



*Watauga Compassionate
Community Initiative*

October Newsletter

WCCI 2022-2023

Upcoming Meetings

Update August 2022:

WCCI monthly meetings are returning to IN PERSON!

Second Thursday each month from 8:30-10:30am

Fellowship Hall of Boone United Methodist Church

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



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WCCI - Watauga
Compassionate
Community
Initiative



Watauga County
North Carolina
Paces Connection



@wcci_resilience

WCCI 2022-2023

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.

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 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.*

MEMBER SPOTLIGHT

Madi Zaidel

My name is Madi Zaidel and I am currently the Business Development Manager at Appalachian Regional Healthcare System (ARHS). At ARHS, I previously served as the Community Health Outreach Specialist and through that role I was introduced to WCCI. I have been a member of WCCI since September 2021.

I entered the health and wellness field while working on my undergraduate degree in Public Health at the University of North Carolina Wilmington. At UNCW, I served as a peer health educator for three years where I educated my college peers on topics related to mental health, nutrition, sexual well-being, physical activity, sleep, and more. After graduating from UNCW, I served as the Peer Health Education Coordinator on campus before moving back to Boone (my hometown).

I first learned about ACEs when I started working on my master's degree at AppState. This opened my eyes to the impact of ACEs on individual well-being, families, and communities. I am so inspired by each member of WCCI and the work that they do build a compassionate and resilient community – I am honored to have been a part of WCCI for a year now!

In my free time, I enjoy reading (I love a good Jodi Picoult novel), cooking (I have been a vegetarian for 4 years and love to get creative with recipes!), spending time with my dogs, and embracing life in the beautiful mountains.



MEMBER SPOTLIGHT

Sarah Martin

I was born in New Jersey, but grew up in Greensboro. I knew from the time I was 4 that I wanted to be a nurse. I went to college at Gardner-Webb University, played soccer there, and knew right away that I wanted to work with women and children. Before coming to Boone, I lived in Charlotte for about 15 years with a couple of years in Nashville.

I have been a Registered Nurse for 21 years now, and I have loved spending all of my clinical time caring for moms, babies, families, and kiddos. I am a firm believer that we should never stop learning and I have journeyed through education degrees and a graduate certificate in integrative medicine from the University of Arizona. I started teaching nursing in 2012 and eventually found myself in graduate school here at Appalachian State. Every time I would come up for school, I didn't want to leave! Finally, after finishing school and finding a job here, my family and I moved here full-time in 2018. I am now a clinical faculty member in the Department of Nursing at ASU. I get to teach OB, Pediatrics, and Community Health and I coordinate Service Learning for our nursing students and faculty.

My husband, Chad, and I have been married 18 years and we have two boys: Brody, a Junior at Watauga, and Grant, a sixth grader at Parkway. We live in an old cabin in Ashe County with space to run and play, and our chickens and dog can run too. I love to spend my time outside keeping up with my adventurous husband and boys, watching sports, hiking, gardening, learning, spending time with friends and family, serving others, and being creative. I am so grateful for this group and the work being done to build an even more resilient community!



RESILIENCE SKILL

Relational Care

Bodies settle and unsettle one another. Simply stated, a signal of safety from another nervous system is received, the relaxation response is triggered in our own nervous system. Intentional awareness of connection and active steps for connection can expand this response. With this understanding, relational care can be defined as the practice of presence and connection as action to preserve or improve another's and/or one's own health, well-being, and happiness, including during periods of stress.

Bonnie Badenoch tells us that “emotional regulation flows naturally from being in the presence of someone we trust.” This presence can be offered “naturally” and intentionally through:

- vocal patterns and facial expressions as positive social cues
 - (smiles, gentle eye contact, nodding, soft vocal tone)
- relaxed body posture
- reflective listening
- empathy

Further embracing a both/and perspective, active self-care practices can intentionally trigger the benefits of co-regulation even when one is alone, such as through:

- “compassionate attention” (“consciously directing our attention to notice and focus on things that are helpful to ourselves and to others” ~ Aundi Kolber, in Try Softer)
- making eye contact to help establish a sense of safety and connection and, thereby reverse some effects of PTSD (Ruth Lanius, MD, PhD)
- visualizing someone you trust — even a pet — or otherwise looking for cues of safety and connection in your space or with another person (Kimberly Schmidt Bevens).