



NEW YORK WOMEN'S BAR ASSOCIATION

NYWBA Healthy Woman Healthy Lawyer Workshop

Please join the NYWBA for the second installment of our *Wellness Series* featuring **Diana Maltz, RN**, sponsored by **Morgan Stanley Wealth Management**. Diana is a professional speaker, health expert, coach and founder of Zest for Life NYC, a business dedicated to helping stressed out professionals stay healthy. Her program will focus on nutrition and how it affects our overall health and wellness. During this hour-long presentation, you will learn:

- How to identify your eating style and how to improve it
- Tips on how to avoid stress eating
- Tools to help you avoid holiday eating temptations

Date: Tuesday, December 1, 2015
Time: 5:30 p.m. – Registration and Refreshments
 6:00 – 7:00 p.m. – Program
 7:00 – 7:30 p.m. – Q&A and Networking
Place: Morgan Stanley, 1585 Broadway, NYC
Cost: \$25 for members; \$30 for non-members & guests
RSVP: www.nywba.org/WorkshopRSVP

Announcements & Calendar of Upcoming Events

- 12/1 – Healthy Lawyer Workshop – Part 2 – p. 1
- 12/1 – Reproductive Rights & Women's Health Comm. Mtg. – p. 3
- 12/2 – Matrimonial & Family Law Comm. Mtg. – p. 2, 3
 - 12/7 – Legislation Committee Mtg. – p. 3
- 12/8 – Int'l Women's Rights Comm. Mtg. – p. 3
 - 12/8 – Crim. Law Comm. Mtg. – p. 3
- 12/9 – Children's Rights Comm. Mtg. – p. 3
 - 12/10 – LGBT Comm. Mtg. – p. 3
 - 12/14 – Litigation Comm. Mtg. – p. 2, 3
- 1/5 – Reproductive Rights & Women's Health Comm. Mtg. – p. 3
 - 1/6 – Matrimonial & Family Law Comm. Mtg. – p. 3
 - 1/12 – Int'l Women's Rights Comm. Mtg. – p. 3
 - 1/14 – LGBT Comm. Mtg. – p. 3
 - 1/19 – Crim. Law Comm. Mtg. – p. 3
 - 1/25 – Legislation Comm. Mtg. – p. 3
 - 1/26 – Litigation Comm. Mtg. – p. 3

Check www.nywba.org for more Meetings, Programs & Events.

PRESIDENT'S MESSAGE Giving Thanks

DECEMBER 2015



Jennifer P. Brown

As I write this President's Message in the wake of the tragic events in Paris, Beirut and all around the world, and with the Thanksgiving holiday fast approaching, I feel compelled to step back and be grateful for all that I have. Not only am I truly blessed to have a loving and supporting family and network of friends, but I am thankful for the basic, often overlooked things that I have – a comfortable home, food on my table and warm clothes as the temperature drops. When our days get stressful and we feel like we just can't deal with one more client issue, I ask each of our members to take a step back and give thanks for all that you do have; step back from the negative and focus on the positive.

I want to take this moment to give thanks to all of our Officers, Directors, Advisory Council, Committee Chairs and members for all the hard work and dedication that you have shown this first half of my tenure as President. Every meeting you attend, every program you arrange, every task that you undertake for this Association is a testament to what amazing membership we have and the lengths that we will go to achieve our mission as a Bar Association. We are women (and men) at our finest, working to lift each other up in the profession, and for that, I am grateful.

We hear so often that it takes a village to raise a family. Well, it takes a village to run a Bar Association, too. Without the support and help of my fellow officers, **Amy Goldsmith, Julie Hyman, Andrea Vacca, Deborah G. Rosenthal, Myra L. Freed, and Virginia A. LoPreto**, I would not be able to do all the little jobs that being your President is comprised of. Thank you ladies for being my partners in this adventure.

I am particularly thankful for our Newsletter Chairs, **Alexandra Campbell** and **Jessica Cygler Wagner**, who work tirelessly to put out an amazing newsletter every month. Very few people know the hours of hard work that it takes to create our newsletter, which our membership relies on for information about our upcoming and past programs, as well as providing educational and informative articles. Kudos and thank you to you!

