



4th Annual Woman-to-Woman Dialogue Series Women's Experiences: Surviving & Thriving

A half-day event featuring workshops on Finances, Health, Resiliency, Education, Parenting, & Caring for Others.

Intergenerational Keynote by mother/daughter team Anita Thompson & Regina Lewis:

“5 Personal Approaches to Being Resilient in the Face of Adversity”

Saturday, 10/17, 8:30am-1:00pm

Doors open at 8:30am, program begins at 9am

Participants are encouraged to purchase a lunch at UCCS & continue the dialogue

LOCATION LINK: [UCCS ~ University Center \(building 11\) ~ Free Parking in Lots 3 & 4](#)
1420 Austin Bluffs Parkway

Open to Everyone! Free!

Donations accepted at the event and could be matched \$1:\$1 by the [Gay & Lesbian Fund for Colorado](#).

Table/Exhibit space for organizations to distribute resources and information.

Sponsored by the American Association of University Women & the [Matrix Center @ UCCS](#)

RSVP encouraged (but not required) to: dmiller4@uccs.edu or 719-255-4764

Schedule and Sessions:

8:30am-9:00am – Registration and Check-In

9:00am – Welcome by Aditi Mitra, UCCS and Laura Rojas - News Anchor for News First 5 and News First Now, NBC affiliate in Southern Colorado

9:15-10:15am – Intergenerational Keynote by mother/daughter team Anita Thompson & Regina Lewis: “5 Personal Approaches to Being Resilient in the Face of Adversity”

10:30-11:30am – Concurrent Workshops I

11:45am-12:45pm – Concurrent Workshops II

12:45pm – Purchase a lunch & continue the dialogue on your own

SESSIONS AND DESCRIPTIONS:

10:30-11:30am – Session I Concurrent Workshops

Healthy Body Image Development in Girls: A Model Toward Success

Presenter: Valerie Montgomery – Beyond Beautiful & Women’s Resource Agency

Description: Bringing recently published model of body image resilience model in American Counseling Association book on Girls’ and Women’s Wellness (2008). I will teach about these 5 factors and how they relate to spiritual, physical, intellectual, emotional, and social wellness. Also addressed will be Multicultural Strengths. I will include activities, exploratory questions, personal application, discussion, and multi-media.

Target Audience: Anyone working with or interested in girls’ healthy body image development such as teachers, counselors, school administrators, parents, Girlscout leaders, PTA/PTO members and leaders, and anyone who has struggled with this topic.

With a Master of Arts in Counseling & Human Services, I have the interpersonal and group skills to relate to the participants. I have express interest in this topic from a personal standpoint as well. In addition, I have speaking experience and teaching gifts.

Naming, Unpacking, & Responding to WORDS & ACTIONS that HURT!

Presenter: Daryl Miller, UCCS Matrix Center

Description: During a discussion at your workplace you hear one colleague refer to another as a “colored” person. You observe the person of color stiffen up. You overhear your child naively

comment “That’s so gay” in response to the way another adolescent is walking. The aforementioned scenarios feature "microaggressions": the subtle insults (verbal, nonverbal, and/or visual) directed toward individuals of marginalized groups (people of color, LGBT, people with disabilities, women, etc.), often unconsciously. In and of itself a microaggression may seem harmless, but the cumulative burden of a lifetime of microaggressions can contribute to depression, poor health and decreased self-confidence. This session will address how microaggressions happen, their cumulative effect and how you can respond to them when they occur. The outcome of this session is to teach people how to name their feelings that surround these encounters and respond to them in a way that's teachable for everyone involved.

Target Audience: Teachers, parents, & activists

Daryl Miller currently serves as the Program Assistant to the Matrix Center for the Advancement of Social Equity and Inclusion at the University of Colorado at Colorado Springs (UCCS). Moving to Colorado Springs in 1999, he has worked at UCCS for the past eight years. Daryl has been intimately involved with diversity and inclusion work at UCCS via the annual White Privilege Conference and the Knapsack Institute: Transforming the Curriculum. Most recently he became the Editorial Assistant for the first academic, peer reviewed, journal: “Understanding and Dismantling Privilege.” In addition, Daryl has begun studying and presenting workshops on the topic of racial microaggressions and their cumulative effects on the health of people of marginalized groups. Daryl dedicates just as much time volunteering as he does to his day job. Currently he serves as a group facilitator and board member for Inside/Out Youth Services (the only not-for profit organization in COS serving GLBT youth ages 13-22); Shook’s Run Neighborhood Association Board member; and member of the Greenberg Center for Learning and Tolerance. Past commitments include Southern Colorado AIDS Project, Lutheran Family Services, and the Gay & Lesbian Fund for Colorado Community Funding Panel. Daryl received his B.A. in Psychology from Mesa State College and M.A. in Counseling & Human Services from UCCS.

