

# *Enlighten*



## Carroll County **WOMEN'S** CONFERENCE

**October 10, 2022**

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OF JANNEY MONTGOMERY SCOTT

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## A Note from the Steering Committee...

In 2019, The Velnoskey Wealth Management Group of Janney Montgomery Scott sponsored the Inaugural “Emerge” Women’s Conference hosted by the Hanover YWCA on October 18<sup>th</sup> and invited six Carroll County female business leaders to attend as their guests. Those who attended were enlightened and inspired by Keynote Speaker Gisele Fetterman, 2<sup>nd</sup> Lady of Pennsylvania, attended various breakout sessions hosted by dynamic speakers, enjoyed food and fellowship throughout the day, wrapping up with a wine reception where several of us commented, “We need to do this in Carroll County!”

In January 2020, those ladies, along with a few others gathered at Birdie’s Café and started planning the **Inaugural Carroll County Women’s Conference**. Over the course of the next several weeks, we had everything lined up and had planned the Conference for October 2020. Then COVID hit, throwing a wrench in our plans. So, “we pivoted”—several times. Planning couldn’t be delayed (because initially COVID was only supposed to be a brief interruption to our lives), so instead of gathering for coffee at a local café we started gathering for wine on porches and continued making planning.

After numerous pivots, dates, and steering committee member changes, we are delighted to bring to you today the **Inaugural Carroll County Women’s Conference!** As a committee, we hope that you find this Conference as valuable and as interesting as we did back in October 2019, because as Jerry Garcia said, “What a long, strange trip it has been” to get here!

Proceeds from this conference will go back into the Community via scholarships for women who are attending McDaniel College and Carroll Community College.

### October 2019 Women’s Conference Attendees:

Ann Blue, Coleen Kramer-Beal, Kathy Mayan, Karen Pelton, Denise Rickell, and Kati Townsley

### Members of Carroll County Women’s Conference Steering Committee (who have been working since January 2020):

**\*Coleen Kramer Beal, Conference Chair**, *Velnoskey Wealth Management Group of Janney Montgomery Scott*

\*Chris Abell, *Carroll Technology & Innovation Council* | Robyn Allers, *McDaniel College* | \*Erin Benevento, *McDaniel College* | Ann Bollinger, *Barnes-Bollinger Insurance Services, Inc.* | Sonya Hand, *Carroll Technology & Innovation Council* | \*Dr. Kendra Hart, *Carroll County Public Schools* | Katie Hollabaugh, *McDaniel College* | \*Lynn Jore, *Girls on the Run of Central Maryland* | \*Josh Kohn, *Kohn Creative* | Jessica Laird, *McDaniel College* | Marissa Lander, *McDaniel College* | Sharon Lowe, *Sweet Revenge Cupcakes* | \*Colleen Lucas, *McDaniel College* | \*Kathy Mayan, *Carroll Community College* | \*Emily Bollinger Miller, *Barnes-Bollinger Insurance Services, Inc.* | \*Stephanie Moore, *Carroll Hospital* | \*Karen Pelton, *Carroll Community College* | \*Andrea Phillips, *McDaniel College* | Denise Rickell, *Carroll County Department of Economic Development* | \*Kati Townsley, *Carroll County Public Library* | \*Douglas Velnoskey, *Velnoskey Wealth Management Group of Janney Montgomery Scott* | \*Pam Velnoskey, *Community Member* | \*\*Lynn Wheeler, *Community Member*

\* denotes Current Committee Member





# McDANIEL COLLEGE

**McDaniel College  
is proud to sponsor  
the first annual Carroll  
County Women's  
Conference!**

The McDaniel Women's Leadership Network engages alumni and friends, providing opportunities for personal and professional growth on issues of importance to women through philanthropic endeavors.

Since its establishment in 2008, The McDaniel Women's Leadership Network Scholarship Fund has provided access and opportunity for students seeking a quality McDaniel education.

For more information on the McDaniel Women's Leadership Network, contact Carolyn Salazar, AVP of Development, at [csalazar@mcDaniel.edu](mailto:csalazar@mcDaniel.edu).

