

Reporting Virtual Meeting of 4 May 2020

Calendar of Events

Last Week: 4/27 Covid-19 Medical Volunteer in Bronx

This Week: 5/4 Kimberly Perone –

Success, Bereavement, Resilience & Mindfulness

Next Week: 5/11 TBD

Coming Up: 5/18 Tentative Town in Bloom Worknight

Meetings are normally held at the Ballston Town Hall at 6:15 PM. Because of Covid-19 social distancing, they are currently virtual, held on Zoom at 6 PM; link provided by email that day.

Check us out at bhblrotary.org and on Facebook

ANNOUNCEMENTS

- Linda LeTendre announced that the hand-cream project for medical personnel is still going well and total amount donated so far is 100 units.
- Darlene Bower is making masks to give out and has made approximately 30 masks. Possible opportunity for others to make masks as well.
- Mike Brewster passed the Happy Dollars virtual bucket.



Kim Perone- Success, Bereavement & Resilience Coach & Mindfulness Teacher

We had the pleasure of having Kim Perone join our zoom club meeting, speaking about mindfulness. Kim is a Success, Bereavement and Resilience Coach for The Center for Clarity, Compassion and Contentment (Center4C).



Over the past 15 years, she has been a student of life, loss, and spirituality in the wake of tragic deaths in her family. As loss continued to affect the trajectory of her life and career, she became an expert in resilience, change, adaptation, and reinvention, all of which led to her own inspired path. In 2014, she became a success coach after a 20 year career in communication. Through facilitation, guidance, resources, and perspective, her clients pave their own inspired path toward goals and aspirations.

At our meeting Kim spoke specifically about mindfulness. She stated that mindfulness is being aware of the present moment and observing it non-judgmentally. The key aspects of mindfulness are - having a beginner's mind with purposeful curiosity, patience and letting go, trust and acceptance, being non-judgmental and having compassion.

The benefits of mindfulness include increased self-awareness, reduced stress and depression, better physical health and more happiness.

*A quote about stress that really hit home was that stress comes from “non-now” moments, meaning that we stress about things in the past and we stress about things in the future, about the imagined outcomes or our future state of being. I had never thought of stress this way but it made me look at it differently. (“...yesterday is but a memory; tomorrow is but a dream...look therefore to this day” *(this quote reminded the editor of another quote)

She also talked about being mindful of our reactions. It is sometimes better to under react. “There is a difference between responding and reacting” to a situation.

If you are interested in further information about her coaching please visit the Center4C website for more details. <https://www.center4c.com/>

Reported by Jon Costolo

Service above self.