

AN INTERGENERATIONAL & INTERACTIVE  
WELLNESS VIRTUAL EVENT FOR WOMEN

# ASK THE DOCTOR

WEDNESDAY, JANUARY 13, 2021

**Hosted by:**



National Council of Jewish Women  
Colorado Section



# WELCOME

**Welcome to Ask the Doctor.** We are so glad you have joined us for this very special evening. Each of us is at different stages of our lives and will get something different out of the discussions that will occur tonight. However, we are all here to learn more about relevant health issues and to address the health concerns we may face in the future. To have an evening when women can come together to learn more about our health and the health of those we hold dear, is simply fantastic.

As women, there are particular medical issues we face. The panelists who have been assembled have a wide breadth of knowledge and experience, and can help us better understand those issues. We live such full lives; it can sometimes be difficult to make ourselves the priority. We hope tonight will prove to be a gift to yourself.

We are also excited to welcome the young women from BBG (B'nai B'rith Girls) who have joined us tonight. Their participation exemplifies their commitment to take control of their health. In today's world there are so many issues young women face such as: the impact of social media, how to maintain health body weight, peer pressure, and drug and alcohol use. Tonight, we offer assistance in navigating these potential obstacles to good health. During this event these young women will have the opportunity to hear from the esteemed women on the specially assembled 'Teen Panel' covering a myriad of topics.

No matter what stage of life you are in, we are confident you will walk away tonight with enhanced knowledge and useful strategies for taking care of yourself and those close to you. For these reasons, the National Council of Jewish Women's, Colorado Section, is proud to bring you this intergenerational and informative event focusing on women's health.

Thank you for joining us tonight and participating in this important event. We also would like to acknowledge our panelists and all of the NCJW volunteers who have made tonight's program possible.

We hope you enjoy the program and come away with answers to your questions.

L'Chaim!

Cecile Zelinsky, Event Co-Chair

Patti Jo Streltzer, Event Co-Chair and Co-VP: Community Service

Serena Barish, BBG Regional VP

# ASK THE DOCTOR

## *An Intergenerational & Interactive Wellness Virtual Event for Women*

7:00 pm Sign-in to Zoom

7:05 pm Welcome & Introductions by Event Co-Chairs

7:15 pm Split Audience between Adult and Teen Panel Zoom Rooms

### **Adult Audience Panel: Moderated by Dr. Audrey Boxwell**

Nancy Carlson, MD, Pediatrician (Retired)

Julie Gelman, MD (Ob/Gyn)

Sing-I Palat, MD (Geriatric, Hospice & Palliative Medicine)

Lisa Greenstein Sokol, DMD (Dentist)

Sherrie Somers, DO (Internal Medicine)

Leslie Stewart, MD (Dermatologist)



### **Teen Audience Panel: Moderated by Serena Barish**

Cynthia Lackner, MA, CMHIMP (MH Therapist)

Stephanie Frankel, MD (Dermatologist)

Annie Sarid, MD (Emergency Medicine)

Stephanie Aya Ann, MSOM, LAc, DiplOM (Oriental Medicine & Acupuncturist)

Regina Topelson, Registered Dietician

8:05 pm Both Groups Reunite for 10-Minute Presentation by

Laurie Levy, Natural Foods Personal Chef, Culinary Teacher and Food Consultant

8:15 – 8:30 pm Joint Q & A from Audience to Panelists

## Meet our Panelists for the Adult Audience



**Audrey Boxwell, Moderator.** Audrey has a PhD in psychotherapy and a ThD (doctorate in theology) , she is board-certified pastoral counselor, specializing in end-of-life issues and the author of *Soul to Sole: A Daily Prescription for Moving Forward in Your Life*.



**Nancy Carlson, MD** earned her medical degree at the University of Colorado Medical School in 1985, and completed her residency and chief residency in Pediatrics at the University of Colorado. She worked as a general pediatrician at the Children’s Hospital for five years before moving into private practice. She joined Southeast Denver Pediatrics in 1999 and retired in March of 2020. She has been recognized as a Top Doc by both Denver’s 5280 Magazine and US News and World Report. Dr. Carlson trained in traditional western medicine but she also believes in the use of complementary therapies such as acupuncture, homeopathy, nutrition consultation, yoga and mindfulness meditation. In the post COVID-19 era, Dr. Carlson hopes to resume plans to teach mindful parenting workshops with her colleague Dr. Peggy Sheehan a pediatrician and leader of the Denver Zen Center.



