

Wellness Team Report 2017-2018

Current Members: Sarah Bell- Chair, Harry Buffum, Ali Buffum, Elaine Airozo, Dave Damon, Heidi Kranz, Carolyn Gillis, Linda Wells

Affiliate: Val Follet

This year seven people joined the Wellness Team and with their support the Wellness Team activities have greatly increased!

Since January the Wellness Team has been hosting a coffee hour monthly- to support the weekly continuity of coffee hour at UUCSC; to enhance healthy food choices at coffee hour; and to promote awareness of Wellness Team activity offerings.

Since December, the Wellness Team has offered monthly hikes. On the first Sat. of the month, we lead a moderately paced hour long hike on local trails. Mostly, so far- the participants have been Wellness Team members. Hopefully, with the continuation of on-going monthly hikes there will be greater attendance of folks from the congregation.

This year the Wellness Team continued to sponsor monthly Full Moon Gong Baths. The attendance has grown moderately and since Sept. we have charged \$25 rent per month.

This year the Wellness Team led several bike rides in the Fall and will start up again in the Spring.

The Wellness Team once again sponsored several dances this year. On New Year's Eve, for the 3rd annual New Year's event, Nick Smith- (from UUCSC) and the Patterson Trio played a variety of dance music. In March, member Pete Migliaccio helped to organize and put on 2 folk dances. In May, the Wellness Team is working with Music at Lily Pads to co-sponsor the Cajun music band Magnolia.

The Wellness Team worked with member Sally Barney to offer two programs called "conversations about death." These programs offered folks a chance to discuss a variety of topics- including end-of-life paperwork, funeral planning, and green burial options. We plan to continue with discussion and exploration of this important topic.

Val Follet, Lynda Wells and Sarah Bell are available to offer to UUCSC members and friends the mind/body technique taught to them by Peggy Huddleston called Prepare for Surgery/Heal Faster. This program has not been widely promoted recently and so has not been requested very often. This year, the Wellness Team plans to do a better job of promoting this valuable program.