

4/29/19

Wellness Team Report 2018-2019

Current Members: Sarah Bell- Chair, Elaine Airozo, Dave Damon, Adria Evans, Heidi Kranz, Carolyn Gilligan, Linda Wells, Carol Gilbert

Affiliate: Val Follet, Kevin Bell

Please note that Heidi was co-chair for several months, but has decided not to maintain that role.

This year the Wellness Team has fairly regularly offered monthly hikes on local trails in South County. Generally, on the first Saturday of the month, we lead a moderately paced hour long hike on local trails, including the areas of Tri-Pond Park, Narragansett Town Beach, the South Kingstown Land Trust's Duval Trail, and other locations.

This year the Wellness Team continued to sponsor Full Moon Gong Baths with Gong Master, Marion Hearn Sept.-May. Also, in January, the Wellness Team began sponsoring Sarah and Kevin Bell in offering a monthly New Moon Sound Meditation with Gongs. UUCSC charges \$25 rent per event.

The Wellness Team once again sponsored several dances this year. On New Year's Eve, for the 4th annual New Year's event, Nick Smith- (from UUCSC) and the Patterson Trio played a variety of dance music. In February and March members Pete and Kai Migliaccio helped to organize an international folk dance. In July, there are plans for a potluck and English Country Dance.

During the winter, the Wellness Team experimented with the possibility of starting a chanting circle. We met several times to explore the format. Eventually, we would like to invite professional musicians to offer this practice to our community at occasional evening events.

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 still not been widely promoted.

After chairing for four years in a row, I have been actively looking for a successor. No one has stepped up for that role, but a few folks have been willing to take on certain responsibilities. As a team, this shared leadership feels appropriate. Adria has said that she will start to attend the council meetings and Heidi is helping with the annual report. None of us have wanted to do much promoting of events or organizing, so we have scaled back on some of our activities. We have been holding regular monthly meetings- which have been helpful in maintaining the team's coherence. At the meetings, we focus on checking in and supporting each other's physical, mental and spiritual health- as well as discussing proposed events. The team still has 8 members, although 2 people left to focus on other UUCSC positions and 2 others joined us.