What thank you would be complete without thanking our Executive Director, **Karen Lu**, for *(Continued on Page 2)*

President's Message (Continued from Page 1)

everything that she does? From the weekly e-blasts, to maintaining the Committee Calendar, to sending out Membership Renewal forms, to organizing event RSVPs, not to mention all the work she does on the Newsletter, the Annual Dinner, the Dinner Journal, and so much more, Karen keeps the NYWBA running like a well-oiled machine. I couldn't imagine what my life as President would be like without you, and I thank you for EVERYTHING you do!

I ask each of you to take a moment this Season to give thanks to those people who touch your life. Two little words like "Thank you" can make someone's day.

I wish each and every one of you a Happy Holiday Season, I wish you all health and success in the New Year, and I wish for peace. I look forward to seeing all of you in 2016.

NYWBA wishes to acknowledge the generous gift from **FOUNDER AND PAST PRESIDENT HON. FLORENCE PERLOW SHIENTAG (1908-2009)**
Her financial bequest has helped to underwrite the cost of this Newsletter and many of our CLE programs.

SUPPORT THE NEW YORK WOMEN'S BAR ASSOCIATION FOUNDATION, INC.
The New York Women's Bar Association Foundation's goals are: (1) to eliminate gender bias and other forms of discrimination from the legal system and legal profession, (2) to promote the social and economic equality, safety and well being of women and children, and (3) to address the unmet legal needs of women and children. It is a 501(c)(3) not-for-profit charitable organization which supports and funds charitable and philanthropic programs to aid women and children throughout Manhattan and beyond.
NYWBAF initiatives are made possible through the financial contributions of members of the New York Women's Bar Association, colleagues and friends. Donations are tax-deductible as charitable contributions.
Help us advance our mission to aid women and children in New York and beyond by giving to the Foundation. To make a contribution please go to <http://nywbaf.org/donate>.

NYWBA Litigation Committee
hosts
"Lunch with Hon. Kelly O'Neill Levy"
Bring a brown bag lunch and join us for a conversation with Justice Levy.
Date: Monday, Dec. 14, 2015
Time: 1:00 p.m.
Place: Manhattan Civil Courthouse
111 Centre St., 8th Fl. Boardroom, NYC
(Please use White St. entrance and advise the officer you are attending this event.)
Cost: Free for Members*
RSVP: Email LitigationChairs@nywba.org.
Space is limited; advance registration is required.
*If you are not a current member, join or renew using our secure online membership form at www.nywba.org/Membership.

NYWBA Matrimonial and Family Law & Children's Rights Committees
presents
"Mediation of Custody and Financial Issues"
Attorney and Mediator, *Andrea Vacca*, and Certified Divorce Financial Analyst, *Ivy Menchel*, will discuss the mediation process, using neutral divorce professionals to reach agreement and how attorneys can best support their clients who wish to use this process.
Date: Wednesday, Jan. 6, 2016
Time: 6:00 p.m.
Place: Law Office of Virginia LoPreto
565 Fifth Ave., 7th Fl., NYC
(Entrance on 46th St. btwn Madison & 5th Ave.)
Cost: Free for Members*
RSVP: Email MFrsvp@nywba.org. *Space is limited; advance registration is required.*
*If you are not a current member, join or renew using our secure online membership form at www.nywba.org/Membership.

Renew Your Membership for 2015-2016?
If you have already renewed, THANK YOU! If you haven't, it's time to RENEW your membership for 2015-2016! Be sure to renew your membership and enjoy all NYWBA benefits, including FREE NYWBA CLE PROGRAMS (which more than pays for the cost of membership), our award-winning Mentoring Circles, networking events and Committee meetings, access to the "Members Only" sections of our website, access to our Newsletters online, and other benefits.
Email Executive Director Karen Lu (ED@nywba.org) to confirm your member status or request a paper membership form.

COMMITTEE NEWS

• The **Children's Rights Committee** will meet on **Dec. 9** at 1:00 p.m. at the Manhattan Family Court, 60 Lafayette St., 10th Fl. Library, NYC. RSVP to ChildrensRights@nywba.org. The committee will also co-host on **Jan. 6** at 6:00 p.m. with the **Matrimonial and Family Law Committee**, "**Mediation of Custody and Financial Issues**" with **Andrea Vacca, Esq.** and **Ivy Menchel, CFP, CDFP** at the Law Offices of Virginia A. LoPreto, LLC, 565 Fifth Ave., 7th Fl. Conf. Rm, NYC. RSVP to MFrsvp@nywba.org. *Space is limited; advance registration required.* (See notice, p. 2).

