



**MOLLIE A RICHARDS MS Ed., OTR/L**

**The Importance of the Caregiver**

Mollie Richards is presently the Director of Rehabilitation programs at Jewish Senior Life and Memory Care Service Line Manager. She earned a Bachelor of

Science in Occupational Therapy and a Master's in adult education. She is presently the vice-chairman of the Alzheimer's Board of Directors, alternate delegate and member of the programs and services subcommittee.

Ms. Richards was appointed by the governor of New York State to the Coordinating Council for Services related to Alzheimer's disease and other dementias. In 2014 she became certified as a Cognitive Stimulation Instructor. She has also taught Occupational Therapy at the Community College of Baltimore and at the Indiana University School of Medicine. She served on the planning committees for the development of the Occupational Therapy programs at Towson State College and Shenandoah University.

## SPECIAL EVENTS:

### MAKE-OVERS

Before the conference, we will photograph a few of our volunteer attendees and during lunch, these ladies will model their make-overs for us! Special thanks to the businesses that helped us put this session together:

- Make-Up Compliments of Macy's
- Clothing and accessories provided by Dress Barn

### NETWORKING

Stay after the conference and be our guest for a social hour being hosted in the Arcadia Room!

# REGISTRATION:

Visit: [RochesterEd.SclerodermaTristate.org](http://RochesterEd.SclerodermaTristate.org)

### OTHER WAYS TO REGISTER:

Call 800-867-0885 | FAX 607-723-2039  
E-mail: [mbbkadylak@sclerodermatristate.org](mailto:mbbkadylak@sclerodermatristate.org)

Mail to:  
Scleroderma Foundation  
Tri-State, Inc. Chapter  
59 Front Street  
Binghamton, NY 13905

### PLEASE PRINT INFORMATION BELOW:

I / we will be attending the African American Health Awareness Day Saturday, October 11, 2014

Number Attending: \_\_\_\_\_

\$10.00/person

Visa      MasterCard      Amex      Discover

Credit Card # \_\_\_\_\_

Exp. Date \_\_\_\_\_ CVV \_\_\_\_\_

Zip Code \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

THIS PROGRAM WAS MADE POSSIBLE THROUGH THE GENEROUS CONTRIBUTIONS OF:



**KEITH PRYHUBER, MD**

**CITIZENS FOR JOSEPH ROBACH**

OUR NETWORKING EVENT IS SPONSORED BY:

**WOMEN IN THIS TOGETHER SUPPORT MINISTRY**

**AND THE FAMILIES OF AFRICAN-AMERICAN SCLERODERMA**

**PATIENTS IN ROCHESTER:**

**Kegler Family | Johnson Family**

**Lytle Family | McFadden Family**

**Reynolds Family | Sibley Family**

**Thank you for your support!**



59 Front St | Binghamton, NY 13905  
800-867-0885 | [SclerodermaTriState.org](http://SclerodermaTriState.org)  
[sdtristate@sclerodermatristate.org](mailto:sdtristate@sclerodermatristate.org)

# AFRICAN-AMERICAN HEALTH AWARENESS DAY

**Saturday, October 11, 2014  
8:00 am - 4:30 pm**

**Rochester Airport Marriott  
Ridge Ballroom  
1890 Ridge Road West  
Rochester, NY 14615**

**Open to All | Free Parking**

**\$10.00 Registration Fee**

# AGENDA:

**Note: a 15 minute Q&A will be allotted after each speaker's presentation**

- 8:00am Registration
  - 8:30am Welcome from Scleroderma Tri-State Chapter & Greater Rochester Scleroderma Support Group & Award Presentation
  - 8:45am Scleroderma: Diagnosis, Treatment and How The Disease Differs in People of African-American Descent  
**Virginia Steen, MD**
  - 9:45am Break
  - 10:00am The Importance of Good Nutrition  
**Joy Valvano, MS, RD, CDE**
  - 11:00am Working Through End of Life Decisions  
**Reverend Robin Y. Franklin**
  - 12:00pm Lunch & Door Prize Drawings (before and after make-overs)
  - 1:00pm Coping with Chronic Illness  
**Tziporah Rosenberg, PhD, LMFT**
  - 2:00pm Meditation & Journaling  
**Wanda Strother**
  - 3:00pm Break & Door Prize Drawings
  - 3:15pm The Importance of the Caregiver  
**Paula A. Alio, PhD**
  - 4:15pm Laughter is Good for the Soul  
**Richard A. Ray II, Comedian**
- Grand Prize Drawing

