

ALLUNY 2026 Spring Institute

**Managing Library Anxiety and Burnout:
Strategies for Law Librarians**

Friday, April 24th

9:00 AM – 4:30 PM

The Central New York Philanthropy Center
431 East Fayette Street, Syracuse, NY



Association of Law Libraries of Upstate New York

ALLUNY.org

ALLUNY 2026 SPRING INSTITUTE SCHEDULE

FRIDAY, APRIL 24, 2026

- 9:00 – 9:30** Registration and Continental Breakfast
- 9:30 – 9:40** **Opening Remarks**
Ella Pieterse, ALLUNY Vice President, NY State Unified Court System
- 9:40 - 10:10** **Mindfulness Practice**
Susan Ryan, Librarian, Seyfarth Shaw LLP
- 10:10 – 10:40** **United Way of Central New York - Making it Easy for You to Make a Difference**
Elisabeth Osei-Kwame, Volunteer Administrator, United Way
- 10:50 – 11:50** **Panel Discussion: Stress Management and Setting Realistic Expectations**
Moderator
Christine Demetros, Associate Director for Research & Collections
Syracuse University College of Law Library
Speakers
Shamella Cromartie, Associate Dean for Organizational Performance and Administration, Clemson Libraries
Maria Cudowska, Librarian, Syracuse University College of Law Library
Andre Davison, Director, Harris County Law Library
Susan Ryan, Librarian, Seyfarth Shaw LLP
Ariel Turner, Associate Dean of Collections and Discovery, Clemson Libraries
- 12:00 – 1:00** **Lunch**
- 1:00 – 1:30** **Boundaries That Protect Your Energy and Your Excellence**
Deb Grimm, Research Services Manager, Troutman Pepper Locke LLP
- 1:30 – 2:00** **Slow Librarianship in the Context of Wellness**
Lorin Jackson, Asst. Director, Holman Biotech Commons, University of Pennsylvania

2:00 – 3:00

Mindfulness in Law Libraries

Kyle Courtney, Executive Director, Social Law Library
Heather Simmons, Associate Director for Instruction and Access
Services, University of Georgia School of Law

3:00 – 3:30

Coffee Break with Service Dogs

3:35 – 4:20

Dealing with High-Stakes Work Environments

Kim Wolf Price, Chief Operating Officer; Bond, Schoeneck & King
PLLC

4:20 - 4:30

Closing Remarks

Kristin Neri, ALLUNY President, NY State Unified Court System