

An illustration of a community presentation by Dr. Siegel:

“Women, Aging and Wellness: Challenges and Promises for the Future”

Presented by Dr. Karen L. Siegel, Ph.D.

Sterling Glen Senior Residence

Great Neck, NY 11021

Dr. Siegel focused on both the personal and the societal influences on all three of the aspects of women, ageing and wellness- including our own beliefs and attitudes, negative stereotypes and expectations; as well as the systemic discrimination and violence against women and older women in particular, plus, denial of the special needs of older women.

The many vibrant individuals in this overwhelmingly female audience who participated (only 3 brave men out of at least 60 women) were given a “tidbit” of deep relaxation training, creative visualizations and imagery for psychological self-healing and revitalization. The emphasis was on cultivating positive attitudes towards aging: balancing the very real stresses of modern female existence with pleasure and joy; connecting with others and with our “truest” selves as caring, thinking human beings.

Dr. Siegel presented an overview of her professional work as a Holistic Health Psychologist in a very eclectic private practice in Manhasset, also consulting and teaching both formally and informally in presentations, such as this one. She also spoke enthusiastically of the work she does as one of 12 Zonta International NGO Representatives to the United Nations, here in NYC for the past 8+ years.

Local and global education and advocacy efforts for older persons’ human rights, greater access and participation in societal decision-making processes were shared.

Every attendee was given copies of the UN Declaration of Human Rights; the Madrid Platform on Ageing; UNIFEM 2007 calendars and other relevant materials.

About Dr. Karen Siegel:

NYS Licensed Holistic Health Psychologist

Zonta International UN NGO Representative, 1998-present

Charter President, Zonta Greater Queens 2003-06

ZI District 3, Area 1 Director 2006-08

Health Psychologist of more than 35 years and a life-long human rights activist living and working in the Great Neck community since 1959.

As a UN NGO representative, Karen integrates her professional expertise with her passion for human rights efforts-serving as Co-Convener of the Gender Perspectives Working Group of the NGO Mental Health Committee for several years now. Zonta reps fill key leadership roles in several other NGO Committees-for Karen, these include the NGO Committee on the Status of Women, their Sub-Committees on Older Women, on Ending Violence against Women; UNICEF's NGO WG on Girls; NGO Comm. for UNIFEM; and the Values Caucus.