

she

Shines™

FALL 2006 • FREE

celebrating the aspirations and accomplishments of women

volume 2, no. 4  
www.sheshines.org



*inside . . .*

honoring 11 Rhode Island women of achievement in health care

local health events open to the public

the treasure of being truly alive

*special insert*

• ywca winter programs

share it

trust it

smile

## september

● **Sept. 26, Diabetes Tune-Up:** At Care New England Wellness Center at 2191 Post Road in Warwick from 6 - 7pm. Free. Review your current diabetes management plan and receive a special "Tool Kit" with updated information. Call 732-3066. [www.cnewellnesscenter.org](http://www.cnewellnesscenter.org)

● **Sept. 27, National Women's Health & Fitness Day:** Promotes the importance of health awareness and regular physical activity for women of all ages. Information at [www.fitnessday.com](http://www.fitnessday.com).

● **Sept. 27 - Oct. 25, Soul Support Workshop:** Discover your authentic self using the elements of fire, water, earth, and air. This is a workshop of self-discovery into your spiritual center. Meets on Wednesdays at 6:30pm in the Center for Health Education in East Greenwich. Call 886-4222 to register.

● **Sept. 28, Pain Management:** Presented by The Memorial Hospital's Center for Pain Management at 7pm. Learn what can be done to control pain. Call 729-2459 to register.

● **Sept. 30, 9th annual Family Health & Fitness Day:** Promotes the importance of regular physical activity for children and their parents. Information at [www.fitnessday.com](http://www.fitnessday.com).

● **Sept. 30, Money Conference for Women:** Free conference presented by Mass. State Treasurer Timothy P. Cahill in conjunction with YWCA New England Regional Council. Includes a health break - how yoga and breathing can affect the bottom line. From 8am - 2:30pm at The Marriott in Quincy, MA. Call 617-367-6900. [www.themoneyconference.com](http://www.themoneyconference.com)

● **Sept. 30, Infant Massage:** Bring your infant and learn simple techniques to relax and soothe the fussy baby and please the happy baby. Fee is \$30 per family. Held at the Center for Health Education in Swansea, MA at 9:30am. Call 508-730-1010 to register.

SEPTEMBER  
women of  
achievement  
month

## october

● **Oct 1, CVS Free Sunday:** All day is free for kids and grown-ups at the Providence Children's Museum. Visit 100 South Street in Providence from 9am - 6pm. Call 273-KIDS. [www.childrenmuseum.org](http://www.childrenmuseum.org)

● **Oct. 3, 7th annual YWCA Northern Rhode Island/Thundermist Women to Women . . . Mujer a Mujer:** Begins at 11:30am. Multi-cultural health event at Thundermist Health Center on Social Street in Woonsocket. Contact Joyce Dolbec at 769-7450.

● **Oct. 6 - Nov. 10, Bereavement Support Group:** Free six-week group offered by Home & Hospice Care of Rhode Island. Held at The Westerly Hospital on Wells Street on Fridays from 4 - 5:30pm. Contact Morgan Ban-Draoi 789-5200.

● **Oct. 11, Osteoporosis - Staying Healthy and Injury-Free:** At Care New England Wellness Center located at 15 Catamore Boulevard in East Providence from 6 - 7:30pm. Fee is \$10. Learn how safe exercise and proper nutrition can help you maintain bone health and avoid fractures. Call 434-7784. [www.cnewellnesscenter.org](http://www.cnewellnesscenter.org)

● **Oct. 13, Reflections of Light:** A tribute to cancer survivors and their families. Luminaria lighting begins at 6:15pm in the Main Lobby of Memorial Hospital. Call 729-2319.

● **Oct. 14, Women Veterans Health Fair:** At Providence VA Medical Center in Firm II from 9am-3pm. Information on monthly breast exams, alternative healing methods, substance abuse treatment, sexual trauma services, domestic violence services, life after cancer, sexually transmitted diseases, and gynecological health. Call Minerva Thomas at 273-7100 x3293.

● **Oct. 14, In Step for Autism 5K:** Family Field Day at Goddard State Park in Warwick. Check in is at 10am. Call 274-6310 x1266.

● **Oct 18, 28th Take Back the Night March:** This international tradition speaks out about violence against women on the streets, in the workplace, and in the home. Begins at 5:30pm at City Hall Providence. Hosted by Silent Witnesses of RI and Take Back the Night. Contact Nancy Rafi at 714-2388 or Jodi Glass at [jglass53@aol.com](mailto:jglass53@aol.com).

OCTOBER  
domestic  
violence  
awareness  
month

## she spirit

strides for  
research

See below for details on the 2006 American Cancer Society's Providence Making Strides Against Breast Cancer walk on Oct. 22. Sue Kent, left, is walking with team Sit Stay Heal in Patty Kubacki's honor. Kubacki, right, was diagnosed with stage three breast cancer. Friends for 25 years, Kent describes Kubacki as the one true friend that you share everything with. "She has an amazingly positive attitude and has every intention of beating this disease," says Kent.

T-shirts are available, to support breast cancer research. More information on page 21. photo courtesy of Sue Kent.

● **Oct. 19, Understanding What Kids Need:** Presented by Bradley Hospital and Hasbro Children's Hospital. Speaker is Tracey Sutton, MSW from 6:30-8:30pm at Bradley Hospital in East Providence. The "Speaking of Kids" lectures are free. Call Lifespan Health Connection at 1-800-927-1230 to register.

● **Oct. 20, 3rd annual YWCA Northern Rhode Island/Wal-Mart Women's Health Fair:** Held at Wal-Mart on Diamond Hill Road in Woonsocket from 10am - 2pm. Contact Joyce Dolbec at 769-7450.

● **Oct. 20 - 21, 12th annual New England Conference on Gifted and Talented:** At the Crowne Plaza Hotel in Warwick. Workshops geared to parents, teachers, administrators, and counselors. Details and registration at [www.necgt.org](http://www.necgt.org).

● **Oct. 22, 11th annual Providence Making Strides Against Breast Cancer Walk:** Presented by the American Cancer Society. This noncompetitive walk begins at 8:30am at the Temple of Music in Roger Williams Park. Call 1-800-ACS-2345.

● **Oct. 26, YWCA Northern Rhode Island/Women & Infants Women's Wellness Luncheon:** Held at Women & Infants on 2168 Diamond Hill Road in Woonsocket. Contact Joyce Dolbec at 769-7450.

## november

● **Nov. 1, You Are Not Alone:** Support group for persons living with cancer and their caregivers. Meets first and third Wednesday every month. 6 - 7:30pm in the Conference Room at The Cancer Center in Memorial Hospital. Call 729-2789.

● **Nov. 12, New England Infertility and Family Building Conference:** Achieving Parenthood, the Road to Resolution is from 8:45am - 4:45pm at the Best Western Royal Plaza Hotel in Marlboro, MA. Call 781-890-2225. [www.resolveofthebaystate.org](http://www.resolveofthebaystate.org)

● **Nov. 14, Making Peace with Food and Your Body:** Discover how to find your body's natural weight without dieting. Facilitator is Barbara Holtzman, MSW, LICSW. Fee is \$35. Begins at 7pm at the Center for Health Education in East Greenwich. Call 886-4222 to register.

Events are listed in the calendar as space allows. Submissions for the calendar may be e-mailed to [sheshines@mac.com](mailto:sheshines@mac.com), faxed to 769-7454, or mailed to She Shines, 514 Blackstone St., Woonsocket, RI 02895.



**There's something that's just  
as important to us as the  
health of our members.**

**The health of  
our community.**



UnitedHealthcare proudly supports the YWCA Northern  
Rhode Island Second Tools of the Trade Luncheon.

*She Shines* is published five times a year and distributed free throughout Rhode Island and Southeastern Massachusetts. All stated opinions are those of the individual authors and not of the publication as a whole. All magazine content, including the articles, advertisements, art, photographs and design is copyright © 2006, *She Shines*, all rights reserved. No portion of this magazine may be copied or reprinted without the written permission of the publisher. *She Shines* is a trademark of YWCA Northern Rhode Island. The circulation is 8,000 printed copies.

**how to . . . . .**

**contribute.** *She Shines* welcomes letters to the editor, articles, poetry, stories, graphics, photos, and calendar events. Please contact us if you have an inspiring story to tell or have a suggestion of someone to be featured. A self addressed, stamped envelope must accompany all unsolicited material. Only original contributions will be considered and may be edited due to space limitations. Include contact information including name, e-mail, address, and phone number. Images provided electronically must be high-resolution.

**submit cover art.** The cover is reserved as a gallery of art in keeping with the theme of *She Shines*. For consideration, please send in a photo by e-mail attachment or mail. This is a wonderful opportunity for local artists to show their work. A biography is published in conjunction with the "Artist Canvas" section of *She Shines*.

**advertise.** Visit www.sheshines.org to view the advertising media kit. *She Shines* reserves the right to refuse to sell space for any advertisement the staff deems inappropriate for the publication.

**receive the magazine.** *She Shines* is a free publication mailed to members and friends of YWCA Northern Rhode Island. To be added to the mailing list, a subscription form is available on this page and on the website www.sheshines.org. The magazine is also available at YWCA Northern Rhode Island and at various special events.

# contents

## women in health care

### 2 *calendar/she spirit*

**health events:**  
for women, families, and caregivers

### 5 *from the editor*

**health:** putting the emphasis on women

### 6 *artist canvas*

**creative expressions:**  
in pencil and paint

### 8 *health for her*

**YWCA Northern Rhode Island:**  
honoring exceptional women in health care

### 21 *let's talk shop*

**sit stay heal:** T-shirts contribute to breast cancer research - designed by Sue Kent of Tiverton

### 22 *in her words*

**observing life lessons:** Ann Khaddar of Central Massachusetts

### 23 *shining with*

**Joyce J. Dolbec:**  
her message of health and peace



### *special insert*

**YWCA Northern Rhode Island:**  
winter programs

At the Tools of the Trade Luncheon, 11 women of achievement are honored. See their stories beginning with Dr. Kelly McGarry, right, on page 9.  
photo by Agapao Productions



### *2006 women of achievement*

**unique to women:**

- 9 Dr. Kelly A. McGarry - practicing what she teaches
- 10 Dr. Barbara H. Roberts - beat by beat
- 11 Dr. Kathleen Fitzgerald - breaking new ground, challenging old patterns

**holistic/natural healing:**

- 12 Cleo Darcia Graham - bridging eastern and western medicine

**well being for all:**

- 14 Mary Riley - union activist, health-care expert
- 15 Lynne A. Urbani - breaking barriers

**traditional medicine:**

- 16 Mary F. Dwyer - delivering care
- 17 Dr. Carole A. Jenny - protecting our children

**nightingale:**

- 18 Annlouise R. Assaf - she put the 'women' in women's health
- 19 Robin Rogers - highway to health
- 20 Analee Wulfkuhle - 'we need to talk'

## subscription form ✂

*She Shines* is a free publication in RI and southeastern MA. To receive a subscription, fill in the form below. *Donations are appreciated and help to support this local magazine of women's issues.*

Name \_\_\_\_\_ Organization/Company \_\_\_\_\_  
 Title \_\_\_\_\_ Address \_\_\_\_\_  
 Comments \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 \_\_\_\_\_ E-mail \_\_\_\_\_  
 \_\_\_\_\_ Phone \_\_\_\_\_

Mail to:  
*She Shines*  
514 Blackstone Street  
Woonsocket, RI 02895

Optional Donation: \$ \_\_\_\_\_  
Please enclose a check made payable to YWCA Northern Rhode Island.

