



**MYRA (myratara) SABIR**

Associate Professor, Emerita

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Binghamton University  
College of Community and Public Affairs  
Department of Human Development  
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**EDUCATION**

Cornell University, Ithaca	Ph.D., 2004	Human Development & Family Studies Focus: Attachment Narratives
Dissertation Title		<i>Extrinsic and intrinsic self-expression and adult well-being: The recurring significance of self-acceptance</i>
Cornell University, Ithaca	M.A., 2000	Major: Human Development & Family Studies Focus: Gerontology
Emory University, Atlanta	M.T.S., Magna Cum Laude, 1996	Major: Theology & Human Development Focus: Attachment Narratives Thesis Title: <i>Uncrippling the I AM: Crossing the Threshold from Deficiency to Being in Human Development</i>
Georgia State University, Atlanta	B.A., 1984	Major: Philosophy Minor: Political Science

**PRE-DOCTORAL FELLOWSHIPS**

Cornell University, Ithaca, Graduate Fellowship, 1998-2000

Cornell University, Ithaca, Flemmie Kittrell Graduate Fellowship, 2000 - 2003

Cornell University, Ithaca, Flora Rose Graduate Fellowship, 2000 - 2003

Cornell University, Ithaca, Provost's Diversity Fellowship, 2003 - 2004

## **POST-DOCTORAL FELLOWSHIPS**

Cornell University, Ithaca, Post-Doctoral Fellowship, National Institute on Aging, Cornell Institute for Translational Research on Aging, 2005-2007.

## **ADDITIONAL ACADEMIC FELLOWSHIPS & APPOINTMENTS**

Kaschak Institute Fellow, The Kaschak Institute, Binghamton University, Fall 2019-Spring 2020.

Doctoral Faculty Fellow, College of Community & Public Affairs (CCPA), Binghamton University, 2016-2017.

Faculty Research Associate, The Center on Aging, Binghamton University, 2012- 2017

Faculty Research Associate, The Institute for Justice and Well-being, Binghamton University, 2017-present

## **CERTIFICATES**

Certified Holden QiGong Instructor, November, 2022

Certificate of Completion: *Promoting and Protecting Civil & Human Rights: An Online Training Program for Law Enforcement*. Auschwitz Institute for the Prevention of Genocide and Mass Atrocities & The National Center for Human Rights. February 8-March 20, 2021.

## **PROFESSIONAL/ACADEMIC EXPERIENCE**

9/2018 – 9/2021	Binghamton University	Associate Professor Department of Human Development
9/2018-9/2019	Binghamton University, College of Community & Public Affairs	Associate Dean
8/2012 – 8/2018	Binghamton University	Assistant Professor Department of Human Development
1/2008 - 6/2012	Cornell University College of Arts & Sciences	Assistant Dean

9/2007 – 1/2008	Cornell University	Visiting Faculty, Africana Studies and Resource Center
9/2007 – 1/2008	Cornell University, The Bronfenbrenner Life Course Center (BLCC)	Assistant Director

## ACADEMIC PUBLICATIONS

### Refereed Journal Articles

**Ankoma E. & Sabir. M** (under review)

**Sabir, M.** & Johnson, M. (2018). Inside the black box: Modeling ‘Life Writing’ for lifelong health and well-being. *Evaluation and Program Planning*, 68, 108-116. (International Journal)

**Sabir, M.,** Yull, D., Jones, J. & Pillemer, K. (2017). Personalized generativity in the work pursuits of African Americans of the Great Migration. *International Journal of Reminiscence and Life Review*, 4, 24-33. (International Journal)

**Sabir, M.,** Henderson, C., Kang, S-Y, & Pillemer, K. (2015). Attachment-focused integrative reminiscence with older African-Americans: A randomized controlled intervention study. *Aging and Mental Health*, 20, 517-528. (International Journal)

**Sabir, M.** (2015). The family sanctum: The promise of love’s continuing enlargement across the lifespan. Selected for Special Issue: *Journal of Religion, Spirituality, and Aging*, 27 (2-3), 241-251. (International Journal)

**Sabir, M.** (2014). Effectance motivation: A practical outcome of attachment-focused integrative reminiscence. *International Journal of Reminiscence and Life Review*, 2, 16-30. (International Journal)

**Sabir, M.** (2014). Personalized and global generativity: A prevalent, important, but unlabeled distinction in the literature. *Journal of Adult Development*, 22, 14-26. (International Journal)

**Sabir, M.** and Pillemer, K. (2014). An intensely sympathetic awareness: Experiential similarity and cultural norms as means for gaining older African Americans’ trust of scientific research. *Journal of Aging Studies*, 29, 142–149. (International Journal)

**Sabir, M.,** Wethington, E., Pillemer, K., Breckman, R., Meador, R. (2009). A community-based participatory critique of social isolation intervention research for community-dwelling older adults. *Journal of Applied Gerontology*, 28, 218-234. (International Journal)

- Chen, C., **Sabir, M.**, Zimmerman, S., Pillemer, K., & Sutor, J. (2007). The importance of family relationships with nursing facility staff for family caregiver burden and depression. *Journal of Gerontology: Psychological Sciences*, 62, 253-260. (International Journal)
- Pillemer, K., Sutor, J., Mock, S., **Sabir, M.**, Sechrist, J. (2007). Capturing the complexity of intergenerational relations: Exploring ambivalence within later-life families. *Journal of Social Issues*, 63, 775-791. (National Journal)
- Wethington, E., Breckman, R., Meador, R., Reid, C., **Sabir, M.**, Lachs, M., Pillemer, K. (2007). The Citra Pilot Studies Program: Mentoring translational research. *Gerontologist*, 47, 845-850. (International Journal)
- Sabir, M.**, Breckman, R., Meador, R., Wethington, E., Reid, M., Pillemer, K. (2006). The CITRA Research-Practice Consensus Workshop Model: Exploring a new method of research translation in aging. *The Gerontologist*, 46, 833-839. (International Journal)
- Sabir, M.**, Pillemer, K., Sutor, J. & Patterson, M. (2003). Predictors of successful relationships in a peer support program for Alzheimer's caregivers. *American Journal of Alzheimer's Disease and Other Dementias*, 18, 115-122. (International Journal)

### **Book Chapters**

- Sabir, M.** (2016). Narrative care as essential care for older adults: Good hearing is more than good listening. In L.E. Pasquale (Ed.), *Care management: Achieving excellence* (pp. 1 - 13). Pennsauken, NJ: BookBaby.

