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Women of Achievement
across industry, culture and public service

Toby Ayers

Elizabeth Chace

Carrie Bridges Feliz

Hilary Jones

Patricia Martinez

Carol O'Donnell

Adeola Oredola

Valerie A. Perry

Carolyn Rafaelian

Roberta Richman

Barbara Sokoloff

eliminating racism
empowering women

ywca

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how to:

contribute *She Shines* welcomes letters to the editor, articles, poetry, stories, graphics, photos and calendar events. Contact us if you have an inspiring story to tell or have a suggestion of someone to be featured. Only original contributions will be considered and may be edited due to space limitations. Include contact information: 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 *She Shines* theme. For consideration, 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*.

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YWCA Rhode Island is dedicated to eliminating racism, empowering women and promoting peace, justice, freedom and dignity for all.



YWCA highlights achievement

For the 8th consecutive year, YWCA hosts the Women of Achievement Awards. With this event, we recognize the best in the accomplishments of women across industry, culture and public service. This edition of *She Shines* highlights the 2012 Honorees: Toby Ayers, Elizabeth Chace, Carrie Bridges Feliz, Hilary Jones, Patricia Martinez, Carol O'Donnell, Adeola Oredola, Valerie A. Perry, Carolyn Rafaelian, Roberta Richman and Barbara Sokoloff.

These women have exceptional skills and are committed to leadership and mentoring. They have broken new ground or old barriers and inspire others by serving as agents of positive change. We asked them about today's opportunities for young women.

She Shines also includes five women whose work focuses on preserving the independence, dignity and health of seniors. The "shining with" feature is Diana Beauchemin. A YWCA member for 70 years, Beauchemin shares her thoughts about healthy aging and the importance of young women being involved in sports and physical activity.

YWCA is a community united by a passion for positive social change, racial justice and economic empowerment. Together we shine!

Very truly yours,

Deborah

Deborah L. Perry
YWCA Rhode Island
President/Chief Executive Officer

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honoring women of achievement

YWCA Rhode Island recognizes women in industry, culture and public service

event underwriters and attendees - thank you!

Eleven women were recognized for their accomplishments promoting peace, justice, freedom and dignity at the 8th Annual Women of Achievement Awards Luncheon, held September 27 at Kirkbrae Country Club in Lincoln. Deb Ruggiero served as the event emcee.

Congratulations to the 2012 award winners. YWCA Rhode Island appreciates the underwriters and attendees celebrating the following Women of Achievement: Toby Ayers, Elizabeth Chace, Carrie Bridges Feliz, Hilary Jones, Patricia Martinez, Carol O'Donnell, Adeola Oredola, Valerie A. Perry, Carolyn Rafaelian, Roberta Richman and Barbara Sokoloff.

Women of Achievement Awards are recognized nationally. They bring attention to the accomplishments of women in industry, culture and public service in local communities. For additional information, visit www.womenofachievementRI.org.



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Nancy Rossi, Keller Williams Realty
Neighborhood Health Plan of Rhode Island
Opportunities Unlimited, Inc.
The University of Rhode Island
Woonsocket Prevention Coalition

smile

Girl Scouts of Rhode Island
The Jewish Alliance of Greater Rhode Island
Rhode Island Foster Parents Association
and the many guests of the Honorees

in kind

Park Square Florist, Inc., corsages
Deb Ruggiero, emcee
Swarovski, gifts

"YWCA is pleased to host this celebration for the eighth year in a row to recognize the accomplishments of women across industry, culture and public service," says Deborah L. Perry, president/chief executive officer of YWCA Rhode Island. "We see the honorees as true role models for girls and young women growing up in Rhode Island."

Editor's Note: The 2012 Women of Achievement are highlighted on pages 8 through 18.

salute

Joanne Daly Wealth Management

Congratulations to the 2012 honorees and thank you for all you do for women. I feel honored to be a past YWCA Women of Achievement award recipient for the work that I do in helping women gain greater control of their financial life and prepare for a secure retirement, especially women who have gone through divorce or widowhood. See ad on page 19. www.ubs.com/fa/joannedaly

Jodi Glass

"Achievement: something accomplished, especially by hard work, ability, or 'sheroism.'" I am so sorry to be unable to attend this year, to celebrate the 11 very deserving Women of Achievement of 2012. Through this award, YWCA reminds each recipient that she is appreciated. YWCA's message to every woman – that's ultimate achievement! Congratulations.

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Girl Scouts of Rhode Island

As the Girl Scout movement celebrates 100 years of building girls of courage, confidence and character who make the world a better place, we salute our sister organization, the YWCA, in its efforts to empower women and we honor the more than 59 million women who were Girl Scouts.

The Jewish Alliance of Greater Rhode Island


We are so proud of our dear friend and colleague Barbara Sokoloff. Mazel Tov!

Rhode Island Foster Parents Association

Rhode Island Foster Parents Association salutes the YWCA for recognizing Patricia Martinez and all of this year's Women of Achievement who represent the best in the accomplishments of women across industry, culture and public service!

*The University of Rhode Island
and the URI Alumni Association
congratulate the recipients of the
2012 YWCA Women of Achievement Awards.*


THE UNIVERSITY OF RHODE ISLAND



Gianna Scarialia Savole '87, BS recipient in Art Education from Long Island University; Master's recipient in Environmental Biology from Antioch University; former producer and writer for PBS and Discovery; adjunct Professor; and natural history and science documentary filmmaker is Bay View.

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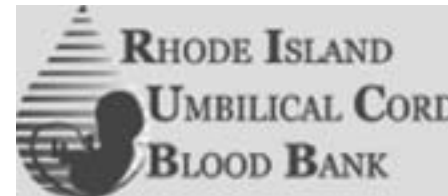
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The board of Girls Rock! RI salutes
Dr. Hilary Jones, and all of the honorees



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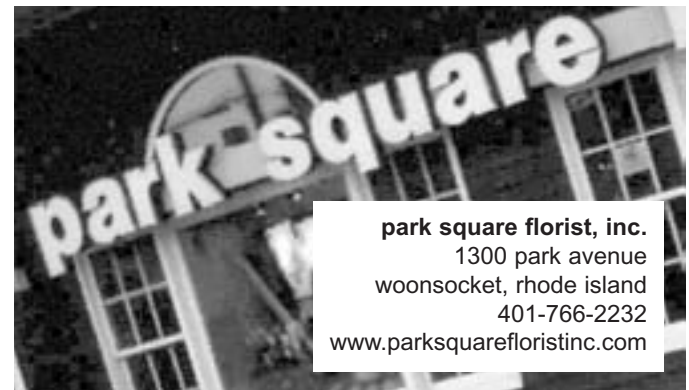
Congratulations to Liz Chace,
former Gordon School parent and grandparent
and all of this year's honorees!

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Congratulations to this year's
Women of Achievement
Award winners! Thank you
for making our community
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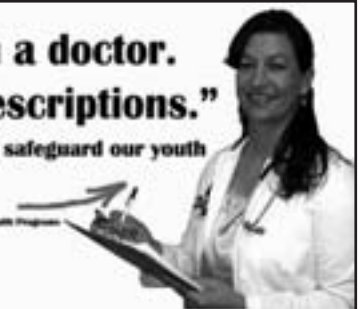


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Toby Ayers, PhD, directs Rhode Island for Community & Justice, a nonprofit fighting bias and racism by promoting understanding and respect. Rhode Island for Community & Justice celebrates its 60th Diamond Anniversary in November, commemorating its achievements in empowering youth as leaders, promoting just policy and law, and facilitating dialogue on challenging issues in race and civil rights. Previously, Ayers directed the RI Commission on Women; founded and directed the Domestic Violence Community Advocacy Program in Boston, Massachusetts; directed research and community service for the Center for Community Health, Education and Research in Boston, Massachusetts; and worked for the Guam School District, Marianas Islands.

photo by Agapao Productions

Toby Ayers

What are the opportunities for girls and young women?

