



2026 SCHEDULE OF EVENTS
March 27-29, 2026
Hotel Gettysburg, Gettysburg, PA

HOTEL WIFI PASSWORD: HOTEL1797

FRIDAY, March 27

Lunch

Arriving early?

- *Grab a Friend and Enjoy Lunch on Your Own!*
Try the One Lincoln restaurant onsite and get a special 15% off courtesy of Women in Focus! Coupons will be at registration.
- [Here Are Some Great Things to Do!](#)

Sponsorship for Communications and Swag: Unity Printing, Ashley Frederick '13 and Lisa Frederick P '13

1-7 p.m.

Registration, Atrium

Snacks available or use your Starbucks gift card, compliments of Women in Focus! Starbucks is located on-site directly off the registration area.

Starbucks Sponsorships: Colleen McNulty and Carolyn P '20, '21, and Camryn Yeager '21

1:30-4:30 p.m.

Healthy Measures, Eisenhower South

Taking control of your health and well-being starts by knowing your numbers! Key health insights can help to diagnose conditions, monitor health changes over time, and enable preventive care. Understanding these numbers is especially crucial for women (of all ages!) due to significant hormonal shifts throughout life, which can impact reproductive health, heart health, and thyroid function, and may not always be obvious through symptoms alone. Take just 15 minutes for a quick health check-in through Healthy Measures. These tests have an approximate value of \$50 and are being made available through a sponsorship to

allow women to take a moment to put their health first. **This optional activity is limited to 24 individuals, and you must pre-register.**

Includes: Full Lipid panel (TC, HDL, TC/HDL ratio, LDL, LDL/HDL ratio, Triglycerides); Blood Pressure, Body Mass Index (measured height, weight, waist), Health Education.

- Optional tests (at attendees' expense): A1C (\$13); Facial Skin Scan (\$5)

Sponsorship of Healthy Measures: Fred '72 and Jill Klein P '11

2:30 p.m.

Welcome and Getting to Know You By Serving Others, *Grand Ballroom*

Speakers: Chairs of Women in Focus and Presidents Emeritus of the Board of Regents, Denise Dupré '76, and Stacie Rice Lissette '85, P '14, '14, '17, '23

Get to know one another better as Mercersburg Women in Focus comes together in the service of women and children in the Gettysburg community with South Central Community Action Programs (SCCAP). Let's begin our time together helping women! (www.sccap.org)

3-3:50 p.m.

Emotional Endurance with Laurie Sharp-Page '03, MS, LPCC-S, CWC, *Grand Ballroom*

Laurie is on a mission to help people stop burning out, numbing out, or checking out, and start coping with intention.

Her work is grounded in the truth that emotional regulation isn't optional; it's essential. Most of us were never taught how to recognize, manage, or replenish our emotional energy, and the cost shows up everywhere: focus slips, conflict spikes, relationships strain, and careers stall.

With neuroscience-based insights, practical tools, and her signature mix of humor and heart, Laurie introduces Emotional Endurance, a capacity-building framework that helps people shift from reactive to resilient. Her approach equips you not just to survive high pressure, but to recover faster, lead with clarity, and sustain your energy where it matters most.

4 p.m.

Room Check-in

4:30 p.m.

CHOICE OF THREE SESSIONS

Session I: Hard Parenting for Happy Kids and Teens with Alexandra Goerl Rickeman '99, LCMFT, *Stevens Room*

This session explores the impact of the “Great Rewiring” (2010-2015), when childhood shifted from play-based to phone-based, giving rise to increased rates of anxiety, depression, and other mental health challenges among those born after 1995—known as the Anxious Generation. Additionally, Gen Alpha (born 2010-2024) is often viewed as disrespectful, unfocused, and discontented. Parents find themselves struggling to guide their sons and daughters in a world of challenges and distractions that they themselves never faced.

