

SWANI Chapter of IAAP

Meeting Minutes

- When:** October 19, 2010
- Where:** Mercy Hospital
- Speaker:** Dr. Howard Gartland, PhD.
- Present:** Laura Manke, Mandy Doersam, Tammy McElwee, Lisa Skarlupka, Kim Rebarchek, Nancy Arnold, Sally Keena, Roxanne Matteson, Aimee Bierman, Jennifer White
- Next meeting:** Tuesday, November 16, 2010
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I. Welcome and Introductions

President Sally Keena welcomed all members and guests.

II. Dinner

Chicken cordon bleu, rice, salad, vegetables and a yummy pumpkin roll for dessert.

III. Program

Dr. Howard Gartland, PhD, licensed Psychologist with Mercy Health System, gave a very nice presentation titled, "Stress Management & Health." He spoke to us about the various sources of stress in our lives and how some stress is normal and good, but often time it gets out of hand and sometimes unmanageable.

Our bodies react to stress with physical symptoms, like increased blood pressure, heart palpitations, increased blood flow to the abdomen (butterflies in the stomach feeling), etc. Stress has been linked to 25 top diseases, such as heart disease, cancer and sclerosis of the liver.

Things we can do to help manage some of the stress in our lives include things like deep breathing, journaling, yoga, exercise. It is important to take time for us to do these things – even if it is 15 minutes to break away and go for a walk or have quiet time (make sure to turn that cell phone OFF).

Overall, it was a great presentation. While the presentation about stress management was happening, Tonya Swanson was helping chapter members relax by giving 5 minute chair massages. Everyone was relaxed after having one of those.

IV. Business

Minutes – Kim Rebarchek motioned to approve the September meeting minutes, seconded by Nancy Arnold.

Treasurer's Report – Lisa Skarlupka motioned to approve, seconded by Nancy Arnold.

Pathways to Excellence – Nancy Arnold said the chapter is doing good so far this year and we are on track to renewing our status as a Chapter of Excellence.

IAAP Web Community – Sally Keena noted that only 11 members of the SWANI Chapter have profiles on the IAAP Web Community. It is very possible that the November Scope will not be e-mailed out as an attachment, but will be sent as a link to the Chapter website so get those profiles done so you can log in & see that Scope and the other important information out there.

Fall Education Conference (FEC) – Nancy Arnold is the only SWANI member scheduled to attend, but there are over 50 attendees total so it should be a great meeting.

V. Announcements

The 50/50 raffle winner (\$20) was Nancy Arnold. There were also 4 gift bags raffled and the winner of those were Kim Rebarchek, Mandy Doersam, Lisa Skarlupka and Sally Keena.

Tonya Swanson gave a way \$10 off coupons for her massage services and winners of those included Sally Keena, Aimee Bierman, Mandy Doersam, Tammy McElwee, Roxanne Matteson and Nancy Arnold.

VI. Good of the Order

There's a Scrap & Stamp to benefit the Edgerton OutReach on November 13. Time is 7 a.m. – 9 p.m. and it will be in the Tri-County Community Center in Edgerton. Cost is \$25/table. See Tammy McElwee for details.

Our own Mandy Doersam will be playing in a band concert November 19 at the Highland Community College – see her for details.

Roxanne Matteson's daughter has gotten a 2-year contract in a dance production – way to go!

VII. Adjournment

Adjourned at 7:38 p.m.