

PODEROZA

International Conference on Cabo Verdean Women

**OUR STORIES, OUR VOICES
NOS STORIA, NOS VOZ**

SATURDAY, MARCH 7, 2020
8:15AM-7:00PM
PROVIDENCE COLLEGE
1 CUNNINGHAM SQUARE, PROVIDENCE, RI 02918

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2020 CONFERENCE THEME

**MAKING HISTORY
DECADE OF THE KRIOLA, 2020-2030**

#Poderoza2020

#KriolasPoderozas

#Poderoza

THE CO-FOUNDERS

TERZA A. SILVA LIMA-NEVES is a proud Kriola, wife, mom, scholar, award-winning professor, African feminist and community advocate. She was born and raised in Cabo Verde, West Africa and immigrated to the United States with her parents and sisters as a teenager. Terza is associate professor of political science and chair of the Department of Social and Behavioral Sciences at Johnson C. Smith University. She is a proud graduate of Providence College and Clark Atlanta University. Her courses, research and published scholarship focus on international politics, global gender studies, and the modern African diaspora in the United States, particularly gender and the Cabo Verdean community. Lima-Neves prides herself in offering culturally competent advising and mentoring to her students and is an active advocate for policies that create a life-work balance as well as render visible women, parents, people of color and other historically marginalized groups at institutions of higher education.

Dr. Lima-Neves is the 2020 Martin Luther King, Jr. Vision Award recipient at Providence College, a 2019 finalist for the HBCU Digest Female Faculty of the Year, the 2019-20 President of the North Carolina Political Science Association, the first Black person to serve in this role, co-founder of Poderosa: International Conference on Cabo Verdean Women and founding President of the Cape Verdeans of the Carolinas Association. She is passionate about community work that empowers and inspires people. She lives in Charlotte with husband Luis and their children. For more on Terza's work visit her website, terzalimaneves.com.

AMINAH FERNANDES PILGRIM is a Kriola who is also of Barbadian descent, a mother, educator, organizer, author and artist. A graduate of Duke University and Rutgers University, she is currently affiliated with UMass Boston, and the Pedro Pires Institute for Cape Verdean Studies at Bridgewater State University. Her areas of research include late 19th and 20th century African-American history, African-American women's history, African Diaspora studies, Cabo Verdean studies, critical education research and critical hip hop studies.

She is a community organizer/activist, working on matters related to children, youth/gang violence, the school to prison pipeline, immigrant transitions, women's empowerment, and Cabo Verdean community concerns. She is an advocate of teaching using civic engagement and has empowered many students to make a difference in this field. She is the founder of the HIPHOP Initiative, MEMORIA Oral History Project, and the co-founder of SABURA Youth Program in Brockton, MA. For further information on her work and publications, see aminahpilgrim.com.

SCHEDULE

8:15-8:55am	Registration and Continental Breakfast
9:00-9:50am	WELCOME REMARKS Poem by Bobbi Rose Brown Aminah Fernandes Pilgrim and Terza Silva Lima-Neves, Poderosa Co-Founders Jacqueline Peterson, Special Assistant to The President, Providence College Herminio Moniz, Consul General, Republic of Cabo Verde Liz Miranda, MA State Representative for the Fifth Suffolk District (D) Mistress of Ceremony Riza Pereira Entertainment DJ Migatcha and DJ Valentina
10-10:30am	<u>Session 1 (Participants Choose One)</u> 1A: Afro Fit 1B: Yoga
10:35-10:45am	Break
10:50-11:25am	Fireside Chat with Janira Hopffer Almada, <i>President of the African Party for the Independence of Cabo Verde (PAICV), Mother, Wife, Lawyer, and Activist</i>
11:30am-12pm	Honoring Trailblazing Poderozas The Honorees: Janira H. Almada, Lucy Rose, Tina Cardoso, Ana Novais, Denise DeBarros, Dana Rebeiro, Liz Miranda, Criolas Contra Cancer, and Deputadas Milionarias
12-1:00pm	Lunch, <i>Screening: "No Passport Required" feat. Shauna Barbosa & Candida Rose</i>
1:15-2:30pm	<u>Session 2 (Participants Choose One)</u> 2A: Professional Development 2B: Body and Mind Wellness 2C: Financial Wellness
2:45-4pm	<u>Session 3 (Participants Choose One)</u> 3A: Professional Development 3B: Body and Mind Wellness 3C: Financial Wellness
4:15-5:30pm	<u>Session 4 (Participants Choose One)</u> 4A: Professional Development 4B: Body and Mind Wellness 4C: Financial Wellness
5:30-5:45pm	Closing Remarks
5:45-7pm	Light Reception and Cultural Hour

