

**Connections
Membership Meeting – Zoom
October 20, 2020
Attendees: 34**

Marilyn Chuebon will be the designated point person for **Connections Cares**. Members should contact Marilyn when there is an event (death in the family, death, or illness of a member, etc.) that Connections members and officers may want to respond to. Marilyn's contact information is currently listed on the Connections website under Activities.

Lee Atieh gave the **treasurer's report**. As of the end of September cash on hand was \$9,346. Next month there will be an update on encumbrances for the remainder of 2020.

There are two **more socials** scheduled for this month: Happy hour on 10/28 and coffee on 10/30. November's schedule of socials will be out soon. If you have suggestions for future activities, please contact Donna. One member expressed her gratitude for the Connections activities during this trying period.

Please contact Donna if you know someone that is **having trouble using or is reluctant to use Zoom**.

The **movie group**, meeting on Zoom, has been revived under Janet Daly's leadership. Sixty people expressed interest in participating. The first movie being discussed on Friday is Bad Education.

Pat Diesel, professional organizer and life coach, was the featured speaker at the meeting. She spoke to us about her **Keep it Simple Now** system. Her presentation centered on ways to cope during the pandemic. She suggested establishing routines, creating to-do lists of the most important tasks ahead of you, and paying special attention to meditation (in the form of quiet time for yourself), exercise, diet, and sleep. You can get more mind clearing advice from Pat by giving your email address to Janet Daly.