



# The New Resource

A Resource and Referral Newsletter

Northwest New Jersey Regional Women's Center at Centenary College

Summer 2010

## A Message from the Director...

What a lovely spring! Record-breaking temperatures to start us off and some record breaking of our own... I just celebrated my 15th anniversary as the director of the Women's Center, we had the best attendance at a Women's History Month event then we have ever had before, and, Centenary College celebrate the inauguration of its second women president.

Our celebration of New Jersey Women Authors was a really special event. The panel of authors provided us with so much information about what you need to know to start writing and how to get published when you are ready, that our audience members' note pads were overflowing. We were introduced to many different options in the publishing world -from self publishing to academic and big corporate publishing houses.

One of my favorite parts of the day was our luncheon - yes, I do enjoy a good lunch, but that's not why! Twenty-five enthusiastic women filled a conference table and networked like I have never seen before, exchanging e-mails, phone numbers, business cards and, of course, ideas. All in 45 minutes while eating lunch. We are great multi-taskers!

The keynote address by Alison Larkin, author of The English American, was as entertaining as I had hoped. I had previously interviewed Alison and I knew she was great. After that, everyone set up their tables for book signings and to answer individual questions. I noticed how many authors purchased each other's books. Obviously everyone is a book lover as well as an author! JoAnn and I so appreciated the feedback that followed this event. And the best news yet is that these women are planning to get together again to continue the relationships they forged that day. I want to personally thank all of them for sharing their time with us- Lorraine Ash, Carol Binkowski, Helen Coronato, Patricia Diesel, Valentine Dmitriev, Amy Edelman, Marcia Ivans, Diane Lang, Alison Larkin, Professor Deborah Lev, Maryann McFadden, Janet Pfeiffer, Barbara Seelig-Brown, Hueina Su, and Lois Winston. Thank you all!

Take care,

*Deborah*

Deborah Diamond Fisch, Psy.D., Director

**Our legal rights booklet, *What to do if.....is NOW* available for \$9 plus s/h.**



The Northwest New Jersey Regional Women's Center was established by the New Jersey State Legislature in 1987 to provide educational and counseling services to women and their families in Northwest New Jersey, which includes Hunterdon, Morris, Sussex, and Warren Counties.

The center is a private nonprofit organization. Our main location is at Centenary College in Hackettstown, N.J., with service locations throughout the four-county area.

### ADVISORY BOARD

- Judy Chapman
- Diane Finnan
- Kelly Shea
- Mona Ressaissi
- Dolores Stammer
- Renee Rubino
- Sarah Brelvi

**"The New Resource" is the Newsletter of the Northwest New Jersey Regional Women's Center at Centenary College.**

Director:

**Deborah Diamond Fisch, Psy. D.**

Editors: **JoAnn Holland**  
**Kelly Shea**

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### MEMBERSHIP

Be a supporter - Enjoy the benefits that membership brings to you and others.

**As a member, you'll receive:**

- A quarterly newsletter and a full-year calendar of Women's Center services and events.
- Mailings and information about special center events.
- Discounts on workshops ,programs, and clinics facilitated by the Women's Center.
- Discounts on our boutique items.
- Centenary Stage Company Ticket discounts (not including Women's Center fundraisers or Thursday evening performances).
- Membership in our library.

**Your membership helps the Center provide:**

- Counseling, legal, mediation, career, and financial clinics for women and their families.
- Speakers and performers throughout the year.
- Workshops for personal growth.



### Spotlight on....

### "Women in Mind"

**June-A Conversation with Best Selling Author**

*Maryann McFadden*

**July-Keeping It Simple**

**August-Dangers of High Risk Drinking**

**Comcast Cable**, Channel 21, Port Murray, NJ, 5:30 pm, Wednesdays; **Cablevision TV**: Channel 21, Randolph, NJ, 6:30pm, Tuesdays; **Hunterdon Central High School, HCTV**, Channel 14, Flemington, NJ\*; **STVC**, Channel 44, **Sussex County Community College**, Tuesdays at 5 and 9pm, and Wednesdays at 10am and 2pm, Newton, NJ.\*

**\*Check cable listing for times.**

**The Women's Center can be reached by phone, fax or email.**

**Office- (908)-852-9365 or (908)-852-1400 ext. 2374**

**Fax ( 908)-979-4296 or email us at- [womenscenter@centenarycollege.edu](mailto:womenscenter@centenarycollege.edu)**

**Please visit our web site for more information.**

**Web site:[www.centenarycollege.edu/womens\\_center](http://www.centenarycollege.edu/womens_center)**

### Membership Form 2010-2011

Please complete the following:

Name \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone: \_\_\_\_\_  
(work or home)

Enclosed is my check for:

Member	\$ 35
Friend	\$ 50
Sponsor	\$ 75
5-Year	\$ 100
Lifetime Membership	\$ 250
Other	\$ _____

Please make check payable to:  
Women's Center and mail to  
Women's Center  
Centenary College  
400 Jefferson Street  
Hackettstown, NJ 07840

Welcome new member,  
Beverly Stoskus

## SERVICES

### Provided by the Women's Center

**CABLE TV SHOW:** "Women In Mind," is currently aired on Comcast Cable in Warren County; Cablevision in Morris County; HCTV, Hunterdon County; and SCTV, Sussex County (see schedule above).