SESSION DESCRIPTIONS

LET'S WERK

AFROFIT: a great combo of African style dance and exercise circuits. Get a workout in while having fun!

- **Facilitators:** Ari Leao and Lisa Lopes
- **Time:** 10-10:30am

DANCE/MOVEMENT AND LAUGHTER YOGA: attendees will participate in creative and expressive activities via movement and the arts to cultivate a sense of awareness and connection with their mind and body. This session also seeks to encourage a sense of community by engaging attendees with one another through playful and meaningful movement activities/experiences.

- **Facilitator:** Ivanilda Silva aka Ynav Avlis
- **Time:** 10-10:30am

PROFESSIONAL DEVELOPMENT

“Healing Through Purpose”: If you are a busy woman who is constantly pulled in different directions and you feel overworked and unfulfilled then this is the session for you. In the “Healing Through Purpose” workshop, Certified Coach and Global Talent Leader, Ayana Pilgrim-Brown, will lead participants through an interactive session. She will share her personal journey of overcoming being overworked and unfulfilled. She’ll share powerful tips on how to identify purpose in your work and life. She’ll also give practical self-reflection exercises that can help to guide you to a more meaningful professional and personal life. You’ll leave this session inspired, encouraged and empowered! As an added bonus she’ll offer up meaningful handouts on personal branding and interview skills.

- **Facilitator:** Ayana Pilgrim-Brown
- **Time:** 1:15pm-2:30pm

“Mentors That Look Like Me - How Representation Not Only Matters But Can Impact Young Women In High School And College Develop Personally And Professionally”: Through storytelling, this KPA Mentoring Program Session will highlight the role and impact that mentors can have on women who attend high school or college, especially when it comes to their personal and professional development. In addition to mentorship's impact on young women's personal and professional development, this session will also demonstrate how representation is important when building trust between mentors and mentees who look alike, or come from a similar background.

- **Facilitators:** Sweila Cardoso
- **Time:** 2: 45-4pm

Facilitators will engage and guide attendees in a discussion about personal and professional journeys.

- **Facilitators:** Ayana Pilgrim-Brown and Sweila Cardoso
- **Time:** 4:15-5:30pm

BODY AND MIND WELLNESS

Wellness Routine Essentials. A workshop about creating a holistic and personalized daily wellness routine for the mind, body and soul. Templates will be provided to give you a head start!

- **Facilitator:** Vanessa Santos
- **Time:** 1:15pm-2:30pm

This session will explore the challenges Black women, specifically Kriolas, face in healthcare with a focus on reproductive health. We will help participants develop a basis from which they can challenge the inherent power dynamic in their regular office visits and empower them to advocate for themselves and request services that they need. We will showcase health exams demonstrations to help participants become familiar with the names and techniques prior to their health visits.

- **Facilitators:** Ana Sofia De Brito and Rute Teixeira
- **Time:** 2: 45-4pm

This session explores the symptoms of anxiety, depression and trauma and the way they may correlate with one another. This session will also raise awareness about mental health and demonstrate ways to cope with mental illness.

- **Facilitators:** Carla Monteiro and Melisa Canuto
- **Time:** 4:15-5:30pm

FINANCIAL LITERACY

Facilitators will guide participants in a discussion about managing finances, budgeting, the importance of credit scores, savings, investments, and planning ahead for college and retirement. The leaders will also answer questions and offer suggestions.