## Monday, October 10, 2022

McDaniel College, starting in the Naganna Forum

7 AM	Check-in, Continental Breakfast, Networking Professional Headshots Throughout The Day
8 AM	Welcome — <i>Coleen Kramer Beal, Emcee</i> Opening Remarks — <i>Dr. Julia Jasken, McDaniel College</i> Group Activity
8:30 AM	Keynote Speaker — <i>Julie Gaver, "Everyday Magic"</i>
9:30 AM	<b>SESSION 1</b>
10:15 AM	Break
10:30 AM	<b>SESSION 2</b>
11:30 AM	Lunch, Networking, Professional Headshots
12:40 PM	Mid-Day Motivation — <i>Jena Ehmann, 2020-2021 CCPS</i> <i>Teacher of the Year and MD State Finalist</i>
1:15 PM	<b>SESSION 3</b>
2 PM	Break
2:15 PM	<b>SESSION 4</b>
3:30 PM	Closing Remarks — <i>Coleen Kramer Beal, Emcee</i> Wine Reception, Networking, Professional Headshots & Book Signing by <i>Julie Gaver</i> (books available for purchase in Author Bio's)

# SESSION BREAKOUTS

## SESSION 1 | 9:30 AM

Women, Wealth & Well-Being (Jennifer Taboada) .....	NAGANNA FORUM	11
Healthier You – Keep Moving (Lynn Olexy) .....	COLEY RICE LOUNGE	25
The Power of Food: A Key Ingredient for Optimal Health (Dr. Brooke Bussard) .....	DECKER AUDITORIUM	24
Aging Parents (Lauren Hickey) .....	WAHRHAFTIG ROOM	16

## SESSION 2 | 10:30 AM

Emotional Intelligence (Kelly Frager) .....	NAGANNA FORUM	11
Juggling It All (Dr. Kendra Hart) .....	COLEY RICE LOUNGE	25
The Power of Food: A Key Ingredient for Optimal Health (Dr. Brooke Bussard) .....	DECKER AUDITORIUM	24
Growing Up Girl (Jessamine Duvall) .....	WAHRHAFTIG ROOM	16

## LUNCH | 11:30 AM

## SESSION 3 | 1:15 PM

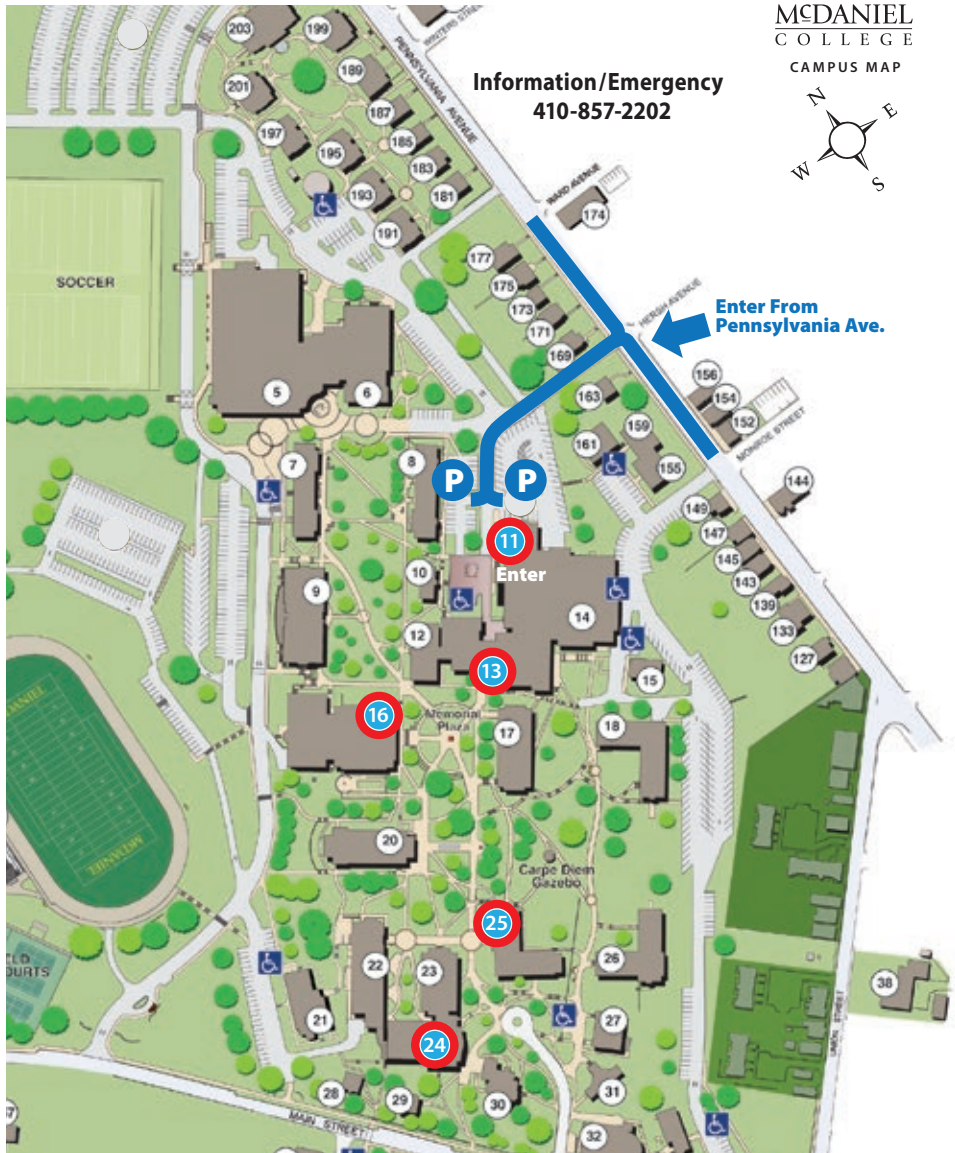
Women, Wealth & Well-Being (Jennifer Taboada) .....	NAGANNA FORUM	11
Healthier You – Keep Moving (Lynn Olexy) .....	COLEY RICE LOUNGE	25
Where are Women in Science? (Dr. Mona Becker) .....	DECKER AUDITORIUM	24
Aging Parents (Lauren Hickey) .....	WAHRHAFTIG ROOM	16

