

October Minutes
Tuesday, October 20, 2020

WELCOME

PROGRAM: *Self-Care--How to manage stress and protect your immune systems*
Kathleen Dubovsky

Called to order 7 pm

Introduced guest speaker Kathleen Dubovsky

Relationship between stress and immune system.

It is best to keep cardiovascular system strong now.

Digestive system changes when under stress and cortisol levels are high.

Cortisol increases desire to eat the things the quickly convert to energy (sugar and carbs). This shows up as cravings. A stress response to keep us alive.

We no know the microbiome is called the “second brain” the gut is connected to our brains by the vagus nerve.

80% of immune system resides in “gut”

The bacteria in our gut is good, but it can be moved off-balance and can result in sickness, cravings for carbs and sugar, joint pain, chronic headaches, sleep issues etc.

All connected to serotonin levels in the brain

Self-care is an over-used term. In order to safeguard health, self-care means intentional practice of health every day.

What can you do to start reducing stress and restore balance in gut microbiome:

1. Daily exercise (does not need to be complicated. Go walk) Increases endorphins and improves many physiological functions in the body.
2. Relaxation and breathing (adults under stress are shallow breathers) Practice breathwork every day. Bring oxygen into belly space and then exhale. Inhale deeply, exhale fully. Then take notice what is happening in your brain and body. If you are not sleeping, try the 4-7-8 rep: breathe in for 4 counts, hold for 7 counts, exhale for 8 counts and repeat three times.
3. Journaling: morning pages (before getting out of bed, stream of consciousness in writing). Technique comes from the Artist’s way. Second option is gratitude journaling. Focus on the things that are good in your life.
4. Set boundaries around work.

All of these strategies decrease cortisol levels

How to balance gut microbiome-

1. Always hydrate. Before you have breakfast and before you brush your teeth, drink lemon water.
2. Reduce or eliminate all added sugars and processed foods. Sweet- raw local honey. Probiotics are important (but not a pill). Eat fermented foods (while removing processed foods and sugars). Prebiotics (garlic, onions, asparagus, leeks, flax seeds)
3. Look at your environment. Over-cleaning? Overusing antibiotics? We need good bacteria. Antibiotic cleanser wipes out everything.

Intentionally practice managing your health every day. Give up being “crazy busy”. Embrace the power of small steps.

Remember the connection between stress, gut health, and immune system.

BUSINESS MEETING:

Motion to accept agenda- approved.

Reading and approval of the minutes- approved

Reports

Treasurer’s report--Sandy Proctor- surpassed our scholarship amount to \$1010!
Education Excellence--Susan Schuckman- 2 stipends for the working teachers (\$50- just an application is required). Seeking volunteers for retirees adopting a working teacher to connect and support.

Program Committee- Anne Perdue- keeping connections during this time, Virtual cookie Exchange- wear Holiday attire, make cookies, show them on Zoom, shared recipes with the group, with holiday music. Any interest in this for December? Next month program- Gail Goolsby book *Unveiled Truth*.

Unfinished Business - none

New Business – cookie exchange idea for December

Announcements –Received a Thank You card for the 12 Journey bags we donated. Yearbooks were sent in early October. Update with Sylvia Moore’s passing. Chapter sent a card.
--Belk Charity Days were successful. Another set of Charity Days for November 13-15. Tickets can be used online, separate purchases necessary.

“Stepping Up” Award—Karen Fancier-Ryan made pillow cases for Journey Bags

Ceremony of Remembrance: Sylvia Lane Sheaks Moore 1926-2020

Adjourned 8:03 pm

Dates to remember:

NOVEMBER 13-15 BELK DAYS

NOVEMBER 17 KAPPA MEETING-- (Social Time 6:30 pm) **7:00 pm**
Gail Goolsby, DKG’s 2020 Educator’s Book Award--*Unveiled Truth*

DECEMBER 6--MADEE PROJECT *BREAKFAST WITH SANTA*

JANUARY 30, 2021--BRUNCH MEETING/VIRTUAL MEETING (TBD)

MARCH 16, 2021--KAPPA MEETING (TBD)

MAY 4, 2021--KAPPA MEETING (TBD)