### **Books**

- Sabir, M.** (submitted to publisher). *The Sacred Mother Elders Council: A love letter from Tara and a grieving mother of Alkebulan*.
- Sabir, M. (Aihi, pseudonym)** (2020). *The life writing facilitator's pocket guide: A concise manual for facilitator success*. Bloomington, IN: Hayhouse/Balboa Press.
- Sabir, M. (Aihi, pseudonym)** (2015). *The life writing workbook: How to work through your life's unresolved emotional experiences*. Bloomington, IN: Hayhouse/Balboa Press.

### **Training Manuals**

- Pillemer, K., Meador, R., **Sabir, M.**, & Cope, M. (2015). *The research-practice consensus workshop model training manual. 2<sup>nd</sup> edition*. Ithaca, NY: The Cornell Institute for Translational Research on Aging.

### **Work in Progress**

**Sabir, M & Ankoma, E.** (in progress): *AFRICA: The Motherland's True Value to the Western World*

**Sabir, M. & Buitrago, C.** (In Process). *El libro de Escribir Sobre la Vida: Cómo trabajar con las experiencias emocionales no resueltas*. Bloomington, IN: Hayhouse/Balboa Press. (Spanish version of The Life Writing Workbook)

**Sabir, M. & Sabounchi, S.** (In Process). Human development as sustainable development: The glaring absence of human development courses in sustainability degree programs. *American Journal of Community Psychology* (National Journal)

Young, S.R. & **Sabir, M.** (In Process). Narrative therapy applications for LGBTQ adults: A systematic review of the literature. *Journal of LGBT Family Studies*. (International Journal)

## FUNDED GRANTS & PROJECTS

**Title:** *Women as Nodes of Change*

**Awardee:** Myra Sabir

**Role:** Principal Investigator

**Funder:** The Kaschak Institute, Binghamton University

**Description:** This grant supports longitudinal data collection for the CRY, LAUGH, CREATE study initiated in spring 2019; and the piloting of the *Women's Generative Leadership Institute*, which explores the potential for social impact rooted in each woman's own tacit knowledge base, and historical matriarchal leadership models which prioritize *the well-being of all society's members as an end in itself and the means to all other socially desirable ends*.

**Dates of Project:** Spring, 2020-Fall 2020

**Amount of Award:** \$9,000 (\$5000 + \$4000 course buyout)

**Title:** *CRY, LAUGH, CREATE*

**Awardee:** Myra Sabir

**Role:** Principal Investigator

**Funder:** Binghamton University Town Gown Advisory Board

**Description:** This research pairs BU students and Binghamton residents in sharing their personal stories and visions in order to build personal relationships and to gain a number of additional health and well-being benefits.

**Dates of Project:** 2018-2019

**Amount of Award:** \$25,000.00

**Title:** *Binghamton Single Mothers as Nodes of Change*

**Awardee:** Myra Sabir

**Role:** Principal Investigator

**Funder:** The Institute for Justice and Well-being

**Description:** CRY, LAUGH, CREATE (CLC) is a longitudinal study of self-reported changes in participants' (single mothers and pre-mothers) lives following Life Writing that began in the spring of

2019. At six months post-intervention, one year, and then annually, we will measure changes in residential stability, income, education, marital status, purpose in life, perceived stress, resilience, and effectance motivation.

**Dates of Project:** 2018-2019

**Amount of Award:** \$720.

**Title:** *Life Writing and LGBTQ+ Populations*

**Awardee:** Sarah Young & Myra Sabir

**Role:** Principal Investigator

**Funder:** The Institute for Justice and Well-being

**Description:** This research explores and responds to the multiple adverse health outcomes due to family rejection faced by Lesbian, gay, bisexual, transgender, and queer (LGBTQ+) populations when compared to their heterosexual and cisgender peers.

**Dates of Project:** 2018-2019

**Amount of Award:** \$2,000.

**Title:** Career Development Award

**Awardee:** Myra Sabir

**Role:** Principal Investigator

**Funder:** CCPA Dean's Office & the Division of Diversity, Equity, & Inclusion, Binghamton University

**Description:** This award was intended to support my success at gaining tenure at Binghamton University. A portion of the funds were used to attend the Adult Attachment Interview Institute at the University of California, Berkeley, from June 12-23, 2017. The institute is the first step in my training to become a certified coder of the Adult Attachment Interview (AAI), a highly regarded and well-validated measure of coherence in attachment narratives, the hallmark of successful attachment-focused integrative reminiscence (or Life Writing).

**Dates of Project:** October 2016-Present

**Amount of Award:** \$20,000

**Title:** Teaching Enrichment Grant

**Awardee:** Myra Sabir

**Role:** Professor

**Funder:** Center for Civic Engagement, Binghamton University

**Description:** Funds are used to defray various costs related to the community-engaged learning activities of the 150 students in my community-engaged learning course, HDEV 100.

**Dates of Project:** Fall 2016

**Amount of Award:** \$500.00

**Title:** Teaching Enrichment Grant

**Awardee:** Myra Sabir

**Role:** Professor

**Funder:** Center for Civic Engagement, Binghamton University

**Description:** Funds are used to defray various costs related to the community-engaged learning activities of the 150 students in my community-engaged learning course, HDEV 100.

**Dates of Project:** Fall 2015  
**Amount of Award:** \$250.00

**Title:** Course Development Grant.

**Awardee:** Myra Sabir

**Role:** Professor

**Funder:** The Center for Learning and Teaching, Binghamton University

**Description:** Funds provided summer support as I developed a new course: HDEV 100: The Study of Human Change.

**Dates of Project:** June 2014-August 2014.

**Amount of Award:** \$3,500.00

**Title:** Dean's Impact Fund Grant. Project

**Awardee:** Myra Sabir

**Role:** Principal Investigator

**Funder:** CCPA Deans Office

**Description:** The funds allowed me to facilitate two additional 8-week Life Writing interventions: one with eight local African American males who mostly resided at the Broome County YMCA in downtown Binghamton, NY, and another with eight African American males four of whom were parolees living at Binghamton Volunteers of America. These interventions sought to replicate previous findings except with African-American males who are sorely under-represented in IR interventions. Exploratory bivariate analysis at time two found participants reporting significantly less depression, significantly higher self-rated overall health, and significantly higher life satisfaction.

**Dates of Project:** January 2013-August 2013

**Amount of Award:** \$2,500.00

**Title:** *The Harlem Life Review and Health in Later Life (HLR & HLL) Study.*

**Awardee:** Myra Sabir, Minority Supplement Grant under mentor, Karl Pillemer

**Role:** Principal Investigator

**Funder:** National Institute on Aging (NIA)

**Description:** I conducted a randomized controlled trial using an augmented version of the customary IR intervention with 62 older adults in Harlem, NY, the first IR intervention to focus on *attachment related experiences explicitly*. The study hypothesized that the wide range of health benefits resulting from IR may be due in part to reminiscing about and integrating a quite specific set of unresolved early attachment experiences. The study demonstrated a heretofore unknown treatment effect: the reduction of perceived stress, an important health risk factor for all humans, but particularly for older African Americans.

