

**Nishmah & JCC  
Reality 2010 Workshops  
April 25, 2010**

Workshop Categories:

P – PHYSICALITY, M – MENTALITY, S – SPIRITUALITY

**Workshop Session I, 9:00-10:15am**

**M – Princesses, “Perfect” Girls and Pop Tarts: What the New Culture of Girlhood Means for our Girls, Peggy Orenstein, Journalist & Author (Berkeley, CA)**

This session will explore raising a daughter in a hyper-commercialized culture. What images are presented to girls from infancy through their so-called “tween” years? How much do they matter? How should we, as mothers, youth leaders and other caring adults, respond to those images? Can we and should we off-set them? How do we decide where and when to draw the lines? The session will be grounded in material from Orenstein’s forthcoming book, “Cinderella Ate My Daughter,” and will include *lots* of lively discussion!

**S – 10-minute Oasis: Chant, Yoga and Meditation Practice for Busy Days, Hazzan Joanna Dulkan**

Finding time to breathe during a busy day can be challenging. Incorporating the practices of yoga, chanting, and meditation, even for a few minutes per day, can help center and balance you. In this workshop, we will develop our own mantra for meditation, learn chants, and perform simple chair yoga poses – all grounded in Jewish tradition and easy to access for all.

**P – Homeopathic Health – Remedies and Preventatives, Jennifer Rich**

Jennifer Rich, pharmacist and owner of Jennifer’s Pharmacy & Soda Shoppe in Clayton, will talk about alternatives in natural healing for women. The topics of vitamins and supplements for an overall healthy life and herbs and remedies for women's issues and biological cycles will be addressed.

**P – Yoga Sampler (Power & Restorative Yoga), Lindsey Terry (JCC Fitness staff) & Marla Levinson**

This hour long class will offer a taste from both ends of the yoga spectrum. Lindsey Terry will begin with some standing poses, traditionally found in a Vinyasa class, that focus on synchronizing breath and movement, strength and flexibility to help us stay present and burn toxins. Marla Levinson will end the class with some Restorative poses, helping the group to understand the essence of yoga - stilling our fidgety bodies and calming our rambling minds so that we may rest quietly in the present moment and see clearly the peace that resides within.

**S – Connecting Past Lives and Current Health, Michelle Rubin, M.Ed., PLPC**

This workshop about past lives and future health will help show a spiritual connection between the journey of the soul and our current physical and emotional selves. Learn about the practice of past life regression therapy, enjoy a relaxing experiential exercise, get a reading list, and ask your questions. You will learn about the ultimate mind-body-spirit connection!

**M – *Life’s Next Step: Creating a Meaningful Retirement*, Sylvia Nissenboim, LCSW**

In this session, you will explore opportunities, areas of passion, and the steps toward a vision in the creation of a fascinating retirement plan. These learnings will give us the ability to develop the best plan for your exciting and rewarding "retirement."

**P – *Health – From a Woman’s Point of View*, Sarah Keller, MD & Shellie Fidell, MSW, LCSW, Psychotherapist**

At one point or another, everyone will be affected by infertility – whether it is you, your sister, your daughter or friend. Sarah Keller, MD, and Shellie Fidell, MSW, LCSW, will discuss coping with the emotional stress of this incredibly challenging obstacle that so many people experience.

**P/S – *Women: The Family Gatekeepers of Medical Health*, Cyndee Levy, Jewish Educator & RN**

Throughout Jewish history, the wife/mother has been perceived as the skeret ha-bayit, the person who has primary responsibility for overseeing the day-to-day matters of family life. This responsibility places women in the unique position as gatekeepers of the health care services. Indeed, women are major consumers of health care services negotiating not only their own complex needs but managing the care for their families as well. In this session we will examine examples of the Jewish woman’s role as guardian of family health throughout the ages, leading us to the development of a model for education, wellness, illness prevention, healing and health care advocacy.

**Workshop Session II, 10:30-11:45am**

**M – *Dump ‘Em: How to Break Up With Anyone From Your Best Friend to Your Hairdresser*, Jodyne L. Speyer, Author (Los Angeles, CA)**

Everybody has that special someone in their life...that they can’t wait to get rid of! Whether it’s a housekeeper, a therapist, or a personal trainer, the time comes when you have to pull the plug on the relationship. Jodyne Speyer provides a roadmap to finding your own way of saying “thanks, but no thanks.” With honesty, empathy, and ruthless wit, Jodyne Speyer will teach you to conquer your fear of confrontation and master the art of peaceful and permanent breakup.

**P – *Live Safely: Everyday Ways to Protect Yourself*, Dr. Gail Cloud, DC**

This presentation includes some basic strengthening exercises to help you to become aware of different body parts and how they pertain to one’s safety, especially as a woman. Gail will also do some demonstrations of kata, with and without a simple weapon. She will also demonstrate how a simple key or umbrella or cane can serve to defend and protect ourselves when we are out in public areas. Gail will conclude with simple exercises to help you disarm and take down an attacker, if necessary.

**S - *Your Jewish Journey: By Chance or Choice?*, Judy Elkin, M.ED & CPCC (Boston, MA)**

Here you are at a Nishmah conference in 2010. Twenty years ago, who would have guessed you’d be here today? How did you get here? What path(s) led you to be interested in issues related to Jewish women? All of us are on a journey and we’re happiest when that journey represents our deepest held values. Some of us are moving along at a rapid clip, others of us are taking it slowly, savoring the scenery along the way. This workshop will help you articulate what purpose and meaning the journey has had for you thus far, where you are on that journey, and how to think about where you want the journey to take you next.