**Julie C. Gelman, MD** is a board-certified Ob/GYN who has been practicing medicine in Colorado since 1996. She joined the Rocky Mountain Division of Obstetrix, as an ob/gyn hospitalist at Swedish Medical Center in 2017. She obtained a bachelor of science in nutritional biochemistry at The University of Vermont. Following, she completed her medical degree and ob/gyn residency at George Washington University. Prior to her time as an ob/gyn hospitalist she practiced general ob/gyn in Summit County, Colorado and gynecology with an emphasis on minimally invasive surgery in Littleton, Colorado. She enjoys teaching as an associate professor at Rocky Vista University of Osteopathic Medicine. She finds joy in giving back to women in communities near and far speaking at community events, volunteering with women’s shelters, and participating in medical mission trips to Guatemala and Montserrat. She has a passion for obstetrics, preventative women’s health and minimally invasive surgery. She also has a new love since 2015 for Stress Management and Resilience Training. She extends her healthy practices to her friends and family. She enjoys Colorado’s great outdoors of biking, hiking and skiing with her husband and two children.



**Sing-I Palat, MD,** Geriatric Medicine, Hospice & Palliative Medicine. Dr Palat practices Internal Medicine and Geriatrics. She completed medical school and residency training at the University of Pittsburgh and a geriatrics fellowship at the University of Colorado. Since 2006, she has been serving older adults in the Denver-metro area. As an associate with LTC Rehab Consultants, Dr. Palat provides Medical Director services to nursing homes and has marveled at the resilience of the nursing home industry throughout the COVID-19

pandemic. She advocates for older adults on the board of CMDA The Colorado Society for Post-acute and Long-term Care Medicine. She serves on the clinical faculty at the University of Colorado and Rocky Vista University. She lives in Golden CO with her husband and son.



**Lisa Greenstein Sokol, DMD** is an active member in the American Dental Association, Colorado Dental Association, Metro Denver Dental Society, Colorado Prosthodontics Society and American Association of Oral Biologists. Growing up on Denver's east side, Lisa was raised in a vibrant and warm Jewish community and attended three of the local schools - Hillel Academy, Denver Academy of Torah and Rocky Mountain Hebrew Academy. Lisa graduated from Stern College for Women in New York, Midwestern University College of Dental Medicine in Arizona, and completed a Dental Residency at Brookdale Hospital in New York before returning to Denver to join her family's dental practice - Cherry Creek North Family Dentistry on Adams Street between 1st and 2nd Avenues. Lisa recently founded Metro Denver Concierge Dentistry where she provides comprehensive general dental care to patients in the comfort of their own homes. Outside of the office Lisa enjoys skiing, working out, spending time in the beautiful mountains, painting, floral arranging, cooking, baking, being active in the Jewish community and attending Broncos games with her family.



**Sherrie Somers, MD** is a board-certified internist who has been practicing in Colorado for 25 years; fifteen in the outpatient setting and the last 10 in the hospital setting. She is currently the Medical Director for New West Physicians Hospitalist programs. Dr. Somers will speak about COVID-19 and its impact on medical care in our nation, review the most common reasons for hospital admission and morbidity, along with preventive measures. She will also touch on the growing need for Palliative care and clear advanced directives and DPOA.



**Leslie Stewart, MD** completed her dermatology training at the University of Pennsylvania and was selected by Dr. Albert Kligman, the creator of Retin-A, to be his first Cutaneous Aging Fellow, performing many clinical studies on skin aging with him. Subsequently, she became Chief of Dermatology at National Jewish Health in Denver where she developed their Occupational and Contact Dermatitis Clinic. Since 1995, she has been in private practice and currently practices at the Colorado Center for Dermatology and Skin Surgery in Greenwood Village where she focuses on all aspects of medical, surgical, and cosmetic dermatology. Dr. Stewart has been the author of both journal articles and textbook chapters and has been a speaker at many national dermatology meetings in her career. She has been recognized by NCJW as one of their Jewish Businesswomen of Colorado awardees in 2011. She is married with three daughters and one dog.

## Meet our Panelists for the Teen Audience



**Stephanie Aya Ann, MSOM, LAc, DiplOM - Oriental Medicine, Acupuncturist** is a board-certified and licensed Chinese Medicine practitioner, Acupuncturist and Herbalist with a private practice Wheat Ridge, Colorado. She has also practiced acupuncture at the Center for Integrative Medicine at Good Samaritan Hospital in Lafayette, Colorado and the Marcus Institute for Brain Health at the Anschutz Campus in Aurora, Colorado. Stephanie is a cancer survivor who has walked through the fire of health crisis to a journey of healing mind, body and spirit. Stephanie believes that the health crisis is a transformational opportunity that goes beyond

pills and procedures. She practices transformational medicine through the patient's story, not their illness, and by offering lifestyle support around food, exercise, sleep, stress management and mood balance through the principles of Chinese Medicine and the 5 Elements. She blends mind-body tools to bring together psycho-emotional and physical symptoms that may seem separate but are often connected.

