

THE **UMBRELLA** GROUP

*UMB Roundtable on Empowerment in Leadership
and Leveraging Aspirations*

UNIVERSITY OF MARYLAND, BALTIMORE CELEBRATES

WOMEN'S HISTORY MONTH 2021

UMBrella Virtual Symposium:

*The Myth of Balance or
The Art of Being Unbalanced*

MARCH 9

9 a.m. - 4:30 p.m.



WELCOME



I'm thrilled to welcome you to the University of Maryland, Baltimore's (UMB) 2021 Women's History Month celebration. And what a fitting time to be celebrating women's history — when barely two months ago, on Jan. 20, women and girls all across America watched Kamala Harris make history being sworn in as the 49th vice president of the United States — the first African American, first Asian American, and first female vice president.

UMB has long taken part in this annual celebration that commemorates the pioneering, courageous women of our past and honors the equally heroic women of today. Unfortunately, we had to cancel last year's program due to the COVID-19 pandemic that had just begun raging through the country. And here we are a year later: The pandemic is still here ... yet we have persevered and will persist in celebrating women and the contributions that have been made and those yet to come.

This year, our theme is "The Myth of Balance or The Art of Being Unbalanced," which centers on working women who must juggle a career, family, personal wellness, finances, and much more. For many, the idea of balancing these demands can seem daunting and seemingly impossible. But what if you let go of the myth of balance and embraced the art of being unbalanced? This year's symposium aims to inspire you to do just that.

The event features two notable keynote speakers: Pamela Peeke, MD, MPH, FACP, FACSM, and DeRionne Pollard, PhD, MA. Dr. Peeke, a renowned physician, scientist, and thought leader on integrative, preventive, and lifestyle medicine, will start the day with a motivational talk about making the connections among mind, body, and health. Dr. Pollard, the president of Montgomery College, will share her personal experience with burnout, how she decided when enough was enough, and her journey back to being in charge of her life.

Symposium attendees also will take part in two of the five insightful breakout sessions that tackle topics such as caregiving, financial planning, self-awareness, women's health, and stress management. After these sessions, symposium attendees will reunite for a workshop on mindfulness and self-care techniques to help you create an inner calm. And we've added something new this year that previous participants asked for — networking time at the end of our symposium to connect and share your thoughts with each other about what you experienced earlier in the day.

I am confident that today's symposium will be a meaningful experience for you, as the women of today propel this University, our state, nation, and world toward true equality, inclusion, and opportunity.

On behalf of the UMBrella Group, which was formed in 2015 to support the success of women at UMB and whose members organized today's event, we thank you for your participation in this celebration and for the contributions you will make to society in the years ahead.

Sincerely,

A handwritten signature in black ink that reads "Jennifer". The signature is fluid and cursive, with a long, sweeping underline that extends to the right.

Jennifer B. Litchman, MA
Senior Vice President for External Relations
Special Assistant to the President
Founder and Chair, UMBrella
University of Maryland, Baltimore

SCHEDULE

9-10 a.m.

Morning Keynote

Welcome

Bruce E. Jarrell, MD, FACS,
president, UMB

Introduction of Speaker

Jennifer Litchman, MA,
senior vice president for external
relations and special assistant to
the president, UMB

Keynote Speaker

Pamela Peeke, MD, MPH, FACP,
FACSM, adjunct assistant
professor, University of Maryland
School of Medicine, and Pew
Foundation Scholar in Nutrition
and Metabolism

10-10:15 a.m.

Break

10:15-11:15 a.m.

Breakout Sessions

*"You! The Captain of Your
Health and Wellness"*

Kelli Bethel PT, DPT

"Life in the Sandwich:

*How to Care for Children,
Aging Parents, and You!"*

Liz O'Donnell

*"Self-Awareness, Well-Being,
and Professional Success:*

Finding the Balance"

Isabel Rambob, DDS

*"Financial Wellness: Plan Today
for the Tomorrow You Envision"*

Beth Rosenwald

*"Recognizing and Coping
with Stressful Triggers"*

Mai Trinh, MS

11:15-11:30 a.m.

Break

11:30 a.m.-12:30 p.m.