**Dates of Project:** 2005-2007

**Amount of Award:** \$70,000.00

**Title:** *The Harlem Life Review and Health in Later Life (HLR & HLL) Study*

**Awardee:** Myra Sabir

**Role:** Principal Investigator

**Funder:** The Columbia Center for the Active Life of Minority Elders (CALME)

**Description:** The grant allowed me to travel to and from New York City for the period of the study.

**Dates of Project:** 2005-2007

**Amount of Award:** \$25,000.

## **REFEREED PANELS/SYMPOSIA ORGANIZED**

### **International Symposia Organized/Chaired**

Sabir, M. (2018, May). (Chair) *Mothering and Reproduction*. Symposium chaired at the meeting of the Motherhood Initiative for Research and Community Involvement, Florence, Italy. (International)

Sabir, M. (2016, November). (Organizer/Chair) *One-two policy punch: Coordinated efforts for advancing evidence-based programs into communities*. Symposium conducted at the meeting of the Gerontological Society of America, New Orleans, LA. (International)

### **Refereed Symposia**

Sabir, M. (2018, November). *Experiential similarity & cultural norms as means for gaining older African Americans' trust of scientific research*. In R. Pruchno (Chair), *Retention and Attrition: Challenges and Solutions for Longitudinal Studies*. Symposium conducted at the meeting of the Gerontological Society of America. Boston, MA. (International)

Sabir, M. (2018, November). *Therapeutic narrative intervention with clinical and non-clinical populations*. In M. Ligon (Chair), *Pedagogical Strategies for Teaching and Engaging Students in Reminiscence and Life Review Work*. Symposium conducted at the meeting of the Gerontological Society of America. Boston, MA. (International)

Sabir, M. (2016, November). *Implementation studies: Sustaining the availability of evidence-based programs in community settings*. In M. Sabir (Chair), *One-two policy punch: Coordinated efforts for advancing evidence-based programs into communities*. Symposium conducted at the meeting of the Gerontological Society of America. New Orleans, LA. (International)

Sabir, M. (2015, November). Discussant. In C. Jacelon (Chair), *Living in Community, Aging in Place*. Symposium conducted at the meeting of the Gerontological Society of America. Orlando, FL. (International)

Sabir, M. (2007). *Reminiscence, coherence, and physical health: Approaching chronic illness in African-American Older Adults through the Mind/Body Connection*. In J. Webster (Chair) *Reminiscence, Diversity, and Psychosocial Health*. Symposium conducted at the meeting of the Gerontological Society of America. San Francisco, CA. (International)

## **REFEREED PRESENTATIONS**

### **National & International**



### **Refereed Paper/Poster Presentations**

- Sabir, M., Young, S., & Ludwinski, A. (2020, October). *Low-Income Single-Mothers as Nodes of Change in Their Families and Communities*. Paper presentation at the meeting of the International Association for Maternal Action and Scholarship: An international conference, Online. (International)
- Sabir, M. (2019, April). *Elder Mothers and the Development of Relational Culture*. Paper presentation at the meeting of the Motherhood Initiative for Research and Community Involvement: An international conference, York University, Toronto, Canada. (International)
- Sabir, M. (2018, May). *The Mother Controls the Nature of Perception & Perception Controls Everything*. Paper presentation at the meeting of the Motherhood Initiative for Research and Community Involvement: An international conference, Syracuse University, Florence, Italy. (International)
- Sabir, M. (2017, March). *The Generative Culture Research Initiative's Life Writing Facilitator Certification Training: An overview*. Poster session presented at the meeting of the Association for Gerontology in Higher Education. Miami, FL. (International)
- Sabir, M. (2015, November). *Attached-focused integrative reminiscence and the longevity dividend unleashed*. Paper presented at the meeting of the International Institute of Reminiscence and Life Review. Orlando, FL. (International)
- Sabir, M. (2015, July). *Effectance motivation: A practical outcome of attachment-focused integrative reminiscence*. Poster session presented at the meeting of the Association of Black Psychologists, Las Vegas, NV. (National)
- Sabir, M. (2015, June). *The family sanctum: The promise of love's continuing enlargement across the lifespan*. Poster session presented at the meeting of the Aging Families/Changing Families: An International Conference, Syracuse University Aging Studies Institute. Syracuse, NY. (International)
- Sabir, M. (2014, November). *Attachment-focused integrative reminiscence with older African-Americans: A randomized controlled intervention study*. Poster session presented at the meeting of the Gerontological Society of America, Washington, DC. (International)
- Sabir, M. (2013, August). *An intensely sympathetic awareness: Experiential similarity and cultural norms as means for gaining older African Americans' trust of scientific research*. Poster session presented at the meeting of the American Psychological Association, Honolulu, HI. (International)

- Sabir, M. (2013, February). *African-American older adults' meaning-making around the important role of work*. Paper presented at the joint meeting of the National Association of African American Studies, National Association of Hispanic and Latino Studies, National Association of Native American Studies, International Association of Asian Studies, Baton Rouge, Louisiana. (International)
- Peet, M., Reynolds-Keifer, L., & Sabir, M. (2013, February). *Generative knowledge and fundamental wholeness: Uncovering & building upon hidden strengths & capacities for lifelong learning*. Paper presented at the meeting of the American Association of Colleges and Universities, Atlanta, GA. *I was invited to join this presentation as a trained user of this brand of ePortfolio*. (National)
- Sabir, M. (2011, February). *Training listeners for stories that must be heard*. Paper presented at the meeting of the National Association of African American Studies, Baton Rouge, LA. (National)
- Breckman, R., Elaine W., Pillemer, K., Meador, R. Sabir, M., & Reid, M. (2007, November). *Understanding investigator-community partnerships to improve CBPR research*. Paper presented at the meeting of the Gerontological Society of America, San Francisco, CA. (International)
- Sabir, M. (2007, February). *The Harlem Life Review and Health in Later Life Study: Preliminary results*. Poster presented at the annual meeting of the Resource Centers for Minority Aging Research. Los Angeles, CA. (National)
- Sabir, M. (2007, November). *Successful recruitment & retention of African American older adults in a randomized controlled health intervention in Harlem*. Poster presented at the meeting of the Gerontological Society of America. San Francisco, CA. (International)
- Pillemer, K., Haymowitz, E., Jellinek, I., Meador, R. Breckman, R., Wethington, E., Sabir, M., & Adelman, R. (2006, November). *Setting the agenda for community research partnership: Three techniques*. Paper presented at the meeting of the Gerontological Society of America, Dallas, TX. (International)
- Sabir, M., Breckman, R., Wethington, E., Meador, R., Pillemer, K., & Reid, M. (2006, November). *The CITRA Research-Practice Consensus Workshop Model*. Paper presented at the meeting of the Gerontological Society of America, Dallas, TX. (International)
- Sabir, M. (2004, November). *Specifying the association between psychological coherence and adult well-being*. Poster Presentation at the meeting of the Gerontological Society of America, Washington, D.C. (International)

## LOCAL ACADEMIC PRESENTATIONS

- Sabir, M. & Young, S. (2021). *Women as Nodes of Change*, Kaschak Institute for Women & Girls, Fellows Presentations, Binghamton University, March).