• The **Criminal Law Committee** will hold its monthly meetings on **Dec. 8** and **Jan. 19** at 6:15 p.m. at the Hoffinger Firm, 150 East 58th St., 16th Fl., NYC. To RSVP email CrimLawChairs@nywba.org.

• The **International Women's Rights Committee** will hold its monthly meetings on **Dec. 8** and **Jan. 12** from 6:30-7:30 p.m. at Le Pain Quotidien, 81 West Broadway, NYC. To RSVP email IntlChairs@nywba.org.

• The **Legislation Committee** will host a conference call on **Dec. 7** and **Jan. 25** at 6:30 p.m. For dial-in information email Legislation@nywba.org.

• The **LGBT Committee** will meet **Dec. 10** and **Jan. 14** at 5:30 p.m. at The Offices of Brady Klein Weissman LLP, 501 Fifth Ave., 19th Fl., NYC. To RSVP and for more info email LGBTChairs@nywba.org.

• The **Litigation Committee** will host a brown-bag lunch meeting **Dec. 14** at 1:00 p.m. with **Hon. Kelly O'Neill Levy** at 111 Centre St., 8th Fl. Boardroom, NYC. *(Please use White St. entrance and advise the officer you are attending this event.)* (See notice, p. 2). The committee will also host a meeting on **Jan 26**, location TBD. For more info and to RSVP email LitigationChairs@nywba.org.

• The **Matrimonial and Family Law Committee** will host a meeting **Dec. 2** at 6:00 p.m. entitled "**Basic Evidence at Trial**" presented by **Hon. Lori Sattler** and **Virginia A. LoPreto**. The committee will also co-host on **Jan. 6** with the **Children's Rights Committee**, "**Mediation of Custody and Financial Issues**" with **Andrea Vacca, Esq.** and **Ivy Menchel, CFP, CDFP**. Both meetings will be held at the Law Offices of Virginia A. LoPreto, LLC, 565 Fifth Ave., 7th Fl. Conf. Rm, NYC. RSVP to MFrsvp@nywba.org. *Space is limited; advance registration required.*

• The **Reproductive Rights & Women's Health Committee** will hold its monthly meetings on **Dec. 1** and **Jan. 5** at 6:30 p.m. at Rottenstreich & Ettinger, LLP, 222 E 41st St., NYC. RSVP to reproductiverights@nywba.org.

SUSTAINING MEMBERS

With their generous contributions, Sustaining Members make it possible for us to accomplish so much more. We honor and thank them for their support.

Adam B. Gilbert
Joan M. Gilbride
Loretta A. Ippolito

Hon. Judith S. Kaye
Ariana J. Tadler
Angela G. Tese-Milner

NOTES ON MEMBERS

• Hearty congratulations to NYWBA immediate past President and co-chair of WBASNY's Diversity Committee **Yacine Barry-Wun** and her husband, Herman Wun, who welcomed their first child, Barry Jiho Wun on October 30th.

• Congratulations to **Hon. Ellen Gesmer** on the birth of her grandson, Simon.

Has something noteworthy happened to you or another member? Send your news to Newsletter@nywba.org.

WELCOME NEW MEMBERS

Serena Andrus
Morgan P. Arons
Elsa Ayoub, Esq.
Meghan R. Buckwalter
Samantha R. Catanese
Hon. Abena Darkeh
Debra K. Doogan
Jatarra K. Hill
Lindsey Housman
Camille M. Ingino

Jillian K. Markowitz
Brittany K. Melone
Fallon J. Mulerman-Orer
Shruti Panchavati
Mai Ratakonda
Alana D. Sisnett
Julia P. Starck
Erica L. Stone
Saige Subick
Xi Zhao

as of 11/22/2015

IN MEMORIAM

Longtime member and prominent matrimonial and family law practitioner **Cynthia Rubin** passed away on October 20 from breast cancer. Rubin made numerous contributions to the legal community, including serving as an international monitor for the Truth and Reconciliation Commission amnesty hearings in South Africa in 1998. Additionally, she served as a Board Member and was a past president of JALBCA and a Board member of Sanctuary for Families. We send our heartfelt condolences to her husband, Peter Finder.

