September 2021 CoP: Back-to-School – Intentional Balance

Host:
Amanda Gaston
Zuni Pueblo (she/ her)
Agaston-contractor@npaihb.org

Speakers:
Robert Johnston
Muscogee Creek/ Choctaw (he/him)
I love healing.
chiefwoogiefoot@aol.com

Danica Brown, MSW, PhD
Choctaw Nation of Oklahoma (she/ her)
I love puppies (it’s in my bio)
dbrown@npaihb.org

Resources:
What are your favorite time management tools?
https://jamboard.google.com/d/1HCpM0iS5zNRoYU9wHU5mGHD8mIMXhXVEHW-IRVA470/viewer
Breaking Isolation: Self Care and Community Care Tools for Our People

App recommendations:
WhatsApp: an encrypted app that affords users the privacy needed to conduct community care while feeling safe. People can develop private WhatsApp communities to check in with each other and offer support in ways that are safer than social media.

Volunteer Connection: an app that connects people to volunteer opportunities throughout the nonprofit world.

GiveGab: allows users to post photos of their volunteer experiences and connect with other volunteers.

Golden: allows users to invite their own friends out to volunteer.

Be My Eyes: connects people who are blind or low-vision with volunteers and company employees who want to help guide them.
September 2021 CoP Chatfeed

10:07:05 - Jennifer
Thank you Danica

10:07:26 - Michelle Singer (she/her)
Thank you, sister Danica! Good words!

10:10:00 - Amanda Gaston
Ah, love it!

10:13:32 - noah
Noah

10:13:53 - noah
Lower Elwha Klallam Tribe

10:13:58 - Jennifer
Jeni (she/her), Anchorage, AK, Project Coordinator, ANTHC

10:14:05 - Chelsea
Chelsea, She/Her
Mohawk/ Native American Community services

10:14:10 - Patricia

10:14:11 - jaimie
Jaimie

10:14:16 - Jordan
Jordan - Taos Pueblo in NM - Taos Pueblo Awareness Coalition Team (TPACT), Team Coordinator - She/Her

10:14:16 - Jennifer
Hello Everyone! My name is Jennifer, enrolled in Navajo Tribe. Born and raised in NM. Working as a Foster Care Specialist with the Fort McDowell Yavapai Nation in Arizona.

10:14:17 - Shasta
Shasta

10:14:18 - Danica Brown
Danica Brown, Choctaw Nation OK,. NPAIHB, New Mexico via Oklahoma, my paternal gm was Dotty Love Brown, maternal gm, Emma Ross

10:14:19 - Hannah
Hannah (she/her), Chevak Quissunamiut Tribe, Anchorage-Alaska which is on the traditional lands of the Dena'ina people. ANTHC HIV/STD Prevention Program Manager

10:14:21 - Donna
Good morning/afternoon.. I am Donna from the Pueblo of Cochiti in New Mexico. I work for the Pueblo of Tesuque.

10:14:22 - Michelle Singer (she/her)
Ya'at'eeh abini (Good morning) ~ Michelle Singer (she/her | Navajo), Healthy Native Youth Project Manager, NPAIHB | msinger@npaihb.org

10:14:33 - Evelyn
Evelyn (Sher/Her), Warm Springs/Wasco from CTWS, NAYA Family Center
Maternal, Atwai

Jerri (she/her), Navajo, Healthy Native Youth Specialist at the Inter Tribal Council of Arizona, Inc. in Phoenix

Meg, she/her, Cook Inlet Tribal Council; Dena’ina land/Anchorage, Alaska; John & Margaret

Mariela. She/Her, San Pascual Americorps Mentor

Thomalisa - She/Her/Herself - Dine' - Farmington, NM - Capacity Builders, Inc. - Prevention Educator

April ICW @ Sauk-Suaittle Tribe in Washington State I am Chickasaw

Brianna (she/Her). Mohawk. Native American Community services

Christine (she/her), I am a prevention specialist, I work for the Swinomish Tribe's didgwalic Wellness Center, based in the La Conner Schools. I'm from Albuquerque, NM, my grandparents are Jose and Candelaria.

Charlotte (she/her) Quileute Tribe, victims of crime advocate, and court appointed child advocate, school board member.

