

Nishmah & JCC
Reality 2010 Presenter Bios

Keynote Presenter:
Peggy Orenstein

Peggy Orenstein is the author, most recently, of the *New York Times* best-selling memoir, *Waiting for Daisy: A Tale of Two Continents, Three Religions, Five Infertility Doctors, An Oscar, An Atomic Bomb, A Romantic Night and One Woman's Quest to Become a Mother*. Her previous books include *Flux: Women on Sex, Work, Kids, Love and Life in a Half-Changed World*, and the best-selling *School Girls: Young Women, Self-Esteem and the Confidence Gap*. A contributing writer for *The New York Times Magazine*, Peggy has also written for such publications as *The Los Angeles Times*, *USA Today*, *Vogue*, *Elle*, *Discover*, *More*, *Mother Jones*, *Salon*, *O: The Oprah Magazine*, and *The New Yorker*, and has contributed commentaries to *NPR's All Things Considered*. Her articles have been anthologized multiple times, including in *The Best American Science Writing*. She has been a keynote speaker at numerous colleges and conferences and has been featured on, among other programs, *Nightline*, *Good Morning America*, *The Today Show*, *NPR's Fresh Air* and *Morning Edition* and *CBC's As It Happens*.

Peggy was recognized for her "Outstanding Coverage of Family Diversity," by the Council on Contemporary Families and received a "Books For a Better Life Award" for *Waiting for Daisy*. Her work has also been honored by the Commonwealth Club of California, the National Women's Political Caucus of California, and Planned Parenthood Federation of America. Additionally, she has been awarded fellowships from the United States-Japan Foundation and the Asian Cultural Council.

Born in Minneapolis, Minnesota, Peggy is a graduate of Oberlin College and lives in the San Francisco Bay Area with her husband, filmmaker Steven Okazaki, and their daughter, Daisy Tomoko. Visit www.peggyorenstein.com for more information.

Workshop Presenters (in alphabetical order)

Gail Cloud

Gail Cloud, D.C. has trained in martial arts for the last 15 years. She has studied some Aikido, and Tai Chi, and Okinawan Karate, called Shorinryu. She is a second degree black belt in the Shorinryu style of karate. She teaches, with her husband, at their dojo in Olivette to children and adults from the ages of 5 years to 72. She applies her knowledge of the martial arts with her knowledge as a Chiropractic Physician, as well as her knowledge of dance and balance and self defense techniques.

Joanna Dulkan

Hazzan Joanna Selznick Dulkan received her Masters of Sacred Music and Investiture from the Jewish Theological Seminary in 2004. She is an honors graduate of Stanford University, where she studied English, sang a cappella, and led community High Holiday Services. Joanna's background is in musical theatre and folk music, and she has performed throughout the US and the world. Joanna has also been a song leader and music educator in the Jewish community for many years, at congregations, schools and summer camps in the San Francisco Bay and New York Metro areas, as well as at camp Ramah Darom in Georgia. Hazzan Dulkan is also an award-winning composer and published writer. Originally from Northern California, Hazzan Dulkan and her husband, Rabbi Ryan Dulkan, spent eight years in New York before coming to St. Louis. They have two young sons, Zac and Jesse.

Judy Elkin

Judy Elkin, a certified coach, received her training from The Coaches Training Institute and The Center for Right Relationship and is a member of The International Coach Federation. Judy also holds a masters degree in education and brings to her coaching practice over 25 years of working in educational settings with adolescents, graduate students, adults, mid-career re-trainers, rabbis, and parents. As a master educator and coach, Judy has the ability to deeply connect with people and inspire them to take risks and experiment with new ways of thinking and being. Judy's sense of humor and genuine warmth animate the many skills and tools she brings to coaching. Clients can expect Judy to take them and their agenda seriously, respect and support their decisions, hold them accountable to the goals they've set, and celebrate the many successes and accomplishments certain to happen along the way. Judy lives in the Boston area with her husband and their 3 children who are most often out of the house, in college and The Peace Corps.

Shellie Fidell

Shellie Fidell, MSW, LCSW is a psychotherapist in private practice with Women's Healthcare Partnership in St. Louis, Missouri. Shellie specializes in women's issues including postpartum adjustment, depression during pregnancy, pregnancy loss, and panic and anxiety disorders. Prior to 1999, Shellie worked as a medical social worker at Barnes Jewish Hospital. Shellie graduated in 1994 from Washington University's George Warren Brown School of Social Work. In 2007 Shellie completed her post graduate training at the St. Louis Psychoanalytic Institute graduating from their Advanced Psychodynamic Psychotherapy Program. Shellie's quotes have been published in National Magazines such as Working Woman, Parents Magazine and Fit Pregnancy as well as St. Louis Women Magazine. You can also see Shellie the third Tuesday of each month on KMOV's "Great Day St. Louis". Shellie lives in St. Louis Missouri with her husband of 18 years, her 14 year old son and her 8 year old daughter.

