



Thank You

Thank you for joining us for the Lifestages Women's Conference. Your presence, prayers, and participation helped make this gathering meaningful.

May you leave refreshed, encouraged, and empowered to embrace your identity, fulfill your purpose, and leave your legacy.

With gratitude,
The Lifestages Women's Conference Committee
 Called. Chosen. Empowered.

ZION HILL MISSIONARY BAPTIST CHURCH



Our History & Mission

The Life Stages Women's Conference Committee was birthed out of Zion Hill's Sisters with Vision Ministry under the leadership of Deaconess Betty Knight. The inaugural planning meeting took place at Zion Hill Missionary Baptist Church on July 20, 2002.

It was established that the Women Life Stage's © Conference would be a themed biannual event where women would come together from all over the city of Rochester, New York, to fellowship, learn, and worship.

Mission

The Women Life Stage's Conference Committee seeks to promote spiritual growth in women throughout their life stages.

Goals and Objectives

- To provide positive and spiritual outlets for women of all ages to refresh and renew.
- To identify the challenges that women in our congregation have and to help them begin to find solutions through the workshops, Word of God, and fellowship in a weekend conference during the month of October.

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Conference Schedule

8:30 - 9:00 a.m.

Breakfast & Registration

9:15 - 10:15 a.m.

Session 1 Workshops

10:30 - 11:30 a.m.

Session 2 Workshops

11:45 a.m. - 12:45 p.m.

Lunch

1:00 - 2:00 p.m.

Session 3 • Everyone

2:15 p.m.

Keynote • Dr. Karen Green

Please select one workshop in Session 1 and one workshop in Session 2. Everyone attends Session 3.

Workshop Guide

Session 1 | 9:15 - 10:15 a.m.

Black Women in Leadership: Overcoming Imposter Syndrome

An in-depth discussion on the intersectionality of racism and sexism.

Grief and Loss: Learning to Ride the Wave

Adapting to the new normal; it's not all about death and dying.

Aging: Getting Your House in Order

Health Care Proxy vs. Power of Attorney; do I need a Will?

Session 2 | 10:30 - 11:30 a.m.

Black Hair Care: Reclaiming Those Edges

Wigs: the good, the bad, the ugly; protective styles doing more harm than good.

Mental Health: It Starts in the Womb

The ghosts in the nursery; how anxiety manifests in us.

Social Media Representation: Who am I

What your digital profile says about you; it's not all what it seems.

Session 3 | 1:00 - 2:00 p.m.

AI: The Good, The Bad, The Ugly

How to better identify scammers; how can AI help me. All attendees participate.

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Dr. Miriam Moore



Dr. Miriam Moore is a Diversity, Equity and Inclusion Strategist who is deeply committed to serving individuals who have been marginalized and ostracized—those who the broader society may deem as “the others.” In 2022, Moore received a historical appointment by the Town Board, serving as the first Chief Diversity Officer for the Town of Brighton. In this role—she is responsible for fostering an inclusive culture, ensuring the town’s processes and procedures promote access, equity and inclusion.

Previously, Miriam served as the Vice President of Racial Equity Initiatives for the YWCA of Rochester and Monroe County. Under her leadership—she expanded their touch points—leading the charge for the Person2Person program, Unconscious Bias Seminars, Racial Equity Organizational Workshops and the annual Stand Against Racism event. Moore has also extended her talents and time as the Chief Development Officer for the Settlement Houses of Rochester—heading a streamlined development approach between the three largest settlement houses in Rochester, including Baden Street Settlement, The Community Place of Greater Rochester and the Charles Settlement House.

Dr. Moore is a graduate of Roberts Wesleyan University, where she earned her Bachelor’s of Science and Masters of Science. She earned her Doctorate of Education from St. John Fisher University, successfully defending her research on “How the Lived Experiences of Black Women Executive Leaders in the Nonprofit Realm, Informs Their Leadership.”

Believing in the power of civic engagement, Moore serves on the Board of Trustees for GEVA Theatre, on the Alumni Board of Directors for St. John Fisher University, and is the Chair of the Community Advisory Board for WXXI, The Little Theatre and City Magazine. She is a proud member of Alpha Kappa Alpha Sorority, Incorporated.