Thank you!

health is both  
a science  
and an art

There are unknown factors in the healing equation. To increase our capacity to fight off disease, we must reach out for the best that medical

science has to offer, and we must reach within to mobilize our own internal resources for healing (the art).  
Source: www.ywca.org



from the editor

## applauding women's achievements in health



YWCA Northern Rhode Island honors 11 women of achievement throughout the state. Each has exceptional skills in health care that enhance the quality of life for many

people. They are from varied medical professions or are leaders within the community. Their achievements are shared in this issue of *She Shines*.

Cardiologist Dr. Barbara H.

Roberts raises awareness of heart disease, specifically the differences between the female disease and the male disease. To erase a 25-year gender gap in medical research, Annlouise R. Assaf embraces her work with The Women's Health Initiative. They emphasize that research must be done on women, not extrapolated from men.

In an interview with health consultant Joyce Dolbec, she cites the importance of The Women's Health Initiative. Dolbec later spoke to me about the stages of a women's life - maidenhood, motherhood, and cronehood. Her message after experiencing all three stages, "You do not have to be a superwoman. Be a good woman, an exceptional woman. But you don't have to be perfect."

In guiding my own five-year-old daughter, I say "You are strong in your body, smart in your mind, kind in your heart, and brave in your belly." As a mom, this is my way of teaching her early about overall wellness - mind, body, and spirit.

Health touches all of us. Though for the patient, the ability to access appropriate health services varies.

At times good health is taken for granted and at others it is a battle bravely fought.

*She Shines* applauds the dedicated individuals and organizations that contribute to health care. To those readers currently undergoing treatment or facing health issues - we wish you well and we wish you comfort. And to all those making strides towards living a healthy life, "Way to go!"

Take care, Lisa

photo by Agapao Productions

*BCBSRI is proud to support  
YWCA Northern Rhode Island.*

*We congratulate all of  
today's honorees, including,*

# Lynne Urbani

recipient of the Business Leader Award.



Blue Cross & Blue Shield of Rhode Island is an independent licensee of the Blue Cross and Blue Shield Association.



# Bryant UNIVERSITY

## Empowering Women for Success

The Bryant University Women's Summit congratulates the 2006 Women of Achievement award winners in health care.

Your contributions in the health care industry, culture, and public service have made a significant difference in your communities.

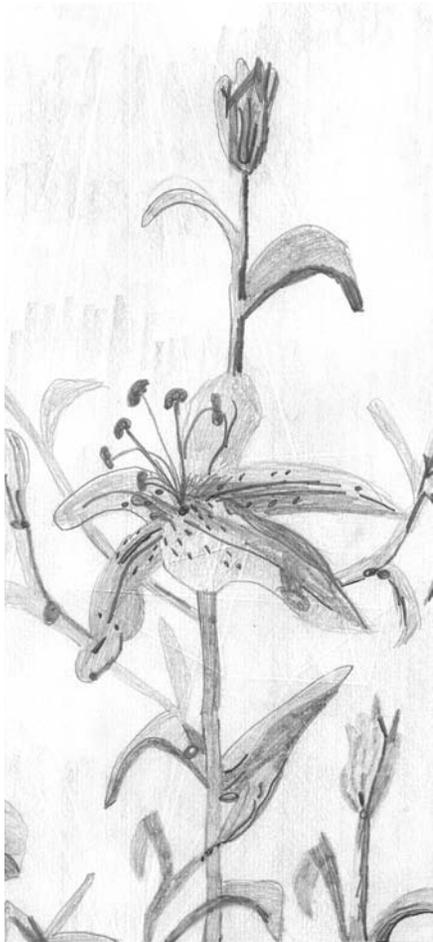
The state of Rhode Island has benefitted from your continued dedication.

—  
Bryant University  
1150 Douglas Pike, Smithfield, RI 02917  
401-232-6000  
www.bryant.edu

Save the Date:  
**Women's Summit 2007**  
**10 Years of Success:  
Celebrating Women  
and Business**  
March 16, 2007  
web.bryant.edu/wsummit

# expressive experiences

creativity and relaxation through art



Exploring the relationship between creativity and relaxation practices, the sketch above is by Melissa Houle. The lily shown is part of a larger pencil drawing.



Poirier expresses her creativity on canvas. She says that her oil painting combines realism and impressionism.

The painting on the cover of this edition of *She Shines* is entitled *Circle of Friends at an Outdoor Café in France*. Painted from a photograph, the artist's aunt is depicted in the lower left corner of the painting. The artist, Roxanne Poirier, has a Bachelor of Arts Degree from Marymount College in Virginia.

Woonsocket Professional and Technical Employees, Local 3851

Congratulates the 2006 Women of Achievement recipients.

Michael E. Connolly, President

LIFESPAN IS PROUD TO SPONSOR THE

## YWCA Tools of the Trade Luncheon

AND WISHES TO CONGRATULATE

Carole A. Jenny, MD; Kelly A. McGarry, MD; and  
Barbara H. Roberts, MD.

**Lifespan**

*Helping our Hospitals Take the Best Care of You*

Rhode Island Hospital/Hasbro Children's Hospital, The Miriam Hospital, Bradley Hospital, Newport Hospital  
Lifespan.org



We are proud to support  
the second  
Tools of the Trade Luncheon



Visit the Swarovski Gallery Store at  
Providence Place  
3rd Floor - 401.270.4350  
to Capture the Brilliance  
this holiday season!

health for her .....

# ywca honors women of achievement

YWCA Northern Rhode Island recognizes outstanding women working in health care in Rhode Island

This year, YWCA Northern Rhode Island recognizes outstanding local women working in health care. Eleven women were recognized for their exceptional skills in health care at the YWCA Tools of the Trade Luncheon, held Sept. 21 at Kirkbrae Country Club in Lincoln.



### SMILE: tables of tribute

**CVS/pharmacy:** CVS/pharmacy salutes women who are making an impact on the health of the communities in which they live and work. Each day, their vision, creativity, determination and initiative help them to succeed and inspire those around them to achieve. Congratulations to this year's award recipients.

### Home & Hospice Care of Rhode Island:

Home & Hospice Care of Rhode Island extends its warmest congratulations to all award recipients for their outstanding contributions to the health and well being of the people of Rhode Island. As Home & Hospice Care of Rhode Island strives to improve the quality of life for individuals with life threatening illnesses, we are proud to be a part of a community that recognizes the role of women in shaping our state's healthcare delivery system. We especially salute our CEO, Analee Wulfkuhle, for her leadership and dedication to end-of-life care.

### Memorial Hospital of RI:

Annlouise Assaf is proud to dedicate her Woman of Achievement Award to her mother and to the thousands of women who so generously participated in the advancement of science through the landmark study, "The Women's Health Initiative." These women selflessly gave of themselves so that future generations of women, their daughters and granddaughters, could have the answers to important health related questions.

### Neighborhood Health Plan of RI:

Neighborhood Health Plan of RI is proud to partner with YWCA Northern Rhode Island in celebrating the achievements of Rhode Island women in health care. Neighborhood believes that health is "the common denominator." That's why we provide low or no cost health insurance to pregnant moms and working families throughout the state.

**NRI Community Services:** In recognition of all the professional women staff of our mental health, substance abuse and social service agency for their dedicated clinical and administrative services to the Rhode Island community. We especially acknowledge the women who have been nominated for their long and accomplished service to the agency and the people we serve.

**RI Council 94:** Mary B. Riley has worked for the state of Rhode Island for more than two decades, chiefly for the Department of Education. During that time she has been active in her union, RI Council 94 AFSCME AFL-CIO, as local union president, vice president, and also as executive board member of Council 94. Thank you for your dedication and congratulations on this woman of achievement award.

**Tiffany & Co.:** Tiffany & Co. would like to congratulate this year's winners for their accomplishments in industry, culture, and public service. We are happy to be joining in their celebration, as they receive the 2006 awards and are recognized at this second Tools of the Trade Luncheon. Best wishes to all!

### SISTER:

**AFSCME, Local 3851,** see page 6  
**East Street and Gano Chiropractic Health Centers,** see page 21  
**Susan Gershkoff, Counsellor at Law,** see page 21

### SALUTE:

**Rhode Island Hospital:** Rhode Island Hospital is a private, not-for-profit hospital and is the largest teaching hospital of Brown Medical School. A major trauma center for southeastern New England, the hospital is dedicated to being on the cutting edge of medicine and research. Rhode Island Hospital ranks 13th among independent hospitals who receive funding from the National Institutes of Health, with research awards of more than \$27 million annually. Many of the physicians are recognized as leaders in their respective fields of cancer, cardiology, diabetes, orthopedics, and minimally invasive surgery. The hospital's pediatrics division, Hasbro Children's Hospital, has pioneered numerous procedures and is at the forefront of fetal surgery, orthopedics, and pediatric neurosurgery. Rhode Island Hospital is a founding member of the Lifespan health system.

### OTHER:

**Swarovski,** donation of awards - see page 7  
**Deb Ruggiero,** emcee - see this page

Deb Ruggiero, winner of the 2005 Metcalf Award for diversity in broadcasting, served as the luncheon's emcee. For more information, visit [WomenOfAchievementRI.org](http://WomenOfAchievementRI.org).

Congratulations to the 2006 award winners. YWCA Northern Rhode Island appreciates the underwriters and attendees celebrating women of achievement in health care.

### underwriters

**STAR:** UnitedHealthcare, see page 3

### SHINING:

**Blue Cross & Blue Shield of Rhode Island,** see page 5

**Lifespan,** see page 6

**SINCERE:** Lefkowitz, Garfinkel, Champi & DeRienzo P.C., see page 21

**RI Medical Society,** see page 21

more for girls  
 does not equal  
 less for boys.

eliminating racism  
 empowering women  
**ywca**



Join **DEB RUGGIERO,**  
 host/producer of  
**AMAZING WOMEN**

Sunday mornings at 8:30 a.m. on  
 WPRO AM and 6:00 a.m. on  
 LITE ROCK 105  
 On TV Wednesday nights at  
 7:30 p.m. on Channel 36, RI PBS

"This is my ministry, to share the stories of so many AMAZING WOMEN in RI who make a difference - when you hear them you'll become inspired, enlightened, and encouraged."



## woman of achievement

*unique to women award winner*  
EDUCATION



photo by Agapao Productions

## practicing what she teaches

Dr. Kelly A. McGarry provides exceptional care to her patients and is training the next generation of physicians to do the same.

If it is her objective to single-handedly improve the health of women in this country, Dr. Kelly McGarry is well on her way.

Brown Medical School is replete with doctors who have distinguished themselves, their institution and their profession. In such select company, McGarry is in a class by herself, according to her boss, Dr. Michelle G. Cyr, associate dean of medicine.

