

Workshops

10:30 - 11:15 a.m.

Get Out of Credit Card Debt **ROOM 1**

Learn about options available when you are faced with overwhelming credit card debt. We will explore the pros and cons of working with a nonprofit credit counseling agency, payment plans offered by credit card companies and effective strategies for handling debt on your own. We will also delve into balance transfers, retirement loans and home equity options.

CHRIS DLUGOZIMA
GreenPath Debt Solutions

Legal Support **ROOM 2**

This workshop offers information on legal services available through community programs.

VIRGINIA FOULKROD & DANIEL MURRAY
Legal Services of Hudson Valley

NATALIE SOBCHAK
Pace Women's Justice Center

VA Benefits and Enrollment **ROOM 3**

Acquiring benefits and entitlements allotted to veterans can be a stressful and frustrating process. This workshop provides an overview of filing for veteran's benefits, and the steps for veterans and family members to take in order to get the assistance they need.

NICOLE EMBRY
Department of Veterans Affairs, VA Hudson Valley Healthcare

LAUREN INCONTRERA
Women Veterans Program Manager, VA Hudson Valley Healthcare

MIKE KELLY
MyHealthVet

Creative Arts Workshop for Vets **ROOM 4**

ROOM 4

Each participant will create their own "Mandala" and process this experience with the group afterward. Loosely translated to mean "circle," a mandala is far more than a simple shape. It represents wholeness, and can be seen as a model for the organizational structure of life itself--a cosmic diagram that reminds us of our relation to the infinite, the world that extends both beyond and within our bodies and minds.

KATIE TAME
Hope for the Warriors

11:30 a.m.-12:15 p.m.

Employment **ROOM 1**

Returning to the civilian workforce presents a unique set of challenges for female veterans. In this workshop, local agencies provide information on services that support job readiness and successful workforce reintegration. Veterans will receive valuable information and guidance for resume building, job searching, and interview techniques.

ANNE TRENKLE
Helmets to Hardhats

REGINA HOWARD-NORMAN
Dress for Success

REMINDER!

Don't forget to turn in your completed survey for a \$25 Stop & Shop gift card (in the lobby after 1:00 p.m.). Special thanks to Stop & Shop for its generous contribution.

Women's Health & Wellness **ROOM 2**

Self-care and physical health can oftentimes be overlooked. This workshop provides vital information the most current recommendations for reproductive health, as well as mammogram referrals for FREE mammogram screenings.

MICHELLE VINCOLI
Planned Parenthood Hudson Peconic

LORI STANLICK & MARISSA MAIS
YWCA, Encore Plus Program

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Writing Workshop For Veterans **ROOM 4**

The Veterans Writing Workshop gives veterans the tools and confidence they need to bring their stories to life. This workshop will provide veterans the opportunity to explore writing as a creative way to share their stories with a community of fellow veteran writers.

DAVID SURFACE
Veterans Writing Workshop

A TRIBUTE TO PATRICIA LANZA



Westchester resident Patricia Lanza was an unsung hero. She never wore a military uniform and never received a ribbon for valor....However, if there is a ribbon for quietly changing

people's lives by listening and paying attention to what they need, and to their dreams and funding programs to make their dreams come true, she would truly have received it.

Pat was born on a military base in Texas, where her Father was in the U. S. Army as a member of its cavalry. One of her fondest memories was waking up to the morning bugle call.

Through the Lanza Investment in Veterans Empowerment, she targeted the needs of veterans. L.I.V.E. established social services to veterans in need through Family Services of Westchester and legal services through Legal Services of the Hudson Valley.

She funded the Hospice and Palliative Care Breakfast as a tribute to veterans in the Hudson Valley region. Under her program, the first Stand Up for Women Veterans was held last year and became a national model. Today, the second Stand Up for Women Veterans is a reflection of her on-going commitment to those who serve. Pat knew well the sacrifice veterans and their families make.

Pat Lanza cared about people who struggle against hardship. She loved to help them get beyond their hardship to maximize their potential. She admired people who persevered and strove to help them find comfort, hope and encouragement in their journey. She was a dedicated benefactor to many organizations in Westchester that help women, children and families in need. She helped community groups that work for peace and equality, and feed the homeless through her Stop and Shop Gift Card program and female veterans scholarship program because she believed that investing in education reaps great rewards.