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Hormones: The Balancing Act

Presenter: Vicki Schober, M.D. – UCCS Student Health Center and the Optimal Wellness Center, LLC

Description: Weight gain, weight loss, hot flashes, mood swings, decreased libido, skin changes... these are just some of the symptoms women experience with changing or unbalanced hormones. Women are faced with changing hormones not only every month in our younger years, but throughout our adult lives. Let's discuss what these key hormones are and answer the following questions.

*How do key hormones affect your body throughout your life?

*What happens when these hormones are not harmoniously balanced?

*What can you do to “survive & thrive” as a woman with changing hormones?

Target Audience: All Women

Dr. Schober is a Board Certified Family Physician also Certified by the American Board of Holistic Medicine. She is the current Medical Director of the UCCS Student Health Center and also practices part time at the Optimal Wellness Center, LLC in Colorado Springs. She has a special interest in women’s health and applying holistic principles to women’s health care. She invites women to share their experiences and questions on this topic. Vicki Schober can be reached by email at drvickischober@gmail.com, website for Optimal Wellness Center is www.gowellnessforyou.com.

Maintain Hope In Spite of Your Circumstances

Presenter: Queen Brown

Description: For many these are tough times. Some see the challenges we are facing as overwhelming and they are

tempted to give up. Others acknowledge the struggles are difficult but choose to get through them. Realizing you are stronger than you know will enable you to handle any activity. Significant changes continue to dominate our life experiences. How we maintain hope can dictate our outcome. Do we become stuck and decide we are throwing in the towel? Do we become wounded, suffer and barely survive? Do we take action, thrive and succeed beyond measure? This workshop explores some options to move you in a positive direction and offers some encouragement.

Questions for audience: A. How do you perceive the impact of our current life changes? B. How do you handle adversity? C. How is hope meaningful to you? D. What actions are you willing to take?

Target Audience: All women

Queen Brown, President of Queen E. Brown & Associates Management Consultants has over 25 years of personal and professional experience in business consultation, training, and facilitation as a management consultant, corporate manager, executive coach, university professor, and motivational speaker. Her professional services include managing diversity, leadership development, change management, team building, business planning, customer relations, conflict management, effective communication, coaching and focus groups. Clients include public and private sectors including government, corporations, educational institutions, and non-profit organizations. She is an adjunct faculty member at University of Phoenix. She can be reached at (719) 598-0385. Her email is qbrown@pcisys.net.

Intersections Film Festival FILM: Hiba Bassem's "Baghdad Days" (Iraq/UK 2005)

Film length, 35 minutes, A discussion with Dr. Aditi Mitra, Department of Sociology / WEST at UCCS. Filmmaker Hiba Bassem's "Baghdad Days" (Iraq/UK 2005), 35 minutes, is a diary of the director's move from Kirkuk to Baghdad in order to finish her film studies at the Institute of Fine Arts. The war disrupted her life in Kirkuk where her family lived in harmony with the Kurds. In Baghdad, she struggles along with her classmates to finish her studies in the semi-destroyed city, find a place to live, find a job, and deal with family problems. Winner of a New Horizon Silver Award at the 2006 Al Jazeera International Film Festival in Doha and a Golden Award winner at the 2006 Rotterdam Arab Film Festival.

11:40am-12:40pm Sessions II Concurrent Workshops

Women and Economic Success: The Cliff Effect Challenge

Presenter: Gretchen Gagel –McComb, President & CEO, The Women's Foundation of Colorado

Description: In 2006 County Commissioner Kathy Hartman reported that clients on "work supports"/public benefits (earned income tax credits, child care subsidies, health care coverage, housing assistance, and food stamps) with only a small increase in hourly pay, could lose public benefits in an instant. This led to the members of Women's FAN (Family Action Network) and The Women's Foundation of Colorado launching "The Cliff Effect in Colorado" Project.

The National Center for Children and Poverty at Columbia University was contracted to research the delicate interplay between a clients' wages and public supports in seven of Colorado's 64 counties. Their report details the issues and the work support cliffs for families in Colorado.

Since work support benefits are means-tested, families begin to lose eligibility as their earnings increase. They often lose benefits before earnings alone are sufficient to cover their basic needs. Because multiple means-tested benefits may phase out or end simultaneously, thereby increasing family expenses, earning more may actually leave a family with fewer resources once the bills are paid. The "cliff effect" is when the benefit ends abruptly, with no sliding scale phasing out the benefit.

Members of Women's FAN, Women's Foundation of Colorado's staff and WFCO Regional Committees have spent countless hours educating various groups about this critical work. The Foundation has granted over \$150,000 for research, education and policy work related to The Cliff Effect.