"She was clearly the best chief medical resident with whom I have worked during my 20 years at Brown Medical School," Cyr said, recounting the medical school's recruitment of McGarry to its general internal medicine faculty in 1996.

She has been an assistant professor of medicine at Brown since 2000. Academically, McGarry focuses her research on osteoporosis, substance abuse and lesbian health care.

She has served as co-investigator on four osteoporosis grants and co-principal investigator for a grant from the Lesbian Health Fund. She publishes in these areas, contributes chapters to medical textbooks, and frequently speaks locally and nationally on women's health. She and a colleague are editing a textbook on women's health, to be released next year.

Currently, McGarry is establishing a women's

health concentration for future doctors in the Brown residency program. Last year, she became education director for the National Center of Excellence in Women's Health at Brown and Women & Infants Hospital. In this capacity, she evaluates and enhances the medical school's women's health curriculum.

In 1998, asked to oversee the education of doctors doing their residencies at Brown, she developed and implemented an extensive primary care internal medicine curriculum, emphasizing the care of underserved populations, women's health and cultural competence. Meeting regularly with the 30 residents in her charge, she helps shape doctors just entering the profession, providing feedback and career advice. She has been a role model to hundreds of medical students and residents during her tenure.

McGarry is dedicated to her work teaching medical interns and residents, and it shows. Her students consistently identify her as one of the best internal medicine attendings at Brown, recognizing her humanism and outstanding teaching. In 2000, McGarry received the prestigious Medical Educator Award from the Society of General Internal

Medicine, New England region.

In addition to her academic research and writing, and her work with interns and residents, McGarry maintains a very busy women's health practice. She also volunteers regularly at the Rhode Island Free Clinic, working with students and residents to provide free health care to Rhode Islanders.

Among an impressive list of awards, McGarry was chosen "Best Doctor in America" in 2003 and again in 2005, and "Top Doc for Women" by Rhode Island Monthly magazine in 2003.

A native Rhode Islander, McGarry graduated Brown University in 1992, earned her medical doctorate at Yale University, and returned to Brown for her residency.

Not yet 40, McGarry has focused her considerable talents, knowledge and skill to make a difference in the health – and lives – of women.

Or as her boss, Dr. Cyr, says, "Kelly has dedicated herself to providing exceptional care to her patients and to training the next generation of physicians to do the same."

Rhode Island women are lucky to have her. ❖❖❖

- *She Shines* staff



## woman of achievement

*unique to women award winner*  
*HEART HEALTH*



photo by Agapao Productions

# beat by beat

## Cardiologist Dr. Barbara H. Roberts improves women's health

**M**ore than 40 percent of women will die of cardiovascular disease.

The first female cardiologist in the state, Barbara Roberts, MD, who treats and takes care of women's hearts is dedicated to changing this statistic.

Roberts is the director of The Miriam Hospital Women's Cardiac Center, the only cardiac center in Rhode Island devoted to women's heart health.

In her 2004 book, *How to Keep From Breaking Your Heart: What Every Woman Needs to Know About Cardiovascular Disease*, Roberts offers a comprehensive guide to maintaining a healthy heart and cites sobering statistics regarding women's heart health.

Because women are 10 times more likely to die from heart disease than breast cancer and more women than men die from heart disease, Roberts is also committed to educating professional colleagues and the general public to gender bias in the treatment of heart disease.

It is her life's work.

"For many centuries, medicine has been controlled by men – most physicians were men - and it was felt that you could study men and generalize those results to women. But we know that is not the case," Roberts says.

During speaking engagements Roberts emphasizes the difference between genders. She talks about how differences in symptoms, testing, treatment, and attitudes regarding female vs. male heart disease have resulted in inordinate illness and death among women. She talks about improving cardiac health and how to find the best treatment when needed.

Roberts, who received her medical degree in 1968 from Case Western Reserve University in Cleveland, Ohio, did her residency at Yale New Haven Medical Center. She was a staff associate at the National Institutes of Health for three years and followed her experience there with a fellowship in cardiology at Harvard University/Brigham and Women's Hospital. Roberts ran a private cardiology practice from 1977-2000.

Roberts has received numerous awards including induction into Rhode Island Heritage Hall of Fame in 2006, Rhode Island Heart Association Physician of the Year 2003 and Rhode Island Medical Women's Association: Rhode Island Women Physician of the Year 2000.

Since 2002, she has been the director of The Miriam Hospital Women's Cardiac Center. The center offers nutritional counseling, cardiac diagnostic and treatment services, stress reduction, and educational seminars.

Moe Roddy, a Miriam nurse and heart health advocate says Roberts is an amazing woman taking the time to save women's lives. "Her legacy will be the time spent with our mothers and our daughters and all the women in our lives who take the time to listen to what Dr. Roberts is trying to tell us about disease and taking the tools she is giving us and applying them to our lives to help us live longer and healthier." ❖❖❖

- *She Shines* staff



**woman of achievement**  
*unique to women award winner*  
 OB/GYN



photo by Agapao Productions

## breaking new ground, challenging old patterns

Dr. Kathleen Fitzgerald is creating change

by Kim Stowell  
 Special to *She Shines*

**T**he world of medicine has changed vastly since Dr. Kathleen Fitzgerald came to Rhode Island in 1974. She began her residency in obstetrics and gynecology at Women and Infants Hospital, where she has delivered more than 2,000 babies in twelve years. She will tell you she remembers every one of them. In those days, 95 percent of physicians who specialized in obstetrics and gynecology were men. She did not let that stand in her way, however. Having earned her medical degree at Georgetown University School of Medicine, Fitzgerald received academic appointments as clinical instructor from both Tufts and Brown Universities. She became board certified in obstetrics and gynecology in 1981.

Since then, she has faced her own mortality after a 1987 car accident put her in the hospital in life-threatening condition, after which she focused her work on primary care for women and gynecological surgery. She has worked diligently on women's health issues, challenging old notions and creating change. And she has set a standard for

achievement and clinical excellence in her field.

Today, as an assistant professor for clinical medicine at Brown, Fitzgerald is a teacher and mentor and she maintains a full-time private practice devoted to women's health. She has repeatedly confronted long-standing patterns and broken new ground, taking the lead in addressing systemic problems that confront the American health care system. She has risen to the top leadership of her international medical specialty society, the American College of Obstetricians and Gynecologists. After joining the college in 1975, she became a fellow 10 years later, was the first female chair of its local organization chapter from 2000 to 2003, and is now the chair of the delegation to the American Medical Association, representing more than 49,000 OB/GYNs as an advocate for women's health care.

As past president of the Rhode Island Medical Society, she is recognized as an agent for positive change. In 2003, she was honored with a McCain fellowship, enabling her to spend much time

observing and participating in the public policy-making processes in Congress, the White House and in the US Department of Health and Human Services.

Fitzgerald's biography would not be complete without a mention of her beloved dogs. For more than 15 years, she has been breeding and showing standard schnauzers. Not surprisingly, she has served as first and second vice-president of the Standard Schnauzer Club of America, and she helps her dogs deliver puppies a couple of times a year.

An accomplished clinician, Fitzgerald is respected by her colleagues and loved by her patients. She has devoted her life and her remarkable talents to promoting the health of other women. She does so daily, one-on-one, as a practitioner, and she does so as a recognized medical leader in state, national and international forums.



Kim Stowell is a freelance writer who lives in Exeter.



**woman of achievement**  
*holistic/natural healing award winner*



photo by Agapao Productions

## bridging eastern and western medicine

Cleo Darcia Graham positions poetry and ministry in health

by Kim Stowell  
Special to *She Shines*

**A** retired board certified nurse practitioner, Cleo Darcia Graham was employed for nearly 30 years in health care. With degrees from Adelphi and Columbia Universities, she began her career at The Miriam Hospital in staff development. Before long she moved to Rhode Island Hospital, supervising a 35-bed surgical/burn unit. Graham brought a strong sense of professionalism to the role, resulting in high levels of staff retention and practice standards compliance.

In 1989, Graham took the position of nurse/educator with the federal government, collaborating with the Rhode Island Department of Health in completing the first certification training for more than 30 nursing assistants at the VA Medical Center. During her nearly 14 years at the VA Medical Center, she was able to take advantage of many opportunities to broaden her knowledge and experience. As director of hospital-based home care, she served the needs of over 70 veterans, and

was instrumental in setting up a caregiver support group for spouses of veterans.

In 1995, Graham received a post-masters certificate from the University of Rhode Island and became a family nurse practitioner, the first African-American nurse practitioner in Rhode Island. Working three jobs, she still found the time to volunteer in her community, as well as co-author a minority health grant program called "Get Healthy, Stay Healthy," which received national recognition.

She has since held such positions as primary care provider for over 700 patients at the VA Medical Center, and employee health nurse for approximately 900 employees there. She continued to work in the women's health clinic as well, and became a stress management trainer and holistic health counselor, and was certified in herbal medicine and diabetes outpatient education.

She traveled to the Dominican Republic to work as a health volunteer, and continued to collect

supplies to send with other groups heading there after her return.

An active member of the Olney Street Baptist Church and its women's ministry, Graham conducts workshops for the community at large, the church and a variety of events that support women's health.

Betty Williams Clanton, clinical skills coordinator at Brown Medical School, commends Graham's outstanding motivational skills. Clanton further says, "Cleo has exhibited leadership skills and a community spirit since I met her over 15 years ago."

Graham has written a book that chronicles healing from chronic pain, *From Mess to Message*. She is currently working on a book of poetry and short stories in an effort to bridge the gap between traditional material and a more artistic approach to teaching high-risk people about disease. ❖❖❖

Kim Stowell is a freelance writer who lives in Exeter.

eliminating racism  
empowering women  
**ywca**

**winter session 2006** northern rhode island



*APPLE is an after school, school vacation and summer youth enrichment program for children age 6-12. This program builds on the strengths and values of youth by providing them with a supportive, safe and culturally diverse environment in which they can develop positive qualities for school success and a productive future. For more details or an appointment, contact Melissa Flaherty, Youth Enrichment Program Director, at 769-7450.*

The APPLE curriculum includes:

**Academics:** The academic component allows youth the opportunity to heighten academic interest and develop effective study skills through homework assistance, tutoring and computer literacy.

**Physical Education and Recreation:** The recreation components heighten youth's social and recreational skills through performing arts, health and fitness, cooking, social clubs and crafting.

**Prevention:** The prevention component provides options to conflict and violence. Factual information is provided allowing youth to explore their personal attitudes and develop social skills to effectively address negative behavior. Conflict resolution, anger management, violence prevention, peer mediation and health are part of the curriculum.

**Leadership:** The Leadership component allows youth to develop leadership skills in the promotion of community action, racial justice, gender equity, public policy and peer mediation.

**Empowerment:** The empowerment component develops self-esteem and resiliency through active learning and exploration of cultural awareness, positive body image, financial literacy, technology awareness, career awareness and resourcefulness training.

illustration © 2006 iStock International Inc./Norman Chan

**HEALTH PROGRAMS**

**ENCOREplus®**

ENCOREplus® is a systematic approach to women's health promotion, in particular, breast and cervical cancer education and control. Through this initiative the YWCA currently offers community outreach, breast and cervical health education, linkage to clinical screening services and assistance in accessing and navigating diagnostic treatment services when necessary. The YWCA also offers support during diagnosis and treatment.

