melissa Navarro
Major: Hotel, Restaurant, and Institutional Management
Hometown: Chongqing, China

Abby Hughes
Major: Hotel, Restaurant, and Institutional Management
Hometown: Middletown, MD

Sarah Kach
Major: Hotel, Restaurant, and Institutional Management
Hometown: Bethlehem, PA

Andrea Kantar
Major: Health Policy and Administration
Hometown: East Stroudsburg, PA

Krysten Ligon
Major: Health Policy and Administration
Hometown: Elizabethville, PA

Samantha Mestel
Major: Biobehavioral Health
Hometown: Cedarhurst, NY

Jennifer Moore
Major: Communication Sciences and Disorders
Hometown: Garnet Valley, PA

Melissa Navarro
Major: Hotel, Restaurant, and Institutional Management
Hometown: Ellmsford, NY

Diana Nora
Major: Human Development and Family Studies
Hometown: Basking Ridge, NJ

Ashley Sammaritano
Major: Nursing
Hometown: Harleysville, PA

Nicole Shelton
Major: Communication Sciences and Disorders
Hometown: Philadelphia, PA

Christine Simcox
Major: Nutritional Sciences
Hometown: Tinley, PA

Andrea St. Clair
Major: Nursing
Hometown: Pittsburgh, PA

Julia Vadas
Major: Human Development and Family Studies
Hometown: Stewartstown, PA

Nicole Wells
Major: Recreation, Park, and Tourism Management
Hometown: Hillsdale, NJ

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Our journey to the Pennsylvania Governor’s Conference for Women began on a perfect fall day, the thirteenth of October. Our evening arrival in Pittsburgh was marked with excitement and anticipation of the following day’s events. In the early morning, we began our short walk to the David L. Lawrence Convention Center. Upon entrance, we were instantly impressed with the enormity and overall atmosphere of the event. We ardently scoured the vendor tables before taking our seats in the large conference hall. One by one, a series of awe-inspiring speeches was given by a group of undeniably successful and influential women leaders. Katherine Center wistfully discussed her journey from awkward teenager to critically acclaimed author Dr. Mae C. Jemison overawed us with her list of accomplishments ranging from, but certainly not limited to, being the first woman of color in the world to go into space, to being inducted into the National Women’s Hall of Fame. Jessica Herrin confidentially spoke about her entrepreneurial endeavors founding Wedd-Channel.com and Stella & Dot. Fi- nally, Kelly Corrigan humbly outlined her life is to say “Yes,” stop talking about her opinion, the best way to reinvent your positions. She is also the author of a career seminar facilitated by Selena Rezvani. Rez- vani received her B.S. and M.S.W. from New York University, and she graduated first in her class from the Johns Hopkins University, where she received her M.B.A. She is now the founder and president of NextGenWomen, a consulting firm whose goal is to propel women into leadership positions. She is also the author of a career guidebook, The Next Generation of Women Leaders: What You Need to Lead but Won’t Learn in Business School. Clearly, her ac- complishments reflect her dedication and motivaition to inspire other women to suc- ceed. She discussed possible tactics to be used in order for women to feel more confi- dent walking into a negotiation. Beginning a negotiation with confidence shows that a woman knows what she wants, is certain about what she deserves, and is assured in the success she has had or will have with the company. Rezvani addressed the need to talk about the leverage one side has to of- fer, to go into the meeting with a few “back- up” proposals for a smoother compromise. Finally, she said it is important not to be greedy and to close the deal based on mutual gain. Rezvani’s presentation was educa- tional and inspirational. The points made, quotes shared, and thoughts expressed truly emphasized the importance of women get- ting what they deserve in the workforce. Her words were simple but strong when she stated, “Even though you may hear ‘No,’ you have to take that as ‘Not yet.’” The panel discussion “Family Healthcare CEO: Are you Ready to Lead the Charge?” was based on the fact, released by the U.S. Department of Labor, that more than 80 percent of all decisions on health care are made by the women of the household. It fo- cused on women staying current on how to keep themselves and their families healthy. Four women contributed to this discussion: JF Virgin, Dr. Madelyn Fernstrom, Michelle Naccarati-Chapkis, and Roba Whiteley. Virgin, a health and wellness expert who created the Weight Loss Resistance Revolu- tion program, has contributed to numer- ous different TV shows and is the author of Six Weeks to Sleeveless and Sexy. She pointed out that women are often responsible for be- ing the family “nutritionists and personal trainers” and advisers to doctors, so we need to be informed about what is being brought into the household. We should also be con- cerned with our own health because when we take charge of ourselves, it’s empower- ing. Fernstrom is the director of nutrition and weight management at UPMC Health Plan, the founding director of the UPMC Weight Management Center, the diet and nutrition editor on NBC’s Today Show, and health editor-at-large for ivillage.com. Her tip was to take everything in moderation, to self-soothe, and to remain in control of your own self-care. She enforced the im- portance of being in charge of one’s own medical care by making her own doctor’s appointments and bringing a list of medi- cations, problems, etc. to tell the doctor. Fernstrom also discussed dieting and self- image, emphasizing how women too often confuse “Am I thin enough?” with “Am I healthy enough?” Naccarati-Chapkis is the executive director of Women for a Healthy Environment. Her mission is to educate women about environmental risk with a focus on food and consumer products. She also spearheaded the establishment of the first state park in Pennsylvania in a number of years, located in Erie. She talked about personal care products and what ingredients to avoid. Women on average apply twelve personal care products each day, and young girls apply seventeen products each day, and most people do not know what is in the products they are using. She explained that the FDA has very little authority over what is on our shelves and urged us to be more educated about the products we are using. Whiteley is the executive director of To- gerther RX Access, a program that provides financial savings to those who aren’t eligible for Medicare. Together RX is a program that is dedicated to getting health care ac- cess to everyone. She says to simplify your life by getting rid of what you don’t need, give yourself treats because you deserve it, and always laugh. She advised us to be the quarterbacks of our lives and to “make the call and pass the ball.” As women, we tend to put others in front of ourselves. These four women rehumanized that in order to take care of others, sometimes we have to put ourselves first and make sure we too are happy and healthy. It is impossible to summarize the entirety of what we learned at the Pennsylvania Governor’s Conference for Women. The conference center was filled with women who had achieved immeasurable success and tremendous power in their respective fields. It was truly a priceless experience to have them share their experiences and insights. All of us left Pittsburgh with a new appreciation for perseverance, hard work, and the natural leadership strength of women. It is now our goal to apply all we have learned and to establish ourselves as the next generation of women leaders.
2010-11 Mentors