This new century contains a wealth of exciting opportunities for girls and young women. Genome researchers, politicians, diplomats, educators, manufacturers, designers, paralegals, along with being loving partners and parents; girls can become all this and more. As a psychologist, I'm especially glad that women are the majority of new degree recipients in my field.

Yet the challenge is the limitations placed on them by this society and by themselves. It is a vicious cycle. Poverty and prejudice are barriers to girls' ambitions and achievements; but only ambition and achievement will lead them out of poverty and prejudice.

We can fight for better policies, laws and institutions, better education, a more inclusive society. Rhode Island for Community and Justice (RICJ) does all that. Perhaps most fundamentally we empower girls to take the lead, step up, and prepare to steer their ship and reach for the stars.

Here are two amazing girls doing just that,

through RICJ's Project RESPECT Youth Action Council leadership program. Both girls came to this country not familiar with our language and with no economic advantages.

When I met Christelle a little over a year ago, she was shy and struggling in school, in danger of being held back a year. Christelle learned to speak up, step up and take charge. She helped organize a "Culture Bash" performance in the Sapinsley Theater at Rhode Island College, was a Counselor-in-Training at our Youth Leadership Camp, led workshops on race and privilege at a regional conference in Boston, attended extracurricular classes at Brown University and was voted Treasurer of the Youth Action Council. Her grades are now all A's and B's and she's pushing to get into Honors classes. "I can make a change in the world one step at a time," Christelle says.

Virginia, we met four years ago. Now a senior, she says: "I learned how to lead myself and others. RICJ taught me how to get out of my comfort zone

and stand up for something that is bigger than me in order to make a difference . . . to believe in myself. If you look at history, youth were a part of influencing societal change, as in the Civil Rights Movement. As a woman of color, RICJ taught me important history that is either not taught in my school, or not in depth . . . If you believe something could be done to improve your society, you have to take initiative. One person can make a difference." Virginia has. She took her love of dance and founded a dance team at her high school that gives back to the community by performing at nursing homes, bringing joy to elders. She plans to go on to college and possibly major in psychology, and minor in business or law and choreography.

Multiply these stories by every young woman you know. Make it your challenge to help a girl to step up, speak out, and "Become the change you would like to see in the world." Empower, because with your help, power is what girls and young women can achieve. ✨



Elizabeth Chace has successfully led two careers - one in human services and the other in real estate as the co-founder of Residential Properties, Ltd. Her experiences in one sector impacted her philanthropic and professional pursuits. Through intense commitment to community, Chace has long advocated for women and children. She received an honorary degree from Roger Williams University and has served on the Brown University Corporation on behalf of student athletes, alumni and various committees. She also devotes incredible time and talent to several non-profit and community organizations. Chace has received many commendations for both her career and philanthropic accomplishments.

photo by Agapao Productions

Elizabeth “Liz” Chace

What are the opportunities for girls and young women?

What are the future opportunities for girls and young women? The answer is very different from when I was growing up. Progress in women’s rights and changes to the economic landscape open up many new areas outside of the traditional career paths for women. Not everyone is destined to go to a prestigious four year college. We need to offer courses in high school and college that provide girls and young women with a new set of skills that will allow them to take advantage of careers in areas/markets they have traditionally been excluded from.

Arming our girls and young women with computer skills, beyond socializing on Facebook, will allow them to tap into today’s electronic world. Again, we need to prepare them to go beyond the traditional paths – let’s offer them classes on how to program a production machine

or medical device or to manage a shop management system. This knowledge will give them the self-confidence needed to develop a good long-term career.

Other areas often overlooked by girls and young women are trades like plumbing, carpentry or mechanics. These are highly lucrative areas that women have been traditionally left out of. With the right skills and training these can also be great career choices for girls and young women. Course work in high school and/or college in these trades will open up a world of opportunity including starting their own small business!

Proper training, early in their education, will give girls and young women the ability to take advantage of opportunities outside the traditional job market and to build successful careers in areas they never dreamed they could. ❖❖❖

Carrie Bridges Feliz

What are the opportunities for girls and young women?



Carrie Bridges Feliz, MPH, is the team lead for Health Disparities & Access to Care at the Rhode Island Department of Health. At the Department of Health, Feliz engages in policy and community-based initiatives intended to improve population health, reduce health disparities and help all people to achieve their optimal state of health. Outside of work, she serves on advisories and boards addressing two passions - health and education policy. A graduate of Duke University and Boston University School of Public Health, Feliz came to Rhode Island in 2004 while serving as a fellow with the Centers for Disease Control and Prevention. photo by Agapao Productions

In considering the opportunities for girls and young women in the next few years, I can't help but reflect back on my own upbringing. My parents were strictly focused on academics with me and my three brothers – our only job was to perform well in school, everything else was extra. Through consistent “social marketing” and lots of modeling, my parents succeeded in raising four children who not only achieved in school, but who also demonstrate an intrinsic commitment of service to others.

While my parents deserve the most credit, I know that my successes are also a reflection of the extended family, church members, and neighbors who still encourage me every day, genuinely celebrating every success while also nudging me to aim higher and do more. In short, I know how incredibly blessed I am to have such a strong foundation from which to evaluate life's options and to feel secure enough to act boldly. By comparison, when I think about the opportunities for girls and young women, I know that our only limitation is our willingness to be nudgers and cheerleaders for our own daughters and neighbors. Our ability to fashion a society in which all of our young women are emotionally, mentally, and physically healthy will determine the breadth of their opportunities.

I see facets of this ideal but achievable society all around me. I taught elementary and middle school girls who made me laugh and cry, sometimes on the same day, at their daily demonstrations of persistence and resilience. As a member of the Board of Directors for Young Voices, I am amazed at the tenacity and wherewithal of the high-school age women with whom I serve. I supervise college and graduate school women as student interns and marvel at their commitment to equity-based work so early in their training. And I am subtly mentored by my girlfriends and colleagues who inspire me through their daily expressions of leadership at home, in the workplace, and in community.

Thankfully, there is a growing recognition that social, economic, and environmental factors determine people's ability to achieve their full potential. Within the field of public health, we no longer rely on shaming people into changing individual behaviors but rather recognize that collectively, we must re-create policies and systems that protect and promote, not limit the health of whole groups of people.

I have humbly signed the social contract that acknowledges that what I do today, as an individual and in community with others, determines not only my potential, but the potential of the next generation of young women. I get to execute this contract in my day-to-day work, and strive to adhere to it every day of the week. In doing so, and bolstered by all the others who abide by this covenant, we will help the next generation of women define their own opportunities. ✨

Hilary Jones

What are the opportunities for girls and young women?



Hilary Jones is the founder and director of Girls Rock! Rhode Island, a non-profit that helps girls and women empower themselves through music. Jones has supported Girls Rock! Rhode Island in serving hundreds of girls and women across the state in the four years since its inception. She has also worked to end violence and increase healthy relationships and behavior as research and education specialist at Day One, as violence prevention coordinator at the Rhode Island Department of Health, and as project coordinator at Healthy Kids Rhode Island. In 2008, Hilary received her doctorate in Behavioral Science Psychology and she is a part-time faculty member in URI's Psychology and Women's Studies departments. photo by Agapao Productions

During my graduate school years, and later in my professional career, I have often felt guilty playing music in bands at night, and changing into business casual during the day. I viewed them separately and felt that there was no way that my interests in psychology, women's issues, and music could ever intermingle. I was wrong. I have since learned that these ideas can work synergistically and that both worlds can inform each other in very important ways. I also learned that ultimately, my interests in both stemmed from the same place – a desire for freedom and respect for all and a belief that this freedom can lead to positive societal change.

