

# UNM WELL-BEING EXPO 2021



## Presenter Bios

### **Michael Haederle – *Meditation, It's Not What You Think!***

Michael Haederle is a strategic support manager in the Office of the Executive Vice President for Health Sciences and a longtime meditation instructor.

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### **Rose Ronquillo, Retirement Planner, CFP- *Build A Budget, Kick Your Debt / Take the First Step to Investing***

Rose Ronquillo Apodaca, a Fidelity retirement planner, has more than five years with the company. She was previously a financial representative at Fidelity's Albuquerque, New Mexico, Investor Center. A CERTIFIED FINANCIAL PLANNER™, investment advisor representative, registered securities representative, and licensed insurance representative, Rose holds a bachelor's degree in finance from New Mexico State University and a master's degree in business from New Mexico State University.

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### **Aly Kassam, Retirement Planning Counselor- *Build A Budget, Kick Your Debt / Take the First Step to Investing***

Aly Kassam, a Fidelity retirement planner, has more than 10 years with the company. He was previously a relationship manager for Fidelity's Wall St Investor Center. A Chartered Retirement Planning Counselor<sup>SM</sup>, investment advisor representative, registered securities representative, and licensed insurance representative, Aly holds a bachelor's degree in business administration (with a minor in finance) from the University of New Mexico.

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### **Tiffany Martinez-Durant, MA - *Maintaining Your Health While in College***

Tiffany Martinez-Durant, is a Lobo through and through. Starting at UNM as an undergrad, then professional, and recently a graduate student, she has invested her time to bring health and well-being to the students of UNM.

While you might normally find Tiffany working away to ensure our Lobos have all the tools necessary to live a holistic healthy life, you can sometimes find her capturing the happiness of others through her camera lens, hanging out with her husband and pup, or picking veggies from her garden.

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**Gregg Marsh, CFP- *Wills, Powers of Attorney, Basic Trusts***

Gregg Marsh, CFP®, Director, Integrated Solutions, leads regional teams of TIAA Wealth Management Advisors and Financial Consultants around complex financial planning education and solutions for TIAA clients. Gregg helps clients with complex needs around managing assets, income creation & distribution, legacy & wealth planning, as well as incapacity planning. He started his career at TIAA in 2014 as a Wealth Management Investment Specialist serving our TIAA clients.

Gregg has 21 years of financial services experience in a variety of positions helping clients achieve their retirement goals. He currently works directly with advisors and consultants in Colorado, Iowa, North Dakota, Wyoming, Utah, Arizona and New Mexico. Gregg earned his Bachelor of Science degree from The University of Texas at Austin in 1997. Gregg holds the CERTIFIED FINANCIAL PLANNER™ mark certified by the CFP Board. In addition, he holds the FINRA Series 6, 7, 63, and 65 registrations in addition to Life, Health and Long-Term Care Insurance Licenses.

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**Lauren Lewis, MS, NASM-CPT Health Education Consultant- *Movement at Work***

Lauren is an experienced group fitness instructor and enjoys presenting on a variety of fitness and wellness topics to help clients optimize their overall health. She is a National Academy of Sports Medicine certified personal trainer and has earned a master's degree in Community Health Education at the University of New Mexico.

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**Anne Lightsey- *Supportive Listening 101: Listening and Responding Supportively to Accounts of Sexual Misconduct***

Anne Lightsey is fortunate to be a part of the UNM Ombuds Services for Staff team. Every day she sees UNM staff arrive for their Ombuds Visit with a problem, question, conflict, or idea, and leave with their goals identified and prioritized, and with a game plan for how to move forward productively.

Anne also provides various communication workshops which provide participants with the skills to enjoy improved teamwork and morale. She has been a mediator for over 30 years, and is a certified Crucial Conversations® trainer, as well as a Certified Organization Ombuds Practitioner®.