Nicole, She or They. I am Mexican-American

Anita member of the Pascua Yaqui Tribe maternal grandparents

Sonia (she, her) Morongo TANF Dorthey & Frank Lugo

Jacob (he/him), Navajo/Kiowa; Prevention Specialist with Fort Defiance Indian Health Board Circles of Care program in Fort Defiance, AZ

Noah, Port Angeles WA, Lower Elwha Klallam Tribe, TANF Youth Advocate

Ch’ee-la, Jacob from Siletz Tribe, Youth Dev Program Coordinator, Sh'sru (grama Marie Klamath) Sh’aa-me (grandpa Guy).

Tamara, she/her | Oglala Sioux Tribe | ALTSA, Tribal Affairs

Jane Manthei | she/her | NPAIHB |

Shasta, Lummi Nation, she/her grandparents

Chris, University of Texas in Houston, from London & proud to be part of Healthy Native Youth team
Jaimie - Teen Advocate/Truancy Prevention Specialist. Squaxin Island Tribe

Jonathan, Lower Elwha Klallam Tribe. NCAI Youth Commission Vice President, UNITY Secretary/Northwest Regional Representative, and Klallam Language Teacher.

That's when it counts! :)

Yes! If you see someone's name in the chat that you've been meaning to reach out to...say 'hi' and introduce yourself. This is a great space for networking! :)

Hello everyone. Debra, Washoe-Paiute from northern NV, in Yerington. I work with Native Youth Community Project NYCP.

On the first definition

Hi Debra! :)

Yes Nicole

I've been reading bell hooks' All About Love and I was struck by how rare it is to receive instructions to build positive and healthy relationships with others and ourselves. That's where the healing is but we don't see that in mass media and pop culture

Yes, Jane!

Also love Bell Hooks

Thanks Jane. Yes!

Michelle Singer...aayy!

Saying 'no' while saying 'yes' :)

I'm wearing my Sunday's finest and my COVID +19! aye!

Hello Native STAND Nation! Those who are on the call and you know who you are! So very good to see you! You make my day!
10:57:07 - Amanda Gaston Zuni time!

10:57:16 - Jane Manthei CP time in Alabama

10:58:06 - Alberta Hello Michelle This is Alberta, Navajo Nation Division of Behavioral and Mental Health Services

10:58:07 - Jane Manthei which is bold because I don't know of any other contemporary use of Colored People...

10:58:09 - Nicole And there's nothing wrong with prioritizing what matters

10:58:52 - Amanda Gaston @Jane - they do in South Africa, but the connotation is different.

10:59:37 - Jane Manthei @Amanda - it's the politer version, but you can imagine the alternative

11:00:49 - Michelle Singer (she/her) https://jamboard.google.com/d/1HCpMoliSzNROy9wHUSmGHD8mIIMXhXVEHW-IRVA470/edit?usp=sharing

11:01:45 - Jane Manthei Either way, time management is often used as a way to prioritize values and it's a powerful tool - for better or for worse

11:02:59 - Robert Johnston The term is Koori time. Koori is what the aboriginal people of southern Australia refer to themselves.

11:04:34 - Thomas Ghost Dog I have the 1 minute rule. Life changing

11:05:00 - Nicole I use it all the time

11:05:20 - Jane Manthei Jamboard is awesome - so helpful

11:05:23 - Nicole and I often do this to capture notes so I don't have to retype them or make it too clean

11:05:39 - Nicole We have to let our community love us and help us

11:10:52 - Nicole It's always energizing to breathe!

11:11:03 - Meg (she/her) Helped me re-focus

11:11:29 - Christine I felt my shoulders drop as I breathed...

11:11:30 - Amanda Gaston Helped me to resettled. :)

11:11:42 - Alberta relaxed
11:11:51 - Lorna
Energized

11:12:15 - Theresa
felt like I need to work on my lung capacity! LOL

11:12:16 - Amanda Gaston
Here's the link for the box breathing

11:12:46 - Brianna
LOL yes Theresa!

11:12:57 - Robert Johnston
Does anyone know who the artist was in that last slide?

11:13:35 - Amanda Gaston
@Theresa - right?!? I couldn't tell if I was breathing in or out!

11:13:54 - Jane Manthei

11:14:21 - Amanda Gaston
@Robert - Yes, let's check with Danica. Sorry, I usually have those sited. :)

11:15:16 - Robert Johnston
Ok thanks. I thought it was beautiful!

11:15:32 - Amanda Gaston
So beautiful!

11:15:39 - Debra
Hi Michelle. Always doing the twist. Good to be here today!

11:15:49 - Michelle Singer (she/her)
@Robert, I thought it was beautiful and powerful too! It made me do a double take!

