

ADVS Military & Veteran Women's Summit Agenda

Tempe Mission Palms Hotel & Conference Center
3658, 60 E. 5th Street, Tempe, AZ 85281



Theme: Plug in to Your Veteran Network

Friday, June 14, 2019 / 6:00 p.m. – 9:00 p.m.

Networking Social

Cloister Room

- Registration opens at 5:30 p.m.
- Summit Preview
- Star-Spangled Sponsor Remarks
- Live Entertainment by RockARoke
- Complimentary Appetizers
- Cash Bar, Patriotic Displays & Activities

Saturday, June 15, 2019 / 7:00 a.m. – 4:30 p.m.

ADVS Military & Veteran Women's Summit

Palm Ballroom

7:00 a.m. – Registration and Continental Breakfast

8:00 a.m. – Summit Opening

8:15 a.m. – Welcoming Remarks

- Wanda Wright, Arizona Department of Veterans' Services Director
- RimaAnn Nelson, Phoenix VA Health Care System Director
- Barbara Oemcke, Northern Arizona VA Health Care System Director
- Kerri Wilhoite, Southern Arizona VA Health Care System Associate Director
- Chris Norton, Phoenix VA Regional Office Director

8:35 a.m. – Guest Speaker: Dr. Patricia Hayes, VA Women's Health Services Chief Consultant

8:50 a.m. – Activity 1: Plug in to your new team

9:05 a.m. – Guest Speaker: Delphine Metcalf-Foster, DAV National Past Commander

9:20 a.m. – Activity 2: Are you listening?

9:35 a.m. – Keynote Speaker: Jennifer Marshall, Actress (Stranger Things, Hawaii Five-0), Producer, Navy Veteran

9:55 a.m. – Activity 3: Bag of words

10:10 a.m. – Panel: Service After Service

10:30 a.m. – Exhibitors open

11:45 a.m. – Lunch

- Women Veteran History Game and Raffle Prize Drawing

1:00 p.m. – Breakout Sessions

Room	1:00 p.m. - 1:50 p.m.	2:00 p.m. - 2:50 p.m.	3:00 p.m. - 3:50 p.m.
Colonnade	Connect the World with Science and Technology	Connect the World with Science and Technology	Connect the World with Science and Technology
San Pedro	Taking Care of You: <i>Nutrition</i>	Taking Care of You: <i>Yoga</i>	Taking Care of You: <i>Self-Defense</i>
Xavier	Accessing Your Veteran Benefits & Resources	Accessing Your Veteran Benefits & Resources	Accessing Your Veteran Benefits & Resources
Joshua Tree	Savings and Retirement Planning	Budget and Credit Management	Home Buying Roadmap: Follow Your Path Home
Cavetto	Panel: Women's Healthcare	Panel: Women's Healthcare	Panel: Women's Healthcare
Dolores	Panel: Finding Your Voice in the Legislative Process	Panel: Hearing Our Voice: LGBTQ Veterans & the Community	Panel: Discovering Your Path: Employment

4:00 p.m. Summit Closing and Raffle Prize Drawing

Breakout Session Descriptions

Connect the World with Science and Technology

Presented by Honeywell

We are building a smarter, safer, and more sustainable world. That's the Power of Connected. That's the Power of Honeywell. Science Technology Engineering and Math also known as S.T.E.M. sometimes means a 4-year degree, and sometimes doesn't. In this session, you will engage with veterans that applied their military experience and skills to become part of the Honeywell Family. Connect to software, mechanical engineering, technology and aerospace veterans that are living the power of connection at Honeywell. Honeywell Aerospace innovates and integrates thousands of products, software and services to advance and more easily deliver safe, efficient, productive and comfortable transportation experiences worldwide. Our offerings are found on virtually every commercial, defense and space aircraft.

Taking Care of You: Nutrition

This session will introduce nutritional support through healthy cooking and alternative food choices. Learn about nutrition know-how to improve your diet and boost your energy and add healthy ingredients to your daily nutrition plan.

Taking Care of You: Yoga

Based on the latest scientific research, the health benefits of yoga balance mind-body-spirit via various poses and breathing techniques. We take an experiential approach to help participants explore how every day stress affects our well-being and actions. Please wear comfortable clothes if you want to participate. Everything else you need will be provided. Breathe. Stretch. Relax. Have fun doing it. Empower yourself with yoga. Please bring comfortable clothes if you plan on attending this session.

Taking Care of You: Self-Defense

This session will cover how to react in a self-defense situation against the vulnerable parts of an attacker's body. Attendees will learn countermeasures you can use during a real-life situation. Knowing you can defend yourself, your confidence will grow. Please bring comfortable clothes if you plan on attending this session.

Accessing Your Veteran Benefits & Resources

Representatives will be available to explain eligibility requirements for benefits, processing VA compensation and pension claims, appealing or hearing process, survivor's benefits, records management, state benefits, and more.

Budget and Credit Management

Presented by Navy Federal Credit Union

Personal money management consists of identifying your goals, setting priorities, making a plan and keeping a record of your expenses so you can review and evaluate your goals. Remember, a budget will help you live within your income. It is also a way to help get what you want out of life.

Home Buying Roadmap: Follow Your Path Home
Presented by Navy Federal Credit Union

Are you ready to start paying towards your own equity? Are you ready to own your own home? Learn about the various types of mortgages available and how to utilize your VA Eligibility towards a new home. Are you ready to buy a home, but unsure where to start? Knowing what to expect when buying a home can make the process as stress-free as possible.

Savings and Retirement Planning
Presented by Navy Federal Credit Union

Are you on the right track? No matter where you are in life, it's never too late to make saving for retirement a priority.

Panel: Women's Healthcare

VA Healthcare experts will lead a panel, providing information to support women in navigating their unique health concerns. Experts will discuss the latest research on gynecology, breast imaging, endocrinology, and overall health.

Panel: Finding Your Voice in the Legislative Process

The purpose of this panel is to guide attendees through the legislative process and how to successfully bring women veteran issues to the forefront of policy priorities. Panelists will discuss and share their experiences on introducing legislation and how you can become effectively involved.

Panel: Hearing Our Voice: LGBTQ Veterans & the Community

Research shows that women are highly represented among LGBTQ Veterans. In this session you will hear from LGBTQ veterans and community programs about their initiatives.

Panel: Discovering Your Path: Employment

Veterans will have the opportunity to speak to employers who have hiring authority within their companies. You will have direct information on employer expectations regarding resumes for the job, interviewing skills and advice; job search techniques; and the importance of LinkedIn accounts.