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**Clem Eiden- *Regular Exercise and Stress Management***

Clem Eiden started working as a student employee with UNM Recreational Services in 2004 as a gym attendant/osbs attendant and has been with the department as a Personal Trainer since 2008. Eiden was recently promoted to Fitness Coordinator. He has a Bachelor's Degree in Exercise Physiology from UNM.

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### **Vanessa Roybal- *Off Balance***

Vanessa Roybal is a Health Education Consultant with HSC Employee Wellness. She is committed to improving the well-being of the UNM community as she successfully coordinates a variety of UNM-wide wellness initiatives. Vanessa earned her Bachelor's degree in Health Education from the University of New Mexico and is currently pursuing her Master's degree in Community Health.

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### **Antavius Greathouse, Financial Advisor- *Protecting Against Your Financial Risks with Insurance***

Antavius Greathouse joined Legacy Financial Group in 2017. He was formerly a Client Service Associate at Morgan Stanley. He holds FINRA Series 6, 63, and 65 licenses as well as New Mexico Life and Health Insurance license. He has over 5 years of experience in the financial services industry. Antavius is a member of the Financial Management Association International Organization and is an active volunteer in the Albuquerque Community.

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### **Reed Vawter, MS, RDN, CSOWM, LD, NASM-CPT, CES, PES, Health Education Consultant- *Healthy Eating on a Budget***

Reed is a registered dietitian nutritionist who is a board-certified specialist in obesity and weight management. He is also a NASM certified personal trainer. Reed leads the LifeSteps Weight Management classes offered by Employee Wellness throughout the year. He is also available for individual counseling and department presentations. Reed helps faculty and staff find sustainable approaches to lifestyle change across a variety of health goals, including weight loss, digestive issues, sports performance, and more.

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### **David Duque, District Vice President- *Why Participate in Your UNM Voluntary Retirement Plan?***

David Duque, District Vice President of Valic Financial Advisors at AIG, is a licensed financial advisor with 19 years in the financial services industry. David can help clients with a wide range of financial needs including retirement planning and protecting families from unexpected losses. David has been with AIG since 2009.

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### **Fabian Armijo- *Diversity, Equity, and Inclusion***

Fabian Armijo is the Executive Director of UNM Hospital's Department of Diversity, Equity & Inclusion.

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### **Maria Bustamante- *Diversity, Equity, and Inclusion***

Maria Bustamante is a Diversity Educator at UNM Hospital.

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### **Kate Williams- *Managing Change***

As EOD consultant, Kate curates educational experiences for UNM employees focusing on themes of leadership, personal and professional development, and targeted strategies to improve outcomes at work aligned with organizational missions and visions.

Kate holds a B.A. in International Relations from Mount Holyoke College and an M.A. in Organization, Information, and Learning Sciences from the University of New Mexico and holds nine years of experience in career development training.

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### **Bruce Smith, PhD- *Your Superpowers for a Happy Life***

Dr. Bruce Smith is an Associate Professor in the Department of Psychology at The University of New Mexico. His research interests include the study of resilience as the ability to bounce back from stress and thriving as the ability to learn, grow and benefit from stress. He has authored books on Positive Psychology to assist in the development of interventions that increase happiness and well-being in the context of stress and the challenges across the life span.

Although he is from the East Coast, he has always loved the Southwest part of the U.S. His hobbies include hiking, bicycling, photography, and playing guitar, piano, and saxophone. Dr. Smith also enjoys reading fiction and watching movies that shed light on facing the challenges and stresses of human life.

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### **Barbara Herrera- *Medicare 101***

Barbara Herrera has over 20 years of experience in the healthcare industry and is licensed in the state of New Mexico. Within her career Barbara has had the opportunity to work in different aspects of the healthcare field from paying and auditing high dollar claims to supervising a retiree team that offers several different Medicare plans. Barbara enjoys sharing her wealth of knowledge and educating Medicare members on how to understand the process once they age into Medicare.