Note: If you are over the age of 40 and have no health insurance, or your insurance does not cover breast and cervical screenings every year, you may qualify for free services. The RI Dept. of Health Women's Cancer Screening Program provides a women's health exam including clinical breast and pelvic exams, Pap smear, mammogram, and follow-up services.

For more information about ENCOREplus®, please call Joyce Dolbec, YWCA Health Consultant, at 769-7450. If hearing/speech impaired call 1-800-745-5555 for more information on Cancer Screening Program.

**16+ years old**

**AEROBIC DANCE IN MOTION**

Fees reflect member rates, non members pay an additional \$20.

Collette Doura  
Mon/Wed, 7:15-8:15pm \$53/8wks

Carol Goodier  
Tue/Thurs, 7:15-8:15pm \$53/8wks

**17+ years old**

**WOMEN'S WORKOUT ROOM**

Enjoy the privacy of a women's only facility with: a four stack universal

machine, bikes, free weights, treadmill and showers. You must pay a \$20 instruction/processing fee and attend an introductory session in order to be eligible to use the room. A YWCA adult female membership is required.

**Adults and older teens**

**YOGA**

Flexibility and stress reduction are crucial for dealing with day-to-day life. Take time to learn an art of movement that will promote wellness and well being.

Kathy Hopkins

Wed. 7-8:30pm \$68/9wks

**ART CLASSES**

New and returning students are welcome; every session covers new artists and projects.

**5 to 7 years old**

**ART FOR CHILDREN**

If you love drawing then this class is for you. Learn the basics of art through drawing, painting, sculpting and creativity games. Please bring a smock or junky t-shirt and a smile. An art material fee of \$5 is included in the session fee.

Missie St. Sauveur  
Thurs. 5-6:30pm \$59/8wks

**8 to 14 years old**

**MODERN ART FOR YOUNG PEOPLE**

We will cover "modern art" from the 20th century. The students will learn about some of the most famous names in art. Learn how art can be about more than just painting a house that looks like a house. Educational and very fun projects. An art material fee of \$10 is included in the session fee.

Missie St. Sauveur  
Tues. 5:30-7pm \$89/9wks

**13 to 18 years old**

**ART FOR TEENS: THE IMPRESSIONISTS**

Particularly appropriate for those who have taken Modern Art for Young People, but all students are welcome. We will delve into more advanced techniques as we learn about the Impressionists and Post-impressionists. We'll also explore exciting new media, including oil pastel and gouache. An art material fee of \$10 is included in the session fee.

Missie St. Sauveur  
Mon. 5-6:30pm \$62/6wks

**Adults and teens\***

**FEARLESS ART FOR ADULT BEGINNERS**

Have you always itched to try your hand at painting, sketching, or sculpting, but don't know where to start? Wish you knew the difference between Manet and Monet? In this class, adults can get an introduction to art-making, as well as a little art history along the way, in a relaxed, non-judgmental atmosphere. No talent or experience required. Come have fun with us. You may be surprised by what you can create. An art material fee of \$10 is included in the session fee. \*Teens are welcome if accompanied by an adult.

Missie St. Sauveur  
Mon. 7-8:30pm \$62/6wks

**SHE SHINES™**

Published by YWCA Northern Rhode Island, *She Shines* is a magazine celebrating the aspirations and accomplishments of women.

The winter II session brochure will appear in the next issue of *She Shines*. Call 769-7450 to receive a free subscription or visit [www.sheshines.org](http://www.sheshines.org) to view the on-line version.

The upcoming issue will be themed - time, treasure, and talent. To inquire about ad rates or to reserve ad space, contact Lisa Piscatelli at 769-7450.

**Registration for all classes begins Oct. 23rd.** Classes begin the week of Nov. 5th and end the week of Dec. 31st. No classes Nov. 13th, 23rd, 24th, Dec. 25th, and Jan. 1st.

## SPECIAL INTEREST PROGRAMS

### RHODE ISLAND CLOTHESLINE PROJECT

A visual exhibit which bears witness to the victims and survivors of acts of violence against women. The RI Clothesline Project is currently housed at YWCA Northern Rhode Island.

### RHODE ISLAND FEMINIST RESOURCES NETWORK

A collective network of feminists and feminist organizations in Rhode Island dedicated to enhancing communication that links our efforts to achieve a common goal of equality for all. Visit the web site at [www.rifrn.net](http://www.rifrn.net).

### SHE SHINES™

Published by YWCA Northern Rhode Island, *She Shines* is a magazine celebrating the aspirations and accomplishments of women. Call 769-7450 to receive a free subscription or visit [www.sheshines.org](http://www.sheshines.org) to view the on-line version.

### SILENT WITNESSES OF RHODE ISLAND

A traveling memorial honoring women and children of Rhode Island who were murdered in acts of domestic violence. Learn more at [www.silentwitness.net](http://www.silentwitness.net).

### BABY SITTING

10 to 13 years old

#### BABY SITTING CLINIC

Child and infant care training including safety and first aid basics. Classes run from November 14th to December 12th.

Deb Smith, RN

Wed. 3:30-4:45pm \$38/5wks



### PARENTING

16 to 21 years old

#### PARENTING IN PROGRESS

An alternative education program housed at YWCA in collaboration with Woonsocket Education Department, Project RIRAL, BVCAP, Connecting for Children and Families, and Family Resources Community Action, Inc. Eligible applicants must live in Woonsocket and be a pregnant or parenting young woman under 21 years old.

Class meets Mon. - Fri., 9am to 1pm.

For more information, please call Deb Smith, Parenting in Progress Site Coordinator, at 769-7450.

### CHILD CARE

#### INFANT/TODDLER

Our philosophy is to provide a developmentally appropriate program for children 8 weeks to 3 years that focuses on a child's individual needs. We provide a safe and nurturing program, which parents can rely upon throughout the year. Our program encourages healthy social, emotional, physical, and cognitive develop-

ment. Licensed by the Rhode Island Department of Children, Youth and Families.

For more details or an appointment, please call Kleo Perkins-Becker, Child Care Coordinator, at 769-7450.

#### YOUTH ENRICHMENT PROGRAMS

Our philosophy for youth enrichment is to provide a developmentally appropriate program for children in Kindergarten to 15 years that focuses on a youth's individual needs. We provide a safe, nurturing and enriching program, which parents can rely upon throughout the year, especially after school, school vacations and during the summer. Program encourages healthy social, emotional, physical, and cognitive development. Licensed by the Rhode Island Department of Children, Youth and Families.

#### AFTER SCHOOL

For Woonsocket Public and Catholic Elementary Schools and the Woonsocket Middle School students, this program is offered Mon.-Fri., 2-6pm. Transportation is provided from the school to the YWCA. Students from surrounding elementary and middle schools are welcome, but need to provide your own transportation.

For more details or an appointment, please call Melissa Flaherty, Youth Enrichment Program Director, at 769-7450.



### PRESCHOOL PROGRAMS

#### PRESCHOOL

The YWCA preschool is a developmental program for children age 3 to 5. Our phi-

losophy is reflected in a "hands on" approach to learning through interactive experiences with peers, the environment and adults. Our most important function at the YWCA preschool is to ensure that each child's first school experience is safe, joyful and enriching. Two, three, and five-day programs with morning, afternoon, or full day options are available.

#### PRESCHOOL STEPPING STONES

A unique transitional program for children whose parents are postponing Kindergarten entrance. The YWCA Stepping Stones is a developmentally appropriate setting where children participate in a program designed to enhance growth and development socially, emotionally, cognitively, and physically. Small class size (maximum 15) allows for much individual attention and teacher/peer involvement. This program meets Mon.-Fri., 9am-noon or 1-4pm. Licensed by the Rhode Island Department of Education.

For more details or an appointment, please call Mary Anne Deslauriers, Director of Early Childhood Education, at 769-7450.

#### EXTENDED DAY PRESCHOOL

The YWCA offers several extended day programs to help accommodate a parent or guardians' schedule. The price is \$5 per day for each program.

#### EARLY BIRDS

Children enjoy morning activities in a classroom environment from 8-9am and then are escorted to their perspective classrooms.

#### LUNCH BUNCH

Children eat lunch in a social environment then are offered center activities to enjoy from noon-1pm. Lunches are brought from home.

### GYM PROGRAMS

Walking to 3 years old

#### JUMPING BEANS

Gymnastics play with parent.

Debbie Fay/M. Martineau

Tues. 9-10am \$50/9wks

Thurs. 10-11am \$44/8wks

#### HALFTIME PLUS SPORTS

Great fun while building independent skills for 2 to 3 year old. Parents participate during first half of class in the gym for sports and parachute play. Children later move into classroom for crafts and playtime.

Debbie Fay/Debbie Nault

Wed. 9-10:15am \$65/9wks

#### HALFTIME PLUS GYMNASTICS

Great fun while building independent skills for 2 to 3 year olds. Parents par-

ticipate during first half of class with gymnastics and parachute play. Children later move into classroom for crafts and playtime.

Debbie Fay/Debbie Nault

Fri. 9-10:15am \$58/8wks

2 1/2 to 3 1/2 years old

#### TUMBLE 'N RUN

Fitness, games and gymnastics instruction.

Debbie Fay/M. Martineau

Thurs. 9-10am \$50/8wks

#### SMALL WORLD I, II & III

Socialization and play groups; this is an excellent introduction program.

#### SMALL WORLD I - 1HR

Debbie Nault

Tues. 9-10am \$56/9wks

#### SMALL WORLD II - 2HRS

Debbie Nault

Tues. 10:00am-noon \$77/9wks

Wed. 10:15am-12:15pm \$77/9wks

Fri. 10:15am-12:15pm \$68/8wks

#### SMALL WORLD III - 3HRS

Debbie Nault

Mon. 9am-12noon \$66/6wks

Thurs. 9am-12noon \$88/8wks

3 to 7 years old

#### BREAKFAST SPECIAL

Fun and breakfast for 3 to 5 year olds. Please wear sneakers. Sports, obstacle courses, etc.

Debbie Fay/M. Martineau

Mon. 9-11am \$56/6wks

#### SPORTSTASTIC

A new sport every week, socialization and lunch making for your 3 to 5 year old.

Debbie Fay/Debbie Nault

Wed. 12:15-2:15pm \$83/9wks

#### INSIDE/OUTSIDE ADVENTURES

Nice weather we will spend time outside on the playground collecting bugs, bird watching and more. Bad weather we will play games in the gym. All activities followed by lunch.

Debbie Fay/Debbie Nault

Mon. noon-2:00pm \$56/6wks

#### TUMBLING CRAFTY COOKS

Beginner gymnastics skills training for 3 to 5 year olds combined with cooking and eating.

