

Learn, Laugh, Relax - Words of Wisdom for Success!

Women's Leadership and Development Session

Presented by the Education Committee
Stacey Bigos Chair,
Heather Stanisci, Event Chair

Thursday, April 20, 2016 8:30am – 4:30pm
DoubleTree by Hilton Hotel Tinton Falls – Eatontown
700 Hope Road, Tinton Falls, NJ 07724

“Bring-A-Colleague” Pricing!

Registration and Breakfast	8:30 am – 9:00 am
Morning Session	9:00 am – 11:45am
Lunch	11:45 am – 12:45 pm
Afternoon Session	12:40 pm – 4:30 pm
Networking Hour	4:30 pm – 5:30 pm

- Dr. Tracy Zivin-Tutela** **9:00 am – 9:50 am**
Lecture: Love in the time of Zika
 Tracy Zivin-Tutela, MD, is a board certified Infectious Diseases specialist with a private practice in Monroe, NJ. Before practicing in New Jersey, Dr. Zivin-Tutela formally served as the Medical Director of Westside Infectious Diseases in New York City, as well as Director of Transplant Infectious Diseases at St. Luke's-Roosevelt Hospital Center. She has been featured in numerous media venues including NBC Nightly News, the Dr. Oz Show and Good Morning America, as well as Parenting Magazine and the NY Daily News. She has been awarded the prestigious Super Doctors Rising Stars distinction.
- Morning Break workshop** **9:50 am – 10:00 am**
De-stress - greet your neighbor
Speaker: Joan Feldman-Plumb, Integrative Nutrition Health
 De-Stress techniques to calm the mind and create a sense of mindfulness. Learn to create a reservoir of vitality and calm the nervous system.
- Volunteer work/ Cara Ianello** **10:00 am 10:15 am**
 Have a passion –Learn to make it happen

- **Women's Personal Development Panel** **10:15 am – 11:45 am**

Our panelists will discuss and share the different program and resources available within their organizations to help attendees explore personal development and leadership.
Moderator: Barbara Mintz VP, Healthy Living and Community Engagement at RWJBH
Panelists:

 - *Ruth Bash – VP & Chief Cultural Officer Children's Specialized Hospital*
 - *Kimberlee S. Phelan, CPA, MBA, CGMA, Partner, WithumSmith + Brown*
 - *Laure Park – Vice President Customer Experience Quest Diagnostic*
 - *Elizabeth Litten Esq.– Partner & HIPAA Privacy Officer, Fox Rothschild*

- **Lunch** **11:45am - 12:45pm**

- **De-Stress for Energy** **12:45 pm – 1:45 pm**

How I Learned to Stop Worrying and Love My Stress
Speaker: Joan Feldman-Plumb, Integrative Nutrition Health Coach
Stress can energize or drain us - Join Joan Plumb as she discusses how stress impacts health and productivity and how to de-stress and increase energy.

 - Positive and Negative Stress
 - Stages of Stress Response
 - Fight or Flight- Parasympathetic vs. Sympathetic Nervous System
 - Factors that contribute or drain energy and vitality
 - Breaking the destructive cycle of Stress

Learn to create a reservoir of vitality and calm the nervous system.
Giveaway- Hot Towel Scrub

- **Panel - Working across generations** **1:45 pm – 3:15 pm**

In this panel we will bring Millennials and Generation X together with Baby Boomers to discuss how communicating, mentoring and skill set development can vary between age groups and how to work across generations to break down the barriers.
Moderator: Elio Arrechea, PhD, Sr. Psychologist, Children's Specialized Hospital

Panelists:

- *Andrew Weber, Director of Business Operations, Medix*
- *Stacey Bigos CHFP, Director Economic and Financial Information, NJHA*
- *Elizabeth Jennings VP Client Services, Aergo Solutions*
- *Kevin Joyce, VP Insurance Networks, Atlantic Health Networks*
- *Cheryl H Cohen, VP, Wells Fargo Equipment Finance*
- *Joseph (Joe) J. Dobosh, Jr VP Finance & CFO, Children's Specialized Hospital*

- **Barista Break**

3:15pm - 3:30pm

Enjoy a selection of gourmet coffees, teas and a mid-day snack

- **Gender Intelligence - Truth & Myths**

3:30 pm – 4:30 pm

Are men and women really from different planets? Most of us would agree that men and women think and communicate differently, but why and how? This session will explore the truths and myths about differences in gender intelligence and why both men and women should embrace those differences to create stronger organizations. Topics will include:

- *Defining Gender Intelligence*
- *Truths and Myths about Gender Intelligence*
- *Some Brain-Based Differences in Men and Women*
- *Why Should We Care?*

*Speaker: Maureen R. Dodson, Ph.D., Senior Manager
Baker Tilly Virchow Krause, LLP*

- **Networking Hour**

4:30pm – 5:30 pm



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REGISTRATION INFORMATION

To register, please visit our web site at www.hfmanj.org, where online payment is also available but not required. You may also mail a check, but we ask that you still register online if at all possible.

NAME	ORGANIZATION	TITLE	MEMBER YES / NO	E-MAIL ADDRESS
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Special “Bring-A-Colleague” Pricing

FEE:	ADVANCE REGISTRATION --	\$100
	ADVANCE REGISTRATION, BRING A FRIEND OPTION (2 Attendees).....	\$180
	ADVANCE REGISTRATION -- CERTIFIED MEMBERS (FHFMA, CHFP, CPAM).....	\$ 75
	STUDENT REGISTRATION--.....	\$35
	ON-SITE REGISTRATION -- ON “SPACE AVAILABLE” BASIS.....	\$25 ADDITIONAL CHARGE

REGISTRATION INFORMATION:

- Make checks payable to **HFMA - NJ CHAPTER**, and please mail at least **10 days prior to the event**.
- Registration must be received **three working days prior to the event**.
- **REFUNDS WILL BE GRANTED ONLY IF CANCELLATION IS RECEIVED 48 HOURS PRIOR TO THE MEETING.**
- Dress is **Business Casual**
- Mail payment to: HFMA – NJ Chapter
 Laura Hess
 PO Box 6422
 Bridgewater, NJ 08807

NEW JERSEY BOARD OF ACCOUNTANCY CONTINUING PROFESSIONAL EDUCATION CREDITS
 Based on our understanding of the New Jersey State Board of Accountancy’s continuing professional education (CPE) requirements, Sponsor No. 185, this course will qualify for **7.0 CPE credits in Specialized Knowledge**.

AMERICAN COLLEGE OF HEALTHCARE EXECUTIVES CONTINUING EDUCATION CREDIT
 The New Jersey Chapter of the Healthcare Financial Management Association is authorized to award **5 hours** of pre-approved ACHE Qualified Education credit for this program toward advancement, or recertification, in the American College of Healthcare Executives. Participants in this program who wish to have the continuing education hours applied toward ACHE Qualified Education credit must self-report their participation. To self-report, participants should log into their MyACHE account and select ACHE Qualified Education Credit.