Donations in Cynthia's honor may be made to Sanctuary for Families, P.O. Box 1406, Wall Street Station, New York, NY 10268 or sanctuaryfor-families.org.

* * * * *

Kelly Cosby, a young attorney who recently became an associate at Duane Morris, and was a 2015 recent graduate of New York University School of Law, passed away on November 15 from an aggressive melanoma. Cosby was known in the legal community and on YouTube for her collaboration on a hip-hop song in honor of US Supreme Court Justice Ruth Bader Ginsburg.

* * * * *

Our condolences to Mentoring Circles co-chair, **Ellie Ackerman**, whose mother passed away in early November.

Our condolences to **Marjorie Martin**, whose father passed away in late October. The family has asked that in lieu of flowers, donations be made to the 'Ernest V. and Johnnie R. Martin Scholarship Endowment', Prairie View A&M University. By Post: Prairie View A&M University; Office of Development; POB519 - MS1200; Prairie View, TX 77446.

Our condolences to **Taa Grays**, President of the Metropolitan Black Bar Association, whose mother, Alma R. Grays, passed away in late October.

Elder Abuse By Amanda Norejko

On October 15, 2015, four NYWBA committees (*Matrimonial & Family Law, Criminal Law, Elder Law & Disabilities, and Domestic Violence*) along with the New York Criminal Bar Association, the Impact Center for Public Interest Law at New York Law School, the Assigned Counsel Plan of the Appellate Division, First Department, and the National Academy of Elder Law Attorneys Chapter of New York Law School sponsored a CLE program that brought attention to the issue of Elder Abuse. Over 100 people attended the program at New York Law School.

The program began with an introduction by New York Law School student **Rebecca Hanus**, who spoke eloquently about her experience as a social worker dealing with elder abuse issues, and by **Hon. Lori Sattler**, who welcomed the audience on behalf of the NYWBA. The panel shared a film clip of Hollywood legend Mickey Rooney describing his own experience of being isolated and financially abused by a family member and then moved into a discussion. The panel was moderated by **Hon. Deborah A. Kaplan**, Statewide Coordinating Judge for Family Violence Cases, with **Hon. Judy Harris Kluger**, Executive Director of Sanctuary for Families; **Arlene Markarian, Esq.**, Bureau Chief, Domestic Violence and Elder Abuse, Kings County District Attorney's Office; and **Professor Ann Goldweber**, Director of Consumer Justice for the Elderly: Litigation Clinic at St. John's School of Law.

Justice Deborah Kaplan opened the panel discussion with a statement of the Court System's commitment to addressing the needs of New York State's elderly population. She explained that "elder abuse is a complex cluster of distinct but related phenomenon involving health, legal, social service, financial, public safety, aging, disability, protective services, victim services, aging services, policy, research, education and human rights." Justice Kaplan noted that the court system has a responsibility to address these issues and that these efforts will require multi-system and multi-agency responses. She informed the audience that by 2050, the number of New York State residents age 65 and over will double. In 2013, over 14% of the state's population was comprised of people ages 65 or older and by 2040, this group will be 22% of the population. The number of people in the United States over age 85 reached 6 million in 2013. With New York State boasting the highest population of older adults of any state in the nation, our court system must adjust to address the effects of an aging population. While older adults are at risk for physical, sexual, and psychological abuse, neglect, and financial exploitation, the only New York State mandated reporters of these crimes are employees of Adult Protective Services. As a result of the nature of these crimes, they are often hidden and go unreported.

Hon. Judy Harris Kluger spoke about the work of Sanctuary for Families on behalf of victims of domestic violence and the evolution of the legal system's response to domestic violence over the past thirty years. She debunked the misconception that the only kind of elder abuse is the abuse perpetrated by paid caregivers. Kluger pointed out that there are issues of power and control in abusive relationships that do not end when the victim or the perpetrator reaches a certain age. Victims of elder abuse could have been domestic vio-