The work I have done around sexual violence prevention has sought to create a space where girls and women can move freely throughout the world – without fear of harassment or assault. My current work with Girls Rock! Rhode Island pushes this freedom even further. When girls and women are able to live without fear, how can they manifest their own identity and create change in the world? What happens when the power that is so often taken away from them is instead amplified and used for good? And possibly most importantly, what happens when, instead of competing, girls put their voices together, calling for collective change?

All girls – including those who have had traumatic experiences in their lives – have assets they can use to help them move through the world and create their own future. It's our job to help them develop and identify these assets and find ways for them to utilize them for good.

If we challenge girls, they are easily capable of reaching goals many would think impossible – and they will do so in more interesting and creative ways than we could have imagined. I have learned this by seeing girls get up on stage in front of 500 people to perform songs that they wrote themselves on instruments they just learned five days ago. Most adults will never do this in their entire lives.

Our job as individuals and as a community is to create positive environments where all girls and young women feel they have the opportunity to realize and create their own future, no matter their current environment, and no matter what that desired future may be. It is important that they are supported and free to focus on their assets and to have their voices heard, loud and clear.



Patricia Martinez

What are the opportunities for girls and young women?



Fiscal crisis threatens to reduce the gains made by women the last century. Thus far in this very young 21st century – only 12 years old – our girls and young women can look forward to great opportunities thanks to the hard work, advocacy, struggles and fight for justice and equality made throughout the last decades by amazing women and organizations such as YWCA Rhode Island, whose mission and business is to create equality for all women. Our girls and young women now know and understand that they can be physicians, lawyers, elected officials, CEO's, and yes . . . they can still balance a family and professional life.

However, the path paved by these women over the last century is beginning to crack as more and more of our girls and young women, particularly those of color and single mothers are barely making ends meet; their dreams are fading away in their struggle for financial survival. In these challenging financial times, our girls and young women can be the leaders they want to be when, and only when, those of us who have had the opportunities to reach our potential commit to come together to support the next generation. We must continue the work started by those women who fought for women's rights.

As successful women we have a moral responsibility to open doors for tomorrow's future women leaders, to introduce them to our already established networks, and provide them with opportunities to shadow us, become our mentees and help them move from feeling helpless to being dreamers and achievers. Many of us had the great honor to be inspired by our own mothers even when they did not have the professional and political achievements many of us enjoy today. In their memory, we must invest in today's girls and young women . . . the next generations of leaders and entrepreneurs.

Like many successful women in our era, I too was shaped by a mother and father who taught us the values of hope, commitment, hard work and compassion. They instilled in us a commitment to our community and responsibility to help others obtain success. Today, my five sisters and I are successful in a range of fields – a small business owner, a scientist, a health educator, an advocate, a teacher, and a lawyer. We try to live our lives by the values our parents taught us. We are opening doors for others, particularly our girls and young women. We strive to inspire them to know that they are capable of achieving and occupying an important role in society, in their community, and their home.

We will only be successful as a community of accomplished women when we are able to inspire another girl and young women to follow our footsteps. When we create opportunities for them to reach their potential, they, in turn, will open doors for future generations of girls and young women who will make their difference in society. ✨

Patricia Martinez is the executive director for the Center of Family Support and Student Services at Central Falls High School. Martinez was the first Latina confirmed by the Rhode Island Senate for a Cabinet level position when she became director of the Department of Children, Youth and Families in 2005. Throughout her career, Martinez has become a practitioner and advocate for social justice through community organizing, promoting positive youth development, education, family engagement, and building partnerships with community and faith-based organizations and educational systems, to ensure the delivery of services to low-income families. Martinez received a bachelor's degree in social work from Rhode Island College, and a master's degree in management and human services from Springfield College. Martinez was also awarded an honorary degree of doctor in humanities from Rhode Island College. photo by Agapao Productions



Carol O'Donnell is the owner/president of CRM Modular Homes and Emerald Re-Construction. She is the national director of NAWIC for Region 14 and president of NAWIC No. 1 of Rhode Island, Chapter 52. O'Donnell is a member of the Rhode Island Builders Association, National Association of Builders, and Professional Women Builders. She is a committee member of the Rhode Island Builder Association and on the board of directors of the Bonnet Shores Beach Club. A supporter of Fraternal Order of Police, Rhode Island State Trooper Parade, Matty's Place Playground, and Big Brothers Big Sisters of the Ocean State, O'Donnell is currently partnering with donors and volunteers to rehabilitate YWCA's Carriage House. The vision for this Rosie's Girls Club House project is to create a space for girls to be able to learn a skilled trade while also building self-confidence. She has also volunteered at Womens & Infants.

photo by Agapao Productions

Carol O'Donnell

What are the opportunities for girls and young women?

I have been a volunteer for many years. I was a candy striper at Our Lady of Fatima Hospital, volunteering to bring mail to the patients, when I was in high school. As I grew older I turned to the construction industry as a career path. I took appraisal, real estate classes as well as construction courses. I am now a construction industry technician. I have applied my talents, and education into owning my own construction business, for over 20 years. I have always volunteered, now directing my efforts to help girls and young women.

I am the current Region 14 Director, National Association of Women in Construction (NAWIC), as well as President, No.1 of Rhode Island, Chapter 52. My chapter volunteers a great deal with educational events, for children, especially girls. All of our events are annual. We hold a "Block Kids" competition, for elementary students, building different construction projects with Legos. Teaching them there are different types of construction, and we, as women, are in the nontraditional trades. We award the winners gift certificates. We also hold a CAD competition, awarding scholarships for high school students. Their CAD draw-

ings show most of the aspects of construction.

We participate in Construction Career Days, for high school students. We are their role models, speaking to them about all of our member's careers and nontraditional trades.

I see girls and young women finding opportunities in the construction field. We, in NAWIC, consist of drain layers, plumbers, electricians, engineers, painters, accountants, business owners, to name a few; we discuss all of the potential paths to them. A nontraditional career will support a woman and keep her independent. Rosie's Girls Club House will teach girls basic knowledge of different trades, with us being role models for them. This will begin the path for them to attend a trade school, which is much more acceptable for women. The government is promoting women to open their own businesses, bid on government work; they offer educational programs to women.

NAWIC promotes and supports the advancement and employment of women in the construction industry. For information about NAWIC of Rhode Island, visit www.nawicri.org.



Adeola Oredola is the executive director of Youth In Action, a youth led non-profit in Providence. It provides opportunities for young people of color to develop critical leadership skills and create positive social change throughout their communities. Oredola attended Providence Public Schools, then Brown University, and now lives in the Washington Park area of the city. At the age of 22, she was the youngest person ever to serve on the Providence School Board. Oredola is now 31 and serves as a board member of The Providence Plan. She was awarded a 2011 Rhode Island Foundation fellowship, which allowed her to travel to her father's home country of Nigeria and bring Youth In Action's model to the international stage.

photo by Agapao Productions

Adeola Oredola

What are the opportunities for girls and young women?

As a young person of color, you can view yourself as powerful or powerless within the systems that impact you. A young person who is supported to be powerful will fight to have a say when it comes to her school or her neighborhood. A young person who feels powerless will see her environment as something that can't be changed and will ultimately give up hope of ever seeing a difference. In so many cities across the country people are full of hopelessness due to overwhelming poverty and struggling schools. The young people best positioned to give their voice and power to help fix what's broken in these cities usually move on to "better" places and opportunities as quickly as possible. In the communities they leave behind, a small few (usually those least impacted by these problems) make all of the important decisions and others either follow their lead or leave. This is the pattern of a broken city.

To create a new narrative in Providence, many local leaders and activists are publicly challenging perceptions of young people as passive consumers of their environment and embracing innovative strategies that support youth as co-constructors and powerful agents

for change. What's slowly emerging is a dynamic youth community with knowledge about the systemic challenges it faces, and the ability to mobilize the city to drastically shift power, policy, and practice.

