

The Vagina Monologues

Award Winning Film Starring Playwright,
Performer, and Activist Eve Ensler

Tuesday, January 31, 2012 – 5:30 p.m.

Eve Ensler wrote the Vagina Monologues in 1996, and they were first performed in a basement in Greenwich Village. The author has been a five-time award winner for this amazing play that explores how an intimate part of the female anatomy has become a metaphor for women's sexual abuse and domestic violence around the globe. The film showed this evening is the original play featuring Eve Ensler, as solo performer taking all the women's roles. The play evokes laughter, tears, pain and joy and may not be appropriate for minors. What is universal, though, is the feeling of compassion and admiration the viewer gets from understanding the strength these women show in their attempt to live fulfilling lives in spite of their hardships.

Are You a Reluctant Reader?

Tuesday, February 7, 2012 – 5:30 pm.

Facilitator: Robin Lovrien

Do you get headaches, watery eyes or stomach aches when you read? Do you find it hard to concentrate on reading after 10 minutes? Do you have to use your finger to read so you don't drop lines or skip words? These reading problems can be caused by poor visual tracking or severe sensitivity to light. Unfortunately, these causes are often overlooked by teachers and educational diagnosticians. Poor readers are almost always assumed to have dyslexia.

After a discussion on basic visual problems, you will have the opportunity to be screened by Dr. Lovrien for visual acuity and sensitivity to light. This could be a session that changes your life!

Robin Lovrien holds a Masters and Doctorate in Special Education and Learning Disabilities and is currently a reading specialist and educational consultant in Adult Education/ESL. She trained at the Kingsbury Diagnostic Center in Washington DC. She taught children and adults for 20 years at the Lab School of Washington, one of the country's premier schools for learning disabilities. She also trained under Laura Weisel, PhD, owner of Powerpath to Basic Learning and is a certified screener for the Irlen Syndrome, a reading problem caused by sensitivity to colors in the light spectrum.

You and Your Baby

Tuesday, February 14, 2012– 5:30 pm.

Facilitators: Pam Dyer Stewart and Suzanne Brown

According to new studies in infant development, the months immediately following birth are the most crucial for allowing your baby to build a healthy and secure sense of its being in the world. From the first hour after the birth, your life will

also change. You will be adjusting to night time parenting. You will need to understand and respond effectively to your infant's needs at all times. In this session, we will share simple techniques and useful resources to help make your family life easier and more joyful.

Both Suzanne Brown and Pam Dyer Stewart are midwives and mothers. Their children and the families they have served over the years have been their teachers. They will share what they know about thoughts and actions that contribute to the making of healthy mothers, infants and families.

Young Women Keeping Safe

Tuesday, February 21, 2012 – 5:30 p.m.

Facilitator: Lee Lee Schlegel

The statistics for the abuse of teen and college-age women in peer environments, on dates and in the workplace are disturbing.

During the course of this program we will be focusing primarily on sexual assault and relationship violence; the dynamics of abuse, its warning signs and predictors; types of offenders and what to do to take care of your self. Those who would like to have some educational tools to help keep themselves safe in various aspects of their lives will find this program useful. This is not a physical self-defense class.

Lee Lee Schlegel worked in the field of sex crimes and domestic violence for 20 years, first as a therapist, and then as the Commonwealth of Virginia's legal expert on sex and domestic crimes. She has served as a consultant and teacher for various agencies including the FBI, INTERPOL and many police academies. She was also on the staff at the Fairfax County, VA police academy where she taught the psychology, sociology, victimology and law of sex crimes and domestic crimes for many years. She retired in 2001 and moved to Maine.

Compassionate Communication (CC)

Date: Tuesday, February 28, 2012 – 5:30 p.m.

Facilitators: Pam and Brian Dyer Stewart

Compassionate Communication (CC) is a communication process developed by Dr. Marshall Rosenberg in the 1960's and is often used today as a conflict resolution aid. CC is based on the idea that all people have the capacity for compassion and resort to behavior that harms others only when they fail to recognize more effective strategies for meeting their own and other's needs. While CC is taught as a process of communication, it also provides a set of values, a parenting technique and an educational methodology.

Pam and Brian Dyer Stewart have lived in Harrington since 1984 and have four grown children. They have been a part of a CC study group since 2008. Pam, as a midwife and both of them as parents, have learned the value and importance of healthy communication.



About the WHRL

All members of the community are invited to use our lending library and attend library programming.

The Women's Health Resource was founded by executive director, Chris Kuhni to provide the citizens of Downeast Maine with quality health education materials and programming. Kuhni, a women's health nurse practitioner, saw the acute need for a resource of this kind and assembled a group of volunteer and financial supporters to create this unique center.