In response, the session introduces “Hard Parenting for Happy Kids and Teens”—a set of strategies aimed at building confidence, mental toughness, and social connection in young people. Core practices include:

- Perseverance routines: encouraging daily habits that develop a goal-oriented survivor mentality
- Expressing feelings: helping them open up by becoming the kind of adult who actually listens
- Protections: setting phone and social media boundaries and having tough conversations about internet risks (including the p word)
- Embracing discomfort: showing children and teens that uncomfortable things lead to amazing results
- Facing failure and shame: teaching self-compassion and self-love through recovery from setbacks and missteps
- Shaping the narrative: being mindful of parental ability to shape self-concept by the things you say
- Modeling: inspiring multi-generational mental wellness using a “practice what we preach” approach

Leave this session with tools to parent with confidence, courage, and clarity—raising kids and teens who can handle life’s toughest challenges with both grit and joy!

Session II: Your Second Act—Re-envisioning Retirement to Showcase Your Talents, Knowledge, and Passion with Dr. Katharine “Kate” Stroup Brooks ’72 and panelists Peggy Jarvis Ferrin ’72, Martha-Jane Snyder Byron ’72, and Shelley Beck Ryan ’72, *College Room*

Retirement isn’t the end of your professional story—it’s the beginning of a new chapter. In this engaging session, we’ll explore how you can intentionally design your “second act” by leveraging the talents, experience, and wisdom built throughout your life.

This discussion will help you identify your transferable skills, clarify your passions, explore new interests, and envision meaningful ways to have fun, stay active, and find fulfillment in retirement.

Join us to discover how to turn decades of experience into new opportunities for purpose, connection, and impact.

Session III: Financial Planning for a Successful Future: Strategies for Women at All Stages of Life, Lane deCordova Carroll ’12 and Beth Spurry ’89, P ’19, *Eisenhower North*

Women face unique financial challenges—and opportunities—throughout their lives. From navigating career changes and salary negotiations to planning for major life events, caring for family, and building long-term wealth, intentional financial planning is essential. This session empowers women with practical

strategies to take control of their financial futures, no matter their age or life stage.

Participants will explore key topics including planning with purpose, managing debt, investing with confidence, preparing for key life events, and stewarding assets during transitions such as marriage, parenthood, career shifts, caregiving, and in your estate. Led by experienced financial professionals, the session offers actionable insights, real-world examples, and tools to help women strengthen their financial literacy, grow their wealth, and build a future aligned with their goals.

Whether you're just starting your financial journey, navigating mid-career decisions, or planning for retirement, this session provides the knowledge and confidence to make informed financial choices and thrive—today and in the years ahead.

- 6 p.m. **Reception and Book Signing with Keynote Speaker, Shanna Hocking, *Grand Ballroom***
Bring your book, *One Bold Move a Day: Meaningful Actions You Can Take to Fulfill Your Leadership and Career Potential*, for the author to sign
- 6:30 p.m. **Opening Remarks, *Grand Ballroom***
Growing Opportunities for Female Leadership, *Grand Ballroom*
Speakers: Head of School Quentin McDowell P '25, '27
- 6:45 p.m. **Dinner, *Grand Ballroom***
- 7:15 p.m. **Keynote Speaker, Shanna Hocking, *Grand Ballroom***
One Bold Move a Day: Meaningful Actions You Can Take to Fulfill Your Leadership and Career Potential
One Bold Move a Day is a practical, actionable roadmap to achieving your career, leadership, and personal goals with intention and joy. In this keynote, you will learn how a single, measurable act each day will help you fulfill your potential; gain actionable tips on how to advance your career, develop as a leader, and grow as a person; and leave inspired knowing that you will achieve more than you ever thought possible.
- 8:15 p.m. **Tom Hadzor '72, President, Mercersburg Academy Board of Regents**
Denise Dupré '76, Women in Focus Co-Chair and President Emerita of the Mercersburg Academy Board of Regents
- 8:40 p.m. **Mercersburg Academy's Magalia Singers, *Grand Ballroom***
- Sponsorship for Student Performance and Attendance: Kate Stroup Brooks '72**
- 9-11 p.m. **Late Night Activity: Join us for cocktails at Sign of the Buck (less than a 5 minute walk from the hotel; 29 Chambersburg St, Gettysburg), owned by Mercersburg's own Leslie Trew Magraw '98!**