What would our cities look like if we all started to truly see youth as powerful assets instead of problems? As a teenager I grew up in Providence around adults who saw my potential to be a strong force in my community and supported me to follow that path. As an adult, I partner with youth throughout the city, building their potential to bring about social justice because I see it as the way for us to heal our city. In Providence and other small pockets across the country young people are taking the lead to fix what's broken – successfully tackling issues in community health, the justice system, public transportation, and education.

At Youth in Action (YIA), the power of youth starts with our building. In 2001 YIA youth leaders bought and renovated a four-story building. After raising half a million dollars, working with architects, and shedding lots of sweat and tears, we have a youth center in the heart of South Providence where YIA's programs are needed most. At a first glance,

YIA is simply a youth-driven nonprofit that values the leadership, voice, and power of young people. But when you walk through the doors at 672 Broad Street, you immediately feel that the energy is different from other places you've been. I believe it has to do with a different mindset, learning process, power dynamic, and perspective about what's possible that we all share. In many ways, we see this building of ours as a second home, a studio, and a laboratory where we're beginning to create that better world we know is possible.

Over the past fifteen years YIA has become a positive, youth-driven force in our community. We believe the key elements of what we do, and the practice that's emerging in small pockets across the country, can and should be transferred to other spaces. Authentic youth engagement in every classroom, neighborhood, and policy-making circle holds the power to transform an entire city. ✨

Excerpt from *Voices in Urban Education #34*
Brown University's Annenberg Institute for School Reform
by Adeola Oredola



Valerie A. Perry's 32 year career began at the East Providence School Department, then moved on to City Hall. There she served as administrative assistant to the city manager for four years, before being appointed city clerk, where she remained for the next 14 years until her retirement in 2004. Soon after, she was elected to the East Providence City Council, where she served three terms, from 2004-2010. Today she is the 2014-15 district governor nominee for Rotary District 7950, which includes 67 Rotary clubs throughout Rhode Island, Southeastern Massachusetts, the Cape, and the Islands of Nantucket and Martha's Vineyard.

photo by Agapao Productions

Valerie A. Perry

What are the opportunities for girls and young women?

When I think of what opportunities lie ahead for girls and young women, I think of my two granddaughters, ages 7 and 4. Each day, another barrier comes down and another opportunity presents itself to women of the world. The future looks brighter for my granddaughters, and countless other girls and young women in the world today.

Opportunities in the fields of science, technology, and engineering, are just a few examples in what was once considered to be male dominated areas. More and more women are taking over in high-tech companies and bringing new ideas and advancements to their fields. Women now outnumber men in college enrollments, and the future will see the pay gap getting narrower and narrower, as many women fill the positions that were almost exclusively held by males.

Women are also entering into the political arena in greater numbers. In 2004, when I was elected to my first of three terms on the East Providence City Council, I was only the third woman to do so since East Providence was first established in 1862. Today,

there is a woman on the City Council, and there are three female candidates in the upcoming election. Also, there are several female candidates for seats in the General Assembly. With the likes of women such as Hillary Clinton and Condoleezza Rice as role models, we know it is only a matter of time before a woman will be President of these United States of America.

Many programs have emerged throughout the world that focus on the empowerment of women. As a member of Rotary International, I am aware of schools that have been started for girls in places such as Afghanistan, Pakistan, Nicaragua, Malwai, etc., with the idea that by educating girls, they will have access to more resources and will be able to arm themselves with what is necessary to succeed. Education will enable the women to increase their income and help them to lead healthier lives for themselves and their children.

I am involved in the Rotary Youth Leadership Awards (RYLA) program, a leadership program for high school students. More than 400 students have

gone through the program in the past 4 years, at least half are female. Several of them who participated in the first year of the program are now entering their junior year of college. The areas of study include pharmacy, education, law, law enforcement, language, military service, etc. They speak about studying abroad and entering exchange programs, where they can live and learn another culture.

With each passing decade, the opportunities that are available to girls and young women continue to grow. Ten years from now, my oldest granddaughter will be preparing to enter college. Today, she tells me she wants to be a veterinarian. By the time she earns her degree, she may have an opportunity to be a veterinarian to pets on another planet. Who knows what the future holds, or where her travels will take her. But whatever she may do, or wherever she may travel to, it is certain that she will have so many more opportunities available to her than girls have today, just as girls today have so many more opportunities than those in years past. ✨

Carolyn Rafaelian

What are the opportunities for girls and young women?



Designer **Carolyn Rafaelian**, Alex and Ani's owner and creative director, hails from a family of jewelers. She launched Alex and Ani in 2004, naming the company after her first two daughters and shortly after opened her first retail store in Newport. The company has since bloomed and now proudly offers numerous retail locations throughout the United States with international partners spanning the globe. The Alex and Ani line is anchored by a patented signature expandable wire bangle in which she adorns with meaningful charms that represent each wearer's life purpose and individual spirit. All of her products and designs are eco-friendly and she is dedicated to maintaining an eco-conscious environment while utilizing green habits and producing products made in America. Through her philanthropic efforts of Alex and Ani's Charity by Design division, Rafaelian focuses on working with organizations to raise awareness and inspire action.

photo by Agapao Productions

There are many opportunities that present themselves in the most unexpected ways. Young girls and women have the capability to truly express themselves and their identity by creating, developing or finding something they love and sticking with it. For me, I believe that my jewelry is living art, an adornment that can express the heart and soul of the wearer. When you design something that speaks value to yourself, you inspire others to do the same. Designing charms using sacred symbols, the most ancient of languages to reflect deeper principles and meaning, brings a dimension of spirituality to your daily life and in turn, to others.

I hope to inspire young women to not only share their experiences with others, but to create something unique they can share with the world. My goal is to encourage people to express themselves through jewelry as an illustration of their beliefs, while spreading the message of positive energy.

One of my core beliefs is giving back to the community, and I hope to inspire young women to do the same. Through Alex and Ani's Charity by Design program, we raise awareness and funds for many important causes. While partnering with organizations like Hasbro Children's Hospital, the National Autism Association, and Living Water, we design unique and inspiring charms, sell them through Alex and Ani retail, and donate a portion of the sales back to the organization. Charity by Design allows consumers to individualize their support for charitable causes by their purchases, hopefully inspiring a new generation of philanthropists. My goal is to share my experiences with young women and encourage them to explore the world of endless possibilities. You never know what can come from a simple idea, and it's important to always stay true to your beliefs! It's how you inspire others to do the same and spread the positive energy. ✨



Roberta Richman has held numerous positions at the Rhode Island Department of Corrections during the course of her almost 33 years of employment. In her last position held from 2001 until July 1, 2012, she served as assistant director of rehabilitative services overseeing community corrections including probation, parole, and home confinement, and all prison based programming and treatment including education and vocational training, health services, mental health and substance abuse treatment and many specialized counseling programs. During the ten years of her tenure as warden, she introduced many innovative gender responsive programs for female offenders. Her primary focus throughout her career has been on preparing incarcerated men and women for their reentry into the community upon release and the development of activities designed to bridge the gap between institutional services and community corrections.

photo by Agapao Productions

Roberta Richman

What are the opportunities for girls and young women?

In the early 70s as a young mother and artist I became actively engaged in the Feminist movement and still consider myself a Feminist. I know the word is not one most young women use to describe themselves today, the advice I give when asked, is shaped by a Feminist perspective. Although the Feminist movement challenged the inequality of the sexes and made great strides in changing the world for girls and women, the goals of the movement, even now, are far from met. Girls and young women today still face challenges and choices that boys and men do not have to face.