lence victims for a significant portion of their lives and continue to be abused by a spouse or intimate partner as they age. In other cases, a child who has grown up in an abusive home may join in the abuse of his or her parent as an adult. Kluger explained "we know about intergenerational violence and we know that children learn this behavior." Kluger pointed out that for every one reported case of abuse, there are 24 more cases that go unreported. She further noted that 80% of the Orders of Protection issued in elder abuse cases are violated, which is a much higher rate than in the general population. In divorce cases involving elder abuse, "there are serious issues relating to the financial independence of the abused partner." The negative effects of financial abuse are compounded when the victim has a more difficult time finding employment, often due to age discrimination against older workers. Judge Kluger also addressed the mistaken belief that older perpetrators of domestic abuse are not capable of continuing to perpetrate that abuse against their victims, citing cases where the courts found proof that the abuser continued his violence against his spouse despite the advanced age of both parties. Finally, Kluger noted the challenges of providing appropriate accommodations and accessible safe homes to elder abuse victims and the issue of requiring older people with physical infirmities to go to court repeatedly to have their legal needs addressed.

Arlene Markarian has successfully prosecuted many difficult cases of elder abuse, noting that her unit of the Kings County District Attorney's Office has handled 450 docketed cases of elder abuse by family members or caregivers, including 26 parental homicides. She pointed out that most people in the room know people who are between ages 60 to 104, simply because people are living longer. As a result, the criminal justice system is seeing older defendants, victims, and witnesses. She noted that attorneys and the court system have to be more accommodating of older and disabled victims for the system to work properly. Markarian discussed how the stereotypes against older people impedes law enforcement response, stating that "ageism prevents the identification and investigation of elder abuse." She discussed the vulnerability of elderly crime victims to higher levels of physical harm, noting that it takes less force to cause damage to elderly bodies, thus increasing the risk of serious injury. She exhorted the audience to judge possible cases of elder abuse individually and not make presumptions. For example, she pointed out that most people do not recognize that sexual abuse happens to elderly victims, particularly overlooking sexual abuse by family members. Markarian noted that abusers tend to target individuals who are isolated, and it can be difficult to find evidence when victims are unable to speak for themselves. She also made the important connection between elder abuse and abuse of a victim's pets/companion animals. She provided helpful tools to identify and prosecute cases of elder abuse.

Ann Goldweber discussed the work of her law school clinical program focusing on consumer debt, deed theft, foreclosure defense, and predatory lending, all of which may be part of the financial abuse perpetrated against elderly victims. Goldweber and her clinic students educate senior citizens about scams to help them avoid fraudulent investment schemes and research issues facing the older population. She noted that elderly people were among the vulnerable groups targeted for subprime loans since they tend to be "asset-rich" because they own a home but "cash-poor" because they are on a fixed income. Goldweber described a scenario based on a client she represented who was 92 years old and suffering from Alzheimer's Disease when the daughter of a family friend offered to help manage the client's financial and personal affairs, but instead used her power and control over the client to sell the home to a friend, who took out large mortgages on the

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Maternity Leave Within and Outside the United States

By Irina Zamyatin



The Association's *International Women's Rights Committee* recently hosted a *Maternity Leave CLE* at Benjamin Cardozo School of Law featuring three exceptional women who provided us with an abundance of information on the state of maternity leave within and outside of the United States.

Our speakers included **Jillian Hunt, Esq.** Assistant General Counsel to Novitex Enterprise Solutions, who provided an overview of current federal and New York state laws concerning maternity leave. **Sherry Leiwant, Esq.** co-founder of A Better Balance, spoke on progressive maternity leave policies in various American states. And lastly, **Professor Julie C. Suk**, of Cardozo School of Law, provided a comparison of American policies to international best practices.

Hunt started off the evening by depicting the current state of American laws. Hunt highlighted that the U.S. does not currently have a federal maternity leave law. The U.S. does, however, have the Federal Medical Leave Act (FMLA) which entitles employees to take unpaid leave. The FMLA is imperfect in many respects and has many requirements that bar a large population from its use. Hunt painted a bleak picture of federal law as it stands today but provided a glimmer of hope with the notion that U.S. states are independently taking steps towards progress.

Leiwant followed up on this topic by pointing out which states are paving the way for improvement. She discussed New Jersey, California and Rhode Island, all of which have paid family leave laws. The laws are gender neutral, provide between 55-66% wage replacement, and include four to six weeks of leave. Leiwant discussed future goals for state and federal laws which include twelve weeks of leave and shared responsibility between employer and employee in covering the cost of maternity leave. She concluded by providing insight into what each individual could do to facilitate positive change.

