

Enhancing Your Mood

3.22.12



Donya Bommer, Stacey Graev, Kathleen Kocatas, Kate Allen, Jennifer Oken, Heather Georges, Sarah Goldstein, and Kandis Koustenis

*On March 6, Giorgio Armani sponsored the Second Annual Fountain House Associates Spring Breakfast, entitled "Enhancing Your Mood and Memory: Hormones are Just Part of the Story." The event, which was held at Armani Ristorante, featured **C. Neill Epperson, MD**, Director of the Penn Center for Women's Behavioral Wellness and **Shari Lusskin, MD**, Founding Director of Reproductive Psychiatry at NYU Medical Center and NYU School of Medicine.*

Each doctor spoke about issues pertaining to women's mental health. Among the topics discussed were how hormones impact depression in women and the dangers of chronic stress, which damages areas of the brain where memory, cognition, and concentration occur.



C. Neill Epperson, MD



Shari Lusskin, MD



Andrea Roy, Director of Communications for Fountain House

The event was hosted by members of the Fountain House Associates Committee. The Chairs were **Kate Allen, Donya Bommer, Kathleen Kocatas, Jennifer Oken, Katie Tozer, and Katie Zorn**; Vice-Chairs were **Nicole Cunningham, Heather Georges, Sarah Goldstein, Stacey Graev, Kandis Koustenis, Laura McVey, and Elizabeth Pyne**.

Fountain House is one of the world's leading mental health organizations, providing employment, educational, housing, health and wellness opportunities to people living with serious mental illness. It was founded in 1948 on the premise that people can be active partners in their recovery and to ensure that people with mental illness have the opportunity to build healthy, productive and fulfilling lives. The effectiveness of the Fountain House approach is widely acknowledged and has inspired similar programs in more than 400 locations in 30 countries and 32 states.



Katie Tozer



Laura McVey, Kate Allen, and
Donya Bommer



Jennifer Oken, Janet Gaffney, and
Kristin Ursano



Courtney Rae and friend



Elizabeth Dettori, Katherine Lipton, Sarah Goldstein,
and Karin Pickett



Iлона Quasha and Lauren McMahon



Graziano di Boni and Mark Gilbertson



Caroline Traugott and Kandis Koustenis



Angela Saralegui with Mariana Peterman



Angela Saralegui with Mariana Peterman



Kathleen Kocatas and Paula del Rio



Janessa Masone, Stacey Graev, and Margaret Gourd



Alison Cody, Stephanie Christensen, Allison Niles, Alexandra Fisher, and friend



Dina Simonian, Ann-Renee Stathis, and Kathleen Kocatas



Mollie Anderson and Eloise Corcoran with a friend



Pam Owens, Katie Tozer, Mark Gilbertson, and Evelyn Tompkins



Suzanne Salan, Jennifer Oken, Jennifer Argenti, and Fabiana Ramirez



Adelina Wong Ettelson and Holly Hunt



Aila Main and Jennifer Oken



Linda Garnett, Liz Anderson, and Stacy Clapp



Nicole Cunningham