

Regina M. Foley, R.N., MBA, MSN, FACHE

Chief Nursing Officer/Vice President, Nursing and Vice President,
Hospital Operations Ocean Medical Center, Brick, NJ

Regina Foley is a committed nurse and hospital administrator who has dedicated her career to quality patient care. She is currently the Vice President, Nursing/CNO and Vice President, Hospital Operations at Ocean Medical Center in Brick, New Jersey. Regina's focus on continuing education and health care administration has spanned over 20 years, and includes a Masters of Business Administration from Monmouth University and Masters of Science in Nursing from Kean University.

Since the start of her nursing career, Regina has held various nursing and leadership positions in the operating room at the former Point Pleasant Hospital and Jersey Shore University Medical Center in Neptune. Later, she became Chief Nurse Executive at Ocean Medical Center. In April 2011, Regina was promoted and expanded her title to include Vice President of Hospital Operations. She currently has oversight of a \$75 million Master Facility Plan that will feature a new emergency department for Ocean Medical Center.

Regina has been published in Nursing Administration Quarterly, The Nurse Executive Resource Manual, and Nursing Spectrum. She is a Wharton Nurse Executive Fellow, the recipient of the Governors Merit Award for Nursing Administration, and the NJ State Nurses Association C.A.R.E. Award for administration. She has received the Point Pleasant Chamber of Commerce Lifetime Leadership Award, Brick Township Distinguished Citizen of the Year, the Humanitarian Service Award from the Brick Rotary, and was named One of the Most Powerful and Influential Women by the National Diversity Council. In 2011, she spoke at the Tri-State Diversity and Leadership Conference in NYC.

Regina is President of the Friends of Dottie's House, an elected member of the Point Pleasant Board of Education, board member of the American Cancer Society Jersey Shore Region, and the past President of the Point Pleasant Foundation for Excellence in Education. For more than 10 years, Regina has voluntarily traveled to Haiti where she provides nursing care through the Catholic Medical Mission Association.

DonnaLyn Giegerich MBA, CIC, RYT

DonnaLyn is an integrated business/wellness spokesleader that has taken a dual couple cancer crisis and turned it into a freeway of opportunity for others.

She is the President of DonnaLyn Giegerich Consulting, an empowerment speaking & training company that leverages her 25 yrs of business & community leadership, holistic fitness enthusiasm and zest for living to elevate human potential.

She's been on the podium from California to Cornell for convention clients like the National Kidney Registry to corporate clients like Novo Nordisk and Daiichi-Sankyo as a motivator and leadership trainer. She inspires, instructs, creates empowerment events and connects others at warp speed.

She is the inspiration and co-creator of KickCancerOverboard, an empowering non profit organization that sends folks who are affected by cancer Bermuda for free each year for a funfest at sea. She is a national spokesperson, virtual columnist, midlife model, seasoned insurance entrepreneur and multiple pageant title winner as Mrs. Red Bank for rare cancer awareness. Her story is featured in the book, "The Art of Bouncing Back".

Her passion for her purposeful work is palpable in the spirit of collaboration and connection. She credits her 10 hour complex cancer surgery survival, a year of chemo, radiation and ability to support her husband through two stem cell transplants and endless chemo to great friends, family, super surgeons, a dedicated medical team, a well executed integrated fitness program, proper planning and God's grace. She says she will die totally used up in service to others, grateful for the entire landscape of their lives. Until then, she's very busy developing more avenues to take her work deeper and wider in forums that reach those who need her empowering wellness message most. She invites connection on FB, LinkedIn, Twitter(MrsRedBankUS09) and donnaLyn.org.

WOMEN



Cherie Cattnach

Cherie is a Senior HR Professional, Certified by the Society of Human Resource management (SHRM) and a member since 2003. She is also an Accident Investigative Technician certified by the National Association of Safety Professionals. Cherie has twenty-eight years of finance and twelve years of senior management level HR experience with small to mid-sized companies in various industries. Her firm HRSNJ has been bringing big business human resource services to small business of the Jersey Shore since 2000, and is a fully functioning HR Department for business. Cherie has had three articles published, and continues to write on topics that impact employee management issues that help employers.