Mentoring is a key component of the Women’s Leadership Initiative. Mentors devote their time and talents to WLI students for the entire academic year, and often beyond. Thank you to the 2010-11 mentors for their outstanding service:

- Lucia Albright ’78 HPA
- Beth Bates ’77 IFS
- Bobbi Bradford ’77, ’79g NURS
- Jessica Park Choi ’06 HRIM
- Shannon Egan ’07 HRIM
- Sherry DelGrosso ’92 NURS
- Joy Ford Dieffenderfer ’05 CSD
- Judy Dillon
- Dee Dlugoski ’05 KINES
- Joey Frengel ’04 HPA
- Lynn Hendrickson ’01 HPA
- Helen Hunt ’60 H EC
- Mary Anne Hogue ’69g FS HA
- Vera Hubiak ’81 HPA
- Mary Lou Kanaskie ’77 NURS
- Monica Manning ’98 CMDIS
- Stephanie Mazzeo-Caputo ’81g NUTR
- Caitlin O’Neill ’99 HRIM
- Lisa Payne
- Emily Potter ’05 HRIM
- Miriam Powell
- KerrLaine Clark Prusella ’01 LIB
- Ellen Reuben ’75 HPA
- Carol Roy ’73 IFS, ’75g EDU
- Kay Sabino ’69 IFS
- Michelle Thal

Women’s Leadership Initiative Reunion
April 8-10, 2011 at Penn State

“We are ecstatic to offer the first official opportunity to join the entire WLI family to share past experiences, give updates on current endeavors, and get excited about one another’s plans for the future. This is truly a family affair! For the very first time, all WLI classes will be able to unite at one event, and relate to the personal and professional impartations the WLI program has offered. This will also be an opportunity for the most recent WLI classes to experience the positive influences WLI has had on its long term members.”