- **Facilitator:** Angelina Cardoso
- **Time:** 1:15-2:30pm

Facilitators will guide participants in a discussion about managing finances, budgeting, the importance of credit scores, savings, investments, and planning for college and retirement. The leaders will also answer questions and offer suggestions.

- **Facilitator:** Ana De Pina
- **Time:** 2:45-4pm

Facilitators will guide participants in a discussion about managing finances, budgeting, the importance of credit scores, savings, investments, and planning for college and retirement. The leaders will also answer questions and offer suggestions.

- **Facilitators:** Ana De Pina and Angelina Cardoso
- **Time:** 4:15-5:30pm

SESSION LEADER BIOS

MELISA CANUTO is a bilingual clinical social worker in Boston Massachusetts. She works as the Director of Behavioral Health at Casa Esperanza in their outpatient clinic, focusing on the treatment of co-occurring disorders in adults. She is a care coordinator in the Emergency Department at Brigham and Women's hospital. Additionally, Melisa spends her evenings and weekends performing emergency psychiatric evaluations at Boston Children's Hospital. She brings extensive clinical experience, with past professional roles supporting local police departments, in residential care, and in other outpatient setting. Melisa is a member of the Cape Verdean Social Workers Association, she is passionate about serving the Cape Verdean community and being an advocate on social justice topics. She serves as representative for the Greater Boston region on the Board of Directors of the National Association of Social Workers – MA and a member of the National Black Social Workers Association.

ANGELINA CARDOSO is a community education coordinator for HarborOne Bank in Brockton, MA with many years of experience in the financial field.

SWEILA CARDOSO was born in Santiago Island, Cabo Verde, and immigrated to the United States as a teenager with her mother and brother and has been living in Brockton, MA ever since. Sweila graduated from Rhode Island College with a Bachelor of Arts in Youth Development with a concentration in Juvenile Justice, a minor in Lusophone World Studies, and a certificate in Nonprofit Studies. Sweila is an active graduate student at Boston College's School of Social Work, where she is seeking a degree in clinical social work with a concentration in trauma in immigrants and refugees. Sweila has been a youth advocate in the communities of Massachusetts for over five years now, working specifically with women victims of sexual exploitation, domestic violence and juveniles associated with crime. Sweila is an active Community Partnership Coordinator for the Kriola's Professional Association, where she works to provide opportunities for and encourage personal and professional growth among Cabo Verdean women of diverse career backgrounds.

ANA SOFIA DE BRITO is a Certified Nurse Midwife with a Masters in Nursing from Yale University. As a midwife, she is interested in serving marginalized women and fighting for reproductive justice. Her goals are to individually impact women of color's, especially Black women, experiences with the medicalized birth world by bringing midwifery to spaces that traditionally do not have midwives working with the population. She currently works at Brockton Neighborhood Health Center serving low income, immigrant, and other diverse populations. She is also a current board member of Cape Verdean Nurses Association.

ANA DE PINA is a Licensed Financial Services Professional at New York Life Insurance Company, who enjoys working with women, entrepreneurs, schools, and families in Massachusetts, Rhode Island, and Washington, D.C. to educate, grow, protect, and transfer wealth. Ana believes that the work she does is extremely important due to the wealth gap in the United States and due to Financial Education that is lacking in so many communities. Ana does not work alone. Ana has assembled a team of Accountants, Estate Attorneys, Real Estate and Mortgage Brokers to provide personalized guidance and support. Ana is a multilingual professional. Ana speaks Cape Verdean Creole, Spanish, and Portuguese, having mostly taught English as a Second Language and History to the multicultural communities of Boston and Wakefield, MA for fourteen years. Ana has a love and deep respect for all children, families, and teachers. Therefore, Ana uses her experience in Education to serve as a Grief Sensitivity Ambassador, providing public schools with \$500 Grant from the New York Life Foundation. In this role, Ana brilliantly marries her passions and her calling to families and schools. Ana holds a Bachelor's Degree in Classical Languages from the University of Massachusetts at Amherst and a Master's Degree in Biblical Studies from Fuller Theological Seminary. Ana currently serves as a Teaching Assistant for Greek at Gordon-Conwell Theological Seminary in Boston. Ana resides in Boston with her mom, daughter, and son.

