Boston Scientific Neuromodulation, Valencia presents

College of the Canyons 2021 WOMEN'S VIRTUAL CONFERENCE

EMPOWERED WOMEN:

Health ★ Wellness ★ Balance





Fri.









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THURSDAY, MARCH 25

4:00 - 5:00 PM

OPENING SESSION: WELCOME

Presenter: Dr. Dianne G. Van Hook, Chancellor, Santa Clarita Community College

District



Dr. Van Hook assumed her role as superintendent-president on July 1, 1988. The college's first chancellor and longest-serving superintendent-president, she has reshaped the Valencia campus and created an entirely new one in Canyon Country. She has transformed the college's original vision into a model educational institution that is uniquely prepared for the challenges of the future.

Location: https://canyonsonline.zoom.us/j/95226482613

Room Monitor: Leslie Carr





THURSDAY MARCH 25 - BREAKOUT SESSIONS

5:00 PM- 6:00 PM

MINDFULNESS MEDITATIONS

Not Everything is a Priority! Mindfulness and Meditation can help - Learn how to prioritize your life in a way that reduces stress. Tracy will you show you how Mindfulness isn't always about 'Cushion Time' any more than therapy is always about 'Couch Time.' Tracy will show you how to identify your Stress Threshold and teach you how to prioritize (or de-prioritize) stressors in a way that can lead you to peace as you move through your day. Tracy's course will help you orient Mindfulness to things that are ultimately most important: Life, Relationship, Spirituality, Humility, etc. Learn to elevate your mental state by decreasing your level of stress in a way that incorporates various elements of your life. In this 45 minute course, Tracy will teach you how to reorient your mind from The Distracted Self to The Serene Self.

Presenter: Tracy Taris, M.A. LMFT

<u>Tracy T. Taris</u> is a Licensed Marriage & Family Therapist. She is president and owner of Healing the Mind & Spirit, Inc. where she leads a team of therapists, life coaches, and wellness counselors.

Location: https://canyonsonline.zoom.us/j/91875255768?from=addon

Room Monitor: Rian Medlin



four qualities of mindfulness



COVID-19: THE IMMUNE SYSTEM AND HERD IMMUNITY

Learn the latest with COVID-19, what herd immunity is, how can it be achieved, how vaccines are designed to protect us, and how we can return to normalcy.

Presenters: Kelly Cude, Kelly Burke, Shane Ramey

<u>Dr. Kelly Cude</u> joined the College of the Canyons (COC) Biological Sciences Department in January 2007 and has taught a multitude of courses ranging from microbiology and molecular genetics to cell biology.

Kelly Burke joined COC as an adjunct faculty in 2002. Full-time since 2005, Kelly's primary teaching focus has been microbiology, general biology, and online education.



<u>Dr. Shane Ramey</u> has lived in the Santa Clarita Valley for over thirty years, and is a graduate of Canyon High School, College of the Canyons, and UCLA, where he earned his B.S. and Ph.D. in Microbiology, Immunology, and Molecular Genetics.

Location: https://canyonsonline.zoom.us/j/96558880396

Room Monitor: Lindsey Ceo

DEFINING HEALTH IN THE 21ST CENTURY

What is health? How do we measure and evaluate it? In this age of technology, we have more information and tools for "health promotion" at our disposal than ever before. But as we strive toward feeling and functioning well, where and how should we focus our efforts? In this workshop, we will explore how health is defined, evaluated, and improved safely and effectively.



Presenter: Lisa Hooper

<u>Lisa Hooper</u>, MA, Professor, Kinesiology, Health & Physical Education at College of the Canyons

Location: https://canyonsonline.zoom.us/j/93285862832?from=addon

Room Monitor: Diane Fiero



6:00 PM- 7:00 PM

COMMUNICATION: WHAT WORKS AND WHAT ARE COMMUNICATION LIMITATIONS

"I do not think you know the meaning of what I said." When words heard are not what was meant, conversation moves from communication to fantasy. Communication is probably the most talked about skill necessary to and equated with good relationships. However, often we see speakers and listeners in a dance that looks a bit like two people speaking different languages and using the adage to say it again and again, only louder, as if the disconnect is physical not functional. This failure of meaning in translation is accurate, from a certain point of view!