**NETWORKING:** Stay after the conference and be our guest for a social hour being hosted in the Arcadia Room!



**VIRGINIA STEEN,  
MD, GEORGETOWN  
UNIVERSITY**

## **Scleroderma: Diagnosis, Treatment and How The Disease Differs in People of African-American Descent**

Dr. Steen is a Professor of Rheumatology in the Department of Medicine at Georgetown University Medical Center as well as serving as the Rheumatology Fellowship Program Director. She holds an MD from the University of Pittsburgh where she also performed a fellowship in rheumatology. She also performed a residency in internal medicine at the University of Pennsylvania, Philadelphia. Dr Steen continues to make numerous contributions to add to the understanding of scleroderma. She serves on the Steering Committee of the Scleroderma Foundation's Medical Advisory Board at this time. She is a frequent guest speaker at many events, talking about her special interests in scleroderma and lung involvement in connective tissue disease. She has published numerous papers and has been active in many research studies. At the Scleroderma Foundation's National Patient Conference in 2004, Dr. Steen was recognized and named Doctor of the Year for her dedicated work for the Foundation and patients with scleroderma. In 2014, was the recipient of the Foundation's Lifetime Achievement Award.



**REV. ROBIN Y. FRANKLIN  
Working Through End of Life Decisions**

Reverend Franklin is the Director of Chaplaincy Services at Strong Memorial Hospital and is a supervisor for the Association for Clinical Pastoral Education. In her role of pastoral education, Rev. Franklin

works with laypeople, seminary students and pastors to help them learn the art of pastoral care and what it means to work with sick and dying people and their families. Much of that work involves self-reflection and at the end of the training, students are able to demonstrate how his/her theology, worldview and history impact the pastoral relationship. She has more than 23 years of combined experience in these two roles.

Reverend Franklin was ordained in 1991 and serves as Itinerant Elder in the African Methodist Episcopal Church. She received her Bachelor of Arts degree from the State University College of Buffalo majoring in Journalism and completed seminary at the Interdenominational Theological Center in Atlanta, Georgia.



**TZIPORAH ROSENBERG, PHD,  
LMFT  
Coping with Chronic Illness**

Dr. Rosenberg is an Assistant Professor in the departments of Psychiatry and Family Medicine at the University of Rochester Medical Center, and the Institute for the Family. She has published several papers in peer-reviewed journals and book chapters on the practice of marriage and family therapy, medical family therapy, integration of health and relationships, interdisciplinary/collaborative care, and training of healthcare providers. She is also actively involved in patient/family- and provider-education around the management of chronic illnesses such as diabetes, and has delivered a number of presentations on this theme both locally and nationally. She is the Clinical Coordinator and Training Clinic Director for the Institute for the Family's Family Therapy Services which provides outpatient individual, couple and family therapy for the Rochester community and as part of Strong Behavioral Health's outpatient psychiatry service. She is devoted to excellence in clinical training and clinical care and to promoting family health and well-being across all dimensions of health.



**JOY VALVANO, MS, RD, CDE  
The Importance of Good Nutrition**

Joy is a registered dietitian, certified diabetes educator and certified pump trainer who provides both individual and group diabetes education at Unity Diabetes & Endocrinology Services. She offers nutritional counseling for: weight management, eating disorders, gastrointestinal disorders and cardiopulmonary patients. Joy is a graduate of the Rochester Institute of Technology and completed her registered dietitian internship at Iowa State University.



**WANDA STROTHER  
Meditation & Journaling**

For over 27 years, Ms. Strother has known, practiced and taught the value and benefits of meditation. Her students' feedback as well as her own practice have demonstrated frequently, that meditation reduces stress, is beneficial to your health, creates a life of peace and calm and is a life-time tool for expanding and connecting on a spiritual level. Ms. Strother is now Director of the Greater Rochester Center for Spiritual Living - Teaching Center. In this capacity she facilitates ongoing programs, conducts workshops and teaches accredited courses focused on living a purposeful and authentic life. For the past 8 years, Ms. Strother has been a licensed practitioner and Spiritual Living Principles & Practices coach associated with the Inter-National Centers for Spiritual Living.



**RICHARD A. RAY, II  
Laughter is Good for the Soul**