



## Shadybrook Annual Meeting March 20, 2022 Nominations for Board of Trustees

### Officers Proposed for Election:

**Nancy Herrick - Chair {2022-2024}** - Nancy is a retired elementary school educator. Her 35 years of work with primary school students, their parents and her colleagues enriched her awareness of the value of living a balanced life. Originally trained and certified as a Usui/Tibetan and Karuna® Reiki Master, Nancy continued her training and became certified as a Usui/Holy Fire III Reiki Master Teacher and Holy Fire III Karuna® Reiki Master Teacher. In addition to her western Reiki training, she is certified as a Jikiden Reiki practitioner at the Shoden and Okuden levels. Nancy had been the director of the Reiki Clinic at Ursuline Academy from 2009 until its closing in 2018. She continues to attend to her own personal growth with studies that assist her with teaching others ways to establish and maintain a personal state of well-being and bring about positive change for the planet.

**Laura Christian Imbornoni - Vice Chair {2022-2024}** - Now engaged in a second career, Laura's special interests lie in laying foundations to thrive as individuals while co-creating a sense of community. She advocates and promotes a commitment to civility. Laura is a professional level yoga instructor, an Integrative Yoga Therapist and a SomaSoul®: Somatic Expressive Movement Therapy graduate. She is certified to lead Shake Your Soul®: the Yoga of Dance and is a Holistic Health Educator by the Kripalu Center for Yoga and Health and is also certified as an Advanced Clinical Hypnotherapist and a Transpersonal Life Coach by the Wellness Institute in Issaquah, Washington. Laura is a masters level Integral Breath Therapist. She previously managed Mentor Senior Center for 31 years.

### Trustees Proposed for Election:

**Jill Jirus Aquila {2022-2024}** - Jill is an artist, educator, Reiki Master, mother and grandmother. She began her teaching career in East Cleveland, where she taught third and fifth grade. After a hiatus to raise her four children, she returned to education in Hudson, teaching art for elementary and middle school students before retiring in 2015. Jill continued to pursue her art interests focusing in glass fusing and multimedia collage. Jill's other studies include mindfulness, The Emotion Code, Emotional Freedom Technique and Reiki, becoming a Reiki Master in 2012. She attended workshops with Sr. Ann Winters at the Sophia Wellness Center at Ursuline Academy of Cleveland and with Nancy Herrick and Judy McCracken in Usui Shiki Ryoho Reiki. Jill discovered Shadybrook in 2020 after receiving an invitation from her Reiki teacher to attend a workshop. She was immediately drawn to the inclusive, caring community and has since participated in several workshops. Jill has her BA and MA in Teaching from Beloit College.

**Ramona Charles {2022-2024}** - Ramona has an MA in Adult Health Nursing and a BS in Nursing. She has a broad range of experience in Healthcare with Board Certification in Geriatric Nursing and in Advanced Nursing Administration. She has also held a state license in Nursing Home Administration. Her experience includes teaching in both academic and staff development settings, project management, group facilitation and Federal Executive Leadership Training. Since retirement, Ramona has pursued interest in community building and creative non-fiction obtaining certification in Guided Autobiography (GAB) and Study Groups on Aging with a focus on Senior Cohousing.

**Steve Imbornoni {2022-2023}** - Steve is a licensed psychologist, a supervising clinical counselor and a massage therapist. He is a spiritualist minister ordained by Fellowships of the Spirit. Dr. Imbornoni maintains an integrative private practice in Lyndhurst, Ohio. He previously served as Shadybrook's Treasurer for a number of years.

**Sharon Vrettas {2022-2023}** - Sharon has had a life long interest in metaphysics and healing. For over forty years she worked in administrative services and as the Human Resource Director for EDR Media. She also served on several non-for-profit boards and is an advocate of shared leadership and group process. Sharon is currently a Reiki therapist at Montefiore Nursing Home.

### Officer Continuing Current Term:

**Diane Kopp, Secretary {2021-2023}**

*Additional Board and Officer positions may be appointed by the Board at any time in the Board term cycle. The Code of Regulations allows for four officers and eight trustees.*