

# THE SOCIETY PAGES

Bi-Monthly Newsletter for Supporters of The Society of Professional Women



Over 100 attendees gathered at The Alloy Hotel in King of Prussia to get to know and learn from the new President & CEO of The Philadelphia Zoo Dr. Jo-Elle Mogerman during an engaging interview with 6ABC Action News Reporter TaRhonda Thomas. Photo credit: Pictures by Todd Photography.

**“Remember, there is no expiration date on your talent.”**  
-Leigh Bardugo



During our most recent program with the newly elected President & CEO of the Philadelphia Zoo Dr. Jo-Elle Mogerman, interviewer 6ABC Action News Reporter TaRhonda Thomas was surprised that becoming the leader of a major institution was not always the vision for Mogerman. It inspired Thomas to share with the audience a quote she had learned about there not being an expiration date on

success.

This belief is also shared by The Main Line Chamber of Commerce, which in addition to the opportunities offered by the Society of Professional Women (SPW) program, offers growth and development training through all stages of one’s career, through Leadership Main Line, Leadership Principles and Profiles, Nonprofit Roundtable, Women Helping Women Peer Mentoring Program, the Talent and Education Network and more. These valuable resources for members of The Chamber provide leadership and professional development opportunities and help them achieve their personal goals too. Through these programs, companies invest in their leaders and those on track to lead in a way that helps to enhance, reward and retain talent. There are

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also relationships built across industries and professions providing invaluable perspective and knowledge.

As a lifelong learner, I am encouraged by each program attended to enhance and expand upon what I know. While bringing people together provides connection, knowledge and resources, we look for trends and topics of importance that companies share with us when planning for all our events. This year, SPW is excited to feature a large variety of important topics and conversations to address Psychological Safety, Leadership, Inspiration, Team Building, Legacy, Communications, Meaningful Connections and Success.

We hope you can join us for the first-ever SPW film screening event, in celebration of Women’s History Month and in an election year, for “The Untold Story of Women’s Right to Vote” produced by the Justice Bell Foundation. This event will take place on the evening of Thursday, March 14th at Bryn Mawr Film Institute.

If you are interested in learning more about how to get involved and enhance your membership through SPW, please contact me at [nstephenson@mlcc.org](mailto:nstephenson@mlcc.org).

Nicole Stephenson  
Executive Director, SPW

## Lunch & Share

### Unlocking the Power of We: Building a Safe and Inclusive Workplace Wednesday, January 31, 2024



*This intimate Lunch & Share Event with 75 attendees, explored psychological safety and its profound impact on workplace culture through a keynote presentation with Domanique Revere, Ph.D., introductory remarks by Associate Attorney Chelsea Biemiller and a demonstration by Radnor Township Police Officers Cocco and Karmilowicz. (Pictured L-R: Officer Karmilowicz, Dr. Dom, Chelsea Biemiller, Officer Cocco and Executive Director of SPW Nicole Stephenson)*

## SPW Trademark Event Building on a Successful Legacy Thursday, February 22, 2024



*6ABC Action News Reporter TaRhonda Thomas interviewed The Philadelphia Zoo President & CEO Dr. Jo-Elle Mogerman (Pictured L-R) on the challenges and excitement of moving to a new city, how to build upon and preserve a longstanding legacy, and how to handle the pressure of an historic appointment. Photo credit: Pictures by Todd Photography*



*With the support of Communications Sponsor Comcast Business, SPW donated a \$1,000 check to The Philadelphia Zoo, who has over 160 years of experience in conserving wildlife, caring for animals, and educating our communities. (Pictured L-R) Executive Director, SPW Nicole Stephenson, Philadelphia Zoo Director of Marketing Patrick McMaster, Comcast Business Representative Lisa Harmon and Philadelphia Zoo CEO Dr. Jo-Elle Mogerman. Photo credit: Pictures by Todd Photography*



## Main Line Health®

### **Gender matters: Understanding the unique differences of high blood pressure in women**

High blood pressure, also known as hypertension, is when your blood pressure — or the pressure that comes from blood pushing on your artery walls — is higher than it should be (at or above 130/80 mmHg). High blood pressure is one of the most common health conditions in the U.S., and nearly half of all adults have it.

Despite its prevalence, there's a misconception that high blood pressure doesn't impact women as often as men. This is not the case. In fact, women are just as likely to have high blood pressure, and there are specific aspects of being a woman that can influence when and how high blood pressure develops.

"It's crucial to understand the risks associated with high blood pressure and its potential impact on your overall well-being," says Katie Hawthorne, MD, a cardiologist at Lankenau Heart Group, part of Main Line Health.

Be sure to empower yourself with knowledge and discover proactive measures for what you can do to stay healthy.

#### **Effects of high blood pressure on your health**

High blood pressure may be common, but about 1 in 5 people with high blood pressure don't know they have it, meaning they aren't able to take steps to keep it under control.

Uncontrolled high blood pressure poses a dual threat to your cardiovascular system. The potential damage and blockage of arteries supplying blood to the heart increase the risk of heart disease and heart attack. This condition also jeopardizes blood flow to the brain, elevating the risk of stroke.

High blood pressure also increases your risk of:

Heart failure, which occurs when the heart becomes too large and can't supply blood to the body.

Peripheral artery disease (PAD), which occurs when the arteries in the legs, arms, stomach and head become narrowed, leading to fatigue or pain.

Kidney disease, which occurs when the kidneys can't filter blood effectively.

Sexual dysfunction, including lowered sex drive.

Vision loss, due to the blood vessels in the eyes becoming strained or damaged.