SATURDAY, MARCH 28

7 a.m. - 4:30 p.m. **Registration, Atrium**

7-9 a.m. **Breakfast, Grand Ballroom**

8 a.m. **Walking Tour (2 Hours), Meet in Hotel Lobby at 7:30 a.m.**
Wonder Women: learn about the incredible women who shined behind the scenes as unsung heroines of the Battle of Gettysburg. While history covers the famous, the Wonder Women tour dives into stories of the common citizens of Gettysburg, women specifically, who protected the weak, nursed the injured, and buried the dead. This session has been sponsored to allow you to get out and stretch your legs while learning and connecting with your Mercersburg peers! Please meet in the Hotel front lobby for a prompt 7:30 a.m. departure and wear your walking gear for this fun learning adventure! **Participants must pre-register.**

Sponsorship for Wonder Women of Gettysburg: Tom Hadzor '72 and Susan Ross

8-11 a.m. **Healthy Measures, Eisenhower South**
Taking control of your health and well-being starts by knowing your numbers! Key health insights can help to diagnose conditions, monitor health changes over time, and enable preventive care. Understanding these numbers is especially crucial for women (of all ages!) due to significant hormonal shifts throughout life, which can impact reproductive health, heart health, and thyroid function, and may not always be obvious through symptoms alone. Take just 15 minutes for a quick health check-in through Healthy Measures. These tests have an approximate value of \$50 and are being made available through a sponsorship to allow women to take a moment to put their health first. **This optional activity is limited to 24 individuals, and you must pre-register.**

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- Optional tests (at attendees' expense): A1C (\$13); Facial Skin Scan (\$5)

9-10:15 a.m. **Book signing with Dr. Valerie Young, Grand Ballroom**
Bring your copy of Dr. Young's book, *The Secret Thoughts of Successful Women: And Men: Why Capable People Suffer from Impostor Syndrome and How to Thrive In Spite of It* for her to sign.

10:30-11:30 a.m. **Rethinking Impostor Syndrome with Dr. Valerie Young, Grand Ballroom**
Millions of people around the world, from new hires to executives, first-year students to PhDs, artists to engineers, secretly worry that they're not as intelligent or capable as everyone "thinks" they are.

It's called impostor syndrome. Fortunately, Dr. Valerie Young has the solution. Join preeminent expert and award-winning author of *The Secret Thoughts of Successful Women and Men: Why Capable People Suffer from Impostor Syndrome and How to Thrive in Spite of It* to discover where impostor feelings come from, its costs to individuals and organizations, and practical, immediately usable tools you can use to help yourself and/or those you lead, mentor, teach, or parent to unlearn impostor syndrome by becoming a Humble Realist™.

Dr. Young Sponsorship: Emily Grier Madan '94

11:30 a.m.-
12:30 p.m. **Explore our Marketplace! College Room**
Mercersburg-centered businesses, authors, products, and services.

12:30-1:45 p.m. **Networking and Mentoring Lunch, Grand Ballroom**
Take a break, grab a bite, and connect! Our networking and mentoring lunch offers a welcoming space to meet new people, share experiences, and build meaningful relationships. Come enjoy good food and great conversation.

Sponsorship for Networking and Mentoring Lunch: Cindy Davenport Borger '83, P '15, '20 and Sandra Davenport Simpson '86, P '22

2-2:50 p.m. **CHOICE OF TWO SESSIONS**

Session I: Decoding Intuition: The Science of Trusting Your Gut, Shifting Your Mindset & Bringing Your Vision to Life, Michelle Murphy Akaras P '20, '24, '27, Eisenhower North

This presentation walks attendees through:

- The neuroscience of intuition: Why your heart (which has 40,000 neurons and sends 80% of heart-brain communication UP to your brain) is actually your most sophisticated intelligence system.
- Growth mindset research: How your mindset determines whether you honor or override your heart's wisdom.
- The real science behind bringing your vision to life: How heart coherence, the Reticular Activating System, and aligned action create what looks like magic but is actually biology in action.

