



Staying Connected While Social Distancing

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Councils that have a heart to heart connection are not only stronger, but more successful. Their love and concern for each other is evident in their communications and networking. However, keeping close communications open during a stay at home order and social distancing can be a challenge. This pandemic has caused tremendous stress and anxiety on so many levels. The truth is, we all need contact with other people and when it is suddenly cut off, health issues and the feeling of isolation can set in. Communications and connections promote wellness. Human connection is essential for maximal health. This is a perfect time to go out of our comfort zone and try something new and different.

We all can practice social distancing without the feeling of being alone. Here are a few tips to stay connected during this pandemic.

Many councils, including our national board are using videoconferencing to stay connected. I have personally been involved in numerous meetings using Zoom. There are time restrictions on zoom, so be sure to check this out online. It is a great way to host a meeting and see your council sisters' faces on your screen. Also, you can use FaceTime and Skype to see one another and stay connected.

Get Creative! Do you want to have coffee with your council sisters, or lunch? You can do all this by using videoconferencing technology. Host a tea or coffee, share a coffee-cake recipe as you connect with one another. Tackle a commission project. Just because we cannot physically be together does not mean we cannot be productive in our council work. Has your council cancelled an outing? Once again, you can enjoy museums and events virtually, and most all these events are now offered free.

Kudos to our national office and Executive Director, Andrea Cecilli, who sends out a Weekend Wonder email to all members. This email is a reflection and full of suggestions of keeping connected by virtual technology. There is a Wednesday Coffee Klatch at 2 pm EST. Check it out and make sure it has not been delivered to your spam folder.

And let us not forget, the "phone call". It is so easy to pick up the phone and call a council sister to let her know you are thinking of them. You may even want to see if you can pick something up for them at the store. A few councils have started this not only in their councils but have extended this to their parish family. Form a communication committee to call members to see if they need anything and how they are doing. Just a simple call to say hello and inquire how they are is worth more than you can imagine.