

PANELISTS DISCUSSIONS

1:00 PM – 2:30 PM | Youth Open Forum

Panelists Lead: Dr. JoAnna Ubiwa

Opening Song

Prayer

- Listening to our young people as they discuss some of the fears and challenges they encounter while navigating today's complex environment.
- Hearing from individuals who have successfully transitioned from home to college life and learning from their experiences.
- Exploring whether it is possible to maintain one's integrity, independence, and Christian beliefs while navigating college, the workplace, and everyday life as a young person.

Moderator: Sis R. Nyakako

- The effects of nutrition and exercise (or the lack thereof) on overall health and well-being.
 - Presentation.....The churches approach to Medical/Mental concerns
- Dinner 5:00-6:30PM



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INVITATION TO MT. ZION CONFERENCE PROGRAM SUNDAY INTERACTIVE SESSION

Topic: Healthy Living & Emotional Well-being



MODERATOR: DR. R. NYAKAKO



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PANELISTS



Dr. Rose Marie Nyakako (PhD, AGPCNP BC, PMHNP BC) is a Nursing Professor and a dual board certified Nurse Practitioner in Adult Gerontology Primary Care and Psychiatric Mental Health. She is dedicated to advancing compassionate, evidence based care and to educating the next generation of nurses.

Dr. Nyakako believes that mental illness should be approached with the same compassion and understanding as any other medical condition. She recognizes that mental health challenges can arise from many factors, including trauma, genetics, hormonal imbalance, and substance use.

Grounded in a holistic philosophy, Dr. Nyakako approaches health as an integration of the physical, mental, and spiritual dimensions of well being. Her work reflects a deep commitment to reducing stigma, promoting whole person care, and supporting individuals on their journey toward healing and wellness.

In addition to providing therapy and medication management, Dr. Nyakako is passionate about educating future nurses and increasing awareness of how mental and physical health are influenced by diet, the environment, and thought processes. She describes herself as “part of the fellowship of the unashamed,” acknowledging God—the Creator of the universe—as the Great Navigator guiding her walk along life’s narrow road.

Dr. Nyakako is a member of the Church of God 7th Day Assembly located in Worcester, Massachusetts.

Dr. JoAnna is a Licensed Clinical Psychologist experienced in psychological assessments for children, adolescents, and adults across schools, outpatient facilities, and hospitals. Her clinical specialties include individual and couples therapy for depression, infidelity, self-esteem, life transitions, and cultural issues. Additionally, she serves as an adjunct professor at Loyola University Maryland and The Chicago School of Professional Psychology.



Dr. JoAnna Ubiwa



Dr. Morrison Haynes began her academic journey by earning a Bachelor of Science in Elementary Education from Iona University in New Rochelle, New York. She continued her studies at Mercy College, where she earned a Master of Arts in Early Childhood Education. In 2025, she completed a Doctor of Education in Early Childhood Education at National University. These academic accomplishments have provided a strong foundation for her distinguished career in education.

With more than two decades of experience in the field of early childhood education, Dr. Morrison Haynes has established herself as a dedicated educator and advocate for young learners. Throughout her career with the New York City Department of Education, she has been responsible for educating students, monitoring academic progress, assessing growth and development, and promoting speech and language learning. Her commitment to fostering a nurturing and engaging learning environment has positively impacted countless students and families.

Beyond her professional responsibilities, Dr. Morrison Haynes has demonstrated exceptional leadership through civic engagement and creative initiatives. While attending Iona University, she served as a campus minister and founded the Iona Gospel Choir, a student organization that performed at campus events, including Black History Month celebrations and special gospel concerts. The choir's success and visibility reflected her vision, courage, and ability to create meaningful opportunities for student involvement and cultural expression.

I earned my undergraduate degree in Psychology and pursued graduate studies in Marriage and Family Therapy. My education has strengthened my passion for helping and supporting others through life’s challenges. Professionally, I work with the elderly population, helping individuals receive the services they need to remain safely and comfortably in their homes. It is a blessing to support and advocate for those who have contributed so much to our communities

I am a wife and the mother of two beautiful boys. My greatest desire is to love, serve, and please the Lord in every area of my life, and I am thankful for His grace and guidance each day.

Monique Johnson.



I’m a cybersecurity student with two years of experience studying at Rockland Community College. I plan to continue my education by pursuing a bachelor’s degree. I’m passionate about technology, enjoy playing music, and have a strong interest in basketball.

Ethan Palmer