This workshop will explore:

What is accurate communication?

What are the distinctions of lost in translation communication?

How can we improve both listening and speaking skills?

How is good communication reflected in good relationships?

Presenter: Doris Marie Zimmer, MS, CPC, FC, CRC

Location: https://canyonsonline.zoom.us/j/97578342980

Room Monitor: Leslie Carr





MULTI-TASKING IN A PANDEMIC – FOR WOMEN

Please join Dr. Daylene Meuschke, Associate Vice President, at College of the Canyons and Dr. Jasmine Ruys, Vice President/Assistant Superintendent, at College of the Canyons, as we engage in an in-depth discussion on the topic of "multi-tasking" in our personal and professional lives. Although there are various perspectives that have evolved in the pandemic when it comes to day-to-day multi-tasking, this session will emphasize the perspectives told by two women professionals in high-ranking positions. We will explore ways in which this pandemic has evolved our ways of thinking and how we approach our problem-solving strategies both personally and professionally. In this workshop we will discuss various strategies that have worked; strategies that have not worked; how dynamics at home have changed; and how our personal and professional relationships have transformed in this pandemic.

Presenters: Jasmine Ruys, Daylene Meuschke



Dr. Ruys has been with College of the Canyons since 2001. She has been a student services manager for 15 years, overseeing the Admissions and Records office, Student Business Office, Veterans, Outreach and School Relations, Counseling, Canyons Promise, Transfer Center, and many more during her tenure. As of January 2021, she serves as the Assistant Superintendent/Vice President of Student Services.



<u>Dr. Meuschke</u> has been with College of the Canyons since 2001. She has been a research analyst, senior research analyst, director of institutional research, and dean of institutional research during her tenure. Dr. Meuschke has served as the Associate Vice President for Institutional Research, Planning, and Institutional Effectiveness since August 2018.

Location: https://canyonsonline.zoom.us/j/91987971279

Room Monitor: Gabie Temple





THE "WHAT TO DO'S" BEFORE, DURING AND AFTER MARRIAGE

The waters of divorce are often cold and murky. In this session, Denise Lite will tell you what to do before, during and after the divorce process; pitfalls to look for; how to minimize the costs and expense during a divorce and offer amazing resources for parents with small children going thru a divorce. It's not to be missed!



Presenter: Denise Lite, Esq. of Denise Placencio, Esq.

<u>Denise Lite</u> is a Certified Family Law Specialist who have been practicing Family Law in California since 1997. She has been designated a Super Lawyer for several years and was designated one of Southern California's Top Women Attorneys.

Location: https://canyonsonline.zoom.us/j/99438013509?from=addon

Room Monitor: Rian Medlin

AFRICAN AMERICAN WOMEN IN THE SANTA CLARITA VALLEY – MAKING OUR VOICES KNOWN

A powerful and passionate perspective on life in the valley through the eyes of four African American women who have chosen to make Santa Clarita home. Come and hear about their challenges and their triumphs in raising a family, owning a business and building a life in our community.

Host: Di Thompson



Presenters: Keikei Dover, Kaharra Harbour, Thea-Marie Perkins, Selina Thomas



Keivonna Dover CEO and Founder of Coco Moms



Kaharra Harbour
CEO and Founder
Buttafly Jonez
Artisan Collective



Theamarie Perkins
CEO and Founder
Perkyideas
Publishing House



Selina Thomas CEO and Founder 6 Degrees HR Consulting

Location: https://canyonsonline.zoom.us/j/96124912610?from=addon

Room Monitor: Diane Fiero



7:00 PM- 8:00 PM

STARTING A BUSINESS

Have an idea? Have some ideas? Come ready to learn how to explore transforming your idea into starting a business with critical steps to consider. Resources will be highlighted to help on your journey. Why not now?

