

WATAUGA COMPASSIONATE  
COMMUNITY INITIATIVE

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# MARCH NEWSLETTER

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Preventing trauma.  
Building resiliency.

*"Community Is the Solution"*

For more information, visit  
[www.wataugacci.org](http://www.wataugacci.org)

# WCCI 2020-2021

## Upcoming Meetings

### Meeting Dates for 2020-2021 year:

Until further notice, WCCI meetings are by Zoom beginning at 8:30 am on the second Thursday of each month. Meeting dates are below. The Zoom link and password are as follows:

<https://zoom.us/j/92959886225pwd=TKJaUGFMTUY2aG13K2ZOMmdmNjIFUT09>

Meeting ID: 929 5988 6225

Passcode: 262131

WCCI meeting will be held from 8:30-10:30 am.

March 11

April 15 (April 8 is WCS spring break)

May 13



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

## Social Media! FOLLOW US!

WCCI - Watauga  
Compassionate  
Community  
Initiative

Watauga County  
North Carolina  
Aces Connection

@wcci\_2020



# 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
March 3	Ashley Wurth	Faces of ACES, Thriving Lives series: "Because of, Not in Spite of"
March 10	Marie Brumfield	Trauma, Resilience, and Teen Pregnancy
March 17	Kellie Bass	Active Bystander Intervention
March 24	Yolanda Adams	Faces of ACES, Thriving Lives series: A Life From Black and White to Color
March 31	Brett Loftis	Organizational Chronic Stress and Organizational Resilience

# MEMBER SPOTLIGHT

## Yolanda Adams

Yolanda Adams, originally from Bogota Colombia, came to the High Country in 2002. She holds a 2-year degree in Business Administration from Broward Community College in Ft. Lauderdale FL, her original home when she moved from Colombia in 1992.



Yolanda worked for 5 years as a Spanish Interpreter for the Watauga County Health Department. In 2012, she was hired as the Spanish Interpreter and Translator for WCS. Her passion and service to the Latino community lead her to apply and receive the position of Family Resource Coordinator for WCS. She has implemented the Juntos program, which promotes higher education for the Latino Community. She has worked tirelessly to build bridges between the Latino Community and Law enforcement by helping set up meetings and programs between both communities.

She also serves as a Spanish Interpreter for Child Protection Services, Daymark, the Department of Social Services, and the Children's Advocacy Center. She has also assisted with interpretation for Watauga County Sheriff's Department and the Boone PD. Adams currently serves as the Chair for High Country Community Health, Chair for Manos Latinas Unidas, which she helped form, board member of The Boone Chamber of Commerce, and member-at-large for the Immigration Justice Committee. She has been a member of the American Translators Association since 2017.

She and her husband, Jay, and four children, Alejandro, Christian, Joshuah and Hannah, enjoy working with the Latin community and experiencing all the outdoor activities the beautiful High Country provides. They frequently travel for their children's activities, and internationally for enjoyment.

# COMMUNITY SPOTLIGHT

## National Alliance on Mental Health- High Country

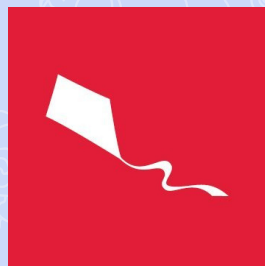
"The National Alliance on Mental Illness is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. We envision a cross cultural community in the High Country where compassion and understanding exists for everyone. We aim to make the High Country a safer space for those experiencing mental illness by ending the stigma associated with it. We want to ensure that those who need help have access to affordable care and support. We are here to facilitate recovery and resiliency for families and individuals and ultimately empower those who join us to be able to serve their community."



<https://namihighcountry.org/>

## Youth Villages

"Youth Villages provides help for children and young people across the United States who face a wide range of emotional, mental and behavioral problems. We work to find solutions using proven treatment models that strengthen the child's family and support systems and dramatically improve their long-term success."





# RESILIENCY SKILL



## Senses of the Seasons

In thinking about what kind of grounding I needed this week, the message that kept coming back to me was "all things are seasonal." We are all in different season of life, and it's important to remember that the seasons will change. I invite you to close your eyes or rest your gaze downward.

Let's start with Winter. Think of the tastes that remind you of Winter – do you drink hot chocolate, or hot tea? Do you eat roasted veggies or make soup? What does Winter smell like? What do you hear in Winter – is it the shush of snow, or Holiday carols? What does Winter feel like? Cozy blankets, or fuzzy scarves? What do you see when you think of Winter?

Now let's move into Spring. What tastes like Spring? What are the scents of Spring? What do you hear in Spring – are there birds chirping, are the streams beginning to flow again? What does your skin feel in Spring? Do you feel a cool breeze through the window that tells you that the weather is changing? What do you see? Is the green returning to the trees?

What about the senses of Summer? Do you tend a garden and feel the dirt between your fingers? Do you hear and see children playing in the sprinkler or splashing in the pool? What does summer smell like? Maybe barbecue grills, or suntan lotion?

Last is Fall. What does Fall taste like? Apple cider, or pumpkin pie? What smells remind you of Fall? Campfires, cinnamon, fresh cut hay? What do you hear and touch in Fall? And what does Fall look like? What colors do you see?

Now I invite you to take a few more seconds to place yourself in the season that feels most comfortable to you right in this moment.

Take a deep breath and release it. Surround yourself with the sights and smells and tastes that take you into that space, and know that each season will pass, as nature intends....





# BOOK OF THE MONTH

The Deepest Well

## the deepest well



HEALING the  
LONG-TERM EFFECTS  
of CHILDHOOD  
ADVERSITY

NADINE BURKE HARRIS, M.D.