Breakout Sessions

(repeat of sessions)

12:30-1 p.m.

Break

1-2:15 p.m.

Afternoon Keynote and UMBrella Awards Presentation

Introduction of Speaker

Dawn Rhodes, MBA,
chief business and finance officer,
UMB

Keynote Speaker

DeRionne Pollard, PhD, MA,
president, Montgomery College

Awards Presentation

Juliet Dickerson, MS,
interim associate vice president,
Human Resource Services, UMB

2:15-2:30 p.m.

Break

2:30-3:30 p.m.

Afternoon Mindfulness Workshop

*"Filling Your Cup So You Can
Lift Others Up"*

Allison Morgan, MA, OTR, E-RYT

3:30-3:45 p.m.

Break

3:45-4:30 p.m.

The Networking Lounge

KEYNOTE SPEAKERS

MORNING KEYNOTE



PAMELA M. PEEKE, MD, MPH, FACP, FACSM

Pamela Peeke is a nationally renowned physician, scientist, expert, and thought leader in the fields of integrative, preventive, and lifestyle medicine. An adjunct assistant professor of family medicine at the University of Maryland School of Medicine, she also is a Pew Foundation Scholar in Nutrition and Metabolism and a fellow of the American College of Physicians and the American College of Sports Medicine.

Dr. Peeke has been named one of America's top physicians by the Consumers' Research Council of America and received national recognition from the fitness and nutrition industries for her continuing leadership and expertise. She was the first senior research fellow for the National Institutes of Health's Office of Alternative Medicine, where she helped establish the scientific foundation for research involving stress, nutrition, and fitness.

As a lifestyle expert for WebMD's 90 million members, Dr. Peeke has established a multimedia educational platform that includes podcasts, videos, and community exchanges. She is a regular medical commentator for national networks and outlets, including ABC, NBC, CNN, and Fox News, as well as a blogger for *HuffPost*, *U.S. News and World Report*, and *Prevention* magazine.

Dr. Peeke is an acclaimed TEDx and keynote speaker in the area of integrative and preventive medicine and founded the Peeke Performance Center for Healthy Living, which guides men and women in their quest to optimize their quality of life and longevity.

AFTERNOON KEYNOTE



DeRIONNE POLLARD, PHD, MA

DeRionne Pollard is the president of Montgomery College, a three-campus community college in Montgomery County, Md., with 55,000 credit and noncredit students. She took the job in 2010 and led the development of a new mission and strategic plan. She has partnered with Montgomery County Public Schools and the Universities at Shady Grove (USG) in

creating Achieving Collegiate Excellence and Success, a program designed to help disadvantaged students transition from high school to college completion. Montgomery College also is a member of the Achieving the Dream network, a nongovernmental reform movement that champions student success at community colleges.

Dr. Pollard formerly was president of Las Positas College in Livermore, Calif. She was a member of the American Association of Community Colleges' 21st Century Commission on the Future of Community Colleges, is a former president of the American Association for Women in Community Colleges, and serves on the USG board of advisors. Dr. Pollard was named one of Washington's 100 Most Powerful Women by *Washingtonian* magazine in 2012, received a Visionary Award from the Washington Area Women's Foundation in 2015, and won an Academic Leadership Award from the Carnegie Corporation of New York in 2017.

Dr. Pollard received her bachelor's and master's degrees in English from Iowa State University, which awarded her a Distinguished Alumni Award in 2019, and earned a PhD in educational leadership and policy studies in higher education from Loyola University Chicago.

“You! The Captain of Your Health and Wellness”

Each of us has a unique body, mind, and spirit. Our health and wellness needs are just as unique and require an individualized approach. This breakout session will include an overview of the concept of whole health, activities to identify your unique health and wellness story, and strategies to help you be the captain of your health and wellness journey.



Presenter

Kelli Bethel, PT, DPT

Kelli Bethel is a physical therapist, certified yoga therapist, and registered yoga instructor who works at the University of Maryland School of Medicine’s Center for Integrative Medicine (CIM). She has over 28 years of experience as a physical therapist, treating adult and pediatric clients and focusing on neurologic injuries and disease as well as patients with cancer. Kelli also has been

working in the field of yoga therapy since 2007, with an emphasis on stroke, brain injury, and cancer.