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### **Laura Stewart, PharmD- *What Does Your Pharmacist Do Standing Behind the Counter!?***

Laura Stewart started as a pharmacist at UNM SHAC pharmacy in May 2019. She loves SHAC's mission to enhance the well-being of students through access to the highest quality health care, education and advocacy.

Her core values are accessibility and affordability. Timely interventions for acute mental health and medical problems increase the likelihood that students will complete their educational goals. We actively seek to eliminate barriers to services for all students regardless of insured or financial status. Laura loves being part of the SHAC team to help achieve those values.

Laura comes from working at Target/CVS, and appreciates the small-town independent pharmacy feel of the SHAC. Laura is originally from Tennessee and graduated from Roseman University of Health Sciences in 2011 in Utah.

She moved to New Mexico in 2016 for love and now has two kiddos! She loves the Land of Enchantment and truly is enchanted by the outdoor beauty and culture of this state, not to mention New Mexico has transformed her taste buds to appreciate spicy food. Laura is definitely a green chile gal now!

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**Tanya Forsythe- *Postcards from The Future: A Woman's Guide to Financially Ever After***

Tanya Forsythe is a Wealth Management Advisor at TIAA (tiaa.org), a Fortune 100 financial services organization and leading provider of asset management and retirement services for the academic, research, medical and cultural fields.

Tanya has been a financial planner for over ten years and has been with TIAA since 2013. She serves our institutional clients in the states of Arizona and New Mexico from the local Phoenix, Arizona TIAA office. Tanya holds a Bachelor of Arts degree in Finance and Entrepreneurship from Washington State University. She holds FINRA Series 7, 63, and 66 registrations while maintaining Life, Health and Variable Annuity licenses from the states of Arizona, New Mexico, California, Washington, Oregon, Idaho, Montana, Alaska, and Vermont. Additionally, Tanya has obtained the CERTIFIED FINANCIAL PLANNER™ designation.

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**Michelle Patello- *Postcards from The Future: A Woman's Guide to Financially Ever After***

Michelle is the Advisory Team leader who provides a broad range of financial solutions, personalized education, counseling and objective advice that considers all of the client's holdings and investments. She conducts advisory-related and financial planning services with clients by appointment.

Michelle has been with TIAA for 7 years and has more than 20 years of experience in the financial services industry. During that time, she has held several high-level banking positions before moving to Colorado. Prior to her employment at TIAA, Michelle established and operated an independent financial advising practice and has been a member of various Committees and Chambers of Commerce for Women in Business. Michelle conducts seminars for Women-to-Women in financial education and planning through our institutional clients with TIAA.

Currently, Michelle lives in Fort Collins, Colorado, with her husband Jason, and her two sons—J.T. and Aidan. Her family enjoys spending time together in the great outdoors—camping, hiking, and biking.

Michelle holds a Bachelor of Science from the University of Illinois at Chicago. Michelle holds FINRA Series 7 and 66 registrations in addition to maintaining licenses in life, long term care, accident and health insurance and variable products in all appropriate jurisdictions.

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**Richard Larson, PhD- *How My Career Sabotaged My Fitness: But I Overcame It!***

Richard S. Larson, MD, PhD, was an accomplished runner in high school, setting a two-mile record that stood for decades. While a student at the University of North Carolina at Chapel Hill he ran cross-country and track and was an All-Atlantic Coast Conference athlete all four years.

He continued to run competitively while in medical school and graduate school until his late 20s and early 30s, when he “retired” from running and tried to make a comeback three times. He retired for the last time after running the 100th Boston Marathon in 1996.

Between 1996 and 2010, Larson says, “I didn’t run farther than from the front door to the mailbox and I gained 85 pounds.” Topping out at 240 pounds on a 6-foot frame, Larson decided at age 50 to take up running again.

“Within three to four years I was at 165 pounds, and I had won national age group competitions on the track,” he says. In the ensuing decade Larson won age group All-American standards in races in indoor, outdoor and long-distance competitions.