Debbie Fay/Debbie Nault

Tues. noon-2:00pm \$83/9wks

Thurs. noon-2:00pm \$74/8wks

## GYM PROGRAMS CONTINUED

### GYMNASTIC FANTASTIC

*A fantastic activity packed class for 3 1/2 to 5 year olds. One hour of gymnastics followed by lunch, craft, and playtime.*

Debbie Fay/Debbie Nault

Fri. 12noon-2:30pm \$92/8wks

### KIDS IN MOTION

*Get fit and running, play different sports and games weekly. Sports include soccer, t-ball, hockey, golf, and more. For 4 to 6 year olds.*

Debbie Fay

Mon. 3:45-5:00pm \$34/6wks

### BEGINNER TENNIS

*Learn the basic skills of tennis for 5 to 7 year olds.*

Debbie Fay

Wed. 3:30-4:30pm \$63/9wks

### BEGINNER GYMNASTICS

*Beginner gymnastics skills training for 3 to 5 year old boys and girls.*

Debbie Fay/M. Martineau

Tues. 10-11am \$63/9wk



## GYMNASTICS

### BASIC PROGRAMS

3 1/2 to 5 years old

#### BEGINNER GYMNASTICS FOR GIRLS AND BOYS

*A great all around introductory gymnastics program for 3 1/2 to 5 year old boys and girls. Preschoolers have the opportunity to advance to higher levels.*

Debbie Fay/Shelby Lawson/Lisa Salois

Fri. 3:30-4:30pm \$56/8wks

5 1/2 to 12 years old

#### BEGINNER GYMNASTICS

### FOR GIRLS AND BOYS

*A great all around introductory gymnastics program. Students have the opportunity to advance to higher levels.*

Debbie Fay/Deb Nault/Hailey Franklin

Thurs. 4:30-5:45pm \$60/8wks

Shelby Lawson/Lauren Anastasiades/Lisa Salois

Sat. 10:15-11:30am \$67/9wks

### PRE-TEEN GYMNASTICS

*Gymnastics program designed specifically for 10 to 12 year old boys and girls.*

Shelby Lawson

Sat. 11:30am-12:45pm \$67/9wks

10 to 15 years old

### TUMBLING

*Floor, tumble track, and trampoline gymnastics instruction.*

Allison Lozy

Fri. 4:30-5:30pm \$48/8wks

13 to 18 years old

### TEEN GYMNASTICS & CONDITIONING

*Gymnastics program designed specifically for teenagers.*

Shelby Lawson

Sat. 1:15-2:30pm \$67/9wks

## CONTINUING PROGRAMS

*All classes listed below require permission from instructor for participation. Please call Jennie Graham or Debbie Fay at 769-7450.*

4 to 7 years old

#### ADVANCED PEE WEE GYMNASTICS-LEVEL I & II

Deb Nault/Lisa Salois/Hailey Franklin

Thurs. 3:30-4:30pm \$48/8wks

5 to 12 years old

#### INTERMEDIATE GYMNASTICS

Deb Fay/Lisa Salois/Deb Nault/Liane Barnett

Tues. 4:45-6pm \$67/9wks

Shelby Lawson/Lauren Anastasiades/Lisa Salois

Sat. 9-10:15am \$67/9wks

#### ADVANCED

Debbie Fay/Lisa Salois/Elizabeth Garceau

Tues. 3:30-4:45pm \$67/9wks

### PRE TEAM

Heather Martinelli

Sat. 1:30-3pm \$67/9wks

### COMPETITIVE TEAM

Monthly fee for all competitive teams:

One day a week \$44/month

Two days a week \$86/month

Three days a week \$100/month

Jennie Graham, Head Coach  
Nicole Miner, Assistant Coach

### HOT SHOTS 4 to 9 years old

Sat. 9-11am

### TEAM A 8 to 16 years old

Sat. 11am-1pm

### TEAM B 8 to 16 years old

Thurs. 4:30-6:30pm

Sat. 3:30-5:30pm

### TEAM C 8 to 16 years old

Tues. 4-6:30pm

Sat. 1:30-3:30pm

### TEAM D 9 to 18 years old

Thurs. 4-6:30pm

Fri. 4:30-6:30pm

Sat. 1:30-3:30pm

## VOLLEYBALL PROGRAMS

### ADULT VOLLEYBALL LEAGUES

League Director: Debbie Fay

*If you play in more than one volleyball league you receive a discount for 2nd or 3rd league. Sign up for two or more leagues today. Volleyball teams are picked by draft. Come prepared to play on organizational nights. Dates are subject to change due to weather or other uncontrollable circumstances. To verify times/dates, please call Debbie Fay, Physical Ed. Director, at 769-7450.*

## WOMEN'S CLUBS

### APRES-MIDI

*This club provides opportunities for both single and married women to share activities, information and to gain new friendships. Activities include guest speakers, outings, restaurant tours, luncheons and demonstrations. Membership is open to women 30 years of age and over. Meetings are held on alternate Thursdays at 1:30pm from September through June.*

### Y WIVES & GIRLS

*The purpose of this club is to build a fellowship of women devoted to the task of enriching each member's life by building a program around education, services for others and recreation. Activities include outings, special events and service projects. Membership is open to women 30 years of age and over. Meetings are held on alternate Tuesdays at 1:30pm from September through June.*



### MIXED CO-ED

Sundays

*Organizational night will be held January 7th from 6-8pm. League play begins January 14th.*

\$56/10 wks & playoffs/plus membership fee.

### POWER CO-ED

#### JOHN PIETROPAOLI LEAGUE

Tuesdays

*Intermediate or above players only. Organizational night will be held January 2nd from 6:30-8pm. League play begins January 9th.*

\$56/10 wks & playoffs/plus membership fee.

### INTERMEDIATE CO-ED

Wednesdays

*Intermediate or above players only. Organizational night will be held January 3rd from 6:30-8pm. League play begins January 10th.*

\$56/10 wks & playoffs/plus membership fee.

### RECREATIONAL CO-ED

Thursdays

*Come in with your own team. We will try and place individual players on teams. Organizational night will be held January 11th from 6:30-8pm. League play begins January 18th.*

\$56/10 wks & playoffs/plus membership fee.



## Lorraine Cole, Ph.D. joins YWCA USA as CEO



Beginning September 18, Lorraine Cole will lead the YWCA USA. Her comments, "I couldn't be more excited about the opportunity to join one of the most important and respected organizations in this country and in the world and to continue my quest to make a significant difference in the lives of women and girls."

Cole led the Black Women's Health Imperative for nearly six years. Prior, she was the executive director of the National Medical Association for six years. Cole is nationally recognized as a tenacious health advocate, advancing the health needs of minority and underserved populations.

**Thundermist Health Center and Voice Your Vote are proud to work with the YWCA**

Join Voice Your Vote to register, educate, and mobilize thousands of underrepresented Rhode Islanders this November.

Contact Kim Stowell  
kims@thundermisthealth.org  
401-767-4100 x3166 • www.voiceyourvoter.org

winter session 2006  
strong alone. fearless together.



## OUR MISSION

The YWCA is a women's membership movement nourished by roots in the Christian faith and sustained by the richness of many beliefs and values. Strengthened by diversity, the Association draws together members who strive to create opportunities for women's growth, leadership and power in order to attain a common vision: peace, justice, freedom and dignity for all people. The Association will thrust its collective power toward the elimination of racism wherever it exists and by any means necessary.

## SPECIAL EVENTS

Call YWCA Northern Rhode Island at 769-7450, for more details.

● **Sept. 21, 2nd Tools of the Trade Luncheon:** Hosted by YWCA Northern Rhode Island, eleven Women of Achievement Awards will be presented to local women working in health care. Call Lisa Piscatelli at 769-7450. www.WomenOfAchievementRI.org

● **Sept. 30, Money Conference for Women:** Free conference presented by Mass. State Treasurer Timothy P. Cahill in conjunction with YWCA New England Regional Council. Includes a health break - how yoga and breathing can affect the bottom line. From 8am - 2:30pm at The Marriott in Quincy, MA. Call 617-367-6900. www.the-moneyconference.com

● **Oct. 3, 7th annual YWCA Northern Rhode Island/Thundermist Women to Women . . . Mujer a Mujer:** Begins at 11:30am. Multi-cultural health event at Thundermist Health Center on Social Street in Woonsocket. Contact Joyce Dolbec at 769-7450.

● **Oct 18, 28th Take Back the Night March:** This international tradition speaks out about violence against women on the streets, in the workplace, and in the home. Begins at 5:30pm at City Hall Providence. Hosted by Silent Witnesses of RI and Take Back the Night. Contact Nancy Rafi at 714-2388 or Jodi Glass at jglass53@aol.com.

● **Oct. 20, 3rd annual YWCA Northern Rhode Island/Wal-Mart Women's Health Fair:** Held at Wal-Mart on Diamond Hill Road in Woonsocket from 10am - 2pm. Contact Joyce Dolbec at 769-7450.

● **Oct. 26, YWCA Northern Rhode Island/Women & Infants Women's Wellness Luncheon:** Held at Women & Infants on 2168 Diamond Hill Road in Woonsocket. Contact Joyce Dolbec at 769-7450.

● **Oct. 26, Fall Wellness Series:** Held at YWCA Northern Rhode Island, 514 Blackstone Street in Woonsocket. Begins at 6:30pm. Contact Joyce Dolbec at 769-7450.

● **Oct. 28, Women of Color Calendar Release:** Hosted by YWCA Northern Rhode Island and American Cancer Society. Held at the Mixed Magic Theater at 171 Main Street in Pawtucket at 4:30pm. Contact Joyce Dolbec at 769-7450.

● **Oct. 29, YWCA ENCOREplus MA/RI Collaboration:** Looking Good . . . Feel Good Event at YWCA Malden in Malden, MA at 1pm. Contact Joyce Dolbec at 769-7450.

● **Oct. 26, Fall Wellness Series:** Held at YWCA Northern Rhode Island, 514 Blackstone Street in Woonsocket. Begins at 6:30pm. Contact Joyce Dolbec at 769-7450.

● **Nov. 9 & 30, Fall Wellness Series:** Both held at YWCA Northern Rhode Island, 514 Blackstone Street in Woonsocket. They begin at 6:30pm. Contact Joyce Dolbec at 769-7450.

## YWCA MEMBERSHIP

YWCA membership, paid yearly, is required for participation in all programming except as otherwise indicated. Special non-member fees are available for some adult programs. As a YWCA member, you have access to:

- low cost, innovative programs
- special membership events
- volunteer opportunities
- membership in the oldest, largest women's movement in the nation (*men and boys are welcome as associates*)
- use of YWCA facilities nationwide

## ANNUAL MEMBERSHIP

6 to 16 years \$12.00  
17 to 64 years \$22.00  
65 and over \$17.00

*Children under 6 must be covered by parent or guardian membership.*

*Membership fees are not refundable or deductible as a charitable contribution.*

*Reduced rates are available in some classes for members 65 and over.*

*All classes and activities are open to both sexes unless otherwise indicated in the class description.*

*A member may use the membership card at all other YWCAs in the USA.*

## HOURS

Monday - Thursday, 9am - 9pm  
Friday, 9am - 6:30pm  
Saturday, 9am - 5pm

## CLASS SCHEDULE

Classes are run in consecutive sessions during the school year, with a new schedule for the summer.

## ROOM RENTALS

Room rentals are available. Contact the YWCA for details.

## STORM POLICY

Please listen to radio stations WOON 1240AM or WNRI 1380AM for cancellations, or watch Channel 10 & 12 closing announcements.