11:16:26 - Danica Brown

11:16:33 - Avreayl
Thank you so much for sharing these resources and good thoughts!! Really appreciating!

11:16:49 - Danica Brown
As an encrypted app, WhatsApp affords users the privacy needed to conduct community care while feeling safe. People can develop private WhatsApp communities to check in with each other and offer support in ways that are safer than social media.
There are many other digital apps and platforms that have the same purpose and also lack the community care designation. There's Volunteer Connection, an app that connects people to volunteer opportunities throughout the nonprofit world. GiveGab is similar, but allows users to post photos of their volunteer experiences and connect with other volunteers. Golden provides the same function while allowing users to invite their own friends out to volunteer. Be My Eyes connects people who are blind or low-vision with volunteers and company employees who want to help guide them. Volunteers can connect with a simple video call.

11:17:30 - Amanda Gaston
Awareness if the first step to unfolding...

11:17:49 - Amanda Gaston
Thanks Danica!

11:19:23 - Danica Brown
I love a good cat meme

11:19:25 - Chris
My dogs!

11:19:32 - Stephanie Craig Rushing
My kids crack me up!

11:19:43 - Jennifer
My prayers make me feel safe. My kids and cat make me laugh.

11:19:51 - Meg (she/her)
Laugh

11:19:52 - Nicole
My dogs make me laugh all the time...they are like a never ending blooper reel

11:20:06 - Selena
Prayer makes me feel at peace

11:20:07 - Donna
My family make me laugh... so do my godchildren and grandson

11:20:08 - Debra
Hearing my grandchildren laugh and having fun!

11:20:11 - Jerri
Cartoons

11:20:15 - Analisa
Being in nature helps me feel good, helps me feel grounded. My family makes me laugh

11:20:19 - Tamara
My family makes me smile and laugh.

11:20:27 - Jane Manthei
Same, Analisa!
11:20:50 - Michelle Singer (she/her) | Cartoons makes me laugh. Prayer grounds me and calms my busy brain.

11:20:52 - Lorna | My family

11:20:55 - Nicole | They have a way of doing that don't they

11:21:07 - noah | I feel great when I help my friends and family obtain skills to stand on their own!

11:21:10 - Alberta | Being with family and sharing a good laugh is what I enjoy.

11:21:37 - Jacob | Big Bang Theory episodes. Stories with cousins and how we add on and keep adding to it

11:22:19 - Charlotte | The ocean with my baby nephew. He loves just sitting there with me watching my the waves, birds and anything in the water at that moment

11:22:31 - Christine | Texting with my mom in Albuquerque. She sends me funny pictures, which she calls her monitos.

11:22:44 - Nicole | I love seeing the names of everyone’s grandparents and ancestors in the chat. Isn't just speaking their names so powerful?! My grandparents are Eduardo, Guadalupe, and Rose Willkinson.


11:24:24 - Nicole | LOVE the promo video

11:24:30 - Michelle Singer (she/her) | https://www.healthynativeyouth.org/resources/

11:25:00 - Michelle Singer (she/her) | Social Media and Promo Flyers can be found under our Resources & Support tab!

11:26:03 - Chris | You got it!!


11:28:04 - Evelyn | I always enjoy Robert speaking. Thank you Danica for sharing your wisdom as well.

11:28:43 - Jane Manthei | Yes, thank you Robert and Danica! You always share incredible insights

11:28:50 - Jennifer | Thank you Danica and Robert, grateful to hear you share today.

11:29:01 - jaimie | Great tools and thank you for the resources. I plan on sharing with the Squaxin Community (:
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<thead>
<tr>
<th>Time</th>
<th>Name</th>
<th>Message</th>
</tr>
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<tbody>
<tr>
<td>11:29:03</td>
<td>Michelle Singer (she/her)</td>
<td><a href="https://www.nativewellness.com/">https://www.nativewellness.com/</a></td>
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<tr>
<td>11:33:43</td>
<td>Shasta</td>
<td>hy'shqε</td>
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<td>11:33:45</td>
<td>Christine</td>
<td>Thank you! How great to leave with a song in my head and heart!</td>
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<td>11:33:47</td>
<td>Marissa</td>
<td>Thank you!</td>
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<tr>
<td>11:33:48</td>
<td>Nicole</td>
<td>Thanks everyone!!</td>
</tr>
<tr>
<td>11:33:51</td>
<td>Meg (she/her)</td>
<td>Thank you!</td>
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