We are also here in part because of the generous financial support of our corporate sponsors, Jasper Wyman and Sons, Mark Wright Disposal & Construction, Down East Community Hospital, and the many in-kind gifts from our ardent supporters. We thank you all.

The Women's Health Resource Library is the first of its kind in the state of Maine. Designed to provide all women in Downeast, Maine with current, reliable health information, the space was also designed for comfort. Several cozy seating areas, vibrant colors, homemade quilts, and cushy pillows invite guests to gather, linger and learn. The floor to ceiling windows offer spectacular views of the Narraguagus Bay. This very special space was designed by Maine artist Carol Bass. Carol, the co-founder of Maine Cottage Furniture, who donated the colorful furnishing as well as her design services. Local artists Joanne Halpin, Dorothy Somers-Pilloni, Sandra Priest, Janie Snider, Jeanne Driscoll, and Sarah Brandon all display artwork influenced by the natural beauty of Maine. The striking aqua colored rug that resembles tide pools is the work of Portland artist Angela Adams.

Women's Health Resource Library

Tuesday Nights at the Library Series

Winter 2011-2012



24 School Street, Milbridge, Maine
207.546.7677 • www.whrl.org

Welcome to "Tuesday Nights at the Library"

Winter Series 2011-2012

We guarantee that there is a program to interest everyone. So come, sit back and relax in our beautiful setting. Prepare to be dazzled and delighted – and best of all, to learn something that will make your life more meaningful.

Rediscovering the Roots of Healing

An Introduction to Qi Gong

Tuesday, December 6, 2011 – 5:30 p.m.

Facilitator: Paul Weiss

Modern medicine treats disease, but the true roots of health lie in our own ability to strengthen and balance the energy of mind and body. Good nutrition, breathing, gentle exercise and de-stressing the mind and the emotions are key. The gentle movement practice of Qi Gong harmonizes the mind, the body, the breath, the heart, and our energy.

Qi Gong is a form of traditional Chinese medicine that has been practiced for at least 7000 years. It is used in hospitals around the world, including the United States, as an integrated part of the healing process. This session will introduce the basic movements necessary for mind-body healing.

Paul Weiss is a teacher, poet, and multi-modal therapist who has directed the Whole Health Center in Bar Harbor for the past 30 years. He has drawn people from all over the world to participate in his transformative healing processes. He is a recognized physical and mental health counselor who has studied Qi Gong extensively here and in China and has been certified to teach by three different schools of Qi Gong.

Breast Health and You: Taking Action

Tuesday, December 13, 2011 – 5:30 p.m.

Facilitator: Regina Rooney

Breast Cancer is the number one cancer in women worldwide, and we've never known more about it than we do today. Amidst all of the publicity, information, and conflicting recommendations surrounding the disease, do you know all you need to know? Saving lives will take each of us moving beyond awareness and taking action.

This presentation breaks down the basics, looks at the data, but most importantly, prepares us to take charge of our own breast health.

Regina Rooney joined the Maine Affiliate of Susan G. Komen for the

Cure in June of 2011 as the organization's first Community Outreach Manager. She has an interest in and a dedication to issues impacting women in our culture. Before joining the Komen Affiliate, Regina worked as the Resource Development Coordinator at Spruce Run, the domestic violence project serving Penobscot County. In 2008 she earned her Master's Degree in English and Women's Studies from the University of Maine-Orono where she is currently a part-time faculty member.

Meditation, Mindfulness & Stress Reduction

Tuesday, December 20, 2011 – 5:30 p.m.

Facilitator: Judith Toland

Meditation has been a part of all religions in the world for thousands of years. Today, we find it is also a recommended form of Integrative Medicine. At the heart of Meditation is the concept of Mindfulness — being truly aware and connected to everything and everyone around us in the present moment. When M and M are practiced together, life's stressors are put into perspective. Their negative impact is reduced and in time, eliminated. The result is a renewed sense of joy, compassion and loving kindness for ourselves and others. This session will combine both the philosophy and practice techniques of Meditation and Mindfulness and show how they can change your life.

Judith Toland holds a Masters and Doctorate in Behavior Science from Northwestern University, IL. She has a 20 year background of teaching at both Northwestern and the University of Wisconsin. In 1997, she was certified as a teacher of Meditation and Mindfulness in the tradition of Thich Nhat Hanh (Nobel Nominee, Poet, Peace Activist and Author of over 75 books). Since retiring to Maine in 1995, Judith has led numerous M and M workshops and training sessions in both Hancock and Washington Counties for teachers, business professionals and students of life in general.