Pat Lanza brought hope wherever she went. Her legacy in Westchester County and around the world will have enduring value in the averted tragedies and re-routed lives of thousands of women and children both here and abroad.

Agenda 2014

8:30-9:30 a.m. REGISTRATION, MAIN LOBBY

9:30-10:15 a.m. CONTINENTAL BREAKFAST, BALLROOM

Special thanks to Panera Bread for its generosity

Pledge of Allegiance

TERRY FERRARA, WWII Coast Guard Veteran

Greetings & Opening Remarks

CAMILLE FAILLA MURPHY, Executive Director, WREF

Veteran Panel Discussion

NATALIE EDELHAUSER Moderator; Program Director, FSW Veterans Outreach

10:30 - 11:15 a.m.

Workshops, Rooms 1 through 4

11:30 a.m. - 12:15 p.m.

Workshops, Rooms 1 through 4

12:15 - 1:30 p.m. NETWORKING LUNCH, BALLROOM

Special thanks to Stop & Shop for its generosity

Remarks

HON. NITA M. LOWEY, Congresswoman, 17th Congressional District

1:30 - 4:00 p.m.

Vendor Exhibits

Health Screenings & VA Enrollment

Bronx VA Mobile Clinic

Planned Parenthood Mobile Unit

Spa Services

3:00-4:00 p.m. SHUTTLE DEPARTURES, FRONT LOBBY MAIN ENTRANCE

(Shuttle departures will be announced in advance)

Thank You
FOR YOUR SERVICE



PRESENTED BY L.I.V.E.
 LANZA FAMILY INVESTMENT IN VETERANS EMPOWERMENT
 with a special tribute to Pat Lanza

Vendor Exhibits

Benefits Advisement

James J. Peters VA Medical Center
 Westchester County Veterans Service Agency
 VA Hudson Valley Healthcare System

Domestic Violence

Hope's Door

Education

College of Westchester
 Fordham University – Westchester
 Manhattanville College
 Mercy College
 Monroe College
 Westchester Community College

Employment and Career

Dress for Success
 FSW AmeriCorps
 Veterans ServiceWorks
 Helmets to Hardhats
 New York Life Insurance Company
 Westchester One-Stop Employment Center
 Women's Enterprise Development Center Inc.

Financial Services

GreenPath Debt Solutions, Inc.
 Kristin Krauskopf CPA

Health & Wellness

Planned Parenthood Hudson Peconic

Housing

Common Ground Community
 Westchester County Patriot Housing & Patriot Employment Initiative

YWCA White Plains & Central Westchester

Legal Support

Legal Services of the Hudson Valley
 Pace Women's Justice Center

Supportive Services and Resources

Family Services of Westchester
 Guiding Eyes for the Blind
 Hope For The Warriors
 Samaritan Village
 Veterans Writing Workshop
 Westchester County Chapter of the Links Incorporated
 Westchester County Office for the Aging

Westchester County Office for Women
 White Plains Vet Center

Volunteer Opportunities

Team Red, White & Blue
 Team Rubicon
 Volunteer New York

Spa Services

PRESENTED BY
 Finger Lakes Massage School

Cosmetics

PRESENTED BY
 Mary Kay

Thank You

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June 13 ★ 8:30am - 4:00pm ★ DoubleTree by Hilton ★ Tarrytown

2014 Guest Speakers

MONIQUE ARRUCCI
US Army, Sergeant, 2002-2010

DAWN JOLLY
US Navy, Yeoman Third Class, 2001-2003

JEAN MACINTOSH
US Navy, 1943-1946

ANDREA MOLINA
US Marine Corps, Sergeant, 2001-2007

MARIE ANN RAGUSO
*US Airforce, Airman First Class
 Awarded the Purple Heart Medal and Combat Action Medal*

BARBARA WIGGINS
US Army, Lieutenant Colonel, Retired, 1956-1976



STAND UP FOR WOMEN VETERANS

Special Raffle & Free Gift Baskets Throughout the Day!