When I began my career in Corrections I quickly realized that women offenders needed an advocate. They were far outnumbered by men and their unique needs were ignored. I became that advocate and in 1991, when I was appointed Warden of Women's Prison, I was able to dedicate myself to improving the lives of the 200 women I was responsible for. The women I

met in prison, at the lowest ebb of their lives, taught me more about myself, about life and the world we live in than any other influence I've experienced. I learned to understand how vital hope is when it seems that all hope is gone. And I learned that even under the very worst kinds of abuse the human spirit can survive and thrive if given half a chance. The best advice I was able to give those women was to believe in themselves and understand that they have the power to change their futures. Seeing many of them succeed against all the odds was deeply gratifying.

Fortunately, most young women and girls don't have to face the same challenges faced by women in prison. But the challenges they do face need to be taken very seriously. My daughters taught me that each of us, no matter how privileged, has to deal with challenges and hard complex issues and choices. I advise them and other young women to be true to who they are. Don't let others tell you how you

should live your life. Accept opportunities even if they seem unlikely or unfamiliar. As a young woman I could not have imagined a career in Corrections. It became my life's work by chance and has truly been a gift. But my work did not stop me from raising my children, involving myself in many community service activities and continuing my work as a professional artist.

Society tries to tell young women they cannot have it all, that they have to make choices and sacrifices that men don't have to face. I disagree. You may not be able to have it all at any one time, but the possibility of living your life as you decide is real. You owe it to yourself to know who you are and shape your own life goals. Never turn down an opportunity out of fear or uncertainty. Take chances and follow your instincts and interests. You may end up in unexpected places doing important work and changing the world around you. ❖❖❖



Barbara Sokoloff is president of Barbara Sokoloff Associates, Inc, a mission based affordable housing and community development consulting firm. She has created over 1500 affordable housing units as well as many community-based development and planning projects. These include the Dreyfus Hotel (a mixed use artists housing) and the Downtown East Greenwich Revitalization Plan among others. Sokoloff previously was city planner in Warwick. She is on the board of The Institute for the Study & Practice of Nonviolence, Classical High School Alumni Association, and is vice chair of the Jewish Alliance of Greater Rhode Island. She has been on the boards of RI Housing, RI Health Education Facilities Corp and was president of both the Hillel Board at The University of Rhode Island and Jewish Seniors Agency of Rhode Island.

photo by Agapao Productions

Barbara Sokoloff

What are the opportunities for girls and young women?

Challenges for girls and young women either contemplating a career or entering the work place have changed significantly in the forty years since I entered the workplace. When I was growing up I always believed I could do whatever I wanted. It did not matter to me that women were not in certain fields, it all seemed possible. Limitations were not part of my thought process. But I was the first woman in my graduate program and I was surprised that most of the men were disconcerted at having a woman in their classes. How times have changed. Twenty years later when my daughter went to law school it was very different. Her class was 50% women. And, today, I believe all fields are open to women. The choices are there, but are the opportunities available? What are the constraints facing today's young women?

First, there is the issue of the economy. With the slow economic growth there just are not enough opportunities for anyone entering the work force. It does not matter whether you are male

or female. A second constraint for women is their own self image. Many parents are now raising their daughters with the idea that they have choices. Girls that are not raised in this way are at a disadvantage. The third constraint is the perception within society of what a girl can and should do. This is the perception that I think has changed most significantly. Today, young women are entering and excelling in every area from medicine to accounting to engineering to law. Yet the idea that some careers are "for women" persists. YWCA is creating a charter school for pregnant and parenting teens. This school will have a college preparatory focus. Those of us involved in the school were quite surprised when an educator suggested that this school should train young women for traditional female jobs like nursing or teaching. So, we have come a long way, but we aren't all the way there yet. ❖❖❖

artist canvas

Editor's Note: The cover art for this edition of She Shines features Roberta Richman, a 2012 Woman of Achievement. For more, see page 17.



“In one way or another, landscape has been a visual starting place for my art for many years. I always photograph the places I visit, it allows me to isolate small parts of the landscape and examine what I see in an ordered sequence. Focusing on pieces of what I see through the camera’s lens helps me to understand what it is that has drawn me to a particular landscape. The color, the contrast of values, the composition of shapes attract me; the photographs help to organize my impressions and supplement my memory, giving me a starting point. Thick layers of oil stick are covered with gesso many times creating a rough and highly textured surface. The images invariably change as I search for a combination of forms that feel complete. They are not meant to be literal representations of particular places; rather I mean to convey a visual and emotional impression of places that are important to me.” - Roberta Richman

Roberta Richman is a board member at Hera Gallery, a proactive community passionate about bringing fine art to South County and the larger community. It is a non-profit artist-run arts organization that has continued to stimulate discussion and challenge perceptions for 37 years. www.heragallery.org

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Joanne is passionate about helping smart, affluent women and their families gain greater control of their financial life. Many of Joanne’s clients are women who have become responsible for their financial future after experiencing divorce, death of a spouse, career transition or inheritance of significant wealth. Joanne works in partnership with her clients to help them become financially empowered and secure in their financial future. She helps her clients take control of their financial life through personal financial coaching sessions, educational workshops and developing their personal financial lifestyle plan. Each plan incorporates a personalized investment strategy and Joanne’s proactive wealth management process. Joanne’s financial planning knowledge and expertise with her 20 years of combined CPA and wealth planning experience gives her the exceptional ability to offer a boutique of wealth management services and resources exclusively to her clients. Joanne is chair of the Financial Planning and Literacy Committee of the RI Society of CPAs. She is a past recipient of the YWCA Women of Achievement Award for helping women become financially empowered and is a frequent guest speaker at community and corporate events. Contact Joanne for a complimentary consultation, about speaking at an event or to attend a seminar.

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students speak

Editor's Note: Youth from Rhode Island for Community and Justice. For more, see page 8.



“I can make a change in the world, one step at a time.” - Christelle



“If you believe something could be done to improve your society, you have to take initiative. One person can make a difference.” - Virginia

schools, tools and jewels

Woonsocket Prevention Coalition celebrates Grandparents Day

The Woonsocket Prevention Coalition Senior Committee presented an intergenerational event on September 10 at the Museum of Work and Culture in celebration of Grandparents Day. Grandparents were asked to share their wisdom, perspectives and key civic values with young people. "An involved grandparent can be a powerful weapon in the prevention of dangerous and risky behaviors by guiding and helping their grandchildren through life's temptations," says executive director Lisa Carcifero.

Photos clockwise: Lisa Carcifero of Woonsocket Prevention Coalition, Joyce Dolbec of YWCA Rhode Island with "Abigail", Mamadou Ba of Youth Rap - NeighborWorks Blackstone Valley, Rain Jolicoeur also of Youth Rap, and Anne Marie Pinelli of the Elderly Task Force - Woonsocket Prevention Coalition. Abigail is a sculpture displayed at the Museum of Work and Culture. It is welded steel, surrounded in context by the mill. She weaves together a future of growth and stability for family and community.

photos by Agapao Productions



<p>At their Woonsocket Campus, YWCA Rhode Island observed Fall Prevention Awareness Day including a pre-event held during the Grandparents Day Celebration. Materials were distributed including night lights, exercise and physical activity books, and What You Can Do To Prevent Falls pamphlets. This fall, learn what you can do to prevent falls.</p>	<p>Falls are the leading cause of both fatal and nonfatal injuries for those aged 65 and over. Studies show that a combination of interventions can significantly reduce falls in the older adult population. Experts recommend a physical activity regimen with balance, strength training, and flexibility components; consulting with a health professional about getting a fall risk</p>	<p>assessment; having medications reviewed periodically; getting eyes checked annually; and making sure the home environment is safe and supportive.</p> <p>For more information, call YWCA at 401-769-7450 or visit www.health.ri.gov/injury/fallsprevention. Dusk-to-dawn night lights provided by Rhode Island Department of Health.</p>
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health care for seniors

by Kathleen Connell

The landscape of senior health care is as vast and varied as the population of seniors themselves. During my several careers I have always been involved in health care in one way or another; some of my experiences were professional, some personal and some mixed. The single overriding conviction I have taken away is that the best care is focused squarely on the wellbeing of the patient/client, and peripherally on the family and the support systems that are so important to the individual.