- Sabir, M. & Guedalia, C. (2019). *The Human Right to Good Enough Mothering & Societies Dependence upon It*. Paper presented at SUNY Conversation in the Discipline on Technologies of Human Rights Representation, Binghamton University, Binghamton, NY
- Sabir, M. (2018, April). *The Human Right to Good Enough Mothering*. Paper presented at the Human Rights Institute Research Colloquium. Binghamton University, Binghamton, NY.
- Sabir, M. (2016, April). *Harlem Life Review and Health in Later Life Study: Good to great possibilities from baseline*. Poster presented at the Binghamton University Research Days, University Downtown Center, Binghamton, NY.
- Sabir, M. (2014, March). *You are a story: A theoretical and empirical exploration of the first of two critical junctures*. Paper presented at the CCPA Human Development Colloquium, Binghamton University, Binghamton, NY.
- Sabir, M. (2012, October). *Successful recruitment, retention, and participation rates for an integrative reminiscence intervention in Harlem*. Poster presented at the meeting of the Institute for Justice and Well-being, CCPA, Binghamton University, Binghamton, NY.
- Sabir, M. (2010, October). *High touch recruitment & retention of African American older adults in a randomized controlled reminiscence intervention in Harlem*. Paper presented at the meeting of the New York State Cooperative Extension Associates, Cornell University, Ithaca, NY.
- Sabir, M. (2010, September). *High touch recruitment & retention of African American older adults in a randomized controlled reminiscence intervention in Harlem*. Paper presented at the meeting of the New York State Cooperative Extension Associates, Cornell University, Ithaca, NY.

## INVITED PRESENTATIONS

### Key Notes

- Sabir, M. (2019, October). *Cultivating Nodes of Change in Binghamton, NY*. Let Us Dream Conference. College of Community and Public Affairs, Binghamton University, Binghamton, NY.
- Sabir, M. (2019, March). *The Mother's Own Attachment Status Determines Good Enough Mothering*. Keynote for the Strong Roots ACEs Conference, Staten Island Perinatal Network, Staten Island, NY.
- Sabir, M. (2013, December). The Centennial Scholarship Brunch of the Apalachin Alumnae Chapter of Delta Sigma Theta Sorority, Inc. Holiday Inn, Binghamton, NY, December 8, 2013.
- Sabir, M. (2013), June. *What would Rosa Parks Say?* The Trinity AME Zion Church Women's Day, June 2013.

### **International**

Sabir, M. (April 2021). *The Power of Stories: Bridging Cultural Divides*, International Center for Life Story Innovations and Practice, University of Connecticut.

Sabir, M. (2020, November). Moderator, “*Impact of Coronavirus Pandemic on Community Response Services*. Let Us Dream, TRIENNIAL INTERNATIONAL VIRTUAL CONFERENCE Connecting Local Communities and Service Initiatives Through Global Networking.

Sabir, M. (2020, November). Moderator, “*Holistic Education and Psychosocial Development*. Let Us Dream, TRIENNIAL INTERNATIONAL VIRTUAL CONFERENCE Connecting Local Communities and Service Initiatives Through Global Networking. (Scheduled moderator fell ill)

### **Regional**

Sabir, M. (2019, April). *The Importance of Connecting Academics to Career*. Faculty Speaker at the CCPA Career and Professional Services’ Career Exploration Luncheon. UDC/Binghamton University. Binghamton, NY.

Sabir, M. (2019, March). *Nutrition for Optimal Aging*. Apalachin Alumnae Chapter of Delta Sigma Theta Sorority, Inc. SUNY Broome Community College, Binghamton, NY.

Sabir, M. & Lyman, T. (2019, January). *Health Outcomes Associated with Adverse Childhood Experiences: Resources for Medical Practitioners*. Medical Grand Rounds at United Health Services, Binghamton, NY.

Sabir, M. (2018, October). *Life Writing as a Trauma Informed Practice in Elder Abuse Work*. Symposium presented to the New York City Elder Abuse Center, Geriatric and Palliative Medicine, Weill Cornell Medical College and the Harry & Jeanette Weinberg Center for Elder Justice. New York, NY.

Sabir, M. (2018, June). *Recruiting and retaining research participants*. Cornell Translational Research Summer Institute. Cornell University, Ithaca, NY.

Sabir, M. (2018, June). *Increasing the mother’s capacity for positive emotional connection in the first weeks of life*. Workshop presented at the Health Educator’s & Community Health Workers’ Annual Education Day. Association of Perinatal Networks’ Albany, NY.

Sabir, M. (2018, June). *Increasing the mother’s capacity for positive emotional connection in the first weeks of life*. Workshop presented at the meeting of the New York State Perinatal Association. Albany, NY.

Sabir, M. (2016, November). Group Facilitator, Faculty Engagement with Community-Engaged Learning at the meeting of the Applied Learning Conference, State University of New York, Binghamton, NY.

Sabir, M. (2016, December). CCPA Care Management Summit 2016: Igniting Compassion! Embracing Grit! Binghamton University, Binghamton, NY.

### **Invited Professional Training Sessions**

Sabir, M. (2020, December). *Attachment-focused integrative reminiscence (Life Writing): Theory, methods, skills, and phenomenological experience*. Three-hour training workshop for the Undergraduate and the Masters level Social Work students, CCPA, Binghamton University, Binghamton, NY.

Sabir, M. (2020, May) *Attachment-focused integrative reminiscence (Life Writing): Theory, methods, skills, and phenomenological experience*. Three-hour CEU training workshop for practitioners at Family and Children Services, Ithaca, NY.

Sabir, M. (2019, July). *Attachment-focused integrative reminiscence (Life Writing): Theory, methods, skills, and phenomenological experience*. Three-hour training workshop. The Quan Yin Center for Compassionate Learning. Berkeley, CA.