Sherri Frank-Weintrop

Sherri Frank-Weintrop is the President of Wealth Management Advisors, Inc.SM, a Registered Investment Adviser. She acts as the financial quarterback for many top-level executives, physicians, professional athletes, small business owners and retirees who choose to spend their free time enjoying life rather than managing their financial affairs. Sherri is a Certified Public Accountant (CPA), Certified Financial PlannerTM (CFPTM) and Certified Fund Specialist (CFS). She is a member of the Missouri Society of Certified Public Accountants (MSCPA) and the International Board of Standards and Practice for Certified Financial Planners (IBCFP). She has successfully completed the necessary course work and exams to hold a General Securities and a General Principal's license and is separately, a Registered Representative with Royal Alliance Associates, Inc., Member FINRA/SIPC and sits on Royal Alliance Associates, Inc. National Advisory Board. Sherri currently sits on the Board of Directors of the Jewish Federation of St. Louis, where she is Vice-President of Planning & Allocations. She is also a Board member of Shaare Zedek Synagogue and the Samuel Frank Chesed Committee and sits on the Board of Covenant/Chai.

Sarah Keller

Sarah Keller, M.D., is an assistant professor at Washington University School of Medicine. She is a reproductive endocrinologist and is an attending physician with the Reproductive Endocrinology and Infertility Center of Washington University School of Medicine and Barnes Jewish Hospital. Sarah completed her residency training at Duke University School of Medicine in Obstetrics and Gynecology

and did her fellowship training in infertility at the University of Pennsylvania. Following fellowship, she was in private practice in Marlton, NJ. In 1999, she and her family moved to St. Louis, where she joined the faculty at Washington University. In 2003, she took time off to be a full-time mom, and then briefly joined the faculty at St. Louis University. She returned to her current position in 2007. Her professional interests are Assisted Reproductive Technology, third party reproduction, and polycystic ovarian syndrome. Sarah is married to Dr. Howard Iivicky and they have three children.

Linda Kusmer

Linda K. Kusmer is the Founder and President of Total Interior Designs Inc., which was established in 1976. She is an Allied Member of the American Society of Interior Designers, specializing in the Psychology of Interior Design. Linda has spoken publicly and published articles on the psychology of interior design in a variety of publications. Her work has been featured in St. Louis Homes & Lifestyle Magazine, St. Louis at Home Magazine, Architectural Digest, Vanity Fair Magazine, and The Guild Sourcebook of Residential Art. Linda's design projects can be seen in Missouri, Illinois, Indiana, Florida, and Arizona.

Marla Levinson

Marla has been practicing yoga for 30 years and is a registered yoga instructor from Yogafit. She also is certified in the practice of restorative yoga. Restorative yoga might best be described as a supported, conscious body/mind relaxation practice. When supported with props, the body relaxes and opens, releasing tension and stored-up toxins that can cause illness. Restorative yoga is about stilling our fidgety bodies and calming our rambling minds so that we may rest quietly in the present moment and see clearly the peace that resides within. Marla currently teaches at the BJC Sports & Rehabilitation Center in Sullivan, Missouri, where she resides with her husband.

Cyndee Levy

Cyndee Levy is Director of Adult Education and the Florence Melton Adult Mini-School at CAJE, the Central Agency for Jewish Education, a position she has held since 2007. She teaches all over the St. Louis Jewish community through the JCC, congregations, Nishmah (where she is on the board), the Crown Center, Covenant House, JProStl and other organizations. Cyndee possesses a unique ability to take complex concepts and present them in ways that are deeply personal and meaningful. Prior to her career as a Jewish educator, Cyndee worked for twelve years as a Neonatal Intensive Care nurse and clinical nurse specialist at Wyler Children's Hospital in Chicago and St. Louis Children's Hospital where she focused on unit management, staff nurse education and family education. She also presently works as the school nurse at Solomon Schechter Day School. Cyndee has a Masters in Science Nursing with a minor in Adult Education.

