

## **Florence Area Coordinating Council Meeting**

**March 2, 2011 8:30 – 10:00 a.m.**

1. Call the Meeting to Order – Bou Kilgore
2. Approval of Feb 2nd Minutes – Diane M. read the min's to the Council & Jenny Alberty made a motion to approve the min's & Linda W 2<sup>nd</sup> & Council all approved & no opposed
3. Treasurer's Report – Linda Castro submitted the report, so far we have \$4355 for Robin Rose, goal is \$5000 to break even. Report was entered as submitted
4. Committee Reports:
  - a. Directory Update – Monica: April meeting we should have paper copies
  - b. Volunteer Recognition: event is April 13<sup>th</sup> still need a participant/volunteer to help present the "script" portion of the event & other help needed ..contact Bou or Leah
  - c. Membership Drive – Bou reports that she has contacted 20 folks by email, and 40 by mail in attempts to recruit addtn'l members
5. Old Business:
  - a. Robin Rose Trainings: 3/11 & 12 slots still available to sign up
  - b. Teen Summit 3/10 at fire station 3pm see handout attachment
6. New business: NONE
7. Future Meetings and Dates to Remember:
  - 3/10-Teen Summit
  - 3/11&12 Robin Rose Workshops
  - 3/16 FACC Board 8:30-DHS
  - 4/6 FACC Meeting "Care and Feeding of Volunteers"
  - 4/13 Casino-Volunteer Recognition Event: "Mystery at High Tea"
  - a. Goals for the year:
    - To sponsor 3 major training events for the year.
    - To have dynamic, interesting speakers at the meetings.
    - To sponsor a Community Wide volunteer Recognition Event.
    - To produce an updated version of the Information Directory
    - To develop a community wide Calendar of Events
    - To continue the work started at the F.A.C.E.'s Event.

Next Council Meeting: Wed. , April 6th . 2011 – 8:30 a.m. –

Next Board Meeting: Wednesday, March 16 , 2011 – 8:30 am -DHS

“Managing Stress and Avoiding Burnout”

Guest Speaker Lucas Drysdale spoke about Tai Chi & all the benefits it provides

He teaches classes MWF 4 pm @Presbyterian Church, donation only charged

He also teaches at Greentrees 1pm Mondays

& has private lessons ava. By request(teaches children too)

Some Highlights of Tai Chi:

Meditation & Motion...some say “Medication thru Motion”

Slow movements, low impact, deals w/ body’s energy.

Lucas states that this helps balance, coordination, healing, mental health, and more

Another concept is that the mind is your doctor & your body is the patient..

Belly breathing to take true full breathes was also discussed & practiced.

The group shared their ways of MANAGING STRESS & AVOIDING BURNOUT:

Reading/books on tape

Exercise, walking, walking w/ a friend

Pets

Quilting

Playing an instrument

Eliminate TV

Go outside away from electronics

Pray

Meditate

Tai chi, chi gong, yoga

“Ted Talks” videos

Do What You Love

Switch tasks-Keep it fresh

Enjoy plants or flowers

HUMOR

Cooking

Teaching someone a new skill

To do lists

Visualization

Keeping boundaries

Motorcycle riding. Harley

Remembering there is a difference between being selfish & taking care of yourself!

Learning or using tools to release “issues”~check them at the door☺