As director of yoga therapy and yoga at CIM, Kelli oversees, develops, and implements multiple education programs, including yoga, yoga therapy, and self-care strategies for licensed health care providers. Clinically, she provides physical therapy and yoga therapy to patients through CIM’s various contracts. She works directly with patients, their families, and staff to develop and implement patient-centered treatment plans and is committed to empowering her patients, clients, and students along their health and wellness journey.

“Life in the Sandwich: How to Care for Children, Aging Parents, and You!”

Managing children and a career has its challenges. Add aging parents to the mix, and life really gets interesting. Caregiving will disrupt our lives and careers, unless we learn to disrupt it first. In this session, Liz O'Donnell, founder of Working Daughter, will share strategies for balancing multiple competing priorities: career, kids, parents, and self. Attendees will walk away with actionable and practical tools for prioritizing life's responsibilities, goal-setting at work and at home, finding joy in their current situation, and banishing any guilt. O'Donnell also will share her own experience of caring for two ill parents while raising children and building a business.



Presenter

Liz O'Donnell

Liz O'Donnell is the founder of Working Daughter, an online community for women balancing eldercare, children, career, and more. An award-winning writer, she published her second book, *Working Daughter: A Guide to Caring for Your Aging Parents While Earning a Living*, in 2019, and it was named one of the best books by *Library Journal*. Her first book, *Mogul, Mom, & Maid: The*

Balancing Act of the Modern Woman, looked at the impact of women's personal lives on their careers.

A former family caregiver, Liz is a recognized expert on working while caregiving and has written on the topic for many outlets, including *The Atlantic*, *Forbes*, *Time*, and PBS' *Next Avenue*. She has delivered keynote speeches on the topic to audiences at Harvard University, the Marketing to Moms Conference, the Women Leading Government Conference, and elsewhere.

A longtime marketing executive and working mother, she also is active in her community and committed to supporting other women. Liz co-founded SheStarts, an organization for female entrepreneurs, and Women in Democracy-Dedham, a nonpartisan group in Massachusetts that seeks to engage more women in local politics.

“Self-Awareness, Well-Being, and Professional Success: Finding the Balance”

In this session, we will explore how increasing self-awareness and improving well-being have an impact on professional success. Self-awareness involves monitoring our inner worlds, thoughts, emotions, and beliefs. Well-being is the experience of health, happiness, and prosperity. It includes having good mental health, high life satisfaction, and a sense of meaning or purpose. The overall goal of this session is to share self-awareness practices and work with the six dimensions of well-being — mindfulness, vitality, authenticity, belonging, optimism, and purpose — to find balance in our lives. Finding this balance requires self-examination, setting priorities, and focusing on what really matters.



Presenter

Isabel Rambob, DDS

Isabel Rambob is a clinical assistant professor in the Department of Neural and Pain Sciences at the University of Maryland School of Dentistry (UMSOD) and a member of the University of Maryland, Baltimore (UMB) UMBrella Group’s advisory board. She also is a certified mediator and a prolific speaker who has lectured in the United States, Europe, Asia, and South America.

Her main interests include interprofessional education (IPE) and collaborative practices, oral health in vulnerable populations, cultural factors in patient management, and conflict management in health care.

Isabel was UMSOD’s co-director for IPE initiatives from 2016 to 2018 and has been involved in several IPE activities across UMB since 2014. She also is a member of the University’s Diversity Advisory Council, serves on the UMB Faculty Senate’s advisory committee, and is the founder of Rambob Training Services, LLC, a company that offers customized training programs to health care professionals.

She received her Doctor of Dental Surgery degree from State University of Feira de Santana in Brazil in 1997 before working in private practice as a general dentist from 1997 to 2002. She completed a one-year program in advanced education in comprehensive dentistry at New York University College of Dentistry in 2007, then completed a one-year residency program in advanced education in general dentistry at Howard University College of Dentistry in 2008. Isabel joined UMSOD’s faculty in 2009.