## SESSION 4 | 2:15 PM

Emotional Intelligence (Kelly Frager) .....	NAGANNA FORUM	11
Juggling It All (Dr. Kendra Hart) .....	COLEY RICE LOUNGE	25
Where are Women in Science? (Dr. Mona Becker) .....	DECKER AUDITORIUM	24
Growing Up Girl (Jessamine Duvall) .....	WAHRHAFTIG ROOM	16



# MAP



Best GPS address to use to enter campus & park:  
**163 Pennsylvania Ave**  
**Westminster, MD 21157**  
(opposite Hersh Ave.)

**P** Parking for event

## Key Buildings & Rooms:

- 11** Roj College Center 1st Floor / Naganna Forum
- 13** Roj College Center Upper Entrance / Middle Level
- 16** Hoover Library / Wahrhaftig Room
- 24** Lewis Hall / Decker Auditorium
- 25** McDaniel Hall / Coley Rice Lounge



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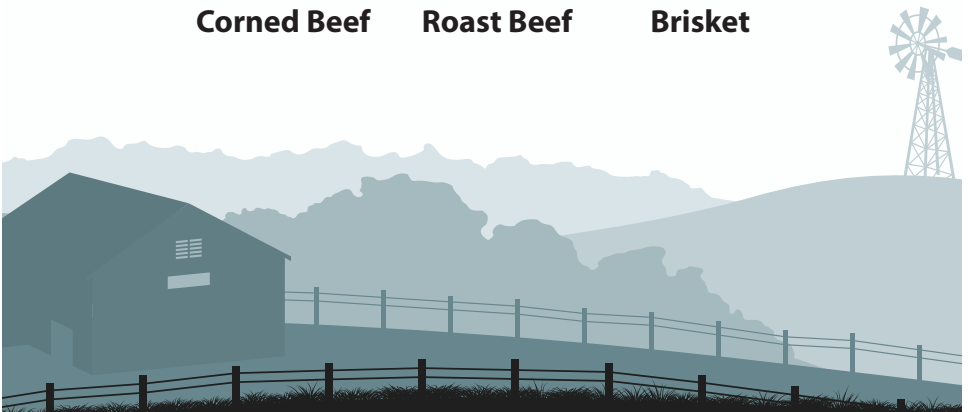
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# Dr. Mona Becker



***“Where are Women in Science?”***

Dr. Mona Becker has been involved in science education for over 20 years. She is involved in the community as the science department chair and a science teacher at Westminster High School, as well as serving as the newly elected Mayor of Westminster.

Together with her wife, Melanie Nilsson, she founded a non-profit called STEMivism—an organization that promotes a sustainable and inclusive climate for scientific and technological advancement. Together, over the last several years they have been working to advocate for underrepresented individuals in science and conducting primary research in how individuals are portrayed in chemistry textbooks.

Dr. Becker is a graduate of Millersville University (BS Geology, 1994), Virginia Tech (MS Geology, 1996), and SUNY Stony Brook (PhD Geology, 2001). Upon completing her PhD she lived abroad in England, working in the Earth Science Department at the University of Oxford.