**M – Family Love Letter: Information in a Time of Confusion, Sherri Frank-Weintrop, CPA, CFP**

The Family Love Letter is a gift – of time, love and clarity. It is a *Legacy for the Living*. We will all leave a legacy. Will it be a legacy of confusion or of information? Will we add to the trauma of our death or incapacity by adding to its inherent confusion, or leave a roadmap for those who follow? Will we leave a *Legacy for the Living* – of the stories, hopes and desires for our family? Each participant will receive a Family Love Letter Workbook.

**M/S – Balancing the Equation - Four Worlds of Joy for Busy Women, Rabbi Dale Schreiber**

There is a Jewish tradition of 4 Kabbalistic worlds through which we manifest our senses of vitality and well-being. These worlds correspond to our physical, emotional, cognitive, and spiritual dimensions. Stress has a biological effect which alters our capacities to experience JOY. Come and explore ways of reducing your stress, enhancing your wholeness, increasing your vitality, and becoming attuned to the many joys in life.

**P/S – You, Yourself & Your Body: Tapping Into Your Core Strength, Kim Wallis, Certified Pilates Instructor & Personal Trainer**

When you feel physically strong, you also feel strong mentally and emotionally. Participants will learn various core strengthening exercises, using only their body weight, so they can easily learn the tools needed to continue their own exercises at home. Kim will demonstrate how tapping into your core strength translates into a stronger body and a stronger you.

**P – Wellness by the Decade: “Q & A”, Sherry Shuman, MD**

What should I be aware of as I mature? What can I do to maximize my health and independence? Dr. Sherry Shuman will address these questions and more of your health concerns as women.

**M/P – Change Your Environment, Change Your Life: The Psychology of Interior Design, Linda Kusmer, Allied Member ASID**

We will explore how our surroundings affect us on all levels - physically, emotionally, and subliminally. Please bring questions about your design dilemmas and we will discuss them.

**Keynote & Lunch, 12:00-1:30pm**

**We’re History: The Emotional Impact of Sharing Women’s Stories**

Peggy Orenstein, journalist and New York Times best-selling author, will highlight the importance of women’s relationships through the telling of our stories, and their impact on women’s emotional health.

**Workshop Session III, 2:00-3:15pm**

**M - The Many Hats We Wear, the Many Roles We Play, Judy Elkin, M.ED & CPCC (Boston, MA)**

As women, we occupy or inhabit a lot of roles – some of which are needed and some of which may actually not be so useful. At various times in our lives it feels important to step back, take in the way in which we’ve been living our lives, and think about changes we might want to make. In this workshop, we’ll look at the many roles we take on, the roles we can’t stand anymore (something coaches call “role nausea”), and look at some new roles/hats that we might like to try on.

***P/S – Fit2Dance: Includes Zumba, Waltz, and Salsa, Elena Lyashenko & Lisa Tennenbaum (JCC Fitness/Dance Instructors)***

Zumba, the Latin dance-based fitness format, uses high energy music and simple moves to increase cardiovascular function and tone muscles. Salsa and Waltz dance styles also have cardiovascular benefits, each using a distinct style of music and rhythm while offering superior fitness results. Top-notch fitness staffers from the JCC will demonstrate how these graceful arts of dance can also ensure a fabulous work-out – complete with health benefits and fun. You can dance to be fit and be fit to dance!

***P/S – Living Genetics: Breast Cancer and the Jewish Family, Shera Dubitsky, Clinical Supervisor of Sharsheret (Teaneck, NJ)***

Breast or ovarian cancer in your family or among friends may have you concerned, interested in learning more, or prepared to take action. Join this workshop with Shera Dubitsky - the Clinical Supervisor at Sharsheret, a national organization addressing the needs of Jewish women and families facing breast cancer. Ms. Dubitsky will lead a discussion about breast cancer in the Jewish family, cancer genetics in the Jewish community, and what women are doing to protect and inform themselves and the next generation.

***M/P – The Healthy Consumer: Healthcare Reform and You, Rabbi Susan Talve***

Healthcare reform is all over the news, but do you understand what it means to you personally? Rabbi Susan Talve, an exemplar advocate and activist, will address why and how you should become aware of healthcare reform. How does healthcare reform impact your life? What is happening locally? Nationally? Rabbi Talve will also connect Jewish tradition and teachings to this important topic and explain Judaism's concern with healthcare reform, as well.

***P – Spring Clean Your Body: “Green” Smoothies and other Healthy Treats, Elisheva Margulies, Natural Foods Chef***

You've cleaned out your home in time for spring - now it's time to take care of you! Join natural foods chef, Elisheva Margulies, and learn to make delicious “green” smoothies and other healthy treats. Chef Eli will also teach you how to make massaged kale salad (that even your kids will love) and homemade fruit & nut bars - perfect for eating on the go and taking care of your body. Eli will also talk about healthy foods and how to incorporate them into your everyday eating.

***P/M – Healthy Sexuality at Any Age, Diane Sanford, Ph.D.***

Healthy sexuality is an important part of physical, emotional, and spiritual health, at any age. In this workshop, we'll talk about self-image, body image, self-esteem, and other emotional influences on sexuality. We'll discuss how sexuality changes over time, as we age, and as we pass through different life stages. Finally, we'll review strategies for maintaining healthy sexuality throughout our lives.