rma by ProSight
LONG ISLAND CHAPTER

Summer 2026 | Volume 1.30



A Message from the President



Dear Long Island Chapter Members,

Thank you to everyone who attended the Emerging Leaders Nine and Dine event at Stonebridge Country Club in August. It was a resounding success and completely sold-out. Our Emerging Leaders continue to impress and provide deep bench strength for the organization. Their supporting network and recurring event participation provides long-term stability and sustainability to the RMA LI Chapter.

Keeping with that theme, I want to make you aware of some upcoming changes to our branding. You may recall that the Bank Administration Institute (BAI) and the Risk Management Association (RMA) completed their merger back in November 2024. At that time, ProSight Financial Association was officially announced as the new name for the combined organization.

During the transition period you may see RMA by ProSight or standalone ProSight branding. We acknowledge this is a meaningful change for a community that has demonstrated long-standing support for the LI RMA chapter. I want to take this opportunity to recognize the RMA LI Chapter legacy, acknowledge the relationships and foundation built by those who came before us, and reinforce the Chapter's commitment to its not-for-profit mission of supporting the local business community. We will continue providing valuable education, networking, professional development and opportunities for local connection.

The relationships among our local business community that have made this Chapter successful will remain at the core of our organization and will continue to drive its long-term vocation.

As always, thank you for your support.

Sincerely,

Michael Heller



Save the Date

October Event

Friday, October 16th, 8am – 10am

Featuring:
Dr. Evelina Grayver (Northwell Health)
"Heart Health: Managing Stress in the Workplace".
Venue: The Mansion at Oyster Bay
1 South Woods Road, Woodbury, NY)

Register here!

Annual Sponsorships Available
Contact:Neil Seiden at neil.seiden@assetenhancement.com or 516-767-0100

Follow us on LinkedIn

Website: https://community.rmahq.org/longisland/home

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RMA Scholarships

James T. McCarthy Scholarship - $2,500
Dr. Pearl Kamer Scholarship - $2,500
Patrick M. Demery Bankers' Lifetime Achievement Award - $1,500

Application deadline: May 1, 2027

Eligibility:

Bankers and students interested in pursuing their education and career in the area of banking, commercial lending or credit risk management. You must be enrolled at an accredited college, pursuing a pertinent degree program.

Application package must include the following:

- College transcript (or schedule for incoming freshman) and evidence of current enrollment at an accredited college
- Essay from applicant stating:
  - Why you have chosen or are interested in a career in banking
  - Your career goals and how this scholarship will help you meet your goals
- Employment history and current job description, if applicable
- Extracurricular activities, community service
- List of leadership positions, honors and awards
- ONE Letter of recommendation from your current employer or professor

Note: Incomplete application packages will be disqualified.

Applications will be reviewed by the
Scholarship Committee of the
Long Island Chapter of Risk Management Association.

Forward questions or your completed application package to:

Nicole Stefanakos, Citizens Bank nicole.a.stefanakos@citizensbank.com

Join. Engage. Lead

Do You Solve Chaos—or Create It?



How high-performing leaders unintentionally create the urgency they thrive on.

Liz Bentley, Liz Bentley Associates

Some leaders stay calm under pressure. They're the ones everyone turns to in a crisis: quick decisions, clear thinking, steady hands when everything else feels uncertain.

But here's a question most leaders never ask: Are you calm in the storm, or do you quietly create the storm so you can feel calm?

After nearly two decades of coaching executives, I've noticed a pattern. Many leaders who excel in chaos don't just respond to it, they unintentionally recreate it. Not because they want problems. Not because they enjoy stress. But because somewhere along the way, they learned to equate urgency with purpose, and problem-solving with their worth as a leader.

For years, that wiring served them well. They worked harder, solved the impossible, became indispensable. Eventually, their identity fused with being the rescuer, so when things run smoothly, they feel discomfort instead of relief. Some respond by manufacturing new initiatives or inserting themselves into problems others could solve. Others respond by going quiet: withdrawing, second-guessing, waiting for the other shoe to drop.

The organization gets constant motion, or constant hesitation. The leader gets relief. The team gets exhaustion.

Chaos Doesn't Always Look Loud

The biggest misconception about chaos creators: they're always high-energy and outspoken.

They're not.

I've coached driven extroverts who create chaos by moving too fast, piling on new priorities, changing direction mid-stream, treating stillness as a warning sign. And I've coached quiet, reserved leaders who create just as much disruption by avoiding hard decisions, delaying action, or withdrawing emotionally the moment things get uncomfortable.

Both create uncertainty. Both force everyone else to compensate. Both leave teams reacting instead of executing.

Continued...

Continued...

Five Signs You May Be Creating Chaos

1. Calm makes you uncomfortable

   When things are running smoothly, you feel restless, so you go looking for a problem, or start bracing for one that hasn't happened yet.

2. You mistake motion for progress

   Whether that's an overflowing calendar and constant firefighting, or endless deliberation and revisiting the same decision, nonstop activity and excessive caution can both substitute for real progress.