Presenter: Catherine Grooms

<u>Catherine Grooms</u> leads and manages the SBDC hosted by College of the Canyons, a team of 25, including 20 Professional Business Advisors providing services to entrepreneurs and business owners in the Santa Clarita Valley, San Fernando Valley, Antelope Valley and Metro Los Angeles.



Location: https://canyonsonline.zoom.us/j/94565116451?from=addon

Room Monitor: Rian Medlin

LIVING WITH ANXIETY

Everyone experiences anxiety at some time, and it can be quite useful in helping to avoid dangerous situations; this session will explore the nature of anxiety how to manage when it becomes more intense, is longer lasting and it interferes with work, activities and relationships.

Presenter: Larry Schallert, LCSW, Assistant Director, Student Health & Wellness/Mental Health Program



Larry Schallert is the Assistant Director, Student Health & Wellness/Mental Health Program at College of the Canyons. He directs the college's personal counseling and wellness outreach programs and is a member of the Behavioral Intervention (BIT) and Sexual Assault Response Teams.

Location: https://canyonsonline.zoom.us/j/95993761497

Room Monitor: Gail Ishimoto



MIDLIFE RE-BOOT! CREATING YOUR MOST AUTHENTIC, CREATIVE, AND FULFILLING LIFE

If you're a woman between the ages of 45-70, you're an evolutionary masterpiece! You're living in potentially the most powerful, creative, and fulling stage of life. Boomers and late boomers are the first generations of women—*in the history of humanity*—to live together past menopause. Since 1900, the life span of US women has nearly doubled! We are living in and creating a new life stage, called *Regency*.

Regency is a time of significant change and tremendous possibilities. During Regency, we will cross the territories of perimenopause, midlife, menopause, and postmenopause, with all of the challenges and opportunities they present. On this journey, we bring with us all of our life experience, career knowledge, expertise, and wisdom. It's an opportunity to recreate your life— for you— after spending so many years tending other gardens. Come spend an hour with Dr. A and discover how this stage of physical and psychological transformation can lead you to rediscover your "True North" and set you on the path to living your most authentic and fulfilled life.

Presenter: Dr. Andrea M. Slominski, PhD



Andrea Slominski, Ph.D. is an author, speaker, and coach. Andrea has her M.A. and Ph.D. in Mythological Studies and Depth Psychology from Pacifica Graduate Institute. She is a 5–time Joseph Campbell-Mythological Studies Scholarship Award winner.

Location: https://canyonsonline.zoom.us/j/95691056756?from=addon

Room Monitor: Diane Fiero





FRIDAY, MARCH 26 - BREAKOUT SESSIONS

4:00 PM- 5:00 PM

YOUR GREATEST SUPERPOWER - YOUR INTUITION

The year 2020 has changed everyone's lives to some degree. For some the change is small. For many there have been major shifts in their career and personal lives. Most of us are trying to figure out what is next. The good news is that every person has their own Inner GPS that is guiding them to their greatest life experience. The problem is that most aren't aware of or know how to follow it. In this presentation Debbie Reeves Wolpert will give you insight and tools to learn how to follow your Inner Guide and realize the life of your dreams.



Presenter: Debbie Reeves Wolpert, P.T. Physical Therapist

<u>Debbie Reeves Wolpert</u> is a licensed Physical Therapist and Motivational Speaker with over 30 years' experience.

Location: https://canyonsonline.zoom.us/j/92948042959

Room Monitor: Lindsey Ceo

MENOPAUSE MYTH BUSTERS

Most women will spend most of their adult lives in menopause, yet many are unprepared to make educated, individualized choices about how to confront it. How will it affect my body? My mind? My relationships? Should I take hormones? Will they cause cancer? What does "bioidentical" mean? Dr. King navigates the mountains of information about menopause and empowers you to embrace one of life's biggest changes with confidence.