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# Dr. Brooke Bussard



***“The Power of Food: A Key Ingredient for Optimal Health”***

Having spent her entire professional career pursuing ways to maximize wellbeing, Brooke has over 30 years of experience in health and wellness. With a focus on optimal nutrition, she guides her clients toward their best personal health outcomes as they prevent and reverse heart disease, diabetes, obesity, and other chronic conditions. She thrives on watching people transition from confused consumers to empowered eaters.

As an educator, Brooke speaks to all age groups from elementary schools to senior living centers about the powerful link between food and health. Having raised two children and taken care of elderly grandparents who suffered from a stroke and cancer, she has firsthand experience with food through all age groups.

Additionally, Dr. Bussard teaches Food for Life Classes for the Physicians Committee for Responsible Medicine, where she is also on the President's Council. Brooke is a graduate of the University of Virginia College of Arts & Sciences and the UVA School of Medicine.

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# Jessamine Duvall



***“Growing up Girl: Current challenges young girls are facing and how you can help.”***

Jessamine Duvall is the Executive Director of Girls on the Run of Central Maryland, a 501(c)(3) nonprofit youth development organization that inspires girls in Carroll & Howard counties to be joyful, healthy, and confident using a fun, experience-based curriculum which creatively integrates running.

Jessamine has worked in the nonprofit sector for more than 20 years at organizations around the country, including community associations, arts organizations, and human service providers. A Maryland resident since 2000, Jessamine has extensive experience advocating for members of the community and working with local government agencies. Over the years, she has volunteered as a Girl Scout leader, Leadership Howard County planning committee chair, PTA committee chair, as well as elected positions on the Hickory Ridge Village Board and Columbia Association Board of Directors.

She lives in Columbia, Maryland with her husband Brian, two teenage children, two spoiled cats, and a neurotic dog.

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[library.carr.org/loc/](http://library.carr.org/loc/)



# Jena Ehmann



## Mid-Day Motivation

Jena Ehmann has been a public-school educator and curriculum writer for more than 14 years. Born, raised, and educated in Carroll County, Jena fosters community involvement through school-based initiatives and curricular resources. As the 2020-2021 Carroll County Public Schools Teacher of the Year and a Maryland State Teacher of the Year finalist, Jena spoke about her commitment to student agency (instruction driven by students' interests to promote authentic learning) and self-efficacy (teaching students to believe in their own abilities—so they can set goals and recognize their own achievement). Simply stated, Jena champions for kid power.

Jena attended McDaniel College and received a Bachelor of Arts in English Language and Literacy Acquisition and a Master of Science in Literacy Leadership. She earned additional master's level credits in the areas of Special Education and School Leadership. Throughout her tenure with Carroll County Public Schools, Jena has been a team leader, chair of various school level committees, and Vice President of the Carroll County Literacy Chapter. Jena is a lifelong learner and looks forward to a lengthy tenure in public education.



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# Kelly Frager



***"What's EQ Got To Do With It?"***

As owner of Kelly Frager Professional Development & Training, Kelly partners with organizations to help them optimize the power of their people through training and consulting. Her collaborative relationship with her clients, customization of her message for professional realness & relevancy, and genuine, dynamic delivery style are the distinguishing aspects of her business.

Kelly has spent her entire professional career in the human resources, training and professional development fields. Her clients and employers have ranged from the hospitality industry to professional services firms, with mortgage banking and homebuilding in the mix as well. Over the years and across the industries, she has learned that nearly ALL people want to feel good about where they work and possess a desire to contribute and grow as professionals. This insight has been the motivator for her work.

Kelly loves her family, serving in her various communities and her alma mater, Penn State. In the early morning hours, she also loves her Peloton bike.

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# Julie Gaver



## Key Note

Whether she's the "Sage on the Stage" or the "Guide on the Side" Julie Gaver has been serving up her own unique brand of inspiration nation-wide for over 30 years. From her training debut as a Dale Carnegie Instructor to currently celebrating 25 years as an entrepreneurial speaker, corporate trainer and coach, Julie is well known for her high energy presentations and ability to connect with audiences in a memorable way. A master storyteller, Julie uses a witty blend of theatrics and experience to make learning fun!

Clients who benefit from Julie's expertise include the nonprofit and governmental sector, professional services, construction, medical, education, and more.

Julie is the author of the three-part women's book series *Must Love Shoes* and challenges her readers to see the meaning, lesson, and humor in life. The launch of her books stimulated such interest that Julie ultimately created a niche market designed for women which encompasses personal and professional development opportunities, domestic and international retreats, book club discussions, and unique social events designed to bring women together for fun, learning and camaraderie. At her 80 acre property, Meadow Branch Farm, Julie offers relaxing day retreat and training opportunities for small groups in the corporate and nonprofit sector.