Elena Lyashenko

Elena Lyashenko has 31 years experience teaching Ballroom and Latin dancing, as well as 20 years experience adjudicating international dance competitions. Elena is a 40 times national professional champion and Belarus representative at world and European WDDSC championships (1990-1999), 4 times World Pro semi-finalist (1993-1998) and multiple U.S. regional and nationwide Pro-Am Champion (2000-2009). Since 2009, Elena has been a "World Class" Adjudicator for the United States. She currently teaches at the JCC, Mahler Ballroom and Just Dancing Studio. Elena is also a certified Pilates instructor.

Elisheva Margulies

Elisheva Margulies is a natural foods chef based in St. Louis, MO. She trained at the Natural Gourmet Institute for Health and Culinary Arts in New York City and is currently a candidate for Holistic Health Counselor at the Institute for Integrative Nutrition. She has interned at Green Zebra, Chicago's premiere vegetarian restaurant, and volunteered at the esteemed James Beard Foundation in New York. She works at St. Louis restaurant Winslow's Home, and often caters, teaches and cooks privately for families and organizations. She is also involved with Hazon and is passionate about working with the Jewish community to kick the margarine addiction. Visit www.eatwitheli.com.

Sylvia Nissenboim

Sylvia Nissenboim, MSW, LCSW, has a private counseling and coaching practice, LifeWork Transitions (314-477-3144), specializing in coaching, care giving and life change concerns, adult day care management, as well as a variety of other aging care, training and consulting services. Her web site is www.sylvianissenboim.com. She has been working in the field of aging since 1982, after receiving her Master's in Social Work from St. Louis University. Sylvia held previous professional positions at the Jewish Community Center as the Director of Adult Day Care and with the Red Cross as the Director of the Adult Day Care and Enrichment Centers.

Jennifer Rich

Jennifer Rich is a pharmacist and owner of Jennifer's Pharmacy & Soda Shoppe in Clayton. Jennifer's Pharmacy specializes in natural healing and alternative remedies. Jennifer wanted to create an eclectic atmosphere where customers could receive excellent pharmacy services as well as find a variety of unique items and products under one roof. Jennifer's is more than a full service pharmacy specializing in natural healing. Jennifer's is also a gift store and an old time soda shoppe, offering our customers an experience like no other. Jennifer comes from a small town in central Illinois where hospitality is found on every corner, and from a time when pharmacies and soda fountains still went together like ice cream and root beer. Jennifer is a graduate of the St. Louis College of Pharmacy and a board-licensed pharmacist. Jennifer has always believed in the benefits of a holistic or natural approach to both lifestyle and medicine. Inevitably, the pharmacy evolved into a local resource for compounded hormone therapy and other alternative treatments not otherwise widely available in the St. Louis area. Jennifer is always willing to consult with customers on finding the best healthcare regimen for them.

Michelle Rubin

Michelle Rubin is a counseling psychotherapist. She is currently working as a therapist at Care and Counseling, Inc. Her interests are in combining spirituality and therapy while working with a spectrum of issues: relationships, career, grief, stress, depression, anxiety, etc. Michelle has studied energy work and alternative methods of healing for many years. She learned past life regression therapy with Dr. Brian and Carol Weiss and also learned reiki, meditation, and integrated energy therapy from various spiritual teachers. Michelle believes strongly in the mind, body, spirit connection and the healing power of alternative work such as past life therapy in healing physical and emotional current life issues.

Diane G. Sanford

Diane G. Sanford, Ph.D. is an internationally recognized expert in women's emotional health. She has been interviewed for stories in most major women's magazines, and appeared on Good Morning America and MSNBC Crosstalk. She is author of 3 books, including *Life Will Never Be the Same: The Real Mom's Postpartum Survival Guide (2010)*. Her mission is to help women lead healthier, more fulfilling

lives in mind, body and spirit. Diane is in private practice with Women's Healthcare Partnership in St. Louis, Missouri.

Dale Schreiber

Rabbi Dale Schreiber has been an Oncology Chaplain and Spiritual Care Rabbi at Barnes-Jewish Hospital for the past seven years. She is active in a wide variety of patient, family, and staff programs and services which emphasize creativity, mindfulness, authenticity, and hope. She is passionate about Judaism in all its beautiful diversity. She and her husband of 39 years have raised three wonderful children as they juggled careers, crisis, and life-cycles.