-Renee Brooks (WLI 2004-05), WLI external advisory committee member

Reunion schedule includes:

Friday, April 8
On-Your-Own Social Time in State College

Saturday, April 9
Celebration Luncheon with the 2010-2011 class
“The Inside Story” presentation and discussion with Dr. Ann C. Crouler, Dean, College of Health and Human Development; and Dr. Paula Milone-Nuzzo, Dean, School of Nursing
“Red Carpet” Reception and Dinner

Sunday, April 10
Breakfast and Hike of Mt. Nittany

WLI Students Select Service-Learning Project

At their December 2010 Sunday Session, WLI students selected their service-learning project for the spring semester. At a previous Sunday Session, the students had been divided into four groups; each group was asked to develop a proposal for a project, which would be a collaboration with an existing cause or agency.

Following the groups’ presentations, the students voted to partner with Big Brothers Big Sisters of Centre County for an event for both children enrolled in the program and their adult mentors. The event will allow students to bring relevant knowledge from their own academic major to the program, by providing the children with information about healthy eating, exercise, and more. The students will give a presentation about the completed project during the Celebration Luncheon on Saturday, April 9, 2011.

Previous service-learning projects include participation in the American Heart Association’s Go Red campaign to raise awareness of heart health; a children’s “fun day” at the State College Area YMCA; and a fundraising/publicity drive to benefit Housing Transitions, Inc., a local shelter and service program agency.
Advisory Committee News

External Advisory Committee

The External Advisory Committee, which meets via conference call every other month, is overseeing two exciting upcoming events: the WLI reunion (see page 9) and a special workshop for members of the 2009-10 WLI class, who are now seniors. The committee conducted a survey of these newest WLI alumni at the beginning of the fall semester and, based on the responses, is planning a workshop on Sunday, March 27, titled, “Life after College.” The session will be presented by committee member Eileen Soisson ’93 RPM, president of The Meeting Institute, which designs and implements organizational training and development programs. Topics covered include transitioning from college to the workplace and “netiquette.”

External Advisory Committee Members

Kay Salvinio ’09 IFS (Chair)
Practice Administrator, Heimer Eye Care Associates
Renee Brooks ’05 BBH
Research Manager, The Ohio State University
Denise Orwig ’99 BBH
Assistant Professor, University of Maryland School of Medicine
Eileen Soisson ’93 RPM
President, The Meeting Institute
Lauren Thumm ’08 NURS
Clinical Research Coordinator, Division of Cardiology, Jefferson Coordinating Center for Clinical Research, Thomas Jefferson University
Jennifer Tracy ’99 HRT&M, ’95g BUS
Director of Field Operations, Comcast Corporation

Internal Advisory Committee

The Internal Advisory Committee continues to play an active role in the WLI. Each committee member attends at least two WLI workshops or events each semester. In addition, members review and provide feedback on students’ cover letters and resumes—a key fall semester assignment that the students complete in preparation for mock interviews in January. The committee has also provided valuable input regarding the upcoming WLI reunion (see page 9). Perhaps most importantly, the committee provided advice and support regarding a change to the WLI schedule for fall 2011 semester: the Sunday Sessions will now be Friday Sessions and will take place 2:30-8:30 p.m. on four Fridays each semester. Weekend Workshops (one per semester) will remain unchanged.

2010-11 Internal Advisory Committee Members

Student Representatives
Emma Cowie
Bethany Mooney
Adviser Representative
Susan Sanders, Academic Adviser, Department of Health Policy and Administration
Biobehavioral Health
Dr. Lori Francis, Assistant Professor
Communication Sciences and Disorders
Dr. Krista Wilkinson, Professor
Health Policy and Administration
Dr. Jessica Mietler, Assistant Professor
Hospitality Management
Dr. Marja Verbeeten, Assistant Professor
Human Development and Family Studies
Dr. Daphne Hernandez, Assistant Professor
Kinesiology
Dr. Lauren Kramer, Instructor and Program Director, Athletic Training Major
Nursing
Dawneen Clark, Senior Instructor
Nutritional Sciences
Dr. Shelly Nickols-Richardson, Associate Professor
Recreation, Park, and Tourism Management
Dr. Shawn Doreien, Assistant Professor

Class Notes

2003-04
Karim (Grap) Johnson ’05 RPTM was married July 11, 2009, and then gave birth to a son, Anthony, on March 31, 2010. Karim left her position as a medical device representative with Stryker Endoscopy at the Johns Hopkins Hospital in Baltimore, Maryland, and moved with her husband to State College. She recently purchased a franchise, Baby Boot Camp (www.babybootcamp.com), which aims to ensure the health and wellness of pre- and postpartum mothers in the Centre County area. She will be launching classes in early January throughout Centre County.