She has been recognized as a Forty Under 40 by the Rochester Business Journal, A Woman of Excellence by the Rochester Business Journal, A Woman to Watch by the Democrat and Chronicle, and a Ten Under 10 by St. John Fisher University. As a mother, she dedicates her whole self to the well-being of her daughter, Halle.

Donna P Dixon Jones, MSHA



Greetings,

Donna Dixon Jones, a native Rochesterian, earned her Master's Science in Healthcare Administration, Robert's Wesleyan University, and BA Psychology, Syracuse University.

Donna has over 20+ years of service at URMC promoting wellness and health in a variety of leadership/outreach roles across the health care continuum. I came to Lifespan following a short-lived

retirement, realizing I still had more to give to our community. I love working with people, cherishing every opportunity to make someone's day a little brighter.

Currently, Donna is Program Coordinator for Lifespan's ROC Respite program. ROC Respite is the only community and faith based drop-in respite programs administered by Lifespan. Caring for loved ones with Dementia, Alzheimer's Disease, or other medical conditions can be challenging. Respite gives caregivers an opportunity for self-care and a little time for themselves. Caregivers drop their loved ones off and return later. Care receivers in turn receive structured socialization and activities in a safe group setting.

Donna is a member of Alpha Kappa Alpha Sorority, Inc ®, Zion Hill Missionary Baptist Church, Health Ministry, and VFW Auxiliary. Through volunteerism she reaches out to advocate for informed decision making, early intervention and prevention strategies that lead to overall wellness and healthier lives. She enjoys spending time with her husband and family and is an avid sports fan.

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Evangelist Sherry Barton



I was born and raised in Rochester, NY, where I graduated in 1988 from East High School in the Rochester City School District. After which, I obtained dual associate's degrees in executive/medical administration from The Rochester Business Institute and Technology.

With a passion to work with and minister to women, I have been gainfully employed for the past 21 years at West Ridge OBGYN, where I am able to help women dealing with everything from childbirth to menopause as the Lead Medical Secretary.

I also served as the chairperson of the Zion Hill WATW ministry for 3½ years, where women can come and discuss various women's issues in confidentiality. Our motto is "What happens at the well, stays at the well!"

Rhonda Walker



Rhonda Walker is the Director of Humanity-Centered Care and Programs at the Society for the Protection and Care of Children (SPCC). With more than 25 years of experience supporting children, families, professionals, and organizational leaders, Rhonda brings deep expertise in infant and early childhood mental health, reflective supervision and consultation, trauma-informed care, relationship-based practice, and culturally responsive leadership.

As an Infant Mental Health trainer and Reflective Supervision and Consultation facilitator, Rhonda helps professionals explore how a baby's earliest relationships and experiences, beginning in the womb, can shape emotional development, attachment, regulation, identity, and lifelong well-being. She invites participants to look beyond behavior and consider the relationships, environments, histories, and systems influencing children and the adults who care for them.

Rhonda's work is grounded in Humanity-Centered Care: an approach that recognizes each person's dignity, identity, lived experience, and need for belonging. She brings particular attention to the effects of generational, racial, relational, and organizational trauma, while helping individuals and teams create spaces where reflection, accountability, healing, repair, and meaningful connection can occur.

As a Black woman and Guyanese immigrant, Rhonda's professional expertise is deeply informed by her lived experience. She leads with compassion, curiosity, authenticity, and a commitment to ensuring that people feel seen in the fullness of who they are. Rhonda is also a mother, mentor, and passionate advocate for the emotional well-being of women, children, families, and the professionals who serve them.

Elect Lady Dr. Karen Green

In the fall of 2005, Elect Lady Karen Green attended and graduated from Rochester Institute Christian Education. In July 2008, Elect Lady Karen Green graduated with a Bachelor in Christian Education and in 2013 received her Master's in Theology and Honorary Doctorate in Ministry at International Apostolic University of Grace and Truth, Indianapolis, IN.

In March 2016, the Minister's Wives and Widows Ministry of the Great Lakes Missionary Baptist District Association presented Elect Lady Dr. Green with a Community Service Award for her outstanding and total commitment to her church and community.