The Value of Advance Directives

Living Wills and Organ Donation?

Tuesday, January 3, 2012 – 5:30 p.m.

Facilitator: Jennifer Beal, FNP-C

Advance Directives that include living wills and organ donation decisions give people the opportunity to make legal choices about their future medical treatment. Advance directives can also allow us to designate a medical power of attorney that can carry out our choices if we are unable to do so. It is important that people of all ages and health statuses complete these documents. Unfortunately, no one is immune to life-threatening conditions but everyone wants the assurance that their medical wishes will be honored. There will be an open discussion about the benefits to self and others

regarding these important decisions.

Jennifer Beal graduated from Narraguagus High School in 2001 and from the University of New Hampshire in 2005 with a BA in Nursing. She has worked as an RN at Brigham and Women's Hospital in Boston and as an ICU nurse at Eastern Maine Medical Center in Bangor where she learned the importance of Advance Directives. In 2011 she graduated from the University of Maine with a Masters Degree and became board certified as a Family Nurse Practitioner. She is currently employed at the Milbridge Medical Center.

When is There Time for Me?

Tuesday, January 10, 2012 – 5:30 p.m.

Facilitator: Donna Salisbury

This workshop is designed to be a discussion among participants who take the role of primary nurturer for our families; whether it is caring for typical or special needs children, an ill partner, grandchildren or aging parents. How do we juggle all the responsibilities of work and child or parent care, household manager, transporter, cheerleader, and also take time for our own needs and desires? How do we nurture the nurturer so we do not become overwhelmed, overstressed or depressed? If we find ourselves there, how do we recover a sense of joy and wellbeing?

Participants will share with others the challenges and discoveries of what works to reduce stress and renew spirit. There will be an objective to leave the session with a commitment and a specific plan to nurture oneself.

Donna Salisbury holds a Masters in Education and a Masters in Social Work. For many years she has worked with: young, typical and special needs children and their families as teacher and therapist; infant mental health and attachment with foster and adopted children and their caregivers; and women of all ages who are dealing with life transitions, anxiety, depression, trauma and loss including those with chronic and/or terminal illness. With all of her clients, Donna enjoys helping others find their inner strengths, embracing their challenges and discovering their healing power, both individually and within groups.

Women's Aging

What's Old, What's New and What's Sexy

Date: Tuesday, January 17, 2012 – 5:30 p.m.

Facilitator: Margaret (Peg) Cruikshank

What did it mean to be old in our grandmother's or mother's day? How has that meaning changed in today's world? What are some of the stereotypes of 'old' that we still have to deal with? How do we understand the reality of aging for women across different cultures?

In this session, we will look at both an historical and personal

approach to women's aging and how it effects their health and wellbeing. We will examine a new development in chronicling women's sense of this reality called 'narrative gerontology'. Personal offerings are encouraged.

Margaret (Peg) Cruikshank is a noted feminist and academic, pioneering in the origin of Women's Studies. She holds a Masters and Doctorate in Literature from Loyola University, IL and has had a distinguished career in teaching for the past 35 years. She has taught at Minnesota State University, City College of San Francisco, Stanford University and University of Maine-Orono. She is the author of five books including the most recent, Learning to be Old: Gender, Culture and Aging, 2009; and Fierce with Reality: an Anthology of Literature on Aging, 2007.

Adult Women Keeping Safe

Date: Tuesday, January 24, 2012 – 5:30 p.m.

Facilitator: Lee Lee Schlegel

Women can find themselves at risk in a variety of settings including the work place, in social settings and at home. Adult women are no safer than younger women, but their risks are different. Personal relationships are more complex and have longer histories. Social and work environments are more diverse and expansive. While there is much discussion about dreaded diseases such as cancer and heart disease, women must also be aware of the threat of violence posed in our society. This program will be useful to those women who have an interest in gaining some tools to keep themselves safe in all aspects of their lives. This program is being repeated by popular request to address this ongoing problem.

Lee Lee Schlegel worked in the field of sex crimes and domestic violence for twenty years, first as a therapist, and then as the Commonwealth of Virginia's legal expert on sex and domestic crimes. She has served as a consultant and teacher for a variety of agencies including the FBI, INTERPOL and many police academies. She was also on the staff at the Fairfax County, VA police academy where she taught the psychology, sociology, victimology and law of sex crimes and domestic crimes for many years. She retired in 2001 and moved to Maine.

Programs begin at 5:30 p.m. and last until 7:00 p.m. with refreshments and discussions.
There is NO cost!

For more information call Judith at 207-546-7677. While reservations are not necessary they are encouraged due to limited seating.