#### **Unique impact of high blood pressure on women's health**

Women have different anatomies than men, which can lead to differences in the way health conditions develop. When it comes to high blood pressure, certain circumstances can impact your risk of high blood pressure and related complications.

#### **Balancing risks of birth control and high blood pressure**

Three of the most common kinds of birth control — combined hormonal birth control pills, the birth control patch and the vaginal ring — contain a hormone called estrogen. Estrogen plays a role in your reproductive health, including menstruation and pregnancy.

"Birth control that contains estrogen can increase your blood pressure. As a result, some women who currently have high blood pressure are recommended not to take these types of birth control, as it can put them at an increased risk of heart attack and stroke," says Dr. Hawthorne.

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If you have high blood pressure and are considering birth control, talk to your health care provider about the best option for you, such as an intrauterine device (IUD), condoms or progestin-only birth control, like the minipill.

### **Safe-guarding against pregnancy-related high blood pressure**

When you're pregnant, your body produces more blood to support the growth of your baby. If your blood pressure is high during pregnancy, this can cause problems for both you and your baby.

High blood pressure during pregnancy can put extra stress on your heart and kidneys, which can lead to heart disease, stroke and kidney disease. It can also put your baby at risk by reducing blood flow to the placenta (the organ that delivers nutrients to and removes waste away from your baby). This can disrupt the flow of nutrients and oxygen to your baby.

High blood pressure can also lead to pregnancy complications, like preterm birth delivery before 37 weeks), placental abruption (when the placenta separates either partially or entirely from the uterine wall prior to delivery) and unplanned cesarean birth.

Finally, high blood pressure during pregnancy can also lead to a serious condition called preeclampsia, which is when you have high blood pressure and other signs of organ issues. Although blood pressure generally improves after delivery, experts do not know exactly what causes preeclampsia.

"In fact, preeclampsia can make you twice as likely to have a future heart attack or stroke and four times as likely to develop high blood pressure," says Dr. Hawthorne.

If you've had preeclampsia, be sure you have regular follow-ups to monitor your heart health.

**Navigating the change: understanding the link between menopause and high blood pressure**  
After menopause (12 months after your last period), your blood pressure is likely to increase. This can be because of changing hormones, an increase in body mass index (BMI), a new sensitivity to sodium in your diet, certain types of hormone therapy for menopause or a combination of multiple factors.

This risk makes it extra important to control your blood pressure leading up to, during and after menopause. This can be done through healthy lifestyle choices, like maintaining a healthy weight, eating nutritious foods (including limiting salt and processed foods), getting regular exercise, managing stress and not smoking.

### **Managing blood pressure throughout all stages of life**

Monitoring your blood pressure and managing high blood pressure is always important, no matter what stage of life you're in. By keeping up with regular health care appointments, your provider can check your blood pressure. Depending on your individual situation, you may also be recommended to monitor your blood pressure at home.

Maintaining a healthy blood pressure is one of the most effective ways to avoid health complications, some of which can be life-threatening. To ensure a healthy future, stay informed about your blood pressure and take steps to keep it in a healthy range.

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# Upcoming EVENTS

# SPW™

Society of Professional Women®

A Program of The Main Line Chamber of Commerce

*Expanding the Influence  
of Women Leaders*



## WOMEN'S HISTORY MONTH CELEBRATION WORKSHOP

### Finding Justice: The Untold Story of Women's Fight for the Vote

Amanda Owen, Filmmaker, and Executive Director,  
Justice Bell Foundation

Thursday, March 14, 2024 • 5pm-7:30pm • Bryn Mawr Film Institute

Join us for this special evening of celebration and refreshments. We'll enjoy the screening of Amanda's empowering documentary film followed by a conversation with her. The 19-minute film is part present-day detective story, part historical account of the voting rights movement. It tells the inspiring tale of a band of intrepid women and a one-ton bronze bell that became a celebrated suffrage icon. The Justice Bell—modeled after the Liberty Bell—attracted nationwide attention and helped rally support for passage of the 19th Amendment. Amanda will introduce us to some Pennsylvania suffragists, their successes and sacrifices, and what they pass down to us, including lessons in tactics and strategies applicable to current initiatives to expand voting rights.



## LUNCH & SHARE EVENT

### Leading Teams in Today's Workplace: Teams that are Woven Differently

Kathy Garrett, PhD

Thursday, March 21, 2024 • 11am-1:30pm  
Chester Valley Golf Club, Malvern

Individuals want to work on inspired teams to connect, collaborate and accomplish great things. Yet today's work world often causes us to spend more time in team meetings (virtual or in-person) where conversations stall, team dynamics falter and we don't accomplish all we hope to achieve. In this talk, you will learn tips for creating more effective teams. Kathy will share how to foster connections among team members for better collaboration, how to better influence team dynamics and how to cultivate a sense of team belonging. These are the three beautiful threads you can use to weave great team experiences.



## TRADEMARK EVENT

### The Intelligent Leader: Unlocking the 7 Secrets to Leadership Success

Jean Durham, Master Certified Intelligent Leadership Executive Coach

Thursday, April 18, 2024 • 11am-1:30pm  
Hotel West & Main, Conshohocken

Despite a plethora of websites, books, blogs, podcasts, speakers, workshops and seminars about executive leadership, the U.S. workforce is facing a severe shortage of qualified, high-performing executive business leaders. How did we get here? Jean's answer is that business organizations have yet to discover the seven dimensions of Intelligent Leadership, from "Thinking different, thinking big" to "Leveraging 'Gifts' and addressing 'Gaps'" to "Initiating course-correcting behaviors." Come learn the seven secrets to leading others and how to develop your organization's next generation of leaders through executive coaching techniques.

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