

Leonia Sigma Free Task Force
Meeting Minutes
11.23.20

In attendance: Caroline Garcia, Jacki Szabo, Isabelle VanSickell, Stella Jang, Bianca Nieto

- We welcomed our new members Maryellen Peters Neu, and Bianca Nieto and our new co-chair Jacki Szabo.
- We have new social media accounts- please follow us
 - ❖ Instagram: @stigmafreeleonia
 - ❖ Facebook: Leonia Stigma Free
- Dr. Bertolini still needs to approve the faculty/staff yoga and meditation zoom session.
- We would like to create a flier to encourage positivity/gratitude during the holidays. We should also provide more resources for the community. We can create a place for participants to share their responses through Padlet- "I'm grateful for...". We can also create a flier that provides easy coping skills, ie. "4 easy skills to deal with holiday stress".
- The task force would like to help those in need- ideas included "adopting" a family, donating food, toys, clothing, etc. and even creating a letter/card writing project for the residents of the senior home. Isabelle will reach out to see how feasible this will be.
- Bianca will reach out to the DECA student regarding a potential zoom presentation on mental health awareness.
- Leah Fowler of the Presbyterian Church in Leonia has expressed interest in providing support for her congregants when it comes to loneliness and isolation, particularly during the winter months. We discussed the possibility of either providing an event for her congregation specifically or making it more widely available to the community.
- We discussed the need for a Parent Support Group that would incorporate coping strategies and skills to deal with stress and anxiety for parents and their children. Please provide your input on the google doc that has been shared. A virtual meeting will take place on December 16th at 9pm. Jacki will host through her zoom account.