Sabir, M. (2019, March). *Attachment-focused integrative reminiscence (Life Writing): Theory, methods, skills, and phenomenological experience*. Three-hour training workshop for Strong Roots ACEs Conference, Staten Island Perinatal Network, Staten Island, NY.

Sabir, M. (2018, November). *Attachment-focused integrative reminiscence (Life Writing): Theory, methods, skills, and phenomenological experience*. Three-hour training workshop for the Institute for Justice & Well-being, Binghamton University, CCPA, Binghamton University, Binghamton, NY.

Sabir, M. (2017, October). *Attachment-focused integrative reminiscence (Life Writing): Theory, methods, skills, and phenomenological experience*. Three-hour training workshop for graduate students across Binghamton University, CCPA, Binghamton University, Binghamton, NY.

Sabir, M. (2017, March). *Attachment-focused integrative reminiscence (Life Writing): Theory, methods, skills, and phenomenological experience*. Three-hour training workshop for the Master of Social Work Graduate Student Association, CCPA, Binghamton University, Binghamton, NY.

Sabir, M. (2016, October) *Attachment-focused integrative reminiscence (Life Writing): Theory, methods, skills, and phenomenological experience*. Three-hour CEU training workshop for practitioners at the meeting of the New York Society on Aging, Ithaca, NY.

Sabir, M. (2014, December). *Life review of generative contributions*. Two-hour workshop at the Ithaca College Gerontology Institute Fall Workshop Series, Ithaca, NY.

## **COURSES TAUGHT (BU only)**

Social Justice  
 Narrative Psychology  
 The Study of Human Change  
 Optimal Aging  
 Mothering in Cultural Contexts  
 Child Development  
 Community Mental Health

## **Guest Lectures**

Guest Lecturer, PADM 5380/HD 6580: Seminar in translational research: Bridging research, programs and policies. Cornell Institute for Public Affairs, Cornell University, for Professor Janis Whitlock, March 13, 2019.

Guest Lecturer, Capstone Project Launch Day, CCPA Department of Social Work, Binghamton University, December 4, 2018.

Guest Lecturer, HDEV 100: The Study of Human Change, Department of Human Development, for Professor Suzy Lee, November 27, 2018.

Guest Lecturer, CCPA 650: Interdisciplinarity and Community Inquiry, CCPA Doctoral Program, for Professor Elizabeth Mellin, November 17, 2018.

Guest Lecturer, HDEV 300: Social Science Research Methods: Quantitative Analysis/Basic Statistics for Professor Gil-Garcia, November 13, 2017.

Guest Lecturer, CCPA 650: Proseminar I: The Scholarship of Discovery, Integration, and Application, CCPA Doctoral Program, for Professor Elizabeth Mellin, November 14, 2016.

Guest Lecturer, CCPA 602: Qualitative Analysis, CCPA Doctoral Program, for Professor Victoria Rizzo, February 15, 2016.

Guest Lecturer, Heroes and Villains: Freshman Seminar Harpur College 101 for Professor Rosmarie Morewedge, October 1, 2015.

Guest Lecturer (Skype), Developmental Psychology, Yale University EXPLORATION Summer Program for Teens, July 15, 2014.

Guest Lecturer (Skype), Developmental Psychology, Yale University EXPLORATION Summer Program for Teens, August 5, 2014.

### **Thesis/Dissertation Committees**

Chair, Dissertation Committee (Ph.D), Evelyn Ankoma, College of Community & Public Affairs, Binghamton University, December 2020-September, 2021

Outside Examiner, Dissertation Committee (Ph.D), Kattiria M. R. Gonzalez, Decker School of Nursing, Binghamton University, April 29, 2020

Chair, Dissertation Committee (Ph.D.), Heather Mauro, College of Community & Public Affairs Doctoral Program, February 2020 - June 2021.

Outside Examiner, Dissertation Committee (Ed.D), Ashley Frantellizzi, Teaching, Learning, & Educational Leadership, College of Community & Public Affairs Doctoral Program, February-April 2020

Member, Dissertation Committee (Ed.D.), Christine Gallagher, Teaching, Learning, & Educational Leadership, College of Community & Public Affairs Doctoral Program, October 2019-2020

Member, Dissertation Committee (Ed.D.), Randall Edouard, Teaching, Learning, & Educational Leadership, College of Community & Public Affairs Doctoral Program, May 2019-

Member, Dissertation Committee (Ph.D.), Monica Grau, College of Community & Public Affairs Doctoral Program, May 2017-May 2019

### **Graduate & Undergraduate Student Mentoring**

Faculty Mentor, Undergraduate Student-Edilynn Clermont, Harpur College, Summer Research Assistant with the Collegiate Science and Technology Entry Program. May 24-June 30, 2020.

Faculty Mentor, Graduate Student-Cory Ray, Department of Human Development, Spring 2020-Fall 2020.

Faculty Mentor, Graduate Student-Monique Saastamoinen, Clifford D. Clark Diversity Fellowship, May-August 2017.

Honors Thesis Committee, Malaina Mckenzie, Psychology, Binghamton University, Spring 2015.

Faculty Mentor, Undergraduate Student-Brooke Wilson, student paper accepted to *AlpenGlow: Undergraduate Journal of Research and Creative Activity*, Spring 2015, Fall 2016, *Spring, 2017*.  
<https://www.binghamton.edu/undergraduate-research-journal/wilson.html>

Faculty McNair Scholar Advisor, Nayemai-Isis McIntosh Green, Human Development, Binghamton University, Spring 2015

### **New Courses Developed**

“Narrative Psychology.” HDEV 334. First taught spring 2013.

“The Study of Human Change.” HDEV 100. First taught fall 2014.