3. You create change instead of leading it

   Some leaders reorganize and relaunch simply because movement feels productive. Others resist every change until circumstances force their hand. Both extremes create instability.

4. Your emotional state drives the organization

   When you're anxious, everyone becomes anxious. Some leaders broadcast that anxiety through urgency and frustration. Others go silent and unreadable. Either way, people spend more energy managing your mood than doing their work.

5. You need to be needed

   You jump in before others get the chance to solve it themselves, or you hold so tightly to your own judgment that no one else's decision feels safe. Being needed feels rewarding. Over time, it creates dependence instead of capability. Strong leaders don't build followers, they build other leaders.

Why This Happens

Many high achievers were rewarded early for fixing things. They became the dependable one, the firefighter, the one who could always figure it out, or the one whose caution kept things from going wrong. Either way, solving (or averting) a crisis becomes the thing that makes them feel competent, valuable, alive.

The irony: what built your career can eventually cap your leadership. As organizations grow, leaders stop getting paid for solving every problem, and start getting paid for building systems where fewer problems happen in the first place.

The Best Leaders Create Calm

The strongest leaders aren't just good in a crisis. They build environments where crises become rare. They prioritize before reacting, let others solve problems, and rely on systems instead of heroics or hesitation.

They've learned that calm isn't evidence they're becoming less valuable. It's evidence they're leading well.

The greatest compliment a leader can receive isn't "Thank goodness you saved us again."

It's "Things are running smoothly because of the culture and systems you built."

That's leadership at its highest level.

CPR Fact Sheet

Why Learn CPR?

Cardiac arrest is a leading cause of death. It happens when an electrical problem in the heart causes an irregular heartbeat. This disrupts blood flow to the brain, lungs and other organs. Each year, more than 350,000 people in the U.S. have an EMS-assessed out-of-hospital cardiac arrest.

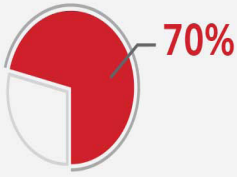
More than 23,000 are children, and nearly 20% of these are infants.

When a person has a cardiac arrest, survival depends on receiving CPR from someone nearby right away.

According to the American Heart Association, about 90% of people who have out-of-hospital cardiac arrests do not survive. CPR, especially if performed right away, can double or triple the chance of survival.

Be the Difference for Someone You Love

If you provide CPR, you will likely be trying to save the life of someone you love: a child, a spouse, a parent or a friend.



About **70 percent** of out-of-hospital cardiac arrests happen in homes.



Fewer than 40% of people who have an out-of-hospital cardiac arrest get the urgent help they need before professional help arrives

Learn CPR today. Be ready. Become a part of the Nation of Lifesavers.

No one should face a life-changing moment alone.

Continued...

For adults, Hands-Only CPR has been shown to be as effective in the first few minutes as CPR with breaths for cardiac arrest at home, at work or in public.

Hands-Only CPR has two easy steps, done in this order:

1. 

Call 911 if you see a teen or adult suddenly collapse.

2. 

Push hard and fast in the center of the chest to the beat of a song that has 100 to 120 beats per minute.

Breathing problems often cause cardiac arrest in children. This is why it's important to give two rescue breaths with each set of 30 compressions for infants and children.

Call 911

The dispatcher on the call can help you while getting the medical help you need on the way.

Music Can Save Lives

While performing CPR, you should push on the chest at a rate of 100 to 120 compressions per minute. Songs that may help you stay on beat include, Stayin' Alive by the Bee Gees, Crazy in Love by Beyoncé, Hips Don't Lie by Shakira or Walk the Line by Johnny Cash.

American Heart Association.

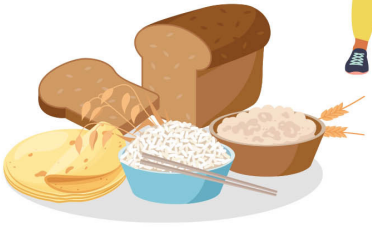
10 Ways to Improve Your Heart Health

1 Balance calorie intake with physical activity.



2 Add a variety of fruits and vegetables.





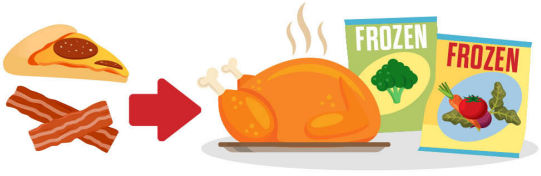
3 Incorporate whole grains.



4 Focus on healthy protein sources, mostly from plants and seafood.



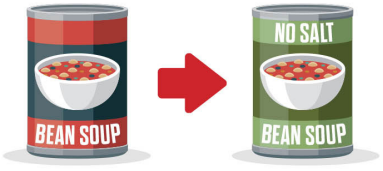
5 Use non-tropical liquid plant oils.



6 Eat minimally processed foods.



7 Minimize added sugars.



8 Cut down on salt.



9 **Limit alcohol.** (If you do not drink alcohol, do not start.)



10 Follow these recommendations whether eating at home or dining out.

Need more food for thought? Go to heart.org/eatsmart.

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