She is the proud founder and director of "Soles of Love in the Garden" a passion project which collects and distributes new shoes and winter boots to local children in need.



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## Dr. Kendra Hart, EdD, MS, MA, BA



***"Juggling It All"***

Kendra Hart is a mother, wife, and educator with over 20 years with experiences as a teacher, school leader, central office supervisor, school counselor, and curriculum writer. Dr. Hart holds a Doctor of Education with a concentration on Teacher Leadership, Master of Science in Education, Master of Arts in Teaching, and a Bachelor of Arts in Criminal Justice and Psychology. She served on the Carroll County Arts Council Board of Directors and is a Trustee for the Carroll County Public Library.

Dr. Hart considers servant leadership an honor rather than a duty and believes that everyone should surround themselves in positive and collaborative environments where one can learn, experiment, and prosper.

Dr. Hart's greatest joys in life are being a mother of four amazing children and the wife to her high school sweetheart.

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# Lauren Hickey



## ***“Aging Parents: Understanding the Importance of Self-Care and Navigating through the Healthcare System”***

Lauren Hickey has worked in the Healthcare Industry for 20 years and joined Right at Home In-Home Care & Assistance in 2009 as their Community Relations Director. For the past 20 years, Lauren has connected families and community members with the resources in Carroll County and surrounding areas. She thrives on assisting people and ensuring they have the proper care in place wherever they may call home.

Lauren is a member of several Boards, such as The Partnership for a Healthier Carroll County, The Commission on Aging & Disabilities, Department of Social Services Guardianship Review, President of the Senior Provider Information Network, Chair of the Healthy Aging Leadership Team, and a committee member to The Seniors on the Go Expo, and Taste of Carroll for Bridging Life. With all of her services throughout the county, Lauren was also the 2017 recipient of The Sylvia Cannon Humanitarian Award.

Lauren graduated from the Broadcasting Institute of Maryland with her degree in Communications and can have the gift of gab. She was born and raised in Carroll County, and currently lives in New Windsor with her husband, daughter, and 2 dogs. Lauren enjoys spending time with family, friends, running, skiing, and being with people!



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## Lynn Olexy



***"I Sit Too Much!  
Yoga"***

Lynn Olexy is the co-owner and operator of Westminster Downtown Yoga, LLC. She comes to the mat with over 30 years of experience in health and wellness and her B.S. in Exercise Science, Dance Education and Business. Her passion for fitness took a turn when she discovered yoga 18 years ago and realized that "beating her body up" was not necessary to achieve her goals. She has a long history in the Carroll County community of establishing and managing a successful yoga studio. She has her 200 hour yoga certification through Charm City and in 2019 completed her 500 hour CYT at Westminster Downtown Yoga through Yoga Works.

Her classes are athletic yet authentic in her combination of flow with breath. Off the mat you will find her spending time with her family and 2 basset hounds, enjoying the outdoors or spending time at the beach. Her motto is ... be kind to everyone along the way, as we all have our own stories.



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# Jennifer Taboada



***“Women Wealth  
& Well-Being”***

Jennifer Taboada is a member of BlackRock’s Advisor Insights team, has been in the financial services industry for over 15 years, and has deep experience creating and presenting educational programs on financial planning topics. Currently, she leads the Social Security Consulting team at BlackRock and serves as a national specialist on financial planning topics including Social Security and Behavioral Finance.

Jen is an active member of BlackRock’s Women’s Initiative Network and believes that engaging and fostering the full potential of women is key to financial planning success. Her service dates back to 2007, including time spent as an Investment Management Associate covering Independent financial professionals in Georgia and Alabama.

Jen was raised in Ocean Township, NJ where she now lives with her husband Michael and daughter Isabella. She attended Seton Hall University where she received a BS in International Economics and a BA in Modern Languages with a specialization in Spanish and Italian. Jen is an active member on the Alumni Board of Directors at Seton Hall University.



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- Carroll Broadband
- Agriculture Development

### Financing & Incentives

- Financing Packages
- Tax Credit Programs
- Technical Training Grants

### Workforce Development

- Recruitment Events
- Incumbent Worker Training
- On-the-Job Training
- Workforce Demographics  
& Wage Data

# 410-386-2070

Carroll  County  
ECONOMIC DEVELOPMENT

Carroll County Department of Economic Development  
225 N. Center St., Suite 101, Westminster, Maryland 21157  
**CARROLLBIZ.ORG** // [info@carrollbiz.org](mailto:info@carrollbiz.org)