“Optimal Aging” HDEV 325, First taught spring 2016

“Mothering in Cultural Context” Adapted, fall 2018

“Community Mental Health” First taught fall 2020

“Child Development” First taught fall 2020

### **AWARDS**

- 2021 Distinguished Diversity Service Award, Multicultural Resource Center, Binghamton University (May, 2021).
- 2019 The Kaschak Institute Fellowship, Binghamton University
- 2015 Citizen Action of New York Phoenix Award
- 2006 TAW Award, Association for Gerontology in Higher Ed/National Institute Aging
- 2004 Post-doctoral Fellowship, National Institute on Aging - Cornell University
- 2003 Provost's Diversity Fellowship – Cornell University
- 2000 Flemmie Kittrell Fellowship-Cornell University
- 2000 Flora Rose Fellowship-Cornell University
- 1996 Mobley Award for Academic Excellence/Significant Community Concern-Emory University
- 1995 Jack Boozer Community Development Award – Emory University

### **HONORS & RECOGNITIONS**

- 2021 *The Pursuit of Wellness Podcast* interview on Optimal Aging, Christopher Scheel, April 21, 2021.  
<https://podcasts.apple.com/us/podcast/pursuit-of-wellness/id1561290503#episodeGuid=Buzzsprout-8386908>
- 2021 Binghamton University PipeDream interview: *Campus Citizen Review Board begins research into UPD policies, procedures* <https://www.bupipedream.com/news/120829/auto-draft-970/>
- 2021 CCPA Confluence Magazine Feature Article: *Myra Sabir works toward safer spaces*, Binghamton University, Summer.
- 2021 Binghamton University PipeDream interview: *BU co-hosts virtual Let Us Dream conference*,
- 2020 Be Real Talk Interview on Imposter Syndrome, Fleishman Center for Career and Professional Development, Binghamton University, December 2020. <https://youtu.be/G1YtLsDHWas>



- <https://careertools.binghamton.edu/videos/b-real-talks-combating-imposter-syndrome-with-your-passions-ep-13/>
- 2020 Let Us Dream International Online Conference, Newsletter, Volume 1, Issue 5.  
<https://letusdream.org/wp-content/uploads/2020/11/LUD-Newsletter-5-Approved-version.pdf>
- 2020 Binghamton University PipeDream interview: *BU co-hosts virtual Let Us Dream conference*, November 23, <https://www.bupipedream.com/news/119321/auto-draft-662/>
- 2020 Cited in Press & Sun Thanksgiving Article: “Here’s how to find comfort, joy this holiday”, November 26, page 13A. Online: <http://www.pressconnects.com/>
- 2020 International podcast interview for the Show ‘*Tete-a-Tete: Intimate Heart-to-Heart Conversations*’, hosted by Dr. Estacy Colon Porter July 27, 2020.
- 2019 Career Champion, Fleishman Center for Career & Professional Development, Binghamton University, November 8.
- 2019 *The Life Writing Workbook* selected for feature in *The Kirkus Reviews*, October 15, 2019.
- 2019 Certificate of Appreciation, ALIVE (Achieving Leadership in Volunteer Experience). Hinman College, Binghamton University.
- 2018 \$2000 Discretionary Award for “extraordinary contributions to the college”, Office of the Dean, December, 5, 2018.
- 2018 Local television interview for the Show ‘*Encounters*’, hosted by Jeff Kellam on WBNG and WNBF, December 7, 2018  
[https://www.youtube.com/watch?v=8Pjkbtk\\_G\\_M&feature=youtu.be](https://www.youtube.com/watch?v=8Pjkbtk_G_M&feature=youtu.be)
- 2018 Hinman Student-Faculty Dinner, Special Guest, Fall Semester, Binghamton University
- 2017 CIW Student-Faculty Dinner, Special Guest, Binghamton University
- 2017 Front Page Image, Center for Civic Engagement, Campus & Community Connections Student Newsletter. Thursday, March 16, Spring 2017, Issue 23.  
<http://us8.campaign-archive2.com/?u=b59e25259c9772461f9777a2e&id=909e6bb3cd&=5dce009296>
- 2016 Front Page Press & Sun Feature Article: “Woman Shows How Writing Changes Lives Like Her’s”, April 23, 2016. Online:  
<http://www.pressconnects.com/story/news/connections/2016/03/31/stories-life-writing/81905888/>
- 2016 Selected, VIP for *Dear World* Live at Binghamton University, April 2016.
- 2016 CIW Student-Faculty Dinner, Special Guest, Binghamton University
- 2015 Front Page CCPA Confluence Magazine Feature Article: *Wet Writing: Human Development Professor researches the life-changing effects of expressive writing*, Binghamton University, Summer, 2015.  
<https://www.binghamton.edu/communications-and-marketing/doc/portfolio/ccpa-confluence.pdf>
- 2015 Featured in award-winning documentary titled *Human Investment*, winner of the 2016 National Association of Social Workers Media Award for Best Documentary.  
<https://www.youtube.com/watch?v=hRJScly4Kk>
- 2015 Career Champion, Fleishman Center for Career & Professional Development, Binghamton University, November.
- 2015 Graduating Seniors Happy Office Hours, Special Guest, Binghamton University
- 2015 Mountain View’s Annual Faculty-Student Dinner, Special Guest, Binghamton University

- 2014 Research brief included in CCPA Confluence Magazine, Binghamton University, Summer, 2014.
- 2014 Included in Front Page Binghamton University Magazine Feature Article *Why we like, love, need stories*. Binghamton University, Spring, 2014. <https://www.binghamton.edu/magazine-archive/index.php/magazine/cover-story/stories-sustain-us/6>
- 2014 Interviewed for Article, Nursing Assistant Monthly: Life Review & Reminiscence. Cengage Publications, December, 2014.
- 2012 Graduating Seniors Luncheon, Special Guest, Cornell University

## SERVICE

### **Professional Editorial Activities**

Expert Reviewer, National Council on Family Relations (NCFR), Religion, Spirituality, & Family Section, Annual Conference, March, 2021.

Expert Reviewer, Book Chapter Abstract: Bridging the digital divide: Smart aging-in-place and the future of gerontechnology. In Ferdous, F. & Roberts, E., *A glimmer of home: Evolving frameworks in the design of long-term care environments for older adults*. February, 2021.

Expert Reviewer, Book Chapter Abstract: Rehabilitation Clinics that enhance stroke recovery: Rethinking the same-for-all design approach. In Ferdous, F. & Roberts, E., *A glimmer of home: Evolving frameworks in the design of long-term care environments for older adults*. February, 2021.

Expert Reviewer, Book Proposal: *A Vibrant Tapestry: Rich Insights from Young Black Women's Life Stories*. Cambridge University Press. January, 2021.

Expert Reviewer, *Journal of Gerontology: Social Sciences*, September 2020.

Expert Reviewer, *Journal of Marriage and Family*, National Council on Family Relations, July 2020.

Expert Reviewer, *Educational Studies*, 2017

Expert Reviewer, *Aging and Mental Health*, March 2017

Expert Reviewer, Social and Behavioral Sciences Division, Gerontological Society of America (GSA) Annual Conference, 2016.

Expert Reviewer, *International Journal of Reminiscence and Life Review*, 2016

Reviewer, Textbook tentatively titled *Adulthood: An Introduction*. Routledge/Taylor Francis, November, 2016

Expert Reviewer, *Frontiers in Psychology/Developmental Psychology*, 2015

Expert Reviewer, Social and Behavioral Sciences Division, Gerontological Society of America (GSA) Annual Conference, 2015.

