

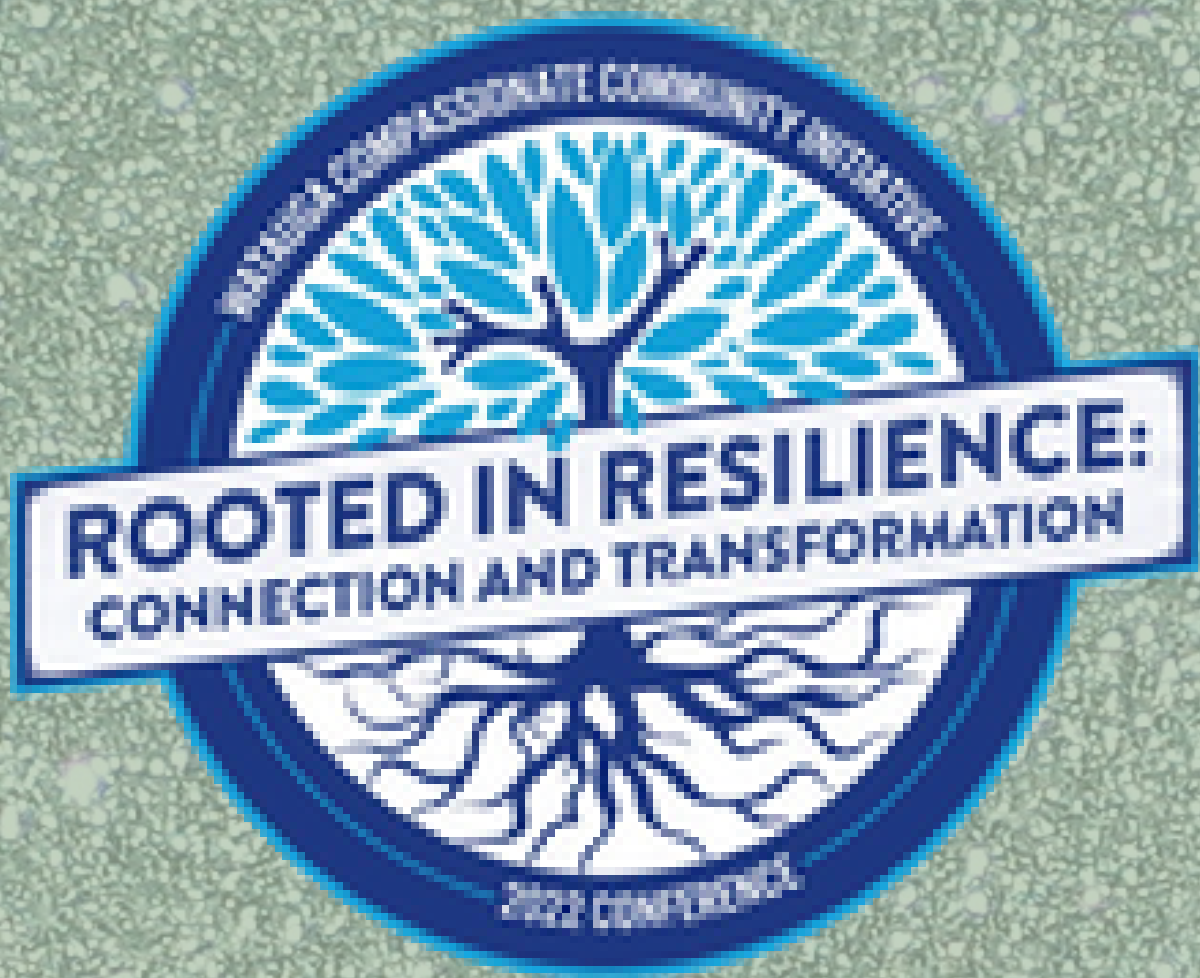
WATAUGA COMPASSIONATE  
COMMUNITY INITIATIVE

# May Newsletter

Preventing trauma.  
Building resiliency.







## **2022 Conference**

### **Rooted in Resilience: Connection and Transformation**

Registration is \$30.

