**Objective: To empower others to utilize their strengths to create a change that improves the world through action, education, communication, and service.**

**Skills/Experience**

**Communication/ Professional Development/ Motivation:**

* Senior Resource & Wellness Columnist-2010-present
* Responsible for marketing, web page and digital brochure development; social media; ad development.
* Quality Improvement Survey rankings, 2012, recognized as 3/1000 franchises by J.D. Powers
* Relationship Development **–**2000-present
* Public Relations-2006-2013, Events coordination, Community development, Community relations, Fundraising
* Resume Development– 2000- present- Facilitated resume development at various skill levels
* Public Health Coordinator/Community Wellness Educator**-** 1999-present
* Created Leadership development programs

**Research**

* Integrated Learning Project: How does stress affect leadership and decision making?, 2012-2014
* Strategic Analysis of human services company, 2013
* Ethnographic study of tool and die company, 2012
* Stress management/alternative medicine treatment manual, 2000-2013

**Decision Making**

* Public Relations Coordinator - 2006-2013
* Strengthening Families Program Facilitator,2013

**Organizational Finance**

* Accurately Managed department budgets , 1995-2013

**Organizational Change/ Strategic Analysis/ Planning**

* Marketing – 2010-2013
* Sales-Increased non-medical homecare sales to seniors within Lawrence and Mercer counties by 73% within one year.
* Organizational Change Project- Company Analysis 2013
* Special Events Coordinator/Fundraising- 2006 to 2013
* Coordinated county wide projects honoring and supporting our military and veterans. Spearheaded the senior run project that distributed over 800 care packages to our military for Christmas over the course of four years.
* Created approved healthcare assessment tools
* Organized, rewrote, and edited treatment manual

**Wellness/ Stress Management/Health Education Specialist**

* Created over 50 accurate and applicable health programs able to be utilized by all age groups 1999- *present.*
* Developed and presented the following series: Stress Management; Arthritis Management; Caregiver Education; and Alzheimer Education; Caregiver Education Support Group, 2010-2012
* Nutritional Consultant- 2010-present
* Certified Arthritis Foundation Exercise and Stress Management Trainer – 2007-present
* Author – Self-published, 2012, *Stress Management: Learning to Live with Ourselves,* 1500 copies used throughout the community, nationally, and internationally
* 20 years experience teaching effective, proven stress management/ wellness techniques

**Therapeutic Recreation Specialist**

* 1993-2010, Comprehensive experience along the health care continuum-crisis management, inpatient psychiatric care to long-term care.
* Senior Resource Specialist,1993-2013
* Nonmedical Home Care Relationship Manager 2010-2013
* Senior Resource Columnist

**Employment History:**

**Senior Resource Columnist**

2010-present-Sharon Herald Life and Times-monthly- 50, 000 readers

Grove City Allied News-monthly

2010-2013- Ellwood City Ledger-biweekly-5,000 readers

New Wilmington Globe Leader-monthly- 1,500 readers

Senior Shopper- Quarterly, Lawrence and Mercer Counties

**Relationship Manager-** September 2010 to September 2013, Home Instead Senior Care, Wampum, PA

**Enrichment Coordinator**- June 2006 – August 2010, Holiday Retirement Corporation, Whispering Oaks, Hermitage, PA

**Therapeutic Support Staff**- Jan. 2004-June 2006, Comprehensive Children & Family Services, Sharon, PA

* + Provided therapeutic and mental health services to adolescents within the school and community settings.

**Certified Therapeutic Recreation Specialist:**

* October 2000-September 2003, Augusta Medical Center, Fishersville, VA
* 1998-September 2000, Citizens General Hospital, New Kensington, PA
* 1994-1996-Collins Nursing Home, Pittsburgh, PA
* 1993-1998, Mercy Hospital of Pittsburgh, Pittsburgh, PA

**Distinguishments:**

* Author, *Stress Management: Learning to Live with Ourselves, 2012*
* Dr. Christiane Northrup, author of *Women’s Bodies, Women’s Wisdom,* recognized the treatment manual and allowed for her information to be used in the book-2012.
* Presenter for the Arthritis Foundation on “*Managing Arthritis thru Nutrition*”- 2009
* Created an approved Arthritis Management Educational Series endorsed by the Arthritis Foundation
* Holiday Retirement Corporation Enrichment Coordinator of the year 2008
* Speaker at the Southeast Therapeutic Recreation Symposium, New Wilmington, NC-2003.
* Developed/ presented over 50 wellness programs and series
* Licensed Class C CDL Driver

**Education:**

***G*eneva College** · **Beaver, PA, April, 2014, Master’s of Science of Organizational Leadership:** Communication● Professional Development● Ethics ● Motivation● Research● Decision Making ● Organizational Finance● Organizational Change● Strategic Planning/Analysis

**Clayton College of Natural Health**• Birmingham, AL• 2010, Master’s Equivalency-Holistic Nutrition

**Slippery Rock University**• Slippery Rock, PA• 1993• B.S.-P.R.E.E.: Therapeutic Recreation• Summa Cum Laude

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