School system delays, early dismissals, and professional days do not apply to YWCA schedule.

## YWCA NORTHERN RHODE ISLAND

514 Blackstone Street  
Woonsocket, RI 02895  
T: 401-769-7450  
F: 401-769-7454

## BOARD OF DIRECTORS:

Cheryl Felber-Campbell, President  
Nancy Thompson, Vice President  
Kim Garneau, Secretary  
Susan Gershkoff, Esq., Treasurer  
Rosemary Brite  
Alessandra Borgess  
Cathy Brien  
Gail Davis  
Susan Donahue, DC  
Vivian Godin  
Jeanne Lynch  
Deborah L. Perry, Executive Director

OCTOBER IS NATIONAL  
BREAST CANCER  
AWARENESS MONTH

*Landmark  
Medical Center  
is pleased to announce  
the October opening of*

# THE BREAST CENTER

AT 206 CASS AVENUE  
*directly across from Landmark Medical Center*

## TAKE CHARGE!

- **SCHEDULE** an annual mammogram after your 40th birthday
- **HAVE** a regular clinical breast exam
- **UNDERSTAND** your personal risks for breast cancer
- **PERFORM** a breast self-exam every month



**Landmark  
Medical Center**

115 Cass Avenue  
Woonsocket, RI 02895  
(401) 767-1595

[www.landmarkmedical.org](http://www.landmarkmedical.org)



**woman of achievement**  
*well being for all award winner*  
**LEADER IN THE PUBLIC SECTOR**



photo by Agapao Productions

## union activist, health-care expert

Mary Riley turned a call for help into a decade's expertise

**L**ongtime labor activist Mary Riley originally was tapped 10 years ago to lead an effort to help a union negotiating team achieve the best contract for its members.

The expertise she developed during and since that effort has made her advice much sought after, at the municipal level, statewide and beyond.

Already active for a decade in her local chapter of the American Federation of State, County and Municipal Employees – AFSCME – Riley was serving on the executive board of Rhode Island Council 94, the umbrella organization over local AFSCME chapters statewide, when the union president called her with an assignment that would focus the direction of her work in the labor movement for the next decade.

The union was deep in negotiations toward a new contract for state employees. Health care was a contentious issue, and then union president J. Thomas Chellel asked Riley to lead a committee on

health care to assist the union negotiating team.

The expertise she and fellow committee members developed more than enabled the negotiating team. Its members were called into service by the state itself during implementation of the new health-care system resulting from the contract, and for the next six months, Riley and her colleagues helped establish the new system during its open enrollment period. As for the union, it made the advisory board permanent as a standing committee.

To this day, Riley fields calls for advice on health-care issues that come up during contract negotiations. Riley keeps her hard-won expertise current, attending health-care seminars and workshops frequently.

That expertise and commitment are recognized by the industry.

Riley has served on the Blue Cross & Blue Shield of Rhode Island Labor Advisory Board for six years, and on the United Health Care Labor

Advisory Board for two years. Four years ago, she was appointed to the Blue Cross Corporation board.

Riley's knowledge of the state's health-care system is rooted in more than her long-time labor advocacy.

In 1980, Riley's son, Christopher, became gravely ill. While he was being treated at Rhode Island Hospital, the Riley family got to know the family of another young patient at what was then known as the hospital's Potter Building.

While both Christopher Riley and Scott London did not survive, their families' friendships helped them endure. Together they founded the London/Riley Memorial Scholarship Fund. Relying on grassroots support, since 1989, it has provided more than \$90,000 in scholarships to cancer survivors treated at Hasbro Children's Hospital.

•••••

- *She Shines* staff



## woman of achievement

*well being for all award winner*  
*BUSINESS LEADER*

# breaking barriers

Lynne A. Urbani is a tenacious and optimistic leader

by Kim Stowell  
Special to *She Shines*

**L**ynne Urbani is a business leader, a teacher, a coach, a mentor, and a community advocate. She has experienced the challenges faced by women working in a male-dominated environment, and understands how women often struggle as they attempt to navigate through the complex healthcare system in search of the most appropriate care for their families.

Urbani also believes in the inner strength that women possess. She has an incredible passion to improve the chances for those individuals that struggle because of poverty, racism or vulnerability, and she has brought tremendous energy, skill and grace to addressing these inequities.

As senior vice president of customer, provider and medical services for Blue Cross & Blue Shield of Rhode Island, she was promoted in December of 2004. Prior, Urbani lead Coordinated Health Partners, BlueCHIP.

Urbani has advocated for more coordination of care, to insure that women are cared for by the right

provider in the right place at the right time.

Through efforts great and small, she has brought about much positive change. She promotes health and wellness in everything she does, from offering health promotion and disease prevention products and services, to expanding programs that teach nutrition, exercise, smoking cessation training and healthy lifestyles.

Urbani was also responsible for the development of programs that provide insurance for the impoverished and the elderly. She is particularly mindful of the struggle of women of diverse backgrounds in business, and has become a role model for many employees at Blue Cross & Blue Shield of Rhode Island, having affectionately been dubbed “Dr. Phil(lis)” at a recent women’s leadership class because of her energy and enthusiasm for solving problems, breaking down barriers and paving the way for other women at the company.

A graduate of Rhode Island College and Salve Regina University, Urbani serves on many agency

boards and committees. She is known as both a hard-working servant and a conscientious leader, who embraces the opportunity to make a positive difference in the lives of others by empowering them with the knowledge they need to make the right choices for themselves. It is for these reasons that she has been awarded the Charles B. Willard Achievement Award, was recognized as a Child Care Champion and received the Women’s Center of Rhode Island’s Exceptional Woman of the Year Award.

Josie Santilli, assistant vice president of cost innovations has known Urbani for over 25 years. Santilli says, “Lynne’s unique style is one of grace and humility . . . Through her words and actions, she encourages women to stand up for what they believe in, take care of one another, and be good to each other.”

Kim Stowell is a freelance writer who lives in Exeter.



photo by Deborah L. Perry



**woman of achievement**  
*traditional medicine award winner*  
**MENTAL HEALTH**



photo by Agapao Productions

## delivering care

Mary F. Dwyer improves mental health for individuals, families, groups, and the community.

by Kim Stowell  
Special to *She Shines*

**A**ccording to the Mental Health Foundation, one in four people will experience some kind of mental health problem in the course of a year.

Mary Dwyer, vice-president of community support and nursing services at NRI Community Services, is a resource for those in need of mental health services and a leader in transforming its delivery to the community.

Under Dwyer's leadership, services have become more user-friendly. She encourages tolerance, understanding and timely treatment.

Despite already having become both a registered nurse and obtaining a masters degree in education, Dwyer continued to pursue her education, earning a second masters in nursing from the University of Rhode Island. Beyond that, she has obtained her clinical psychiatric specialist certification and is now a prescribing nurse.

Her major accomplishments have gone beyond

nursing to clinical program development and operation of residential and casework services for adults with severe and persistent mental illness. Starting as a nurse in a crisis bed program, Dwyer quickly rose through the ranks to director of residential services, eventually being named vice-president for all multi-disciplinary teams serving the mentally ill, including those working in residential services.

During her 22 years, Dwyer has expanded residential services to include additional subsidized apartments for both independent living and 24/7 supported housing. Dwyer has increased the employment of masters level nurses at the agency.

Owing to her commitment to professional values, she has served as a clinical resource to the corporate compliance officer and human rights officer at NRI Community Services.

Dwyer has been involved in virtually every new development in services to adults with men-

tal illness during the past twenty years. She routinely works fifty-hour work weeks, all while providing daily support to her elderly parents and does it all with a very positive and client-focused style.

Dwyer served on the board of directors of a client-run support service, the board of Community Staffing Resources and on numerous work groups at the Rhode Island Department of Mental Health Retardation and Hospitals devoted to policies and practices in mental health.

"Mary Dwyer is one of northern Rhode Island's most accomplished psychiatric nurses," says Christian L. Stephens, president/CEO of NRI Community Services.



Kim Stowell is a freelance writer who lives in Exeter.



**woman of achievement**  
*traditional medicine award winner*  
**PHYSICAL HEALTH**



photo by Agapao Productions

## protecting our children

### Dr. Carole A. Jenny is a pediatric forensics trailblazer

by Kim Stowell  
Special to *She Shines*

**D**r. Carole A. Jenny started her work in child abuse and neglect serendipitously. She was one of only a handful of women attending the University of Washington School of Medicine in the 1970's. Not only did she complete her pediatric residency but went on to complete a Robert Wood Johnson Foundation clinical scholar program and obtained her masters of business administration in health care from the Wharton School of Finance and Commerce. After taking a break from her career to raise her two adopted daughters, Jenny found it hard to break into medicine. She was offered very few options, but was given the opportunity to work with children who were suspected victims of child maltreatment, a position she was clearly told she was being offered because no one else wanted to do it.

Jenny took the position, knowing there were limited resources available to her, and scant scientific research regarding child abuse and neglect, and has worked diligently in the field ever since. Over

the years, she has combined her strong clinical skills and judgment and solid scientific research to improve the diagnosis, management and prevention of child maltreatment.

Through the medical evaluations of thousands of children who were suspected of being child abuse victims, together with hundreds of publications and presentations, she has played a critical role in the development of the understanding of the evaluation, treatment and prevention of child abuse in the world today, as well as completing grants and other projects that have improved the resources and the clinical and scientific research currently employed within the clinical setting worldwide.

Recognized nationally and internationally as an expert in the field of forensic pediatrics, Jenny continues to be an exceptional role model for medical students, residents and others in both medical and non-medical fields. Doctors trained by Jenny work in academic centers across the country, providing education, training and leadership roles in their

communities.

Jenny strongly believes in a collaborative model, where child welfare agencies, community service providers and law enforcement work closely with medical providers. She has created a model of an interdisciplinary team employed in many communities.

Currently the president of the Rhode Island Chapter of the American Academy of Pediatrics, she has served on countless committees to further advance the well-being of children.

The American Professional Society has recognized her for her exceptional work on behalf of children. She continues to put her knowledge and skills to work at Rhode Island Hospital as the creator and director of the Child Protection Program at Hasbro Children's Hospital, a program which has been recognized for its excellence. ❖❖❖

Kim Stowell is a freelance writer who lives in Exeter.



**woman of achievement**  
*nightingale award winner*  
RESEARCH

## she put the ‘women’ in women’s health

Annlouise R. Assaf made sure Rhode Island women were part of a pioneering women’s health study

It wasn’t so long ago that the body of knowledge behind women’s health care in this country was based primarily on research done on men, and the results extrapolated to women. As women are so biologically different from men, this practice was not in the best interests of women’s health.

Annlouise R. Assaf wanted to eliminate that 25-year gender gap, and in 1993, the chronic disease epidemiologist at Brown University was among 16 researchers nationwide chosen by the National Institutes of Health to lead the largest study ever conducted on women’s health in the United States: the Women’s Health Initiative.

It was important to Assaf that Rhode Island women would have a chance to affect the health of this and future generations through this study. Assaf activated a coalition of colleagues from other hospitals and universities and more than 200 community organizations from throughout the state to bring the study to Rhode Island and to assist in the recruitment and retention of participants.