Currently, she is embarking on a new endeavor to bring awareness of the small businesses at the Jersey Shore as an advocate through a business internet radio talk show and website called the Jersey Shore Business Report. (see page 15). The internet radio program will highlight area businesses, town, and organizations that will bring vital information to listeners. The radio program and website will provide all the information your business will need in the areas of Human Resources, Small Business Legal Issues, Finance, Technology, and Social Media Marketing are just a few of the topics that will be presented to educate and empower small business of the Jersey Shore.

on the MOVE

A few extraordinary
Jersey Shore women
who are making things
happen for themselves
and others.

Pictured top left to right: DonnaLyn Geigerich, Elaine Morales
Cherie Cattnach, Stephanie Hanvey, Regina Foley, RN

Elaine Morales

Elaine Morales is on a mission to help frazzled and frustrated women claim the healthy, fit bodies and zest for life that are their birthright.

This Monmouth County health and lifestyle transformation coach knows first-hand the power of lifestyle transformation. Following decades of grappling with a serious and persistent premium ice cream habit that left her pudgy, lethargic, frequently ill and prone to fits of self-loathing, Elaine embarked on a journey to regain control of her health.

Fed up with quick-fix diets that only set her up for her next binge, Elaine immersed herself in holistic nutrition and transformational thinking. Now fit and blissed out, instead of plump and stressed out, she opens the door for others to realize the bodies and lives of their dreams.

A graduate of Princeton University, Elaine received her training from the Institute for Integrative Nutrition. She takes a positive, non-judgmental approach to coaching women to overcome patterns of self-destructive habits and thinking.

Through her practice, Not Just a Daydream, Elaine helps women gain freedom from emotional eating, achieve their ideal weight, increase their energy, and

learn to prioritize their self-care in ways that are healthy and joyful. Client Abby is thrilled that, "I don't feel as desperate as I did....I feel as though things are possible in my life once again. I find myself planning, dreaming and looking forward to a positive future. I have lost weight and it has stayed off without any real effort. I am now cooking and eating only whole, organic foods, and I used to hate to cook! I no longer weigh myself and am ok with never weighing myself again. How freeing this is!!!"

Elaine is the founder of Not Just a Daydream, www.notjustadaydream.com and Author of "Why Delay Amazing? A Total Transformation Guide." Her articles on nutrition, exercise and empowered thinking can be found at www.notjustadaydreamblog.com. She can be contacted at elaine@notjustadaydream.com or 973.509.2244

Stephanie Hanvey

Stephanie Marie Hanvey has been on the move developing her extraordinary singing talent since the age of 6.

Like many new artists, Stephanie began entering contests and some of our readers may remember her winning the Big Joe Henry Talent Contest in Pt. Pleasant a few years back. Since then her talent has taken her to hundreds of performances including the Stone Pony, Six Flags Great Adventure, the Apollo in NYC, NY Nets Media Day, and NY Mets to name a few.

Destined to become the next major pop star, she headed to Los Angles in the summer of 2010 to record her debut album "I'm That Girl". "I'm That Girl is a song I wrote when I felt that I wasn't really fitting in, in school, and students didn't understand my talent that I had for singing. So, I wrote the song for girls to accept their talents and who they are because every girl is unique in their own way. All girls should have respect for themselves and respect others."

Currently, Stephanie is an independent artist, but would love to soon be part of a label.

What has she been up to lately? "I've been working on some TV filming. I was chosen to represent my school on the MSG Varsity channel on April 15th. I'm also filming another project but unfortunately I can't say what that is about at the moment, but I'm very excited, it is something that I've dreamed about all my life and this summer I'll be working on my next new album!"

Stephanie also spends a good deal of time giving back and supporting many organizations including the Girl Scouts, National Autism Speaks, which she performed at the walk in Long Branch and she also assists in raising money for a cause called Love for Logan, a 4 year old boy fighting Leukemia.

Although she plans to work hard and continue to build her music career, she does have her eyes set on attending UCLA in California after graduating high school. "My parents say education comes first, and music is always around but my education is only once in a lifetime."

As an alternative to singing she says, "I would love to focus on developing an acting career, but music always comes first."

"I work really hard at what I do. I always strive to be better than how I was yesterday. My local town has always supported me and that has really given me strength to keep fighting for my dream. I believe that what you do today has a big part of your destiny in the future. The reason why I strive so hard to be a better vocalist everyday is because I want to be known as a famous entertainer and give hope and opportunity to children like me one day."

Listen to Stephanie's album at <http://www.stephaniehanvey11-11.com/> and www.youtube.com.

If you know a Woman on the Move send us her story at:
marketing@jerseyshorewoman.com