Scholarships are available.

Contact [admin@wataugacci.org](mailto:admin@wataugacci.org) to request.

### **Conference Schedule**

Friday, May 13, 2022– Virtual Conference!

1:00–2:00 pm Session 1

2:15–3:15 Session 2

Saturday, May 14, 2022– Live Conference!

8:00–9:15 Connection Breakfast

9:30 – 10:30 Session 3

10:45 – 11:45 Session 4

12:00 – 1:00 Closing Speaker

Session descriptions and registrations instructions are available on our website.



Buy our gear:  
<https://www.bonfire.com/store/wcci/>



# WCCI 2022-2023

## Upcoming Meetings

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=TkJaUGFMTUY2aG13K2ZQMmdmNjlfUT09>

Meeting ID: 929 5988 6225

Passcode: 262131

WCCI meetings are from 8:30-10:30 am.

May 12, 2022

June 9, 2022

July 14, 2022

August 11, 2022

September 8, 2022

October 13, 2022

November 10, 2022

December 8, 2022

January 12, 2023

February 9, 2023

March 9, 2023

April 20, 2023

May 11, 2023

June 8, 2023



## SOCIAL MEDIA!

## FOLLOW US!



WCCI - Watauga  
Compassionate  
Community  
Initiative

Watauga County  
North Carolina  
Paces Connection

@wcci\_2020



# 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 in Watauga or to learn more, contact Angela McMann or Hannah Margolis at Western Youth Network (264-5174)

## NAMI Community Meetings

*NAMI High Country is looking for leaders of its support groups, education programs, and presentations. 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, on Zoom:  
<https://us02web.zoom.us/j/89693958646>.*

### *NAMI Family Support Group*

- *2nd Monday, 7 PM. Contact [pres@namihighcountry.org](mailto:pres@namihighcountry.org) for zoom link.*

### *NAMI Connection Recovery Support Groups, Zoom*

- *2nd & 4th Tuesdays of each month at 6 p.m. For link, contact Caleb Robleto [calebrobleto@gmail.com](mailto:calebrobleto@gmail.com).*



# MEMBER SPOTLIGHT

## Kathy Beach

Kathy Beach has been the senior pastor of the Rumble Memorial Presbyterian Church in Blowing Rock since early 2017. She became involved in WCCI almost immediately upon arriving in the High Country, attending the first conference in May 2017. When she began her project work for her Doctor of Ministry degree she officially joined WCCI, in winter 2020, and has served on the Awareness Committee. Kathy has served in urban, rural, and suburban communities and seen the effects of ACEs, as well as witnessing the effects in Central America and Mexico where she has spent significant amounts of time. But, it was not until arriving in the High Country that she learned about ACEs. Since then, a lot of pieces of the puzzle make more sense. Kathy has served Presbyterian churches all over North Carolina for 25 years. She first arrived in North Carolina to attend college, in 1988. She grew up in the Adirondack mountains of New York and Boone reminds her a lot of her hometown. She is married to Lance Perry, who is also a pastor, and between them they have five children. In her free time she enjoys spending time with family, cooking, and hiking in the beautiful High Country.





# RESILIENCE SKILL

## Listening to Music

Can music really affect your well-being, learning, cognitive function, quality of life, and even happiness?

A recent survey on music and brain health conducted by AARP revealed some interesting findings about the impact of music on cognitive and emotional well-being:

- Music listeners had higher scores for mental well-being and slightly reduced levels of anxiety and depression compared to people overall.
- Of survey respondents who currently go to musical performances, 69% rated their brain health as “excellent” or “very good,” compared to 58% for those who went in the past and 52% for those who never attended.
- Of those who reported often being exposed to music as a child, 68% rated their ability to learn new things as “excellent” or “very good,” compared to 50% of those who were not exposed to music.
- Active musical engagement, including those over age 50, was associated with higher rates of happiness and good cognitive function.
- Adults with no early music exposure but who currently engage in some music appreciation show above average mental well-being scores.

<https://www.health.harvard.edu/blog/why-is-music-good-for-the-brain-2020100721062>

