

Women leaders engage at ILA conference

by Jan Lorraine Cox

The International Leadership Association (ILA) chose Omega Institute as the location for its third biennial Women in Leadership Conference, in partnership with The Omega Women's Leadership Center. From June 11-14, 250 women gathered from all over the United States and world to glean the latest research on women's leadership and actively support the development of successful professional women leaders.

Within four short days, attendees had the opportunity to engage with more than 300 presenters from around the world, sharing 120 thought-provoking projects ranging from six-minute messages to full plenary presentations and workshops.

Inspiring this diverse group of women in their 20s to 80s, the conference emphasized the profound influence of Eleanor Roosevelt on our culture through her successes in social reform work. As First Lady and as chair of the Commission on Human

Rights at the United Nations, this Hudson Valley icon even today continues to serve as a role model for many thousands. Her notable achievements culminated at the U.N. with the Universal Declaration of Human Rights.

Performer Debbie Dimitre presented a docudrama of Eleanor Roosevelt as an honored visionary. An optional tour visited the ER Val-Kill site after the conference ended.

Manuela Roosevelt of ER Val-Kill Partnership and Roosevelt historic site Curator Frank Futral led one of six fireside chats at the conference, revealing details of Eleanor's life with fresh insight. In spite of experiencing an upbringing that included abuse and a sense of abandonment, she took daring steps, they said, to heroically champion the economically challenged and lead with her sustaining capacity to love.

In addition to a rigorous schedule of presentations and workshops to choose from, there were many opportunities to care for one's health through yoga, tai chi, medita-

tion and movement classes.

Many participants came from afar to the bucolic wooded area surrounding Omega Institute.

Aliaa Dawoud, assistant professor of journalism and mass communication at the American University in Cairo, spoke in a workshop on Equality in Power and Decision Making. She discussed in a roundtable the cosmetic change approach to women's rights in Egypt and the resulting backlash that occurred there.

Closer to home, Cindy R. Pace, assistant vice president, Global Diversity & Inclusion, MetLife at Park Avenue in Manhattan, presented her transformational leadership theory. Leading and working with purpose positively impacts and enhances women's identities and effectiveness as leaders, she said. Pace referred to "VUCA," which reflects on the volatility, uncertainty, complexity and ambiguity of current situations. She shared ways to motivate and empower women to authentically lead, impacting our workplaces and communities.

And finally, from Hyde Park's The Culinary Institute of America, Denise Bauer, dean of the School of Liberal Arts and Food Studies, commented on the conference:

"I have attended and participated in ILA-Women and Leadership Conferences over the past several years and was part of a small research group that conducted a collaborative study in women's leadership development, recently published in one of the ILA book series. When I learned that

this year it would be at Omega I was thrilled. Omega is the perfect East Coast equivalent to the West Coast site of Asilomar in Pacific Grove, California, where this conference has been in the past."

Bauer continued, "The diversity of women who attend is unique and this makes for a powerful and inspiring mix of experiences, ideas and perspectives. There are women in business, women who are leading NGOs [non-governmental organizations] from all parts of the globe, women academics, writers, artists, activists and administrators. For example, I conversed with a woman who was the vice president of a liberal arts college in Japan. I met another woman who is a sociologist and researcher creating educational programs for women in Ghana.

"In the roundtable discussion I organized with a colleague, we had an 82-year-old woman still actively involved in the educational organization she founded 40 years ago ... and a woman currently working for the Department of Justice in Washington, D.C. who had some fascinating stories to tell!"

Visit www.ila-net.org or www.omegga.org for more information.



Omega Women's Leadership Center hosted the International Leadership Association's conference held June 11-14 at the Omega Institute in Rhinebeck. In the photos (left) performer Debbie Dimitre presented a docudrama of Eleanor Roosevelt as an honored visionary. Participants included Aliaa Dawoud (above, right), assistant professor of journalism and mass communication at the American University in Cairo; and Denise Bauer (above, left), dean of the School of Liberal Arts and Food Studies at The Culinary Institute of America in Hyde Park. Photos of Dimitre and Dawoud by Jan Lorraine Cox; photo of Bauer courtesy photo

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Women encouraged to apply for BetterU Challenge

The American Heart Association invites local women to apply for the Seventh Annual BetterU Challenge, sponsored by Central Hudson Gas & Electric Corporation. The 12-week program, starting Aug. 4, is designed to improve cardiovascular health through simple lifestyle changes and prevent heart disease—women's No. 1 killer.

The program is part of the Go Red For Women Luncheon, which is set for Thursday, Nov. 9, at the Grandview in Poughkeepsie.

Applications are being accepted through June 26 to be one of the 12 women participants. Download the application at the <http://dutchessulstergored.heart.org>.

BetterU is a free health, nutrition and fitness program that can help all women make

better lifestyle choices. Each week focuses on a different area of heart health and provides step-by-step guidance to help women transform their overall health through small lifestyle changes.

The 12 women selected for the program will receive a three-month membership and personal training at Gold's Gym, medical evaluation from Health Quest Medical Practice, and free health seminars from local health experts. The BetterU participants will chronicle their journey on a special blog, and be celebrated at the annual Go Red for Women luncheon on Nov. 9.

For more information, contact Danielle Schuka at (845) 867-5379 or e-mail Danielle.Schuka@heart.org.

BUSINESS NEWS

Hyde Park Chamber sets Breakfast Meeting June 29

The Hyde Park Chamber of Commerce will hold its monthly Breakfast Chamber Meeting on Thursday, June 29, from 7:30 to 9 a.m., at Coppola's Restaurant of Hyde Park, 4167 Albany Post Road (Route 9), Hyde Park. The speaker will be Michael Oates of the Bellefield Development of Hyde Park. The event sponsor is Bellefield Development of Hyde Park. The cost is \$15 per person; payment is requested by June 22. Call (845) 229-8612 or visit www.hydeparkchamber.org to reserve or for more information.

Northern Dutchess Hospital's CT scan earns accreditation

RHINEBECK — Northern Dutchess Hospital's radiology department recently received a three-year accreditation in CT imaging as the result of a review by the

American College of Radiology, a professional medical society.

Northern Dutchess offers computed tomography (CT) scans as a noninvasive medical test to help physicians diagnose and tailor treatments for various medical conditions.

"The American College of Radiology's gold seal accreditation is our version of an A on our report card," said Paul King, the hospital's director of radiology. "To earn this A, board-certified experts reviewed our CT scans, staff qualifications, equipment, facility and procedures, and scored us at the highest level achievable. We're very proud."

The department's accreditation is good through 2020.

For information about Northern Dutchess Hospital, visit www.healthquest.org/ndh or call (845) 876-3001 (TTY: 800-421-1220).