**CAREER CLINIC:** Looking to change careers? Tired of the same job? Out of work and don't know what to do?

**COUNSELING CLINIC:** Are you going through a life change? Are you low on self-esteem, or do you have difficult decisions to make? Counselors currently participating in the Counseling Clinic are: **Carol C. Cornfeldt, M.S., R.N., C.S.**; **Caroline Grossmann, Ph.D., L.C.S.W.**, and **Nancy G. Shumate, B.C.D., L.C.S.W.**

**FINANCIAL CLINIC:** Are your life goals on tract? Do you have questions about retirement planning, long term health care, gaining financial independence, education funding, divorced or widow(er)? **Aaron Weinberger, Certified Financial Planner**

**LEGAL CLINIC:** Do you have questions on family law, real estate, wills, deeds, or other issues? *We have 15 volunteer attorneys to help!*

**MEDIATION CLINIC:** Do you want to avoid litigation and try mediation?

**Clinics are held at the Women's Center and at the professionals' offices**

The Women's Center, located in the lower level of Brotherton Hall, Room LLB005, Centenary College, offers several clinics that will help you with your questions. The Career, Counseling, Financial, Mediation, and Legal Clinics are available to you for a minimum donation of \$20 per appointment. Call the Women's Center at (908) 852- 9365 for more information.



## To Your Health

### Preserving and Improving Memory as we Age

Memory lapses can occur at any age, but as we get older we tune into them more for fear that they are a sign of Dementia, or, worse yet, Alzheimer's Disease. The facts indicate, however, that when there is significant memory loss in older people it is not due necessarily to aging but rather to organic disorders, brain injury or neurological illness.

By maintaining good general health habits you can help prevent cognitive decline and reduce the risk of Dementia. Stay physically active, get enough sleep, don't smoke, have good social connections, limit alcohol to one drink a day and eat a balanced diet low in saturated and trans fats (fruits, vegetables, whole grains, and healthy fats are best).

Those "senior moments" reflect normal changes in the brain, but we can use various strategies to protect and sharpen our minds. Here are a few:

**Keep Learning-**

Challenge your brain with mental exercise (Join the Women's Center's Book Discussions!)

**Use all your senses -**

More senses used, more brain involved

**Believe in yourself -**

Keep away from negative stereotypes of aging

**Economize your brain use -**

Make lists, use calendars, remove clutter

**Repeat what you know -**

Out loud or write it down

**Space it out -**

To learn something new repeat over time

**Make a Mnemonic-**

Acronyms, Sentences - Remember

"Every Good Boy Does Fine" from your music lessons?

Excerpted from:  
"Harvard Women's Health Watch"  
February 2010

## Upcoming Events



### June

- Book Discussion at Health Village
- Legal, Counseling, Financial and Career Clinics
- Mediation Clinic
- All NEW "Women in Mind" Cable Show

### July- August

- Legal, Counseling, Financial and Career Clinics
- Mediation Clinic
- All NEW "Women in Mind" Cable Show

### September

- Legal, Counseling, Financial and Career Clinics
- Mediation Clinic
- All NEW "Women in Mind" Cable Show

### October

- 17th Annual 5K Walk for Breast Cancer Research
- Legal, Counseling, Financial and Career Clinics
- Mediation Clinic
- All NEW "Women in Mind" Cable Show



# CALENDAR OF EVENTS

## June-August Legal Clinics

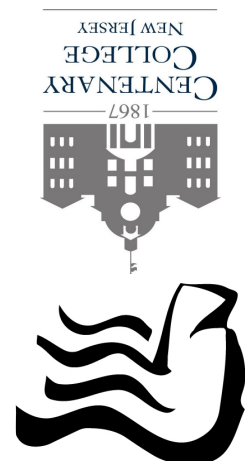
Times and Locations:	Morning Clinics:	9-11 am, and 10-12:15p.m.9
	Afternoon Clinics:	12 noon-2:15pm and 2pm-3:30pm
	Evenings Clinics:	4-5:30pm, and 6:30-9pm
Hackettstown...	Second Tuesday pm, and Third Thursday pm	
Chester...	First Tuesday pm & Third Thursday am or pm	
Randolph...	Second Monday am ,Third Tuesday am, and Third Thursday pm	
Clinton...	First Tuesday am or pm, Third Tuesday am or pm	
Phillipsburg...	First Tuesday pm, Second Tuesday pm	
Newton...	Second Monday (no evening appts.)	
Denville...	Second Monday pm	
Mendham...	Third Thursday pm	
Hopatcong...	Second Wednesday (no evening appts.)	

Sparta , Parsippany and Hamburg. No set appointments, available most times

June 21-Book Discussion-*Nine Parts of Desire*, by Geraldine Brooks, Heath Village, Schooley's Mountain Rd, Hackettstown, NJ 2-3pm Call the Women's Center to register at 908-852-9365.

**Call the Women's Center to register for book discussions and legal clinics, 908-852-9365.**

“The Motto should not be: forgive one another; rather,  
understand one another.”  
-Emma Goldman



Northwest New Jersey  
Regional Women's Center

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U.S. POSTAGE