Expert Reviewer, *Aging and Mental Health*, 2014

Expert Reviewer, Social and Behavioral Sciences Division, Gerontological Society of America (GSA) Annual Conference, 2014.

Expert Reviewer, Ed and Ethel Moore Alzheimer's Disease Research Program, Florida Department of Health, 2014.

Reviewer of Book Manuscript, *30 Lessons for Loving*, Penguin Group, 2014.

Consultant, Integrative Knowledge Portfolios and Generative Knowledge Interviewing. Melissa Peet, Director, Integrative Learning and Knowledge Management, Ross School of Business, University of Michigan, 2014.

Expert Reviewer, *Educational Studies*, 2013

Expert Reviewer, *Health, Education & Behavior*, 2013.

Expert Reviewer, *The International Journal of Nursing Studies*, 2013.

Expert Reviewer, Social and Behavioral Sciences Division, Gerontological Society of America Annual Conference, 2013.

### **Professional Academic Activities**

Steering Committee Member International Association of Maternal Action and Scholarship (IAMAS) (2020-2023).

Board Member, International Center for Life Story Innovations and Practice (ICLIP), University of Connecticut, 2019-2022).

Board Member, International Institute for Reminiscence and Life Review (2015-2017, 2018-2020)

Appointment, National Public Policy Committee, Gerontological Society of America. 2015-2018.

### **University Service (Binghamton University)**

Member, Initiating Personnel (Third Year Review) Committee for Rene' Rojas, Department of Human Development, Binghamton University, Fall 2021.

Chair, *Health Disparities and Healthcare Subcommittee*, Strategic Planning for Research Enterprise Evolution (SPREE), Binghamton University. Binghamton, NY, Spring 2021- September 1, 2021

Faculty Representative, Strategic Planning for Research Enterprise Evolution (SPREE), Binghamton University. Binghamton, NY. Spring, 2021 -

Faculty Appointed Co-Chair, Campus Citizens Review Board, Binghamton University. Binghamton, NY. September, 2020-September 1, 2021.

Member, Initiating Personnel (Third Year Review) Committee for Jakob Feinig, Department of Human Development, Binghamton University, Fall 2020.

CCPA Human Development Faculty Representative, Faculty Senate. Binghamton University, August 2020 - September 1, 2021.

Faculty Panelist, The Center for Learning & Teaching, New Faculty Orientation. Binghamton University, August 24, 2020.

Faculty Panelist, The College Experience, Student Support Services Summer Program, Binghamton University, August 19, 2020.

Faculty Panelist, Watson School of Engineering Virtual Town Hall: Difficult Dialogues-Race and Reality. Binghamton University, June 12, 2020.

Chair, Stephen David Ross University & Community Projects Fund Coordinating Committee, Spring 2020.

Member, Initiating Personnel (Tenure Review) Committee for Marguerite Wilson, Department of Human Development, Binghamton University, Fall 2020.

Selected Faculty Mini-Lecturer for Binghamton University Admitted Student Open Houses Webinars. March 26, 2020.

Faculty Member, Vice President for Diversity, Equity and Inclusion Search Committee, Spring 2020.

Enrollment Liaison Committee, Office of the Vice Provost for Undergraduate Education and Enrollment Management, Binghamton University, Spring 2020-Fall 2020.

Faculty Presenter, Be First Generation Event, Equal Opportunity Programs, Binghamton University, November 8, 2019.

Faculty Panelist, The Center for Learning & Teaching, New Faculty Orientation. Binghamton University, August 19, 2019.

Faculty Panelist, The College Experience, Student Support Services Summer Program, Binghamton University, July 10, 2019.

Presenter, Dean of Students Office Conscious Conversations, Black Women's History Month Discussion of West African Matriarchal Cultures. UDC, Binghamton University, April 9, 2019.

Member, Initiating Personnel Committee for Melissa Hardesty, Department of Social Work, Binghamton University, Fall 2018.

Chair, Initiating Personnel Committee for Oscar Gil-Garcia, Department of Human Development, Binghamton University, Fall 2018.

Faculty Member, Health Promotion Coordinator Search Committee, Spring, 2018.

Invited Discussion Facilitator, Freshman/Sophomore summer reading of *The Other Wes Moore*. Hinman College, Public Service Learning Community. September 3 & September 16, 2018.

Faculty Panelist/Poverty & Inequality TAE Working Group Chair, *Crossing Disciplinary Boundaries: Signature Projects from Binghamton's Transdisciplinary Areas of Excellence*. April 18, 2018. Binghamton, NY.

Mock HDEV Course for University Admissions, Binghamton University, April 14, 2018.

Faculty Panelist, The McNair Scholars Program 'Round Table for the Scholars'. Binghamton University, Binghamton, NY, February 21, 2018.

Advisory Board member, Binghamton University Town Gown Advisory Board. Binghamton University and Binghamton New York. 2017-2021.

Steering Committee member, Binghamton University Town Gown Advisory Board. Binghamton University and Binghamton New York. 2017-2021.

Co-Chair Promoting & Cultivating Positive Community Engagement Sub-Committee. Binghamton University Town Gown Advisory Board, Binghamton University and Binghamton New York. 2017-2021.

Chair, Steering Committee, The Poverty and Inequality TAE. Binghamton University, Fall 2017-Fall 2018.

Advisory Board Member, [Enactus](#) at Binghamton University, Fall 2017- present.

Faculty Panelists, "The College Experience", Student Support Services Summer Program, Binghamton, University, July, 12, 2017.

Mock HDEV Course for University Admissions, Binghamton University, February 24, 2017.

Faculty Representative, Campus Survey Tool Focus Group. Technology Support Services, Binghamton University, December 16, 2016.

Faculty Panelist, Learning@Lunch, Center for Learning & Teaching, “Exploring how faculty use narrative to conduct research,” Zurack Family High Technology Center, Binghamton University, February 16, 2017.

Faculty Panelists, "Successful Teaching in the Social Science and Humanities Disciplines.” New Faculty Orientation, Binghamton University, August 22, 2016.

Member, TRIO - Student Support Services Academic Counselor Search Committee, 2016.

Member, Faculty Engagement Associate Search Committee, Center for Civic Engagement, 2016.

University Undergraduate Curriculum Committee, September 2015-May 2019.

Community Engaged Learning Course Review Committee, Center for Civic Engagement, 2014-2018.

Advisory Board Member, McNair Scholars Program, Binghamton University, September 2014-2018.

Poet, The Fourth Binghamton International Poetry Festival, Harpur College of Arts & Sciences, Binghamton University, University Downtown Center, September, 2015.