Target Audience : Non-profit, community leaders, policy makers, teachers, employers

Gretchen Gagel McComb joined The Women's Foundation of Colorado as President & CEO in January 2005. Gretchen had volunteered for WFCO in the past, facilitating the 2002 "Hi-Tech, Low Numbers Conference", an event that prompted Gretchen to pursue a Masters in Nonprofit Management from Regis University and a career change into the not-for-profit sector. "I could not have hand-picked a more ideal organization to join. My decision to transition to the not-for-profit sector was based upon my desire to give more back to my community and to the next generation of women and girls—it's a perfect fit!" Prior to joining The Women's Foundation, Gretchen worked for Ralston Purina and Coca-Cola Enterprises in operations management. Most recently, Gretchen was a director, business unit manager, and shareholder of FMI Corporation, a Raleigh, North Carolina

based management consulting and investment banking firm, where she specialized in strategic planning and organizational development. Gretchen moved to Denver in 1992, is a graduate of the University of Denver MBA program, and received her bachelor's of science in mechanical engineering from Southern Methodist University. She and her husband have a son, Holden and a daughter, Regan.

The Women's Foundation of Colorado's mission is to build resources and lead change so that the women and girls of Colorado are full and equal participants in society. A catalyst for social change since 1987, The Women's Foundation of Colorado has built an endowment of nearly \$11 million, and has invested more than \$8.7 million with 178 agencies in 73 communities statewide.

Increasing Parent involvement in Schools

Moderator: Carol Scott

Presenters: Cynthia Martinez, Principal Carver Elementary School---Rebecca Acevedo-Kinderdine, Community Liaison Wilson Elementary School---and a selected parent.

Description: This session will examine a pilot project that brought together parents and teachers to discuss obstacles to parent involvement in Elementary School. We will examine the small steps that can increase parent involvement in schools and ultimately encourage parents to begin to get more involved in their children's education. Parent involvement is essential not only to help children to succeed academically, but also to increase children's motivation and self-esteem and decrease potential use of drugs and alcohol. This pilot program has taught us that it is possible to have strong partnerships between parents and teachers, and it is only when the two parties begin to work together that we are going to see true change happen in our children, our schools, and our communities.

This session will be presented from the perspective of a Principal, a facilitator and a parent who were involved in the pilot program. Participants in this workshop will have the opportunity to engage in the dialogue process that was used in this program, learn the principles of the program, as well as ideas for how the process used in this program can also be used in other settings with different issues.

Target Audience: teachers/parents for this pilot and all others for introduction to the Dialogue-to-Change Process.

Carol Scott is a facilitator/trainer with Everyday Democracy, an organization that helps communities organize around issues that are important to them and through the dialogue process, move words to action. Other presenters were directly involved in the program planning and/or participation of this pilot.

Thriving Through Suffering...With Grace and Heart

Speakers: Laura Rojas News Anchor for News First 5 and News First Now, NBC affiliate in Southern Colorado and Suzi Sandoval

Description: We take a look at suffering through a different set of eyes dispelling misconceptions that all suffering is bad. Speakers Laura Rojas and Suzi Sandoval share their personal stories and experiences of living with a chronic illness and suffering well throughout their health battles. Thriving through suffering with grace and heart is a reminder to us all, especially as women, that we can endure the experience of suffering. Because of our personal choice to embrace our illness as a blessing and not an adversity we are able to discover how resilient we are yet still maintain our finesse and compassion.

Target Audience: Everyone

Laura L. Rojas Two years ago I moved from Texas to the state of Colorado to pursue my career ambitions in broadcast journalism. My sons and I were happy and excited about our new life in Southern Colorado. Nearly two weeks after celebrating my first year anniversary at my new job as news anchor at a local news station I received some life changing news. On July 15th of 2008 my family and I were touched by cancer. I was diagnosed with Chronic Myeloid Leukemia (CML). The day I got the news from my doctor was one of the most challenging life-altering moments as I was forced instantly to embrace a life and future with cancer. But rather than give in and give up I, "grabbed the bull by the horns," as we say in Texas and I started my chemotherapy immediately. I went into remission about three months of starting my treatment. Today, one year later, I'm happy to report that I'm in complete remission. In celebration of my one year anniversary of my diagnosis I climbed the Incline in Manitou Springs, Colorado. It symbolized for me what life is really all about no matter what and that is LIVING! I am a woman of great Faith with an adventurous spirit and throughout all this my sons have been my two pillars of strength and solidarity. Because of our faith and love of God, together we have overcome something that took us by surprise at a time in our lives when we were simply on another one of life's great adventures. Education: Bachelor of Arts in Criminal Justice and Police Science, Minor in Spanish, Sam Houston State University, Associate of Science Degree, Criminal Justice, Amarillo College, Panhandle Regional Law Enforcement Academy, Amarillo, Texas, Basic Peace Officer Certification in Law Enforcement