Presenter: Dr. Jeremy King

Dr. Jeremy King is a Santa Clarita native and an expert in reproductive health. After his Obstetrics and Gynecology residency he completed a postdoctoral fellowship in Reproductive Endocrinology at Johns Hopkins University. His career has included active roles in research, innovation, and medical education.



Location: https://canyonsonline.zoom.us/j/93419027913

Room Monitor: Leslie Carr



COVID 19 VACCINE: FACTS AND MYTHS

The World Health Organization calls immunization one of modern medicine's greatest success stories, saving 2-3 million lives each year. Yet, there is skepticism and accurate vaccine information is more critical than ever. With the Pfizer and Moderna vaccines now being administered throughout the nation, UCLA Health's Dr. Malchira will discuss everything you need to know about the COVID-19 vaccine and address the most commonly asked questions, facts and myths about receiving the immunization.

Presenter: Dr. Ramya Malchira, MD Internal Medicine/Nephrology UCLA Health Santa

Clarita

<u>Dr. Ramya Malchira</u> is a nephrologist and primary care physician who practices in Santa Clarita. She is board certified in internal medicine and nephrology. In addition to her outpatient activity, she also sees patients at Henry Mayo Newhall Memorial Hospital and Northridge Hospital Medical Center.

Location: https://canyonsonline.zoom.us/j/94394905645

Room Monitor: Sarah Dettman



5:00 PM- 6:00 PM

TIPS FOR WORKING AND STUDYING FROM HOME (TECHNOLOGY AND ERGONOMICS)

This session will review key ergonomic principles and how to apply them at home, for both the home office and the home classroom. We will also discuss the basics of stress management; how mental health can impact your physical health and the reality of Zoom fatigue.

Presenter: Susan Langston

Susan Langston is a Senior Account Manager and Team Leader,

Keenan and Associates.

Location: https://canyonsonline.zoom.us/j/94015372600

Room Monitor: Flavio Medina-Martin





BOREDOM BUSTERS DURING A PANDEMIC (PANEL)

Please join Tina Tran, Confidential Administrative Assistant, Pamela Williams-Paez, Faculty (Sociology) and Alene Terzian-Zeitounian, Faculty and Dept Chair (English), at College of the Canyons, as we venture into home life personal activities that are being done at home to help cultivate a home environment free of "boredom" during the pandemic. Members from our talented College of the Canyons family share their ideas, talents and skills as they demonstrate fun activities people in these virtual environments.

Presenters: Alene Terzian, Tina Tran, Pamela Williams-Paez



Alene Terzian-Zeitounian
English Department
Chair



<u>Tina Tran</u> Administrative Asst. V



Pamela Williams-Páez Sociology Faculty

Location: https://canyonsonline.zoom.us/j/97166164383

Room Monitor: Gail Ishimoto

GRIEF & LOSS: ARE YOU UNABLE TO MOVE FORWARD IN YOUR LIFE DUE TO A SIGNIFICANT LOSS?

Is it recent, perhaps due to Covid, or in the past? Is it due to a death, divorce or any of the forty other losses a person might experience, such as moving, pet loss or a change in finances or health? People say you have to let go and move on in your life, but they don't tell you how to do that. In this session we will discuss the six myths about recovering from grief, how grief adversely affects you and your relationships, why grief is individual and unique, and how to respond to others

experiencing grief.

Presenter: Gina Thompson

<u>Gina Thompson</u>, Student Services Program Coordinator at College of the Canyons & Certified Grief Recovery Specialist

Location: https://canyonsonline.zoom.us/j/92849462665

Room Monitor: Gabie Temple



6:00 PM- 7:00 PM

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Location: https://canyonsonline.zoom.us/j/95411108550

Room Monitor: Gabie Temple

THE "WHAT TO DO'S" BEFORE, DURING AND AFTER MARRIAGE

The waters of divorce are often cold and murky. In this session, Denise Lite will tell you what to do before, during and after the divorce process; pitfalls to look for; how to minimize the costs and expense during a divorce and offer amazing resources for parents with small children going thru a divorce. It's not to be missed!