Professor Suk finished up the evening by examining the state of international laws. Suk first underscored the well-known, yet embarrassing fact that every country in the developed world has paid maternity leave, with the exception of the United States. Professor Suk provided insight into how international laws emerged from the principle that women require special protection. For this reason, women had mandatory maternity leave before they had the right to vote in many European nations. Today the most progressive European nations provide both men and women with a wide berth of maternity and paternity leave rights. Following the conclusion of the speaker's presentations, attendees engaged in a lively question and answer session. The International Women's Right Committee intends to follow up on this informative and successful event by looking toward potential legislative involvement. The International Women's Rights Committee invites you attend our next monthly meeting from 6:30-7:30 p.m. on Tuesday December 8 located at Le Pain Quotidien on 81 W Broadway. Please RSVP to IntlChairs@nywba.org by December 6.

Irina Zamyatin is a graduate of UC Davis Law and is currently working as Staff Counsel to Liberty Mutual.

Mindfulness – A Presentation by Jeena Cho, Esq. By Stacy A. Statkus

Are you feeling stressed out? Do you suffer from insomnia, headaches and/or backaches? These were the symptoms plaguing **Jeena Cho** before she decided to see a doctor. Her doctor informed her that her problems were "all in her head." She realized that something was fundamentally broken in her life. She began her transformation by attending a program on anxiety at Stanford where one of her treatments was mindfulness-based stress reduction (MBSR). Cho credits this program with changing her life. She has completely changed how she approaches stressful situations. Even though she may not be able to control the situations themselves, she now has control over her own perception of the situation.

Cho recently held a program sponsored by the NYWBA which focused on mindfulness. It was a wonderful program organized by the Events Committee Co-Chairs, **Diana Browne** and **Kay Marmorek**. What follows is some of the information attendees learned that evening.

During the presentation, Cho ran through some of the "numbers," which are indeed frightening. Attorneys rank 4th among professions with the highest suicide rates. A poll she cited found that 7 out of 10 lawyers would change careers if the opportunity arose. The ABA estimates that 15 to 20% of attorneys suffer from alcohol and substance abuse, and 40% of law students suffer from depression by the time they graduate. These are not good odds, however, there is hope.

Stress is a reaction to a stimulus that disturbs our physical or mental equilibrium. Although we cannot change the stimulus, we can change our reaction to the stimulus. Anxiety is the subjectively unpleasant feelings of dread over anticipated events. In case of stress or anxiety: "STOP" – Stop, Take a breath, Observe and Proceed mindfully. The way that we breathe has a very big impact on how we feel, so taking a deep breath can help. Observe – make room for whatever the experience might be – don't judge your reaction to it, but just observe it.

What is Mindfulness? It is being in the present moment without preference or judgment. It involves having moments where we are unplugged or disengaged from all that is going on around us. It is paying attention to life and being present – connected to the here and now. Mindfulness provides us with a clearer vision and increases our enjoyment.

Meditation is a formal tool for practicing mindfulness. It is a training tool for the brain. It provides time for inner exploration and reflection and changes our relationships to our thoughts and feelings. However, meditation is NOT about clearing the mind or having a blank mind. It is NOT about obtaining a peaceful state or nirvana, or even about pushing away our thoughts or feelings. And finally, it is NOT a religious practice. Meditation is the practice of non-doing and non-striving. Practicing meditation can actually shrink the part of your brain responsible for stress response and grow the compassionate part of the brain.

To start, determine how stressed you are in this particular moment (on a scale of 1 to 5 – with 1-2 indicating little to low levels of stress). Then sit alert and relaxed. Meditation involves checking in with different parts of your body. In the beginning, it is helpful to have a guided meditation. Cho's website has different guided meditations ranging from one minute to 30 minutes. She also has a number of meditations that are 0.1 hours – very helpful for those of us who tend to measure everything in tenths of an hour. The guided meditations can be found at <http://theanxiouslawyer.com/category/guided-meditations/>.

