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American Heart Association®

Lawyers Have Heart™

American Heart Association Webinar

Event Title: Lawyers Have Heart

Subject: Importance of Mental Health as it relates to the legal community and cardiovascular diseases.

Tuesday, April 27, 2021

11:00AM – 12:00PM EST

Speakers Biographies



Soula Antoniou: As an Executive Director of the American Heart Association, Soula Antoniou leads the Greater Washington Region to be a relentless force for a world of longer, healthier lives.

From humble beginnings, the American Heart Association has grown into the nation's oldest and largest voluntary organization dedicated to fighting heart disease and stroke. A shared focus on cardiovascular health unites our more than 40 million volunteers and supporters as well as our more than 2,800 employees.

Heart disease is the No. 1 killer worldwide, and stroke ranks second globally. Even when those conditions don't result in death, they cause disability and diminish quality of life. We want to see a world free of cardiovascular diseases and stroke.

Our size and scope let us have real impact. We have invested more than \$4.5 billion in research, more than any U.S. nonprofit organization.



John Harrity: John has been involved in the patent field for 20 years. His current practice consists primarily of client counseling, and preparing and prosecuting patent applications. John has drafted and prosecuted hundreds of patent applications in a wide variety of electrical, mechanical, and electromechanical technologies. He excels at coming up to speed quickly on inventions and converting even the most difficult inventions into an understandable patent application. John's practice further includes filing PCT applications and prosecuting patent applications before the Patent Offices in Europe, Japan, Korea, China, Canada, and many other countries. In addition to drafting and prosecuting patent applications in the United States and foreign countries, he also analyzes inventions for infringement and validity.

John in his second year as Co-Chair of the Lawyers Have Heart campaign to support the American Heart Association. This cause is particularly meaningful to us as our managing partner, John Harrity, survived a widow-maker heart attack on May 2, 2016. John's story is the reason why Harrity 4 Charity and its partnership with AHA were born:

Watch John Harrity's segment from CBS news here
– <https://www.youtube.com/watch?v=9U8uyWAriys>



David Jaffe: Dean David B. Jaffe is the Associate Dean of Student Affairs. He oversees all aspects of the Office of Student Affairs, which includes support for JD students from Orientation, through academic and personal counseling, organization development, to Commencement. A committed steward of law student wellness, Jaffe serves on the ABA Commission on Lawyer Assistance Programs (CoLAP) as co-chair of the Law School Assistance Committee, and in 2015, he received the CoLAP Meritorious Service Award in recognition of his commitment to improving the lives of law students. He received a B.A. from Washington University in St. Louis and his J.D. from American University Washington College

of Law. David is the Co-Chair of the 2021 Lawyers Have Heart Campaign at the American Heart Association.



Laurie Besden: Laurie Besden is the Executive Director of Lawyers Concerned for Lawyers of Pennsylvania, Inc. (LCL PA). She served as its Deputy Executive Director, overseeing its Helpline operations, serving as primary contact for intervention requests, expanding its law school outreach, and increasing LCL PA's presence within the organized bench and bar, from 2011-2015. After becoming LCL PA's Executive Director in 2015, Laurie continued to serve in most these and also assumed responsibility for the organization's administrative and financial operations and Judges Concerned for Judges (judges' assistance program). Laurie is a licensed attorney in Pennsylvania (1999)

and New Jersey (1999). She practiced law from 1999 through 2001 and 2009-2011 in several capacities including: Attorney-at-law (general civil and criminal practice), East Norriton, PA; Law Clerk (Pennsylvania Superior Court), Philadelphia, PA; Law Clerk (Philadelphia Municipal Court), Philadelphia, PA.

She received her B.A. in Criminology and Criminal Justice from the University of Maryland, College Park, MD (1995) and her J.D. from The Dickinson School of Law of the Pennsylvania State University (1999).

Laurie was the 2015 recipient of the Montgomery Bar Association's Henry Stuckert Miller Award for her dedication to public service in the legal profession and the 2019 recipient of Caron's Legal Professional/Uniformed Public Service Award for the Greater Philadelphia Region.

The American Heart Association & Lawyers Have Heart have teamed up with Laurie Besden, Executive Director of Lawyers Concerned for Lawyers of Pennsylvania for an important conversation regarding lawyers and mental health. Laurie is the definition of success, graduating in the top of her law school class and having a successful career as an attorney. Laurie is also a recovering drug addict with an incredible story to share.



Sandra Maxey: Controller at Harrity & Harrity LLP, hired for this prosperous IP Boutique located in Fairfax, VA, specializing in Electrical Intellectual Property matters. Sandra is also in her second year of Co-Chairing the Lawyers Have Heart Campaign.

January of 2015, Sandy Maxey suffered from Type 2 diabetes, with high cholesterol, and was living an inactive lifestyle. She struggled with simple tasks such as walking up a flight of stairs and carrying groceries. Sandy's friend, John, took a personal interest in her wellbeing, introducing her to a book on how people can change their diet. Feeling skeptical, Sandy read the book, and, for the first time, she felt that someone knew exactly what she was going through. John stepped it up and began sharing articles and recipes with Sandy and checked in on her often – he held her accountable to her health. She managed to lose about 1.5lbs per week!

On May 2nd, Sandy got devastating news that John had a heart attack known as the

Windowmaker and was in a coma. It was then that Sandy decided to train and run in the American Heart Association's Lawyers Have Heart race in Washington, DC in honor of John. This past June 11th, Sandy ran her first 5k without stopping. After reaching her goal, she went to visit John, still in the hospital from his heart attack. "Nothing could describe the emotions that I was feeling that day," noted Sandy. "I know that I could never repay John for saving my life, but if I can help one person make a lifestyle change, then he will be happy that I paid it forward." John has since returned to work and is on the road to recovery.

Sandy can proudly say she is down 82lbs and no longer has Type-2 diabetes or high cholesterol. She continues to run, as well as takes cardio-shape classes. On her last visit, the doctor's only advice was for Sandy to continue what she is doing. By changing her life, diet and learning more about health, Sandy gained the confidence and motivation to make some serious life changes. Sandy's advice is "You have to change your life, you can't just diet. "I did a lifestyle change and not just a diet."