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<u>Denise Lite</u> is a Certified Family Law Specialist who have been practicing Family Law in California since 1997. She has been designated a Super Lawyer for several years and was designated one of Southern California's Top Women Attorneys.

Location: https://canyonsonline.zoom.us/j/93169424650

Room Monitor: Yasser Issa



DEFINING HEALTH IN THE 21ST CENTURY

What is health? How do we measure and evaluate it? In this age of technology, we have more information and tools for "health promotion" at our disposal than ever before. But as we strive toward feeling and functioning well, where and how should we focus our efforts? In this workshop, we will explore how health is defined, evaluated, and improved safely and effectively.



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<u>Lisa Hooper</u>, MA, Professor, Kinesiology, Health & Physical Education at College of the Canyons

Location: https://canyonsonline.zoom.us/j/91356098885

Room Monitor: Gail Ishimoto





SATURDAY, MARCH 27

9:00 AM - 10:00 AM - KEYNOTE SPEAKERS

RADIOLOGY IMAGING OF THE BREAST--THE BASICS / VISION TO HEAL: INTERVENTIONAL RADIOLOGY AND WOMEN'S HEALTH

Presenters: Dr. Jane Dascalos and Dr. Mona Ranade

Both Dr. Jane Dascalos and Dr. Mona Ranade see patients at the UCLA Health Santa Clarita Imaging and Interventional Center in Santa Clarita, committed to providing outstanding patient care – combining excellence in clinical imaging, research, educational programs and state-of-the-art technology. Their collective expertise includes a focus on women's health issues, in particular breast imaging and the use of interventional radiology to treat conditions such as uterine fibroids, without surgery.

UCLA Health's <u>Dr. Jane Dascalos</u> will explore how the breast imaging radiologist physician utilizes different imaging modalities to evaluate breast health. We will discuss early detection through screening and how other patient concerns can be evaluated by physical exam, breast ultrasound, mammography, and breast MRI. The varying roles of the breast imaging team will be examined.



UCLA Health's <u>Dr. Mona Ranade</u> will discuss the importance of sophisticated medical imaging in the treatment of painful and chronic conditions, such as uterine fibroids, without surgery. There are many facets of women's health allowing for a multifactor approach to healing and an improved quality of life. Interventional radiology offers advanced diagnostic imaging and specialized, minimally invasive treatments for many common health conditions in women.

Location: https://canyonsonline.zoom.us/j/94809911042?from=addon

Room Monitor: Rian Medlin





SATURDAY, MARCH 27 – BREAKOUT SESSIONS

10:00 AM- 11:00 AM

SELF-CARE: TAKING CARE OF ME WITHOUT BURNOUT

"Please put on your own oxygen mask BEFORE helping others in need." Self-Care is the much-aspired state of women from every walk of life. Self-Care is often described as ACTIVITY of indulgence and time away from stressors, an escape from pain, overwhelm, anxiety. The watchword is 'escape,' an indulgence. This Self-Care is marketable, expensive and designed from without and not from within. And after our self-care timeout, we return to everything the same as it always was. Thus, escape was a distraction not a new way of being and certainly not sustainable.

If that is the case, what might be different if we considered Self-Care as a discipline grounded in self-awareness, mindfulness, choice and being? What if we do not focus on the fun and feel-good moment, always returning to the same old life, and replace that with healthy living practices which allows for continuous self-care. As a result, creating a healthier life, more options and no need to 'get away." If we are unique individuals, then my self-care regimen will be uniquely different from yours in many ways.

This workshop will discuss:

- ♣ Self-care: external or internal ways of being and behavior
- Personal inventory of self-awareness
- Healthy and balanced lifestyle or events
- Four Agreements as self-care
- Approaches to change and joyful health

Presenter: Doris Marie Zimmer, MS, CPC, FC, CRC



<u>Doris Marie Zimmer</u> has worked in individual and relationship coaching and as a consultant for professional and non-profit organizations in board development, strategic planning, and teamwork.