Mindful listening involves listening to understand. Our attention is the greatest gift we can offer to others. We need to ask ourselves whether we are really listening to understand or are we listening to respond? If we use the STOP tech-

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Private Tour of the Museum of the City of New York with the NYWBA
By Amulya Appalaraju

On October 21, 2015, a group of NYWBA members and their guests attended a private tour of the Activist New York, Gilded New York and Folk City exhibitions at the **Museum of the City of New York**. The visit was made highly informative and interesting by our docent, Samuel Biagetti. The museum itself, housed in a Georgian Colonial-Revival building, has an impressive collection of over 750,000 items that connect the past, present and future of New York City.

The tour began with the Activist New York exhibit, which focuses on the ways in which social and political activism have shaped the City's current ideals of tolerance. Using artifacts, photographs, audio and visual presentations, the museum has tastefully captured the story of the City's activism, from the original "Flushing Remonstrance" (the first recorded protest document in 1657) through the abolitionist era and the suffrage movements that made New York City nationally prominent in the battle for women's rights through the settlement house movement in the early 1900s. The tour helped us understand New York City's distinctiveness, made possible in part by the courage of the working class industrial workers, immigrants and women of the time.

We then moved to the Gilded New York exhibit, a show in one room, decorated with purple brocade,

featuring a lavish display of costumes, jewelry, decorative objects and portraits, all created between the mid-1870s and the early 20th century. Jewelry cases hold diamond tiaras, fans made from the plumage of exotic birds and gem-encrusted perfume bottles. The men's items are just as exquisite. Sapphires and rubies adorn a pocket knife, and a cane with a female leg and heels as a top has a secret compartment that opens to reveal a carved ivory figure of a female nude. The exhibit portrays costume balls as an occasion for outrageous expenditures by both hosts and guests, thus showing the desire of the American aristocracy of the day to be regarded as being on a par with the European aristocracy, and the sharp divide that existed between the uber-rich and the poor classes. The Gilded Age ended in the second decade of the 20th century, in significant part as a result of the institution of the first federal income tax following the ratification of the 16th Amendment in 1913.

The Folk City exhibit proved a befitting end to our tour, which is a fond recap of the revival of folk music from its beginnings in 1930s to its peak in the 1960s. With a wide range of artifacts, memorabilia, photos and videos, the exhibit mapped the movement that made Greenwich Village the major cultural phenomenon it is today. It began from the Great Depression when portable recording technology made it possible

to collect music performed outside professional studios, which inspired radicals to harness these tunes for causes like the labor movement, civil-rights and anti-fascism. In addition, it included artifacts from musicians like Lead Belly, Woody Guthrie, Pete Seeger and Bob Dylan who were instrumental in informing New Yorkers about their cultural heritage and breaking down social barriers.

In all, it was an exciting tour and Biagetti did an excellent job of explaining the exhibits and answering our questions. It was interesting to observe the varied bygone eras the City experienced, while at the same time seeing a confluence of art, motivation and celebrity that still looks very familiar.

After the tour, the group convened at The Lexington Social to discuss their experience over cocktails. Members and guests all enjoyed an engaging evening at the Museum of the City of New York and the Events Committee looks forward to planning a return visit!

Amulya Appalaraju received her Banking, Corporate and Finance L.L.M from Fordham University School of Law in 2015 and is a Fellow at the Law Firm of Dayrel Sewell, PLLC.

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Reflections from the Feerick Center for Social Justice By Laura Wolley

This past spring, myself and Razeen Zaman had the honor of working at the Feerick Center as New Women's Bar Association Foundation Fellows. Our work focused on two main projects: the organization of a conference to share the findings of a participatory action research study and the creation of a handbook for facilitators of workshops for unaccompanied immigrant youth. Both of these tasks required implementing the skills I worked on at the Feerick Center in my fall semester, including working in groups, public speaking, and writing for a specific audience.

After spending much of the fall developing ideas and goals as well as soliciting funding for a comprehensive workshop series for unaccompanied immigrant youth, we began creating the workshop materials. During the literature review portion, I read source materials that amplified my preliminary ideas about immigrant and youth participation and inclusion. In doing so, I came to understand more about positive youth development ("PYD"), a multidisciplinary theory that recognizes the strengths of individual young people and their communities. I found reading literature from outside the legal field to be stimulating, and much of our discussion grew out of our frustration with ways that directly-impacted people are excluded from discussions about themselves. It was vindicating to hear experts in the field of youth development echo our sentiments and present possible solutions.