Suzi Sandoval

With her inspirational and motivational speech, “I’m more than a survivor, I’m a thriver, Suzi encourages her audiences to embrace the unexpected challenges in life with a joyful heart. Her story is tragic, yet full of hope, optimism and determination. It starts at sixteen when a drunk driver set off a chain of events that changed her life forever. The life-saving blood given to her the night of the accident unknowingly infected her with hepatitis C. In 2002 Suzi’s doctors declared she would not see another birthday. The hepatitis had destroyed her liver. Suzi’s youngest daughter donated a lobe of her liver to give Suzi a second chance at life. Suzi believes pushing forward in spite of adversity is the secret to an abundant life. When all odds were stacked against her not once, but twice Suzi’s, resiliency demonstrates the true thriver. As a community volunteer, Suzi serves on the board for the Wesley Community Center, a member of Los Barrios, a civic organization that provides educational support to academically deserving youth. She also Serves on the Hispanic Sub-committee for the prevention of Teen Pregnancy, is a speaker for MADD’s Shattered Dreams Program and the Victims Impact Panel for the Potter County Prosecutor’s Office, member of Transplant Recipients International Organization (TRIO). Her career has been primarily in Youth Development as Unit Director for the Boys and Girls Club and as Senior District Executive for The Boys Scouts of America. Suzi is a writer and an award-winning speaker, member of Inspirational Writers Alive, Founding member of The Lone Star Haiku Poets’ society and Coordinator of Speech Craft workshops.

Managing Caregiver Stress

Presenter: LeAnne Starr, PsyD

Description: Caregiving is stressful, can be confusing and lonely, and requires resources. The purpose of this presentation is to provide caregivers with support around the various sources of frustration and stress. Likewise, the group discussion will include information on responding to caregiving stress differently, learning how to better manage caregiver stress through communication and awareness, and sharing the caregiving experience with others to reduce the stress level and increase self monitoring of one’s own needs. In addition to group discussion, practical skills for daily life will be a part of the presentation.

Target Audience: Anyone who may be currently in or anticipates being in a caregiver role.

Leanne Starr, PsyD, earned a doctorate degree in clinical psychology from the University of the Rockies in 2008. I have worked at the CU aging Center in Colorado Springs since 2007 providing psychotherapy services to aging families and caregivers. I am the team coordinator of the Caregiver Program at the CU Aging Center and assist in training UCCS Geropsychology graduate students in providing caregiver therapy.

Presentation Title: Women Surviving and Thriving in Academia

Presenters: Danielle Norris, Heather Tix, Luisa Vargas, Elizabeth Jones; all members of AAUW student club

Description: Panel Questions & Condensed Answers:

1. What in the past has influenced or driven your decision to attend college, how have you overcome past struggles?
2. As a woman what are your current obstacles in relation to school, how are you surviving?
3. What do you plan on doing with your education, how do you plan on thriving after college?

Panel members will focus on our different aspects as women in academia and the lives that encourage, create barriers, and allow us to thrive.

Luisa Vargas is a PPCC graduate and transfer student and a traumatic brain injury survivor. To Luisa, just being a woman is a hurdle; but being older, managing a tight budget, and having a challenging set of responsibilities are obstacles she has to confront in relation to school.

Danielle Norris is a PPCC transfer, completing a double major, double minor and is a survivor of teen pregnancy. Danielle was self-sufficient with a child at sixteen still attending high school. Her struggles now are the constant balancing dilemma between tending to small children and completing a double major/double minor.

Heather Tix will speak as the more traditional college student, as a woman in a predominately female major. After some enlightening experiences at CSU, she left, moved closer to family, and made the choice to change majors, from Engineering, and attend UCCS. Her biggest struggle is taking heavy science classes, heavily male dominated, and continuously being ridiculed for her more strong feminist beliefs.

Elizabeth Jones attended and graduated at a two year community college, PPCC, then transferred to MSCD in Denver, and finally transferred to UCCS to complete her B.I. in Video Game Design. Her driving force in influencing her wanting to attend college is the innate curiosity for learning and the quest for knowledge. She tends to struggle with the economic aspect of finances the most.

Target Audience: Women enrolled in postsecondary education

More about the Dialogue series:

There are few opportunities available for us to take time to listen and learn from each other, across our differences, about the issues, experiences and struggles we share. The Matrix Center and the American Association of University Women have teamed together to present an annual half-day program for women to talk about the issues that most concern them. Our goal is to provide an opportunity for dialogue among women across generations, cultures, backgrounds and professions to learn from and with each other. Partnering with local organizations to focus on a specific theme each year, attendees are afforded educational and networking opportunities that empower growth.

