

OCTOBER 2021

# *October Newsletter*

WATAUGA COMPASSIONATE COMMUNITY INITIATIVE



***Preventing trauma.  
Building resiliency.***

VISIT  
[WWW.WATAUGACCI.ORG](http://WWW.WATAUGACCI.ORG)  
FOR MORE DETAILS.

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HAPPY FALL!  
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# WCCI 2021-2022

## Current Community Needs

### Foster Parents

Our community is always in dire need of foster care parents and mentors. To be a foster parent or to learn more, contact Jessica Winebarger at the Department of Social Services (265-8100).

### WYN Mentors

To be a mentor or to learn more, contact Angela McMann or Charlene Grasinger at Western Youth Network (264-5174)

### NAMI Community Meetings

*NAMI High Country is looking for leaders of its support groups and other programs. If you think you may be interested, contact Mike Tanner, [pres@namihighcountry.org](mailto:pres@namihighcountry.org).*

- *Public Information Meetings,*
  - *1st Monday (most months), 6:30 PM,*  
*<https://us02web.zoom.us/j/89693958646>.*
    - *Nov. 1: ASU Mental Health Ambassadors, "Depression & Suicide"*
    - *Dec. 6, Geri Miller, "Crisis Intervention"*
  - *1st Thursday, 4 PM*  
*<https://us02web.zoom.us/meeting/register/tZ0kdOqrrz0tEtLSeWjOcA0RJ8qaPcO5YnLn>*
  - *2nd Monday, 7 PM* *contact [pres@namihighcountry.org](mailto:pres@namihighcountry.org)*  
*for zoom link*
- *NAMI Education Programs Coming Soon:*
  - *NAMI Basics for parents and caregivers of children 22 and younger with mental health concerns*
  - *NAMI Family-to-Family for parents, friends, and others with a significant person in their lives who lives with a mental illness*



# WCCI WEDNESDAYS

## Upcoming Schedule

WCCI will be hosting monthly conversations by Zoom about trauma and resiliency. These conversations will be with people impacted by ACEs, as well as agency staff and providers. They will be held every Wednesday on Zoom until further notice. They will begin at 12:00 noon.

Zoom Link: <https://zoom.us/j/93894662207?pwd=Wjc3eU9SL3JMOXJpQSs5UkxYaUd3UT09>

Meeting ID: 938 9466 2207

Passcode: 440689

Date	Who is Joining	Topic
Oct. 6st	OASIS	Domestic Awareness Month
Oct 13th	Derek Lail	Individually Ordinary; Collectively Radical
Oct. 20th	Ryan Carver	Faces of ACES, Thriving Lives series: From Dope to Hope
Oct. 27th	Maria Matarazzo	Faces of ACEs, Thriving Lives: It Takes A Village

# MEMBER SPOTLIGHT

## Laura Byrch

Laura first got involved with WCCI after attending the State of the Child conference in 2016, and has been active with the prevention and policy subcommittees. She's particularly interested in how our community can create more deeply affordable housing options for the most vulnerable among us and how we can advance racial equity in our schools and the wider community.

Laura serves as Pastor of Community Engagement at Boone UMC and pastor of Blackburn's Chapel in Todd. She is excited to bring the values of her spiritual journey to the work of making our community more resilient and compassionate. She loves connecting people with things they are passionate about, and appreciates the many ways WCCI connects people from different parts of the community to work towards our common goals. Laura loves meetings and the work she does, but when she's not doing that, she enjoys being outside: camping, hiking, biking, swimming, or paddling; reading, eating good food, dancing, seeing live music, and working puzzles. She's grateful to be able to share life (and work within WCCI) with her husband, JB.



# RESILIENCY SKILL

## Wellness in the Workspace

### **Focusing Your Attention: The Pomodoro Technique**

<https://todoist.com/productivity-methods/pomodoro-technique>

- Set a timer for 25 minutes.
- Work on one task until the timer goes off
- Take a 5 minute break and repeat

### **Micro Meditations**

- Get comfortable. Sit in a comfortable position.
- Close your eyes and focus on your breathing. Breathe in through the nose and out through the mouth.
- In for the count of four, out for the count of 8. The longer exhale is what slows your physiological processes.
- While you're focused on your breathing, silently count your breaths. Deeply drop into your body and mind, like a weight that's been lifted.
- When thoughts infiltrate your mind, welcome them, then let them go. You'll be surprised at how just 60 seconds can help your refocus and recharge.

### **Chair Yoga & Desk Stretches**

- 1 minute Neck Exercises:  
[https://www.youtube.com/watch?v=Re-h\\_rtttIE](https://www.youtube.com/watch?v=Re-h_rtttIE)
- 1 minute Chair Yoga:  
[https://www.youtube.com/watch?v=vgf21Tqfwwg\\_](https://www.youtube.com/watch?v=vgf21Tqfwwg_)
- Stretch at Your Desk (2 mins):  
<https://www.youtube.com/watch?v=vElidGTZOIY>