When I was a student nurse I had the good fortune to be a caregiver for a young woman, a polio quadriplegic. She was a remarkable person, an RN herself and a born teacher. We became fast friends and I was an “off and on” caregiver for her in her home for 30 years. She taught me the value of patient centered care and family support in attaining a quality of life in spite of challenges. I also learned the value of caregivers, typically family members.

According to Joan C. Williams, director of the Center for WorkLife Law, University of California, Hastings College of the Law about 42 percent of U.S. workers have provided unpaid eldercare in the past five years and just under half (49 percent) of the workforce expects to provide eldercare for a family member or friend in the coming five years. The average family caregiver in the U.S. is a 49-year old woman who works outside the home and spends the equivalent of an additional half-time job (nearly 20 hours a week) providing care for her mother. Valued in 2009 dollars, the care she and her peers provide is worth \$450 billion according to an earlier AARP report.

Today’s seniors are living longer and healthier lives, thanks in part to better understanding of how behaviors affect health status and adopting better habits. In addition, modern medicine and technology contribute enormously. Even so, however, eventually most people find themselves in need of caregiving at some level. Caregivers are the glue that holds the whole system together and yet they may be the least understood component. For this reason, I am very pleased that AARP has launched a new initiative to identify the needs of caregivers and to help provide information and resources to them.

For more information, visit the AARP website, www.AARP.org/caregivers.

Kathleen Connell assumed the position of AARP-RI Senior State Director in 2001 following a long career in public service, education and health care. She is a registered nurse and a former health educator. Her career in public service included three terms as the elected Secretary of State in Rhode Island, a term in the Rhode Island Senate and 16 years elected to local town offices in Middletown, where she was the first Democrat elected to office. In that time she was a leader in numerous education and health care issues, and in issues affecting women. As Secretary of State she continued to lead on the issues of voter education and parity for women. Connell has been involved with the Japan-America Society/Black Ships Festival as president and now as president emeritus. She currently serves on the Board of Directors of Quality Partners of Rhode Island. Her awards and recognitions include: Citation of the Consul General of Japan, The John E. Fogarty Humanitarian Award, The Salve Regina University Alumna of the Year Award, The Quality Partners of Rhode Island Lifetime Achievement Award, and membership in the Rhode Island Heritage Hall of Fame. Connell holds a master’s degree in International Relations and bachelor’s degree in Nursing, both from Salve Regina University in Newport. She lives in Middletown. photo courtesy of Connell



health and housing for the elderly

by Sharon Rodrigues King

For the elderly population specifically, home must represent a place of safety, security, shelter and contentment. The growing elderly population poses many challenges for our society; some of the most important involve the provision of appropriate housing while simultaneously addressing the need for the highest level of efficiency of health care. The health and housing concerns of elderly individuals are unified. Health and housing issues often compound and create the problems of aging individuals. In fact, a housing problem may certainly create a health problem and a health problem may generate a devastating housing problem. Many organizations throughout the country have recognized the correlation between health and housing for elderly and have coordinated services to support the aging process.

I have spent my entire adult career in the field of social services. For nearly 20 years, my passion for anti-poverty programs and social advocacy lead me in the direction of working for a non-profit organization concentrating on direct services and program management for those in most need financially, educationally, psychologically and socially. Looking for a new challenge but continuing the desire of social services, I was given a new opportunity and hired by the executive director of the Central Falls Housing Authority (CFHA), Tina-Marie Sullivan, to direct housing programs for the elderly and disabled as well as supervise their Section 8 Program. I spent months learning HUD regulations, procurement, rent calculations, Section 8 procedures, public housing management procedures, etc. All the while, I anticipated an eventual full circle of housing and social services collaboration to become possible. I have now been within the housing field for seventeen months and have eagerly taken on this challenge. My goal has always been to correlate the expertise that I have with social services while managing a more enhanced, cohesive housing organization with the support of the Authority's administration, commissioners and more than outstanding, diligent direct service staff.

The mission of CFHA is to provide safe, affordable quality housing and to establish programs that will educate, enhance and empower the lives of all the people we serve in the community. On behalf of the staff, executive director, board of commissioners, and myself as director of housing, it is considered one of our top priorities to ensure collaboration with health organizations on a daily basis linking the highest level of health services with the public housing environment for our elderly and disabled residents. CFHA has a resident service coordinator, Aimee Tortolano, who provides individual case management for all senior and/or disabled residents working toward effective, uncomplicated health services and plans. She also provides health related workshops, groups, speakers on all relevant health topics, clinics, health awareness events and initiatives. Tortolano works cooperatively with Rhode Island Department of Elderly Affairs and all associated health organizations on a daily basis for referrals and assistance in elderly health and well-being. Again, providing only housing is not sufficient with any needy population.

Social services must always be inclusive in order for the health and well being of the residents living within Public Housing. A happy, secure, safe and comfortable aging individual makes for a healthier aging individual. Through housing programming including intensive health initiatives, I feel comfortable knowing that we are on the best path of distinction.

For more information, visit www.cfhousing.org.

Bristol Rhode Island native Sharon Rodrigues King received a bachelor's degree in sociology from Boston College in 1990. She received a master's degree in criminal justice from Anna Maria College specializing and writing her thesis on social justice. For 22 years, she has worked in Northern Rhode Island in the field of social services. Currently, she is director of housing at the Central Falls Housing Authority. King's mission is to see that there is a continued growth of combining both health and housing services for the elderly in the most highly effective manner. There is no room for isolation. photo by Agapao Productions



resources for older women

by Maureen Maigret

As a 30-year old nurse, wife, mother of one son (and pregnant with another) elected to represent a Warwick legislative district, little did I envision spending my encore career as an advocate for older women. But looking back, it seems a natural course. Work on issues that impact so directly on women – child care, displaced homemakers, home health care, inheritance taxes – were a major part of my legislative agenda. Later work as director of Elderly Affairs and policy director for several elected officials led to my current work in health and aging policy. It seemed prophetic when the Women’s Fund of Rhode Island asked me to write a report on older women to provide policymakers with data to help improve older women’s quality of life. Working on the report was a joy. Through focus groups with a diverse set of older women we were able to include their concerns and “voices” in the report. *Older Women in Rhode Island: A Portrait* notes the important role older women play as volunteers, caregivers and workers, but also points to the dramatic inequities they face – economically, socially and functionally.

It is critical that our state policymakers know the facts. Women age 65 and over make up 60% of Rhode Island’s older population and 70% of those 85 and over. Four out of ten older women live alone and 44% are widowed, factors often leading to social isolation and poorer health. Many are at risk financially. Their average Social Security benefit is 30% less than men’s and many are low income and have difficulty meeting basic living expenses. When it comes to health, older women are more likely to suffer from chronic diseases, have higher out-of-pocket health care costs and need more long term care. To change this picture, we must do more in the early years to promote healthy lifestyles and preventive care for women.

To follow up to the report, last November the Senior Agenda Coalition of Rhode Island formed the Older Women’s Policy Group which I have the pleasure to lead. Named “Project GROW” (Growing Resources for Older Women), our goal is to create a core of women advocates working on a policy agenda to improve older women’s lives. With over a dozen energized members, the group is off to an amazing start. During the 2012 legislative session we made phone calls, sent emails and appeared before committees to support funds for senior services and key pieces of legislation.