“Financial Wellness: Plan Today for the Tomorrow You Envision”

Are you struggling with balancing your financial priorities with the needs of your children or parents? When you think about the future, what do you see? Providing a college education for your children or grandchildren? Owning a business? Enjoying a rewarding retirement? Supporting worthy causes? These dreams can be yours, but none of them will happen until you plan for them. Learn about the financial resources that can help you achieve the goals you have for yourself and your loved ones.



Presenter

Beth Rosenwald

Beth Rosenwald is managing director and branch director, senior consulting group, for the Rosenwald Team in Baltimore, an RBC Wealth Management firm. She started her career in 1989 and has assembled a team of seasoned professionals with outstanding credentials and years of specialized, hands-on experience. Her primary focus is on building lasting relationships

centered on the thorough understanding of each client's needs and wishes, guiding them to become proactive and visionary. Beth is passionate about helping individuals and families position their wealth more effectively and thoughtfully, creating more time for their personal, professional, and philanthropic goals.

Raised in Long Island, N.Y., Beth received a bachelor's degree in economics from the University of Maryland, College Park. She is the founding chair of Wings of United Way (Women's Initiative Next Generation) and serves the community as a member of the Women's Leadership Council Tocqueville Society and an executive council member of United Way of Central Maryland's Women United.

Beth has received numerous accolades, including inclusion in *The Daily Record's* Maryland's Top 100 Women, *Forbes' Top Women Wealth Advisors*, *Forbes' Best-In-State Wealth Advisors*, and *Financial Times' Top 400 Financial Advisors*.

“Recognizing and Coping with Stressful Triggers”

What are your stressful triggers? Relationships? Work emails? Long commutes? Become aware of stressful triggers and appropriate ways to respond to those triggers. In this session, you will understand stressful triggers that bring you to an unbalanced state and the effects they have on your overall well-being. We will explore mindful movement as an effective approach to handling stressful triggers and other positive coping skills for a healthier and more productive life. These approaches are ideal for coping with stress both inside and outside of the workplace.



Presenter

Mai Trinh, MS

Mai Trinh is the Founder of Mai Health Now, a program that helps busy individuals learn how to boost their energy so they can be healthier, happier, and more productive. Mai Health Now teaches people how to put their health first by learning how to nourish their body from the inside out. Mai shares effective steps to help prevent chronic disease, lower stress levels, and

decrease inflammation in the body.

Mai earned a master’s degree in global health from George Mason University in Virginia and is a certified holistic health counselor. She received her training and certifications in holistic health counseling from the Teachers College at Columbia University and the Institute for Integrative Nutrition in New York City.

Based in Alexandria, Va., Mai leads seminars around the Washington, D.C., area on an array of topics, including chronic disease prevention, stress management, diabetes, women’s health, men’s health, and nutrition. She has served as a keynote speaker for universities, government agencies, churches, and Fortune 500 companies. Mai also offers corporate webinars, cooking demos, on-site health counseling, phone counseling, and private coaching sessions.

“Filling Your Cup So You Can Lift Others Up”

In this session, you will learn self-care practices to restore, renew, and heal so that you can remain grounded and be your authentic self in all aspects of your life. Allison Morgan will share gentle, loving techniques from medical martial arts, somatic yoga, and mindfulness to help you create inner calm in the midst of any storm you may face.



Presenter

Allison Morgan, MA, OTR, E-RYT

Allison Morgan is the founder and CEO of Zensational Kids, an educational company bringing evidence-based yoga and mindfulness practices to school communities worldwide. She is a pediatric occupational therapist, author, public speaker/trainer, and mother driven to empower youth and the adults who care for/serve them.

Allison is passionate about sharing effective techniques to develop self-awareness, emotional regulation, compassion, and resilience to cultivate the inner resources we all desperately need to thrive in life at every age.

NETWORKING LOUNGE FACILITATORS

Cherita Adams, MBA, MS

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The UMBrella Group — UMB Roundtable on Empowerment in Leadership and Leveraging Aspirations — works to support the success of women and those who identify as women at UMB by building community and helping them achieve their personal and professional goals, enhancing their leadership skills, and championing women at all levels of the organization.

umaryland.edu/umbrella



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