The study sought to reduce the most common causes of death, disability and impaired quality of life for women after menopause – cardiovascular disease, breast and colorectal cancer, and osteoporosis-related fractures – through the identification of risk factors.

With the Rhode Island component of the study under way at Memorial Hospital in Pawtucket, when 24 more sites were added to the study, Assaf won another NIH contract to open a satellite Women’s Health Initiative Clinic in southeastern Massachusetts. For more than a decade, Assaf has led the largest of all 40 Women’s Health Initiative sites in the country.

More than 160,000 women nationwide participated in the 15-year, \$625 million study. Locally, more than 6,200 50- to 79-year-old women living in Rhode Island and Massachusetts participated. Clinical trials tested the effects of hormone therapy, diet modification, and calcium and Vitamin D supplements on heart disease, fractures, breast and colorectal cancer.

The study concluded in April 2005. With a 5-year extension, Assaf continues to oversee annual follow-up of participants. Nationally, data collected over the last decade will be analyzed to formulate disease-prevention and health-promotion strategies.

Results of the study have already changed the practice of medicine across the country and beyond.

At the study’s onset in 1993, millions of post-menopausal women were taking prescribed hormone therapy for symptom relief and because it might prevent heart disease. The study sought to determine whether hormone therapy truly did prevent heart disease. This part of the study was stopped in 2002, earlier than expected, when findings proved that the hormone “therapy” not only did not reduce the risk of heart disease in post-menopausal women, it increased the risk of stroke by 41 percent, and heart disease by 29 percent. What was once one of the most common post-menopausal treatments, long-term hormone therapy is no longer prescribed for women after menopause.

Prior to leading the Women’s Health Initiative in Rhode Island, Assaf served as co-principal investigator of the Pawtucket Heart Health program, among the largest federally funded heart disease prevention programs in the country. Assaf worked with the



Annlouise Assaf with her husband, Lynn Allan Potter, and sons James Thomas, left, and Michael Lynn, right. “They are my support system and everything that I do and achieve is for them and because of them,” says Assaf. photo by Agapao Productions

business community, local government, school system, churches, supermarkets, restaurants, and hundreds of volunteers to develop programs in cholesterol reduction, weight loss, blood pressure maintenance, smoking cessation and exercise to reduce heart attacks and strokes in Pawtucket residents.

For more than a decade, Assaf played a major role in community-based heart disease prevention. The research was instrumental in forming national health promotion policy and has been modeled in Europe.

An associate professor in the department of community health at Brown Medical School, Assaf was the first woman to receive a doctorate from the epidemiology graduate program at Roswell Park Memorial Institute at the State University of New York in Buffalo.

She is a pioneer in her field. For more than two decades, Assaf has worked to focus the public’s attention on disease prevention and health promotion. Her efforts have had a direct impact on tens of thousands of men and women, here, across the country, and around the world.

Assaf lives in North Kingstown with her husband, Lynn Allan Potter, and their two sons, James Thomas, 12, and Michael Lynn, 9.

- *She Shines* staff



## woman of achievement

*nightingale award winner*  
SAMARITAN



photo by Agapao Productions

## highway to health

Robin Rodgers knows access to services puts people in need into the driver's seat.

**R**obin Rodgers says her most worthwhile responsibility is to manage the Family Van program at Women and Infants. This program provides free services directly in neighborhoods where the people most in need reside. It helps them navigate the complicated health-care system and empowers people to advocate for themselves.

Rodgers is a skillful grant writer who secures funds to operate the Family Van. She also develops connections with people in under served areas; developing culturally sensitive material to educate families about staying healthy and empowering them to advocate for services they need.

"She has the ability to relate with respect and empathy for all people from all backgrounds," Bobbi Houllahan, health coordinator of South Providence Ministries, says.

Rodgers hopes to leave a legacy in the community of Rhode Island that would include two things. "First, that someday we will not need to have a mobile health van to help the poor and the unin-

ured, because they will help advocate for change in the health-care system, so everyone will have equal access without barriers to good quality, accessible health care. That they have learned empowerment and lessons in advocacy that will allow them to advocate for what they know should be theirs. Secondly, that by mentoring and educating future nurses, teachers, community health care workers, pharmacists, social workers and doctors, through example about compassionate, honest and open-minded care that is culturally and linguistically appropriate and honoring to all humans, we will slowly change the way health care is provided."

In 1967 Rodgers entered the Kaiser Foundation School of Nursing in Oakland, Calif. In 1976 she was chosen to be the recipient of a national training grant for the first family nurse practitioner program in the United States at the University of Oklahoma. It was here that Rodgers worked at the first African American Rural Health Center in the United States. It was here that Rodgers also worked with the

Kickapu Indians.

"I learned a tremendous amount from tribe members and especially the medicine women, who taught me about folk remedies, customs, traditions, taboos, weaving and most importantly honor," she says.

Rodgers also worked for the Canadian Red Cross in British Columbia at an outpost 450 miles in the wilderness. The nearest medical doctor, hospital, veterinarian, police and grocery store were across a river on a ferry and 45 miles north.

Rodgers has worked in family practice, mental health, college health, Indian health, alternative health and community health. She is a tai chi and meditation teacher and practitioner.

In her earliest training Rodgers says, "we were taught compassion, cultural awareness and competence, and honoring others."

That thinking has been the heart of her work.



- She Shines staff



## woman of achievement

*nightingale award winner*  
*ASSISTING OTHERS*



photo by Deborah L. Perry

## ‘we need to talk’

### Hospice’s Analee Wulfkuhle helps families break taboos

**A**ccording to the National Hospice Foundation, 80 percent of Americans want to die at home, yet less than 25 percent actually do.

“Our culture treats dying as a taboo. We plan for births, weddings and retirement, but we don’t talk about how we want to live in the final phase of our lives,” says Analee Wulfkuhle, head of Home and Hospice Care of Rhode Island.

Wulfkuhle is playing a pivotal role in improving end-of-life care in Rhode Island. She is working to bring quality care to individuals with serious illness and support services to their families. And she helps families confront terminal illness and death.

“We need to develop new ways of thinking and talking about dying. We need to de-stigmatize end-of-life discussions,” she says.

Prior to coming to Rhode Island Wulfkuhle worked for Old Colony Hospice in Massachusetts. She received her Bachelor of Science in nursing from University of California, Los Angeles, and holds a Masters of Business Administration from Simmons College, Boston.

Since assuming her current position in 1999, Wulfkuhle has guided Hospice into a new and

exciting phase of growth. Services have been extended beyond traditional hospice at home by bringing hospice services into nursing homes, assisted living facilities, hospitals, group homes and prisons. And Hospice now offers Latino elders and their families improved access to end-of-life care that is culturally sensitive.

Complementary therapies are also being brought into the mix. Therapies used in conjunction with traditional medicine include pet therapy, music therapy, reiki and massage therapy.

Hospice has also grown dramatically under Wulfkuhle’s leadership. She has financially stabilized the agency, which faced a \$1 million deficit when she took over the reins in 1999. The number of patients served has increased from 140 to more than 300 a day. Hospice now employs 235 people, up from 150 when Wulfkuhle started.

“She has relentless energy, unstoppable drive, a good business sense and keen intelligence”, says Pam Taylor, chief communications officer, Home and Hospice Care of Rhode Island.

“Her list of accomplishments is only outweighed by her passion and energy,” says Hospice

associate Martin Temkin.

While most of Wulfkuhle’s energy is devoted to improving how people face the end of life, she also volunteers for the Rhode Island Community Food Bank and Waterfire.

She enjoys growing her own tomatoes, as a member of the Fox Point Community Garden Club. And she can be seen summer evenings rowing on Narragansett Bay with her Narragansett Boat Club crew mates. In the fall she enjoys riding her bike.

Although, Hospice is more than her full-time job, Wulfkuhle has had no personal experience with loss, until recently. She says her passion for her work is now dedicated to the memory of her father.

Wulfkuhle says she is entering a new phase of her career, and finds she’s even more driven now to provide help to caregivers and a wider range of bereavement services.

“Helping people cope is part of what Hospice is about,” she says.

- *She Shines* staff



photo courtesy of Sue Kent

## sit, stay, and heal for a friend

When her closest friend was diagnosed with stage three breast cancer, Sue Kent made a vow to help find a cure. She designed and developed a line of T-shirts. The net proceeds are donated to the American Cancer Society to fund breast cancer research. To purchase your T-shirt, visit [www.sitstayheal.com](http://www.sitstayheal.com).

A donation, based on a percentage of sales, is also donated to the Rhode Island Companion Animal Foundation.

Team Sit Stay Heal is taking part in the *Together We're Making Strides Against Breast Cancer* walk on Oct. 22 in Providence. More details on this five-mile walk are in the "Calendar" on page 2.



## In Our Business, Clients Count...

*Congratulations to the  
2006 Women of Achievement Award Winners*



**Lefkowitz, Garfinkel, Champi & DeRienzo P.C.**  
*Certified Public Accountants / Business Consultants*

10 Weybosset Street, Suite 700 • Providence, RI 02903  
401.421.4800 • 1.800.927.LGCD • [www.lgcd.com](http://www.lgcd.com)

## THE RHODE ISLAND MEDICAL SOCIETY

CONGRATULATES ALL OF TODAY'S  
HONOREES  
UPON THEIR RECOGNITION AS

**WOMEN OF ACHIEVEMENT  
IN  
RHODE ISLAND HEALTH  
CARE**

AND THANKS

**YWCA NORTHERN RHODE ISLAND  
FOR TODAY'S EVENT**

## Susan Gershkoff Counsellor at Law

Licensed in Rhode Island and Massachusetts

Real Estate  
Wills and Trusts  
Business Startups  
Estate Planning and Probate

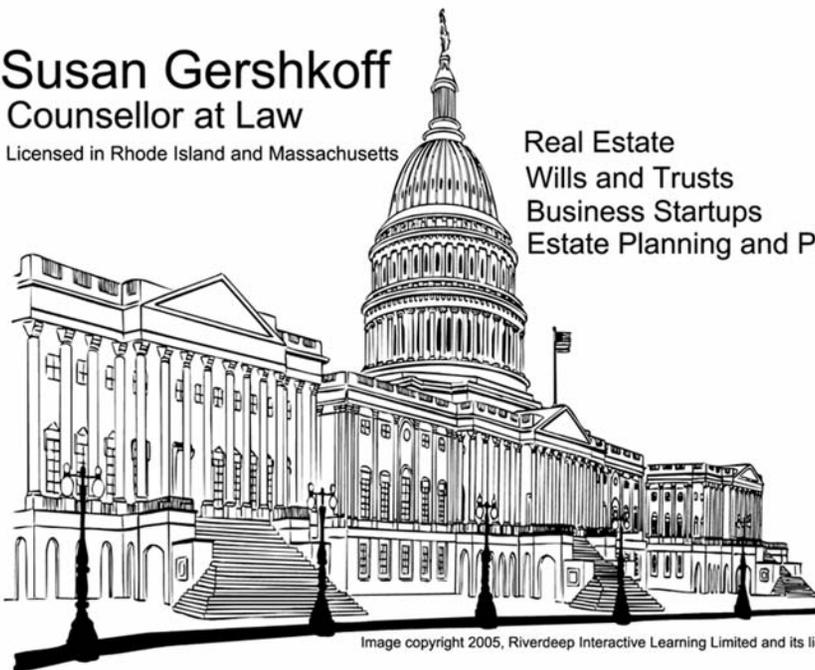


Image copyright 2005, Riverdeep Interactive Learning Limited and its licensors

132 Old River Road, Suite 205, Lincoln, RI 02865  
401-333-3550

Rhode Island does not have a procedure for certification or recognition of specialization by lawyers.