In 2017, Elect Lady Dr. Green received a "Women Touching the World" Award from the Unlimited Possibilities Overcoming Poverty Ministry, Inc. for the lives she has touched and the positive influence she is in their lives.

As she grows in her ministry, she knows that the Lord will continue to bless and elevate her and reminds us of this through one of her favorite songs, "He didn't have to do it but he did." She continues to trust in the Lord, for she knows that He is the one that makes all things possible, and she gives Him all the honor and glory when she always says:

"To God be the Glory"

Elect Lady Dr. Karen Green

She is committed to her community and has coordinated and/or founded such events as:

- Free Annual Community Thanksgiving Dinners
- Food Pantry
- Clothing Drive
- Annual Community Health Awareness

She has founded, under the leadership of Pastor Burnice B. Green, Sr.:

- Bible Enrichment Class
- Women Prayer Warriors Group

Elect Lady Dr. Karen Green founded the Strong Elect Lady's website (www.strongelectladies2014.com) to provide support and encouragement to Elect Ladies.

She enjoys working with the elderly, helpless, homeless and the community in which she worships, enabling her to minister to them and direct them to the Lord. She believes that her #1 duty is to bring souls to Christ. She is very serious about serving God and gives Him all the praise, honor and glory. She believes in spreading God's word every chance she gets. As she has for many years, Elect Lady Green continues to work in the Missionary Ministry, which enables her to provide prayer and words of encouragement to the lost, confused and dying souls.

Elect Lady Karen Green accepted her calling into the evangelistic ministry in April 2006. She made her preaching debut on Sunday, June 11, 2006 at God's Vision Ministries, Inc., under the pastorate of Elder Burnice Green, Sr. She became a licensed ordained evangelist on Sunday, January 25, 2009.

Daphne Keys



Daphne Keys has spent 25 years serving young people and strengthening communities. She is the oldest of five children and a proud mother, grandmother and great-grandmother. Family, faith and service are at the center of her life.

At the Center for Youth, Daphne is Assistant Director of Restorative Practices and Equity at Bridge to Peace. She leads collaborative programs at Rochester's R-Centers. At Edison and Wilson High Schools, she runs the School to Work program in partnership with

RochesterWorks. She also oversees CFY's In-School Workforce program. In every role, she develops youth leaders who speak for the young people they serve.

At Antioch Missionary Baptist Church, Daphne is Coordinator of the Kingdom Kids Ministry, which serves youth ages 5 to 17 every week. She is the ministry's visionary leader and has built a safe, structured, Spirit-filled place where young people can grow. She designs monthly lesson units, leads the planning for each ministry year, and creates experiences that bring young people together in fellowship. Through Kingdom Kids, she grounds youth in the Word of God so they can share the good news of His grace and discover their gifts and purpose.

Daphne believes deeply that young people are not the church of tomorrow; they are the church of today. Their resilience inspires her. She holds them to high expectations and gives them the full support they need to thrive mentally, physically, spiritually, emotionally and financially.

Her life and work rest on the promise of Luke 1:37: "For with God nothing shall be impossible."

Masai Young



Masai Young is a computer technologist, game developer, and digital artist who graduated with a Bachelor of Science in Computer Science from Morehouse College. Passionate about bridging the gap between everyday users and emerging technology, Masai specializes in modern software systems, game development, and practical AI applications. He has served as a STEM youth mentor with the Motherless Daughters Foundation, helping guide the next generation through digital spaces, and has led technical workshops within the Atlanta University Center.

Elect Lady Dr. Karen Green



Elect Lady Karen Green was born and raised in Rochester, NY. Elect Lady Green attended the Rochester City School District. In 1990, she attended the SUNY EOC and became a Certified Nursing Assistant.

She is blessed with a caring and compassionate spirit. She utilized this gift while working in the medical field and with youth for many years in positions such as: • Rochester City School District Teacher's Assistant • Rochester General Hospital • Assistant Coordinator & Tutor for V.I.S.I.O.N. After-School Tutoring Program • Lifetime Care Hospice Aide

She has been blessed to spread God's word at: • Women Conferences • Leadership Conferences • Church Services