

HAWC 2019 CONFERENCE HONOREE AND PANELISTS

Maria Pappas – Cook County Treasurer – Aristeon Award Honoree



Maria Pappas has served as the Cook County Treasurer since 1998. Prior to that, she served two terms on the Cook County Board of Commissioners.

Maria was born in Warwood, a neighborhood of Wheeling, West Virginia, to first generation Greek American parents. She earned a bachelor's degree in sociology from West Liberty State College and a master's degree in counseling at West Virginia University. She then relocated to Chicago to work at the Adler Institute with Rudolf Dreikurs. She earned her Ph.D. from Loyola University in 1976. While a doctoral student, she worked to administer a state grant working with mothers at Altgeld Garden Homes. She has taught at Governors State University and graduating from Chicago Kent College of Law at the Illinois Institute of Technology in 1982.

As Treasurer, Maria tripled the amount of interest earned by the Treasurer's office and uncovered a scam run by her predecessor. She has been re-elected five times: 2002, 2006, 2010, 2014 and 2018. She was the chief proponent of the Cook County Debt Disclosure Ordinance, passed in 2009, which requires taxing districts to publicly report their finances, including pension debt.

Maria Christodoulou, Clinical Herbalist (Conference Moderator)



Maria Christodoulou is the founder of Bliss Without Bother, a wellness retreat planning service that has a network of retreat centers and wellness practitioners in 7 countries. After spending many years working in the non-profit sector, including at the Smithsonian Institute, Onassis Foundation USA, and NYC Department of Education, Maria decided to pivot towards a lifestyle that blended personal and professional wellness modalities. Maria has participated on a variety of yoga, acroyoga, meditation, herbal medicine, and writing retreats, both domestic and abroad.

Maria is also a Clinical Herbalist who completed a three-year intensive herbal program at ArborVitae School of Traditional Herbalism in New York City. Her herbal medicine consultations blend together Western Herbalism, Ayurveda, and Traditional Chinese Medicine, including herbs native to the Mediterranean region. She is currently working on a book that explores the practice of herbal medicine in ancient Greece and Rome.

Christina Jones, Life Coach, Psychotherapist and Business Consultant



Christina Jones consults and coaches leaders of organizations or anyone who is in a leadership position at their organization. She knows what it takes to run her own business, as well as lead an organization. Having been through her own "boot camp" as an executive director of a not-for-profit social service agency, as well as an entrepreneur in the world of publishing, public speaking and as a clinician in private practice, Christina Jones has the experience as well as the keen ability to assist individuals in unleashing their potential as leaders and achieve their professional goals.

Often, people think their personal life is completely separate from their professional life, and that one is not affected by the other. Yet, feelings of inadequacy and stress with co-workers or superiors at the workplace, can have a toxic effect on our lives outside of work. Christina offers coaching that will optimize performance and relationships at work and bring out the best in relationships outside of work.

Christina Jones assists groups of people to develop as a team and learn the communication skills needed to collaborate in order to improve the climate at the workplace and achieve goals, as they relate to the mission of the organization. She has been assisting individuals and couples develop and maintain harmonious relationships for over 25 years.

Diane Kochilas, Celebrity Chef, Show host and Cooking School owner



Diane Kochilas, celebrity chef, TV cooking show host, prolific cookbook author and cooking school owner, has been on the forefront of bringing healthy, delicious Greek cuisine to a wide international audience for many years.

Her latest project is My Greek Table, a 13-episode per season cooking-travel show, which she hosts and co-produces airs nationally on American Public Television, in Greece, Canada and elsewhere. Diane owns and operates The Glorious Greek Kitchen Cooking School **on the Blue Zone Greek island of Ikaria. She is an award-winning author of 18 books on Greek and Mediterranean cuisine. Her book “Country Cooking of Greece”, was hailed by the New York Times as one of the 100 best books of 2012 and by virtual gourmet, John Mariani, as Diane’s “masterpiece.”**

As consulting chef, she has designed menus at some of the top Greek restaurants in North America, including Committee in Boston, Molyvos and Pylos in NYC, Axia in New Jersey, Avli in Chicago, and Volos in Toronto. She has worked extensively in institutional dining, with Harvard University Dining Services, Yale University Dining, and for UMASS (Amherst), renowned as the premiere college dining program in America.

She has been the host of Greece’s most popular TV cooking show, “What Are We Going to Eat Today, Mom” (in Greek) and a columnist and restaurant critic for 20 years at the country’s largest circulation daily paper, Ta Nea. **She has appeared on many major American television shows, most recently on FoxNews, “Throwdown with Bobby Flay,” “The Today Show,” “Martha Stewart,” “Bizarre Foods with Andrew Zimmern,” and more.**

Emmaline Rasmussen, MS, RD, E-RYT NorthShore University HealthSystem



Emmaline Rasmussen is a registered dietitian and researcher in the Department of Neurology at NorthShore University Health System. As part of NorthShore’s Center for Brain Health, she brings expertise in nutrition and integrative health to patients at risk of and those diagnosed with neurodegenerative diseases. She has earned her master’s degree in Physiology and Biophysics with a focus in Complementary and Alternative Medicine from Georgetown University. She graduated cum laude from the University of Illinois at Chicago with a bachelor’s degree in Dietetics and a minor in Kinesiology.

She is a member of the Academy of Nutrition and Dietetics, Dietitians in Integrative and Functional Medicine, and the American College of Nutrition. She serves as a Medical Ambassador for the American Cancer Society. Emmaline is also a featured contributor on Good Day Chicago, The Chicago Tribune, and 101.9 The Mix, on the topics of nutrition and wellness. Through her experiences in the Midwest, Colorado, Miami, DC, New York and abroad, she has heightened her knowledge about the connection between food and integrative medicine.

Lynda Tourloukis, Certified Laughter Yoga Master Trainer, Professional Life Coach, Master of Laughter, Designer of Play



Lynda Tourloukis offers an architecture for abilities to soar with presentations and programs of laughter and play. She is helping to grow the movement of Laughter Yoga for health, happiness and world peace. She engages individuals, groups and organizations as a Life and Laughter Development Specialist helping each to find their own sense of balance and peace with themselves and others.

Traveling internationally, she has provided programs from the simplicity of Laughter Yoga to advanced techniques of Laughter for the Soul. Her passion for almost 20 years is in the programs of developmental insightful play for organizations to individuals. With a background in leadership, life development, and coaching, her creative inspirations have helped individuals to navigate life’s questions and realize possibilities of their potential with a touch of joyful genius. As a result, any experience with her makes your performance rock and your potential come alive.