ARIANA LEAO: my name is Ari and I am an instructor of AfroFit. I have been into fitness and working out since High school. I ran track for 8 years, in high school and in college as well. After graduating I continued on my fitness journey by constantly working out incorporating all different exercises. I've always had a passion for dance and loved to dance in general to any type of music. If there is music playing, you will always catch me dancing. So it only made

sense to incorporate two things I love to do, workout and dance. My passion also is to help people change their lives in the simplest and most realistic way possible. I believe everyone deserves the right to good health and to be happy with themselves inside and out. Getting fit and healthy does not have to be difficult, but often times it is.

LISA LOPES is a multitalented international artist, community advocate and proud African woman. With more than a decade in the music industry, Lisa, who's lived in the United States for most of her life, identifies herself as a "CVGB", a Criola with deep family roots in Cabo Verde and Guiné-Bissau and whose mission is to inspire her fan base to follow their passion and dreams on their own terms. She has worked with the most recognized names in the Cape Verdean music community in the United States in the likes of Mo Green, Izzy Productions, Marcy DePina, Chachi Carvalho, P. Lowe, D. Lopes, and Lights Out DJs. Lisa has performed her hit songs like Coração (2010), Confia Na Mim (2010), O'k Afronta (2014), No Pressure (2016), Summer Love (2018), and Bu Body (2019) on stages across the United States and Europe. Her complete discography can be found on most music and video streaming platforms. Lisa's artistic range spans from traditional and contemporary Cabo Verdean and Afro music genres to Hip Hop and R&B sounds. As an artist, Lisa isn't confined to one genre of music but rather exercises her freedom to express herself in any way she feels inspired artistically. In addition to her thriving music career, Lisa, who holds a Bachelor's Degree in Psychology is committed to community advocacy. She has raised funds for kidney disease research and for the past few years, Lisa has organized Project Warmer Nights, collecting coats, gloves, and blankets to distribute to community members in Massachusetts, Rhode Island, Connecticut, Maryland and New Jersey. In her spare time, Lisa is an avid reader, enjoys perfecting her photography skills and working out. You can keep up with the latest news on Lisa's music and community activities via her social media pages.

CARLA B. MONTEIRO Carla Monteiro earned an Associate's degree in Human Services and a Substance Abuse Counseling Certificate from Quincy College, her BSW from Bridgewater State University, and an MSW from the Boston College School of Social Work. She is the Founder and President of the Cape Verdean Social Workers Association and serves on the Board of Directors at Nos Di Tchada I Amigos. Carla is a member of the National Association of Black Social Workers, Greater Boston Chapter, the National Alliance on Mental Illness (NAMI) and the National Association of Social Workers, MA-Chapter. In 2019, Carla was appointed as one of 277 elected delegates for the National Association of Social Workers Delegate Assembly slate for Massachusetts. She is also a Big Sister with the Big Sisters Association of Greater Boston.

Last year, Carla joined colleagues and refugee organizations to aid migrants during a trip to the border of Arizona/Nogales, Sonora, Mexico. In 2017, She traveled to Washington DC with Bridgewater State University and Youth Service Opportunity Project (YSOP) to support people who were experiencing homelessness. Carla has worked on numerous local political campaigns. She has participated on mental health panels and has been a guest speaker at YEAR UP, Shana Bryant Consulting's Let me Lead Girls Conference, Black Women And Marginalized Genders Conference 2019 (hosted by Violence in Boston), and the Boston Police Department in partnership with Mass Housings Healthy Families Women's Group.

Carla previously worked with incarcerated men and women at the Suffolk County House of Correction and Nashua Street Jail. Carla is a certified Reiki II Practitioner and currently works for Brigham Health Bridge Clinic at Brigham and Women's Hospital. She completed her clinical internships as an ED Social Work Resident and as a Behavioral Neurology Clinical Social Work Resident. Although in the infancy of her career, Carla already has a well-established legacy of relentless advocacy for disenfranchised minorities and those in need. This past May Carla was the honoree for the "Future of Social Work Award" by the National Association of Social Workers-Massachusetts Chapter.