A high point for Larson came a few years ago at an international master’s competition in Vancouver, British Columbia, Canada, in which he was a member of the USA team and marched in the opening ceremony. “COVID slowed me down, but I intend to keep going,” he says. “The oldest man to ever break 5 minutes for the mile was 63. Hopefully, I can give it a shot.”

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### **Greg Golden, MBA- [Student Debt Strategies](#)**

Greg Golden grew up in the four corners of the United States in the village of Farmington, New Mexico. As an undergraduate he was active in the campus community as a member of the Student Government, Residence Halls, Greek Life and other student clubs. While pursuing his bachelors of business, Greg fell in love with the college environment and the pursuit of helping college students succeed.

In 2011, he worked for the Student Union Building, planning events, conferences and programming while he began the pursuit of a masters of business from the UNM Anderson School of Management. After 18 months, Greg left the University of New Mexico for two years and studied Student Affairs and Higher Education at the University of Nebraska Lincoln. While at UNL, Greg worked in the Center for Civic Engagement and the office of Greek Affairs. Greg built his repertoire as a Student Affairs professional, focusing on character-based programs, leadership development and Fraternity/Sorority programs. He graduated with a Masters of Arts in Student Affairs Administration from the University of Nebraska-Lincoln, and contributed research to the field of improving Panhellenic Sorority Recruitment Practices.

Greg returned to the University of New Mexico in 2014 and worked as a member of the Student Activities Center Staff. He completed his Masters of Business Administration, and continued supporting the vibrant fraternity and sorority community at UNM for three years.

Today, Greg serves as a passionate advocate for students and has zeal for education. He has served as an adjunct instructor for the Anderson School of Management, and as the Assistant Dean of Students. He loves to socialize, listen to podcasts, and watch films in his free time. On more adventurous days, he is an avid skiing, hiking and exercise enthusiast.

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**Tracey Briggs, MA, AFAA-CPT, Supervisor, Employee Wellness- *Immerse Yourself in Pet Therapy: Stress Management with the Help of Our Furry Friends***

As the supervisor of Employee Wellness, Tracey is in a unique position to help shape and inspire a commitment to well-being by empowering the UNM population to learn more about and to invest in their health. Tracey has over 35 years of health and wellness experience, holds a Master's degree in Psychology, is certified as an AFAA Personal Trainer, NASM Fitness Nutrition Specialist, NASM Corrective Exercise Specialist, ISSA Master of Performance Nutrition and GWS Wellness Coach. She is presently working toward a PsyD. in Clinical Psychology.

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**Rhonda Romero, Public Affairs Specialist- *Social Security: With You Through Life's Journey***

Rhonda Romero began her career with Social Security Administration in 2001 as a Disability Claims Representative. In 2014 she became the Public Affairs Specialist for New Mexico. Rhonda serves on the SSA's National Alaska Native and American Indian Committee. She also is a member of the Dallas Regional Native American Workgroup. Rhonda is a UNM graduate and a native of Santa Fe where she currently resides.

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**Vanessa Haye- *Beat the Blues: Demystifying Depression***

Vanessa Haye, LPCC has worked at CARS since January 2013. Vanessa has been working in behavioral health and substance abuse since 1996 in a large variety of setting and in many different capacities. Vanessa is fluent in Spanish. She specializes in PTSD and is a Certified Therapist in EMDR. She has used EMDR with clients since 2000. Both with individuals and couples, implementation of positive communication skills and other solution focused techniques are encouraged and role-modeled. Vanessa strongly believes in conducting therapy using empathy. Vanessa also relies heavily on mindfulness practices and ideas.

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**Scott Sanchez- *Actively Giving Back through Staff Council***

Scott Sanchez is the President-Elect of the UNM Staff Council. He works as one of two Alumni Relations Officers for the UNM Alumni Association. He is about halfway through earning a Master's Degree from UNM's School of Public Administration. He is the father of 3 boys ranging from pre-school to pre-teen, and has been married for 10 years to his wife who will also be joining the Lobo family.