

**Alpha Kappa Chapter
The Delta Kappa Gamma Society International
Zoom Health/Wellness/Membership Meeting
October 5, 2020
Submitted by Nikki Abels**

Welcome: At 6:05 pm Nancy R. welcomed members and guests to our Health/Wellness/Business meeting.

Members in Attendance: Nikki Abels, Nancy Rosenbaum, Janie Register, Ruth Bickel, Monica Hayes, Carole Hardiman, Delores Hudson, Nancy Watson, Connie Lewis, Rhonda Work, Melanie Hester, Ginny Densmore, June Townsend and Deborah Hannah.

Guests: Shirl Steukens, Registered Nurse at FSUS and Jennifer Kinney, School Counselor at FSUS.

Program: Health and Wellness: Ruth B. introduced our speakers for our program.

Jennifer Kinney opened the program with a power point presentation. She emphasized that now more than ever we all need to be aware of how stress (which is meant to be a short term concern, not the long term as it currently is) affects our lives in many ways. We need to find balance, which can be very difficult to do. She also shared that she is seeing an increase in anxiety, panic attacks, Baker Acts, depression, and social isolation in our school aged students. It is important as teachers we recognize this and use the school resources to help these students. But we also have to take care of ourselves and maintain a balance so we can be there for our students, families and friends. We can strive to achieve this balance by having conversations, being a friend, offering and accepting support, seeking advice, exploring self help programs and establishing a support system for ourselves.

Shirl Streukens spoke next. She told us that of the 1800 students who attend FSUS, approximately one half are “brick and mortar” students and the other half are virtual learners. She continued with some of the health programs the school offers to students and staff. One she emphasized was “Wellness Wednesday”. This involves reminding students and staff of proper hygiene practices such as: proper handing when wearing a mask, and the proper use of hand sanitizers. She also explained the difference between isolation (what you do if you have Covid 19) and quarantine (what you do if you have had contact with someone who may be positive for the virus).

A Q&A period followed the presentation.

Business Meeting: At 6:48 pm, Nancy R. called the business portion of our meeting to order.

Minutes: Rhonda moved that the minutes of the September 17, 2020 be approved. The motion passed.

Treasurer’s Report: Rhonda reported that there were some changes from our last meeting. She sent a check for \$150 to Second Harvest. The other \$150 will be distributed next year. We purchased the large items the ladies of the Lundquist House asked for. These included: an air fryer, a laminator, a toaster oven and a dinner for the ladies. Rhonda also let the group know that she will be spending some funds for our member orientation meeting. She also reported that we still have a healthy balance. The report will be filed for audit.

Old Business:

ELC Multicultural Book List and Sign-Up Genius: Monica H. reported that we currently have 10 books now. She encouraged us to look at the list of books, but emphasized we are not bound by the list. ELC will welcome any appropriate gently used book for their children. Connie L.

suggested that the list and reminders be sent to the general members on a regular basis. And June T. suggested that we might want to put reminders on our Facebook site.

Difficult Conversations Group: Monica H. shared that she would like these meetings to create a “safe space” for all of us to feel comfortable to freely talk about difficult and timely topics. We would still begin with a general overview meeting and then offer small group meetings as determined by the group. She suggested an outline of topics to cover: awareness/beliefs/perceptions, a historical perspective of our current state of affairs, looking at data from a historical perspective, and cultural/linguistic competency. Delores H. asked “what is the goal of the program?” Monica said she envisions for us to be better informed, more self-aware and to be better messengers. There was much discussion as to when to start these sessions given all that is happening now. The group preferences ranged from starting this year to perhaps holding off until the beginning of 2021. Nancy R. said she would send out a Doodle survey to the membership with possible dates to get an overall feeling from our members.

Celebration of Life: Nancy W. asked if she could address this under old business as she had another meeting to attend. She received a letter about this on August 25. She was sent three copies of the information. We now need to contact the families of those we lost this past year. Nancy W., Connie L. and Rhonda will get together to work on this.

Lundquist House Wish List: Nancy R. reported for Felicia who could not be at the meeting. She received an email from the ladies and they thoroughly enjoyed our meeting together (and the dinner as well). They expressed they would love to meet again (perhaps in January 2021) and find out more about us. They also expressed that they would love for us to consider a mentorship type program with them. Rhonda said she and Gale W. thought that a good activity for us to do would be to provide a picture of ourselves from our college days and a small blurb about what life was like for us. Nancy R. reminded us that although we have taken care of the big items the ladies requested, the sign-up genius will stay active for household items they may need during the school year.

DKG Fall Workshop and Executive Board Meeting Update: Nancy Henning was not able to attend our meeting. Connie provided an excellent review in our newsletter. Nancy R. said the workshop had great programs and presentations. Rhonda concurred.

New Business:

2020 Membership Voting: Janie R. asked the members to make sure they looked at the new member information. Voting is on-line and the deadline is October 12. After the voting has concluded, a letter will be sent to the prospective members. The new member orientation is on October 24 and the new member induction will be held November 15 at 3 pm. All meetings are virtual and any member is welcome to attend. Nancy R., Connie and Rhonda will meet virtually to discuss the orientation presentation.

Announcements and Reminders:

New Member Orientation: New member orientation is October 24 at 10 am. All members are encouraged to attend to meet our newest members.

DKG “Power of Engagement” Series: The following information was shared with our members with encouragement to attend. The DKG state organization is inviting members to attend a series of Zoom meetings on the Power of Engagement. Just a reminder, you must register ahead of time to obtain an invitation to attend.

Sharing: Connie reported that her daughter works out of her home, her children are schooled virtually so her family was traveling to Pike’s Peak in Colorado and other national parks. Rhonda

reported her cat is doing well after her surgery to remove a tooth and is happy to get her collar off. Ruth B. reported that “empty nesting” is not so bad after all. Rhonda said it was great to see Melanie H. Nikki offered kudos to Nancy R. for all her hard work and enthusiasm.

Adjournment: The meeting was adjourned at 7:47 pm.