AYANA PILGRIM-BROWN is an experienced Global Talent Acquisition Leader and Certified Coach committed to advancing diversity and inclusion. She holds an MBA in Human Resource Management as well as four professional coaching designations. It is her mission to influence corporate environments by advocating for diversity and inclusion and to uplift diverse job seekers to advance their careers with purpose and well-being. Her professional foundation has been built by conducting full-life cycle recruiting for some of the world's largest Fortune 100 companies, including Bank of America, Pfizer Pharmaceuticals and Cigna Healthcare. She has assessed and interviewed thousands of professionals in various levels of hiring (entry-level hires, mid-level professionals and executives alike). She has also recruited across various corporate functions including Marketing, Finance, Sales, Operations, Analytics

and more. Having an insider's perspective on how top tier organizations recruit top talent has enhanced her ability to empower candidates with the skills and insights needed to identify and connect with top employers. As the founder of Purpose Rising Inc., she has provided resources to the overworked and unfulfilled and career education for businesses, non-profits and universities. In addition, as an Adjunct Professor she has the privilege of opening up the realms of professional opportunity for diverse students at Temple University's Fox School of Business.

Today, Ayana is honored to serve as Global Talent Acquisition Diversity Lead for Vanguard, the world's second largest asset management firm. In this role she oversees diversity recruiting strategies and fosters relationships with historically black colleges and numerous diversity partnerships in order to build a more diverse talent pipeline for the organization. In the community, she is also humbled to serve on the board of directors for the Welcoming Center in Philadelphia. This organization leads the nation in best practices around supporting immigrant integration and empowerment.

VANESSA SANTOS is a Holistic Psychotherapist, Wellness Coach and Reiki Practitioner who lives in Boston, and has a private practice, Holistically You, in Roxbury. HY helps women, primarily WOC, who have faced adversities and traumas in life, tackle their own wellness issues by addressing their emotional weight first. HY takes this unique approach because inadequate stress management, poor self care and unhealthy diet and lifestyle habits are at the root of the many disparaging health outcomes for women of color. She enjoys teaching and talking about radical self-love, self-care, spirituality, mental health awareness, nutritional psychology, women empowerment and issues that affect Women of Color specifically. HY provides Therapy, 1:1 Coaching, Online Courses, Reiki Services, Retreats, Ebooks, Consulting and Speaking Engagement Services. Vanessa holds an MSW degree from Simmons University and a BA from Penn State University, and an Integrative Health Coaching Certificate from the Institute for Integrative Nutrition, as well as a Reiki Certificate.

IVANILDA SILVA - My birth name is Ivanilda Silva (Healer & Pathfinder) and my chosen/artist name is Ynav Avlis (Dancer, Writer, & Poet) and I am passionate about utilizing all forms of art to Inspire, Motivate, and Empower (I~ME) and heal communities. I provide therapy (LICSW), Dance/Movement Therapy (R-DMT), Laughter Yoga (CLYL), Mental Health Coaching, and Professional Mentoring services. I also perform a variety of improvisational/interpretive dances/movements and write poems and blogs, as part of my expressive and creative being. I am, at the present moment, a physical residence of Brockton, MA but I am a gypsy at heart and spirit, so I travel where my energy and services are needed.

RUTE I. TEIXEIRA received her Baccalaureate of Nursing from the University of Massachusetts Amherst, in 2002. She currently works as a staff nurse in the Intermediate Float Pool Department at Brigham and Women's Hospital in Boston. In 2018 Rute graduated from the University of Massachusetts Boston with a Master of Science in Nursing - Family Nurse Practitioner (FNP-C) concentration. She's also the Founding President of the Cape Verdean Nurses Association (CVNA), a nonprofit-501c3. CVNA provides health promotion education and wellness/enrichment community activities to the underserved and underrepresented Cape Verdean community in the Greater Boston Area.