During the focus groups with older women, they animatedly talked about the pressing need for political leadership and advocacy to address their concerns. One spoke of feeling “invisible” as an older woman in today’s society. I often think of the many outstanding older women advocates whose spirits have inspired me. I hope that my work will inspire other women to get involved, to champion policies to address the inequities faced by women of all ages. ❖❖❖

Maureen Maigret, RN, BS, MPA, works as a health care and aging services policy consultant. From 1991 to 1994 she served as director of the State Department of Elderly Affairs and from 1999 through 2006 she served as policy director for Lt. Gov. Charles Fogarty. Maigret was a member of the Rhode Island House of Representatives for 10 years successfully sponsoring numerous legislative measures to improve health and human services. Prior to her state government work, she worked as a registered nurse in various health care settings. She has received a number of awards for her leadership in health and long term care policy. photo courtesy of Maigret

Editor’s Note: Resource information for older Rhode Islanders is on page 26 and available at the Senior Agenda Coalition of Rhode Island – www.senioragendari.org/resources. The Older Women in Rhode Island: A Portrait report, is available online at the Women’s Fund of Rhode Island – www.wfri.org/Portals/0/Uploads/Documents/Public/WFRI_2010_AgingReport.pdf.



investing in the health of seniors

by Beatriz E. Perez-Lopes

My passion for helping seniors grew out of a strong commitment to support my parents through my father's dementia. It was an eight-year struggle from the time he was diagnosed with Alzheimer's disease to this summer, when he eventually succumbed to the disease. During that time, I learned first-hand how vulnerable seniors can be to injury, particularly those caused by falling.

The chances of falling and being seriously injured increase with age. Beginning in our middle-age years, all of us start to experience more diseases and medication use, lower levels of physical activity, and physiological changes that influence our physical stability. But falls are not an inevitable result of aging. We can reduce the risk of falling by making practical lifestyle adjustments, and being more physically active.

Today, I am so proud of the work being done by Safe Rhode Island (SRI), the Department of Health's Violence and Injury Prevention Program, to prevent falls among community-dwelling older adults. Each year, about one-third of healthy seniors living in community-based settings fall, often with resulting injuries that require medical attention. Fall-related injuries can cause serious mobility problems that adversely influence a senior's ability to live independently. Currently 140,000 (14%) Rhode Islanders are 65 years of age or older. By 2020, it is estimated that 195,000 (17.9%) Rhode Island adults will be over 65. SRI strives to prevent falls among healthy seniors by training community-based agency staff members to offer exercise programs that improve strength and balance. Seven agencies across the state are partners in this effort.

SRI also works with Coastal Medical, Inc. to support primary care practices in screening patients 65 years and older for fall risk. The falls risk assessment project is scheduled to begin this month. Patients identified as "at risk" will be referred to exercise programs to reduce their risk of falling.

As a result of SRI's efforts, 15 individuals have been trained to provide the "A Matter of Balance" exercise program in our state – a program from which 120 seniors have benefited. For more information, visit www.health.ri.gov/injury/fallsprevention/for/olderadults/index.php.



Beatriz E. Perez-Lopes received a Bachelor of Arts in Psychology and Sociology from Boston University College of Liberal Arts in 1989 and a Master of Public Health from Columbia University School of Public Health in 1993. She is currently manager of Safe Rhode Island at the Rhode Island Department of Health (HEALTH). As manager of HEALTH's violence and injury prevention programs, Perez-Lopes administers the federal grants for Core Violence and Injury Prevention, Rape Prevention and Education, and Youth Suicide Prevention. She has held research positions at Columbia University where she investigated physicians' cancer screening practices, women's attitudes towards HIV testing and counseling services, body composition during pregnancy, and the impact of trauma on women in recovery from substance abuse. Perez-Lopes has authored and co-authored numerous publications and presentations related to violence and injury prevention including "Trauma, childhood sexual abuse and AIDS" in *Women at Risk: Issues in the Primary Prevention of AIDS*. She is the recipient of the 2007 Women of Excellence Award for Social Service sponsored by the Women's Center of Rhode Island. photo courtesy of Perez-Lopes



promoting health care as a path to independence

by Catherine Taylor

As director of the Rhode Island Division of Elderly Affairs (DEA), my mission is to preserve the independence of seniors and adults with disabilities in our state. The Older Americans Act further calls on me to be a strong advocate for the rights and well-being of older Rhode Islanders. Given the demographics of aging, women are often the primary focus of DEA's efforts. Nearly 60% of Rhode Islanders 65 and older are women and nearly 70% of Rhode Islanders 85 and over are women.

Nothing is more important to a person's independence than good health; so much of the work of DEA centers on promoting good health and combating the sense of isolation and powerlessness that threatens our health as we age.

Some of the things we accomplish at DEA to keep people healthy and at home include offering accurate information and assistance by connecting seniors and adults with disabilities to needed services and affordable health insurance by providing options counseling by THE POINT and the State Health Insurance Program (SHIP); investigating cases of elder abuse and self-neglect; providing nutritious meals at senior centers or delivered meals to home-bound elders; support community living with chore, personal care, adult day health and assisted living services; and sponsor health promotion and chronic disease self-management programs.

Falls prevention awareness and education are prime examples of DEA's simple, yet critical, health promotion activities. Falling is one of the greatest threats to our health and independence as we age. A completely healthy individual can become very sick, debilitated, or lose their independence in an instant. One in three adults age 65 and older falls each year. According to the Rhode Island Department of Health, falls are the leading cause of injury related deaths, hospitalizations, and emergency room visits among Rhode Island seniors.

These activities represent a small share of Rhode Island's Health and Human Service budget; but they are critical in ensuring that Rhode Islanders maintain optimal health as they age, and also to ensure that they avoid expensive nursing and medical institutions whenever possible and appropriate.

It is so rewarding to be able to improve lives and save healthcare dollars through DEA's home and community based work. I'm passionate in my mission as a woman who wants to be an older Rhode Islander myself someday. I am dedicated to the hard work that will make it possible to age how and where we want.

You can reach THE POINT by calling 401-462-4444, or by going to www.adrc.ohhs.ri.gov. The TTY number is 401-462-4445 (TTY). SHIP can be reached by calling 401-462-3000, or by going to www.dea.ri.gov. The TTY number is 401-462-0740.

Catherine Taylor was appointed in January 2011 by Governor Chafee to serve as the director of Elderly Affairs. DEA's mission is to preserve the dignity and independence of elders and adults with disabilities through a network of community-based services. Taylor worked for 20 years as an advisor and speechwriter to Senator John H. Chafee and Senator Lincoln Chafee. In 2007, Taylor co-founded Lang Taylor Ltd, a Providence-based public affairs consulting firm. Taylor was the 2010 Republican-endorsed candidate for Rhode Island Secretary of State. A graduate of Yale, she lives in Providence with her husband and four children. photo courtesy of Taylor

calendar.....

october

Events are listed in the calendar as space allows. Submissions may be e-mailed to info@sheshines.org, faxed to 401-769-7454, or mailed to *She Shines*, c/o YWCA Rhode Island, 514 Blackstone Street, Woonsocket, RI 02895.

- **October, Banner of Hope:** For the 3rd year, the Central Falls Housing Authority is hosting cancer awareness events for residents, staff and their families. Events are planned throughout the month including a Banner of Hope, displayed in the community room. For additional details, contact Aimee Tortolano at 401-727-9090 x121.