The Outcome: Attendees leave with practical, research-backed tools and practices they can use immediately to strengthen their intuition, shift limiting mindsets, and reach their goals that actually align with their deepest values, not just what looks good on paper. Attendees will laugh, have “aha” moments, and walk away feeling empowered and inspired.

Session II: Navigating Health, Aging and Advocacy: The Role of Women as Caregivers, Joanne Grossi, MIPP, Stevens Room

From complex medical conditions and dementia-related challenges to financial oversight and family conflict, navigating caregiving for parents and elderly

family members falls disproportionately on women. In this informative session, Joanne Grossi will explore effectively working with the healthcare system—attending medical appointments, facilitating communication between physicians and families, and coordinating services such as home health, rehabilitation, and hospice care. Participants will gain insight in:

- Health & Disability: Navigating physical, cognitive, and mental health concerns while advocating for appropriate care.
- Financial Oversight: Assisting with bill paying, insurance claims, and connecting families to federal and state benefits.
- Housing Decisions: Evaluating and selecting appropriate residential and long-term care options.
- Family Support: Helping families manage caregiving responsibilities, resolve conflict, and plan for long-distance or in-home care.
- Local Resources & Advocacy: Utilizing trusted community services while ensuring wishes are honored.
- Legal Coordination: Referring to elder law attorneys, estate planners, and Powers of Attorney when needed.
- Crisis Intervention: Providing guidance for hospitalizations, rehabilitation stays, and medical emergencies.

2:50-3:30 p.m. **BREAK**

3:40-4:30 p.m. **CHOICE OF TWO SESSIONS**

Session I: Sustainable Success: Balancing Career Growth and Well-Being,
Stevens Room

Success is more than a title—it's a journey of growth that can be sustained without sacrificing your health, resilience, or wellbeing. This dynamic panel brings together four accomplished women, each of whom has navigated high-stakes roles, transitions, and personal demands to build meaningful, long-term success. Emerging professionals, mid-career changers, and senior leaders who are ambitious about growth and committed to sustaining their personal well-being will benefit from this session. Join us for candid insights and practical strategies for:

- A refreshed definition of success that includes well-being as a core component
- Inspiration and actionable advice to help you build habits and structures that support mental, physical, and emotional health as you navigate your career
- Acknowledge the important roles of building community (mentors, coaches, spouses/partners, etc.)
- Concrete tactics for building careers that last—and a life that thrives concurrently
- Managing complexity: shifting roles, stress, leading teams, remaining resilient, staying grounded, and avoiding burnout

Panelists:

- **Moderator: Leigh Saner Baker '10, MPH, NBC-HWC:** Leigh Saner Baker '10, MPH, NBC-HWC: National Board-Certified Health & Wellness Coach who works alongside individuals to explore how work, life, and well-being intersect so they can build healthier, more sustainable habits.
- **Heather Fraser Gallagher '89:** Chief Deputy District Attorney, Lehigh County, PA. A seasoned public-service leader with decades of experience in prosecuting, administration, and policy.
- **Kara Lawler P '28:** Head of School at Grier School, an all-girls' day and boarding school in Pennsylvania. A leader in the educational sphere who guides community, growth, and purpose while maintaining focus on wellbeing for her team, her students, and herself.
- **Heather Bard White '88:** Retired U.S. Army Colonel (30 years active + reserve), followed by nearly 29 years as a senior systems engineer. Her dual career path highlights adaptability, leadership under pressure, and longevity in high-stakes fields. A Revelation Wellness Certified Instructor working with women in recovery to work towards Whole Health - physical, spiritual, and mental.

Session II: Women's Hormone Health Uncovered, Dr. Laurice A. Heine P '20, FACOG, MSCP; Board-Certified Obstetrician-Gynecologist and Menopause Society Certified Practitioner, Eisenhower North

Hormones play a vital role in women's health. Understanding the complexities that take place leading into, during, and after menopause can help women make informed choices about their health and well-being. Many of these changes are surrounded by myths, confusion, and silence. In this engaging and informative session, Dr. Laurice Heine will share her 35 years of experience in women's health care by bringing her own unique perspective in addition to evidence-based medicine.