Faculty Panelists, “The College Experience”, Student Support Services Summer Program, Binghamton, University, July, 8, 2015.

Faculty Panelists, Seminar, BU Student Organization, Hillel at Binghamton's Committee for Social Justice (C4SJ). Topic: Engaging with the Aging: Valuing the Older Generation, November 9, 2014.

Faculty Panelist, BU Student Organization, P.U.L.S.E. Topic: "Fifty Shades of Triumph," December 6, 2014.

Faculty Panelist, BU Student Organization, P.U.L.S.E. Topic: "Unveiling the Modern Day Woman," Friday, March 7, 2014.

Faculty Panelist, Binghamton University (BU) Student Chapter of REACT TO FILM, documentary film titled “Blood Brother,” September 15, 2013.

Member, Dean’s Search Committee, CCPA, Fall 2013.

### **College Service (College of Community and Public Affairs)**

Faculty Representative, CCPA/Department of Human Development recruitment/fundraising/promotional video. September 2020.

Planning Committee, International Let Us Dream Conference. A collaboration between CCPA and Christ University, Bangalore, India. November 20-22, 2020, Online.

Lecturer, Lunch & Lecture: Displacing Implicit Bias with New Perceptions. CCPA, Binghamton University, Fall 2018.

Chair, Community Engagement Sub-Committee. CCPA, Binghamton University, Fall 2018 - Spring 2019.

Chair, Diversity, Equity, & Inclusion Sub-Committee. CCPA/Binghamton University, Fall 2018-Spring 2019.

Ageism and Social Justice Interview Subject. Human Development Course 400: Social Justice. Fall 2017.

Faculty Representative, CCPA Doctoral Program Speed Dating with Doctoral Students. University Downtown Center, Binghamton University. September 8, 2017.

Department Representative, CCPA Doctoral Program Advisory Committee, CCPA, Binghamton University, Fall 2017-

Department Representative, Scholarship Committee, CCPA, Binghamton University. Spring 2017.

Department Representative: Equity and Inclusion Subcommittee, CCPA Visioning Committee. CCPA, Binghamton University, 2017-2018.

Internship site for undergraduate student, Marla Feld. HDEV 475 Practicum in Human Development. Spring, 2017.

College Life Narrative Interview Subject. Student Affairs and Administration Course 512: Culture of the American College Student. Spring, 2017.

Public Scholarship Seminar Panelist on Community-Based Participatory Research, CCPA Doctoral Program. University Downtown Center, February 3, 2017.

Exploring Narrative Therapy Interview Subject. Social Work Course: 521: Advanced Practice with Individuals. Fall 2016.

Psychology/Gerontology Professional, CCPA/Fleishman Center Career Connections Event: Meet the Professionals. University Downtown Center, February 12, 2016.

Internship site for undergraduate student, Sondis Taha. HDEV 475 Practicum in Human Development. Fall, 2015.

Panelist, BU Fund Impact Project Presentation to CCPA Board of Visitors, April 25, 2014.

Member, CCPA Doctoral Curriculum Committee, Fall 2014.

Member, CCPA Integrative Learning ePortfolio Committee, Fall 2012-Fall 2013.

CCPA Representative, 2013 New York State ACE Women's Network Annual Conference. "Women Leaders in Education: From Rights to Globalization to Shared Responsibilities." Cornell University, June 13-14, 2013.

Department Representative, Scholarship Committee. CCPA, Binghamton University. Fall, 2012.

### **Department Service (Department of Human Development)**

Chair, Community Liaison Search Committee, Department of Human Development, Spring 2018.

Faculty Panelist, "The Critical Importance of Adult Attachment Repair" New Student Research Presentation, Binghamton University, UU111, August 22, 2017.

Graduating Students Name Reader, Spring 2017 Commencement, May 20, 2017

Faculty Panelist, "Human Development as Community Development." New Student Research Presentation, Binghamton University, UDC, August 23, 2016.

Graduating Students Name Reader, Spring 2016 Commencement, May 21, 2016

Introduced Human Development Spring 2016 Student Commencement Speaker, May 21, 2016

Faculty Panelist, Human Development New Student Orientation, April 9, 2016

Faculty Panelist, Human Development New Student Orientation, August 28, 2015

Faculty Panelist, Human Development Open House, April 19, 2015

Faculty Panelist, Human Development Open House, April 5, 2014

Faculty Panelist, Human Development Open House, February 16, 2014

Chair, HDEV 100 Level Course Development Committee, Spring, 2013-Spring 2014

Faculty Panelist, Human Development Open House, Fall 2013

### **Community Service**

Qigong Instruction:



<https://bcacartisangallery.square.site/product/class-the-art-of-body-movement-qigong/1419>

Guest Speaker, Trinity AME Zion Church, “Mental Health Break” each Sunday during Mental Health Month. May, 2020.

Guest Speaker, Tompkins County Office for the Aging Caregiver Celebration. Ithaca, NY, June 9, 2018.

Co-Chair, Policy on Poverty Work Team, United Way Binghamton-Broome Anti-Poverty Initiative, April 2018-June 2018.

Steering Committee Member, Volunteers Improving Neighborhood Environments (VINES) Urban Farm Expansion, Binghamton, NY. January-June, 2018.

Co-Chair, Community Relations Work Team, United Way Binghamton-Broome Anti-Poverty Initiative, April-July 2017.

Life Writing as Self Care. Promise Zone Self-Care Week, Binghamton High School, Binghamton, NY. March 3, 2017.

Steering Committee Member, United Way Binghamton-Broome Anti-Poverty Initiative. January 2017-June-2018.

Guest speaker, “Community Transformation through Individual Transformation”. Corner Stone Community Church, Endicott, NY, September 18, 2016.

Invited Talk-Back Moderator, Ntzake Shang’s “For Colored Girls Who Have Considered Suicide When the Rainbow is Enuf.” A play at Know Theatre, Binghamton, NY, March 4 & 5, 2016.

Life-Writing workshop series delivered at the Binghamton YMCA, downtown, Summer 2014.

Life-Writing workshop series delivered at the Binghamton Volunteers of America, Summer 2014.

Panelist, Annual Social Justice Sunday, Binghamton Unitarian Universalists Church. Topic: “Inequality for All, April 6, 2014.

Health Booth Coordinator, Binghamton, NY Juneteenth 2014 Planning Committee.

### **Professional Affiliations**

American Psychological Association

Gerontological Society of America (GSA)

International Center for Life Story Innovations and Practice (ICLIP)

International Association for Maternal Action and Scholarship (IAMAS)

National Council on Family Relations (NCFR)