SHOULDER, NECK, AND BACK PAIN  
SPORT, AUTO, AND WORK RELATED INJURIES  
DISC AND SCIATIC PAIN  
WELLNESS AND NUTRITION COUNSELING  
**REHABILITATION**

**EAST STREET AND GANO  
CHIROPRACTIC  
HEALTH CENTERS**

**DR. SUSAN M. DONAHUE**  
CHIROPRACTIC PHYSICIAN  
MEDICARE AND MOST INSURANCES ACCEPTED

[www.EASTSTREETCHIROPRACTIC.COM](http://www.EASTSTREETCHIROPRACTIC.COM)

TWO LOCATIONS - OFFICE HOURS BY APPOINTMENT  
72 EAST STREET      206 GANO STREET  
PAWTUCKET, RI      PROVIDENCE, RI  
401.475.6585      401.383.8400

# fully awake, truly alive

by Ann Khaddar

The women celebrated in this issue of *She Shines* are extraordinary in their professional and personal achievements as well as in the gifts they offer their fellow human beings. It would appear that they have struck the delicate balance between doing what one loves and serving others – the balance that eludes so many women throughout their lives. A passion for medical research or herbal healing, for example, seems likely to lead to the blissful immersion in work that many of us crave, while at the same time enhancing the lives of others.

Following one's passion in life, negotiating obstacles without surrendering the dream, can lead to much more than a satisfying career; it can ensure that the spirit is awakened and fulfilled. And that can give life enduring meaning, substance, and joy – qualities that can enhance us in our best times and sustain us through the losses of illness or advancing age.

These are lessons that I have been slow to apply to my own life. But as I approach 60, I am trying hard to wake up before it's too late. And I have some marvelous teachers, women whose spirits shine undiminished, despite the obstacles that infirmity and the passage of time have put in their way.

The Irish philosopher and poet John O'Donoghue has written that our primary responsibility is to bring our own souls to life. He says that waking up to who we really are will make us truly alive. "When you begin," he writes, "to trust the music of your own soul, you have inherited treasure that no one will ever be able to take from you."

Two women in particular have brought home to me the importance of this treasure.

I recently moved to a small country town where people outnumber farm animals by less than three to one. One of



A dairy farmer on her John Deere tractor. photos courtesy of Ann Khaddar

my new human neighbors is a woman who runs a small dairy farm more or less singlehandedly.

I had often seen her on her faded John Deere tractor, trundling along the road or haying under the summer sun. She seemed so fully engaged with her work and with her surroundings. And always cheerful, waving and smiling, even to a newcomer like me whom she'd never met. A happy woman, I thought. A woman in love with life.

When I met her in person, on the ground, without the tractor, I saw for the first time that she walks with a cane, bent slightly forward, and that she wears orthopedic shoes attached to braces. But none of this, nor the fact that at 80 she is working harder than most people do at 30, dims her vitality, her enthusiasm, her warmth, or her wry sense of humor. Her tanned face is a web of fine wrinkles unified by a glorious smile, and her laugh is both joyful and frequent.

She has left her little town only twice, once to study at an agricultural college, and again to serve in the Air Force during the Korean War. Her passion is farming, and she has spent her life not only practicing it but passing on her knowledge and enthusiasm to young people. Through four decades of work as an exhibitor at country fairs and a 4H leader and mentor, she has inspired thousands to find joy as she does in raising animals and collaborating with the earth. And she has kept her own flame burning. She gives every sign of being thoroughly at peace and fulfilled. What a striking contrast she offers to the bitterness and disappoint-

ment that so often accompany the later decades of life.

Another of my inspirations is a dear friend who lives at the opposite end of the rural-urban spectrum. She is a creature of the city – literate, sophisticated, widely traveled, and witty, with a personal style as colorful and idiosyncratic as her remarkably imaginative mind. All her life she has loved theater, and often participated as actor, writer, or director, in amateur productions. Now approaching 80, she still steals the show when she walks into a room. She looks out at the world from eyes that are both clever and compassionate. In conversation, she listens deeply, and her words, though often humorous, are always weighted with the truth. My friend has a confidence in her own nature and inclinations that is enviable. Bravely following her heart has made her an extraordinary writer, an extraordinary character, and an extraordinary woman.

Recently my friend has suffered memory losses that make it impossible for her to live on her own. She can no longer drive and has moved into an assisted living facility. She spent a weekend with me this summer, and I was sorry to see her struggling to remember the route from her bedroom to the bathroom. These changes have hit her hard. But during her visit she also demonstrated that, in the most important ways, her light is still shining as brightly as ever. Our dinner guests couldn't bear to end their conversation with her and stayed long into the night. She immediately spotted the windows in my house that framed the loveliest views of tree limbs and birds. She sat alone under a July sky crowded with stars and simply looked, for a quarter of an hour. She wrote a poem about a bat she saw in the barn. And she planted seeds all over the house and yard that will go on sprouting thoughts and ideas for me to harvest.

For many decades, my friend has cultivated the essential part of her, not just her mind, but something greater, something that will never die. She has been in touch with that, her soul I would say, and true to its whisperings, for a long time. The riches she has found there, the strength and imagination and courage and joy, are serving her now, when she needs them so much. They are the treasures that no one and nothing, not even time with its heedless cruelties, can take from her.

Ann Khaddar is a freelance writer living in Central Massachusetts. [annkhaddar@charter.net](mailto:annkhaddar@charter.net)



# shining

with  
Joyce J. Dolbec

2006  
helping hands  
award winner

YWCA Northern Rhode Island

## values & desires

**How young are you?** “I am pleased to be 62 years old. I am a three times cancer survivor - ovarian, colon, skin.”

**What is your favorite song?** “I am Woman; I met Helen Reddy in '95. Also Amazing Grace.”

**What do you like to do for fun?** “Read a good book. Take a nice walk. Sit by the ocean and listen to the waves.”

**What do you value?** “Family. Health of body, mind, and spirit. Friends.”

**What surprises you?** “That today there aren't more women CEOs and elected officials.”

**What are your desires for the years to come?** “I'd like to enjoy them full of good health, happiness, and tons of harmony.”

## family & friends

**Of what are you most proud?** “Raising three educated productive children [Paula, Marc, and Jennifer] into adulthood. Staying married to the same guy [Roger], for almost 42 years.”

**What are your favorite possessions?** “Mind and memories. Pictures. A little blue and white vase that my mom gave to me. It was my sister's vase. Family rings from my grandmothers.”



interview by Lisa Piscatelli and photo by Deborah L. Perry

**What activity do you enjoy?** “Having tea parties with the grandkids [Nicole, Olivia, Cameron, and Ethan].”

**Describe a favorite tradition.** “It is a new one. Everyone goes to the beach for a few weeks - children, grandchildren, friends. To nana's sunshine cottage. Just great. We swim in the ocean, have cookouts, and tea parties.”

## education & career

**When did you go back to school?** “At age 45. I had no college courses prior. I graduated at age 51 with a BA in psychology and women's studies from URI. I got my Masters in '01 at the age of 57 [adult education with a concentration in health promotion, literacy, and urban issues at URI].”

“A teacher [Professor Cleveland Kurtz] at URI gave me the power of my voice.” Joyce is also a graduate of practical nursing school, Leadership Rhode Island, and Martin Luther King Nonviolence/Peace Institute at URI.

**Tell me about the switch in your career?** “First career was as a LPN, nursing. Second career was motherhood. Third career was direct sales. Fourth career was serving the larger community.” “If I were to change now, I would open a tearoom to encourage contemplation.”

## projects & actions

**What motivates you into action?** “When I see an issue or problem that needs to be solved, I want to be part of the solution not part of the problem.”

You wear many “hats”, what are you currently working on?

**as consultant:**  
YWCA Northern Rhode Island (Health & Literacy Consultant/Trainer)  
Girl Scouts of RI (Leadership Trainer)  
RI Department of Health (Women's Health Consultant)  
Tanury Industries (Literacy Trainer)  
Woonsocket RSVP (Health Class Presenter)

**as volunteer:**  
American Cancer Society (RI Ambassador)  
RI Civil Rights Round Table (Member)  
Leadership Rhode Island (Alumni Representative)  
NRI CASSP (Chair)  
Office of Women's Health (First Founding Chair)  
RI Commission on Women (Chair)  
URI (Chapter Leader of Alumni Association of Continuing Education)  
URI CCE Campus Advisory Board (Member)  
Woonsocket Cancer Control Task Force (Chair)

## health & peace

**What is the best health advice that you have ever received?** “Lose weight and exercise.”

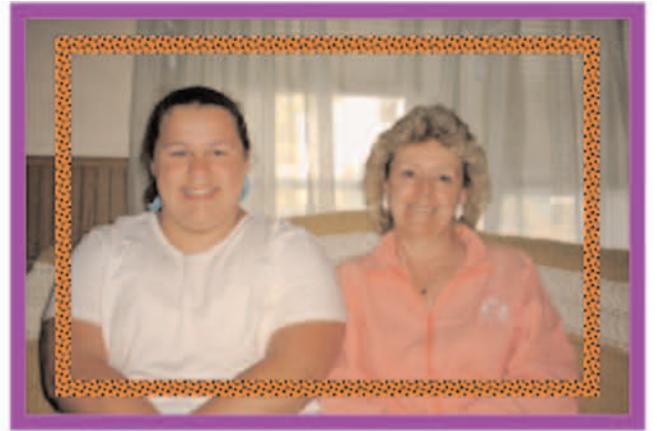
**In your lifetime, what has been the most important change in women's health?** “The Women's Health Initiative. Women's health is more than body parts, ‘bikini medicine’.” See page 18.

**What would you like to see changed in women's health?** “A diagnostic test for ovarian cancer. At age 31, I realized that my time here on earth could be limited. I am a survivor.”

**Is there anything you would like to add?** “The art of negotiations: let us agree to disagree without being disagreeable to one another. I may never be a Rosa Parks, but I can be an instrument of peace in my own section of this world.”

“There is a power in positive mental attitude.” - Joyce Dolbec

smile



Seeking **women** of all shapes, sizes and colors.



# Be a Big Sister mentor!



**Big Sisters**  
of Rhode Island

**Little Moments...  
Big Magic!**

[www.bigsistersri.org](http://www.bigsistersri.org)

401.921.2434

[mentoring@bigsistersri.org](mailto:mentoring@bigsistersri.org)

Seeking girls ages 4—18  
with an **inmate parent** to  
be Little Sisters in our  
*Cool Kids Program.*

**Call Grace at  
921-2434 x. 107.**