

## Connections

### Membership Meeting – Zoom

April 20, 2021

Attendees: 52

Donna reported that the **Board met with Pastor Bruce last week**. The church is available for meetings, but social distancing must be maintained. Contact Donna Singer if your group would like to meet at the church. The Board is recommending that the *Connections* **fiscal year be changed** from December 1 to January 1. The recommended change was sent to members to be voted on at the May meeting. The announcement about the **wine tasting event** was sent to all members. Send your check to Donna before April 26 if you want to join the fun.

**Activity leaders** gave updates on their groups. Carolyn Seibel reported on the **travel group's** findings related to future trips. Looking at a tour of Newark in October and scheduling a trip to the Barnes museum again. Also getting information on tickets to the Nutcracker in December. They will reconvene in August or September. Denise Santora Mosher updated the members on **the luncheon planned** for June 1 at the Village Grill. This is the first *Connections* luncheon in over a year. (Name tags and lanyards will be distributed at the luncheon. Members will keep the lanyards and bring them to future meetings.) Sue Robertson told members that the **hiking group has a hike** planned for April 27 to the Ringwood State park. Janet Daly reported that the **walking group** may start up again outside but for the time being they are meeting on Zoom to chat. Janet also announced the **Oscar party the movie group** is having after the Oscar winners are announced. Deb Reale reported on the writing group's activities – they have been meeting twice a month. Bridge players continue to meet online, and Cooking conducts their meetings via Zoom. Mah jongg is being played online for the most part. Some **game players are beginning to meet outside**. Canasta is meeting and Rummikub will begin soon.

Margie gave a **report on current membership**. There are 146 members, down from 199 a year ago. Membership changes are attributed to the pandemic. 34% of members live in Ridgewood, Mahwah, with 12% is the second most represented town in *Connections*. The most popular first name in *Connections* is Pat/Patricia, with the name Carol coming in second. The activity with the most members is the movie group, with Friday mah jongg and cooking having the second and third largest membership.

Lee gave the **treasurer's report**. The ending balance for March was \$10,208.

The **guest speaker was Dr. Jack Annunziato**, a physician at Valley Hospital. He spoke about his holistic approach to medicine and to his patients, considering mind, body, and spirit. He utilizes a wide variety of treatment and interventions to serve patients, including exercise, PT, OT, aqua therapy, ultrasound and guided injections, bracing, medications, and Osteopathic Manipulative Treatment (**OMT**). **OMT** is a set of hands-on techniques used by osteopathic physicians (DOs) to diagnose, treat, and prevent illness or injury. Dr Annunziato treats conditions that affect every system in the body, including the musculoskeletal system, digestive system, nervous system, and immune system. By realigning the body and restoring balance to bones and muscles, **OMT** allows your entire body to work better as a whole. The doctor gave examples of patients he has treated, and the outcomes of the treatment. Dr Annunziato gave an overview of the hospital's Care after Covid program that he is also involved in and answered questions from the members.