We had an opportunity to address that frustration by writing portions of the workshop handbook. Razeen and I split up the work according to our areas of expertise. Implicit in that decision was one of the values of PYD: experience grants expertise. I wrote a portion of the handbook that dealt with discussing gender and sexuality in a culturally competent way. I found the process of distilling my experience as a queer person, as well as a facilitator of discussions around queer and trans issues into best practices, to be an incredibly beneficial exercise. It required me to interrogate my own beliefs and practices through both discussions with other queer and trans people and reading guides that other groups have put together. In doing so, I came to understand the sources of many of my values. This process allowed me to create a document that addresses gender and sexuality in a way that assumes neither expertise nor ignorance on the part of the reader and ideally comes off as a discussion in the mind of the reader rather than an explanation from me to my reader.

Participating in the creation and execution of a conference from start to finish was also a first for me. I observed how each step of the process was carefully considered and how to navigate any emerging roadblocks. The discussion that led to incorporating simultaneous interpretation gave me insight into how participatory principles can be implemented in a conference setting. Similarly, attending a breakout session led by youth, and seeing how responsive the conference attendees were to this arrangement, was a great experience. While my classroom experiences have often positioned lawyers as gatekeepers to justice, it was refreshing to see legal and social service providers thriving in an environment led by directly-impacted people.

Overall, my work this year in the Feerick Center helped me further explore my values and learn how to live them out in a professional setting. While at times I've struggled with understanding my place in movements for change, working with the same groups of people for over a year, developing relationships with them, and working through difficult situations has helped me become a better advocate and student of social justice. I would like to thank the New York Women's Bar Association Foundation for this valuable opportunity.

Laura Wolley is a 3L at Fordham University School of Law.

Mindfulness (Continued from Page 5)

nique above, we have the ability to slow the pace of what is going on around us. Our responses end up being more articulate and thoughtful.

Cho led the group in various meditation and mindfulness exercises. And before she closed her presentation, she reminded each of us to ask the following question regularly – how can I be kind to myself? She also gave us the following tips for staying well: STAY WELL – Sleep (6 to 8 hours per night), Take breaks (add movement), Allies – spend time with people who love you, Yoga – practice yoga, mindfulness and deep breathing, eat Well-balanced meals, Exercise (20 – 30 minutes per day), Let go and Laugh. Think about one small change you will make and verbalize it. If you change your behavior a couple of degrees, you can change your path.

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Elder Abuse (Continued from Page 4)

home, and for which payments were not made. The victim received no proceeds from the sale, and his property ended up in foreclosure proceedings. After the District Attorney's office initiated a prosecution of the perpetrators, Goldweber litigated the civil case on behalf of the victim, and later, his estate. She notes that these claims are difficult to prove and that the litigation in that particular matter has lasted about ten years. She recommends financial literacy education and cautions that "family members should be vigilant in watching out for the [older] person." Goldweber has also engaged in policy advocacy to enact laws such as the Exempt Income Protection Act (2009), which would help prevent elderly victims of financial fraud from having their entire bank accounts restrained by banks attempting to collect a debt. The law mandates that \$2,500 in accounts containing reasonably identifiable directly deposited exempt income (such as Social Security, SSI, Veterans benefits, disability, pensions, child support, spousal maintenance, workers compensation, unemployment insurance, Public Assistance, Railroad Retirement benefits, and Black Lung benefits) must remain unrestrained. Goldweber advocates to strengthen laws to better protect victims, stating that "we need to look at the laws and see how they can be adjusted so that the victims have more options."

The panel provided an eye-opening perspective on elder abuse, gave participants an understanding of how such abuse affects victims and suggested ways to meet the challenges of identifying and addressing abuse. Myths about victims and perpetrators of elder abuse were exposed and the audience was enlightened about the need to bring this form of human rights violations out of shadows so that victims of elder abuse, will not continue to suffer in silence and isolation.

Amanda Norejko is the Director of the Matrimonial/Economic Justice Project and Victoria J. Mastrobuono Economic Justice Fellow at Sanctuary for Families. Ms. Norejko primarily litigates matrimonial matters and engages in legislative and policy advocacy aimed at combating violence against women and promoting women's economic empowerment on the local, state, national, and international level.

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