

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/1HCpMoliSzNRoYU9wHUSmGHD8mIIMXhXVEHW-IRVA470/viewer>

Breaking Isolation: Self Care and Community Care Tools for Our People

<https://alp.org/breaking-isolation-self-care-and-community-care-tools-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 Trish, she/her. Alaska Native Tribal Health Consortium - Wellness and Prevention Department. New Hampshire. Peter/Betty .

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 (She/Her), Warm Springs/Wasco from CTWS, NAYA Family Center

	Maternal, Atwai
	Paternal
10:14:44 - Jerri	Jerri (she/her), Navajo, Healthy Native Youth Specialist at the Inter Tribal Council of Arizona, Inc. in Phoenix
10:14:57 - Meg (she/her)	Meg, she/her, Cook Inlet Tribal Council; Dena'ina land/Anchorage, Alaska; John & Margaret
10:14:58 - Mariela	Mariela . She/Her, San Pascual Americorps Mentor
10:15:07 - THOMALISA	Thomalisa - She/Her/Herself - Dine' - Farmington, NM - Capacity Builders, Inc. - Prevention Educator
10:15:13 - April	April ICW @ Sauk-Suaittle Tribe in Washington State I am Chickasaw
10:15:18 - Brianna	Brianna (she/Her). Mohawk. Native American Community services
10:15:26 - Christine	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.
10:15:45 - Charlotte	Charlotte, (she/her) Quileute Tribe, victims of crime advocate, and court appointed child advocate, school board member.
10:15:47 - Nicole	Nicole, She or They. I am Mexican-American
10:15:52 - Anita	Anita member of the Pascua Yaqui Tribe maternal grandparents
10:15:54 - Sonia Mares	Sonia (she, her) Morongo TANF Dorthey & Frank Lugo
10:15:56 - Jacob	Jacob (he/him), Navajo/Kiowa; Prevention Specialist with Fort Defiance Indian Health Board Circles of Care program in Fort Defiance, AZ
10:16:00 - noah	Noah, Port Angeles WA, Lower Elwha Klallam Tribe, TANF Youth Advocate
10:16:15 - Jacob	Ch'ee-la, Jacob from Siletz Tribe, Youth Dev Program Coordinator, Sh'sru (grama Marie Klamath) Sh'aa-me (grandpa Guy).
10:16:20 - Tamara	Tamara, she/her Oglala Sioux Tribe ALTA, Tribal Affairs
10:16:22 - Jane Manthei	Jane Manthei she/her NPAIHB
10:17:21 - Shasta	Shasta, Lummi Nation, she/her grandparents
10:18:45 - Chris	Chris, University of Texas in Houston, from London & proud to be part of Healthy Native Youth team

10:19:26 - Amanda Gaston <https://padlet.com/wernative/dz6jqxfalpbzvkx3>

10:19:49 - jaimie Jaimie - Teen Advocate/Truancy Prevention Specialist. Squaxin Island Tribe

10:21:03 - Jonathan Jonathan, Lower Elwha Klallam Tribe. NCAI Youth Commission Vice President, UNITY Secretary/Northwest Regional Representative, and Klallam Language Teacher.

10:35:50 - Amanda Gaston That's when it counts! :)

10:42:28 - Amanda Gaston 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! :)

10:49:40 - Debra Hello everyone. Debra, Washoe-Paiute from northern NV, in Yerington. I work with Native Youth Community Project NYCP.

10:49:41 - Nicole On the first definition

10:50:06 - Amanda Gaston Hi Debra! :)

10:50:39 - Amanda Gaston Yes Nicole

10:50:49 - Jane Manthei 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

10:51:09 - Nicole Yes, Jane!

10:51:24 - Nicole Also love Bell Hooks

10:51:47 - Amanda Gaston Thanks Jane. Yes!

10:52:17 - Amanda Gaston Michelle Singer...aayy!

10:53:57 - Amanda Gaston Saying 'no' while saying 'yes' :)

10:55:01 - Michelle Singer (she/her) I'm wearing my Sunday's finest and my COVID +19! aye!

10:56:42 - Michelle Singer (she/her) 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/1HCpMoliSzNRoYU9wHUSmGHD8mIIMXhXVEHW-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 resettle. :)

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 link on slide - <https://alp.org/breaking-isolation-self-care-and-community-care-tools-our-people>

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 though it was beautiful and powerful too! It made me do a double take!

11:16:26 - Danica Brown <https://alp.org/breaking-isolation-self-care-and-community-care-tools-our-people>

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 is 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.
11:23:12 - Jane Manthei	https://www.healthynativeyouth.org/
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!!
11:26:45 - Michelle Singer (she/her)	Community of Practice 2021-22 Schedule here https://www.healthynativeyouth.org/community-of-practice/
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 (:

**11:29:03 - Michelle
Singer (she/her)**

<https://www.nativewellness.com/>

11:33:43 - Shasta

hy'shqe

11:33:45 - Christine

Thank you! How great to leave with a song in my head and heart!

11:33:47 - Marissa

Thank you !

11:33:48 - Nicole

Thanks everyone!!

**11:33:51 - Meg
(she/her)**

Thank you!