



**Sheila Martello**  
 Founding Director  
 Stephy's Place  
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On September 11, 2001, Sheila (Martello) DiOrio lost her husband Jim Martello in the North Tower of the World Trade Center. Inspired by those who guided her through her grief and pain, she founded Stephy's Place in September of 2015, which she continues to spearhead as Executive Director today. Stephy's Place is a support center for grief and loss located in Red Bank, New Jersey. The center's impact is evident in the many she and her staff have helped and continue to help.

She is an advocate for the process of healing and believes strongly in giving back. Sheila has achieved her certification in Death and Grief Studies while studying with world-renowned grief counselor Dr Alan Wolfelt at the Center for Loss and Life Transition in Fort Collins, Colorado. Sheila is also a Master Coach in the process of Radical Forgiveness, which allows us to find peace in any situation.

Every year Sheila DiOrio leads "A Mourning Walk—A Journey into the Light." As she explains it, "I wanted to give everybody a place that every year they could come and remember their loved one, just like every year on Sept. 11 the world remembers our loved ones." It is just another way that she continues to companion people through their grief journey.

Supported by her husband Jim DiOrio, they are committed to impact—which has always been at the center of their relationship. Jim, a West Point graduate, is recently retired from the FBI and is the President and CEO of J3 Global, a security company that provides personalized solutions to handle every level of risk mitigation. Jim serves on the advisory board at Stephy's Place and as a Director of the Johnny Mac Soldiers Fund, an organization that he founded in 2011 after the untimely combat death of his childhood friend and fellow West Point graduate Colonel John McHugh.

Stephy's Place currently provides 34 support groups to anyone who has lost a loved one for any reason.

Sheila is the mother/stepmother of five children: Jen (and husband Matt Cipolla), Jimmy DiOrio, James and Thomas Martello, and Nick Preston. She resides in Rumson, New Jersey with her husband Jim DiOrio and their youngest, Nick. They are truly a proud and prospering blended family



**Dena Farash**  
 The Mindful Mom Revolution  
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Dena is a Mom, the founder of The Mindful Mom Revolution, Theta Healer™ and Speaker. Her mission is to empower women to do inner work on themselves to feel healed and whole by means of meditation and mindfulness.

She is a leader of women who want to transform their journeys through Mind, Body, and Soul work. She has over

10 years of helping women and 5 years' experience dedicated to solely working with Mothers to bring about positive change in their lives and, by proxy, the lives of their families.



**Angela R Jones, MD, FACOG**  
 Hackensack Meridian Health  
 Medical Group—Healthy Woman  
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Angela Jones, MD, FACOG, knew she wanted to be a physician from the age of four and would profess her passion for medicine to whoever would listen growing up in Columbus, Ohio. The daughter of a well-known pastor, Angela Jones is a "tiny, black, woman of color with a HUGE voice," as she describes herself, while her patients might say she is a brilliant doctor and witty "giggle-starter" with wildly contagious energy! An award-winning and board-certified obstetrics and gynecology expert, Dr. Angela is also a mother who has been featured on ABC, NBC, CBS, The Bump, Shape, Self, Care.com and more!

Dr. Angela completed her residency at Christiana Care Health System, where she served as chief resident and earned multiple awards for clinical excellence. She received her undergraduate degree from Centre College in Danville, Kentucky and her medical degree at The Medical College of Ohio. In addition, Dr. Angela received certification to perform Da Vinci Robotics during her tenure at Barnabas Health System—and remains one of a handful of female, board-certified robotic surgeons in New Jersey. She currently works for Healthy Woman in Monmouth County, New Jersey.

With the success of her Ask Dr. Angela podcast on iTunes, the Ask Dr. Angela blog, and the Ask Dr. Angela website, a book was a natural next step, providing Dr. Angela another means for her to pursue her passion of empowering women via education and best practice and standard of care medicine. Dr. Angela compiled a list of the questions her patients asked her on a daily basis and the answers she provided. Nothing remains uncovered in her new book.



**Karen Carlucci, LCSW, CPC**  
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Karen Carlucci, LSCW, CPC, is a licensed psychotherapist and Certified Professional Coach with more than 20 years of experience in the mental health and behavioral health fields.

Karen's span of experience includes training and workshop facilitation, infusing her passion for supporting people in achieving work-life wellness. In

addition to a BA in human resources and an MSW from New York University's School of Social Work, Karen possesses certificates in training and organizational development and adult psychoanalytic psychotherapy. She maintains a private practice in New York City and is an academic field advisor at Columbia University School of Social Work.



**Women  
 Helping To  
 Educate &  
 Enhance  
 Life**

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