We Are Grateful to the Following Individuals and Institutions for Their Support

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THE PODEROZA 2020 COMMITTEE

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Aminah Fernandes Pilgrim

Jess Evora

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COMMUNITY PARTNERS/SPONSORS

DJ Migatcha, DJ Valentina, SABURA Youth Programs, WeCare 365, Valerio Lopes (Afryk), Genie Vera Cruz Photography, Dagi (Adalgisa) Andrade, Fun Faces by Joelma, Make Up By Rainaa, Tufts Health Plan, Kriolas Professional Association (KPA), Cape Verdean Nurses Association (CVNA), Cape Verdean Social Workers Association

VENDORS

Kriolas Professional Association (KPA), Mili Mila Publishing, Lopes Psychological & Consulting Services, WeCare365, Sabura Youth Program, Jivan Day Center for Adults, Tiffs Twisted Berries, Alves|Santos, P.C., Kriola Artisans, Annette Calloway – Ibuumerang, Tufts Health Plan, Elisabeth DePhillips Photography and CABO International Community Foundation

PODEROZA VOLUNTEERS

Ndaya Kasanda, Luis Neves, Jenni Evora, Belita Ribeiro, Liz Lombard, Ivone Lima, DJ Guelas, Magda Delgado, UMass Boston Women's and Gender Studies Students, and UMass Boston CVSA

PODEROZA

International Conference on Cabo Verdean Women

ABOUT THE CONFERENCE

Cabo Verdean communities have existed in the United States since the early 1800s, with the largest concentration located in the New England area and other considerable developing communities in states like New York, New Jersey, Georgia, North and South Carolina, and California. Cabo Verdean women in particular have been at the forefront of building their communities as mothers, wives, professionals and leaders. It is important to have a formal platform where we discuss subjects that are specific to the Cabo Verdean woman. Although conferences are held in the Cabo Verdean community in the United States, the level of discourse on topics specific to women and gender relations remain limited. In 2016, the first historic Poderoza Conference took place at Providence College with an audience of over 250 participants, including members of as well as allies and advocates of the Cabo Verdean community from across the United States, Canada, Europe and Cabo Verde. In 2018, the success was even bigger. We hosted close to 300 attendees from all over the US, Luxembourg, UK, and Cabo Verde. The conference addresses the need for focused discourse on issues of importance to women and offers a safe space for Cabo Verdean women's voices to be heard. Sessions celebrate their accomplishments and address the unique set of challenges they face in the areas of immigration status, self-image, health (physical and mental), education, domestic violence, community building, activism and beyond. This is an important opportunity to REBRAND the image of the Cabo Verdean woman and the way she has been portrayed beyond her physical attributes, empowering her to RECLAIM her identity and agency as an intelligent, powerful person who makes strategic choices about her life and family—not as a victim of her circumstances but as a self-determined being. Our vision is to create a network of individuals who will empower and actively support Cabo Verdean women, particularly young women and girls, in seeing themselves as capable of achieving all of their hopes and dreams.

The primary purpose of PODEROZA is empowerment (Poderoza is the Cabo Verdean Kriolu word for *empowered woman*). Together, through panel discussions and breakout sessions, participants accomplish the goal of remembering our individual agency and collective strength. This is an opportunity for networking, exchanging information & resources, educating each other and the world about issues important to us in a format designed for us, by us. Therefore, PODEROZA creates and offers a critical platform to empower Cabo Verdean women, and influence civic engagement, political debates and policy. In addition, PODEROZA institutionalizes a safe space for Kriolas/ Criolas, in which women encourage one another, making a critical intervention in Cabo Verdean/Cape Verdean Studies with cutting edge, critical gender discussions and scholarship on Cabo Verdean women. Finally, the conference recognizes trailblazing Poderozas each year.

The conference seeks to attract the following wide audience: the general Cabo Verdean community of the New England region, the United States, and the Cabo Verdean Diaspora, community leaders (Cabo Verdean or not, who may work with the women of our community), high school students (both young women and men), educators (K-12), academics and community-based scholars in various fields, and all others interested in supporting its mission.