

Members in Attendance:

Julie Smith, Chip Curry, Shale Peters, Karen Kindell, Jesse Poole

Guests:

Renee Heal, Paula Schuessler, Althea Simeone, Deborah Meehan, Alison Weaver, Yvette Presley, Elizabeth Carver

Previous

No previous events to discuss.

Current

One of the major focus points of the meeting was the quarantine that we are all under due to the Covid-19 virus. Many strategies for successfully dealing with being confined to home were discussed, and I thought it might be good to list them here:

Scheduling: try to keep to a schedule, both for work-related activities and break time from work (coffee/tea break, etc.)

Delivery Services: many businesses are offering home delivery during the quarantine.

Limiting Media Exposure: if you find yourself becoming entranced with the virus due to the amount of coverage in the news, try to step away from it from time to time.

Create a Workspace: if possible, create a space in your home just for work-/school-from-home activities.

Walk with Pets: you can still go out for walks in low-pop. areas.ⁱ Bear in mind that, as of now, it is unclear whether or not the virus can spread to or through animals.^{ii*}

Connect with Others via Technology: send emails, messages via social media, Zoom/Skype/etc. with friends/relatives/coworkers.

Hygiene: being stuck inside, it can be easy to neglect personal hygiene and/or stay in pajamas all day. Try to avoid this.

Upcoming

We discussed the possibility of several “virtual events” and some ideas for student outreach:

Virtual Lunch: Another center had successfully hosted a “virtual lunch”. We discussed possibly hosting these, as well as doing a virtual variation of the previous “lunch with faculty” events.

Parent Support: Helen Rogers has led previous discussions on parenting. We discussed the possibility of reaching out to her to hold a parent support group for parents during the quarantine.

Virtual Yoga: I believe Shale mentioned that Garrett Vale was still hosting yoga virtually. Need clarification on this.

Virtual Expressions Night: Julie to lead this, Jesse and Elizabeth helping. We are holding a formal planning meeting for this Wednesday, April 8th at noon. We are shooting for a date sometime during the week of April 13th.

Gaming: Jackbox Games offers gaming over Zoom. Jesse to research this.

ⁱ Source: <https://www.akc.org/expert-advice/news/can-i-walk-my-dog-during-a-pandemic/>

ⁱⁱ Source: <https://www.cdc.gov/coronavirus/2019-ncov/faq.html#COVID19animals>

* "You should restrict contact with pets and other animals while you are sick with COVID-19, just like you would around other people. Although there have not been reports of pets or other animals becoming sick with COVID-19, it is still recommended that people sick with COVID-19 limit contact with animals until more information is known about the new coronavirus" – from cdc.gov