

Women's Health Lecture Series

Presented by the SSU Women's and Gender Studies Department

Tuesdays, August 22–December 5, 2006, 4–5:50 p.m.



Darwin Hall 29, basement level (Campus Parking \$2.50)

Lectures Are Free and Open to the Public

Aug. 22: Introduction. Class Instructor, Jocelyn Arild, provides an overview of the course and the upcoming lectures for the semester.

Aug. 29: *Two Steps Forward, One Step Back: Women's Health Care During the Last 50 Years.* Jeanette Koshar, RN, NP, Ph.D., SSU Nursing Department, examines social and health care events that have impacted women's health in the U.S. over the past 50 years. Jeanette has been a Women's Health Nurse Practitioner for over 27 years, beginning her career as a Labor and Delivery room nurse and completing research projects on domestic violence and high risk adolescent behavior.

Sept. 5: *Addressing the Physical and Mental Needs of Incarcerated Women.* Join Dr. Barbara Bloom as she provides in-depth information about the critical gaps in the essential health care services provided to incarcerated women and explains the need for a community-based continuum of services for women offenders. Dr. Bloom is an Associate Professor in the Department of Criminology and Criminal Justice at SSU. She is the Co-Director of the Center for Gender and Justice and her research and policy interests include women and girls under criminal justice supervision and gender-responsive interventions and services.

Sept. 12: *The Cultural Influences on Women's Bodies: Abortion Rights and Choices.* Shannen Farrell Fraley, MA, discusses the current status of American Sexuality. What are the influences of our sexual rights, respect, and responsibility? Does our highly sexualized media empower or oppress women? Ms. Fraley has been employed by Sonoma County Public Health Department for twelve years and works in the STD and Family Planning Clinic. She is also an instructor of Human Sexuality at Santa Rosa Junior College.

Sept. 19: *Women and Heart Health.* Dr. Richard McCarthy, Chief of Neurology, Kaiser Permanente San Rafael and Kaiser Permanente San Francisco, speaks on the topic of women and heart health. Dr. McCarthy is on the Board of Directors for the American Heart Association where he works to increase stroke awareness and prevention. Dr. McCarthy also trains neurology residents at UCSF Medical Center.

Sept. 26: *Seven Steps to Intuitive Eating and Natural Weight.* How do women learn to eat healthfully? Barbara Birsinger's presentation will be a practical guide to knowing what, when and how much to eat for your individual needs, and to decoding the symbolic meanings in eating, food cravings, and body language. Barbara is a Registered Dietitian with a Master's Degree in Public Health Nutrition from UC Berkeley with over 25 years of experience in the psychology of eating and weight issues, intuitive nutrition and health promotion.

Oct. 3: *Standing in Front of a Run-Away Train: One Woman's Work to Influence Medical Practice Related to Dying Newborns.* Dr. Anita Catlin, Nursing Department, SSU and Ethics Consultant. Dr. Catlin will discuss her twelve-year journey to influence the care of dying newborns, including the technological imperative in the United States which has demanded that all newborns be resuscitated and the significant effect that this has had on nurses, physicians, families, public health, education, and society.

Oct. 10: *Healing Through Story, Listening, and Legacy.* Linda Blachman, MPH, MA, shares her book, *Another Morning: Voices of Truth and Hope from Mothers with Cancer* (Seal Press, 2006) which addresses the plight of ill mothers in an un-supportive culture and presents their hard-won wisdom for living with courage and hope in the face of uncertainty. Linda Blachman is a personal historian, life coach, and consultant in private practice, specializing in the mental health of women, mothers, and communities. In 1995 she founded the Mothers' Living Stories (MLS), a nonprofit project that helps mothers with cancer record life stories and legacies for their children.

Oct. 24: *Choices in Childbirth.* Constance Sinclair, MSN, CNM, Chief Nurse-Midwife, Kaiser Permanente Santa Rosa will discuss the current options available to women giving birth and recent trends in the childbirth services in medical and home settings. Ms. Sinclair began her career as a midwife in 1985 and has also worked in public health, emergency care, labor and delivery and as a clinical nursing instructor. She is also the author of *The Midwife's Handbook*, among many publications.

Oct. 31: *What You Need to Know About Sexually Transmitted Infections.* Join us to learn more about sexually transmitted infections and also learn about the controversial new vaccination for HPV. Presented by Nichole Cushman of Planned Parenthood. Nichole is a Bilingual Health Educator at Planned Parenthood, Shasta-Diablo. Nichole has taught abroad in Spain and was also given the opportunity to speak at the 2006 Stanford Women's Leadership Program.

Nov. 7: *Positive Aging for Women.* This lecture will deal with some of the latest research in the field of gerontology that addresses who ages well and why. What can women do now to prepare for their senior years and make the most out of them? Shirlee Zane, M.A., MFCC, is the Executive Director for the Sonoma County Council on Aging. Ms. Zane recently received a Leadership Award from the Sonoma County Medical Association (2005) and the Reverend Coffee Human Rights Award in December 2005.

Nov. 14: *Human Trafficking in California.* Human trafficking is becoming an increasing problem in the state of California and many of the victims are women and children. Dr. Amanda Noble will discuss the Task Force that has been designed to discuss the problems of human trafficking; report on survey data; and emphasize the physical and mental health consequences of the victims. Dr. Noble has a Ph.D. in Sociology from UC Davis and is a researcher for the Attorney General's Crime and Violence Prevention Center, where she specializes in domestic violence and human trafficking in California.

Nov. 21: *Women Serving Women: Doulas Helping Teen Mothers.* Danielle Moreno, doula, childbirth educator in training, and WGS student at Sonoma State speaks on the subject of doulas and how doulas offer teen mothers a helping hand through pregnancy and childbirth. The documentary, *A Doula Story*, will be shown after a discussion on doulas.

Nov. 28: *Women and Depression: A Brief Exploration.* Imme Staeffler, M.A. will discuss the issue of depression and the most common causes of depression for women today. Treatment options will also be discussed. Ms. Staeffler is currently working as a psychotherapist at Chrysalis Counseling Center for Women. She is also currently researching and writing a clinical case study on dysthymia in young adults to meet the requirements for a doctorate in Clinical Psychology, Psy.D., Institute of Imaginal Studies.

Dec. 5: *The Benefits of Massage: Preventative Self—Help and Body Awareness.* Join Erin Beeman, CMT as she discusses the benefits of massage to women. Learn why massage is an integral part of health and also some self help techniques to use to reduce your stress! Ms. Beeman is the Coordinator for the Massage Center on campus. She graduated from the National Health Institute in 1996 and is now completing her degree in Biology and minor in Kinesiology at SSU. She teaches massage at the Recreation Center on campus and now has a staff of six therapists working for her on campus! Join us for a fun and relaxing last lecture of the semester!



awareness

Flier created by: Danielle Moreno, WGS Student