Jocelyn Murphy ’05 BBH is going to be working in elementary education and made the move back from New York to her hometown of Edgemont, Pennsylvania. She writes: “I am thrilled to be given the opportunity to pursue working in a field I have always loved, education.”

Farahmeh N. Mustafia ’05 BBH earned her M.A. in higher education at The University of Michigan in May 2010. She is currently pursuing a doctorate in the combined program in Education and Psychology at the University of Michigan.

Heather Salerno-Jackson ’05 KINES was married on October 10 (10/10/10).

2004-05
Loren (Stachowiak) Gifford ’06 BBH got married on October 15 to a fellow Penn Stater, Tom Gifford ’05 KINES. She is also working on a graduate degree in public health administration and is set to graduate next spring.

Nandita (Sharma) Rudzinski ’05 HRIM got married in May 2010. Larissa Witmer ’06 RPTM is working in Penn State’s Prevention Research Center for the Promotion of Human Development as a senior research technologist with the Classroom Ecologies project.

2005-06
Alana Henry ’07 KINES is in her third year of medical school at the Philadelphia College of Osteopathic Medicine and will be graduating in May 2012. She got engaged on October 9, 2010, to Bart Rickard in the Finger Lakes of New York.

Elizabeth (Craze) Mallis ’07 HD FS got married over Labor Day weekend (2010) in Florida. She and her husband moved to Albuquerque, New Mexico, and she is employed as an academic advisor for the College of Education at the University of New Mexico.

Roshan Patel ’07 KINES recently moved to Washington, D.C., and is working in public health preparedness at the National Association of County and City Health Officials (NACCHO).

Lisa Polkoff ’07 RPTM started a new job in August 2010 at the National Constitution Center in Historic Philadelphia as a group sales representative. Previously, she spent three years at the Valley Forge Convention and Visitors Bureau in King of Prussia, Pennsylvania.

2006-07
Beth Hahn ’08 HD FS is continuing in the doctoral program in aging studies at the University of South Florida. She has published two journal articles during her time there and is teaching her second undergraduate course, which she says is “a lot of fun.” She taught a “Life Cycle” course during the fall semester, which is very similar to Penn State’s “Intro to Human Development” course. “It reminds me a lot of my undergrad days in Henderson!” she says.

Kelly Kremer ’07 KINES graduated from the Medical University of South Carolina in August 2010 with her master of science degree in physician assistant studies. She now works in General Surgery in New London, Connecticut, and is engaged to be married in May 2011.

2008-09
After a cancer diagnosis in December 2009, Andrea DeLuca ’07 HD FS took the spring 2010 semester off. She underwent a major surgery in January and spent the rest of the semester recovering. Andrea is now cancer free. She would like to thank her WLI classmates, Abby, Caress, Pam, and Dean Nan Crouter for their incredible love and support through this difficult time. Andrea moved to Lancaster, Pennsylvania, in August and began an internship with AEGIS Community Alliance in Harrisburg to complete her degree. After interning for two months, the agency offered her a position as a case manager. She accepted and began in November, followed by her graduation in December. Andrea is very excited about this season of her life of big changes and huge blessings.

Allison Stutzman ’09 CSD is in her second year in the master’s program in Communication Sciences and Disorders at Penn State. She has an internship with ManorCare in Allentown for summer 2011.

2009-10
Lainie Abrams was recently accepted into the special education graduate program at Penn State. She writes, “I would not have found my passion for teaching students with special needs if it was not for the WLI and my mentor Sharon Salzer.”

Desirae Waldenmyer ’10 HPA graduated from Penn State in December and started a job at the University of Pittsburgh Medical Center as a financial analyst intern.
Dear WLI Alumni: Please keep us updated by sending us information about a new address, new job, special accomplishment, etc.

Name ____________________________________________________________
Address __________________________________________________________________________
City ___________________________ State _________ Zip ________________
Phone ___________________________ E-mail ____________________________________________

New Job/Accomplishments: _______________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________

Mail to: Women’s Leadership Initiative
College of Health and Human Development • The Pennsylvania State University
201 Henderson Building • University Park, PA 16802
Or e-mail the above information to: pb38@psu.edu

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