Rochelle Shoretz

Rochelle Shoretz, a two-time breast cancer survivor, founded Sharsheret following her own diagnosis at age 28. In November 2001, while undergoing chemotherapy treatment, Rochelle founded Sharsheret, a national not-for-profit organization providing support and resources for young Jewish women facing breast cancer. Since the organization's founding, Sharsheret has launched ten national programs and has responded to more than 19,000 calls and emails from those affected by breast cancer, health care professionals, women's and Jewish organizations. For its critical services, Sharsheret was awarded the New York State Innovation in Breast Cancer Research Award. As Executive Director and past Board President, Ms. Shoretz has lectured about breast cancer before audiences across the country. For her pioneering efforts in establishing Sharsheret, Rochelle was named a "Woman to Watch" by *Jewish Woman Magazine* and a Yoplait Champion in the Fight Against Breast Cancer, and was honored by the Philadelphia Affiliate of Susan G. Komen for the Cure and the Israel Cancer Research Foundation. Rochelle has appeared on The Today Show and CBS News, and in more than 100 articles published online and in newspapers across the country, including the *Wall Street Journal* and *USA Today*. A Centennial Scholar graduate of Barnard College and a Kent Scholar graduate of Columbia Law School, Rochelle served as a law clerk in 1999 to United States Supreme Court Justice Ruth Bader Ginsburg. The mother of two, Rochelle lives in Teaneck, New Jersey, with her sons, Shlomo and Dovid.

Sherry Shuman

Dr. Sherry Shuman is an active member of the BJC Medical Group and an attending physician at Barnes Jewish Hospital. She is also a Fellow of the American College of Physicians and of the American College of Rheumatology. Sherry is affiliated with Washington University as a clinical Associate Professor as well as being the Medical Director of the Health Literacy Initiative for BJC.

Jodyne Speyer

Jodyne L. Speyer is a relationship coach and "end it" expert. She is also a recovering avoidant who lives and works in Los Angeles. Jodyne has produced documentaries for National Geographic and worked on such shows as *Joe Millionaire*, *Sheer Genius*, and *The Supreme Court of Comedy*. She most recently authored *Dump 'Em: How to Break Up with Anyone from Your Best Friend to Your Hairdresser*. Jodyne has successfully dumped hundreds of people, not always on her own behalf.

Lindsey Terry

Lindsey Terry, RYT (Registered Yoga Teacher) first stepped onto a yoga mat after 16 years of formal dance training. Drawn to the graceful movement of the practice, she studied under various Vinyasa teachers in Austin, Dallas and New York City before moving back to her hometown of St. Louis and obtaining her 200 hour teacher certification through *Just Practice Yoga*. After discovering Pilates as a

way to create more strength & stability in her own practice, she decided to pursue her Intensive Mat Pilates training through *Stott Pilates*. Her classes emphasize flowing with the breath through physically challenging poses, set to a soundtrack of soulful music.

Susan Talve

Rabbi Susan Talve is the founding rabbi of Central Reform Congregation, the only Jewish congregation in the city of St. Louis. She is a member of the National Organization for Women and the Religious Coalition for Reproductive Choice. She also serves on the boards of Parenting for Peace and Justice, the National Conference of Community and Justice, and the March of Dimes and Nishmah: The St. Louis Jewish Women's Project. She is also the vice-president of the Board of Dollar-Help, Inc., chairs the Health Committee of ARCHS, and serves on the Community Advisory Committee of the Regional Health Commission.

Lisa Tennenbaum

Building on her extensive dance background, Lisa Tennenbaum shares her passion for movement as an ACE and AFAA certified group fitness instructor. She holds a diverse range of specialty certifications and teaches a wide variety of classes. As an AFAA Examiner, Lisa enjoys assisting new instructors on their paths to promote health and fitness. Lisa has been interviewed in *St. Louis Woman Magazine* regarding dance based fitness and was the lead off presenter in the 2008 "Celebrate Fitness" event to benefit breast cancer research.

Kim Wallis

Kim Wallis currently facilitates a *Rosh Hodesh: It's a Girl Thing!* group for Jewish teenage girls on behalf of Nishmah and is a special contributor to the St. Louis Post Dispatch. A graduate of the University of Miami, she was a series 7 licensed stockbroker before making the leap to health and fitness. Kim is the Director of Group Fitness and Private Pilates for NutriFormance. As a certified Pilates Instructor, Personal Trainer, and Group Fitness Instructor, she has worked with a variety of clients ranging from professional athletes to new moms. She believes that engaging in a variety of activities is the key to being truly physically fit. Her two pregnancies have challenged her to lose over 50 pounds twice in the past 5 years. Originally from Chicago, Kim feels at home in St. Louis with her husband and two young children.