



GREEK ORTHODOX ARCHDIOCESE OF AMERICA
GREEK ORTHODOX LADIES PHILOPTOCHOS SOCIETY, INC.
126 East 37th Street • New York, NY 10016 • 212.977.7770 • www.philoptochos.org
Confidential Social Work Tel: 212.977.7782 • PauletteG@philoptochos.org



National Philoptochos Department of Social Services

FAMILY CAREGIVING: AN INTERACTIVE CALL TO ACTION
OUR COMMUNITY'S JOURNEY TO UNDERSTANDING, COMPASSION AND HOPE
TUESDAY, JULY 2, 12:30 - 2:00PM. | SAN DIEGO, CA

Why Philoptochos cares about Family Caregiving:

There are 53 million unpaid family caregivers currently in the United States caring for a loved one of any age who is elderly, physically or developmentally disabled, or suffering from a life-threatening condition. Traditionally, family caregivers are women, some of whom are in the 'sandwich generation'. They provide over 25 hours of care per week, typically for four to five years, and on average their out-of-pocket costs annually total over \$7,200 on household, medical and other costs related to caring for their loved one.

Today, a significant number of Philoptochos members are or were caregivers, others likely will become one, and as more and more people are living longer, yet others will need caregiving themselves, in the future. Because there is no "playbook" or "blueprint" to caregiving, we present this program because we believe that information leading to action is power. Please join our interactive discussion about family caregiving on Tuesday, July 2, from 12:30 - 2:00 pm at a program that will address the challenges, needs - and blessings - of family caregiving.

You will hear from a family caregiver who will share her personal experiences caring for her mother, including the need for self-care. You will learn how to identify and navigate fragmented healthcare and support systems to ensure access to appropriate services. You will gain knowledge about current and pending policies that can ease the physical, emotional and financial burdens of caregivers, and - because we are a faith-based organization - you will hear how faith and spirituality builds resilience and strengthens the lives of caregivers who are juggling life's demands and stressors, while at the same time ensuring we create a church environment that fully embraces family caregivers in parish life.

PRESENTERS:



ANNA VEDOURAS, J.D.

Anna Vedouras is a second generation Philoptochos Board member who has a strong commitment to service. She is an attorney who served in Federal service for over 33 years before her retirement in 2022. She specialized in Labor and Employment Law for over 20 years; managed various departments in operations, and her in last position was appointed to the position Executive Director of the Cleveland Federal Executive Board. Anna Vedouras has been a member of the Sts. Constantine & Helen, Cleveland Heights, Ohio, Philoptochos for over 30 years. She has served on its Boards various times in different roles. Anna's commitment to service has reached deep into the greater Cleveland Community. She has served on numerous non-profit boards in various positions including: The Cleveland Play House, The Center for the Prevention of Domestic Violence, Museum of Contemporary Art, The Cleveland International Film Festival (during which she also served as President), FOCUS North America and St. Herman's House of Hospitality. Anna was appointed to the National Board of Philoptochos in 2022 by Archbishop Elpidophoros. She has served on the Pittsburgh Metropolis Philoptochos board since 2020 and serves as the vice president of both the Metropolis Philoptochos and the Philoptochos of Sts. Constantine & Helen, Cleveland Heights, OH. She and her husband Jack Ramsey (currently serving on the parish council) are active members of Sts. Constantine & Helen Cathedral, Cleveland Hts., Ohio. When not volunteering, caregiving or supporting their family by attending events for their five grandchildren Anna and Jack enjoy numerous passions including traveling and long-distance hiking. Anna received her B.A. from the University of Michigan, Ann Arbor, and her J.D. from Cleveland State University. She attended the Public Leadership and Policy program at the Harvard Kennedy School.



REV. DR. HARRY S. PAPPAS

Presiding Priest, Archangels Greek Orthodox Church, Stamford, CT

A native of St. Louis, Fr. Harry grew up at St. Nicholas Greek Orthodox Church. He is a graduate of Davidson College, Holy Cross School of Theology, Harvard Divinity School, and Yale University, where he earned a Ph.D. in the Old Testament. Along with 39 years pastoral experience in various parishes (including Nashville, Minneapolis, and New Rochelle), he has taught courses in Biblical Hebrew at Yale; Old Testament, Pastoral Theology, Parish Administration, and Preaching at St. Vladimir's Seminary and Holy Cross School of Theology. Fr. Harry has been in the mission field (short term in Albania, Mexico & Guatemala), ministry to the homeless (New York City and Stamford), a member of the Orthodox Theological Society of America (OTSA) and the International Orthodox Theological Association (IOTA), as well as a variety of local ecumenical and interfaith organizations. He was a past Board member of Project Mexico and the Collegeville Institute for Ecumenical & Cultural Research, and currently serves on the Advisory Boards of IOTA and the Huffington Ecumenical Institute (HEI) at Holy Cross. Fr. Harry has been married to Kerry (Kaloudis) for 42 years since they met at Seminary; they are blessed with three children and six grandchildren. He is a practitioner of contemplative prayer, and enjoys reading, physical exercise, nature, and good movies.



PAULETTE GEANACOPOULOS, LMSW

Director, National Philoptochos Department of Social Services.

Paulette Geanacopoulos aids Orthodox Christians across the USA to address the many human service and financial challenges they face. She co-leads nationwide Caregiver Support Groups for Orthodox Christians, provides training to Philoptochos affiliates to support their social services efforts, and participates in Archdiocesan ministries addressing various societal issues. Prior to Philoptochos, Paulette held leadership roles in government and nonprofit organizations serving vulnerable populations including older adults, victims of domestic violence, mentally ill homeless adults, incarcerated youth and substance abusers. She has taught Social Welfare Policy at the Fordham University School of Social Services, Hunter College/CUNY Department of Urban Affairs and Planning, and the New York University Silver School of Social Work. She has served on the executive boards of nonprofit organizations in New York and New Jersey and has written publications distributed within and outside the Greek American community. She holds a BA in Political Science from the City College of New York/CUNY, and an MSW (Macro Concentration) from the Silberman School of Social Work at Hunter College, NY. She studied at the Puerto Rico Learning Center, Ponce, PR as a recipient of a NIMH Cross Cultural Cross Regional Drug Abuse Grant, and she received her certification as a Mediator in Community Conflict Resolution. Paulette's home parish is the Cathedral of St. John the Theologian, Tenafly, NJ where she is a member of the Cathedral's St. Philothea Philoptochos Chapter.