Dr. Heine will discuss effective treatment options, including lifestyle approaches, hormone and non-hormone therapies, and strategies for maintaining wellness.. Attendees will leave feeling informed, supported, and empowered to take charge of their well-being.

4:30-5:30 p.m.

BREAK

5:30 p.m.

Dinner, *Grand Ballroom*

6:30-10 p.m.

Fun Zone! Tonight We Dance, Laugh, and Celebrate!, *Grand Ballroom*

- 6:30 p.m.: Learn today's most popular line dances from our own Alexandra Goerl Rickeman '99 so you can strut onto any dance floor with confidence! Come laugh, let loose, get your brain and body moving, and remember—the only rule of line dancing is to have fun!
- 7:30-9:30 p.m.: Continue the laughs and conversation with the smooth music and vocals of the Stable Shakers Duo with Brechyn Chase '03 and Spencer Pheil. Their dynamic and unexpected musical style blends

Americana, jazz, country, and folk. We hope you'll enjoy this at the end of a full day. [Stable Shakers Duo](#)

SUNDAY, MARCH 29

8 a.m. **Breakfast, *Grand Ballroom***

9-9:50 a.m. **The Yogi's Way: Inner Clarity for a World in Transition with
Reema Datta, M.Sc '94, *Grand Ballroom***

In this inspiring session, author and alumna Reema Datta '94 shares key insights from her new book *The Yogi's Way: Transform Your Mind, Health, and Reality*. Drawing from ancient yogic wisdom and modern science, Reema explores practical methods for calming the mind, balancing emotions, and unlocking new possibilities in our personal and professional lives. Participants will learn simple practices that cultivate resilience, presence, and creativity—skills essential for all of us in today's rapidly changing world. Books will be available for purchase and signing after the session.

10-10:50 a.m. **CHOICE OF TWO SESSIONS**

Session I: AI and Technology, Dr. Julia Stojak Maurer '90 P '18, '20, '22, '28, *Eisenhower North*

AI is changing how we learn—how we study, teach, create, and practice new skills. This session is a practical, educator-friendly look at how women are using AI tools for prompting, co-creation, and feedback to make learning more personalized, more efficient, and (yes) more interesting.

We'll explore real examples: turning rough ideas into clear writing, generating practice questions and study plans, building lesson materials faster, and using AI as a "thinking partner" to revise and reflect. We'll also name the guardrails that matter—accuracy checks, bias awareness, privacy, and when not to use AI—so that human judgment stays in the driver's seat.

Expect practical insights, real examples, and an approachable conversation about shaping the future of learning with curiosity, confidence, and wisdom.

**Session II: Civic Engagement, Emily Schoenberger '15, *Stevens Room*
*Educating for Democracy: The State of Civics at Mercersburg***

What is required of a citizen in a pluralistic society, and how do we prepare the Mercersburg community to meet that challenge? Join Emily Schoenberger '15 for a "State of the Union" address on the ever-evolving civic landscape at Mercersburg Academy. This session will outline the concrete steps the school is taking to elevate civic literacy and engagement, including the launch of a new, required 10th-grade American History and Civics course, the impact of the bi-annual Civics Conference, and the work of the student-led Civic Student Advisory Board. Come prepared to examine the realities of contemporary civic education and discover how these initiatives are shaping the next

generation of citizens. Leave with information, ideas, and inspiration for how you, too, can navigate the complexities of civic life.

11-11:45 a.m.

How Can We Serve You-Our Remarkable Community of Women?,
Grand Ballroom

Speakers: Denise Dupré '76, and Stacie Rice Lissette '85, P '14, '14, '17, '23
This weekend is just the beginning. What's next? How do we expand our reach?
How can we make an impact by banding together?

12 p.m.

Not Leaving Just Yet? [Here Are Some Great Things to Do!](#)