Stephanie specializes in working with people from teenagers to elders who have suffered, or are suffering through chronic life changing illness. This can range from mood disorders like anxiety and depression, cancer support, chronic pain, digestive disorders, autoimmune conditions, PTSD or life changing transitions like perimenopause and menopause.



**Stephanie Frankel, MD** grew up in Denver and attended Yale University where she graduated Phi Beta Kappa with a BA in Anthropology. She then received her medical degree from Northwestern University in Chicago, IL. Finally, she completed her internship in Internal Medicine and residency in Dermatology at the University of Michigan before returning home to Colorado. Dr. Frankel is board-certified by the American Board of Dermatology and is a member of the American Academy of Dermatology and Colorado Dermatology Society. She is the former chief of Dermatology at St. Joseph's Hospital and has lectured many future physicians on various skin-

related subjects. Within dermatology she is particularly interested in skin cancer detection and prevention, as well as inflammatory skin diseases such as acne, rosacea, eczema and psoriasis. In her free time, Dr. Frankel enjoys spending time with her family and enjoying all that makes Colorado so incredible. She loves to travel, read and volunteer in her daughter's elementary school (which happens to also be her alma mater!). In 2018, she founded Core Dermatology in order to provide personalized dermatologic care for patients of all ages in a private practice setting.



**Cynthia Lackner, MA, CMHIMP, MH Therapist** holds a BA degree from Goucher College, Towson, Maryland and an M.A. in clinical psychology, from Antioch University, Yellow Springs, Ohio. Cynthia is a Certified Emotional Brain Training Provider and a Certified Mental Health Integrative Medicine Provider. For the past 19 years, Cynthia Lackner has created, co-produced, designed, facilitated, taught and implemented programs and workshops that help people examine their lives, learn skills and tools to diminish stress, and make changes toward living a life focused on thriving rather than just existing. True health is not the absence of disease; it's about the presence of vitality. In addition to her private practice, where she works with clients on FaceTime or Zoom, she is also the Director of Psychotherapy Services for Health6Fit.



**Annie Sarid, MD** was born and raised in New York City. Dr. Sarid graduated with a BS degree from Cornell University, and earned her medical degree from Sackler School of Medicine at Tel Aviv University. She completed her residency in Emergency Medicine at Maimonides Medical Center in Brooklyn, New York. Dr. Sarid has worked in both the community and academic settings, providing patient care in both trauma centers and stand-alone emergency rooms. She also worked as a medical director for a hospice company that provides end of life care for patients in their homes. Dr. Sarid currently works for a company that combines telemedicine and artificial intelligence and feels that this is an exciting time to be an emergency medicine physician. Her hobbies include: Photography, Improvisational Comedy and nature walks in the Rocky Mountains with her family.



**Regina Topelson, Registered Dietitian** and Founder of Life Well-Lived. She is a 9 News Nutrition Expert, CHIP Facilitator, podcaster, speaker, and advocate of lifestyle medicine. She has been in private practice for ten years making the world a healthier place one person at a time. She is a wife and mother of two boys and one Lucky Girl! She enjoys reading, riding (her bicycle up very BIG mountains), writing, recording (podcasts and videos), and roaming the world.

## Final Presentation



**Laurie Levy, Natural Foods Chef** is a Denver-based natural foods personal chef, food consultant and culinary teacher. She specializes in preparing organic whole foods and is a doTerra Essential Oil Wellness Advocate. Laurie is the owner of Eat Nourish Thrive.

# JOIN US!



National Council of Jewish Women  
Colorado Section

The National Council of Jewish Women (NCJW) is a grassroots organization of volunteers and advocates who turn progressive ideals into action. Inspired by Jewish values, NCJW strives for social justice by improving the quality of life for women, children, and families and by safeguarding individual rights and freedoms. A faith in the future. A belief in action.

The NCJW, Colorado Section, was established in 1893, 127 years ago, and has always had a special place at the forefront of legislation, social action, advocacy and community service in our community.

*The Colorado Section of NCJW has been designated by the U.S. Internal Revenue Service as a 501(c)(3) not-for-profit organization.*

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The B'nai B'rith Girls, BBG, are the sorority side of BBYO, the leading pluralistic Jewish teen movement. This international organization seeks to create meaningful Jewish experiences and Jewish connections for the next generation of Jewish leaders. Founded in 1944 and grounded in sisterhood, tradition, and Jewish values, BBG seeks to empower Jewish women across the world. If you are interested in learning more, or getting involved in BBYO, you can visit [bbyo.org](http://bbyo.org)!