- **October - November, Stories of Access, Stories of Denial:** An interactive exhibition at The John H. Chafee Blackstone River Valley National Heritage Corridor Commission Offices, One Depot Square in Woonsocket. A journey into the lives and experiences of communities of color on the Blackstone River from the Civil War to Civil Rights. A project by RiverzEdge youth. www.riverzedgearts.org

- **October 20, 15th Anniversary RISE Fashion Show:** 7pm at The Dorrance in Providence. Formal gala will include live and silent auctions. Proceeds support RISE – a scholarship and mentoring program for children of currently and formerly incarcerated parents. www.riseonline.org

- **October 25, 3rd Annual Quality Conference on Women's Health:** Resolving Socioeconomic Stressors for Stronger, Healthier Women. Innovative models of care and how to fund them. From 5-8:30pm at Marriott Hotel, One Orms Street in Providence. Free. Registration required. www.womenshealthcouncil.org/events-2

- **October 29, Behind Closed Doors:** A play by SOAR - Sisters Overcoming Abusive Relationships. Real stories of domestic violence, hope and survival. Doors open at 6:30pm at Trinity Repertory Company, 201 Washington Street in Providence. Call 401-467-9940 for tickets, pay as you can with donations accepted. www.soarinri.org

november

- **November 2, 5th Annual Senior Conference and Expo:** Aging in Community: It's a Women's Issue. From 8am-3pm at the Crowne Plaza Hotel in Warwick. Keynote speaker: Ellen Goodman. \$25 for seniors. \$45 for all others. Registration includes continental breakfast and lunch. www.senioragendari.org

- **November 3, Eco-Depot:** From 8am-noon at DPW in Warwick. Free service for Rhode Island residents to dispose of household hazardous waste safely and properly. www.rirrc.org/ecodepot

- **November 4, Wild at Work Career Day:** From 10am-4pm at Roger Williams Park Zoo in Providence. Are you or do you know a teen interested in a career working at a zoo? Educator-led workshop will include a sneak peek into the secret life of zookeepers, zoo veterinary care, exhibit building, enrichment for zoo animals, program animal encounters and more. Members: \$60. Non-members: \$75. www.rwpzoo.org/492/wild-work-career-day

- **November 9, Seminar - Care Planning in the Long Term Care Setting:** From 10am-noon at the American Cancer Society, 931 Jefferson Blvd., Suite 3004 in Warwick. Free. Registration required. Call Patricia Vinci, 401-739-2844 x36. Sponsored by RI Department of Human Services Division of Elderly Affairs. Administered by Cornerstone Adult Services. RI Volunteer Guardianship Program.

- **November 10, Touch for Comfort Care:** Oncology Massage for Caregivers. From 10am-3pm at The Miriam Hospital - Hurvitz Board Room, 164 Summit Avenue in Providence. A class for family members, friends and caregivers of someone with cancer. Donation \$75 per person with advanced registration (lunch included). Contact Judy Antonelli at 401-247-2220.

- **November 13, Grandparent Class:** Class enhances the bond between expectant grandparents and the new family. From 6:30-8:30pm at Women & Infants Hospital, 101 Dudley Street in Providence. Fee: \$30. For details, call 401-276-7800 ext. 100.

- **November 15, Fall Leadership**

december

Breakfast: An event of Leading Women SENE from 8-9:30am at Crowne Plaza, 801 Greenwich Avenue in Warwick. Advancement in Action: The Role of Confidence & Self-Promotion. www.leadingwomen.biz

- **December 1, 30th Annual Foundry Artists Holiday Show:** From 10am-8pm at The Pawtucket Armory Center for the Arts, 1372 Exchange Street in Pawtucket. Show is open to the public. Admission and parking is free. Bring a nonperishable food item for donation to the Rhode Island Food Bank. www.foundryshow.com

- **December 3, Mentor with AS220:** 10am at AS220 Youth Gallery in Providence. Young professional and amazing individuals needed to mentor incarcerated youth to support them in their transitions back home and into the community. To get involved, contact Ngozi Ahanotu at ngozi@as220.org.

- **December 3, Free Zumba Classes:** 6pm at Beneficent Congregational Church, 300 Weybosset Street in Providence. No experience necessary. Donations appreciated. For additional details, call 401-331-9844.

- **December 9, Fiddler Natalie MacMaster:** Begins at 7:30pm at The Auditorium in Roberts Hall, 600 Mount Pleasant Avenue in Providence. Juno Award winning fiddler presents a holiday concert. Admission: \$35. www.ric.edu/pfa/pas.php

- **December 17, Gingerbread Village Competition & Reception:** Students from Chariho Career and Technical Center Culinary Arts compete to create a gingerbread village of Watch Hill. \$35 per person includes wine, soda and hor d'oeuvres. 6pm at Ocean House, 1 Bluff Avenue in Westerly. www.oceanhouseevents.com/?p=5544

- **December 28, Safe Sitter:** More than just a babysitting course; it advocates for safe childcare, good parenting skills and responsible adolescents. For youth ages 11 to 14. From 9am-4pm at The Gerry House on the Rhode Island Hospital campus. \$45 includes all materials. For more information or to register, call 401-431-5410.

resources for older Rhode Islanders

Administration on Aging
www.aoa.dhhs.gov | 202-619-0724

Alzheimer's Association
www.alz-ri.org
401-421-0008 or 800-244-1428

CareLink
www.carelink-ri.com | 401-490-7610

Center for Medicare and Medicaid Services
www.cms.hhs.gov
877-267-2323 (toll free)

Commission on Accreditation of Rehabilitative Facilities
www.carf.org | 520-325-1044

Elder Care RI
www.eldercareri.com

Joint Commission on Accreditation of Healthcare Organizations
www.jcaho.org | 630-792-5000

Long Term Care Coordinating Council
www.ltgov.ri.gov | 401-222-2371

Long Term Care Ombudsman
401-785-3340

Medicare
www.medicare.gov | 800-633-4227

National Hospice and Palliative Care Organization
www.nhpco.org | 800-658-8898

RI Department of Elderly Affairs
www.dea.state.ri.us | 401-462-3000

RI Department of Health
www.health.ri.gov | 401-222-2231

RI Department of Human Services
www.dhs.state.ri.us | 401-462-5000

Sojourner House
www.sojourner-house.org
401-861-6191

Source: Senior Agenda Coalition of Rhode Island. 401-274-6900
www.senioragendari.org/resources



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Maria Matias
401-222-7623
www.health.ri.gov

Living Well
Rhode Island



shining

with Diana Beauchemin

camaraderie at YWCA



YWCA Rhode Island members and friends,
from left: Maryanne Horne, Stella Skrzat and Diana Beauchemin.

Photo courtesy of Beauchemin. Interview by Meghan Grady.

Tell me about yourself.

“After I went to Bryant University, I went to work and ran a small office in Providence. I left to start a family. I have four sons and one daughter. I’m currently 86 years old and will turn 87 on Halloween. I enjoy gardening and reading – the usual things. When I was a little girl, I got a nickel and bought some sweet pea seeds and stuck them in the ground. That was my first attempt at gardening.”

When did you first join YWCA? Why?

“I joined YWCA in January of 1942 just after Pearl Harbor. I was a few badges short of becoming a Girl Scouts Eaglet but during World War II they stopped the program so I joined YWCA. Later, I joined the Board of Directors and served for 15 years. I was the recording secretary for 10 years.”

What do you enjoy most about being a member of YWCA?

“Over the years, the camaraderie was unbelievable. I met hundreds of people to socialize with. I helped start two senior clubs, we had so many people we had a waiting list. Then, we had three senior groups with over 75 women in one group. I ran it for years. For women at the time, YWCA was an outlet.”

I understand you were an avid golfer. Would you like to comment on the importance of young women being involved in sports and physical activity?

“I enjoy golf. In high school I was on every team . . . I was always competitive and I liked competitive sports. I was on the basketball, baseball and volleyball teams. There are health benefits to playing sports and you meet new people. That is what is great about YWCA, meeting new people. The women I met from YWCA are still my friends.”

You and your husband have owned and operated a lumber yard for how many years?

“My late father-in-law opened Beauchemin Lumber in 1949 on Social Street in Woonsocket. It was run by my late-husband who passed away in November and now my daughter Anne Poirier. Anne is knowledgeable about every aspect of the construction business.”

What are your thoughts on healthy aging?

“Stay active.”

Is there anything else you would like to share with us?

“I hope my grandchildren will be able to experience camaraderie and friendships like I did at YWCA.”

Thoughts on healthy aging, “stay active.” – Diana Beauchemin



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