Location: https://canyonsonline.zoom.us/j/96164791858

Room Monitor: Leslie Carr



WHY IS SLEEP IMPORTANT? SLEEP AND WELLNESS

In this informative session, Dr. Sam Kashani will explain the basic information on the importance of sleep to the body, followed by a brief and general classification of the most common sleep disorders. Dr. Kashani will also describe what can be done to achieve healthy sleep and how to improve sleep and overall wellness.

Presenter: Dr. Sam A. Kashani



<u>Dr. Sam Kashani</u> is a board-certified sleep specialist who practices in Santa Monica and Santa Clarita.

Location: https://canyonsonline.zoom.us/j/97286843072

Room Monitor: Sarah Dettman

11:00 AM- 12:00 AM

DOES EVERYTHING REALLY CAUSE CANCER? THE TRUTH BEHIND CANCER MYTHS

From leaving plastic water bottles in the car and drinking diet soda, to playing soccer on Astroturf or using a cell phone, it sometimes feels like nearly everything in our daily lives is suspected of causing cancer. In truth, only 120 agents (chemicals/radioactive agents/viruses) have been definitively identified as carcinogens, or cancer-causing substances. Additionally, many of these require high dose exposures to be considered dangerous. In this presentation we will discuss how scientists track and identify carcinogens and how to distinguish facts from common cancer myths.

Presenter: Kelly Cude, Biological Science Professor at College of the Canyons

<u>Dr. Kelly Cude</u> joined the College of the Canyons (COC) Biological Sciences Department in January 2007 and has taught a multitude of courses ranging from microbiology and molecular genetics to cell biology.

Location: https://canyonsonline.zoom.us/j/93269227395

Room Monitor: Sarah Dettman



LEADING WITH BALANCE AND RESILIENCE: STUDENT PANEL

Please join Associated Student Government (ASG) Officers as we engage in a discussion on ways to lead with Balance and Resiliency. What are ways in which we as individuals, and as a collective college community, can engage in thoughtful, responsible, yet innovate ways to lead, while maintaining a sense of balance within our personal, professional and educational journeys. We live in a different world, given our new virtual environments, yet the expectations are just as high, if not higher. Join our panel as we discuss various ways assess and conquer existing barriers.

Presenters: Associated Student Government (ASG) Officers



Kayla May Jaramillo ASG -Social Student Involvement Coordinator



Janette Mireles 2nd year Bio Major COC to CSUN



Jenny Weber ASG Executive Liaison Officer



April Barcus Political Sci/ Paralegal Studies

Location: https://canyonsonline.zoom.us/j/97067785482

Room Monitor: Flavio Medina-Martin

STARTING A BUSINESS

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Location: https://canyonsonline.zoom.us/j/96700166930

Room Monitor: Yasser Issa



12:00 PM- 1:00 PM

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Presenter: Larry Schallert, LCSW, Assistant Director, Student Health & Wellness/Mental Health Program

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Room Monitor: Yasser Issa



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other gardens. Come spend an hour with Dr. A and discover how this stage of physical and psychological transformation can lead you to rediscover your "True North" and set you on the path to living your most authentic and fulfilled life.

Presenter: Dr. Andrea M. Slominski, PhD



Andrea Slominski, Ph.D. is an author, speaker, and coach. Andrea has her M.A. and Ph.D. in Mythological Studies and Depth Psychology from Pacifica Graduate Institute. She is a 5–time Joseph Campbell-Mythological Studies Scholarship Award winner.

Location: https://canyonsonline.zoom.us/j/97127801754

Room Monitor: Flavio Medina-Martin

CLOSING SESSION

1:00 PM - 2:00 PM

Q & A WITH THE CONFERENCE SPEAKERS

Come to a meet & greet style closing session to the conference to pose those burning questions.

Location: https://canyonsonline.zoom.us/j/93786736302

Room Monitor: Flavio Medina-Martin



