

CAPE COD & ISLANDS COMMUNITY HEALTH NETWORK AREA ~ CHNA 27
Minutes for Thursday December 9th, 2021 9:00-10:30 am
Zoom Meeting – Meeting Minutes By Kelly Sommers

Present:

Louisa Stringer, Cape Wellness Collaborative	Ann Burke, Fenway
Mary Jo French, Spaulding	Catlin Abber, Cape Cod Foundation
Regina Correira, Family Continuity	Craig Bautz,
Laura Smith, Oakdale Farms	Jessica Simmons, CORD
Lauren Fogle, LCSW & Virtual Assistant	Marty Field,
Patrick Logan, Beacon Public Safety	Colleen Kennedy-Meilo, Southeast Tobacco-free community
Beverly Costa-Ciavola, Cape Cod Neighborhood Coalition	Annie Catalano, YPD
Stacey Richmond, Kind Eating	Deborah Ennis, Psychotherapist
Lois	Andrea Joyner,
Clare Goodwin, Intuitive guide	Nancy Kovac,
Valerie Pereira Brown, Health Imperatives/WIC	Abigail Field, Cape Wellness Collaborative
Nicole Perullo, Nolia Mabel Skin Spa	Trudy Avery,

Welcome:

Meeting started at 9:05am

Regular Business:

- Mary Jo read the purpose of CHNA27
- Format of meeting explained
- Massage Coffee Card giveaway explained

Topic: A Gift of Self-Kindness

Speakers:

- ◆ **Craig Bautz** - Spaulding Rehabilitation Hospital, Director of Therapeutic Activities
- ◆ **Stacey Richmond** - Kind Eating, Nutrition Therapist
- ◆ **Nicole Perullo** - Nolia Mabel Skin Spa, Esthetician
- ◆ **Clare Goodwin**-Intuitive Guide, Laughter Yoga with emphasis on the Sedona Method
- ◆ **Deborah Ennis** - Psychotherapist, Healing Therapies - Self Compassion Mindfulness

Presentation: Louisa Stringer - Caregiving Guide and **Mary Jo French** - Spaulding

PANEL:

Craig Bautz - Spaulding Rehabilitation Hospital, Director of Therapeutic Activities

Introduction on mindfulness. Mindfulness practice with crystal bowls, breathing and relaxation .

Stacey Richmond - Kind Eating, Nutrition Therapist

How to develop kind eating. Active parasympathetic nervous systems.

Kind Eating Principles: Posture, Breathing, creating healthy intention, and self-kindness - self-love, gratitude.

Find the highest thought that can create the highest vibration we can release dis ease in our mind and body.

Nicole Perullo - Nolia Mabel Skin Spa, Esthetician

We need to stop using stress levels to measure success. Impotence of taking care of skin and how stress contributes. Cortisone released with stress affects skin, acne. Skin picking. When stressed we often don't make great food choices which can also affect skin. Try to fight against your body's natural rhythm - If you are not a morning person try to adapt where possible to work with the way your body works - where possible. Good to know when you function best. If you put anything on your skin, use SPF - skin cancer is on the rise. Rapid Refresh treatments offered in studio - 30 min facials for people who don't have time or money for something longer.

Deborah Ennis - Psychotherapist, Healing Therapies - Self Compassion Mindfulness

Mindfulness practice, cupping eyes, resting head in hands, breathing. Take time. Look outside and remember to get outside a minimum of 15 minutes per day for the natural light.

Clare Goodwin-Intuitive Guide, The Sedona Method

Hold a pen that represents your thoughts, beliefs, limiting beliefs, emotions that get in the way of being yourself. Loosely holding the pen, we are not the "pen". We are holding it. Most of us hold on (tight) to that pen. Let go - hard to let go, we identify with that, we feel it's us. Tension from that holding goes into the body. 3 questions: Could I let go? Would you let it go? When? Let the pen roll in your hand lightly, we are not the stories we tell and beliefs we hold on to. Turn your hand over and let go. That is the Sedona Method technique.

Q + A

Massage and Coffee Card Giveaway

Announcements

Meeting ended 10:25am

Meeting minutes respectfully recorded by Kelly Sommers, CHNA27 Administrative Coordinator;
Email address is **CHNA27Cape@gmail.com**